



2017 ICN TASMANIAN STATE CHAMPIONSHIPS



Subject to updates, version current as of 2/6/17

DATE: Sunday 17th September 2017
VENUE: Country Club, Launceston, Mount Pleasant Show Room
Country Club Avenue, Prospect Vale, TAS, 7250
TIMES: Competitor Access to venue from 8:30am
Doors open 9:30am for spectators
Show starts at 10am
Estimated show finish time 4pm
ENTRY FEE: Early Bird \$150 (prior 31/08/17) or \$175 (after 31/08/17)
Additional Division/s \$50 each or \$75 (after 31/08/17)
Entries close 10th September 2017
PHOTOS: \$55 per division from Melita Magic Photography
TICKET SALES: Tickets allow All Day Access to the show from 9:30am
Adults \$45
Senior Card Holders and High School (under 16) \$35
Children (12 and under) \$25
PROMOTER: Stephanie McKay
CONTACT: Ph: (03) 6223 6028 or 0407 988 815
Email: info@planetmax.com.au

ENTRY & PAYMENT:

iCompete Straight-to-Stage Technology allows you to enter and manage your entry via your personal Membership portal. Login to iCompete www.icompete.com.au 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!

1. Complete your ICN membership, you will receive your Membership number and iCompete log-in as soon as payment is complete
2. Enter the competition through your iCompete portal
3. Once entry is complete you can choose to pay your entry straight away via
Ph: (03) 6223 6028 with Credit Card OR
Money Order or Cheque: made out to Planet Max
Send to: Shop 10, 22 Elizabeth Street, HOBART, TAS, 7000 OR
Pay via iCompete between Midnight 1/08/17 – 10/09/17 (cards only)
5. All payments MUST be finalised BEFORE competition day

Competitors receive entry into the show.

Please note: Entry Fee's and tickets are non-refundable

DIVISIONS AVAILABLE

FEMALE DIVISIONS AVAILABLE

Angels Open to All Competitors
Bikini First Timers First Contest
Bikini Novice First Year of Competing in that division
Bikini Momma Had children
Bikini 30+ and 40+ 30 and 40 & Older on day of contest
Bikini Open and Overall
Ms Swimsuit Open and Overall
Ms Fitness Model First Timers First Contest
Ms Fitness Model Novice First Year of Competing in that division
Ms Fitness Model Momma Had children
Ms Fitness Model 30+ and 40+ 30 and 40 & Older on day of contest
Ms Fitness Model Open and Overall
Sports Model First Timers First Contest
Sports Model Novice First Year of Competing in that division
Sports Model 30+ and 40+ 30 and 40 & Older on day of contest
Sports Model Open and Overall
Figure International Novice Symmetry Only
Figure International Open Symmetry Only
Ms. Figure First Timers First Contest
Ms. Figure Novice First Year of Competing in that division
Ms. Figure Masters 40+, 50+ and 60+ on day of contest
Ms. Figure Tasmania Open and Overall
Womens Bodybuilding Open

MALE DIVISIONS AVAILABLE

Men's Fitness Model Open and Overall
Mr Physique First Timers First Contest
Mr Physique Novice First Year of Competing in that division
Mr Physique 30+ 30 & Older on day of contest
Mr Physique Open and Overall
Bodybuilding Teenage Men 19 & Under on January 1st
Bodybuilding Junior Men 21 & Under on January 1st
Bodybuilding Master Men 40+, 50+ and 60+ on day of contest
Bodybuilding First Timers First Contest
Bodybuilding Novice Men First Year of Competing in that division
Bodybuilding Under 75Kg Weight Class
Bodybuilding Over 75Kg Weight Class
Bodybuilding Open and Overall Height Classes if required

CATEGORY DEFINITIONS

FIRST TIMER: First time competing **EVER**, in **ANY** bodybuilding federation

NOVICE: Novice is your first year of competing in a specific division. This can be either Season A and B (Jan 2017-Dec 2017) or Season B and A (July 2017-June 2018).

ADDITIONAL DIVISIONS

Competitors may compete in **up to 4 divisions** within the following restrictions:

- A Bikini Model can NOT compete in Fitness Model division and vice versa
- Mr Physique can NOT enter Bodybuilding and vice versa
- Female Bodybuilders can NOT enter Figure and vice versa

Note: Any female competitor, can enter Sports Model, Swimsuit and Angels divisions.

