



2011 QUEENSLAND NATURAL PHYSIQUE CHAMPIONSHIPS



ENTRY FEE: \$135 Fee includes INBA State bag, t-shirt, DVD & CD (pictures)!

ENTER BY: Monday 19th September 2011 *Late-fee applies after this date*

Post to Bodizone PO Box 197, Geebung QLD 4034. Or Fax 07 3265 6884

Note: You can also enter online at www.inba.com.au using a credit card

	Tick ✓		
1. Entry Fee	<input type="checkbox"/> Entry Fee	\$135	\$ _____
	<input type="checkbox"/> Second Division	\$45	\$ _____
	Or		
	<input type="checkbox"/> Late Entry Fee (after 20/5/11)	\$165	\$ _____
	<input type="checkbox"/> 2 nd Division Late Entry	\$65	\$ _____
		Qty	
2. Tickets	<input type="checkbox"/> VIP (3 front rows)	\$55 x _____	\$ _____
	<input type="checkbox"/> General Admission	\$40 x _____	\$ _____
	TOTAL		\$ _____

Payment Options (tick)

- Money Order Cheque *Please make chq payable to Bodizone*
 MasterCard Visa *Credit Card Billed under Bodizone*

Card Number:..... Exp. Date:.....

Name on Card.....

Signature.....

Male Divisions

- Teenage Men (19& under at 1/1/11)
- Junior Men (21 & under at 1/1/11)
- Novice Men (first contest ever)
- Intermediate Men*
- Masters Men 40/50/60+
- Open Men
- Sports Model

Female Divisions#

- Ms Physique
- Ms Figure Novice
- Ms Figure Masters 40/50+
- Ms Figure Intermediate*
- Ms Figure Open
- Sports Model
- Figure International
- Ms Fitness

*Intermediate divisions – not placed top 3 as an intermediate at a State title event, if you have you must enter Open.

#Females can enter Fig International or sports model as a second division or as their only division.

#Males can enter sports model as a second division or as their only division

(Please leave space for official use)

CONTEST NUMBER:

ASADA TESTING

URINE ANALYSIS PASS/FAIL BLOOD ANALYSIS PASS/FAIL

QUEENSLAND APPLICATION FORM

DIVISIONHeight (cm)

* And/Or Tick ✓

FIGURE INTERNATIONAL As a 2nd division? Yes / No (Females only)

SPORTS MODEL As a 2nd division? Yes / No (Male and Females)

NAME.....

INBA MEMBERSHIP NUMBER*..... **EXP. DATE**.....

*Must have applied and received your current Membership number prior to submitting the Entry Form. Apply for membership online www.inba.com.au

ADDRESS

..... **P/CODE**

PHONE NUMBER Home () Work ()

Email Mobile

DATE OF BIRTH..... **AGE**.....

GYM REPRESENTING.....

DRUG-FREE AGREEMENT

I, agree to provide a urine sample for analysis for the detection of banned substances in accordance with the INBA Doping Policy. I fully understand that a condition of entering this contest is I have not taken any banned substance in the past five (5) years. I agree that if I produce a positive test result to a prohibited substance, I will pay a fee of \$2000.00 within seven days to the International Natural Bodybuilding Association (INBA) to reimburse the cost of my drug test and to redistribute trophies and results. If I pass the test, I have fulfilled the condition of entry and the INBA shall pay all costs.

Also, as a member of the INBA and/or a participant in an INBA sanctioned event,

I hereby acknowledge and agree as follows:

1. I have had an opportunity to review the INBA Anti-Doping Rules.
2. To comply with and be bound by all of the provisions of this entry form and INBA Anti-Doping Rules and amendments.
3. The INBA and National Federations have jurisdiction to impose sanctions as provided in the INBA Anti-Doping Rules.
4. Any dispute arising out of a decision made pursuant to the INBA Anti-Doping Rules, after exhaustion of the process expressly provided for in the INBA Anti-Doping Rules, may be appealed exclusively to the Court of Arbitration for Sport.
5. Decisions of the Court of Arbitration for Sport shall be final and enforceable, and that I will not bring any claim, arbitration, lawsuit or litigation in any other court or tribunal.
6. I consent to the use of any photographs, video recording or other images taken or recorded at this event by the INBA or it's nominees, in any magazine, broadcast transmission or any other printed or electronic media for the purposes of promoting this or future events, the INBA or nominees or their sponsors.
7. I have read and understand this Acknowledgment and Agreement.

