



2019 ICN TASMANIAN STATE CHAMPIONSHIPS



Subject to updates, version current as of 13/6/19

DATE: Sunday 6th October 2019
VENUE: Country Club, Launceston, Mount Pleasant Show Room
Country Club Avenue, Prospect Vale, TAS, 7250
TIMES: Competitor Access to venue from 8:30am
Doors open 9:30am for spectators
Show starts at 10am
Estimated show finish time 5pm
ENTRY FEE: Early Bird \$150 (prior 01/09/19) or \$175 (after 01/09/19)
Additional Division/s \$50 each or \$75 (after 01/09/19)
Entries close Sunday 29th September 2019
PHOTOS: \$55 per division from Melita Magic Photography
TICKET SALES: Tickets allow All Day Access to the show from 9:30am
Adults \$45
Senior Card Holders and High School (under 16) \$35
Children (12 and under) FREE
PROMOTER: Stephanie McKay
CONTACT: Ph: (03) 6223 6028 or 0407 988 815
Email: info@planetmax.com.au

ENTRY & PAYMENT:

iCompete Straight-to-Stage Technology allows you to enter and manage your entry via your personal Membership portal. Login to iCompete www.icompete.com.au from any device and go to MY ENTRY. It takes only moments to (join/renew) enter or change your entry or personal details. NOTE: ICN is now a paperless and digital organisation. We no longer provide manual, paper entry forms. You will absolutely love the speed, control and convenience of entering ICN events via iCompete! Welcome to the future!

1. Complete your ICN membership, you will receive your Membership number and iCompete log-in as soon as payment is complete
2. Enter the competition through your iCompete portal
3. Once entry is complete you can choose to pay your entry straight away via
Ph: (03) 6223 6028 with Credit Card OR
Money Order or Cheque: made out to Planet Max
Send to: Shop 10, 22 Elizabeth Street, HOBART, TAS, 7000 OR
Pay via iCompete between Midnight 1/07/19 – 29/09/19 (cards only)
5. All payments MUST be finalised by 29/09/19

**Competitors receive free entry into the show.
Please note: Entry Fees and tickets are non-refundable**

DIVISIONS AVAILABLE

FEMALE DIVISIONS AVAILABLE

Angels Open to All Competitors
Bikini First Timers First Contest
Bikini Novice First Year of Competing in that division
Bikini Momma Had children
Bikini 30+ and 40+ 30 and 40 & Older on day of contest
Bikini Open and Overall
Ms Swimsuit Open and Overall
Ms Fitness Model First Timers First Contest
Ms Fitness Model Novice First Year of Competing in that division
Ms Fitness Model Momma Had children
Ms Fitness Model 30+ and 40+ 30 and 40 & Older on day of contest
Ms Fitness Model Open and Overall
Sports Model First Timers First Contest
Sports Model Novice First Year of Competing in that division
Sports Model 30+ and 40+ 30 and 40 & Older on day of contest
Sports Model Momma Had Children
Sports Model Open and Overall
Figure Classic Novice Symmetry Only (formerly Figure International)
Figure Classic Open Symmetry Only (formerly Figure International)
Ms. Figure First Timers First Contest
Ms. Figure Novice First Year of Competing in that division
Ms. Figure Masters 40+, 50+ and 60+ on day of contest
Ms. Figure Tasmania Open and Overall
Women's Bodybuilding Open

MALE DIVISIONS AVAILABLE

Men's Fitness Model Open and Overall
Mr Physique First Timers First Contest
Mr Physique Novice First Year of Competing in that division
Mr Physique 30+ 30 & Older on day of contest
Mr Physique Open and Overall
Bodybuilding 21 21 & Under on January 1st
Bodybuilding Master Men 40+, 50+ and 60+ on day of contest
Bodybuilding First Timers First Contest
Bodybuilding Novice Men First Year of Competing in that division
Bodybuilding Under 75Kg Weight Class
Bodybuilding Over 75Kg Weight Class
Bodybuilding Open and Overall Height Classes if required

CATEGORY DEFINITIONS

FIRST TIMER: First time competing **EVER**, in **ANY** bodybuilding federation
NOVICE: Novice is your first year of competing in a specific division. This can be either Season A and B (Jan 2019-Dec 2019) or Season B and A (July 2019-June 2020).

