



# Rising Star and Rookie of the Year

Subject to updates. This version current as at **27/12/2018**

iCompete *Straight-to-Stage* Technology allows you to enter and manage your entry via your personal Membership portal. Login to iCompete [www.icompenatural.com](http://www.icompenatural.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!



**DATE:** Sunday March 3  
**CONTEST TIME:** Show starts at **10AM**  
**ENTRY PACKAGE:** \$225 includes Entry, Video download, You choose \$100 worth of ICN Merchandise (Free!) To enter additional divisions is \$100 each division.  
**ADDITIONAL:**  
**ENTRIES CLOSE:** Midnight Tuesday 26<sup>th</sup> February  
**PHOTOGRAPHS:** **On Stage** photographs of each division are \$49.  
**PAYMENT DUE:** **Backstage Studio.** 8-10 hi-resolution studio images for \$50 Pay via iCompete from 26 – 27/02 Midnight (cards & 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  
**CONTACT:** 0402 555 505  
**TICKETS:** **Sold Only at the Door on the Day.** Adult Ticket \$49  
 High School Students \$25. Primary Students & Under FREE  
**PROMOTER:** Tony Lanciano, ICNI Australian President

## TICKET PURCHASES

**Available from the Ticketing Table on Contest Day, Sunday 4th March 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.

## ICN RISING STAR & ROOKIE OF THE YEAR SHOW HIGHLIGHTS



- + Free Video download of your divisions
- + \$100 worth of ICN Merchandise FREE
- + Huge (74cm) Statues for Rookie Overalls
- + 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

## 5 STAR VENUE! MOONEE VALLEY RACING CLUB

Welcome to our Premier venue, **Celebrity Room** at the Moonee Valley Racing Club. One of Australia's most unique event locations, with a stunning backdrop of Melbourne's city skyline. The Celebrity Room has an easy view of the stage for spectators and competitors enjoy copious backstage space. Food and beverage is 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 car park and onto the Celebrity Room. The luxurious home of ICN Victoria.



## ENTER THE CORRECT DIVISION:

**RISING STAR :** You are a first time competitor in this division. You have never competed in this division in your life, ever (includes all federations).  
**ROOKIE:** You have not competed in the division at more than 4 contests in your life, includes all federations.

## CHECK-IN – 60 minutes prior to your estimated stage time.

When you arrive on contest day, go to the backstage area and check-in, pay your entry fees (if not paid prior online) and collect your competitor gifts before going on stage. Stress-free and easy!



