



Event Information

- Date:** Sunday 15th 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: 12:30pm Compulsory for all competitors in show 2
Show 2 starts 2:00pm
- 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, 9th 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:** Woonana/Bulli Rsl, 455 Princes Hwy, Woonana NSW 2517
<https://goo.gl/maps/AqzwU7KyyRxjkiRCA>
- Spectator tickets:** 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.

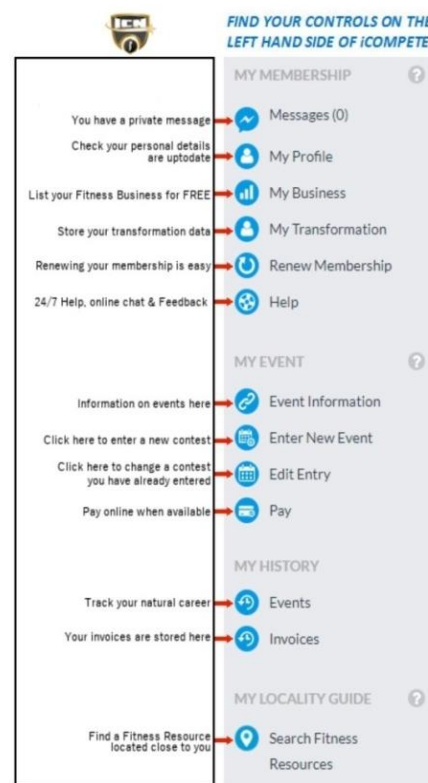
Below is an example on how to become a Member.

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/>

2019 ICN SOUTH COAST CLASSIC & AUSTRALIAN QUALIFIER

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		Competitor Check-in 12.30pm	
Show 1 Starts 9.30am		Show 2 Starts 2.00pm	
Divisions	Est. Time	Divisions	Est. Time
Ms Fitness Model First Timers	9.30	Ms Swimsuit Model	2.00
Men's Bodybuilding First Timers	9.40	Men's Physique First Timers	2.10
Men's Fitness First Timers	9.50	Ms Bikini First Timers	2.20
Ms Fitness Model Intermediate	10.00	Ms Figure First Timers	2.30
Men's Bodybuilding Under 21	10.10	Men's Classic Physique First Timers	2.40
Ms Fitness Model Under 23	10.20	Ms Runway	2.50
Ms Fitness Model Momma	10.30	Ms Figure 40+	3.00
Men's Fitness Under 23	10.40	Ms Figure 30+	3.10
Ms Fitness Model Novice	10.50	Ms Bikini Intermediate	3.20
Men's Bodybuilding 30+	11.00	Men's Classic Physique Novice	3.30
Ms Fitness Model 30+	11.10	Ms Figure Novice	3.40
Men's Bodybuilding 40+	11.20	Men's Physique Intermediate	3.50
Ms Fitness Model Open	11.30	Ms Bikini Model Under 23	4.00
Men's Fitness 30+	11.40	Men's Classic Physique Open	4.10
Ms Sports Model First Timers	11.50	Ms Bikini 30+	4.20
Men's Fitness Novice	12.00	Ms Figure Intermediate	4.30
Ms Sports Model Under 23	12.10	Men's Physique -23 years	4.40
Men's Bodybuilding Novice	12.20	Ms Bikini Novice	4.50
Ms Sports Model Momma	12.30	Men's Physique Novice	5.00
Men's Fitness Intermediate	12.40	Ms Classic Figure	5.10
Ms Sports Model Novice	12.50	Ms Bikini Momma	5.20
Men's Bodybuilding Intermediate	1.00	Men's Physique 30+	5.30
Ms Sports Model 30+	1.10	Ms Figure Open	5.40
Ms Sports Model Intermediate	1.20	Ms Bikini Open	5.50
Men's Fitness Open	1.30	Men's Physique Open	6.00
Ms Sports Model Open	1.40		
Men's Bodybuilding Open	1.50		

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

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 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.

- 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 Walks

Stage Walk for all competitors

COMPETE

- = Competitor
- ➔ = Direction of walk
- * = Important instruction

SOUTH COAST Classic

WOONONA BULLI RSL SUN 15 SEPT

STAGE WALK

Rear

*1) All athletes walk on stage together in single file

1 2 3 4 5 6 7 8

*2) Walk forward to front when your name is called.

*3) Judging will commence when all athletes have been introduced to the front line.

1 2 3 4 5 6 7 8

Stairs to stage
8 7 6 5
1 2 3 4

Front

SPECTATORS JUDGES TABLE SPECTATORS

Sunday 15th September
Bulli/Woonona RSL Club
 (455-459 Princes Hwy, Woonona NSW)

Stage walk for Swimwear & Runway Only

COMPETE

- = Competitor
- ➔ = Direction of walk
- * = Important instruction

SOUTH COAST Classic

WOONONA BULLI RSL SUN 15 SEPT

STAGE WALK - MS. SWIMWEAR & RUNWAY

Rear

*1) Athletes walk back to rear of stage and file in line

1 1

*2) Athletes walk on stage one at a time.

2) Walk to the front and centre of stage.

3) Walk back to Centre (1-2 poses)

3) Walk to your left (1-2 poses at end)

3) Walk to your right, to the far end of stage (1-2 poses)

Stairs to stage
1 2 3 4
8 7 6 5

Front

SPECTATORS JUDGES TABLE SPECTATORS

Sunday 15th September
Bulli/Woonona RSL Club
 (455-459 Princes Hwy, Woonona NSW)

Accommodation Suggestions

Southview

\$149

4.7 ★★★★★ (10) · 4-star hotel

Free Wi-Fi

"Nice and private with very friendly staff who go out of their way to help you."



Windmill Motel

\$119

3.4 ★★★★★ (52) · 3-star hotel

Unfussy rooms in a low-key venue offering complimentary parking and BBQ facilities.

"Good service and nice rooms a little pricey but for the area its fair."



Bulli Beach Tourist Park

4.2 ★★★★★ (160) · Park

1 Farrell Rd

(02) 4285 5677

Open 24 hours