



**2009 INBF  
BEST OF THE WEST  
BODYBUILDING CHAMPIONSHIP  
MS FIGURE & PHYSICALLY CHALLENGED  
COMPETITION**

**PRO-QUALIFIER**

**APRIL 25, 2009**

**Eligibility:** Open to all amateur athletes who hold a current INBF card, or may obtain one the day of the show (\$35.00). Athletes must be drug free for 7 years prior the date of the show. A WNBF Pro Card will be awarded Overall Male & Female winner in Open Classes, Men's Pro Master's & Ms. Figure winners.

**PLACE:** Phoenix Preparatory Academy 735 E. Fillmore St.; Phoenix, AZ 85006

**TIME:** COMPETITOR CHECK IN: 8:30 am (SHARP!)  
PREJUDGING: 10:00 am  
EVENING: Doors Open 6:00 pm  
Show Starts 6:30 pm

**TICKETS:** PREJUDGING: \$15.00  
EVENING SHOW: General Admission \$30.00  
COMBO: (Day&Eve) General Admission \$35.00

Tickets are available at the door or at:

Chiseled Gym 3550 N. Central Ave - Lower Level

**MUSIC:** Competitors must bring a CD or Cassette preset to a maximum of 90 seconds. If tape is not set, the DJ will play substituted music. (Videotaping is prohibited) Ms. Figure does not need to bring music.

**AWARDS: MEN & WOMEN OPEN CLASS TROPHIES:**  
1<sup>st</sup> five places each weight class; Men's & Women's Overall, Best Poser.  
**MEN'S MASTERS 40+, 50+, SENIOR MEN'S MASTERS 60+,70+, WOMEN'S MASTERS 35+, 45+, NOVICE, TEENS, 2 PERSON TEAMS, MS. FIGURE, PHYSICALLY CHALLENGED and WHEELCHAIR** (classes to be announced)  
**MEN'S PRO-MASTER PRO-QUALIFIER 40+, 50+, 60+, 70+!!!!!!!**

**ENTRY FEE: \$40.00 TO ALL COMPETITORS / \$25.00 TO CROSSOVER**

**TESTING FEE: \$45.00 (Testing 4/23 & 4/24 - PAY DIRECTLY PAT LEWIS 480-962-7150)**

**ENTRY DEADLINE: APRIL 10, 2008- Promoter has the option not to accept late entries.**

**LATE ENTRY: \$25.00 - Penalty Fee ACCOMMODATIONS: TO BE ANNOUNCED**

**For More Information Contact:** Don Robinson (602)550-8845 or Carol Robinson (480) 818-0349

**E-Mail: [donrobinsonfitt@aol.com](mailto:donrobinsonfitt@aol.com)**

**WEB: [www.DonRobinsonProductions.com](http://www.DonRobinsonProductions.com)**

**SEND CHECK OR MONEY ORDER TO:** Don Robinson Productions 1147 W. Georgia Ave, Phx Arizona 85013

# 2009 BEST OF THE WEST BODYBUILDING CHAMPIONSHIP



## Men's Open

- Bant wt - under 150 lbs
- Lightweight – 150¼ lbs to 165
- Middle weight – over 165¼ lbs To 176 lbs
- Lightheavy – over 176¼ lbs to 190 lbs
- Heavyweight – 190¼ lbs and above

## Women's Open

- Lightweight – under 118 lbs
- Heavyweight – 118 ¼ lbs and over
- Men Novice\*       Men Teen
- Women Novice\*     Physically Challenged
- Women Teen         Wheelchair
- Ms Figure             Men
- 2 Person Teams     Women

- Men's Masters:                     40+       50+
- Senior Men's Masters:             60+       70+
- Men's Pro Master:     40+    50+    60+    70+
- Women's Masters:                 35+         45+

Masters Men & Masters Women have the option to crossover into the Open or Novice.  
 \*Novice has not placed in top 3 in any Open Class, has not placed 1<sup>st</sup> in any Novice competition, cannot crossover to Open.

Payment:  Cash  Check  Money Order

\$40 Entry  \$25 Crossover  \$45 INBF  
 Membership

Amount Enclosed: \_\_\_\_\_

Payable to: **Don Robinson Productions**  
 1147 W. Georgia Ave; Phx, AZ 85013

Print Name: \_\_\_\_\_

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

Address: \_\_\_\_\_

City/State: \_\_\_\_\_

E-mail: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Guardian (if under 18)

## List of INBF Banned Substances

The following substances and related compounds are banned by the International Natural Bodybuilding Federation (INBF) and their use constitutes grounds for dismissal from INBF Competitions and suspension from membership in the organization.

**ANABOLIC STEROIDS:** including but not limited to bolasterone, boldenone, chioroxomesterone (dihydrochloromethyltestosterone), clostebol, fluoxymesterone, mesterolone, methandienone, methyl testosterone, nandrolone, norethandrolone, oxandrolone, oxymetholone, stanozolol, testosterone, and all other related compounds.

**TESTOSTERONE:** injections, patches, gel of any kind.

**TESTOSTERONE/EPITESTOSTERONE RATIO:** The T/E ration is used to measure the presence of exogenous testosterone, or illicit elevation of testosterone levels. A T/E ratio in excess of 6/1 is ruled as positive, no matter what the cause.

**GROWTH HORMONES:** (PHARMACEUTICAL HGH, HCG and any other related compounds): oral, spray or sublingual GH compounds are banned effective January 1, 2001.

**HORMONES AND PRECURSORS:** The use of any hormone (injectable, oral, sublingual or otherwise) for bodybuilding purposes-including insulin-is strictly prohibited. All hormonal precursors (DHEA, androstenedione, 19 norandrostenedione, androstenediol, 5-AD, etc.) are banned effective January 1, 2000. Prescription Thyroid medication when used for bodybuilding purposes, ProSteroids eff 1/1/00.

**PRESCRIPTION DIURETICS:** Any and all prescription weight-loss substances/diuretics used for bodybuilding purposes, even when physician prescribed are banned

**EPHEDRINE, EPHEDRA** and all other related compounds banned July 1, 2004.

**PSYCHOMOTOR STIMULANTS**

**MUSCLE IMPLANTS OF ANY KIND**

**CHEMICALS/DRUGS FOR THE PURPOSE OF DECEIVING OR PASSING THE POLYGRAPH TEST.**

**CLENBUTEROL AND GHB (since 1992)**

**ANY ILLEGAL OR ILLICIT BODYBUILDING DRUG OR SUBSTANCE.**

**ANY FDA-BANNED OR IOC BANNED SUBSTANCE EXCEPT IF OTHERWISE INDICATED.**

**Note:** Should the use of any substance cause an elevated T/E ration in excess of 6/1 limit, the athlete will be ruled as positive (failure). Likewise, the presence of any banned substance in the urine (i.e., nandrolone, etc.) no matter how it arrived there, is ruled as a positive (failure). I have read and agreed to abide by this list of banned substances as a prerequisite for my participation in the INBF/WNBF and its sanctioned events.

**Waiver:** In consideration of your acceptance of this entry, I hereby intend to be legally bound for myself, my heirs, executors and administrators, and waive and release any and all rights and claims for damages I may have against the International Natural Bodybuilding Federation, Inc. (INBF), World Natural Bodybuilding Federation, Inc. (WNBF), Don Robinson Productions, The Phoenix Preparatory Academy and any sponsors, agents, representatives & assigns for any injuries and/or losses suffered by me as a result of my participation and/or attendance at the 2009 INBF BEST OF THE WEST Body Building Championship on April 25, 2009.