

MELBOURNE

Muscle & Model

NATURAL CHAMPIONSHIPS



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

01/01/2019



MELBOURNE SHOW HIGHLIGHTS

- + 7 Overall winners received \$250 Travel Award to represent Victoria at the City Nationals in Sydney
- + Free Video download of your divisions
- + \$100 worth of ICN Merchandise FREE
- + Huge (74cm) Statues for Overall Winners
- + Achievement Medallions
- + No Registration Day to attend
- + SportsModels outfits supplied FREE
- + Men's Fitness shorts supplied FREE
- + Men's Classic Physique shorts supplied FREE
- + Competitors may enter multiple divisions
- + World Class, Spacious Venue
- + Free WIFI and free security-guarded car parking.
- + Qualifier for City Nationals Sydney
- + Qualifier for PRO/AM Universe in Italy
- + Qualifier for Australian Championships Sydney
- + Qualifier for ICN World Championships Melbourne

DATE:	Sunday 7 April 2019
CONTEST TIME:	Show starts at 10AM
ENTRY PACKAGE:	\$225 includes Entry, Video download, You choose \$100 worth of ICN Merchandise (Free!)
ADDITIONAL:	To enter additional divisions is \$100 each division.
ENTRIES CLOSE:	Midnight Tuesday 2 April
PHOTOS:	On Stage photographs of <u>each</u> division are \$49. Backstage Studio. 8-10 hi-resolution studio images for \$50
PAYMENT DUE:	Pay in iCompete from 02/04 – 03/04 Midnight with 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 \$49 High School Students \$25. Primary Students & Under FREE

TICKET PURCHASES

Available from the Ticketing Table on Contest Day, Sunday 20th May 8.30AM onwards. General Admission \$49. 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.

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. Security guarded car parking is provided for free as well as free WIFI. The luxurious home of ICN Victoria.



CHECK-IN – 60 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 60 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 CHAMPIONSHIPS



10am Sunday 7th April 2019

MOONEE VALLEY RACE CLUB

7 OVERALL WINNERS RECEIVE
\$250 TRAVEL AWARD TO CITY NATIONALS SYDNEY



RUNNING PROGRAM

Mens Bodybuilding 40	10.00am	SportsModel First Timer	1.40pm
Ms. Figure 40	10.10am	SportsModel 40	1.50pm
Mens Bodybuilding 21	10.20am	SportsModel 30	2.00pm
Ms. Figure First Timer	10.30am	SportsModel Mamma	2.10pm
Mens Bodybuilding First Timer	10.40am	SportsModel 21	2.20pm
Ms. Figure Novice	10.50am	SportsModel Novice	2.30pm
Men's Bodybuilding Novice	11.00am	SportsModel Intermediate	2.40pm
Ms. Classic Figure	11.10am	SportsModel Open	2.50pm
Mens Bodybuilding Intermediate	11.20am	Mens Physique First Timer	3.00pm
Ms. Figure Open	11.30am	BikiniModel First Timer	3.10pm
Men's Bodybuilding Open	11.40am	Mens Physique 40	3.20pm
FitnessModel First Timer	11.50am	BikiniModel 40	3.30pm
Mens Fitness First Timer	12.00pm	Mens Physique 30	3.40pm
FitnessModel 40	12.10pm	BikiniModel 30	3.50pm
FitnessModel 30	12.20pm	Mens Physique Novice	4.00pm
FitnessModel Mamma	12.30pm	BikiniModel Mamma	4.10pm
FitnessModel 21	12.40pm	BikiniModel 21	4.20pm
Mens Fitness Novice	12.50pm	BikiniModel Novice	4.30pm
FitnessModel Novice	1.00pm	Mens Physique Intermediate	4.40pm
Mens Fitness Open	1.10pm	BikiniModel Intermediate	4.50pm
FitnessModel Open	1.20pm	Mens Physique Open	5.00pm
Men's Classic Physique	1.30pm	BikiniModel Open	5.10pm

These are only Approximate Stage Times & will be updated once entries close 2nd April

Online Entry: icompetenatural.com

SHOW TIMES

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 30 minutes prior to your estimated stage time to ensure they do not miss you and also are not waiting too long to see you.

SPORTSMODELS OUTFITS, AND MENS FITNESS SHORTS AND CLASSIC PHYSIQUE SHORTS SUPPLIED FOR COMPETITORS.

Collect at Check-in table on the day.

YOU MAY ENTER ANY NUMBER OF DIVISIONS THAT YOU ARE ELIGIBLE FOR.