Print Name

Signature (or if a minor, signature of legal guardian)

Date

2011 QUEENSLAND NATURAL PHYSIQUE CHAMPIONSHIPS

RETAIN THIS INFORMATION FOR YOURSELF

CONTEST: 2011 INBA Queensland Natural Physique Championships
CONTEST DATE: Sunday 25th September
ENTRY FEE: \$135 (by 19th Sept) or \$165 late-entry (after 19th Sept).
Fee includes Competitor Gym bag & T-shirt, Event DVD, CD of all photographs of your division.
VENUE: Sleeman Centre, Tilley Rd, Chandler
FORMAT: One Show Format
START TIME: 9am Sharp! (approx. finish 4pm)
ENTRIES CLOSE: Monday 19th September 2011
TICKETS: General Admission \$40
VIP \$55
PROMOTER: Jason Woodforth INBA Australian Vice-President
INBA Queensland President
Bodizone Sport Supplements

CONDITIONS OF ENTRY

- Drug free for a minimum of five years prior to the above date.
- Agree to be drug tested at any time and any number of times.
- Be a Member of the INBA prior to entering or join simultaneously (if using the online entry form)
- If during the last five years you have taken or if you need to take a banned substance for a genuine therapeutic (medical) purpose, the INBA permits Athletes and their physicians to apply for a **Therapeutic Use Exemption (TUE)**. Download from www.inba.com.au on the Drug Testing page.
- Athletes with signs of drug use, ie. gynecomastia (bitch tits) will be marked down.
- A male competitor can only enter one division. Females can enter Figure International as their second event.
- No entries allowed on the Day of competition.

QUEENSLAND EVENT HIGHLIGHTS

- | | |
|---------------------------------|---|
| + Backstage Buffet | + 24ct Gold-Plated Achievement Medals |
| + Competitor Tee Shirt | + INBA QLD State Gymbags |
| + ASADA Drug Testing | + Qualifier for Australian Titles |
| + Qualifier for Natural Olympia | + Two Divisions Opportunity |
| + Australia biggest State Show! | + Direct Qualifier for Natural Universe (QLD) |
| + Fast, One Show Format | + Event DVD & Your Photographs Free! |

REGISTRATION – Monday 19th to Saturday 24th September 2011

Competitors must register before the event day at BodiZone Sport Supplements **GEEBUNG** (8 Railway Parade, Geebung). Saturday between 9am and 3pm or anytime Monday to Friday between 8am and 7pm. **You will receive:** Contest number, INBA Competitor's T/shirt, QLD State Gymbag and Back Stage Pass for one helper - remember your helper must still pay admission. And importantly an updated running order.

DRUG TESTING

Drug testing at INBA events is conducted via WADA accredited urine analysis using our Government independent drug testing body – Australian Sports Anti-Doping Agency (ASADA). Cheating in INBA events is a serious offence and harsh penalties apply. In addition to been banned by INBA (and our bans apply across all Olympic and International sports) we may publish the athletes name, photograph and drug-test results on INBA websites. The Australian Government will issue their separate public media release, in conjunction to listing the athletes name with each relevant government body.

AUSTRALIAN & NATURAL UNIVERSE QUALIFICATION

Top 5 in each division will qualify directly into the 2011 Natural Universe and Top 3 in every division qualify for the 2011 Natural Olympia. Note: For Queenslanders who do compete at the Australian Titles, as with every competitor, your placing does not affect your qualification to enter the Natural Universe.

24 CARAT GOLD-PLATED COMPETITOR ACHIEVEMENT MEDALLIONS



INBA Australia commissioned the striking of an exclusive, double sided 24kt gold –plated Achievement Medallion for our competitors who take up the challenge of competing - but place outside the Top 3.

Not many people have the qualities and character to attempt or succeed in completing the ultimate physical challenge - to endure the 24/7 rigours of contest preparation, diet, training and also learn the field of knowledge to take a physique to new boundaries. Plus to highlight that placing outside Top 3 does not diminish the achievement – sometimes those who finish last have fulfilled the biggest personal challenge.

VENUE

The Sleeman Centre, Tilley Rd, Chandler. Ample free parking on site. The venue holds 1500 and has great viewing from all seats.

COMPETITOR'S PHOTOGRAPHS & DVD

This is included in your entry fee and will be automatically sent out to you within approx 3 weeks of the competition.

