

**INDIAN BODY BUILDER'S FEDERATION**

**SENIOR NATIONAL BODY BUILDING  
CHAMPIONSHIP**

**-:Organiser:-**

**MAHARASHTRA BODY BUILDING ASSOCIATION**

**-:In Association with:-**

**GOREGOAN SPORTS CLUB**

**23<sup>rd</sup> – 25<sup>th</sup>**

**April 2009**

# SENIOR NATIONAL BODY BUILDING CHAMPIONSHIP

# INDIAN BODY BUILDER'S

# FEDERATION

Slimwell Gymnasium, Behind Victoria Church, Shitladevi Temple Road, Mahim, Mumbai-400 016. Maharashtra.

Tel.: 022-24466805 - Mobile:09417013405 / 09967971970 / 09820309972 - Telefax:022-24466805

Email: [ibbf\\_mumbai@yahoo.in](mailto:ibbf_mumbai@yahoo.in)

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Date:

To,

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Sub.: Senior National Body Building Championship (Mr. India), 2009.

Dear Sir,

We are pleased to announce that Maharashtra Body Building Association in association with Goregoan Sports Club has taken the initiative to organise Senior National Body Building Championship (Mr. India), 2009 in Mumbai.

We on behalf of Indian Body Builder's Federation take this opportunity to invite all affiliated States and Sports Board Units to participate with their full strength in this most prestigious body building championship of the year. The championship will be hosted in Mumbai from 23<sup>rd</sup> – 25<sup>th</sup> April 2009.

We are confident that all the units of Indian Body Builder's Federation will participate in large numbers and make the championship a memorable one.

Thanking you.

Yours sincerely  
Madhukar Talwalkar  
President

Premchand Degra  
Hon. Gen. Secretary

# **SENIOR NATIONAL BODY BUILDING CHAMPIONSHIP**

## **PARTICULARS**

- Contest** : **Senior National Body Building Championship**
- Date** : **23<sup>rd</sup> – 25<sup>th</sup> April 2009**
- Organiser** : **Maharashtra Body Building Association  
Goregoan Sports Club**
- Venue** : **Finals – Goregoan Sports Club**
- Weight Group** : **Total 9 Weight groups  
Up to & inclusive 55 kgs  
Up to & inclusive 60 kgs  
Up to & inclusive 65 kgs  
Up to & inclusive 70 kgs  
Up to & inclusive 75 kgs  
Up to & inclusive 80 kgs  
Up to & inclusive 85 kgs  
Up to & inclusive 90 kgs  
Over 90 kgs**
- Eligibility** : **State / Sports board units are requested to  
send their Official entry before 18<sup>th</sup> April  
2009.**
- Affiliation Fee** : **All the units are requested to pay their  
affiliation fee for the year 2009 – 2010  
before the commencement of weighing in  
(State and Regional Association Rs.1000/-  
and Sports Control Board Rs.5000/-).**
- Entry Fee** : **Rs.100/- per competitor for championship  
Rs.500/- per Competitor for Best Poser**
- Last Day for Entry** : **18<sup>th</sup> April 2009.**

**Submission of entries :** Entries will be accepted in prescribed format  
Entries may be sent to

1. Hon. Gen. Secretary  
C/o. Associate Secretary  
Indian Body Builder's Association  
Slimwell Gymnasium  
Behind Victoria Church  
Shitladevi Temple Road,  
Mahim, Mumbai-400 016.  
Maharashtra.
2. Telefax:- 022-2446805
3. SMS:- 9967971970 / 9820309972
4. Email:- [ibbf\\_mumbai@yahoo.in](mailto:ibbf_mumbai@yahoo.in)

**Prizes & Awards :**

1. First three places in each category will receive Gold, Silver & Bronze medals.
2. First Five places in each category will receive Rs.15000/-, Rs.12000/-, Rs. 10000/-, Rs. 8000/-, Rs.5000/- along with Merit Certificates.
3. Overall Champion will receive Rs.1,00000/- along with Trophy & Merit Certificate.
4. Best Poser will receive Rs. 25000/- along with Trophy & Merit Certificate.

**Reception :** Slimwell Gymnasium  
Behind Victoria Church  
Shitladevi Temple Road,  
Mahim, Mumbai-400 016.  
Maharashtra.  
Tel.:- 022-2446805  
Mobile: Vicky Goraksha – 0982059593  
Pappi Patil – 09869963999  
Ashish Patil – 09820904507  
Please inform your itinerary well in advance for smooth local transportation and accommodation.

