

MELBOURNE

muscle & model

Super Show

Plus ICN iPRO Qualifier



iCompete *Straight-to-Stage* Technology allows you to enter and manage your entry via your personal Membership portal. Login to iCompete 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: ICOMPETE NATURAL is a paperless and digital organisation. You will absolutely love the speed, control and convenience of entering vents via iCompete! Welcome to the future!

PLEASE
RETAIN FOR
YOUR
INFORMATION

Subject to
updates. This
version current
as at

16/04/2017



MELBOURNE SHOW HIGHLIGHTS

- + *NEW* Massive iCompete Achievement Medals
- + ICN Competitor Tee Shirt & Cap
- + ICN Carry bag
- + Competitor Supplement Bag
- + Competitors may enter multiple divisions
- + 5 Star, Spacious, Prestigious Venue
- + Men's Fitness provided with free Shorts to wear for their division
- + SportsModels provided with free outfit to wear for their division
- + Open winners eligible for the PRO Qualifier
- + Participating qualifies you for the WANT - World Amateur Naturals Titles in Phuket, Thailand
- + Australian Pro/Am Championships Melbourne

5 STAR VENUE! MOONEE VALLEY RACING CLUB

Welcome to our world-class venue, **Celebrity Room** at the Moonee Valley Racing Club. MVRC is one of Australia's most unique event locations, set amongst the historic racecourse and stunning backdrop of Melbourne's city skyline. The Celebrity Room has the capacity to seat 1,000 spectators, unlimited sponsors and backstage space, food and beverage available inside the venue. Our guests enter the Moonee Valley Member's Car Park at the **Cnr of McPherson & Coats Street in Moonee Ponds** where you will be directed to a car park and onto the Celebrity Room. The luxurious home of ICN Victoria.

DATE: Sunday 7th May 2017
CONTEST TIME: Show starts at **10AM**
ENTRY PACKAGE: \$195 includes Entry, ICN T Shirt, ICN Cap & Show Bag.
ADDITIONAL: To enter additional divisions is \$100 each division.
ENTRIES CLOSE: Midnight Tuesday 2nd May 2017
MEDIA: Photographs of each division are \$45.
Video of all your divisions and interviews only \$25
PAYMENT DUE: Pay via iCompete from 03/05 – 04/05 Midnight via Credit/debit cards or PayPal.
or at Check-in on Contest Day (cash only)
VENUE: Moonee Valley Race Course. Celebrity Room
McPherson Street, Moonee Ponds. Melways Ref: 28 K5
PROMOTER: Tony Lanciano, Australian President
CONTACT: 0402 555 505
TICKETS: **Sold Only at the Door cash on the Day.** Adult Ticket \$50
High School Students \$25. Primary Students & Under FREE

TICKET PURCHASES

Available from the Ticketing Table on Contest Day, Sunday 7th May 8.30AM onwards. General Admission \$50. High School children \$25. Primary School & under are free. Tickets only available on the Contest Day itself at the Door. There is no possibility the venue can be sold-out and every seat has equal view of the stage. Onsite, security car parking is free. Cash only, as no card facilities are available. The venue has two ATMs on the ground foyer to withdraw cash.



CHECK-IN – 75 minutes prior to your estimated stage time.

iCompete greatly simplified the effort required to compete. Now, just enter and manage your contest via your Membership portal on any device and arrive 75 minutes before your Estimated Stage Time. When you arrive on contest day, go to the backstage area and check-in and collect your competitor gifts before going on stage. Stress-free and easy!

AMAZING TOP 5 MEDALS!!



ICN COMPETITOR ACHIEVEMENT MEDALS (Equal 6th Placings)

iCompete Victoria believe competitors who take up the challenge of competing but do not place in the Top 5 have often achieved as much as those placing higher. As such we produce an Achievement Medal as striking as our Top 5 awards to recognise the remarkable achievement to make it through all the challenges and preparation to step onto the contest stage. Our sport is also a unique journey. The road to the podium may take many attempts and during each, a competitor is constantly achieving remarkable things, evolving as an individual, learning and growing. The five different Achievement Medals represents these many tests, trials and achievements which all contribute to success further down the path both in sport and personally.



iCompete provides a range of incredible Statues for our Open Class Champions. Notwithstanding they are the tallest in the world at 72cm, these Statues are exclusive to iCompete Australia.



