



USBF MEN & WOMEN

BODYBUILDING NATIONALS

DON'T USE THIS ENTRY FORM AFTER JUNE 7TH. YOU CAN ONLY REGISTER ON-LINE AFTER JUNE 7TH.

Dear Prospective USBF Competitor,

On behalf of East Coast Power, I would like to congratulate you on qualifying for the **2008 USBF Men & Women National Bodybuilding Championships** held on **June 21st** in conjunction with the USBF 2008 Battle of York. The contest will be held at **West York Area Middle School** (see the directions below). If you are looking for a hotel, the following are less than 4 miles from the school:

Holiday Inn (I83 & Rt. 30) 717-845-5671; Holiday Inn York (717-846-9500 / 800-992-0613); Four Points By Sheraton York (717-846-4940); Comfort Inn (Corporate Gateway) 717-699-1919; Best Western (Westgate) 717-767-6931; Red Roof Inn 717-843-8181

For advance tickets purchases (received prior to **June 7th**), we are offering an early-bird combo special of **\$25.00 (save \$5)**. **ALL SEATING IS GENERAL ADMISSION**. You can include the advance ticket order with your entry. After **June 7th**, tickets will be **\$10.00** for Prejudging and **\$20.00** for the Finals. Call 410-265-8264 (between 6:00pm and 8:pm) to verify that your entry and / or ticket request was received and processed, or send us an e-mail at **Brian@usbf.net**. Advanced tickets purchases can be pick-up at the ticket table with **ID** at 10:00am. Except for the early-bird combo special, there will be **no** other discounts (i.e., senior citizens, and students) offered at the door.

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

SCHEDULE: **Saturday, June 21st:** Registration & Check-In 8:30am-9:30am (**DON'T BE LATE!!!**); Mandatory Contestant Meeting 9:30am; Judges Meeting 10:00am; Prejudging Starts: 11:00. Contestant Check-in: 3:15, Finals Start: 4pm. 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. **NO EXCEPTIONS, NO TAPES.**

SUITS: Must be one solid color, no metallic, T-Back, or G-String are 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.

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: THERE IS ABSOLUTELY NO CROSSING OVER FROM THE NATIONALS INTO ANY AMATEUR DIVISION.

DIRECTIONS: FOR SPECIFIC DIRECTIONS FROM YOUR HOME, USE THE INTERNET AND ENTER THE SCHOOL ADDRESS: WEST YORK AREA MIDDLE SCHOOL, 1700 BANNISTER ST., YORK, PA 17404. THEY ARE CONSTANTLY DOING ROADWORK IN YORK, SO LEAVE EARLY TO GIVE YOUR SELF MORE TRAVELING TIME.

COMING FROM NORTH OR SOUTH – TAKE I83 TO EXIT 21B (US-30 / ARSENAL / LOUCKS / LINCOLN HWY). STAY TO YOUR RIGHT AND TAKE PA-74 RAMP (CARLISLE RD.), TURN LEFT ON PA 74 / CARLISLE RD; TURN RIGHT ON SEWART AND THIS WILL TAKE YOU RIGHT IN TO WEST YORK MIDDLE SCHOOL (1700 BANNISTER ST.)

CONTEST NOTES:

- PLEASE TAKE YOUR TIME IN 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 (\$40 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.
- CAMERAS CAN BE USED FROM YOUR SEAT. WE DON'T MIND YOU TAKING PICTURES, BUT DON'T PUT UP TRIPODS AND BLOCK THE VIEW OF OTHERS.

***** 2008 MEN & WOMEN NATIONALS OFFICIAL ENTRY FORM *****

(Please Print)

NAME: _____ AGE: _____ PHONE: _____ - _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

CLUB: CLUB: _____

USBF# (if available): _____ (USBF Membership Must Be Paid In Advance)

Email Address: _____

How did you hear about our show: gym flier (); friend (), other (explain): _____

Please provide the name & 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?)

In order to compete in the USBF Men & Women nationals, you must have placed top 2 in an Open class of a USBF contest within 2 years of the date of the national contest. You can only qualify in an USBF show. Please list below where and when you qualified.

PLEASE CHECK THE DIVISION & WEIGHT CLASS:

MEN BODYBUILDING(1ST PLACE WINNERS QUALIFIES FOR PRO STATUS)

___ Bantam (under 145); ___ Light (145 to under 155); ___ Middle (155 to under 175)
___ Lt. Heavy (175 to under 190); ___ Heavy (190 & over)

FEMALE BODYBUILDING(1ST PLACE WINNERS QUALIFIES FOR PRO STATUS)

___ Light (under 125); ___ Heavy (125 & over)

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\_\_\_ ENTRY FEE: (REC'D BY JUNE 7TH) = \$55.00 PER AREA CHECKED; \$85.00 IF RECEIVED AFTER JUNE 7TH.  
\_\_\_ COACH PASS - \$40 (NOT AVAILABLE AFTER JUNE 7TH). COACH MUST BE AT LEAST 18 YEARS OLD.  
\_\_\_ ADVANCE TICKETS FEE: COMBO TICKETS {\$25.00 FOR EACH SET (PREJUDGING & FINALS) PRIOR TO JUNE 7TH}  
\_\_\_ MEMBERSHIP FEE: \$50.00 VALID FOR ONE YEAR AFTER THE DATE PURCHASED (\$40.00 IF PURCHASED ON-LINE AT [WWW.USBF.NET](http://WWW.USBF.NET) or go directly to [http://www.active.com/event\\_detail.cfm?event\\_id=1226670](http://www.active.com/event_detail.cfm?event_id=1226670)).

**If you are not 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 enclosed a money order for this amount and make payable to: USBF, Inc. P.O. Box 20042, Baltimore, MD 21284-0042

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

