



WESTERN AUSTRALIA



WA STATE TITLES 2016

SATURDAY 8th OCTOBER 2015

- DATE:** SATURDAY 8th OCTOBER 2015
- CONTEST TIME:** Show 1 - 10pm Show 2 - 4pm
- ENTRY FEE:** \$150 (includes first division)
- ADDITIONAL:** Additional entries are \$50 each (max 3)
- ENTRIES CLOSE:** Midnight 2nd October 2016
- STAGE PHOTOS:** Photographs of each division FREE
- PAYMENT DUE:** At check in on the 1st October – 24/7 Power Fitness Wanneroo. Wanneroo Road, Wanneroo.
- VENUE:** Kingsway Indoor Stadium
Kingsway Drive, Madeley
- CONTACT:** sam@samattrill.com or 0403165496
- TICKET PRICE:** Tickets are \$50 for 1 show, \$60 for 2 shows, go to www.inbawa.com.au to purchase or buy at the door on the day. Children under 12yrs and under are FREE
- PROMOTER:** Sam Attrill (INBA WA PRESIDENT)

WA STATE CHAMPIONSHIP SHOW HIGHLIGHTS:

- + 6 OVERALL Winners receive flights to Bali to compete in the Bali Paradise International
- + INBA Achievement Atlas Medallion
- + Competitor Apparel
- + Qualifier for Nationals and PRO Qualifiers
- + Competitors may enter multiple divisions
- + Men's Fitness provided with free shorts to wear for their division
- + Female Sports Models are provided with free JP Porter Fitness Wear for their division

VENUE: KINGSWAY INDOOR STADIUM



Kingsway Indoor Stadium is one of the largest and most exciting indoor sports facilities in Perth's northern suburbs. Since it was taken over by the City of Wanneroo in late 2006, Kingsway Indoor Stadium has become one of the premier facilities in Perth. This venue is able to hold approx. 100 tables and has a massive competitor backstage area. Both food and drinks will be available.

HOW TO ENTER:

iCompete *Straight-to-Stage* Technology allows you to enter and manage your entry via your personal Membership portal. Login to iCompete www.icompete.inba.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: INBA 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 INBA events via iCompete! Welcome to the future!

1. Go to www.icompetenatural.com
2. Use the step by step process on iCompete to enter any event of your choosing.

INBA have greatly simplified the effort required to compete. Just submit your Entry. using the simple 3 steps mentioned.

PAYMENTS:

Can be made at check in on the 1st Octobe from 9am to 4pm at 24/7 Power Fitness Wanneroo (see Map below) .



CHECK IN TIMES: Starting from 9am onwards

Due to the strict running schedule it is imperative that you arrive punctually at your designated time. INBA WA will not be responsible for late competitors. It is up to you to make sure you arrive on time, otherwise the show will go on and you will miss out.

TICKET PURCHASES:

All ticket purchases can be purchased at www.inbawa.com.au or at the door on the day. Children 12yrs and under enter for FREE. All competitors have FREE admission.

PLEASE NOTE: All backstage helpers need a ticket to be able to enter the venue.

SPORTS MODEL AND MENS FITNESS OUTFITS SUPPLIED BY INBA

Sports Models have their fitness wear outfit supplied. Men's Fitness competitors have their shorts supplied. These are to be collected at Check in or on the day. Mr Physique competitors are to wear boardshorts which come to just above the knee and these are not provided.

COMPETITORS PHOTOGRAPHS AND DVD

A Professional Photographer will be taking photos at the contest - we have generously offered each competitor photographs of themselves in each division. These will be available a two weeks after the event, of which you will be emailed instructions on how to obtain them.

COMPETE IN A NUMBER OF DIVISIONS

With the successful development of INBA events by removing posing routines from the show format, we now have time available for competitors to compete in multiple divisions in your selected category for up to a maximum of three (3). For example if you chose to do bikini, you can compete in Bikini First Timer, Bikini Novice and Bikini Open.

Please note: You can not compete in cross Divisions ie. If you have chosen to do Bikini, then you can not compete in a Fitness or Figure Division. Similarly for a male if you have chosen Fitness then you cannot compete in Physique or Bodybuilding. Fitness models can compete in Sportsmodel divisions.

DRUG TESTING: : There will be random drug testing conducted by ASADA at this event. Anyone who fails a drug test will have their placing, trophy/medal, and any prizes & prize money forfeited. You will also be required to pay in FULL the cost of your drugtest should you return a positive test. INBA NSW reserves the right to legally pursue any costs and damages incurred if you fail a drug test. By competing you are legally binding bound to the above conditions.

Competitor Code of Conduct

- 1) Respect your fellow competitors. Aggressive, un-sportsmanship like conduct and behaviour will not be tolerated.
- 2) Respect ALL judges officials and helpers. There are a lot of great people who volunteer their time and resources to make these events possible for you to compete in. We will not tolerate ANY competitor, spectator or coach disrespecting our judges, officials and helpers.
- 3) It is the responsibility of the competitor to be aware of the stage times and divisions. We endeavour to make all details readily available for comp day, it is your responsibility that you have read and fully understand where you need to be and at what time.