Men's Bodybuilding - Ms Figure - Mr Physique



Sports Model – Bikini Model – Fitness Model – Men's Fitness

SHOW FORMAT (for bodybuilding & Ms Figure divisions)

Round One (Symmetry) + Round Two (Muscularity) + Trophy Presentation Round

All competitors in your division come on stage together and go through the Symmetry and Muscularity rounds. The contest is judged on these two rounds. Once these rounds are completed you stay on stage as we present the Award and placings immediately.

MELBOURNE MUSCLE & MODEL SHOW	Est. Stage Time
Master Men (40+)	10.00
Ms Figure Master (40+)	10.10
Teenage Men (19 & Under on January 1 st)	10.20
Junior Men (21 & Under on January 1 st)	10.30
Ms Figure First Timers	10.40
Men's Bodybuilding First Timers	10.50
Ms Figure Novice	11.00
Novice Men	11.10
Figure International	11.20
Ms Figure Intermediate	11.30
Ms Figure Melbourne Open	11.40
Ms Figure Pro Qualifier	11.50
Men's Bodybuilding Intermediate	12.00
Mr. Melbourne Open	12.10
Men's Bodybuilding Pro Qualifier	12.20
Physically Challenged	12.30
Ms Runway	12.40
Angels	12.52
Men's Fitness Novice	1.04
Swimsuit Model One Piece Costume	1.16
Men's Fitness Open	1.28
Men's Fitness Pro Qualifier	1.40
FitnessModel First Timer	1.52
FitnessModel Novice	2.04
FitnessModel 30 Plus	2.16
FitnessModel Intermediate	2.28
FitnessModel Open	2.40
FitnessModel Pro Qualifier	2.52
Mens Physique First Timer	3.14
Ms Physique	3.26
Mens Physique Novice	3.38
SportsModel First Timer	3.50
SportsModel Novice	4.02
Mens Physique 30+	4.14
SportsModel 30 Plus	4.26
Mens Physique Intermediate	4.38
SportsModel Intermediate	4.50
Mens Physique Open	5.02
SportsModel Open	5.14
Mr Physique Pro Qualifier	5.26
SportsModel Pro Qualifier	5.38
Bikini First Timer	5.50
Bikini Novice	6.02
Bikini 30 Plus	6.14
Bikini Intermediate	6.26
Bikini Open	6.38
Bikini Pro Qualifier	6.50

SHOW TIMES

PLEASE NOTE: At this event it is typical and expected we change the running order and times as not all division will receive entries while other divisions will need to be expanded into height classes. However, treat this as a guide until you are updated by email in the final week. We do not run the event according to these times. Ask anyone coming to watch you to be in the venue One Hour prior to your estimated stage time to ensure they do not miss you and also are not waiting too long to see you.

MULTIPLE EVENT QUALIFICATION & PRO QUALIFIER INVITATION

Top 5 in each division will qualify for the 2017 City National Championships in Sydney on 3rd June and be part of Team Australia to compete at the ICN World Titles in Thailand 23 - 25th June. Additionally Top 5 also qualify for the 2017 Australian Titles held in Melbourne. Open winners are eligible to compete in the ICN PRO Qualifier.

ENTRY RESTRICTIONS

- Females cannot enter both Bikini Model and FitnessModel division.
- Males cannot enter both Mr Physique and Bodybuilding.
- **INTERMEDIATE** - (Not placed Top 3 in Intermediate or Open)

SPORTSMODELS & MEN'S FITNESS OUTFITS SUPPLIED FOR COMPETITORS

SportsModels have their sportswear outfit supplied. Male Fitness Models competitors have their shorts supplied. After Check-in go to the Black & Blue stand and select your size in outfit.

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. You are able to edit and print all the pictures. Please order your photos on the online entry form. Pics usually arrive 3 week after the event.

EVENT VIDEO & INTERVIEWS

The event will be filmed on stage and interviews conducted with competitors when you come offstage after competing. We have negotiated a great new deal for competitors with Ian Adams Productions. For only \$25 you will get a link to download all the divisions and interviews for the divisions you entered.

