

**\$8,000**  
**PRO DIVISION**  
CASH PRIZE POOL

**ICN NATIONAL PRO SHOW**

**\$8,000**  
**PRO DIVISION**  
CASH PRIZE POOL

**WEST HQ - ROOTY HILL**  
**33 RAILWAY ST, ROOTY HILL NSW**

**NATIONALS ICN**  
MUSCLE & MODEL WORLD ALLIANCE

**SKINZ**  
ESTABLISHED 1988

**VISUAL LAB**  
PRODUCTIONS

**BULK NUTRIENTS**  
PURE SUPPLEMENTS

**THE EDGE**  
SUPPLEMENT DISTRIBUTION STORE

**CLUBFITGYM**

**www.icnsw.com.au**  
www.icompeteaustralia.com.au | nsw@icompetenatural.com | 0402999905

**f** **i**

🌟👊 Get ready to ignite the stage with ICN PRO ATHLETE PRIZE MONEY ALLOCATION!

🔥 We're turning up the heat with 8 Pro Divisions and a jaw-dropping \$8000 total prize pool – the biggest cash bounty for Pro Athletes in Australia! 💰🌟

Here's the sizzling breakdown:

🥇 1st Place: \$500

🥈 2nd Place: \$300

🥉 3rd Place: \$200

But wait, there's more! With our ICN PRO Guarantee, we never back down. No cancellations, no compromises. Even if it's just you standing tall, you'll still walk away with \$200!

Bring your A-game because when the competition heats up:

◆ 2 Competitors: Battle it out for 1st Place \$300 and 2nd Place \$200.

◆ 3+ Competitors: Chase glory with 1st Place \$500, 2nd Place \$300, and 3rd Place \$200!

It's not just a competition, it's a showdown of champions! Get ready to shine. See you at the top! 🏆🌟

## Event Information

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Event Date	SATURDAY 25 <sup>th</sup> MAY 2024
Entries Close	MONDAY 20 <sup>th</sup> May 2024, Midnight
Event Times	
Pro Show 1	<b>Check-in: 1:30pm</b> Men's Bodybuilding Pro Division Ms Figure Pro Division Ms Bikini Pro Division Men's Classic Physique Pro Division
Pro Show 2	<b>Check in: 7:30pm</b> Ms Fitness Model Pro Division Men's Fitness Pro Division Ms Sports Model Pro Division Men's Physique Pro Division
Entry Fee	\$250 Includes first division (Entry Fees are paid on day at check in) See Envelope, Page 2 \$100 for each additional division.
Venue	West HQ, 33 Railway St, Rooty Hill NSW 2766 <a href="https://goo.gl/maps/nC2kkB96DHFu7Deu7">https://goo.gl/maps/nC2kkB96DHFu7Deu7</a>
Spectator tickets	<b>Ticket Cost \$50.00 full day.</b> Kids under 12yrs Enter Free <b>(Backstage helpers and Coaches must purchase a ticket)</b> Pre-Purchase <a href="http://www.icnsw.com.au">www.icnsw.com.au</a>  We will offer tickets to Competitors 4 weeks prior to an event. Once competitors purchase what they need for family and friends we will open ticket sales to other Spectators.
Event Video	All Competitors will have free access to view stage footage of the event on our ICN NSW YouTube channel courtesy of ICN NSW. We will send all competitors a link to view them once uploaded. To view past events <a href="https://www.youtube.com/icnsw">https://www.youtube.com/icnsw</a>
All Inquires	email: <a href="mailto:nsw@icompetenatural.com">nsw@icompetenatural.com</a> , Phone: 0402 999 905