SPLITTING DIVISIONS

Divisions will be split into height classes where deemed necessary, this will not be known until a week before the competition. Where division numbers are under 3 competitors, divisions will come on stage combined with another small division in the same category, divisions are still judged separately.

ICN has a minimum age requirement of 15 years for any competitor. Click here to see the comprehensive [judging guidelines](#) for each division. ICN advises that every competitor should understand that the judges guidelines are updated regularly and that website visitors should refresh their cache to make sure they are seeing the most up-to-date version of the page. Rule changes are recorded on the official Rules and Regulations page [click here](#) for the latest rule modifications

MR PHYSIQUE, BODYBUILDING and FIGURE

Are required to do Group Quarter Turns in round one and compulsory poses in Round two. Please see picture and guidelines for posing on ICN website for further information.

BIKINI, SPORTS MODELS, FITNESS MODEL and SWIMSUIT DIVISIONS

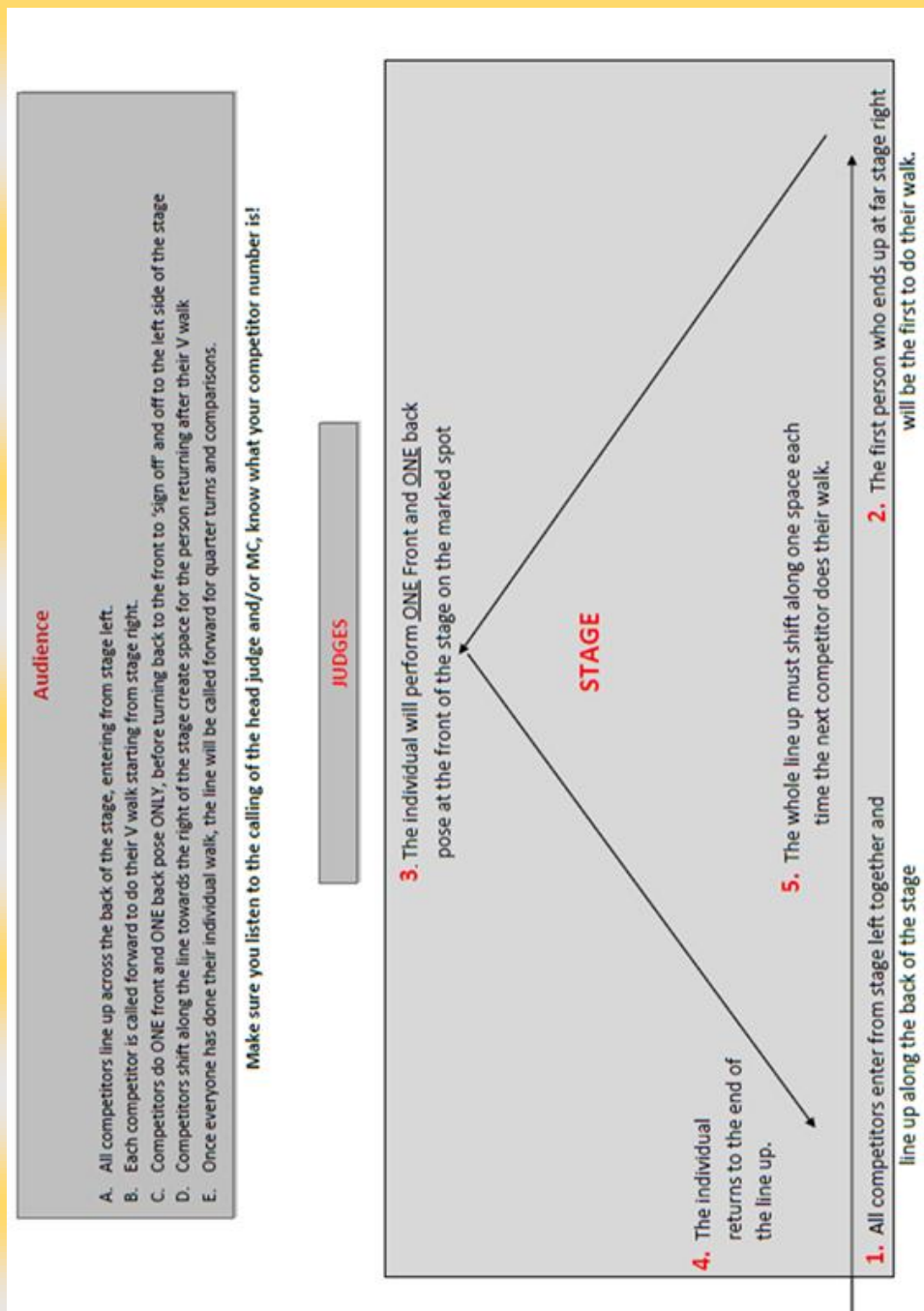
Fitness and Bikini Models are judged in a bikini and Sports Models are judged in sportswear. All competitors in your division come on stage together, then each competitor will do an individual V Walk (Front to Back Pose only). Once everyone has completed their individual walk the entire division will be called to the front of the stage for a Symmetry (quarter turns) round. Once the judges are happy the line-up will then file off stage to be bought back later for their trophy presentation.