BACKSTAGE

At MVRC there is no restriction on the number of backstage "helpers" to assist you prepare. Bring your own weights to pump up if needed. Prestigious venues such as MVRC give no second chances with their venue, if competitors leave damage to the venue from competitor's tan and oil. ICN insist your tan be applied prior to arriving at the venue, so only a final 'touch up' is required. We also discourage the use of transient products like *Dream Tan*. Competing at this venue has four compulsory 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.

DRUG TESTING & SUPPLEMENT WARNING

Drug testing performance enhancing substances at iCompete Natural events is conducted via WADA accredited urine analysis. Over the past 3 years approx. 80% of our positive contest day tests have occurred as a result of banned ingredients in USA supplements taken on event day. **As a general rule, don't take any supplement 3 days prior to the competition.** This will avoid an inadvertent positive test from a substance only banned "in competition" which is mostly the problem we see with pre-workouts and in other supplement contamination cases. When selected for drug testing please follow the official to the test area (located in another area of MRVC). Let the official know if you are competing again soon, we will let you prepare and compete first.

GUIDELINES TO FEMALE MODEL DIVISIONS

Bikini Model is designed for a softer figure and competitors *should not* have six pack abdominals and are judged only in a bikini.

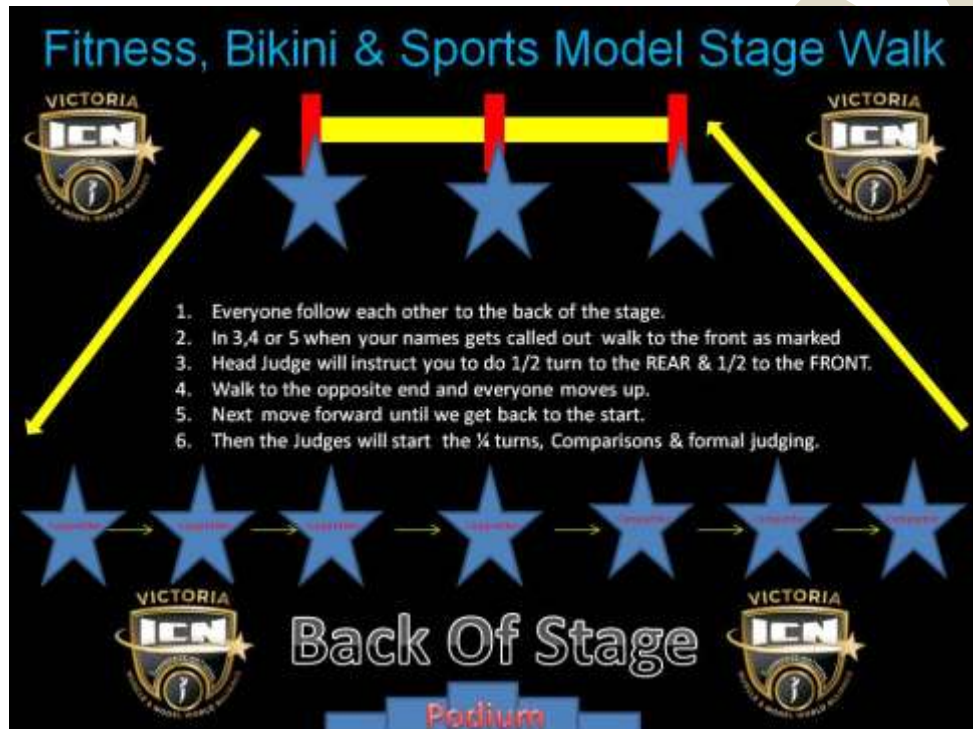
Swimsuit Model is designed for those who shape is enhanced by a one-piece outfit.

Fitness Model should have a more trained look and aim to display six-pack abdominals and are judged only in a bikini.

Sports Model lays between Bikini and Fitness Models. The division is judged wearing sportswear and shoes to give both bikini and fitness competitors an even chance.

Ms Runway is open to every body type (Figure, Fitness, Bikini) and judged like ICN Angels except competitors wear a long evening gown style of dress. The Ms Runway

image is about looking fit and healthy in a glamorous dress. While this needs a nice shape, it also includes other factors such as poise, confidence, stage craft, glamour, the dress, and having a sense of fun are all vital.



