



# USBF East Coast Natural 2011

## Pro/Am Bodybuilding & MsUSBF Figure Championships

Dear Prospective USBF Competitor,

On behalf of Growth Factor and Steve Boyer, I would like to thank you for considering the USBF East Coast Pro/Am Bodybuilding & MsUSBF Figure Championships to be held on October 22, 2011. The contest will be held at State College High School South Auditorium (see directions below). For those of you that want to stay at the nearby host hotel, the most convenient is:

**Ramada Inn • (814) 238-3001 • 1450 South Atherton Street, State College, PA 16801**

For advance **"All Day Passes"** we are offering an early-bird (received prior to October 2, 2011) special of \$25.00 (save \$5.00). **ALL SEATING IS GENERAL ADMISSION.** Call Steve for details on All Day Passes or just include the order with your entry. After October 2, tickets will be \$10.00 for Prejudging and \$20.00 for the Finals. Call Steve Boyer at (717) 994-2378 to verify that your entry and/or ticket request was received and processed, or send us an email at [sboyer@acsworld.com](mailto:sboyer@acsworld.com). **All Day Passes** can be picked up at the ticket table with **ID** one hour before the start of the show. Except for the early-bird special, there will be **no** other discounts (i.e., senior citizens, students and children) offered at the door. Seating is limited and we don't guarantee seating except for those who pay in advance.

This is a **drug-tested** contest and urinalysis is the testing method. The USBF has adopted the IOC's Anabolic Steroid Banned Substance List that includes related substances such as Andro (converts to testosterone) and 19-Nor (converts to Nandrolone). The fact that a substance is sold over-the-counter does not automatically make it acceptable for drug tested competition. As a competitor that chooses to compete in drug-tested competition, you are responsible for being knowledgeable about the supplements that you consume.

### ***EPHEDRINE IS FORMALLY BANNED BY THE USBF***

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- SCHEDULE:** **Saturday, October 22: Check-in:** 8:00 a.m. (**You must be at the show no later than 8:00 AM!!!**) Mandatory Contestant Meeting 9:00 a.m.; **Prejudging:** 10:00 a.m., Contestant Check-in: 4:15; **Finals:** 5:00 p.m.; **Contest Format:** Prejudging - Quarter Turns and Compulsories: Finals - Group Presentation and Individual Posing to music.
- MUSIC:** No profanity in posing music. Be prepared to turn in your music during registration. **Music must be no longer than 60 seconds, CD only**, and your music must be the only music on the CD.
- SUITS:** Must be one solid color. Metallic, T-back, and G-string's are **not** permitted.
- JEWELRY:** Jewelry is not permitted. Due to health concerns, you won't be required to remove body piercing. Chains linking body-piercing jewelry are not permitted.
- MsUSBF FIGURE:** The music, suits and jewelry requirements above are for the bodybuilding competitors. MsUSBF Figure requirements are included on our site.
- NOVICE:** Open to contestants that never won 1st in open competition or an Overall Novice title.
- PROPS:** The USBF allows limited use of props. A contestant must be capable of bringing it on stage as well as removing it.
- CROSS-OVERS:** Crossing over (entering more than one division) is allowed, but you must understand that the USBF doesn't revise scores for any reason. In those cases where competition is very close, it only takes one judge to change his mind on how he originally placed you. In other words, your placing may not be consistent from division to division. If this is something that you would have a problem with, we strongly suggest that you **don't** cross-over.
- DIRECTIONS:** For specific directions from your home use [www.expedia.com](http://www.expedia.com) (click on driving directions) and enter: State College High School (South Auditorium) 650 Westerly Parkway, State College, PA 16801.
- CONTEST NOTES:**
- **PLEASE TAKE YOUR TIME AND READ THE ENCLOSED ENTRY FORM VERY CAREFULLY.**
  - **MONEY ORDERS ARE THE ONLY ACCEPTABLE METHOD OF PAYMENT.**
  - **ABSOLUTELY NO REFUNDS, FOR ANY REASON.**
  - **A USBF CARD IS REQUIRED TO COMPETE IN THIS CONTEST. THE COST IS \$50.00 (\$40.00 ON-LINE) AND IT IS VALID FOR 12 MONTHS AFTER DATE OF PURCHASE.**
  - **MAKE A COMPLETE COPY OF THIS ENTRY FORM BEFORE MAILING IT.**
  - **THE ENTRY FEE INCLUDES DRUG-TESTING FEES.**
  - **NO PROFESSIONAL PHOTOGRAPHERS AND/OR CAMERAS ALLOWED. WE DON'T MIND THE "POINT & SHOOT" CAMERAS BEING USED FROM YOUR SEAT, BUT DON'T PUT UP TRIPODS AND BLOCK THE VIEW OF OTHERS.**
  - **ABSOLUTELY NO VIDEOTAPING UNLESS YOU HAVE THE PERMISSION OF THE PROMOTER.**

