Event Information

Date:	Saturday 28th September 2019
Contact:	email: nsw@icompetenatural.com Phone: 0402 999 905
Showtime:	Check-in: 8:30am Compulsory for all competitors in show 1 Show 1 starts 9:30am Check-in: 1.00pm Compulsory for all competitors in show 2 Show 2 starts 2:30pm
Entry fee:	$175 Includes first division (Pay on the day at check in) $75 for each additional division. (Max of 5 divisions in total)
Entries close:	Midnight, 23th Monday September 2019
Photos:	Competitor Stage photos are included in your entry fee. Courtesy of ICN NSW. You will be sent a link to download the Photos are ready for viewing. This is normally done within 2 weeks of your event
Video:	All Competitors will be able 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. Clips will be uploaded within 3 weeks of the event.
Venue:	Sir John Clancy Auditorium, Randwick Venue: https://goo.gl/maps/gVQaHTqHbobs6CVC9 Gate 9 High St, Randwick (**Parking via Gate 11** Botany St, Randwick) https://goo.gl/maps/ffbLB5gnxQiGAfFv6
Spectator tickets:	($50) Purchase online or on the day of the event. www.theedge.com.au (Kids under 12 get in free) https://www.theedge.com.au/shop/tickets-icn-south-coast-classic/ **(Backstage helpers must purchase a ticket)**

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.

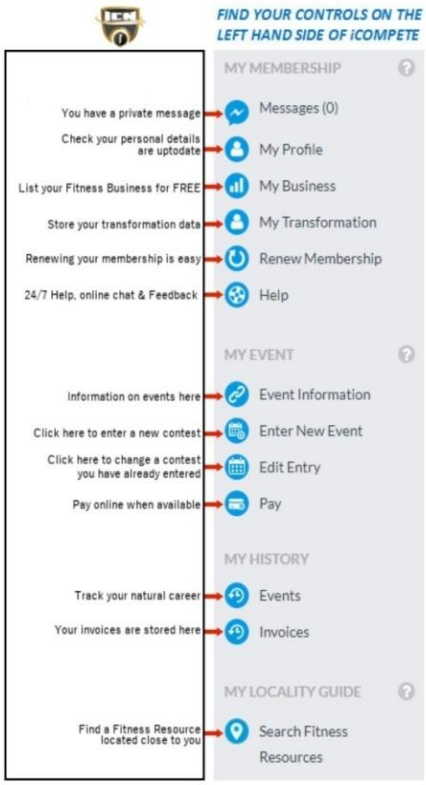
Below is an example on how to become a Member.

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 four (5) 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.

Division Eligibility

First Timer

First Timer means you have never competed before in any federation. First Timer means this is your first time on stage. It does not mean this is your first time in this division. You can only compete as a 'First Timer' once. On the day if you are allowed to enter for e.g. Ms. Fitness Model & Sports Model you are allowed to do First Timers in both Categories.

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 placed Top 3 in Intermediate in the past). Not everyone is ready to do an Open Division especially after just doing Novice, So this a good stepping stone. Intermediate is not divided into Height Classes. To enter a Height Class in your division you will still have to enter the Open.

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 day of contest. Check website for more details

Opens

Open is the highest level of any particular Division where the best of the best is determined.

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 Australia to compete on a National and International platform and to earn prize money through their efforts in selected ICN PRO Events.

Earn ICN Pro Card

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

OVERALL TITLE

To have a shot at the Overall Title you must enter the OPEN Division in your chosen category.
ALL OPEN Category winners at the City National and Australian Championships will receive their ICN PRO CARD

Categories & Rules

Competitors are allowed to compete in a Maximum of 5 divisions.

Ms. Fitness Models

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

Ms. Sports Models

Are allowed to crossover into Ms. Fitness Model, Figure, Runway & Swimwear divisions only, But Not into the Ms. Bikini Divisions .ICN Sports model outfits are compulsory from:
www.theedge.com.au (Outfits will be mailed out to you)

Ms. Bikini Model

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

Ms. Figure

Are allowed to crossover into Runway, Swimwear and 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 to wear must be purchased from:
www.theedge.com.au (Shorts will be mailed out to you)

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 to wear and must be purchased from:
www.theedge.com.au (Shorts will be mailed out to you)

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 Divisions.

