

WANT INFO PDF Update #3 June 4

Be sure you have the latest event details. Information will be updated constantly leading into the show, so, come back to **My Resources** on a regular basis and download any updated version.



This is Wayne McDonald from Australia, Chairman of the ICN World Alliance.

It is my pleasure to invite you to represent yourself and Country at the first World Amateur Natural Titles for drug-free competitors and the inaugural Southern Universe iPRO Championships for drug-free Professional athletes. These Championships represent the launch of iCompete Natural worldwide and so the emphasis will be on celebrating the occasion with many opportunities to meet and greet competitors and officials from new ICN countries.

This ground-breaking pinnacle event held at one of the world's most awarded 5 Star resorts at Nai Yang Beach on the tropical island of Phuket, Thailand is being promoted by ICN Australia. We can assure you of a unique and unforgettable experience, far beyond just an exciting World Championships.

NOTE: Countries should email their attending Official's name and title to eventsdirector@icompetenatural.com by the date entries close for competitors on **Saturday 17 June 2017**.

What is the ICN WANT?

iCompete Natural (ICN) originates from Australia who are recognised for building the most successful natural bodybuilding organisation in the world. ICN Australia delivers 50 domestic events for a relatively small population of only 23 million people. And ICN Australia is not just quantity; averaging 400 entries per event. So popular is ICN Australia, that 1 in every 6,000 Australians are a Premium Member of our natural organisation. Our winning philosophy is simple – deliver an experience the participants cannot buy or get anywhere else. Every event aims to make it so special, you feel it's a "wedding day" for competitors!

With so many likeminded countries around the world wishing to adopt our successful blueprint, we needed to create an organisation that had the wisdom, technology, professionalism, structure, governance and human resources capable of reproducing the Australian experience worldwide and hence ICN was born in 2017.

WANT represents a summit for the amateur natural competitor. In conjunction with the Southern Universe iPRO titles, ICN will host a magnificent event in a luxurious and exotic location, the like that has never done before. Notwithstanding 12 countries already affiliated to ICN, the WANT championships is open to natural athletes around the world via our iCompete technology platform. ICN endorse the World Anti-Doping Agency (WADA) principles in our stringent Anti-Drug Policy and use accredited laboratories to analyse samples from our competitors. As such, ICN delivers WANT an international, 5-year minimum drug-free competition for the *best of breed* natural athletes.