## EVENT ENTRY FEES HOW TO BRING

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



### All ENTRY FEES

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. No change will be given

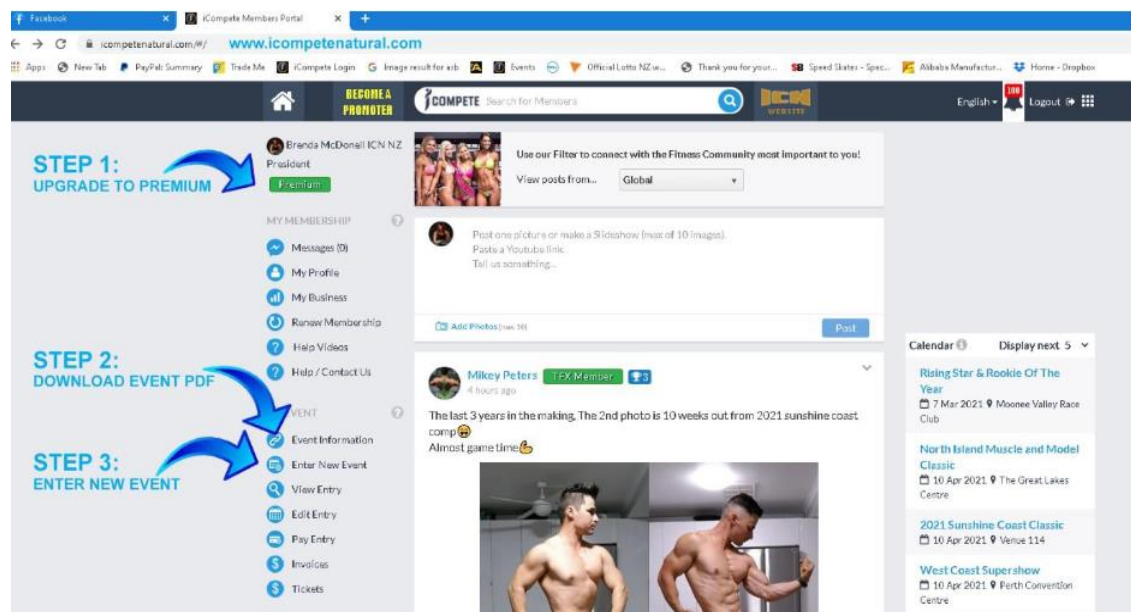
## HOW TO BECOME AN ICN MEMBER & ENTER EVENTS

### Follow the simple step below

ICompete straight-to-stage technology allows you to enter and manage your entry via your personal membership portal <https://www.icompetenatural.com> which can be accessed from any device (However mobile phone is not always compatible with all aspects of the entry process).

Follow these steps to create your Membership and enter the competition:

1. Go to <https://www.icompetenatural.com> and register to become a Free member.
2. Login to ICompete using login details emailed to you upon becoming a member.
3. Upgrade to Premium Membership. You must be a Premium Member before you can enter an event. Premium Membership costs \$150.00. This allows you to compete in all events worldwide for either Season A-B or Season B-A.
4. Once you are a Premium Membership you can enter the competition. You will find the Enter New Event tab on the left-hand side of the HOME screen of the Members Portal. Click on this and use the step by step process to enter the event.



### 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 prior or at the event. 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

## Estimated Running Times

We do not run the event according to times! We can only run the event as we 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. If you're giving times to spectator's, always suggest they come at least 60 minutes prior to your stage time.

