



Event Information

Saturday 12th October

Show Starts 10:00am

Sunday 13th October

Show Starts 10:00am

Check in Times

We have set up numerous check-in times to help make it as easy as possible for you. These are the only times we will open check in. We do not have check in all day. If you cannot collect your entry pack you can send a friend to collect it for you. All competitors can check in on Friday night. But only competitors competing on Saturday can check in on Saturday. **YOU ONLY NEED TO CHECK IN ONCE.**

Friday 6pm -7pm

Saturday 9:00am -9:30am and 1:30pm - 2:00pm

Sunday 9:00am - 9:30am and 1:30pm - 2:00pm

All Pro Athletes must check in at these times as well.

Entry fee

\$200 Includes first division (Entry Fees are paid on day at check in)

\$75 for each additional division. (Max of 6 divisions in total)

No online payments available for this event.

Professional entry fee

\$275 Per Pro Division

Entries close

Monday 7th October 2019 Midnight

Venue

The Concourse, 409 Victoria Ave Chatswood 2067

Spectator tickets

Purchase online at Ticketek or on the day of the event at the box office. \$50.00 plus \$6.25 per transaction service and handling fee.

Competitors Will receive free entry into the venue on both days free.

<https://premier.ticketek.com.au/shows/show.aspx?sh=ICNAUSCH19>

(Backstage helpers, Coaches must purchase a ticket)

Contact

email: nsw@icompetenatural.com

Phone: 0402 999 905

How to Enter

I compete straight-to-stage technology that allows you to enter and manage your entry via your personal membership portal. Log into ICompete www.icompetenatural.com from any device and go to MY ENTRY. It only takes moments to join/renew enter or change your personal details.

ICOMPETE NATURAL is a paperless and digital organization. You will absolutely love the speed, control and convenience of entering an event. Welcome to the future.

1. Go to <http://www.icompetenatural.com> and register to become a **Premium member**.
2. Login to ICompete using login details emailed to you upon becoming a member.
3. Use the step by step process on <http://www.icompetenatural.com> to enter any event.

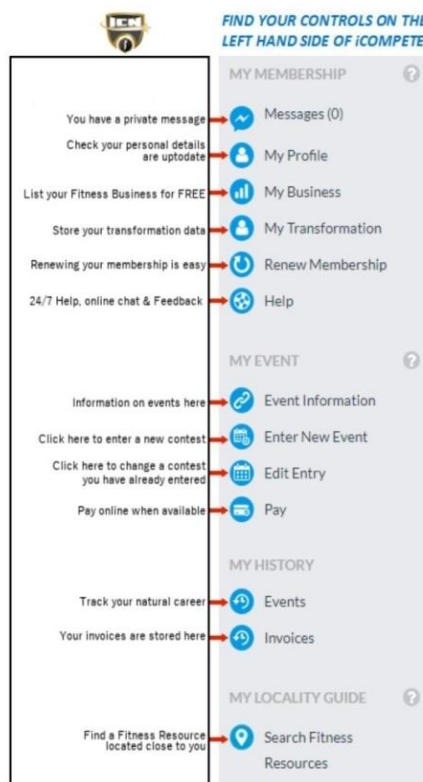
Below is an example on how to become a Member.

Membership

To enter a contest, you must be a financial member (now called a PREMIUM Member and costs AUD\$150). Note to those joining to compete for the first time, when you go to www.icompetenatural.com, please complete the details in the “Sign in” section. You will then login. Once inside the new iCompete, all function controls run down the Left Hand of the site. Click on **UPGRADE TO PREMIUM** red button and complete your profile information and save.

Easy Steps

- 1) Sign up to www.icompetenatural.com
- 2) Upgrade to a Premium Membership
- 3) Complete you Profile accurately (gender, and height will be used for division selections later so make sure it is accurate)
- 4) Click “Enter New Event” and follow the prompts to complete your entry.
- 5) Payment for your contest will be done as specified in “Pay”



Compete in any number of divisions

With the successful development of ICN 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 up to a maximum of Six (6) Divisions.