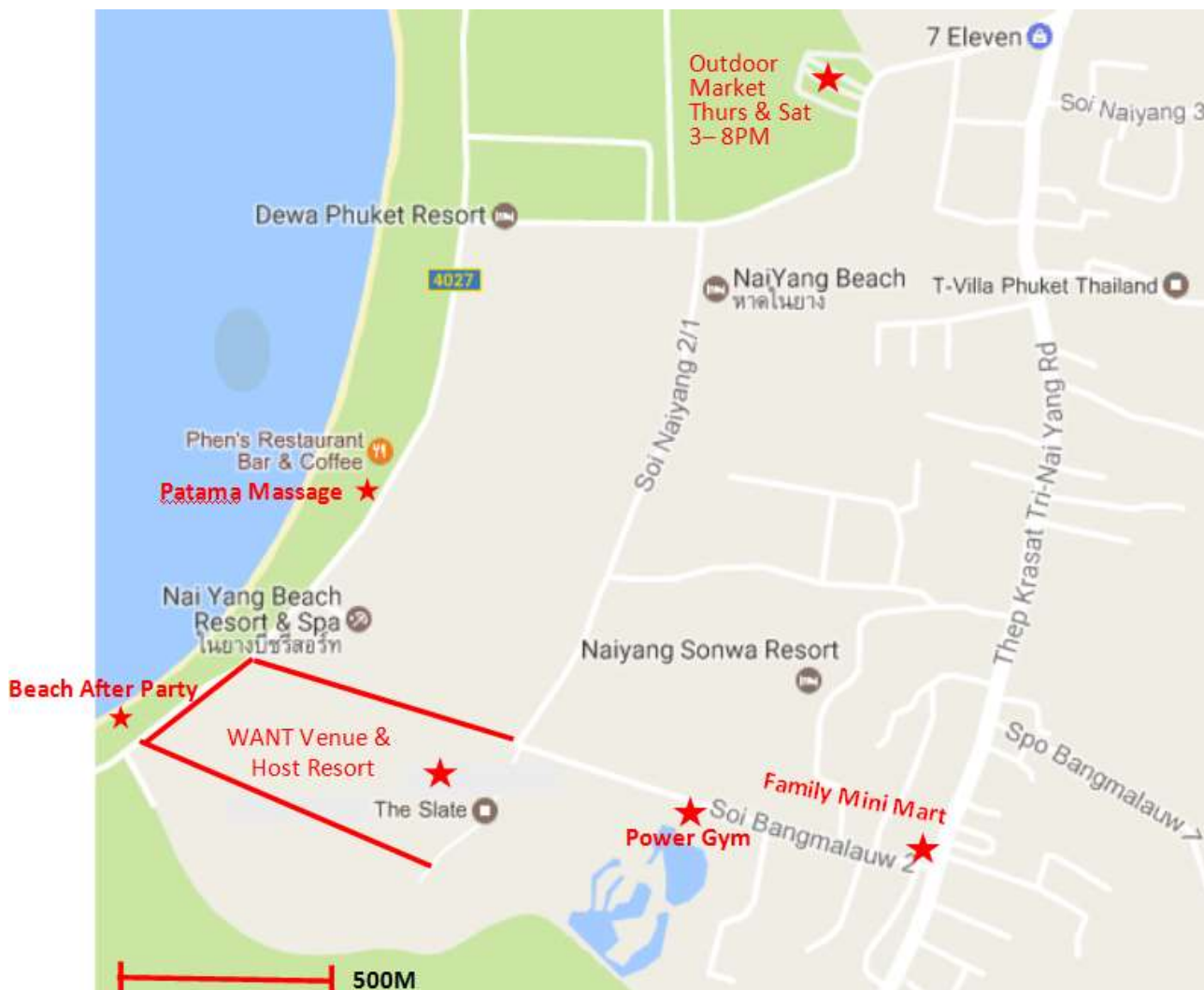
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01. Nai Yang Beach, Phuket, Thailand

Our WANT event is hosted at the luxury Slate Resort at Nai Yang Beach an unspoilt Thai beach village, only 3KM from the Phuket international airport, perfect for competitors to concentrate on their final prep and their friends and family to unwind and relax. For locals Nai Yang Beach presents Phuket's original island lifestyle, unlike many other areas that are now congested with high volume tourism and traffic jams. The village while small, is plentiful with shops, bars and up to 30 eateries, many that flow down onto the beach sand catering for every taste from pizza to lobster all within a 5-minute walk along village road directly behind The Slate resort. Plus, our sponsor Patama Spa and Massage offers massage so affordable everyone can indulge daily.

Event Location & Local Map



02. Event Venue: Tongkah Hall @ Slate Resort

Located on the ground floor directly below registration is the contest location. Competitors will be led by officials from the Prep area down via a separate (competitors only) staircase to the Right hand sidestage area prior to going on stage. As the journey from prep area to stage involves a staircase all **competitors will be given disposal non-slip feet socks** to wear on the walk to stage. So, competitors wearing high heels will carry them downstairs and put them on sidestage. Competitors will come onstage from the right door highlighted in green. After the judging and award presentations, competitors exit on the other side (red) of the stage to return to the Jomon Pavillion. **NOTE: Any Open Height Class winners competing in the Overall or any competitor competing in the next division please return to sidestage via the Green side.**



03. Accommodation

The wonderful experience of the WANT is the new friendships that are formed with competitors from both your own team and overseas. After running international events for 26 years we know the best way of enhancing this interaction is for everyone to stay at the same hotel/location. Luckily the WANT event at Nai Yang Beach is spoilt for accommodation choices and walking distance of the venue. Most obvious accommodation is the event venue is at the luxurious 5 Star Slate Resort. However, all types and price ranges of accommodation are nearby.