Ms. Runway
Ms. Swimsuit Model

Note: Some divisions will not run unless there is 3 or more competitors entered into them.
With the exception of some age groups and divisions that a competitor might not be eligible to enter into at the following show. E.g. First Timers.

A full description on category description and images go to link below:
https://www.theedge.com.au/icn-competition-categories/

Estimated Time 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 45mins 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 8.30am	
Show 1 Starts 9.30am	
Divisions	Est. Time
Ms Fitness Model First Timers	9.30
Men's Bodybuilding First Timers	9.40
Ms Fitness Model Intermediate	9.50
Men's Fitness First Timers	10.00
Ms Fitness Model Momma	10.10
Ms Fitness Model -23	10.20
Men's Bodybuilding 50+	10.30
Ms Fitness Model 40+	10.40
Men's Bodybuilding 21	10.50
Ms Fitness Model Novice	11.00
Men’s Fitness Model -23	11.10
Ms Fitness Model 30+	11.20
Men's Bodybuilding 40+	11.30
Ms Fitness Model Open	11.40
Men's Fitness Novice	11.50
Ms Sports Model First Timer	12.00
Men's Bodybuilding Novice	12.10
Ms Sports Model Intermediate	12.20
Men's Fitness 40+	12.30
Ms Sports Model -23	12.40
Ms Sports Model Momma	12.50
Men's Bodybuilding Intermediate	1.00
Ms Sports Model Novice	1.10
Men's Fitness Intermediate	1.20
Ms Sports Model 40+	1.30
Men's Fitness 30+	1.40
Ms Sports Model 30+	1.50
Men's Fitness Open	2.00
Ms Sports Model Open	2.10
Men's Bodybuilding Open	2.20

Competitor Check-in 1.00pm	
Show 2 Starts 2.30pm	
Divisions	Est. Time
Ms Swimsuit Model	2.30
Men's Physique First Timers	2.40
Ms Runway	2.50
Ms Figure First Timers	3.00
Ms Bikini First Timers	3.10
Men's Classic Physique First Timer	3.20
Ms Bodybuilding Open	3.30
Ms Figure 40+	3.40
Ms Figure 50+	3.50
Ms Bikini Intermediate	4.00
Men's Classic Physique Novice	4.10
Ms Figure Intermediate	4.20
Ms Bikini -23	4.30
Men's Classic Physique Open	4.40
Ms Bikini 40+	4.50
Men's Physique Intermediate	5.00
Ms Figure Novice	5.10
Men´s Physique -23 years	5.20
Ms Bikini Momma	5.30
Men's Physique Novice	5.40
Ms Bikini Novice	5.50
Men's Physique 40+	6.00
Ms Classic Figure	6.10
Ms Bikini 30+	6.20
Men's Physique 30+	6.30
Ms Figure Open	6.40
Men's Physique Open	6.50
Ms Bikini Open	7.00

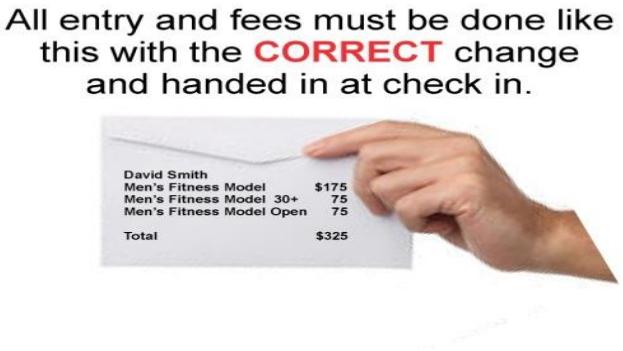
ICN PRO LEAGUE

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 Australia to compete on a National and International platform and to earn prize money through their efforts in selected ICN PRO Events.