TANNING

All tanning must be done prior to arrival. Touch only should be done at the venue. All cream based tans, ie, dream tan, suntanon, body shimmer, etc are banned from this competition. If it is seen that you have applied these tans you will be asked to leave and will not be allowed back in until the tan has been removed.

BACKSTAGE

Bring your own weights to pump up if required. Prestigious venues such as these give no second chances with their venue, if competitors leave damage to the venue and furnishing from competitor's tan and oil. INBA 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 thongs (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.

MULTIPLE EVENT QUALIFICATION AND PRO QUALIFIER INVITATION

Top 5 in each division will qualify for the 2016 Australian Titles held in Sydney on the 16th October and all OPEN divisional winners will also be eligible to compete in Pro Qualifiers. All competitors from this show qualify for the Bali Paradise International being held in Bali, Indonesia on the 29th and 30th October.

INBA COMPETITOR ACHIEVEMENT MEDALLIONS (Equal 6th Placings)

INBA delivers another competitor innovation called the “Achievement Atlas.”. The concept was developed for competitors who take up the challenge of competing but do not place in the Top 5. As an individual medal this striking 3D design recognises the remarkable achievement to make it through all the challenges and preparation to step onto an INBA contest stage. While competition may be about winning, 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 pieces that make a whole Achievement Atlas represents these many tests, trials and achievements which all contribute to success further down the path both in sport and personally. Hence, the dream to create an INBA Achievement Atlas for our competitors was borne. Once you challenge yourself often and higher to obtain five Medallions you will process an Achievement Atlas that is symbolically the largest sporting medal in the World.



2016 WA STATE CHAMPIONSHIPS

SATURDAY 8TH OCTOBER 2016

COMPETITION RUNNING ORDER – SHOW 1

10am Men's Master 40+
10am Men's Master 50+
10.10am Ms. Figure Master 40+
10.10am Ms. Figure Master 50+
10.20am Men's Bodybuilding First Timers
10.30am Ms Figure First Timers
10.45am Mr Physique First Timers Short Class
11.00pm Mr Physique First Timers Tall Class
11.15pm Men's Teenage
11.15pm Men's Junior
11.25pm Men's Under 72kg
11.35pm Men's 72.1 - 77Kg
11.45pm Figure International Open
11.45pm Figure Classic
11.55pm Men's 77.1Kg Plus
12.05am Mr Physique Novice Short
12.20am Mr Physique Novice Tall
12.35am Men's Novice
12.45am Ms. Figure Novice
1.00pm Mr Physique Open
1.15pm Men's Open Class 1 (Under 170cm)
1.15pm Men's Open Class 2 (170.1-175cm)
1.30pm Ms. Figure Open
1.45pm Men's Open Class 3 (175.1-180cm)
1.45pm Men's Open Class 4 (Over 180cm)
2.00pm Mr Physique Overall
2.00pm Ms Figure Overall
2.00pm Mr WA Bodybuilding Overall

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COMPETITION DAY RUNNING ORDER – SHOW 2

3.30pm Bikini Momma	7.20pm Angels
3.40pm Sports Model Momma	7.40pm Ms FitnessModel Momma
3.50pm Bikini 21	7.50pm Ms FitnessModel 21
4.00pm Bikini 30+	8.00pm Ms FitnessModel 30+
4.10pm Bikini 40+	8.10pm Ms FitnessModel 40+
4.20pm Sports Model 21	8.20pm Men's FitnessModel First Timers
4.30pm Sports Model 30+	8.30pm Ms FitnessModel First Timer Short
4.40pm Sports Model 40+	8.40pm Ms Fitness Model First Timers Tall
4.50pm Bikini First Timers Short	8.50pm Men's Fitness Model Novice
5.00pm Bikini First Timers Medium	9.00pm Ms FitnessModel Novice
5.10pm Bikini First Timers Tall	9.10pm Men's Fitness Model 30+
5.20pm Sports Model First Timer Short	9.20pm Ms FitnessModel Open
5.30pm Sports Model First Timer Tall	9.30pm Men's Fitness Model Open
5.40pm Bikini Novice Short	9.40pm Ms Fitness Model Overall
5.50pm Bikini Novice Medium	9.40pm Men's Fitness Overall
6.00pm Bikini Novice Tall	
6.10pm Sports Model Novice	
6.20pm Bikini Open Short	
6.30pm Bikini Open Tall	
6.40pm Sports Model Open Short	
6.50pm Sports Model Open Tall	
7.00pm Bikini Overall	
7.10pm Sports Model Overall	

All divisions have the possibility of being divided based on height, if divisions are too large. Therefore supplying your correct height on iCompete is important. This is an estimate only and will depend on numbers