

# MIDWESTERN BODYBUILDING FEDERATION

## *Great Lakes Bodybuilding & Figure Championships*

**Location:** University of Michigan, Flint Theatre  
303 East Kearsley Street

**Date:** April 23, 2011

**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 4-01-2011) Entries postmarked by 4-1-2011 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  
Evening show - \$20.00    VIP - \$25.00

**Routines:** Routine length – 90 seconds for bodybuilding & up to 60 seconds for figure T-walk.  
Music on CDR or cassette. Props allowed.

**Awards:** Swords, trophies and plaques will be given to top 5 in each division. Team trophies to top 3 teams, minimum of 4 competitors per team.  
**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:  
SHANNON PARKER    2881 EAST BLACKHURST                      MIDLAND MI. 48642.  
**MAKE CHECKS PAYABLE TO: SHANNON PARKER**

**Contact Info:** bodyzusa@sbcglobal.net 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:** \_\_\_\_\_

<b>Women's Figure</b>	<b>Women's Bodybuilding</b>	<b>Men's Bodybuilding</b>
___ 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