### ICN PRO/AM NATIONAL TITLES RUN SCHEDULE 2024

**THIS IS AN ESTIMATED RUN SCHEDULE. WE WILL SEND A FINAL SCHEDULE ONE WEEK PRIOR TO THE EVENT**

Competitor Check-in 8:00am	
Divisions	Est. Time
Ms Figure Rookie	9.00
Men's Bodybuilding Rookie	9.10
Ms Figure Novice	9.20
Men's Bodybuilding Novice	9.30
Ms Figure 30+	9.40
Men's Bodybuilding Under 23	9.50
Ms Figure 50+	10.00
Men's Bodybuilding 30+	10.10
Ms Figure 40+	10.20
Men's Bodybuilding 50+	10.30
Ms Classic Figure	10.40
Men's Bodybuilding 40+	10.50
<b>Ms Figure Open / Overall</b>	<b>11.00</b>
<b>Men's Bodybuilding Open / Overall</b>	<b>11.10</b>
Competitor Check-in 11:00am	
Men's Classic Physique Rookie	11.30
Ms Bikini Rookie	11.40
Men's Classic Physique Novice	11.50
Ms Bikini Novice	12.00
Men's Classic Physique Under 23	12.10
Ms Bikini 40+	12.20
Ms Bikini Under 23	12.30
Ms Bikini 30+	12.40
Men's Classic Physique 40+	12.50
Ms Bikini Momma	1.00
Men's Classic Physique 30+	1.10
<b>Ms Bikini Open / Overall</b>	<b>1.20</b>
<b>Men's Classic Physique Open / Overall</b>	<b>1.30</b>
PRO DIVISIONS CHECK IN 1:30pm	
<b>Ms Figure Pro</b>	<b>2.30</b>
<b>Men's Bodybuilding Pro</b>	<b>2.40</b>
<b>Ms Bikini Pro</b>	<b>2.50</b>
<b>Men's Classic Physique Pro</b>	<b>3.00</b>

Competitor Check-in 2.00pm	
Divisions	Est. Time
Ms Swimsuit Rookie	3.10
Ms Fitness Model Rookie	3.20
Men's Physique Rookie	3.30
Ms Swimsuit Novice	3.40
Ms Fitness Model Novice	3.50
Men's Physique Novice	4.00
<b>Ms Swimsuit Model Open / Overall</b>	<b>4.10</b>
Ms Fitness Model Momma	4.20
Men's Physique 40+	4.30
Ms Fitness Model 40+	4.40
Men's Physique 30+	4.50
Ms Fitness Model 30+	5.00
Men's Physique Under 23	5.10
Ms Fitness Model Under 23	5.20
<b>Ms Fitness Model Open / Overall</b>	<b>5.30</b>
<b>Men's Physique Open / Overall</b>	<b>5.40</b>
Competitor Check-in 4.30pm	
Ms Wellness Rookie	5.50
Men's Fitness Rookie	6.00
Ms Sports Model Rookie	6.10
Ms Wellness Novice	6.20
Men's Fitness Novice	6.30
<b>Ms Wellness Open/ Overall</b>	<b>6.40</b>
Ms Sports Model Novice	6.50
Men's Fitness Under 23	7.00
Ms Sports Model Momma	7.10
Men's Fitness 40+	7.20
Ms Sports Model 40+	7.30
Ms Sports Model Under 23	7.40
Ms Sports Model 30+	7.50
Men's Fitness 30+	8.00
<b>Ms Sports Model Open / Overall</b>	<b>8.10</b>
<b>Men's Fitness Open / Overall</b>	<b>8.20</b>
PRO DIVISIONS CHECK IN 7:30pm	
<b>Ms Fitness Model Pro</b>	<b>9.00</b>
<b>Men's Physique Pro</b>	<b>9.10</b>
<b>Ms Sports Model Pro</b>	<b>9.20</b>
<b>Men's Fitness Model Pro</b>	<b>9.30</b>

**NOTE: These times will definitely change once we finalise the final run schedule**

## IMPORTANT INFORMATION

### ICN NSW RULES AND ETIQUETTE

1. Competitors must bring a towel (or similar) to stand on when they are applying any tan/oil.
2. Thongs (or similar) must be worn at all times backstage until you go on stage.
3. Competitors must wear clean cloths without tan before sitting on the furniture at the venue.
4. Do not touch or lean on walls or furniture whilst at the Venue. Fees may apply if found to damage furniture at the venue.

## Your Check List

- Your Entry Fee's in an enclosed Envelope. Check example image Above.
- You're posing outfit.
- A spare outfit if possible and a small sewing kit if needed accidents happen.
- 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

Only ONE helper allowed backstage per competitor. Bring your own stretch bands/weights to pump up if required.