Next page is a booking form to receive our “iCompete Natural” price at The Slate Resort. Prices are in Thai Baht and include the Thai 18.7% taxes. The Slate Resort website for other information <https://www.theslatephuket.com/>

Microwave ovens. Most hotel rooms (including the Slate Resort) do not have cooking facilities therefore we have arranged with our local sponsor, Patama Spa & Massage to purchase on your behalf a cheap microwave so you can cook in your room. The microwaves cost A\$80 (2,000 Baht). Order and pay for the microwave on your entry form. Then go to Patama Massage shop to collect when you arrive (See map). *After the event, rather than leaving the microwave in the hotel to be thrown out, please return it to the shop and we will donate them to a charity/poor in the area.*

Next door to The Slate Resort is another large but cheaper hotel <http://www.naiyangbeachresort.com/>

The closest hotel (800M away) with kitchen facilities in the larger rooms is the Dewa Phuket Resort. <http://www.dewaphuketresort.com/>

Multiple smaller and cheaper accommodation options are all around The Slate Resort. Please use the popular hotel booking engines to discover them.

HOTEL RESERVATIONS FORM

iCompete Natural
24th – 25th June 2017

Reservation Detail:

Name 1: (Mr. /Mrs. /Miss /Dr.) _____

Name 2: (Mr. /Mrs. /Miss /Dr.) _____

Child 1: _____ Gender _____ Age _____ Child 2: _____ Gender _____ Age _____

Contact Address: _____

Phone: _____ Fax: _____ Email: _____

Check-In Date: _____ / June / 2017 Check-Out Date: _____ / June / 2017

Note:

- Below rates quoted are inclusive of 18.7% prevailing government taxes, service charge and inclusive of daily American breakfast for 2 persons per one room.
- Rooms are subject to availability basis. Kindly make your reservation at reservations@theslatephuket.com
- It will be more favorable to all guests if bookings are made early to ensure that the rooms are available.
- This rate is applicable for stay date during 20th – 28th June 2017 only. Early and extend stay applied best available rate available at the moment of request for reservation.

Room Requirement/ Nightly Rate:

Room Type	Rate	Bed type			Preference	
Indigo Studio	THB 4,200 net	Single	Double	Twin	Smoking	Non Smoking
Pearl Bed Suite	THB 5,000 net	Single	Double	Twin	Smoking	Non Smoking
D-Buk Suite	THB 6,500 net	Single	Double	Twin	Smoking	Non Smoking
Pool Suite	THB 8,200 net	Single	Double	N/A	Smoking	Non Smoking

Extra bed: Baht 2,000 net per bed per night, inclusive of ABF buffet for 1 person.

Twin bed is Hollywood style (share basement and separate mattress), except D-Buk Suite has sofa bed that can make a bed for twin share.

Payment Method: Credit Card/ Cash - please specify

Please fill credit card authorization detail as following. (This credit card must be valid until departure date)

I authorize The Slate to use my credit card to guarantee my reservation. I noticed the cancellation charge according to the below cancellation policy.

Name appears on the card: _____ Card Holder Signature: _____

Credit Card: Visa Master Card Amex Others

Card Number: _____ Expiry Date: _____ / _____
Month / Year

Cancellation Policy:

- 100% of the entire stay room rate x night charge if booking cancelled less than seven (7) day prior to arrival date.
- All no shows, early departure and late arrival will be charge whole period of booking
- All cancellation must be made by written confirmation.

Transportation

Our airport transfer is available, charge at THB 350 net per way (maximum 4 seats). Kindly fill the below required detail or for later contact our reservation team at the above address.