Please note: Please read and check the division’s qualifications and category rules.

DRUG TESTING & SUPPLEMENT WARNING- You are responsible

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 supplements. When selected for drug testing please follow the official to the test area (located in another area of the venue). Let the official know if you are competing again soon, we will let you prepare and compete first.

Information

Individual Photo's

ICNSquare are offering competitors to have individual stage photos. You will receive Images of yourself when on stage. These are close up images from different angles. Cost is \$75.00. You will receive at least 25 images on the day. If you choose to get your Individual photos Include \$75 in your entry fee envelope. These will take up to 2 weeks. They will be emailed to you.

Video

All Competitors will be able to view stage footage of the event on our ICN NSW YouTube channel courtesy of ICN NSW free. We will send all competitors a link to view them once uploaded. Clips will be uploaded within 2-3 weeks of the event.

OUTFITS

Sports Models, Men's Fitness & Men's Classic Physique must bring their outfits from their home state. If you don't have an outfit you will need to purchase them at check in.

Sports Model outfits are \$25 Men's Shorts are \$15

EVENT FORMAT

The Australian event format runs in a continuous One Show format. This means competitors will be judged and presented with their placings and awards once the judging is complete and the scores are tabulated.

PRO CARDS

Each Open Height Class winner will be offered PRO Status and their PRO Card. You can then enter the PRO divisions offered at the end of the show. You must enter at the Check in table and the PRO entry fee (\$275) is payable.

ESTIMATED RUNNING TIMES

We do not run the event according to times! We can only run the event as we can judge it. Times provided are only an **estimate** when a division might be on stage – it is impossible to know how long each division will take to judge. We will update this schedule also. If you're giving a time for friends to watch you, always suggest they come 90 minutes prior to your estimated stage time

BACKSTAGE GUIDELINES

Only ONE helper allowed backstage per competitor. Bring your own stretch bands/weights to pump up if required. ICN insist your tan be applied prior to arriving at the venue, so only a final 'touch up' is required. We discourage the use of transient products like *Dream Tan* and recommend using our preferred tanners. SKINZ STAGE TEAM

Competing has four 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.

Division Eligibility

Novice

Novice is your first year of competing in a specific division. This means enter your first contest between January 1 and June 30 your Novice status continues until December 31. (Novice for Season A and B). Enter your first contest between July 1 and December 31 your Novice status continues until June 30 the following year. (Novice for Season B and A).

Intermediate

Entry is eligible only to competitors who have not ever placed Top 3 in the Open Class of the division they are entering (and also not won an Intermediate division in the past). Not everyone is ready to do an Open Division especially after just doing Novice, So this a good stepping stone.

Momma

You must have had children, we may split the division by time since birth of last child, as in less than 2 years, 2-5 year's, 5+ years at the discretion of the promoter. This would only happen if line ups, we very large.

Age Groups

There are many Age divisions a promoter may offer 21, 23, 30+, 40+, 50+, 60+, +70. Age divisions take your age on the 1st of Jan of the same year. Check website for more details

Opens Classes

Open is the highest level of any particular Division where the best of the best is determined. To have a chance to win an overall title you must enter in an open class.

Overall Title

The Open (Height Class) winners participate for the Overall Australian Title. This means if you want a chance to win the Australian Overall Title you must enter an Open class. Of course, you may also enter other divisions as additional divisions.

ICN Pro League

The ICN PRO League has been created due to the rapid increase and quality presented in ICN Amateur events. The ICN PRO League brings together the BEST OF THE BEST from all around the world to compete on a National and International platform to earn prize money through their efforts in selected ICN PRO Events.

ICN Pro Card

Winning an Open Title at either the City National or Australian Championships.

Categories & Rules

Competitors are allowed to compete in a Maximum of 6 divisions.

Note: Some divisions will not run unless there is 3 or more competitors entered into them. With the exception of some age group & Novice divisions that a competitor might not be eligible to enter into at their next event.