**Judges Examination :** Only State unit will be eligible to nominate & send the entries before 18<sup>th</sup> April 2009 of those who wish to participate in Judges Examination along with the Fees of Rs.2000/-. These candidates will have to bear their own lodging & boarding expenses. All State unit secretaries should note that they should renew National Judges card by paying the fees.

**Rules for the Contest :**

1. Championship will take place in accordance with the Indian Body builder's federation's rules & regulations.
2. Each unit can send a maximum of two competitors in each weight category but not more than Twelve competitors.
3. For Best Poser category competitors will have to pay a separate fees of Rs.500/- and only these competitors will be allowed to do the free posing. These competitors are requested to bring their own Music CD with their own name written on it. This is extremely important to avoid any confusion.
4. Team Managers to note that competitors who fail for weighing-in within the time limit will be eliminated from the championship.
5. All officials & competitors must arrive prior to the schedule.
6. Organisers will provide free lodging & boarding to all 12 competitors, two officials of each units and selected judges for three days. Other than the above mentioned officials, extra officials & supporters must pay Rs.4000/- to the organizer for three days stay and food expenses. We require each state units co-operation for the same.
7. Team Manager note - Bodybuilders using tanning products/oil will be responsible for payment in full for bed sheets & pillow covers wall paint stained by the same.

**8. All the Officials, managers, coaches are requested to come with their proper uniform.**

**9. Participants and officials who arrive before 23<sup>rd</sup> April 2009 will have to bear for their lodging & boarding.**

**10. Any other rules not mentioned in this circular will be binding in accordance with the Indian Body Builder's Federation's rules & regulations.**

**Conclusion : Please feel free to give your extended support by way of your valuable suggestions to the secretariat to make this championship a grand success.**

**Please note : Indian Body Builder's Federation, Maharashtra Body Building Association or no the other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the championship.**

# SENIOR NATIONAL BODY BUILDING CHAMPIONSHIP

## SCHEDULE

### Thursday 23<sup>rd</sup> April 2009

11.00 AM : Arrival of all competitors, officials & judges.  
04.00 PM : Judges Meeting  
05.00 PM : Team Managers Meeting  
06.00 PM : Weighing-in  
08.30 PM : Welcome Dinner

### Friday 24<sup>th</sup> April 2009

09.30 Am : Pre-judging

### Saturday 25<sup>th</sup> April 2009

10.00 AM : Annual General Meeting  
05.00 PM : Finals & Prize distribution  
10.00 PM : Farewell Dinner

Please send your entries/confirmation on or before 18<sup>th</sup> April 2009 to:

Mr. Premchand Degra

Hon. Gen. Secretary

C/o. Associate Secretary

Indian Body Builder's Association

Slimwell Gymnasium

Behind Victoria Church

Shitladevi Temple Road,

Mahim, Mumbai-400 016.

Maharashtra.

Telefax:- 022-2446805

Mobile: 09967971970 / 09820309972

Email: [ibbf\\_mumbai@yahoo.in](mailto:ibbf_mumbai@yahoo.in)

Contact No. - Mr. Premchand Degra – 0947013405

# SENIOR NATIONAL BODY BUILDING CHAMPIONSHIP

## OFFICIAL ENTRY FORM

23<sup>rd</sup> – 25<sup>th</sup> April 2009  
Mumbai, Maharashtra.

Please fill this entry form and return on or before 18<sup>th</sup> April 2009 to:

Hon. Gen. Secretary  
C/o. Associate Secretary  
Indian Body Builder's Association  
Slimwell Gymnasium  
Behind Victoria Church  
Shitladevi Temple Road,  
Mahim, Mumbai-400 016.  
Maharashtra.

Telefax:- 022-2446805

Mobile: 09967971970 / 09820309972

Email: [ibbf\\_mumbai@yahoo.in](mailto:ibbf_mumbai@yahoo.in)

Please complete with name of competitors and team manager and coach

SR.	NAME	DATE OF BIRTH	WEIGHT
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

TEAM MANAGER : \_\_\_\_\_

COACH : \_\_\_\_\_

UNIT NAME : \_\_\_\_\_

TRAIN & ARRIVAL TIME IN MUMBAI: \_\_\_\_\_

SEAL

SIGNATURE OF PRESIDENT/SECRETARY