ICN PRO CARD
Athletes can achieve an ICN PRO CARD through the following:
Winning an Open title at either the City National or Australian Championships

Your Check List

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



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.

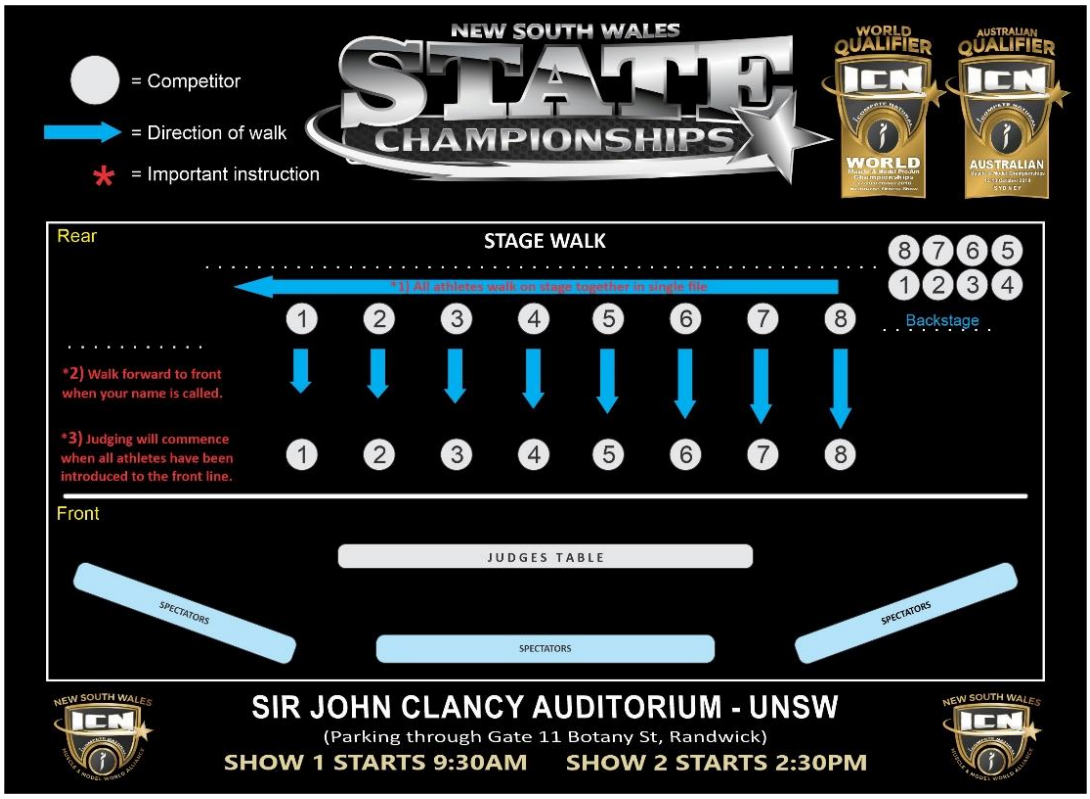
- ☐ You're posing outfit.
- ☐ A spare outfit if possible and a small sewing kit if needed accidents happen.
- ☐ A towel (to stand on while preparing to go on stage)
- ☐ Thongs must be worn at all times until you go on stage
- ☐ Extra Clean Clothes (Competitors must be fully clothed before sitting on 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