ENTRY RESTRICTIONS

- Females cannot enter both Bikini Model and FitnessModel division.
- Males cannot enter both Men's Physique and Bodybuilding, but either can enter Classic Physique.
- **INTERMEDIATE** - (Not placed Top 3 in Open Division)

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.

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

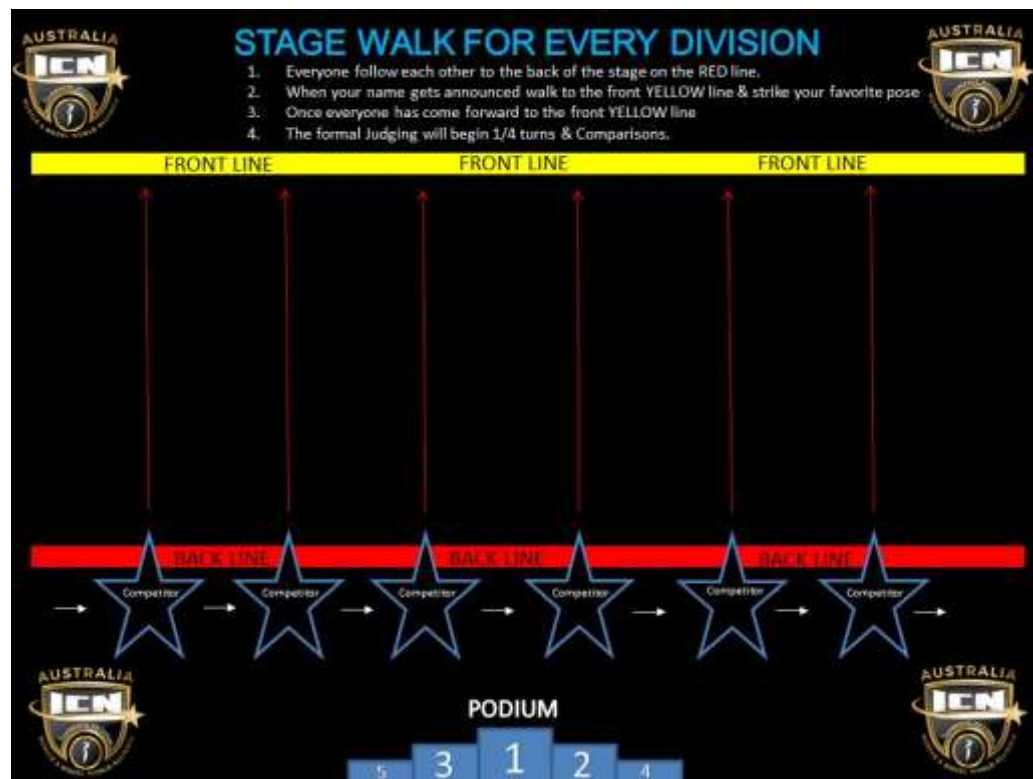
Drug testing performance enhancing substances at iCompete Natural events is conducted via WADA standard urine analysis at international labs. Over the past 3 years approx. 80% of our positive contest day tests have occurred because of banned ingredients in USA supplements taken on event day. **As a general 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 supplements. When selected for drug testing please follow the official to the test area (located in another area of MVRC). 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.

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

SportsModel lays between Bikini and Fitness Models. The division is judged wearing sportswear and (white) shoes to give both bikini and fitness competitors an even chance.



MEN'S PHYSIQUE

Wear your own knee length beach wear (shorts). Judging consists of 5 of the 7 Bodybuilding compulsory poses. (1) Front double Biceps, (2) Side Chest, (3) Side Triceps, (4) Rear Double Biceps and (5) Abdominals & Thigh.

THIS CONTEST PROVIDES YOU MULTIPLE QUALIFICATIONS TO COMPETE!

Season A

All competitors in this contest qualify to be part of **Team Melbourne** and compete at the **ICN CITY NATIONAL CHAMPIONSHIPS** - Sydney 18 May.

All competitors in this contest qualify to be part of **Team Australia** and compete at the **ICN UNIVERSE PRO/AM CHAMPIONSHIPS** - Rimini Italy 1 June.

Season B

All competitors in this contest qualify to be part of **Team Victoria** and compete at the **AUSTRALIAN CHAMPIONSHIPS** - Sydney October 12/13.

All Competitors in this contest qualify to be part of **Team Australia** and compete at the **ICN WORLD PRO/AM CHAMPIONSHIPS** at the Melbourne Fitness Show, October 26 – 27.

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 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.

ICN – More than just a contest - Its an Experience!