V-WALK (diagram to the left)

The stage V walk only requires **one Front and one Back Pose** in the centre of the stage before finishing and walking back to the line-up. The emphasis of the stage walk is to display confidence with your physique by presenting a confident stage presence and persona.

FITNESS WEAR SUPPLIED

Mens and Womens Fitness Wear will be supplied, designs will be announced closer to the event. Outfits will be available for pick-up upon check-in to event. Competitors will be contacted about sizing a week before the show.

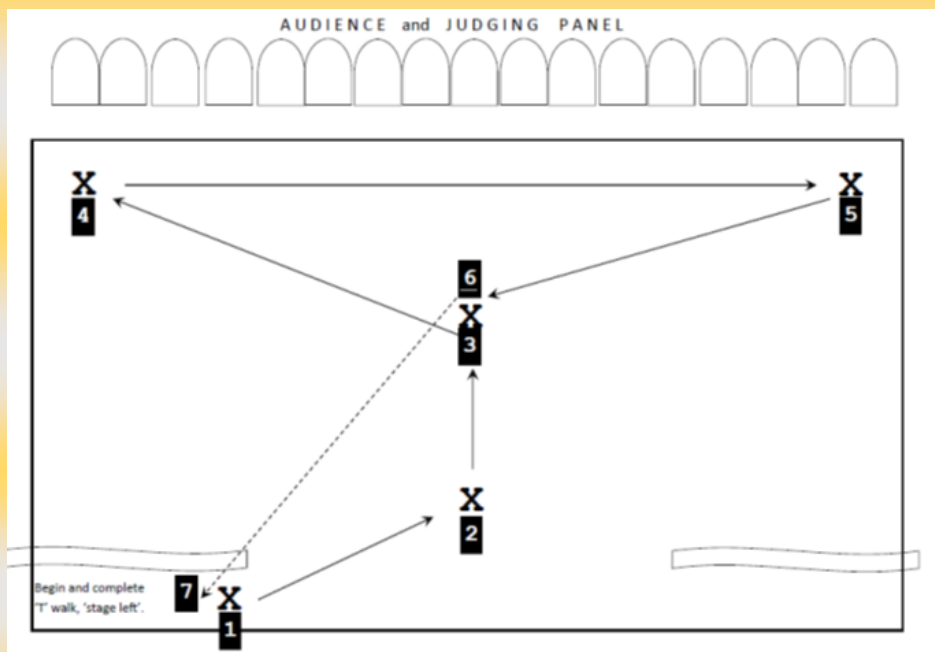


ANGELS

Angels Costume: based on a bikini, the costume can resemble that of an Angel (wings), or a Showgirl Las Vegas type costume, Feathers and frills, tulle, sequins, Diamantes, anything that is feminine and "over the top" that the competitor has always dreamed of wearing, glitz, bling, and glamour is the key. However, **we do not want costumes that drag along the floor and costume must be secure**, and please ladies, nothing that bursts into flames!!!! You will need to display your creation with poise and confidence.

Stage: Each competitor will enter the stage individually, and have twenty seconds to display their costume. They will then file off stage and the next competitor will enter, until every competitor has had their turn to show their creation. Once each competitor has done their stage walk the line-up will be brought back onstage together. Remember, this is open to all female competitors. This is not judged entirely on the body, e.g. a six pack abdominal region is not necessary - it's more about what you bring to the stage with your presentation and personality! This is a "Fun" category! Imagine the amazing, stunning photos you will have to keep of yourself of the day!