Ms. Fitness Models

Are allowed to crossover into Ms Sport's model, Ms Figure, Runway, Angels & Swimwear divisions only, But not into the Ms Bikini Divisions.

Ms. Sports Models

Are allowed to crossover into Ms. Fitness Model, Ms Figure, Runway, Angels & Swimwear divisions only, But Not into the Ms. Bikini Divisions.

ICN Sports model outfits are compulsory. You must bring your own outfits given to you from your home state at your previous show.

Ms. Bikini Model

Are allowed to crossover into Runway, Angels & Swimwear divisions only Not Fitness or Sports Model divisions or Figure.

Ms. Figure

Are allowed to crossover into Runway, Angels, Swimwear, Ms Sports Model & Ms. Bodybuilding Divisions

Men's Fitness

Are allowed to crossover into the Men's Classic Physique only not into bodybuilding or Men's Physique. **ICN Men's Fitness shorts are compulsory. You must bring your own shorts given to you from your home state at your previous show.**

Mr. Physique

Are allowed to crossover into the Men's Classic Physique only not into Men's Fitness or Bodybuilding. Board type shorts are to be worn just above the knees.

Men's classic physique

Are allowed to crossover into the all the male Categories. **ICN Men's Classic Physique Shorts are compulsory. You must bring your own outfits given to you from your home state at your previous show.**

Men's Bodybuilding

Are allowed to crossover into the Men's Classic Physique only not into Men's Fitness or Mr. Physique.

Ms. Bodybuilding Open

Are allowed to crossover into Ms. Figure, Ms Sports Model Divisions

All female competitors are allowed to do Angels, Ms. Runway Ms. Swimsuit Model divisions

A full description on category description and images go to link below:

<https://www.theedge.com.au/icn-competition-categories/>

2019 ICN AUSTRALIAN Pro/Am CHAMPIONSHIPS & WORLD QUALIFIER

Event Schedule

At this event it is typical and expected we change the running order and times as not all division will receive enough entries while other divisions will need to be expanded into height classes. However, treat this as a guide until you are updated by email in the final week. We do not run the event according to these times they are only an estimated time to help you organise your day. Ask anyone coming to watch you to be in the venue at last 60 mins prior to your first division on the final Run Sheet that will be emailed to you in the last week of the show.

Competitor Check-in 9.00am	
Saturday Event Starts 10.00am	
Division	Est Time
Ms Fitness Model 50+	10.00
Men's Bodybuilding 70+	10.10
Men's Bodybuilding 60+	10.20
Ms Fitness Model 40+	10.30
Ms Figure 60+	10.40
Ms Fitness Model 23	10.50
Ms Figure 50+	11.00
Ms Fitness Model Novice	11.10
Men's Bodybuilding 21	11.30
Ms Fitness Model Intermediate	11.40
Ms Figure Novice	11.50
Ms Fitness Model Momma	12.00
Men's Bodybuilding Novice	12.10
Ms Fitness Model 30+	12.20
Ms Bodybuilding Open	12.30
Ms Fitness Model Open Class 1	12.40
Ms Fitness Model Open Class 2	12.50
Ms Fitness Model Overall Champion Round	1.00
Ms Classic Figure Novice	1.10
Ms Sports Model 50+	1.20
Ms Figure Intermediate	1.30
INTERMISSION	30mins
2nd Competitor Check-in	1.30pm
Ms Sports Model 23	2.00
Men's Bodybuilding Intermediate	2.10
Ms Sports Model Intermediate	2.20
Ms Figure 40+	2.30
Ms Sports Model 40+	2.40
Men's Bodybuilding 50+	2.50
Ms Sports Model 30+	3.00
Ms Figure 30+	3.10
Ms Sports Model Novice	3.20
Men's Bodybuilding 30+	3.30
Ms Sports Model Momma	3.40
Ms Classic Figure	3.50
Men's Bodybuilding 40+	4.00
Ms Sports Model Open Class 1	4.10
Ms Sports Model Open Class 2	4.20
Ms Sports Model Overall Champion Round	4.30
Ms Figure Overall Class 1	4.40
Ms Figure Overall Class 2	4.50
Ms Figure Overall Champion Round	5.00
Men's Bodybuilding Open Class 1	5.10
Men's Bodybuilding Open Class 2	5.20
Men's Bodybuilding Overall Champion Round	5.30
ICN PRO LEAGUE DIVISIONS	
Ms Fitness Model Pro Class	5.50
Ms Figure Pro Class	6.10
Ms Sports Model Pro Class	6.30
Men's Bodybuilding Pro Class	6.50

