

# 2017 ICN AUSTRALIAN **\$102,000.00** OF HIGHLIGHTS



**\$50,000** Prize Money for Professionals

*“Every division will be awarded!”*

|                     |                  |
|---------------------|------------------|
| <i>FIRST PLACE</i>  | <i>\$4000.00</i> |
| <i>SECOND PLACE</i> | <i>\$2000.00</i> |
| <i>THIRD PLACE</i>  | <i>\$1000.00</i> |

## Awarding-winning Australian Competition Medals



*“Can you understand why we find it hard to contain our excitement over the ICN Award-winning Australian Medals? We went to the end of the earth for them. Top 5 placing receive these ‘dinner plate’ size medals. While everyone unplaced receives an Australian green Achievement Medallion representing the pride ICN has in every competitor at the Australian Titles.”*

## Australian Competitor Jersey Singlet

*“ICN has dramatically stepped up the fashion stakes dropping the old, typical competitor Tee and replacing it with the latest Sports Guernsey in dri-FIT fabric. F-R-E-E! WOW!!”*



## PROFESSIONAL SHIELD



## ICN Australian Shield of Victory for Professional & Amateur

*“The Winner of the following PRO and AM divisions each win Australia’s most coveted Title and exclusive Australia Champion Shield of Victory, a hand-crafted symbol from the Battle for the Australian Title.*

*(1) Men’s Bodybuilding, (2) Male FitnessModel, (3) Mr Physique,  
(4) Ms Figure, (5) Ms SportsModel,  
(6) BikiniModel and (7) Female FitnessModel.”*

**PLUS!! PLUS!! PLUS!! FREE for every competitor!**



**ICN Food Bag!**

**ICN Aussie Cap!**

**3 Day Pass to  
the Fitness  
Show!**



**Video  
of each  
division, you  
enter and  
interview you  
do!**





# 2017 ICN AUSTRALIAN MUSCLE & MODEL TITLES

**IMPORTANT:** INFORMATION IS PROVIDED AS 'MOST ACCURATE' AT TIME OF RELEASE (05/09/17) AND IS SUBJECT TO UPDATES



iCompete *Straight-to-Stage* Technology allows you to enter and manage your entry via your personal Membership portal. Login to iCompete [www.icompetenatural.com](http://www.icompetenatural.com) from any device and go to MY ENTRY. It takes only moments to (join/renew) enter or change your entry or personal details. NOTE: ICN is now a paperless and digital organisation. We no longer provide manual, paper entry forms. You will absolutely love the speed, control and convenience of entering ICN events via iCompete! Welcome to the future!

**3 DAY EVENT:** Friday 13<sup>th</sup>, Saturday 14<sup>th</sup> & Sunday 15<sup>th</sup> October

**ENTRY FEES:** **First Division \$325** (prior Midnight 28/09)  
*Fee includes ICN Food Bag, 3-Day Fitness Show Pass, Australian Competitor Singlet, Contest Video & Interviews Download, Official Australian Ranking Certificate and ICN Australian Cap.*  
**Additional Division \$325.**

**ENTRY CLOSE:** Midnight Tuesday 10<sup>th</sup> October

**PAYMENT DUE:** Pay via iCompete between Midnight 09/10 – 11/10 using credit/debit cards or PayPal account. Or at Check-in on Contest Day (cash only)

**PHOTOGRAPHY:** **On Stage** photographs of each division are \$45.  
**Backstage Studio.** 8-10 hi-resolution edited studio images for \$45

**VENUE:** Melbourne Exhibition & Convention Centre  
1 Convention Place, South Wharf, Victoria 3006

**TICKETS:** \$30 per day to the Fitness Show for spectators. Competitors free

**PROMOTER:** Tony Lanciano, ICN Australian President 0402 555 505

## **CHECK-IN – 75 Mins prior to your estimated stage time.**

ICN have greatly simplified the effort required to compete. Now, just submit your entry form and arrive 75 minutes before your Estimated Stage Time (meaning Stage times that are updated in the final week!). When you arrive on contest day, come to Check-in and collect your competitor gifts, singlet and contest number.

## **TICKET PURCHASES**

Tickets can be pre-purchased online at a discount rate or at the **Melbourne Exhibition & Convention Centre** on the day. [https://tickets.lup.com.au/fitness-show-melbourne-2017?cat=CNSM&\\_ga=2.33919458.239668976.1502008791-996365891.1502008791](https://tickets.lup.com.au/fitness-show-melbourne-2017?cat=CNSM&_ga=2.33919458.239668976.1502008791-996365891.1502008791)

## **MELBOURNE CONVENTION & EXHIBITION CENTRE**

<http://fitness-show.com.au/melbourne/#>

Compete in this world-class venue, at Australia's largest fitness event with over 30,000 in attendance. Set across the road from Crown Casino and Melbourne's city.