ADDITIONAL DIVISIONS

Competitors may compete in any number of divisions within the following restrictions:

- A Bikini Model can NOT compete in Fitness Model division and vice versa
- Mr Physique can NOT enter Bodybuilding and vice versa
- Female Bodybuilders can NOT enter Figure and vice versa

Note: Any female competitor, can enter Sports Model, Swimsuit and Angels divisions.

EST RUNNING ORDER

Below is an estimated time as to when each division will come on stage. Please realise 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 do not run the event according to these times.

Ask anyone coming to watch you to be in the venue atleast 30 minutes prior to your estimated stage time to ensure they do not miss you.

Note: It is **YOUR** responsibility to know if the show is running early or late, no refunds will be given if you miss your division. If you turn up late for your division you **WILL NOT** be allowed onstage. All efforts will be made to keep you up to date and there will be specially appointed helpers in the designated backstage areas, instructing you on how the show is running for time. More accurate running order times will be emailed to you a week before the competition and also posted on ICN Tasmania Facebook and Group Pages.

Est Stage Time	Division
10:05:00 AM	Men's Bodybuilding First Timers
10:05:00 AM	Men's Bodybuilding 21
10:10:00 AM	Ms Figure Classic Novice
10:15:00 AM	Ms Figure First Timers
10:20:00 AM	Men's Bodybuilding 40+
10:20:00 AM	Men's Bodybuilding 50+
10:30:00 AM	Ms Figure Classic Open
10:35:00 AM	Men's Bodybuilding Novice
10:40:00 AM	Ms Figure 40+
10:40:00 AM	Ms Figure 50+
10:50:00 AM	Ms Figure Novice
11:10:00 AM	Men's Bodybuilding Under 75kg
11:20:00 AM	Men's Bodybuilding 75Kg Plus
11:20:00 AM	Ms Swimsuit Model
11:30:00 AM	Ms Figure Open
11:40:00 AM	Angels
11:50:00 AM	Men's Bodybuilding Open

12:00:00 PM	Ms Sports Model First Timer
12:20:00 PM	Ms Sports Model Novice
12:40:00 PM	Ms Sports Model 30+
12:40:00 PM	Ms Sports Model 40+
12:50:00 PM	Ms Sports Model Momma
1:00:00 PM	Ms Sports Model Open
1:30:00 PM	INTERMISSION #1
2:30:00 PM	Ms Bikini First Timers
2:50:00 PM	Men's Fitness Open
3:00:00 PM	Ms Bikini Momma
3:10:00 PM	Ms Bikini 30+
3:10:00 PM	Ms Bikini 40+
3:20:00 PM	Men's Physique First Timers
3:30:00 PM	Ms Bikini Novice
3:50:00 PM	Men's Physique Novice
3:50:00 PM	Men's Physique 30+
4:00:00 PM	Ms Bikini Open
4:10:00 PM	Ms Fitness Model First Timers
4:20:00 PM	Ms Fitness Model Momma
4:20:00 PM	Ms Fitness Model 30+
4:30:00 PM	Men's Physique Open
4:40:00 PM	Ms Fitness Model Novice
4:50:00 PM	Ms Fitness Model Open

SPLITTING DIVISIONS

Divisions will be split into height classes where deemed necessary, this will not be known until a week before the competition. Where division numbers are under 3 competitors, divisions will come on stage combined with another small division in the same category, divisions are still judged separately.

ICN has a minimum age requirement of 15 years for any competitor. Click here to see the comprehensive [judging guidelines](#) for each division. ICN advises that every competitor should understand that the judges guidelines are updated regularly and that website visitors should refresh their cache to make sure they are seeing the most up-to-date version of the page. Rule changes are recorded on the official Rules and Regulations page [click here](#) for the latest rule modifications.

FITNESS WEAR SUPPLIED

Men's and Women's Fitness Wear will be supplied, designs will be announced closer to the event. Competitors will be contacted about sizing a week before the show. Men's Physique to supply their own shorts.

MR PHYSIQUE, BODYBUILDING and FIGURE

Are required to do Group Quarter Turns in round one and compulsory poses in Round two. Please see picture and guidelines for posing on ICN website for further information.

