



MUSCLE & MODEL EPIC WEEKEND! SATURDAY & SUNDAY SEPTEMBER 23 & 24

RETAIN THIS INFORMATION FOR YOURSELF

Subject to updates. This version current as at 14/08/2017

iCompete *Straight-to-Stage* Technology allows you to enter and manage your entry via your personal Membership portal www.icompetenatural.com from any device. It takes only moments to (join/renew) enter or change your entry or personal details. NOTE: ICN is a paperless and digital organisation. You will absolutely love the speed, control and convenience of entering ICN events via iCompete. Welcome to the future!



DATES:	Saturday & Sunday 23 & 24 September 2017
CONTEST TIME:	Each Day starts at 10AM. One Show Format.
ENTRY FEE:	\$195 Entry
ADDITIONAL:	Additional entries are \$100 each.
ENTRIES CLOSE:	Midnight on Tuesday 19 th September.
VIDEO:	FREE! Download package consisting of (1) all the Divisions you enter, and (2) all Top 5 interviews.
STAGE PHOTOS:	Photographs of <u>each</u> division are \$45.
PAYMENT DUE:	Pay Online via iCompete between Midnight 19/09 – 20/09 or at Check-in on the weekend (cash only)
VENUE:	Moonee Valley Race Club. Celebrity Room McPherson Street, Moonee Ponds. Melways Ref: 28 K5
CONTACT:	0402 555 505
TICKET PRICE:	\$55 All Day General Admission. School Students \$25. Primary Age (Under 12) are free
PROMOTER:	Tony Lanciano, ICN Australian President

VICTORIAN MEGA SHOW HIGHLIGHTS



- + Weekend Festival of Muscle & Fitness
- + Free entry all Weekend for competitors
- + World's Largest Statues for Open Champions
- + Award winning Medals for Top 5 Placings
- + PRO Qualifier
- + ICN Mix n' Match Singlet, Tee and Cap
- + Free onstage & side stage video of all your divisions
- + Qualifier for the 3 day Mega Australian Titles
- + Qualifier for the NATLYMPIA in Bali
- + Open winners eligible for iPRO Qualifiers
- + Division Hoodies to Overall Winners

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. The Celebrity Room has the capacity to seat 1,000 spectators, free WIFI, huge 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 security car park and onto the Celebrity Room. The luxurious home of ICN Victoria.



STATUES FOR OPEN CHAMPIONS

ICN provides a range of incredible Statues for our Open Class Champions. Notwithstanding they are the biggest in the world, these Statues are exclusive to ICN Australia and cannot be won elsewhere and are not available for sale.



Men's Bodybuilding - Ms Figure - Mr Physique



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

ICN DESIGNER VICTORIAN TOP 5 MEDALS

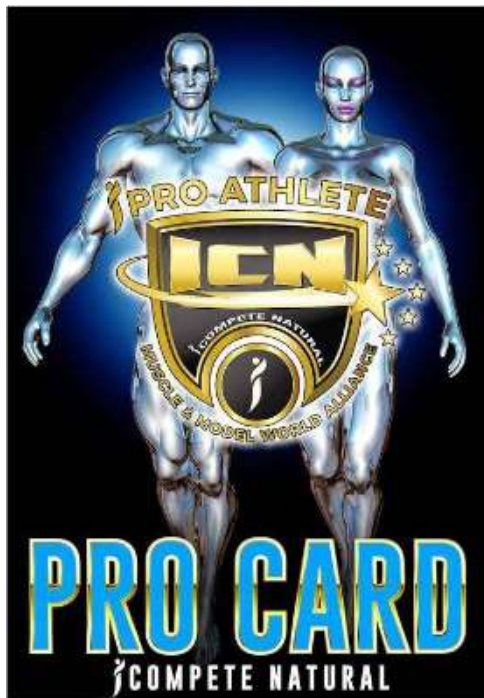


ICN COMPETITOR ACHIEVEMENT MEDALS (Equal 6th Place)



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 recognize 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.

ICN iPRO QUALIFIER



ICN Victoria is proud to offer our Natural PRO Qualifier in Melbourne in the following 7 divisions:

Men's Bodybuilding
Men's Fitness
Mr Physique
Ms Figure
FitnessModel
BikiniModel
SportsModel

To be eligible you must have won an ICN Open division (includes Open HT class win) in the past 2 years.

The iPRO Qualifier Champions will earn their PRO Card to compete in the \$50,000 Australian PRO Divisions in Melbourne,

DRUG TESTING & SUPPLEMENT WARNING

Drug testing for performance enhancing substances at ICN events is conducted at WADA accredited labs. Over the past 3 years approximately 80% of our positive contest day tests have occurred because of banned ingredients in USA supplements, especially pre-workout products taken on event day. **As a 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.

BACKSTAGE

Bring your own weights to pump up if required. Prestigious venues such as MVRC give few chances with their venue, if competitors leave damage to the venue and furnishing 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. So not sit directly on toilet seats etc. Have Baby Wipes to instantly remove any marks you make.
2. Wear sandals (or similar) always 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 any surface backstage.