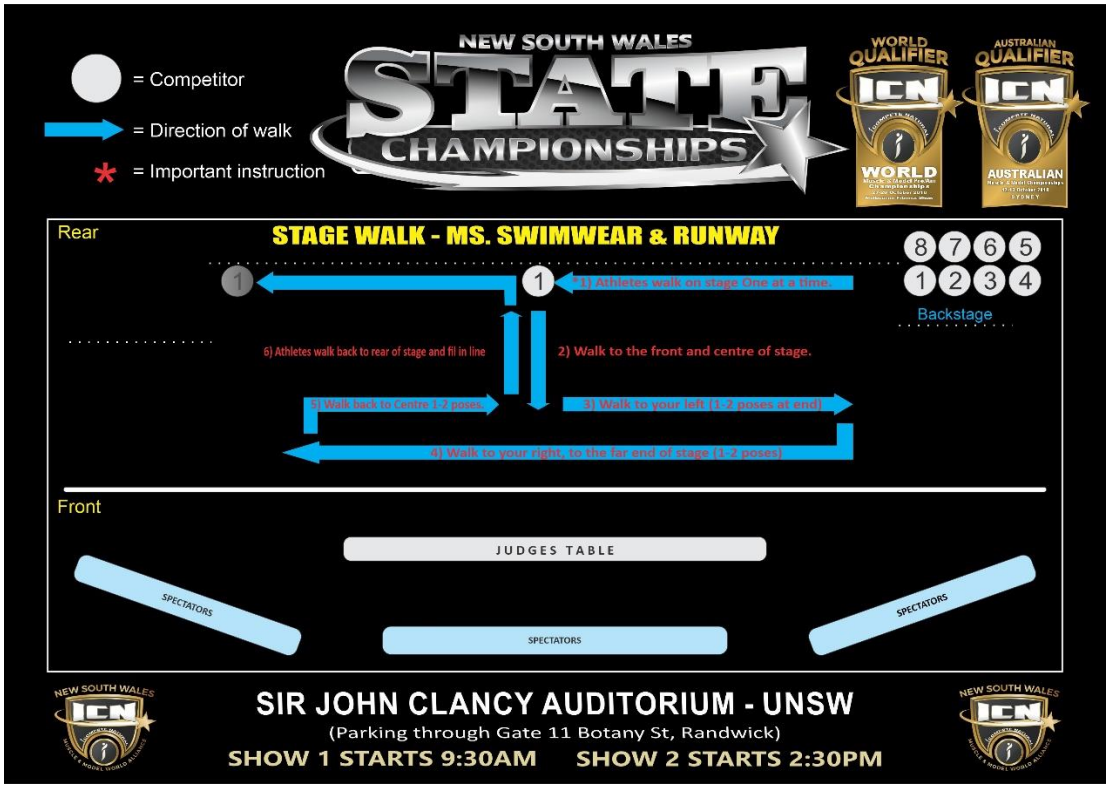
ICN Tanning, Hair & Make up
SKINZ Stage Team is our Official Tanning & Beauty Team - Get your tan right with Skinz
Book through the Skinz website:
www.skinzst.com/bookings
Or call Leigh at Skinz HQ on 0432 902 369
All tanning is to be done prior to arriving at the venue, unless booked with Skinz Stage Team. Only final touch ups will be allowed backstage

Stage Walk

Stage Walk for all competitors



Stage walk for Swimwear & Runway Only

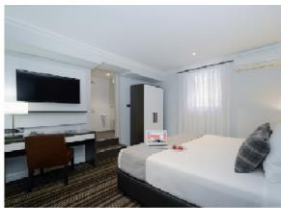


Accommodation

Waldorf Randwick Serviced Apartments

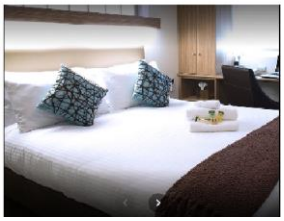
Waldorf Apartments are literally a 2 minute drive from the INBA Australian Chamionships venue. They offer fully serviced array of apartments and rooms.
34-52 Alison Road, Randwick, Sydney NSW 2031
Tel: 02 8837 8000 (24Hrs)

Randwick Serviced Suites



Randwick serviced suites is just like renting a unit for your stay and only minutes from the INBA Australian Championships venue. Different lodges have different looking rooms and ammenities so just be sure to check all details before booking.
65-71 Belmore Rd, Randwick NSW 2031
Tel: 02 9326 4919

The Blenheim Randwick



This is a multi location accommodation specialist which has 7 lodges in and around Randwick within minutes from INBA Australian Championships venue. Apartments are serviced with cooking facilities.
26 Blenheim St, Randwick NSW 2031
Tel: 02 8345 8400

www.icompetenatural.com