Arrival Time: _____ Flight Number: _____ Number of guests: _____

Departure Time: _____ Flight Number: _____ Number of guests: _____

Condition

- Cancellation is required within 12 hours prior original time that booked. Otherwise full charge will be applied as a penalty*

04. Registration Jomon Pavillion

Registration will be held on Friday June 23rd in the Jomon Pavillion which is located on the same level and near the front reception area when you enter the Slate Resort.

Registration Time

Noon – 4PM

When you arrive, Registration come to the table with either an **envelope** or **piece of paper** in your hand.

Let me cover this carefully as its vital to a fast, flowing experience for competitors:

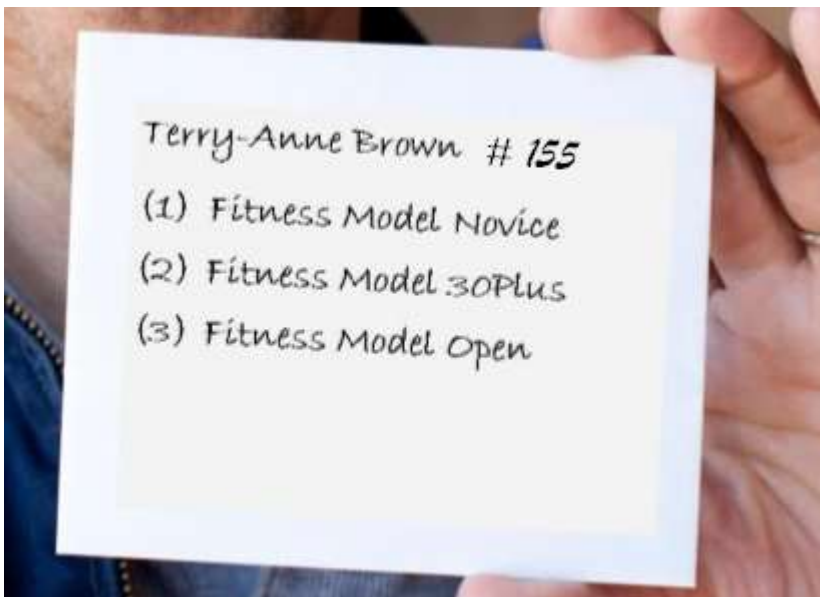
1) If you are paying your entry fees in cash at Registration (no credit card facilities available) you must have the money in an ENVELOPE. On the envelope please write the following 5 pieces of information: See photo example.



If you are paying at Registration bring money in an envelope with:

- Your Name
- Your Contest Number (this will be emailed to you before the contest)
- The Division/s you have entered
- The Media (photos and video) you ordered.
- The total amount enclosed in the envelope – correct amount is appreciated.

2) If you **paid online**, you give us just a **piece of PAPER** (not an envelope). This is important to us because “envelope” means you need to pay, and ‘paper’ means you have already paid. On the paper, just 3 pieces of information.



If you pay online
(Available June 17 & 18 – go to
PAY under MY EVENT)

Just bring a piece of paper with:

- Your Name
- Your Contest Number
- The Division/s you have entered

When you come to the Check-in table place your **envelope or piece of paper on the table** in front of the staff. They can work quickly off the written information and get you officially registered and underway. Once you hand over your envelope/paper to check-in staff they will mark your attendance and hand back your contest number* then ask you to take lucky draw for a random drug test.

*Contest Number: You receive one contest number – wear the same number for every division. You will receive a Front number to wear on the right-hand side of your cossie, and another number to wear on the back (centre). This way judges see competitor numbers when you turn around. If you lose or damage your number – come to the Ticket Table at the auditorium Front Door to resolve.



Wear front number on the Right-Hand Side and back number in centre.



Also, happening at Registration:

Souvenir Event Singlet

Limited. Only 100 available.
Price AUD\$25 or 625 baht.

Random Drug Testing - We will be conducting 40 drug tests at Registration. Every competitor takes a “lucky dip” so please avoid going to the toilet just prior to registration in case you pull a “Test” card.