SHOW TIMES

Each division will come on stage in the order listed. Please realize 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 will email competitors an update on estimated stage times in the last week.** Ask anyone coming to watch you to be in the venue 60 minutes prior to your estimated stage time to ensure they do not miss you.

ICN VICTORIAN MODEL SHOW SATURDAY 23 - EST. TIME

Ms FitnessModel First Timers	10.00
Ms FitnessModel 21	10.24
Ms FitnessModel Momma	10.36
Ms FitnessModel Novice	10.48
Ms FitnessModel 40+	11.12
Ms FitnessModel 30+	11.24
Ms FitnessModel Intermediate	11.36
Ms FitnessModel Open	11.48
Ms FitnessModel Pro Qualifier	12.18
Men's Fitness First Timer	12.30
Ms Runway	12.42
Men's Fitness Novice	12.54
ICN ANGELS	1.06
Men's Fitness Open	1.18
Men's Fitness PRO Qualifier	2.00
Swimwear Model	2.12
Men's Streetwear	2.24
SportsModel First Timer	2.36
SportsModel 21	3.12
SportsModel Momma	3.24
SportsModel Novice	3.36
SportsModel 40+	4.12
SportsModel 30+	4.24
SportsModel Intermediate	4.48
SportsModel Open	5.24
SportsModel PRO Qualifier	5.30
Bikini First Timer	5.42
Bikini 21	6.06
Bikini Momma	6.18
Bikini Novice	6.30
Bikini 40+	6.54
Bikini 30+	7.06
Bikini Intermediate	7.18
Bikini Open	7.30
BikiniModel iPRO Qualifier	8.06

(Divisions are subject to height classes if the number of entries warrant)

**ICN VICTORIAN MUSCLE SHOW
SUNDAY 24th September**

	EST. TIME
Ms. Figure 50+	10.00
Men's Bodybuilding 50+	10.12
Ms. Figure 40+	10.24
Men's Bodybuilding 40+	10.36
Ms. Figure 30+	10.48
Men's Bodybuilding First Timers	11.00
Ms. Figure First Timers	11.12
Men's Bodybuilding Novice	11.48
Ms. Figure Novice	12.00
Men's Bodybuilding Under 75Kg	12.36
Ms. Figure Under 52kg	12.48
Men's Bodybuilding Over 75Kg	1.00
Ms. Figure Over 52kg	1.12
Bodybuilding Teenage Men	1.24
Figure International Novice	1.36
Bodybuilding Junior Men	1.48
Figure International Open	2.00
Men's Bodybuilding Intermediate	2.12
Ms. Figure Intermediate	2.24
Men's Bodybuilding Open	2.36
Ms. Figure Open	2.48
Men's Bodybuilding PRO Qualifier	3.36
Ms. Figure PRO Qualifier	3.48
Men's Physique First Timer	4.00
Men's Physique Novice	4.24
Ms Physique Novice	4.36
Men's Physique 21	5.00
Ms Physique Open	5.12
Men's Physique 30	5.24
Men's Physique 40	5.36
Men's Physique Intermediate	5.48
Men's Physique Under 70kg	6.00
Men's Physique Over 70kg	6.12
Men's Physique Open	6.24
Men's Physique PRO Qualifier	7.00

(Divisions are subject to height classes if the number of entries warrant)

Men's Street Mode * NEW! * is open to everybody 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.



INTERMEDIATE DIVISION

ICN Victoria are including an INTERMEDIATE in the following divisions Men's Bodybuilding, Men's Fitness, Mr Physique, BikiniModel, SportsModel, Ms FitnessModel and Ms Figure. Entry is eligible only to competitors who have **not placed Top 3** in the Open Class of the division they are entering (and not placed Top 3 in Intermediate, however we have not offered Intermediate in recent years). Intermediate offers a "stepping stone" platform. Intermediate is not divided into Height Classes. To enter a Height Class in your division you will still have to enter the Open.

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.

Swimwear Model is designed for those whose shape is enhanced in 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 everybody 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 Sports Figure Model 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.

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

Arrive 75 minutes before your Estimated Stage Time. When you arrive at the venue, go to the backstage area and check-in, pay any entry fees and collect your competitor gifts and contest number/s before going on stage. Stress-free and easy!

SHOW FORMAT (for Bodybuilding & Ms Figure divisions)

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

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.

OUTFITS SUPPLIED BY ICN

Female Sports Models have their outfit supplied. After Check-in go to the Black & Blue stand and select your size.

COMPETITOR'S PHOTOGRAPHS

Onstage Photos: You receive all the photographs taken of you and your division for \$45. You can edit and print all the pictures. A link to your photos is email 2-3 weeks after the event.

Backstage Photos: A mini studio is created by Daryl Layne Portraits. Order prior to the event via icompete and get 5 images. If you order on the day, you get the standard deal of 4 images.