A **T-walk** is recommended for this division, please see below:



CHECK-IN: 1.5-2 Hours prior to your estimated stage time.

ICN *Straight to Stage* contest experience means just enter online and arrive 2 hours before your Estimated Stage Time. When you arrive at the venue, go to the backstage area and check-in, collect your competitor gifts and contest number before going on stage. Stress-free and easy!

EST RUNNING ORDER

Below is an estimated time as to when each division will come on stage. Please realise it is impossible to know how long each division will take to be judged or if all divisions will be running to give you an actual stage time. We do not run the event according to these times. **Ask anyone coming to watch you to be in the venue 45 minutes prior to your estimated stage time to ensure they do not miss you.**

Note: It is **YOUR** responsibility to know if the show is running early or late, no refunds will be given if you miss your division. If you turn up late for your division you **WILL NOT** be allowed onstage. All efforts will be made to keep you up to date and there will be specially appointed helpers in the designated backstage areas, instructing you on how the show is running for time. More accurate running order times will be emailed to you a week before the competition and also posted on ICN Tasmania Facebook.

Est Stage Time	Division
10am	Show Starts
10:05am	Women's Bodybuilding Open
10:10am	Bodybuilding First Timers
10:15am	Figure International Novice
10:20am	Bodybuilding Teenage and Junior
10:30am	Ms. Figure First Timers
10:40am	Bodybuilding Master Men 40+, 50+ and 60+
10:45am	Figure International Open
10:55am	Bodybuilding Novice Men
11:00am	Ms. Figure Masters 40+,50+ and 60+
11:10am	Ms Swimsuit Open and Overall
11:20am	Bodybuilding Under 75Kg
11:30am	Ms. Figure Novice
11:35am	Bodybuilding Over 75Kg
11:40am	Angels
11:50am	Ms. Figure Tasmania Open and Overall
12pm	Bodybuilding Open and Overall
12:10pm	Sports Model First Timers
12:20pm	Men's Fitness Open and Overall
12:30pm	Sports Model Novice
12:40pm	Sports Model 30+ and 40+
12:50pm	Sports Model Open and Overall

1pm	Intermission
2pm	Show Resumes
2:05pm	Bikini First Timers
2:15pm	Bikini Momma and Bikini 30+ and 40+
2:20pm	Mr Physique First Timers
2:30pm	Bikini Novice
2:40pm	Bikini Open and Overall
2:50pm	Mr Physique Novice and 30+
3pm	Ms Fitness Model First Timers
3:10pm	Ms Fitness Model Momma
3:20pm	Mr Physique Open and Overall
3:30pm	Ms Fitness Model Novice
3:40pm	Ms Fitness Model 30+ and 40+
3:50pm	Ms Fitness Model Open and Overall
4pm	Show finalises

BACKSTAGE GUIDELINES

Due to the restricted space in the backstage area of this venue, there will be no helpers permitted in the immediate backstage area. Competitors will need to ensure their tan is fully applied before moving backstage.

Bring your own weights/resistance bands to pump up with if required. **ICN insist your tan be applied prior to arriving at the venue**, so only a final "touch up" is required. Most final coat tans look better if applied hours earlier!

Competing at this venue has five 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 anywhere in the venue
4. No chewing gum
5. **Toilet seats must be wiped of tan after each use**

We need you the competitor to take responsibility for how you use the facility. If this is not adhered to we will disqualify offending competitors.

A Team of officials will assist all competitors to get on stage at the right time and in the right order. They will guide you with how fast the show is proceeding and update the running time. Please note if we cannot find you in the designated competitor area we will not be able to update you.

DRUG TESTING & SUPPLEMENT WARNING

Drug testing performance enhancing substances at ICN events is conducted via WADA accredited urine analysis. Over the past 3 years approximately 80% of our positive contest day tests have occurred as a result of supplement contamination, especially pre-workout products 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.

VENUE: COUNTRY CLUB LAUNCESTON



Located minutes from Launceston's CBD, Country Club Tasmania and Villas are nestled amongst 300 acres of parkland, lakes and rolling paddocks. Our idyllic resort is abundant with wildlife, fresh air and tranquility and is the perfect platform for guests to explore the Tamar Valley wine region and the rugged beauty of Northern Tasmania.

Country Club Tasmania and Villas offer the best accommodation in Launceston along with a selection of dining and entertainment options. It is here that you'll find all the facilities and services you'd expect in a top-quality hotel and a true Country Club, including an 18-hole championship golf course.