On camera Interviews - Our video production team will be conducting interviews with competitors and country officials. Therefore, countries with non-English speaking competitors please ensure a translator is with your team at Registration.

Tour of the venue - The Jomon Pavillion will also act as the “Backstage” area. Its directly above the stage, so it’s really the “Upstairs Prep” area! Officials will show you the “competitor only” path downstairs to sidestage and onto Stage.

Jomon Pavillion: The most beautiful registration and pump up room ever?



05. 2017 ICN WANT Championships Itinerary (subject to change)

Location: Nai Yang Beach, Phuket, Thailand
Date: Friday June 23rd – Sunday June 25th
Venue: Tongkah Hall @ The Slate Resort,
Host Hotel: The Slate Resort, 116, Moo 1, Sakhu Thalang, Phuket 83110

June 22nd

THURSDAY

1st Annual ICN World Alliance Conference 5PM

President, Promoters and Representatives of all ICN nations to attend.

WANT Championships Staff Meeting 6PM

Event Staff and helpers from all Nations to attend

ICN World Alliance Dinner 7PM

President, Promoters and Representatives of all ICN nations to attend.

June 23rd

FRIDAY

Athlete Registration. Jomon Pavallion at The Slate Resort NOON – 4PM

Also available is a tour of venue, event merchandise on sale, random drug testing, interviews, and spectator tickets on sale.

International Judges Conference 6PM

Head Judges from all Nations to attend

June 24th

SATURDAY

ICN WANT Group and Team Photos onstage 9.15AM

Competition Day 10AM till Approx. 6PM

Tongkah Hall, The Slate Resort

ICN Beach After Party 8PM

Held on the beach directly behind The Slate Resort. See Map for location.

Free entry and everyone is welcome. Drinks can be purchased at the bar.

June 25th

SUNDAY

End of Season A Celebration! 10.30AM – 5PM

ICN will take competitors for bus tour of Phuket Island including visiting the Big Buddha Stopping for lunch at a seafood restaurant on the beach.

More details will be provided at Registration including how your friends can book also.

06. Prep Area Jomon Pavillion

Bring your own bands etc. to pump up if required. Prestigious venues such as The Slate must be treated as if you are competing in your own lounge room. Any damage from tanning products will result in charges of thousands of dollars for repair. ICN insist your tan be applied prior to arriving at the venue, so only a final 'touch up' is required. If you are tanning in your room also care and protect all the hotel property. Bring your own sheets, towels and pillow case to use. Clean tan off all surfaces immediately. "Baby wipes" are awesome to carry with you to clean anything immediately. After you compete its ideal to swim in the warm sea water to remove a lot of your tan and before you shower in your room. Patama Spa & Massage is offers a body scrub to fully remove the remaining tan off you. 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.
2. Wear the disposable cotton feet socks we provide you to walk from the Prep room to side stage. You remove and leave the socks sidestage.
3. Competitors must be fully clothed before sitting on chairs in the venue.
4. Do not touch or lean on any surface backstage. Each tan mark is a \$200 repaint fee.

07. Entries Fees

Your Entry fee can be paid online at www.icompetenatural on June 17 & 18. Go to PAY under My Event. Online can be paid by credit/debit card or PayPal and your fees are charged in Australian dollars. If you pay at Registration your fees must be paid in cash either in Australian dollars or Thai Baht.

First Division A\$195 (5000 Baht)

Additional Divisions A\$100 (2500 Baht)

Professional A\$295 (7500 Baht)

NOTE: Competitors who enter 3 division or more receive a free 1 hour massage at Patama Spa & Massage

08. Divisions and Times

Each division will come on stage in the order listed. WANT is run in a One Show format. This means competitors will be judged and presented with their placing and awards at the same. 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 update estimated stage times in the last week.** This is an approximation to give you something in advance. Spectators coming to watch you to be in the venue 60 minutes prior to your estimated stage time to ensure they do not miss you.

