

2019 Queensland Transformation Championships!!

Event Information Sheet

(Current as of 30/5/2019)

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1. Contest Details

Contest:	2019 ICN Queensland Transformation Championships
Contest Date:	July 14 th
Start Time Sun:	9.30am – 4.30pm
Entries Close:	Midnight July 8th
Early Bird Entry:	\$99 by June 30 th
Late Entry Fee:	\$129 after June 30 th

2. How to Enter:

Online entry is available at www.icompetenatural.com

Go to ENTER NEW CONTEST and at Step 2 select QLD Transformation Challenge, it will be the third drop down box you see. You will be asked to join as a Transformation-Only Member (at a discounted member price of only \$50, usually \$150) then complete your entry. N.B If you are a Premium Member already, you can enter the Transformation Challenge with your current Premium Membership.

The entry fee for the Transformation Championships is \$149 – included in this is your Transformation Competitor T-Shirt, Your Special Achievement Medallion.

3. Venue Details

Venue: Brisbane Convention & Exhibition Centre, Merivale St, South Brisbane.

Parking is available under the Convention Centre.

4. Brisbane Fitness Expo Details

This event is run at the Brisbane Fitness Expo, we are a show within the Fitness Expo on our own special stage. The Fitness Expo runs from 9am to 5pm both days and as competitors you will have access to backstage from 7.30am. As a competitor you will receive a “competitor” two day ticket via email just before the event.

5. Tickets for Spectators

We will have a special link from the organisers to direct your friends and family to buy tickets, once ready we will post online and update this document.

Just a reminder, your 2 day “Competitor” ticket will be emailed to you a few days before the event, you do not need to buy a ticket. Your ticket will be a “Competitor” ticket and this gives you access before the doors open. You are able to bring in one helper with you prior to doors opening, they will need to show their general admission ticket and must be present with you for them to gain early access.

6. Judging Criteria

The Judging Criteria will take in the following 4 points:

1. Weight Lost (as a %)
 2. Before and After Pic
 3. Your Transformation Story
 4. Stage Presence on the day
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1. Weight Lost - this will be worked out as a percentage of overall weight lost. *Note in the case of the physically challenged division or someone recovering from being under weight this may be weight gain. There will be a space to enter your starting and finishing weight on the entry form.
 2. Before and After Pic – this will need to be submitted with your online entry. When you first enter upload your before pic and then once your challenge has finished upload your after pic.
 3. 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 150 words or less. This is due by July 8th.
 4. Stage Presence on the day – Judges will assess how confidently you display the new you! Be proud of where you are at, it may not be the final finishing point of your journey so no matter where you are be proud of your achievement to date on that stage.

7. Divisions

There are 6 male and female divisions:

Up to 60 Days

Up to 3 Months

Up to 6 Months

Up to 1 Year

Up to 2 Years

Physically Challenged

Up to 60 Days.

Enter this division if your transformation was achieved in up to 60 days between January 1 2019 - July 8 2019

Up to 3 Months.

Enter this division if your transformation photos are up to 3 months apart between July 1st 2019 - July 8 2019

Up to 6 Months.

Enter this division if your transformation photos are up to 6 months apart between July 1st 2018 - July 8 2019

Up to 1 Year.

Enter this division if your transformation photos are up to 1 year apart between January 1 2017 - July 8 2019

Up to 2 Years.

Enter this division if your transformation photos are up to 2 years apart between January 1 2017 - July 8 2019

Physically Challenged.

Enter this division if a physical condition prevents you exercising freely. Any period, any time frame. Depending on entries numbers, the promoter may split this division up into time periods like the above.

8. What to Wear on Stage:

Girls – your choice of bikini, gym wear or fitted dress. Most importantly the outfit you choose needs to show off the new you in the best way possible.

Guys – your choice of swim trunks, swim shorts, boardies, bike pants. Most importantly the outfit you choose needs to show off the new you in the best way possible. If you choose to wear a singlet, ensure it is fairly tight fitting so the judges can see the after compared to the before photo.

Note loose fitting clothing will not show off all your hard work and great results.

9. 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 after pic will be on the big screen and the MC will announce

your name and highlights of your journey. We will then take you through quarter turns as a group as you show off the new you. Judges will assess the transformation stories during the lead up week of the show, so all transformation stories must be in as part of your entry by July 8th.

We will then call out a top 10 and from this top 10 we will place our final top 5.

10. Tanning (Backstage)

If you are requiring a spray tan and top coat on the day, we will have Shique Tanning backstage and they can be contacted at <https://www.facebook.com/shiquehairandbeauty/>

11. Hair & Makeup (Backstage)

If you are requiring this service we will have the team from Shique and can be contacted via email at <https://www.facebook.com/shiquehairandbeauty/>

12. Backstage Information

Backstage will be open from 7.30am and you are able to come in from that time (if you are on early).

13. Photographs

We will have a professional photographer to capture all the onstage moments and a studio set up backstage for pics with friends and family. The cost of this is \$99 and includes all your shots from on stage.

14. Program

The final program will be announced over the coming weeks as entries for each division come in, but as a rough guide here is a draft program, but please allow to be on earlier than the time you see.

10am – Physically challenged

11am - Up to 3 months

12pm – Up to 6 months

1pm – Up to 1 year

2pm – Up to 2 years

3pm – Over 2 years

15. Contact Us

If you have any questions please either email us at gld@icometnatural.com or call the promoter of the event Jason Woodforth on 0403 498 444.

16. Social Media

To keep up to date with all the news on the show please follow us on our closed group page, here is the link <https://www.facebook.com/groups/136893916469773/> and we are also on Instagram "ICNQLD".