Ms Physique is designed for competitors who have acquired, or are genetically gifted with muscle. Judging is based on symmetry and muscular poses. Competitors wear black shorts and crop top (of their choice) with white runners. Symmetry quarter turns are performed like a Sports Model

ICN ANGELS

Open to ALL Female competitors, including, Bikini, Fitness, and Figure competitors. This is the chance to Bling, Feather, Glitz and Glam up you Bikinis and add a Las Vegas/Victoria's Secret effect to your costume. The placegetters will be determined on the best overall presentation on the day, taking poise, walk, personality, overall body condition, and effort into account. This is designed as a 'fun' more relaxed type Category focusing on Colour and Entertainment as well. We will be including it in the Victorian Posing Workshops, choreography and tips on how to 'Bling' up your costumes at a reasonable cost to the competitor. So come on ladies let's bring a touch of 'Vegas' to Moonee Valley.

Mr PHYSIQUE

Wear your own knee length beach wear (shorts). Judging consists of 5 compulsory poses. (1) Front double Biceps, (2) Side Chest, (3) Side Triceps, (4) Rear Double Biceps and (5) Abdominals & Thigh.

ACCOMMODATION RECOMMENDATION (walking distance)

1. **Quest Moonee Valley (03) 8325 9500** www.questapartments.com.au
Cnr of McPherson & Coats Street. Moonee Ponds.
With an ideal location only 90 metres to the venue door. The property offers a range of studio, one, two and three bedroom apartments each complete with full kitchen and laundry facilities. Foxtel and wireless broadband internet access.
2. **Moonee Valley Views Apartments (03) 9373 3777** www.mvv.com.au
A choice of studio, one, two, three or four bedroom two-storey apartments complete with fully equipped kitchens. Free FOXTEL and wireless broadband as well as on-site parking.

DIRECTIONS TO THE VENUE

GETTING THERE BY CAR

From Melbourne City, proceed via Elizabeth St to Flemington Rd.

- Branch left onto Mt Alexandra Rd.
- Turn right at Ormond Rd.
- Turn left at Patterson St. follow the signs into the access road and Centre Car Park.

Alternatively drive on Citylink.

- Exit at Moreland Rd and continue to end. Turn left into Pascoe Vale Rd.
- Turn left into Wilson St.

Inbound from Airport

- Take city link towards Melbourne. Exit at Brunswick Rd.
- Turn right into Ormond Rd. Turn right into Pattison St.
- Proceed under Dean St overpass to enter course.

GETTING THERE BY TRAIN

- Take Craigieburn line from Flinders Street Station.
- Disembark at Moonee Ponds station. The course is a 10 minute walk.
- Travel down Puckle St, across Moonee Ponds Junction to Dean St.
- Turn left into McPherson St for main entrance.

GETTING THERE BY TRAM OR BUS

- Terminals are located at Moonee ponds Junction.
- Tram no. 59 from Elizabeth St arrives directly at Junction.
- From junction walk 200m to entrance on McPherson Street.

WORLDWIDE TONY LANCIANO PRESENTS

ICN COMPLETE NATURAL MUSCLE & MODEL WORLD ALLIANCE

PRO-ATHLETE **ICN** COMPLETE NATURAL MUSCLE & MODEL WORLD ALLIANCE

A\$12,500 PRO Prize Money

WORLD AMATEUR NATURAL BODYSUIT TITLES

PLUS SOUTHERN UNIVERSE PRO CHAMPIONSHIPS

23RD - 24TH - 25TH JUNE 2017

THE SLATE RESORT - PHUKET THAILAND

Registration
Friday June 23.
Noon - 4PM
Jomon Pavillion, The Slate Resort

Event Day 1 & 2
Saturday & Sunday June 24
10AM Start
Tongkah Hall, The Slate Resort

Beach After Party
Sunday June 24
7.30PM onwards
Music & Bar on the sand
On Beach behind The Slate

Ticket Price
A\$50 (1300 Baht) per day
Purchase at Registration or on Door each day.

Online Entry
icompetenatural.com