SATURDAY	Estimated Time
Men's Bodybuilding 50+	10 AM
Men's Bodybuilding 40+	10.10
Men's Bodybuilding Junior	10.20
Ms Figure 50+	10.30
Ms Figure 40+	10.40
Ms Figure International Open	10.50
Ms Swimwear Model	11.00
Men's Fitness Novice	11.10
Men's Fitness Open	11.20
Ms Runway	11.30
Ms Physique (Sports Figure)	11.40
Men's Street Model	11.50
Angels	12.00
Ms Figure Novice	12.10
Ms Figure U/52Kg	12.20
Ms Figure O/52kg	12.30
Ms Figure Open	12.40
Men's Bodybuilding Novice	12.50
Men's Bodybuilding Under 75kg	1.00
Men's Bodybuilding Over 75kg	1.10
Men's Bodybuilding Open	1.20
PRO Men's Fitness Model	1.30
PRO Ms Figure	1.40
PRO Men's Bodybuilding	1.50
Ms FitnessModel 40+	2.00
Ms FitnessModel 30+	2.10
Ms FitnessModel Momma	2.20
Ms FitnessModel Novice	2.30
Ms FitnessModel Open	2.40
Ms Sports Model Momma	2.50
Ms Sports Model 40+	3.00
Ms Sports Model 30+	3.10
Ms Sports Model Novice	3.20
Ms Sports Model Open	3.30
Men's Physique 40+	3.40
Men's Physique 30+	3.50
Men's Physique Novice	4.00
Men's Physique Open	4.10
Ms Bikini 40+	4.20
Ms Bikini 30+	4.30
Ms Bikini Momma	4.40
Ms Bikini Novice	4.50
Ms Bikini Open	5.00
PRO Ms FitnessModel	5.10
PRO Men's Physique	5.20
PRO Ms Sports Model	5.30
PRO Ms Bikini Model	5.40

Note: All divisions are subject to height classes if required.

09. Format of Divisions

ICN WANT Format for Bodybuilding & Ms Figure

Round One - Symmetry

Round Two - Muscularity

Seven Muscularity Poses for Bodybuilding Classes:

Front & Rear double bicep
Front & Rear lat spread
Side Tricep
Side Chest
Abdominal & Thigh

Five Muscularity Poses for Ms Figure Classes:

Front & Rear double bicep
Side Tricep
Side Chest
Abdominal & Thigh

Figure International only perform only symmetry.

Model Divisions

Bikini Model is designed for a softer figure and competitors *should not* have six pack abdominals.

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.

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. You wear your own two piece sportswear.

Ms Runway is open to every body type (Figure, Fitness, Bikini) and judged like 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 (Sports Figure) 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.

Men's Street Model is open to every 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.



10. Southern Universe iPRO Divisions

ICN is offering 7 Professional divisions. Prize money in each division is A\$1,795 (1st \$1,000, 2nd \$500, 3rd \$295) for a total prize pool of \$12,565.

1. **Men's Bodybuilding**
2. **Men's Fitness**
3. **Men's Physique**
4. **Ms Figure**
5. **FitnessModel**
6. **BikiniModel**
7. **SportsModel**

The Overall amateur WANT winner of these classes will be awarded their iPRO Card and are therefore eligible to enter and compete in the PRO class on the same day. While the iPRO card is free, you must pay the PRO entry fee of \$295 if you intend to compete. Enter and pay by going to the Ticket table at the entrance.

iPRO GUARANTEE

While amateur divisions are subject to cancellation and amalgamation, Professional classes are never canceled due to low numbers as a professional can not change divisions. Prize money however will be adjusted on the following scale: If only 1 competitor they will be awarded the cash prize of third place. If two competitors they will receive the cash prize of second and third. When 3 and more competitors enter the full cash prize will be awarded as promoted.

11. Show Tickets Cash sales only.
Adults \$50 (1,300 Baht) each Day
High School Students \$25 (750 Baht) each Day
Kids U/12 FREE

Purchase Tickets

Friday at Registration
 Saturday on the door of the venue.

