



2018 Victorian Transformation Championships Event Information



Information as at 18 July 2018

Check back regularly for updates!

Contest Details

- CONTEST:** 2018 ICN Victorian Transformation Championships
VENUE: Moonee Valley Race Club
CONTEST DATE: Saturday September 22.
TIME: Transformation Championships start at 4PM.
ENTRY FEE: \$149
SECOND DIVISION: \$100
ENTRIES CLOSE: Midnight on Tuesday 18th September.
Before & After photos and Transformation story must be completed in your iCompete Portal by Midnight on Tuesday 18th September.
- VIDEO:** FREE! Download package consisting of (1) all the Divisions you enter, and (2) Top 5 interviews.
- PHOTOS:** **On Stage** photographs \$49.
Backstage Studio. 8-10 hi-resolution studio images for \$50
- PAYMENT DUE:** Pay Online via iCompete between Midnight 17/09 – 19/09 or at Check-in on Saturday (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
- HIGHLIGHTS:** Free entry to both days to watch the Victorian Muscle & Model Championships (starts 10am each day)
Free video of your time on stage
A Free Meal Bag in a choice of colours and fabrics!



How to Enter

Sign up as a Free Member at www.icompetenatural.com

Then follow these 4 Steps:

MY MEMBERSHIP

- Messages (0)
- My Profile
- My Business
- Help

Upgrade to Premium

Why Upgrade to Premium

1. Transformation Membership

MY EVENT

- 2. Event Information
- 3. Enter New Event**
- Edit Entry
- Pay

Enter New Event

Step 1 of 6

Events are for financial Members. Free Members can Upgrade when they select a contest (step 2)
Please ensure your personal details in **My Profile** are up to date before entering this contest
Please ensure your **Communication Preferences** are set to receive event updates from ICompete

Step 2 of 6

Select Event (Event Information PDF available in **My Resources**)

Select Domestic Event

Select International Event

Select Transformation Contest

Step 3 of 6

Add Division

Division	Entry Fee	Amount
		Sub Total: \$0.00

1. Click on green button to join for 12 months at only \$50 "Transformation Membership". You can enter any number of TFX events during your membership.
2. Read the event pdf information on the contest you want to enter.
3. Click on "Enter New Event". Select your contest from drop down list at "Select Transformation Contest".

MY MEMBERSHIP

- Messages (0)
- My Profile
- My Business
- 4. My Transformation**
- Renew Membership
- Help

MY EVENT

- Event Information
- Enter New Event
- Edit Entry
- Pay

MY HISTORY

- Events
- Invoices

MY LOCALITY GUIDE

- Search Fitness Resources

My Transformation Story (Max of 250 Words) **Save**

My Transformation Photos (Max of 10)
During your transformation you can upload and save up to 10 (progress) photos by clicking the blue Camera icon.

For judging you must select a BEFORE and AFTER photo. After you save each photo an EDIT button will appear on it -click the button to both edit the information on the photo and/or select it as your BEFORE and AFTER photo. NOTE: These two photos must have proof of the date taken, such as a newspaper or date stamp on the photo.

BEFORE

AFTER

4. When you become a Member, MY TRANSFORMATION page will appear in your portal. This is where you provide your photos and Transformation story.

Judging Criteria

The Judging Criteria will take in the following 4 points:

1. Before and After Pic
 2. Your Transformation Story
 3. Stage Presence on the day
 4. Weight Change (as a %)
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1. **Before and After Pic** – this will need to be submitted in MY TRANSFORMATION in your iCompete Portal. The photo should include a date-stamp or newspaper etc to support the period. When you submit your photo before and after photo you will need to include your bodyweight, or the photo will not save.
 2. **Your Transformation Story** - We want to know about your journey and what it has meant to you. Written on the online entry form and in 200 words or less.
 3. **Stage Presence** on the day – Judges will assess how confidently you display the new you! While it may not be the final finishing point of your journey, be very proud of your achievement to date on that stage.
 4. **Weight Change** - this will be worked out as a percentage of overall weight lost. *Note in the case of the medical division or someone recovering from anorexia this may be weight gain. You enter your starting and finishing weight when you submit your Before and After photos.

Divisions

1. You may enter a maximum of 2 divisions. For example, you may have been transforming for 6 months and enter this division, however, you also had a great 30-day period and have photos, so you want to enter the 30-Day division too.
2. There is no restriction on when you did your transformation. i.e. it could have been last year.

30 Days.	Enter this division if your transformation was achieved in 30 days.
45 Days.	Enter this division if your transformation was achieved in 45 days.
60 Days.	Enter this division if your transformation was achieved in 60 days.
3 Months.	Enter this division if your transformation was achieved in 3 months.
6 Months.	Enter this division if your transformation was achieved up to 6 months.
Up to 1 Year.	Enter this division if your transformation was achieved up to 1 year.
Up to 2 Years.	Enter this division if your transformation was achieved up to 2 years.
Over 2 Years.	Enter this division if your transformation extends over 2 years.
Medical Challenge.	Enter this division if you have a medical challenge like accident/injury or a disease such as diabetes that prevents you exercising and or dieting freely. Any period, any time frame.

What to Wear on Stage

Female – your choice of smart dresswear or dress. Most importantly the outfit you choose needs to show off the new you in the best way possible.

Male – your choice of smart dresswear. Most importantly the outfit you choose needs to show off the new you in the best way possible.

How the event will run

On the day each person will come onto the stage one by one and present to the audience and judges the new you. At the same time your before and pic will be on the big screen and the MC will announce your name and highlights of your journey. Once every entrant in your division is on stage, we will then announce the Top 5 and present everyone's awards.

NOTE: Judges will assess the before/after pics and transformation stories during the lead up week of the show, so pics and transformation stories must be in as part of your entry by September 17. So only your stage presentation is scored on the contest day – so wow the audience!



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.



CHECK-IN – 3PM Contest Day

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!

COMPETITOR'S PHOTOGRAPHS

Onstage Photos: You receive all the photographs taken of you and your division for \$49. You can edit and print all the pictures. A link to your photos is emailed @ 2 weeks after the event.

Backstage Photos: A Backstage Studio will be created providing you 8-10 high resolution studio images \$50. A link to download your Pics usually arrives 2 weeks after the event.

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.

TICKET PURCHASES

Available at the Door on Saturday 22 & Sunday 23 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.

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.