EVENT VIDEO & INTERVIEWS

**** BREAKING NEWS **** 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.

TICKET PURCHASES

Available at the Door on Saturday 23 & Sunday 24 from 8.30AM.

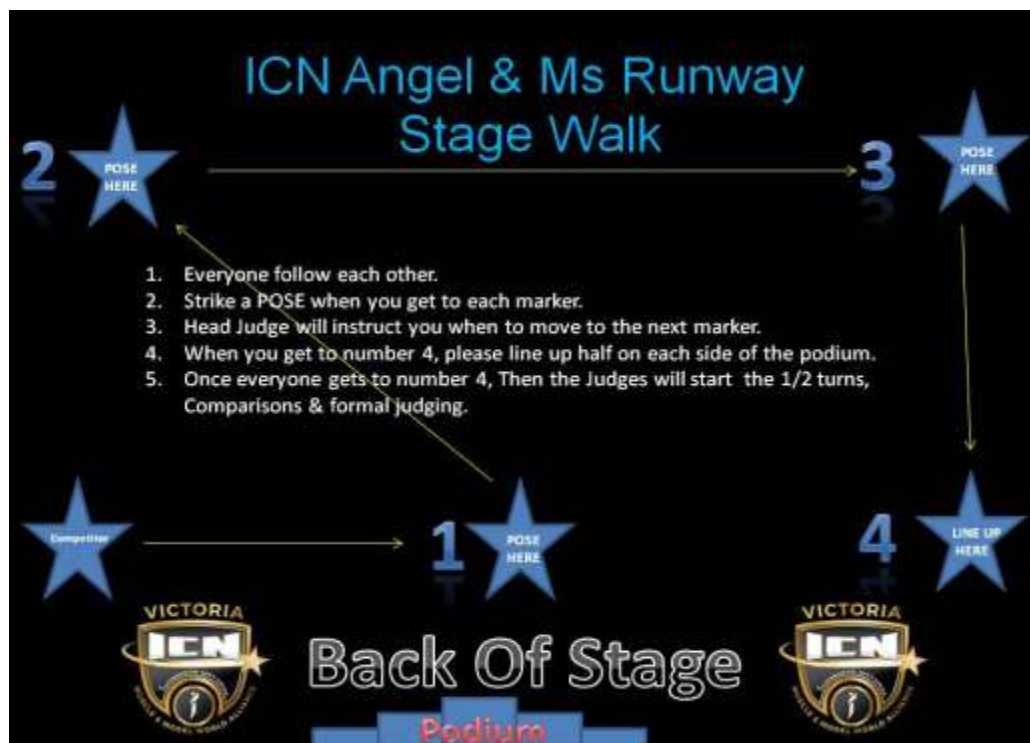
General Admission \$55. High School children \$25. Primary School & Under Free. Tickets only available on the Contest Day itself at the Door. Onsite, security car parking is free as well a free WI-FI. Seats are not reserved – sit where you like. Cash only, as no

card facilities are available. The venue has two ATMs on the ground foyer to withdraw cash.

AUSTRALIAN, NATLYMPIA & ICN Pro Qualifiers in 2017!

As Victoria is hosting the Australian Titles in 2017 all entrants qualify for the Australian Titles. Open winners qualify for the ICN PRO Qualifiers next year. Top 5 place getters at the Victorian titles qualify for the inaugural NATLYMPIA in Bali.





ACCOMMODATION RECOMMENDATION

1. **Quest Moonee Valley** (03) 8325 9500 www.questapartments.com.au
Cnr of McPherson & Coats Street. Moonee Ponds. (Across the road from the venue!). With an ideal location only 90 metres to the venue door, Quest Moonee Valley has been purpose built to accommodate participants for the venue. The property offers a range of studio, one, two and three-bedroom apartments, each complete with full kitchen and laundry facilities, separate living areas, balconies (except for the studios), Foxtel and wireless broadband internet access.
2. **Moonee Valley Views Apartments** (03) 9373 3777 www.mvv.com.au Guests have the choice of studio, one, two, three or four bedroom two-storey apartments! Complete with open plan living and dining, fully equipped kitchens and large central bathrooms. Free FOXTEL and wireless broadband as well as on-site parking. Each apartment comes with the option of either a balcony or a private courtyard.

GETTING TO THE VENUE 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, YOU CAN TAKE 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 St.

ICN VICTORIA

*** 7 STEP ***

CONTEST EXPERIENCE

1. Competitor Line-Up

Assemble on the centre wooden floor for final instruction before heading to stage.

2. Competitor Parade

Competitors led on a 50m walk to side stage.

3. Pre Stage VIDEO Interviews

4. Stage Time! Judging, Trophy and PT Award Presentations.

5. Post Stage Interviews

Random Competitors will be asked to expand on their Pre-Stage comments. Top 5 of each division interviewed as a group.

6. Backstage Professional Photos

7. Casual Photo Backdrop Area

4m ICN and AUS flag banner for all competitors to take photos with your awards, gifts, and your fellow competitors & spectators.

Note:

The 7 Step Contest experience takes approximately 35 minutes.