BIKINI, SPORTS MODELS, FITNESS MODEL and SWIMSUIT DIVISIONS

Fitness and Bikini Models are judged in a bikini and Sports Models are judged in sportswear. All competitors in your division come on stage together, then each competitor will do an individual V Walk (Front to Back and sign off Pose only). Once everyone has completed their individual walk the entire division will be called to the front of the stage for a Symmetry (quarter turns) round. Once the judges are happy the line-up will then file off stage to be bought back later for their trophy presentation.

V-WALK (diagram to the UPPER right)

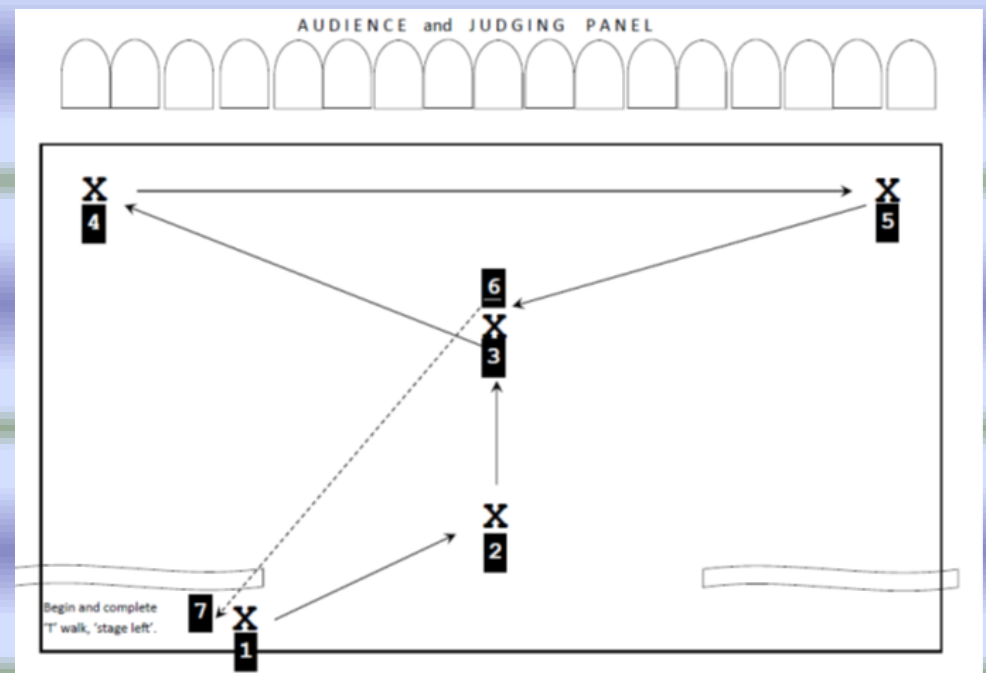
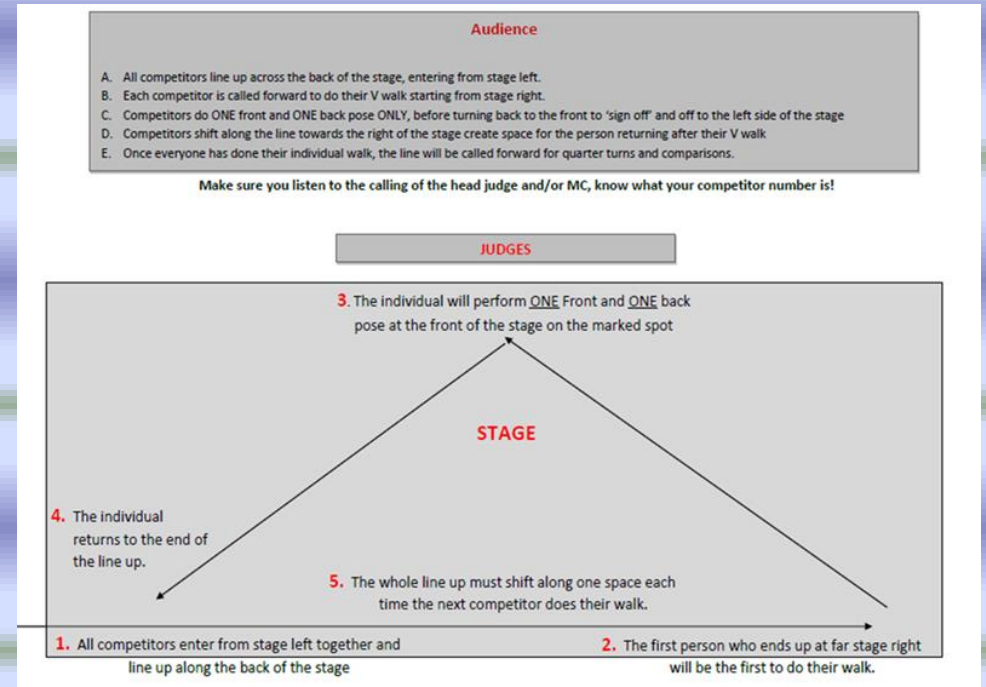
The stage V walk only requires **one Front, one Back and a sign off Pose** in the centre of the stage before finishing and walking back to the line-up. The emphasis of the stage walk is to display confidence with your physique by presenting a confident stage presence and persona.