# Rising Star





## Rookie of the Year

**10am Sunday 3rd March 2019**  
MOONEE VALLEY RACE CLUB  
RUNNING PROGRAM

|   |         |                                   |        |
|---|---------|-----------------------------------|--------|
| Men's Bodybuilding 40 Rookie              | 10.00am | SportsModel 30 Rising Star        | 2.50pm |
| Ms. Figure 40 Rookie                      | 10.10am | SportsModel 40 Rising Star        | 3.00pm |
| Men's Bodybuilding 21 Rookie              | 10.20am | SportsModel Mamma Rising Star     | 3.10pm |
| Ms. Figure Rising Star                    | 10.30am | SportsModel 21 Rookie             | 3.20pm |
| Men's Bodybuilding Rising Star            | 10.40am | SportsModel 30 Rookie             | 3.30pm |
| Ms. Classic Figure Rookie                 | 10.50am | SportsModel 40 Rookie             | 3.40pm |
| Ms. Figure Rookie of the Year             | 11.00am | SportsModel Mamma Rookie          | 3.50pm |
| Men's Bodybuilding Rookie of the Year     | 11.10am | SportsModel Rookie of the Year    | 4.00pm |
| Men's Fitness Rising Star                 | 11.20am | Men's Physique Rising Star        | 4.20pm |
| FitnessModel Rising Star                  | 11.40am | BikiniModel Rising Star           | 4.30pm |
| FitnessModel 30 Rising Star               | 12.00pm | Men's Physique 40                 | 4.50pm |
| Men's Fitness 30+ Rookie                  | 12.10pm | BikiniModel 21 Rookie             | 5.00pm |
| FitnessModel 40 Rising Star               | 12.20pm | Men's Physique Under 70Kg Rookie  | 5.10pm |
| FitnessModel Mamma Rising Star            | 12.30pm | BikiniModel 40 Rising Star        | 5.20pm |
| Men's Fitness Rookie of the Year          | 12.40pm | Men's Physique 21 Rookie          | 5.30pm |
| FitnessModel 21 Rookie                    | 12.50pm | BikiniModel 30 Rising Star        | 5.40pm |
| FitnessModel 30 Rookie                    | 1.00pm  | Men's Physique Over 70Kg Rookie   | 5.50pm |
| FitnessModel 40 Rookie                    | 1.10pm  | BikiniModel Mamma Rising Star     | 6.00pm |
| FitnessModel Mamma Rookie                 | 1.20pm  | Men's Physique Rookie Of The Year | 6.10pm |
| FitnessModel Rookie Of The Year           | 1.30pm  | BikiniModel 40 Rookie             | 6.30pm |
| Men's Classic Physique Rising Star        | 1.50pm  | BikiniModel 30 Rookie             | 6.40pm |
| Swimsuit Model Rookie                     | 2.00pm  | BikiniModel Momma Rookie          | 6.50pm |
| Men's Classic Physique Rookie Of The Year | 2.10pm  | BikiniModel Rookie Of The Year    | 7.00pm |
| SportsModel Rising Star                   | 2.20pm  |                                   |        |

These are only Approximate Stage Times & will be updated once entries close 26 Feb

**Online Entry: [icompetenatural.com](http://icompetenatural.com)**

## SHOW TIMES

**PLEASE NOTE:** 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. Treat this as a guide until you are updated by email in the final week. 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.

## COMPETE IN MULTIPLE DIVISIONS

You may enter any division that you are eligible for. You will see some divisions offered only Rookie Class, this is due to the small numbers of expected competitors. If divisions do not received 3 or more competitors, the Rising Star and Rookie class may be amalgamated also. Likewise, if we receive a large number of competitors we will create Height Classes in that division. Where you see OPEN Rookie of the Year division, this is where the major title and prizes for this division are given. If you would like a shot at these, even if you are a Rising Star, you need to enter the OPEN Rookie as an additional division.

### \*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.

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

Collect at Check-in table on the day.

## 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.

**SwimwearModel** is designed for those who shape is enhanced by 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.

**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.

## 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

Bring your own weights to pump up if required. Prestigious venues such as MVRC give no second chances with their venue, if competitors leave damage to the venue and furnishing from competitor's tan and oil. We 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 and in other supplement contamination cases. 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.

## MULTIPLE EVENT QUALIFICATION

### 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.

*iCOMPETE provides a range of incredible Statues for our Rookie of the Year 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



### ICM COMPETITOR ACHIEVEMENT MEDALS (Equal 6<sup>th</sup> 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.

### ACCOMMODATION RECOMMENDATION (walking distance)

1. **Quest Moonee Valley (03) 8325 9500 [www.questapartments.com.au](http://www.questapartments.com.au)**  
Cnr of McPherson & Coats Street. Moonee Ponds.  
With an ideal location only 90 metres to the venue door. The property offers a range of studio, one, two and three bedroom apartments each complete with full kitchen and laundry facilities. Foxtel and wireless broadband internet access.
2. **Moonee Valley Views Apartments (03) 9373 3777 [www.mvv.com.au](http://www.mvv.com.au)**  
A choice of studio, one, two, three or four bedroom two-storey apartments complete with fully equipped kitchens. Free FOXTEL and wireless broadband as well as on-site parking.

### 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 Centre 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!