12. Patama Spa & Massage



Our sponsor for WANT is providing us with several valuable services to make the event possible and manageable considering ICN has no affiliates in Thailand. We have relied heavily on them as our ground zero. Patama herself speaks English, German and Thai and offers competitors a local “go to” resource. See the location on the Map. Either drop into the shop between 10am – 10pm to see her in person or message her on Patama Spa & Massage Facebook page. Please go now and like <https://www.facebook.com/Patama.massage.naiyang/>
 For competitors who have entered 3 divisions or more, ICN is rewarding you with a FREE 1 hour massage. Simply message Patama on FB to book your time. For all other competitors and your guests, Patama provides the best massage and nail service/price in Nai Yang Beach. NOTE: In Thailand massages are cheap but that also means the masseuse and business make very little money; so be generous in your tip. As a guide 100 baht per hour tip is standard.

Post Event Body Scrub. To remove the remaining tan while refreshing and restoring your poor skin, Patama has the ideal body scrub and moisturising massage. The treatment is 1.5 hours and cost is 800Baht (A\$30).
Microwave ovens. Collect and return to the shop if you would like us to donate them to charity.

13. ICN WANT Medals Top 5 Finalist

ICN engaged an Award-winning medal designer to create unique and inspiring medallions that represent the exotic location of the event along with the prestige of a World Title. We are delighted with the result.



ICN WANT Achievement Medallions

All competitors outside the Top 5 are placed as equal 6th and receive this impressive double sided ICN Achievement Medallion. As an individual medal this 5" (13cm) medal is as large as what the champion will receive. At ICN we wish to acknowledge what a remarkable achievement it is to represent your country internationally and make it through all the challenges both physically and financially to step onto the world stage.



14. Competitor's Photographs & Video

Video: We offer competitors a "Video Download". For A\$25 you will receive download links to all the divisions you entered plus interviews recorded during Registration on Friday.

Photography: Professional Photographers will be taking photos at the contest both onstage and backstage.

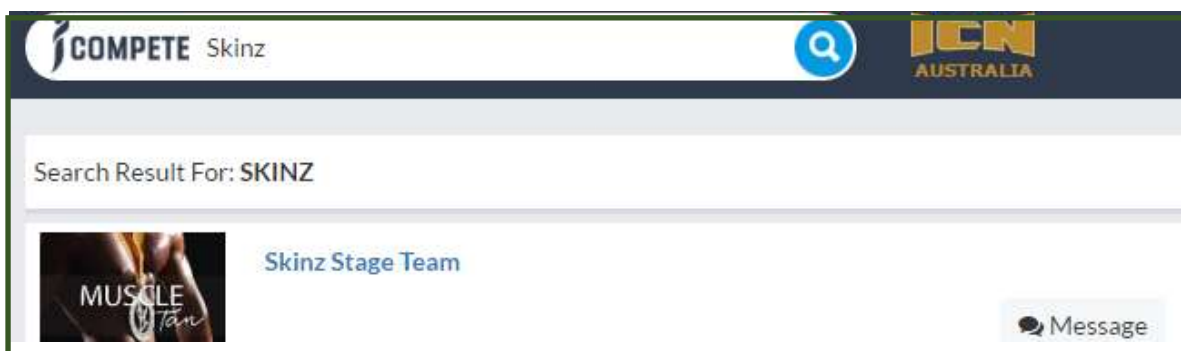
Onstage Photography. You receive all the photographs taken of you and your division for A\$45.

Backstage Studio. 8-10 high-resolution edited studio images for A\$45

Backstage Studio & Montage. 8-10 high-resolution edited studio images + custom designed montage using three images as selected by the competitor. This package can be ordered at Registration from the photographer A\$95

15. Spay Tan, Make-up and Hair Styling Service

Please message the service providers listed below in iCompete for prices and information. TIP: Find any ICN member using SEARCH.