ANGELS

Angels Costume: based on a bikini, the costume can resemble that of an Angel (wings), or a Showgirl Las Vegas type costume, Feathers and frills, tulle, sequins, Diamantes, anything that is feminine and "over the top" that the competitor has always dreamed of wearing, glitz, bling, and glamour is the key. However, **we do not want costumes that drag along the floor and costume must be secure**, and please ladies, nothing that bursts into flames!!!! You will need to display your creation with poise and confidence.

Stage: Each competitor will enter the stage individually, and have twenty seconds to display their costume. They will then file off stage and the next competitor will enter, until every competitor has had their turn to show their creation. Once each competitor has done their stage walk the line-up will be bought back onstage together. Remember, this is open to all female competitors. This is not judged entirely on the body, e.g. a six pack abdominal region is not necessary - it's more about what you bring to the stage with your presentation and personality! This is a "Fun" category! Imagine the amazing, stunning photos you will have to keep of yourself of the day!

A **T-walk** is recommended for this division, diagram to the LOWER Right.



CHECK-IN: 1.5-2 Hours prior to your estimated stage time.

ICN *Straight to Stage* contest experience means just enter online and arrive 1-2 hours before your Estimated Stage Time. When you arrive at the venue, go to the backstage area and check-in, collect your competitor gifts and contest number before going on stage. Stress-free and easy!

BACKSTAGE GUIDELINES

The Country Club and ICN insist your tan be applied prior to arriving at the venue.

There are no restrictions on any tanning products, however, cream top coats such as Dream Tan or Sun Tan On, must be applied before getting to the venue, so only a final "touch up" is required. Most final coat tans look better if applied hours earlier!

Competing at this venue has five 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 and through venue until you go on stage.
3. Competitors must be fully clothed before sitting on chairs anywhere in the venue
4. No chewing gum
5. **Toilet seats must be wiped of tan after each use**

Please bring your own weights/resistance bands to pump up with if required.

We need you, the competitor, to take responsibility for how you use the facility. We are privileged to use this amazing venue and want to ensure we leave it in as good a condition as we arrived, so we can use it again in the future.

A Team of officials will assist all competitors to get on stage at the right time and in the right order. They will guide you with how fast the show is proceeding and update the running time. Please note if we cannot find you in the designated competitor area we will not be able to update you, so stay where the action is.

BACKSTAGE HELPERS

We ask competitors to limit themselves to 1 x Backstage helper for the comfort of all in the backstage room. Your backstage helper will only require a ticket if they decide to go into the main show. You will be provided with a discount token, when you check-in, to give to them, which will entitle them to a half price Adult ticket. They simply need to head around to the main entrance of the venue and present their token, to purchase their half price ticket.

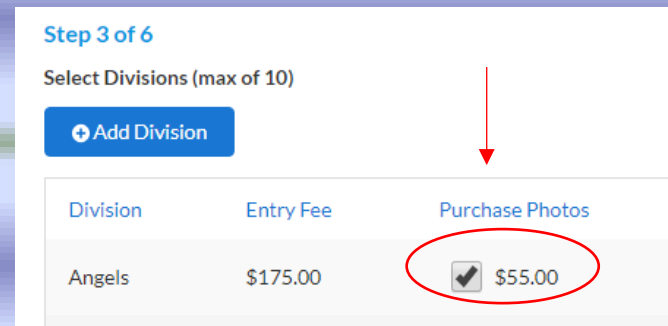
VIDEOGRAPHY

The event videography is included in your competitor entry fee, and will be produced by Emma Raynor Productions. Emma's extensive work in television and filming of similar events make her videography outstanding quality. Videography will be emailed via a downloadable link 2-3 weeks after the competition, to the email address listed on your iCompete profile.

