

# Introducing 2019 I.C.N. N.T. Championships 3 Month, 6 Month and 12 Month Transformation Challenge

## Event Information Sheet (Current as of 15/3/2019)

### 1. Contest Details

**Contest:** 2019 ICN N.T. Transformation Challenge

**Challenge Dates for 12 Month Challenge:** 1<sup>st</sup> October 2018 – 22<sup>nd</sup> September 2019

**Challenge Dates for 6 Month Challenge:** 1<sup>st</sup> April 2019 – 22<sup>nd</sup> September 2019  
(or any prior 6 months during the past 12 months)

**Challenge Dates for 3 Month Challenge:** any 3 month period during the above dates with the latest starting date of the 1<sup>st</sup> July 2019

**On Stage Date:** Sunday 29<sup>th</sup> September 2019

**Start Time:** 11am

**Entries Close:** Midnight 22<sup>nd</sup> September 2019

**Early Bird Entry:** \$129 by 7<sup>th</sup> September 2019

**Late Entry Fee:** \$159 after 7<sup>th</sup> September 2019

**Photos:** included

### 2. How to Enter:

Online entry is available at [www.icompetenatural.com](http://www.icompetenatural.com)

Go to ENTER NEW EVENT, and at Step 2, from the "Select Transformation Contest" select NT Transformation Challenge. 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 (Noted in the System as 'Up to 3 Months Transformation – Male of Female Category), with your current Premium Membership.

The entry fee for the Transformation Challenge is \$129 – included in this is your Transformation Competitor Tank Top, Your Special Achievement Medallion, and a goodie bag.

**IMPORTANT - READ THIS EVENT INFORMATION PACK FULL TO ENSURE YOU COMPLETE ALL NECESSARY STEPS REQUIRED TO ENTER.**

### **3. Venue Details**

**Venue:** Darwin Entertainment Centre, 93 Mitchell Street, DARWIN, NT 0800

Parking is available under the Entertainment Centre or there is normally plenty of street parking.

### **4. Tickets for Spectators**

Spectator Tickets will be available at [www.yourcentre.com.au](http://www.yourcentre.com.au) closer to the date, normally on sale 1<sup>st</sup> August 2019.

Tickets Prices:

VIP \$44 (front 10 Rows),

GA \$34

GA Children 13 – 16 \$20

GA Children 12 and under Free

Competitors do not need a ticket, however your back of house helper will need a ticket to gain entry to the main Auditorium.

### **5. Judging Criteria**

**The Judging Criteria will take in the following 4 points:**

1. Weight Lost (as a %)
2. Before and After Body Scan as this will also show Muscle Gain/Loss
3. Before and After Pic – Holding a copy of the NT News (or other local Newspaper if outside of Darwin)
4. Your Transformation Story
5. Stage Presence on the day

1. Weight Lost - this will be worked out as a percentage of overall weight lost. There will be a space to enter your starting and finishing weight on the entry form.
2. Body Scan is a must so please also include a before and after Body Scan as Muscle gain can come into play when calculating your overall transformation.
3. 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. Pictures must be taken with a Copy of the local Newspaper (e.g. NT News) showing the front Page.
4. 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 250 words or less. This is due by 14<sup>th</sup> September.
5. 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.

## **6. Divisions**

This Season we are offering a 3 month, 6 month and 12 month Transformation Category for both Male and Female, with the anticipation of being able to offer more Categories each Season as we progress.

## **7. What to Wear on Stage:**

As each person will be at different stages of their Journey, we would like everyone to feel special and elegant on stage and therefore we would like each Transformation Competitor to wear **Evening Wear**.

## **8. 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 8<sup>th</sup> September.

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

## **9. Tanning**

If you are requiring a spray tan, Kirsty Ray will be offering a discounted rate of \$30 on her Spray Tanning to any Transformation Competitor on the Friday (27<sup>th</sup> September). Please contact Kirsty directly on 0458331943. Please Book in early as Kirsty books out quickly.

## **10. Hair & Makeup**

There are plenty of great Hairdressers around Darwin who will make you look amazing and can also offer Makeup. However there are also plenty of Makeup Artists around Darwin who are well practiced in Stage Makeup. Keep an eye on the Facebook Page for Posts regarding local business's.

## **11. Backstage Information**

Backstage will be open from 10am on the day and you are able to come in from that time.

## **12. Photographs**

We will have a professional photographer to capture all the onstage moments.

## **13. Contact Us**

If you have any questions please either email us at [vanessa@icompetenatural.com](mailto:vanessa@icompetenatural.com) or call the promoter of the event Vanessa O'Grady on 0417278889.

## **14. Social Media**

To keep up to date with all the news on the show please follow us on our Facebook Page <https://www.facebook.com/iCompeteNaturalNT/>

**To our Major Sponsors** – A big thanks to Southern Cross TV, Hot 100 and Collective Nutrition, together with WICKED NRG.

