# MIDWESTERN BODYBUILDING FEDERATION

## *Great Lakes Bodybuilding & Figure Championships*

| | |
|---|---|
| **Location:** | University of Michigan, Flint Theatre<br>303 East Kearsley Street |
| **Date:** | July 10, 2010 |
| **Showtime's:** | Prejudging – 12 noon  Evening show – 6:30 pm |
| **Check in:** | Saturday 9:00 am at contest venue |
| **Contestant meeting:** | 10:30 am & 5:30 pm at venue site |
| **Entry Fee:** | $ 69.00 (must be postmarked by 7-3-2010) Entries postmarked by 7-3-2010 will receive a FREE event t-shirt. NO REFUNDS. **Late Entry Fee:** $ 89.00 |
| **Crossover Fee:** | $ 40.00 for EACH additional division entered |
| **MWBF Card:** | All competitors must be a member in good standing with MidWestern Bodybuilding Federation and must have a membership card to compete in this competition. Membership cards will be sold at the contest site for $40.00. Memberships are valid for one year from date of purchase. |
| **Information:** | All competitors competing in the novice one class must not have ever competed in a bodybuilding or figure competition in the past. All competitors will be divided by height based on the number of competitors. |
| **Tickets:** | Adult General Admission Prejudging - $10.00<br>Evening show - $20.00  VIP - $25.00 |
| **Routines:** | Routine length – 90 seconds for bodybuilding & up to 60 seconds for figure T-walk.<br>Music must be on CDR or cassette. Props allowed. |
| **Awards:** | Swords, trophies and plaques will be given to top 5 in each division. Team trophies awarded to top 3 teams, minimum of 4 competitors per team.<br>THESE ARE THE BIGGEST AND BEST TROPHIES IN THE STATE. |
| **Video:** | Physique Video will be videoing both the morning and evening shows and offering DVD's for sale. |
| **Misc.:** | Dream Tan, posing suits, etc will be available for sale before and at the event. |
| **Directions:** | Please use mapquest.com or yahoo.com maps to get directions to the venue. |
| **Payment:** | Send entry form, advanced ticket sale info and payments to:<br>SHANNON PARKER - Bodyz USA Gym  6005 W. Miller Rd.  Swartz Creek, MI  48473.<br>MAKE CHECKS PAYABLE TO: **SHANNON PARKER**<br>**CASH OR MONEY ORDER - ONLY DAY OF EVENT.** |
| **Contact Info:** | bodyzusa@sbcglobal.net, www.midwesternbodybuilding.com, or 810-635-GOAL or 810-252-3509 |

---

### *Great Lakes Bodybuilding & Figure Championships*

**Name:** _____

**Address:** _____**Phone:**_____

**City:** _____ **State/Prov:** _____ **Postal Code:** _____

**Age:** _____**Height:** _____ **Sex: M**____**F**____. **SSN:** ___-___-_____.

**Email address:** _____

**I train at:** _____

| ***Women's Figure*** | ***Women's Bodybuilding*** | ***Men's Bodybuilding*** |
|---|---|---|
| ___Novice One | ___Novice One | ___Novice One |
| ___Novice | ___Novice ___Open | ___Novice ___Teen |
| ___35-44 | ___35+ | ___55+ ___Open |
| ___45+ | | ___45-54 |
| ___Open | | ___35-44 |

**Entry Fee: $** _____**Crossover Fee: $**_____.

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, assume all responsibility for injuries I may incur as a direct or indirect result of my participation in this event and waive and release any and all rights and claims for losses and damages I may have against MidWestern Bodybuilding Federation, U of M Theater , participating sponsors, their directors, employees and/or agents for any and all injuries suffered by me in this event. I further agree to abide by all decisions of the contest director and declare that all of the information contained herein is, to the best of my knowledge, true, correct, and complete, and I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or other record of this event for any purpose whatsoever.

Contestant's Signature  Date  Parent or Guardian – If under 18