PHOTOGRAPHER

We are very fortunate to have secured Melita Jagic from Melita Magic Photography to photograph the event. Melita is well known for covering ICN shows on the mainland and we are very excited to have her down to capture your special day.

Photos can be ordered through iCompete when entering the show, simply tick the box next to the division, they are \$55 per division and will be ready in around 2-3 weeks after the competition through Melita directly.



The screenshot shows a registration step titled "Step 3 of 6" with the instruction "Select Divisions (max of 10)". There is a blue button labeled "+ Add Division". Below this is a table with columns for "Division", "Entry Fee", and "Purchase Photos". The "Angels" division is listed with an entry fee of "\$175.00". In the "Purchase Photos" column for "Angels", there is a checked checkbox and the price "\$55.00", which is circled in red. A red arrow points down to the checkbox.

Division	Entry Fee	Purchase Photos
Angels	\$175.00	<input checked="" type="checkbox"/> \$55.00

TANNING and MAKEUP

TANNING

Sunkissed tanz
Cat Garrett
Ph: 0409 256 832
Facebook: @sunkissedtanztas

We recommend you book early to ensure you can get the most appropriate time to suit your needs.

DRUG TESTING & SUPPLEMENT WARNING

Drug testing performance enhancing substances at ICN events is conducted via WADA accredited urine analysis. Over the past 3 years approximately 80% of our positive contest day tests have occurred as a result of supplement contamination, especially pre-workout products 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.

VENUE: COUNTRY CLUB LAUNCESTON



Located minutes from Launceston's CBD, Country Club Tasmania and Villas are nestled amongst 300 acres of parkland, lakes and rolling paddocks. Our idyllic resort is abundant with wildlife, fresh air and tranquility and is the perfect platform for guests to explore the Tamar Valley wine region and the rugged beauty of Northern Tasmania.

Country Club Tasmania and Villas offer the best accommodation in Launceston along with a selection of dining and entertainment options. It is here that you'll find all the facilities and services you'd expect in a top-quality hotel and a true Country Club, including an 18-hole championship golf course.

There's a variety of accommodation choices, including hotel rooms, accommodation for business travelers and luxury suites in the resort complex. Adjacent are Country Club Villas, with a range of villa suites and ideal family accommodation in self-contained 1, 2 and 3 bedroom villas, as well as self-contained apartments in Launceston.

Nestled within Country Club Tasmania itself are a varied selection of 5 restaurants and 4 bars, offering casual bistro-style meals or a buffet option overlooking the golf course in Links Cafe, quick and inexpensive meals in the Water garden and a paddock to plate experience showcasing the finest produce at Tasmania's most awarded restaurant, The Terrace. At Country Club Villas, family dining choices include Bolters Pizzeria, Bar, and Grill.

They have high expectations and are proud of their achievements, having recently been awarded Tasmania's best entertainment venue, showcasing live entertainment, shows and events. As Australia's third casino, and Tasmania's second, the boutique casino features the latest gaming machines and popular table games.

ACCOMMODATION

The Country Club can offer discount accommodation rates, Phone: (03) 6335 5777

Country Club Resort
Deluxe Room - \$169.00
Executive - \$179.00
Manor Suite - \$245.00

Country club villas
1 bedroom villa - \$135.00
2 bedroom villa - \$174.00
3 bedroom villa - \$198.00
Manor Suite - \$ 198.00

Simply mention 'ICN Championships' or quote code 1060777 when booking.

Free Parking is readily available at the venue.

QUALIFIER EVENTS

Season B 2019 shows culminate with the Australian Titles in Sydney on 12/13th October and the ICN World Championships in Melbourne on 26/27th October.

All competitors must qualify to compete at these events by placing Top five in any ICN contest during the current year.

Check out www.icompete.com.au for further details.