Competitor Check-in 9.00am	
Sunday Event Starts 10.00am	
Division	Est Time
Angels	10.00
Men's Classic Physique Novice	10.10
Ms Runway	10.20
Men's Physique 50+	10.30
Ms Swimsuit 30+	10.40
Men's Classic Physique Intermediate	10.50
Ms Swimsuit Model	11.00
Men's Fitness Model 23	11.10
Ms Bikini 50+	11.30
Men's Physique 23	11.40
Ms Bikini 23	11.50
Men's Classic Physique Open/ Overall Round	12.10
Men's Fitness Intermediate	12.20
Ms Bikini Intermediate	12.30
Men's Physique Intermediate	12.40
Ms Bikini Momma	12.50
Men's Fitness Novice	1.00
Ms Bikini Novice	1.30
INTERMISSION	30mins
2nd Competitor Check-in	1.30pm
Men's Physique Novice	2.00
Men's Fitness 40+	2.10
Ms Bikini 40+	2.20
Men's Physique 40+	2.30
Men's Fitness 30+	2.40
Ms Bikini 30+	2.50
Men's Physique 30+	3.00
Men's Fitness Open Class 1	3.10
Men's Fitness Open Class 2	3.20
Men's Fitness Overall Champion Round	3.30
Ms Bikini Open Class 1	3.50
Ms Bikini Open Class 2	4.00
Ms Bikini Open Class 3	4.10
Ms Bikini Overall Champion Round	4.30
Men's Physique Open Class 1	4.40
Men's Physique Open Class 2	4.50
Men's Physique Overall Champion Round	5.10
ICN PRO LEAGUE DIVISIONS	
Men's Fitness Pro Class	5.20
Ms Bikini Pro Class	5.40
Men's Physique Pro Class	6.00

These are only Estimated times they will be updated once entries close.

Your Check List

Fees -Must be brought like this at check in on the day of your event

All entry and fees must be done like this with the **CORRECT** change and handed in at check in.



All payments are to be handed in at check in on comp day using the example as pictured. Please only include the CORRECT amount in an Envelope.

We DO NOT have an EFTPOS Machine.

What to Bring

- You're posing outfit.
- A spare outfit if possible and a small sewing kit if needed accidents happen.
- A towel (to stand on while preparing to go on stage)
- Thongs must be worn at all times until you go on stage
- Extra Clean Clothes (Competitors must be fully clothed before sitting on chairs in venue.
- Resistance Bands (optional) to pump up with
- Plastic bag for rubbish and dirty clothes
- Baby wipes or similar to wipe off any marks that you might make by accident.

Tanning, Hair & Make up

ICN Tanning, Hair & Make up

SKINZ Stage Team is our Official Tanning & Beauty Team - Get your tan right with Skinz

Book through the Skinz website:

www.skinzst.com/bookings

Call Leigh at Skinz HQ on 0432 902 369

All tanning is to be done prior to arriving at the venue, unless booked with Skinz Stage Team.

Only final touch ups will be allowed backstage.

NOTE: Skinz is the only Tanner, make-up and Hair Company allowed to set up tents or Tables backstage at this event.

Stage Walk

Stage Walk for all competitors



Stage walk for Angels, Swimwear & Runway Only



Accommodation

We are absolutely delighted to welcome the ICN Australian Titles to the Hotel for the first time in 2019.

Silkari Suites at Chatswood is located at 88 Archer Street, in the heart of Chatswood's dynamic art, entertainment and shopping precinct.