There's a variety of accommodation choices, including hotel rooms, accommodation for business travelers and luxury suites in the resort complex. Adjacent are Country Club Villas, with a range of villa suites and ideal family accommodation in self-contained 1, 2 and 3 bedroom villas, as well as self-contained apartments in Launceston.

Nestled within Country Club Tasmania itself are a varied selection of 5 restaurants and 4 bars, offering casual bistro-style meals or a buffet option overlooking the golf course in Links Cafe, quick and inexpensive meals in the Water garden and a paddock to plate experience showcasing the finest produce at Tasmania's most awarded restaurant, The Terrace. At Country Club Villas, family dining choices include Bolters Pizzeria, Bar, and Grill.

They have high expectations and are proud of their achievements, having recently been awarded Tasmania's best entertainment venue, showcasing live entertainment, shows and events. As Australia's third casino, and Tasmania's second, the boutique casino features the latest gaming machines and popular table games.

ACCOMMODATION

The Country Club can offer discount accommodation rates:

Country Club Resort
Deluxe Room - \$169.00
Deluxe Golf View - \$179.00
Manor Suite - \$245.00

Country club villas
1 bedroom villa - \$135.00
2 bedroom villa - \$174.00
3 bedroom villa - \$198.00
Manor Suite - \$ 198.00

Simply mention ICN Tasmanian Championships when booking.

Parking is readily available at the venue.

VIDEOGRAPHY

The event videography is included in your competitor entry fee, and will be produced by Emma Raynor Productions. Emma's extensive work in television and filming of similar events make her videography outstanding quality. Videography will be emailed via a downloadable link 2-3 weeks after the competition, to the email address listed on your iCompete profile.

PHOTOGRAPHER

We are very fortunate to have secured Melita Jagic from Melita Magic Photography to photograph the event. Melita is well known for covering ICN shows on the mainland and we are very excited to have her down to capture your special day.

Photo's can be ordered through iCompete when entering the show, they are \$55 per division and will be ready in around 2 weeks after the competition through Melita directly.

TANNING

Sunkissed tanz
Cat Garrett
Suite 4/18 Brisbane street launceston
Ph: 0409 256 832
Facebook: @sunkissedtanztas

We recommend you book early to ensure you can get the most appropriate time to suit your needs.

QUALIFIER EVENTS

2017 AUSTRALIAN PRO/AM CHAMPIONSHIPS WITH A \$100,000 PRIZE POOL AT THE FITNESS SHOW

This year's Australian Championships are being held in Melbourne at the Fitness Show in the Melbourne Convention Centre. The show is open to all ICN Amateurs and iPROs. Amateurs only need compete at any of our ICN events in 2017 to qualify.

AUSTRALIAN iPRO NATURAL ATHLETES

The ICN iPRO Show will be a truly history making Australian Professional Natural event that will carry the biggest ever prize pool of AUD\$50,000 divided equally for each of the 7 divisions Men's Bodybuilding iPRO, Figure iPRO, Fitness Model iPRO, Men's Fitness iPRO, Sports Model iPRO, Mr Physique iPRO & Bikini Model iPRO: 1st Prize \$4000 2nd \$2000 3rd \$1000, Amateurs share in \$50,000 in Prizes including Return Flights to the ICN Bali Paradise International Pro/Am on 28th - 29th October 2017, Treadmills, Cross Trainers, Sports Vouchers and so much more.

For confirmation on any aspect please contact the iCompete Natural Muscle & Model Alliance (ICN Australia) President Tony Lanciano on 0402 555 505 or any of the ICN Presidents or Promoters or staff.

2017 ICN iPRO QUALIFIER EVENTS (4 EVENTS)

Season B

ICN WA State Titles 16th September

ICN Victorian Muscle & Model Championships 23rd - 24th September

ICN Australian Amateur Muscle & Model Championship @ Melbourne Fitness Show 13th - 15th October

ICN BrisVegas Muscle & Model Show @ Brisbane Fitness Show - 21st - 22nd October

ICN iPRO LEAGUE CALENDAR 2017

Australian PRO Show, Melbourne at the Melbourne Fitness Show 13th, October, 2017
Bali Paradise International PRO Show, 28th-29th Bali October, 2017 (2nd Anniversary).