## **COMPETITOR'S PHOTOGRAPHS**

A Professional Photographer will be taking photos at the contest - you receive all the photographs taken of you and your division for \$45. A link to your photos is email 2-3 weeks after the event. A Backstage Studio will be created providing you 8-10 high resolution studio images for \$45. These will also be emailed to you.

## **EVENT VIDEO & INTERVIEWS**

Competitors will receive a FREE video download package of all the categories in which you appear + Top 5 side stage interviews for playback on all your personal devices! Download links will be emailed to you.

## **OUTFITS**

Competitors wear their own outfits for every division. (note: Only PRO SportsModel outfits are supplied by ICN). We encourage you wear any outfit provided to you at your State event.

## **Diamond Class \*\* NEW \*\***

iCompete Natural (ICN) have added an innovative and new level to the 3-day event. In conjunction with the iPRO Night of Champions we are including a Bodybuilding Masters Diamond Class and Ms Figure Masters Diamond Class. The purpose behind Diamond Class is to restore the traditional appeal of bodybuilding by offering a concept that will reward muscle quality and hardness that only years of training produce. These competitors are the natural diamonds of the sport. As such we want to appeal to all current and past amateur Champions who are over 40 years old.

### *Eligibility for Diamond Class:*

Current ICN competitors who win a division in 2017 and are 40 years and over by October 13, 2017. Any natural Bodybuilding and Figure Champion (won a Title) prior to 2017 from any natural federation (and meets the age requirement). We urge all past champions to accept our challenge and make a comeback!

**FRIDAY October 13th**

|                                      |      |
|--------------------------------------|------|
| Physically Challenged Men's Physique | 2.30 |
| Physically Challenged SportsModel    | 2.42 |
| Women Bodybuilding Open              | 2.54 |
| Men's Bodybuilding 60+ 70+           | 3.06 |
| Ms. Figure 60+ 70+                   | 3.18 |
| Men's Bodybuilding 50+               | 3.30 |
| Ms. Figure 50+                       | 3.42 |
| Men's Bodybuilding 40+               | 3.54 |
| Ms. Figure 40+                       | 4.06 |

**MASTERS DIAMOND CLASS**

|                                  |      |
|----------------------------------|------|
| Ms Figure Diamond Class          | 4.18 |
| Men's Bodybuilding Diamond Class | 4.30 |
| Ms Physique                      | 4.42 |
| Ms Runway                        | 4.54 |
| Men's Streetwear Model           | 5.06 |
| ICN Angels                       | 5.18 |

**AUSTRALIAN PRO NIGHT OF CHAMPIONS**

|                        |      |
|------------------------|------|
| FitnessModel PRO       | 6.00 |
| Men's Fitness PRO      | 6.20 |
| Ms Figure PRO          | 6.40 |
| Men's Bodybuilding PRO | 7.00 |
| SportsModel PRO        | 7.20 |
| Men's Physique         | 7.40 |
| Bikini Model PRO       | 8.00 |

**SATURDAY October 14th**

|  |       |
|--|-------|
| Men's Bodybuilding Teenage               | 10.00 |
| Ms Fitness Model 40+                     | 10.12 |
| Men's Bodybuilding Junior                | 10.24 |
| Ms Fitness Model 30+                     | 10.36 |
| Men's Bodybuilding 30+                   | 10.48 |
| Ms Fitness Model Momma                   | 11.00 |
| Men's Bodybuilding Novice (Ht Class 1)   | 11.12 |
| Ms Fitness Model Novice (Ht Class 1)     | 11.24 |
| Men's Bodybuilding Novice (Ht Class 2)   | 11.36 |
| Ms Fitness Model Novice (Ht Class 2)     | 11.48 |
| Men's Bodybuilding Under 75kg            | 12.00 |
| Ms Fitness Model Novice (Ht Class 3)     | 12.12 |
| Men's Bodybuilding Over 75kg             | 12.24 |
| Ms Fitness Model Open (Ht Class 1)       | 12.36 |
| Men's Bodybuilding Open (Height Class 1) | 12.48 |
| Ms Fitness Model Open (Height Class 2)   | 1.00  |
| Men's Bodybuilding Open (Ht Class 2)     | 1.12  |
| Ms Fitness Model Open (Ht Class 3)       | 1.24  |
| Men's Bodybuilding Open (Ht Class 3)     | 1.36  |
| Ms Fitness Model Overall Champion        | 1.48  |

|                                      |      |
|--------------------------------------|------|
| Men's Bodybuilding Open (Ht Class 4) | 1.54 |
| Men's Bodybuilding Overall Champion  | 2.06 |
| Sports Model 40+                     | 2.12 |
| Sports Model 30+                     | 2.24 |
| Sports Model Momma                   | 2.36 |
| Sports Model Novice (Height Class 1) | 2.48 |
| Men's Fitness Novice                 | 3.00 |
| Sports Model Novice (Height Class 2) | 3.12 |
| Men's Fitness 30+                    | 3.24 |
| Sports Model Novice (Height Class 3) | 3.36 |
| Men's Fitness Open (Height Class 1)  | 3.48 |
| Sports Model Open (Height Class 1)   | 4.00 |
| Men's Fitness Open (Height Class 2)  | 4.12 |
| Sports Model Open (Height Class 2)   | 4.24 |
| Men's Fitness Model Overall Champion | 4.36 |
| Sports Model Open (Height Class 3)   | 4.42 |
| Sports Model Open Overall Champion   | 4.54 |

