

100 %POLYGRAPHED & URINALYSIS TESTED

BLUFFS CLASSIC PRO FIGURE AND MASTERS PRO CUP

FIGURE

NATURAL BODYBUILDING

DATE: Saturday, August 28th, 2010

LOCATION: The Arts Center at IWCC, 2700
College Rd., Council Bluffs, IA 51503

CONTEST TIMES: Prejudging 8:30 am, Finals
6:00 pm

SANCTIONING: The International Fitness and
Physique Association (IFPA)
www.IFPApro.com

PROMOTOR: Shain, Phone: 712-328-1000,
e-mail: shain@getfitcb.com

TICKETS: Fit 4 Life Fitness Studio, 500 W
Broadway, Council Bluffs, IA 51503, 712-328-
1000 or shain@getfitcb.com

PRIZE MONEY: **\$7000 minimum prize
money** will be awarded. \$1000 for 1st, \$500
for 2nd, and \$250 for 3rd.

RESULTS: Results will be emailed to all
competitors for \$5.00 fee.

HEIGHT CLASSES: Height will apply in figure
categories. Weight classes may be applied to
bodybuilding classes. Contest director
reserves the right to adjust classes.

BODYBUILDERS POSING ATTIRE: Posing
suits must be worn and of solid color, opaque,
devoid of any embroidery, stripes or any other
embellishments. Accessories are not
permitted including jewelry. At finals,

accessories & props attached to
body may be used.

FIGURE POSING ATTIRE: Two
piece suit and heels. No thongs may
be worn. Music will be provided by
promotor.

POSING MUSIC: Competitors will
pose to the music of their choice at
the final show. If you are entered in
more than one class you will pose
only once. Music will be limited to **90
seconds**. Music must be cued to
start and recording must be of good
quality. **CD's are accepted.** Two
copies must be provided.

ENTRY: **Entry fee is \$80.00 per
class entered.** Polygraph fee is
\$40.00 (cash paid directly to Event
Polygrapher by competitors at time
of polygraph). **Entries must be
postmarked no later than August 7th,
2010. NO EXCEPTIONS.** Entries
are nonrefundable and NO entries
will be accepted after August 14th.
(You will receive additional
information by mail after we receive
your entry.)

ELIGIBILITY: There are no
restrictions preventing IFPA
pros from competing at any
other amateur or
professional organization's

events. Additionally, athletes who
carry pro status with any other drug
tested organization that holds a
minimum of one professional
competition within a calendar year
are eligible to participate in IFPA
sanctioned pro shows. Proof of pro
eligibility with another organization
is required.

The competition is open to all professional
physique athletes who have not at any time
during the 84 months prior to the day
preceding this event, engaged in the personal
use of anabolic steroids, or other growth
enhancing drugs, diuretics, Prohormone
(Andros) and related supplements are banned.
FOR A COMPLETE LISTING OF BANNED
SUBSTANCES PLEASE VISIT
www.IFPApro.com. **All contestants must
present IFPA card at drug testing. IFPA cards
are \$75.00 and can be purchased at check-in.**
(Additional information about drug testing will
be mailed to you after we receive your entry.)

TESTING & CHECK-IN:

Polygraph is by appointment. Check-in and
urine collection time will be announced at a
later date. Drug testing will be by urinalysis and
polygraph. If you miss the drug test you will
NOT be allowed to compete. IFPA membership
is required. BE PREPARED TO POLYGRAPH
UP TO 5 DAYS PRIOR TO THE CONTEST.
NO EXCEPTIONS. **Be prepared to pay \$40
cash directly to polygrapher.** Competitors
may be asked to submit to a second polygraph
the day of the show or after if needed

-----CUT HERE AND MAIL ENTRY BELOW-----

CASHIER'S CHECK OR MONEY ORDER TO: Fit 4 Life Fitness Studio, 500 W Broadway., Council Bluffs, IA 51503

Additional info and competitor packet will be sent upon receiving your completed entry form

BLUFFS CLASSIC PRO ENTRY FORM

Name: _____ Age: _____ Sex: _____ Exact Height: _____ ft _____ in (no shoes)

Address: _____ City: _____ State: _____ Zip: _____

Phone: Day (____) _____ Evening (____) _____ E-mail: _____

Occupation: _____ Current IFPA. Card Exp Date: _____ Last 4 digits of SS# _____

You will be required to sign a release, as standard procedure, at check-in. If you are under the age of 18, signature of a legal guardian is required.

PLEASE: X ALL DIVISIONS YOU ARE ENTERING / THIS FORM IS FOR IFPA PRO ENTRIES ONLY:

____ PRO OPEN FIGURE ____ PRO MASTERS FIGURE (35+)
____ PRO MASTERS WOMEN BB(35+) ____ PRO MASTERS MEN BB(40+)