We Have now **BANNED** use of transient products like **Dream Tan** and recommend using our preferred tanners.

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

Book through the Skinz website

[www.skinzst.com/bookings](http://www.skinzst.com/bookings)

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.

**Skinz is the only Tanner, make-up and Hair Company allowed to set up tents or Table's backstage at this event.**

## OUTFITS

### Men's Fitness & Classic Physique Trunks



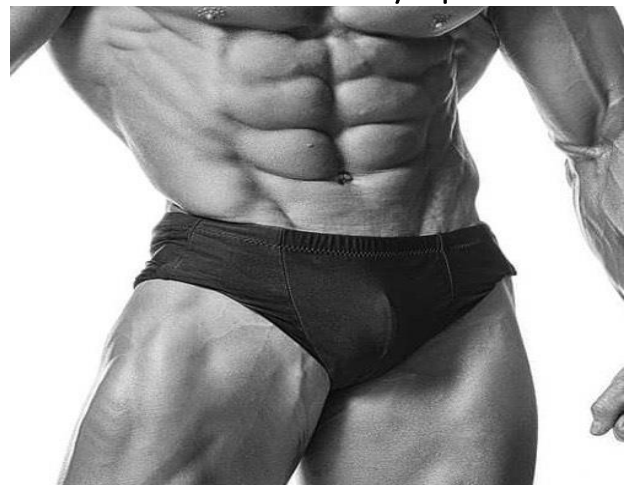
\$30.00

### Ms Sports Model Outfits



\$35.00

### Men's Classic Physique



\$30.00

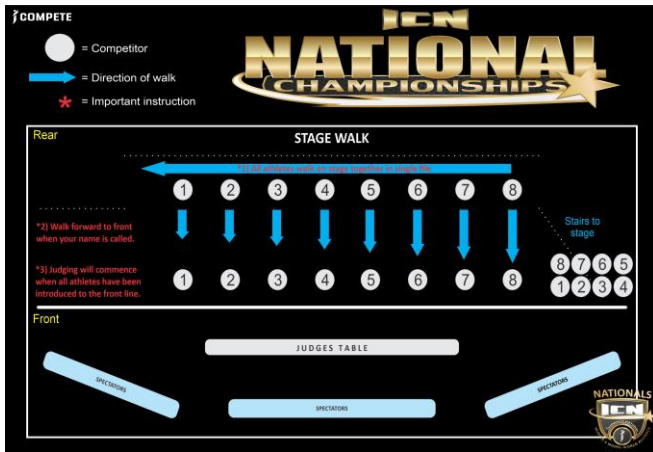
You can bring your state outfit or purchase one of ours prior to your show or on the day at registration.

Pre-Purchase: [www.icnsw.com.au](http://www.icnsw.com.au)

Free Delivery

# ICN NSW STAGE WALK

Stage walks for all Pro Competitors



## ACCOMMODATION

### NOVOTEL SYDNEY WEST HQ Located at the venue

Novotel Sydney West HQ is in the same complex as our venue with direct access to the function space. Complimentary perks like on-site parking, Wi-Fi, and access to the ONE55 gym add exceptional value to your stay.

**Room Bookings – Call and Quote ICN1821 for 10% discount off the flexible rate of the day**

- Credit Card details are required to secure the reservation
- Payment upon arrival as well as a pre-authorization of \$50 for any extras (n.b 1.3% surcharge applies on all credit card payments)
- Upon arrival guests are required to provide their valid ID, credit card, and fill in a covid declaration form
- Maximum in a room is two adults (and 2 children under the age of 16, using existing bedding) Due to Covid restrictions
- 24hr cancellation policy

