

**2019 INBF/WNBF PRO-AM IRON EAGLE
NATURAL BODYBUILDING & FIGURE CLASSIC
Saturday March 23, 2019**

**South Effingham High School
1220 Noel C Conaway Road
Guyton, GA 31312**

Athlete Check-in 8 a.m. / Prejudging - 9 a.m. sharp / Evening Show - 5 p.m.

ELIGIBILITY: Open to all amateur athletes who possess a current INBF amateur card (\$60) or who obtain one the day of the show. Athletes must be drug free for 10 years from the date of show. A WNBF Pro card will be awarded to the overall winner of the Open Men's & Women's divisions. The Figure division overall winner will receive a WNBF Pro card. Masters Men overall will receive a WNBF Masters Pro Card. Ms. Fit Body, Bikini, & Men's Physique are Pro Qualifier's.

FEES: Entry Fee \$50, Crossover Fee \$40 (NO ENTRIES ACCEPTED DAY OF CONTEST!)

MAKE CHECKS PAYABLE TO: Rodney Helaire

SEND APPLICATION & FEES TO: Rodney Helaire 653 Little Neck Road Apt#1002 Savannah, GA 31419

ENTRY DEADLINE: Must be received by February 25th.

TESTING: All athletes will be polygraph tested to verify their **10-year's natural status**.

POLYGRAPH FEE: \$40 payable on the day of the test in cash. Call (912) 695-0400 to schedule an appointment.

POLYGRAPH TEST DATES: March 20th, 21st, and 22nd. These fill up quickly so call to reserve your time ASAP.

AWARDS: 1st-5* place in each weight class and Overall. Figure 1st-5* place in each class.

MUSIC: Athletes are required to bring their own music. Music must be on a CD and cued.

MAXIMUM TIME ALLOWANCE (60SECONDS STRICTLY ENFORCED): A professional -quality 60-second recording is recommended.

CLASSES: Put an (X) in front of the division you plan on entering.

Open Men BB: () Bantamweight -Up to 150 lbs. () Lightweight-150(1/4) lbs. to 165 lbs. () Middleweight-165(1/4) lbs. to 176 lbs.
() Light Heavyweight-176(1/4) lbs. to 190 lbs. () Heavyweight- Over 190 lbs.

Novice Men BB: () Lightweight-150(1/4) lbs. to 165 lbs. () Middleweight-165(1/4) lbs. to 176 lbs.
() Light Heavyweight -176(1/4) lbs. to 190 lbs. () Heavyweight -Over 190 lbs.

Masters Men BB: () Over 40 Over () 50 () Over 60

Men's Physique/Fitness Model: ()

Master Men's Physique: ()

Open Women BB: () Lightweight - 118 lbs. & Under () Heavyweight-119 lbs. & Over

Novice Women: () Lightweight-118 lbs. & Under () Heavyweight-119 lbs. & Over () Teen Men () Teen Women

Masters Women BB: () Over-40*

Women's Figure: ()

Women's Master Figure: () Over 40

Ms. Fit Body: ()

Bikini: ()

Master Bikini: ()

Teen: ()

***Novice Definition:** 1. Must not have placed in the top 3 in an open class in any organization, 2. Must not have placed first in any Novice contest, in any organization, and 3. Novice competitors **May Not** crossover to the Open Division.

Please Print:

Name: _____ **Daytime Phone:** _____ **Nighttime Phone:** _____

Address: _____

City: _____ **ST:** _____ **Zip:** _____ **Age:** _____ **Height:** _____ **Weight:** _____

Email Address: _____ **INBF Membership #** _____

Previously tested within 6 weeks? _____ **If yes, what INBF show** _____

Titles or Placements won: _____

Gym/Trainer Representing: _____

WAVIER: In consideration of your accepting this entry, I hereby intend to be legally bound for myself, my heirs, executors and administrators, and hereby waive and release any and all rights and claims for damages I may have against the International Bodybuilding & Fitness Federation, Inc. (WNBF), South Effingham High School, Effingham Board of Education, World Natural Bodybuilding Federation, Inc. (WNBF), Rodney Helaire, RH Fitness and Tanning, and any sponsors, agents, representatives and assigns for any injuries and/or losses suffered by me as a result of my participation and/or attendance at the 2019 WNBF Iron Eagle on Saturday March 23, 2019, or for any media coverage thereof. I understand that, in order to compete in an WNBF-sanctioned event, I will have to submit to up two (2) drug tests to validate a seven-year abstinence from the use of any type steroids, hormones, preforms, prescription diuretics and any compounds deemed illegal by the decision of the WNBF concerning my participation in an WNBF-sanctioned contest, pending the results of one or both tests, as well as my adherence to all other compounds deemed illegal by the decision of the WNBF concerning my participation in an WNBF-sanctioned contest, pending the results of one or both tests, as well as my adherence to all WNBF rules and regulations. Failure to pass WNBF drug test or failure to adhere to WNBF rules and regulations will result in my expulsion from the competition in question, as well as loss of WNBF eligibility for Seven years. I also agree to submit to any and all out of season testing required by WNBF and agree to stand by the results of said testing, whatever it may be.

Agreed Signature: _____ **Date:** _____

Signature of Parent or Guardian (If Under 18): _____

For Directions & Hotel Info email: rlhelaire@hotmail.com or Call - 912-695-0400