ROUNDS 1 & 2

All Competitors will complete rounds 1 and 2 including call outs. We will then have a pose-down, we then call out the top 3 in no particular order, we present the runners up with an exclusive INBA competitor medal and then finally announce the top 3 in order. (Note: There is no round 3 in this competition). (Please note routines are optional at the Australians for the top 3 only).

OVERALLS

Overall titles will be held for Open Men and Women, Masters, Sports Model and Figure International.

SHOW TIME GUIDE

Each division will come on stage in the order listed below. Please realise it is impossible to know how long each division will take to be judged or if all divisions will be running to give you a precise stage time in advance. It is your responsibility to track how fast the event is proceeding on the day.

Time	Division
8.55am	Opening
9.00am	SM over 30's "Bikini"
9.10am	Female SM Short Class "Bikini"
9.20am	Male SM "Swim Wear"
9.30am	Female SM Tall Class "Bikini"
9.50am	SM over 30's "Sports Wear"
10.00am	Female SM Short Class "Sports Wear"
10.10am	Male SM Shorts Wear
10.20am	Female SM Tall "Sports Wear"
10.30am	Overall Ms Sports Model
10.35am	Ms Physique Short
10.45am	Masters Mens 60+ / 70+
10.55am	Ms Physique Tall
11.05am	Masters Mens 50+
11.15am	Overall Ms Physique
11.25am	Intermission
11.45am	Figure International Masters (40 and over)
11.55am	Figure International Short
12.05pm	Figure International Tall
12.15pm	Overall Ms Figure International
12.20pm	Ms Figure Master 50+
12.35pm	Masters Men 40+ Short (Tall / Short TBC)
12.50pm	Ms Figure Masters 40+ (Tall / Short TBC)
1.05pm	Teenage Men
1.20pm	Junior Men
1.35pm	Overall Masters Men
1.40pm	Overall Ms Figure Masters
1.45pm	Intermission
2.05pm	Ms Figure Open Class 1
2.15pm	Open Mens Class 1
2.25pm	Ms Figure Intermediate
2.40pm	Open Mens Class 2
2.50pm	Ms Figure Open Class 2
3.00pm	Intermediate Men
3.15pm	Ms Figure Novice Short

3.30pm	Novice Men Short
3.45pm	Open Mens Class 3
3.55pm	Ms Figure Novice Tall
4.10pm	Novice Men Tall
4.25pm	Ms Figure Open Class 3
4.35pm	Open Mens Class 4
4.45pm	Overall Ms Figure Open
4.50pm	Overall Open Mens
4.55pm	Finish

****Please NOTE: the above time table is provisional only and is subject to change!**

BACKSTAGE GUIDELINES

Each competitor is allowed only one "helper" back stage. Bring your own weights to pump up if required, but nothing beats 500 push ups for an awesome upper body pump! We will be offering Drinks, Lollies, Chocolate, Fruit and Pizza to all competitors backstage **FREE**.

PLEASE NOTE: We are on notice from the venue due to damage caused by tan from previous competitions. Please tan prior to arriving at the venue and then only touch ups will be required. Most final coat tans look better if applied hours earlier! **Also we have banned the use of Dream Tan** due to the problems associated with cleaning. In its place there is Body Shimmer, Tan Master or Pro Tan.

The Venue has the following four compulsory conditions.

1. Competitors must bring a towel (or similar) to stand on when they are applying tan / oil / glitter spray.
2. Wear thongs / sandals (or similar) at all times backstage until you go on stage.
3. **Competitors must be fully clothed before sitting on chairs or on the carpet in the venue (not including plastic chairs backstage).**
4. Do not lean on walls, we will put plastic over most walls but where there is no plastic please do not lean!

Previous events have left us with cleaning bills in excess of \$1500. We need you the competitor to take responsibility for how you use the facility. If this is not adhered to we will disqualify offending competitors.

TICKET PURCHASES

Tickets can be pre-purchased for this event. General seating is unreserved whilst VIP seating is reserved seating. Individual tickets are \$40 each plus postage fee of \$5. VIP seats are \$55 and are limited.

Tickets can be purchased in a number of ways:

- (1) In person at Bodizone - 8 Railway Parade Geebung
- (2) Phone 07 3265 3553 using a credit card
- (3) With the entry form
- (4) And of course, tickets are available at the venue on the day.