# EAST COAST NATURAL 2011 OFFICIAL ENTRY FORM

(Please Print)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Club: \_\_\_\_\_

USBF# (If available): \_\_\_\_\_ (USBF Membership Must Be Paid in Advance)

How did you hear about our show: Gym Flier  Friend  Other (explain): \_\_\_\_\_

Please provide the name and address of your gym so that we can add them to our list: \_\_\_\_\_

Please provide us with some general information (Where do you train? How did you get started? Major accomplishments?) \_\_\_\_\_

## PLEASE CHECK THE DIVISION & WEIGHT CLASS

### MEN BODYBUILDING (Open Overall Champion Qualifies for Pro Status)

\_\_\_\_\_ Bantam (under 145)                      \_\_\_\_\_ Men Novice (depending on turnout, there can be up to 3 classes)  
\_\_\_\_\_ Light (145 to under 155)            \_\_\_\_\_ \* JR Men 23 & Under                      \_\_\_\_\_ \* Men Masters 60+  
\_\_\_\_\_ Middle (155 to under 175)            \_\_\_\_\_ \* Men Masters 35+                      \_\_\_\_\_ \* Men Masters 70+  
\_\_\_\_\_ Lt. Heavy (175 to under 190)            \_\_\_\_\_ \* Men Masters 40+  
\_\_\_\_\_ Heavy (190 & over)                      \_\_\_\_\_ \* Men Masters 50+

*\*Proof of age  
is required for  
masters and  
juniors with  
your entry*

### FEMALE BODYBUILDING (Open Overall Champion Qualifies for Pro Status)

\_\_\_\_\_ Open (contestants will be split evenly into two classes by weight at show)  
\_\_\_\_\_ \* Female Masters 40+                      \_\_\_\_\_ Female Novice (depending on turnout, there can be up to 3 classes)

### MsUSBF FIGURE (Review for Judging Criteria) (Open Overall Champion Qualifies for Pro Status)

\_\_\_\_\_ Open (contestants will be split into two height classes at the show)  
\_\_\_\_\_ Novice (One Class)                      \_\_\_\_\_ \* Masters 35+ (One Class)                      \_\_\_\_\_ \* MsUSBF Master 45+ (One Class)

### USBF MEN'S PRO

\_\_\_\_\_ Men's Pro                      \_\_\_\_\_ \* Men's Master Pro 35-44                      \_\_\_\_\_ \* Men's Master Pro 45+

### USBF WOMEN'S FIGURE PRO

\_\_\_\_\_ Women's Figure Pro

## ENTRY FEE(S)

\_\_\_\_\_ : **Men's Pro Division Bodybuilding:** \$85.00 each Pro Class

\_\_\_\_\_ : **Women's Figure Pro:** \$85.00

\_\_\_\_\_ : **Bodybuilding/Figure:** \$45.00 (Per Area Checked) • \$70.00 if received after October 2, 2011.

\_\_\_\_\_ : **Coach Pass:** \$40.00 (Not Available After October 2, 2011). Coach must be at least 18 years old.

\_\_\_\_\_ : **Advance Tickets Fee:** All Day Pass (\$25.00 prior to October 2, 2011) No professional photographers.

\_\_\_\_\_ : **Membership Fee:** \$50.00 valid for one year after the date purchased (\$40.00 if purchased online at www.usbf.net)

\_\_\_\_\_ : **TOTAL**

**IF YOU AREN'T A CURRENT MEMBER, YOU ARE REQUIRED TO APPLY FOR MEMBERSHIP WITH YOUR ENTRY.**

\_\_\_\_\_ : **TOTAL AMOUNT ENCLOSED** (*MONEY ORDER IS THE ONLY ACCEPTABLE FORM OF PAYMENT*)

Please enclose a **money order** for the total amount and make payable to:

**Steve Boyer • 26 Sleigh Run, Reedsville, PA 17084 • (717) 994-2378**

**ABSOLUTELY NO ENTRIES ARE ACCEPTED AT THE DOOR WITHOUT  
THE PERMISSION OF THE MEET PROMOTER!!!**