### CONTACT & LOCATION

Novotel Sydney, West HQ

33 Railway Street NSW 2766 Australia

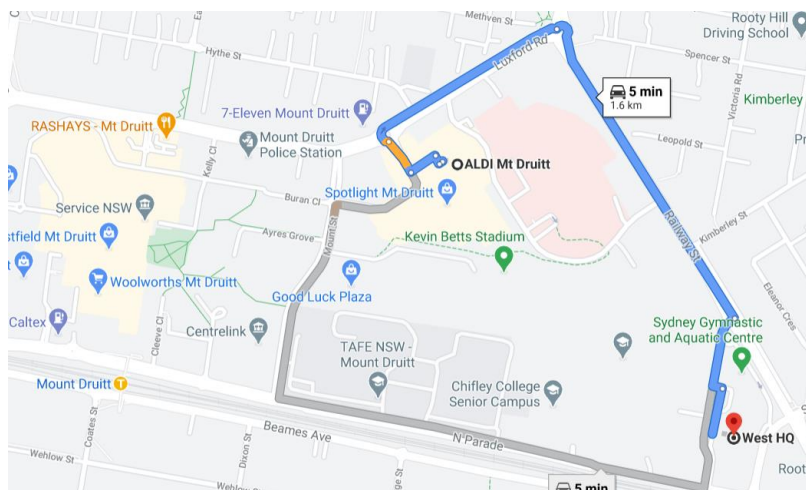
Phone: +61 2 9832 3888

Email: [reservations@novotelwesthq.com.au](mailto:reservations@novotelwesthq.com.au)

Website: <https://www.novotelwesthq.com.au>

Shopping centres are only a 5min drive or bus trip, or if you want to do some last-minute cardio it takes about 20mins to walk from the venue hotel.

Link: <https://goo.gl/maps/Xd1LsB5WNkDD8ouf7>



# VISUAL LAB PRODUCTIONS

## INDIVIDUAL STAGE PHOTOGRAPHY BY VISUAL LAB PRODUCTIONS

Our partner VISUAL LAB PRODUCTIONS is offering ICN competitors the opportunity to pre-book individual stage photos. The media production team will focus their lenses on all the competitors. You will receive amazing stage shots of all the hard work you have put in that will last a life time.

Your individual images will be delivered within 4 weeks of the event date.

You will receive 10-15 images for your first division and an additional 10 images per extra division you enter.

- Standard Pricing \$200
- Early Bird individual stage images for 1<sup>st</sup> division \$110.00, and \$20.00 for each extra division entered. (until 2 weeks prior to the show date)
- Post-show purchase pricing \$220

[SAMPLE GALLERY 1](#) <- CLICK!

[SAMPLE GALLERY 2](#) <- CLICK!



## SOCIAL MEDIA HYPE REEL - \$150.00

- Short, engaging video tailored for social media
- 10-15 second video, customisable to a variety of styles
- Samples to be made available soon
- Formats suitable for both standard and Instagram reel displays

## VIDEO & PHOTO PACKAGE - \$699.00

- Comprehensive package covering all divisions plus a hype reel video
- Consistent quality across both video and photo media
- 10-15 images for the first division, +10 for each additional division

## HYPE REEL VIDEO - \$599.00

- 30-60 secs / delivered in 16x9 and IG reel size formats
- Limited to 10 competitors per show
- Ideal for competitors that want to have a professionally curated promotional video for their social media / website.

[SAMPLE VIDEO LINK](#) <- CLICK!

## DELIVERY

- Photos delivered within 4 weeks of the show date
- Videos delivered within 6 weeks of the show date

**Visual Lab Productions retains the media files for 6 weeks, then deletes them. Lost files will be resent for a \$75 fee.**

All bookings can be made on the following link: <https://www.visuallab.com.au/booking>

For all inquiries contact the VISUAL LAB PRODUCTIONS team. [info@visuallab.com.au](mailto:info@visuallab.com.au)

*It is a condition of entry into all ICN NSW events that professional Photographers & Videographers are not allowed to shoot any material without prior consent from ICN NSW Management. ICN NSW has the right of refusal to any persons who does not comply.*