Located next to The Concourse, the cultural home of the North Shore and one of Sydney's leading venues.

Across from Chatswood Chase and Westfield Chatswood. 15km from Kingsford Smith airport and a 5-minute walk to Chatswood train and bus interchange.

Silkari Suites at Chatswood offers 11 floors and 212 modern and spacious Studio, One and Two-Bedroom fully self-contained apartments.

ICN Australian Titles- Accommodation Terms and Conditions

1. Rates are activated by signing and returning this agreement within 7 days from the date of this agreement.
2. Contestant Rates are Non-Last Room Availability and are on an allotment basis.
3. Rates are net non-commissionable
4. Rates and benefits are applicable only for accommodation within the indicated contract period.
5. Rooms are pre-paid on arrival and a credit card is required for a \$100.00 pre-authorization for any incidental charges.
6. We ask you to refrain from using our towelling for spray tans, hair dye and staging makeup. Any staining will incur a replacement or cleaning fee.
7. The Hotel reserves the right to adjust the rates stated in the event of any alteration to Federal, State or Local Corporate taxes relating to service charges, rooms tax, bed tax or taxes on any products and/or services offered by the hotel.
8. All rates and information contained in this contract are strictly confidential and are not to be shared with any third party.
9. Undercover parking is available at \$25 per day

Rate Inclusions

- 1) Complimentary unlimited WIFI
- 2) Complimentary access to Anytime Fitness – Chatswood
- 3) Complimentary morning barista made coffee served in the lobby
- 4) Complimentary morning muffin served in the lobby
- 5) Complimentary in-house movie

For Contestant Bookings:

Please use the access code **ICN** via the Hotel website www.silkarihotels.com.au

If you have any problems securing your booking, please contact the hotel directly on 02 818 818 18 or reservations.chatswood@silkarihotels.com.au

*Please note that the Hotels check-in time is 2pm on the day of arrival. If the room is required prior to this time, it is recommended by the Hotel to "pre-register" and pay for the night prior to arrival.

Cancellation Policy: Travelers have up to 3pm on the day prior to arrival to cancel a confirmed reservation. Failure to call and cancel a guaranteed reservation will result in a cancellation charge of one night's accommodation. The remaining nights of the stay will automatically be cancelled.

Confidentiality: ICN Australian Titles confirms and agrees that this agreement is confidential between the operator and the hotel. The operator shall not under any circumstances divulge or permit to be divulging the contents of this agreement.

Liability: To the extent permitted by law, including under the Australian Consumer Law, Silkari Hotels will not be liable for any loss of any kind whatsoever suffered by the operator arising from any breach of this agreement by Silkari Hotels or for any negligence, misrepresentation or other act or omission on the part of Silkari Hotels. Notwithstanding anything else contained in this agreement. The liability of Silkari Hotels to the Operator, whether in contract or tort, in respect of all claims, will not in the aggregate, exceed the cost of accommodation.

VALIDITY PERIOD	ROOM TYPE	Room only rate per room per night
10 th - 14 th October	Executive Studio Apartment The elegantly styled spacious 40sqm suites are open plan and modernly furnished with a king bed accommodating 2 people, fully equipped kitchen, washing machine/dryer and private bathroom.	\$185.00
10 th - 14 th October	Executive One Bedroom Apartment This self-contained one-bedroom suite caters for guests who require the comfort and convenience of their own home during their stay. These spacious 57sqm apartments, boast a King bed to accommodate 2 people, fully equipped kitchen, washer/dryer, bathroom as well as a separate lounge area.	\$205.00
10 th -14 th October	Executive Two Bedroom Apartment Our executive two-bedroom suites offer guests a generous 70sqm to make themselves at home in. This wonderful suite features two bedrooms (second room with 2 king single beds), two bathrooms, a fully equipped kitchen, washer/dryer and a separate lounge area to unwind in. An additional single bed is available at a cost offering accommodation for a maximum of 5 guests.	\$285.00