

Tested by 100%
Polygraph &
Urinalysis
(performance enhancing drugs
including Pro-Hormones)

The 2010 Nutri-Sport
Natural Iowa & Central Midwest
Bodybuilding, Figure & Xtreme Fit Championships
Sanctioned by
The North American Natural Bodybuilding Federation
www.naturaliowamuscle.com



Saturday, May 8, 2010, Hoyt Sherman Place Theater, 1501 Woodland Ave., Des Moines, IA 50309

Promoters: Ryan and Mandee Irwin, (515) 238-6020, rirwin7@juno.com

Contest Times: Prejudging 8:30 AM, Finals 6:00 PM

Height Classes: Will apply in novice and open categories. Contest Promoter reserves the right to adjust classes.

Awards: Awards given to top 5 in all divisions plus overalls, best poser/presentation/entertaining routine, & IFPA pro card to divisions listed below

Posing Attire: Posing suits must be worn and be of solid color, opaque, devoid of embroidery, strips or other embellishments. Accessories are not permitted including jewelry. At Finals, accessories & props attached to body may be used.

Posing Attire for Xtreme Fit: Individual routine outfits may consist of any aerobic type wear as long as it is in good taste. Props may also be used. For the comparison round, all competitors may wear the same outfits –however the top must be sleeveless and no footwear is allowed. No thongs may be worn in either round.

Posing Attire & Info for Figure: Two piece suit for all rounds, see NANBF website, www.nanbf.org for additional details.

Posing Music: Competitors will pose to music of their choice at the final show. If you are entered in more than one class, you pose only once. Music will be limited to 60 seconds except mixed pairs where they will be limited to three minutes. Xtreme Fit competitors will have 120 seconds to perform their individual routine. Music must be cued to start and recording must be of good quality (**no profanity or you will be disqualified!**). Individually burnt CD's only and two copies required. NO CASSETTE TAPES!

Entry/Test: The entry/testing fee is \$45.00 for the initial division of competition and \$30.00 for each additional division. Polygraph fee is \$40 and must be paid with cash or money order on the day of your testing. If you would like to pre-pay for your score sheets and judges comments, include an additional \$5.00 with your entry fee. Entries must be postmarked no later than April 26, 2010. Entries postmarked after April 26th must include the late fee of \$30.00, **NO EXCEPTION.** Entries are non-refundable and **NO** entries will be accepted the week of May 3rd. (You will receive additional info by mail when entry received by us.) (**All competitors be prepared to polygraph Thursday or Friday and check-in on Friday evening at the hotel.**)

Eligibility: Competition is open to all physique athletes who have not at any time during the 84 months to the day preceding this event, engaged in the personal use of anabolic steroids, other growth enhancing drugs, or Rx diuretics used to prepare for this competition prior to the event. Use of Androstenedione, Tren and related pro hormones banned. All contestants must present current NANBF or OCB card at drug testing. Cards are \$50 and can be purchased at check-in. (**Additional info about drug testing will be mailed to you when entry is received by us.**)

Tickets: Prejudging \$13.00. Final Show General Admission \$18.00. All day general admission ticket \$25.00. VIP for Finals Show \$25.00 (Order early, limited seating available, -first 6 rows.) Children six (6) and under \$5.00 Day Pass, (doesn't include VIP).

Up-to-date ticket information can be obtained by contacting Hoyt Sherman Box Office (515) 243-1888.

Host hotel: West Des Moines Marriott, 1250 Jordan Creek Pkwy, (800) 228-9290. Mention "Nutri-Sport Central Midwest & Natural Iowa Bodybuilding group" to receive special rate. Make reservations prior to April 23, 2010 to receive special discount rate.

-----Cut here and mail entry below-----

Name: _____ Address: _____ City: _____ State: _____ Zip: _____

Phone: () _____ - _____ Email Address * : _____ Gym train at: _____

* One of our sponsors is Bodybuilding.com. If you do not want information sent to you about bodybuilding & fitness, check this box

Exact Height: _____ Ft _____ In (This will determine class you compete in) T-Shirt Size: M _____ L _____ XL

Job or School: _____ Date of Birth: _____ Sex: _____ last four of SSN: _____

Current NANBF Card Exp. Date: _____ (Required) Need to purchase one (can be purchased at check-in)

Mail check or money order to: Irwin Productions, 180 S.E. Peach Tree Dr, Waukee, IA 50263

\$15.00 fee will be added to returned checks. You will receive additional information by mail when entry received.

You will be required to sign a release as standard procedure at check-in. If you are under the age of 18, the signature of parent or legal guardian is required.

CHECK DIVISION(S) BELOW YOU ARE ENTERING

Natural Iowa (Must be an Iowa Resident)

Iowa Open Bodybuilding Iowa Figure

Central Midwest (Open Divisions Pro Qualifiers for IFPA) (Open to any resident of any state)

Teen Collegiate Submasters (35-39) Grandmasters (50 & up) Mixed Pairs

Xtreme Fit Novice Bodybuilding (No crossover from novice into Central Midwest open)

Teen Figure Beginner Figure (1st time competitors only, no crossover to open) Novice Figure (No crossover from beginner to novice figure)

IFPA pro qualifying divisions: Open Bodybuilding Masters Men 40+ Bodybuilding Masters Women 35+ Bodybuilding

Open Figure Masters Figure (40 & up)

Check this box if you are including \$5.00 to pre-pay for your score sheet/judges comments (can also be purchased at check-in).