1. Skinz Stage Team
2. Tara Glennie (Victoria Belle Beauty by Design)

16. Travelling Advice for International Competitors

Minimum time required to recover from the effects of jet lag is one hour for every hour you spend travelling. Try to arrive in the afternoon or evening so you can sleep and wake at the correct time. When you board the plane in your Country, adjust your watch to the time in Phuket, Thailand and eat according to the time here. Same applies to sleep. Drink plenty of water. Eat Lightly. When booking your airline ticket, ask for low fat meals to be served. But also take your own food on the plane with your carry-on luggage. Also, bring some packaged food in your suitcase, so you can survive for several meals without the stress of finding bodybuilding food immediately upon arriving. Note: If you bring supplements, keep them in original containers in case custom officials want to inspect your "pills and white powder". If you are tanning in the hotel, bring your own sheets and pillow case to sleep in the bed. Otherwise, you can get away with just a pillow case and old "jammies" to sleep in. Hotels usually pass-out when they see the tanning stains left behind by bodybuilders and they will charge you an outrageous cleaning fee.

Don't be critical of your contest condition as you can expect to be 20% off your local contest condition due to the rigours of travel however, everyone is similarly handicapped. That is why I say those who win international events are those who travel best and do not get upset by unexpected situations. Try and plan so you can be very self reliant. One important message about competing internationally – hope for the best and prepare for the worst. The way an event is run in another country may vary from what you expect. We are also promoting a contest in a new country and the promoters will be facing unexpected challenges and problems themselves. So be flexible in your mind and last minute preparation. However, rest assured the 2017 WANT Championships will be a fantastic experience for everyone. The ICN Promoters have run many international events and have dedicated 12 months into the planning of this event, so we have prepared as diligently as competitors!

SIM Cards



Thailand offers cheap and easy data internet and call packages at the airport after you clear customs. Eg: 5 day 4G WI-FI Pass is only 300 Baht (A\$12). **Tip:** give the counter staff your phone to insert the sim card and do the set up. They will test your phone and make sure you are connected before you leave.

Changing Money

Phuket airport will be as good, if not better exchange rate than you will get at home. However, the currency exchange booth along the beach road at Nai Yang Beach offer the best rate.

17. How to travel from Phuket Airport to your Hotel

Nai Yang Beach area is only 3KM from the airport – you will literally go past the airport on your morning walk! So, this makes it extremely convenient. If you are staying at the Slate Resort you can book a pickup for 350 Baht (A\$14 per car). Otherwise, once you exit the airport building you will walk into these Taxi Desks in the photos and can order a taxi for 300Baht per car – they can take 2-4 depend on how much luggage you have.



18. Local Gyms

Power Gym Airport is a brand-new club opened this year in Nai Yang Beach and only 1 minute walk from The Slate Resort – see local Map. 200 Baht (A\$8) per casual workout. Open 6AM til 10 PM. See their Facebook page for other information like times open <https://www.facebook.com/powergymairport/#>



Fitness Centre at The Slate Resort

While the gym is small, it does have a separate mirrored room virtually the same size that is rarely used and is great for posing practise!

19. ICN Beach After Party Saturday @ 8PM

Held on the beach directly behind The Slate Resort. See Local Map for location. Free entry and everyone is welcome. Drinks can be purchased at the bar. Start time is around 8PM to give officials and competitors time to clean up and have dinner before. There are around 30 eateries along the beach road offering everything from pizza to lobster to satisfy everyone. Then come to the ICN beach party where we have music and a full bar service. It will be a great opportunity to relax together and enjoy a warm night of celebration after the big event.



20. End of Season A Celebration! Bus tour of Phuket. 10.30AM – 5PM

ICN will hire mini buses and drivers and take competitors for bus tour of Phuket Island including visiting the Big Buddha. Stopping for lunch at a seafood restaurant on the beach. More details will be provided at Registration including how your friends can book also - ICN will pay for the transport cost for competitors and your friends only need to cover the cost of their seat to come along. We would like everyone to wear their team uniform as the day will be videographed.