**SUNDAY October 15th**

|  |       |
|--|-------|
| Ms. Figure International Novice (Ht Class 1) | 10.00 |
| Ms. Figure International Novice (Ht Class 2) | 10.12 |
| Ms. Figure International Open (Ht Class 1)   | 10.24 |
| Ms. Figure International Open (Ht Class 2)   | 10.36 |
| Ms. Figure 30+                               | 10.48 |
| Ms. Figure Novice (Height Class 1)           | 11.00 |
| Ms. Figure Novice (Height Class 2)           | 11.12 |
| Ms. Figure Open (Height Class 1)             | 11.24 |
| Ms. Figure Open (Height Class 2)             | 11.36 |
| Ms. Figure Open (Height Class 3)             | 11.48 |
| Ms. Figure Overall Champion                  | 12.00 |
| Swimwear Model                               | 12.06 |
| Men's Physique 21                            | 12.18 |
| Bikini 21                                    | 12.30 |
| Men's Physique 30+                           | 12.42 |
| Bikini 40+                                   | 12.54 |
| Men's Physique 40+                           | 1.06  |
| Bikini Momma                                 | 1.18  |
| Men's Physique Novice (Height Class 1)       | 1.30  |
| Bikini 30+                                   | 1.42  |
| Men's Physique Novice (Height Class 2)       | 1.54  |
| Bikini Novice (Height Class 1)               | 2.06  |
| Men's Physique Novice (Height Class 3)       | 2.18  |
| Bikini Novice (Height Class 2)               | 2.30  |
| Men's Physique Under 70kg                    | 2.42  |
| Bikini Open (Height Class 1)                 | 2.54  |
| Men's Physique Over 70kg                     | 3.06  |
| Bikini Open (Height Class 2)                 | 3.18  |



|                                      |      |
|--------------------------------------|------|
| Men's Physique Open (Height Class 1) | 3.30 |
| Bikini Open (Height Class 3)         | 3.42 |
| Men's Physique Open (Height Class 2) | 3.54 |
| Bikini Open Overall Champion         | 4.06 |
| Men's Physique Open (Height Class 3) | 4.12 |
| Men's Physique Overall Champion      | 4.24 |

\* Based on history we have estimated which large Divisions get spilt based on height to give you a more accurate estimation of stage time. The division is divided equally according to height after entries close (you just enter the division in iCompete). Therefore, supplying your correct height is important for every competitor.

### ENTRY RESTRICTIONS

- Females cannot enter both Bikini Model and Fitness Model.
- Females cannot enter both Ms Figure and Bodybuilding.

### OVERALL TITLE

The Open (Height Class) winners participate for the Overall Australian Title. This means if you want a chance to win the Australian title you must enter the Open class. Of course you may also enter another class as an additional division.

### EVENT FORMAT

The Australian event format runs in a continuous One Show format. This means competitors will be judged and presented the following division with their placing and awards. There are individual stage walks in the Model divisions at the Australian Titles.

### ADDITIONAL DIVISION

You can enter any two (2) eligible PRO divisions at the Australian Titles. Price for additional division is \$325 also.

### ESTIMATED RUNNING TIMES

We do not run the event according to times! We can only run the event as fast as we can judge it. Times provided are only an **estimate** when a division might be on stage – it is impossible to know how long each division will take to judge. We will update this schedule also. If you're giving a time for friends to watch you, always suggest they come 90 minutes prior to your estimated stage time.

### DRUG TESTING & SUPPLEMENT WARNING

Drug testing for performance enhancing substances at ICN events is conducted via WADA compliant urine analysis. Over the past 3 years approximately 80% of our positive contest day tests have occurred as a result of banned ingredients in USA supplements, especially pre-workout products taken on event day. **As a general rule, don't take any supplement 3 days prior to the competition.**

\* **NEW \* Men's Street Model** is open to every male body type and the emphasis is on abdominals and a male model look in jeans (no shoes). It is judged along the lines of Men's Fitness with front and side abdominal pose.



### BACKSTAGE GUIDELINES

Only ONE helper allowed backstage per competitor. Bring your own stretch bands/weights to pump up if required. ICN insist your tan be applied prior to arriving at the venue, so only a final 'touch up' is required. We discourage the use of transient products like *Dream Tan* and recommend skin-dye tans like *Contest Colour*. Competing has four conditions:

1. Competitors must bring a towel (or similar) to stand on when they are applying any tan/oil.
2. Wear sandals (or similar) at all times backstage until you go on stage.
3. Competitors must be fully clothed before sitting on chairs in the venue.
4. Do not touch or lean on WALLS or columns backstage.