



iCompete *Straight-to-Stage* Technology allows you to enter and manage your entry via your personal Membership portal . Login to iCompete www.icompetenatural.com from any device and go to MY ENTRY . It takes only moments to (join/renew) enter or change your entry or personal details . NOTE: ICOMPETE NATURAL is a paper less and digital organisation . You will absolutely love the speed, control and convenience of entering vents via iCompete! Welcome to the future!

DATE: Sunday September 29th
CONTEST TIME: Show starts at **10AM**
ENTRY FEE: \$150
ADDITIONAL: To enter additional divisions is \$100 each division.
ENTRIES CLOSE: Midnight Wednesday 25/09
OPTIONAL: Photographs of each division are \$49.
PAYMENT DUE: Pay at Check-in on Contest Day (cash only)
VENUE: Wendouree Performing Arts , Wendouree BALLARAT
1220 Howitt Street, Wendouree
PROMOTER: Karl Di Falco
CONTACT: 0402 555 505
TICKETS: **Sold Only at the Door on the Day.** Adult Ticket \$40,
Primary Students & Under 12 FREE

TICKET PURCHASES

Available from the Ticketing Table on Contest Day, Sunday 30th Sept 8.30AM onwards. General Admission \$40. Primary School & under 12 are free. Tickets only available on the Contest Day itself at the Door. There is possibility the venue can be sold-out. ATMs can be locted at the shopping district across the road.

EUREKA MUSCLE MODEL SHOWDOWN

A large, stylized logo for "PRIZES" in a bold, black font with a yellow and orange gradient background, set within a black outline.

- + iCompete Achievement Medallions
- + Competitor Show Bag
- + Free snacks for competitors
- + Competitors may enter multiple divisions
- + 5 Star, Spacious, Prestigious Venue
- + Discount meal vouchers
- + Lucky door prizes
- + Giveaways

5 STAR VENUE! WENDOUREE CENTRE FOR PERFORMING ARTS

The Wendouree Centre for Performing Arts is a splendid jewel in the crown for ballarat, further enriching the cultural and artistic life of the city and Western Victoria.

This recently completed Proscenium Arched Concert Hall boasts an acoustically superior Auditorium consisting of stalls seating and two balconies.

Located next to the Bell's Hotel and in the centre of Wendouree's shopping and food district, there is everything you need and more.



CHECK-IN – 90 minutes prior to your estimated stage time.

iCompete greatly simplified the effort required to compete. Now, just enter and manage your contest via your Membership portal on any device and arrive 90 minutes before your Estimated Stage Time. When you arrive on contest day, go to Check-in and collect your contest number and competitor gifts before going on stage. Stress-free and easy!

NOTE: Backstage (underneath the stage actually) is very small and each competitor is only allowed one helper.

SHOW TIMES

It is typical and expected we change the running order and times as not all divisions receive entries while other divisions may be expanded into height classes. Treat this as a guide until we updated the event schedule in the final week. We do not run the event according to these time so ask anyone coming to watch to be in the venue 30 minutes prior to your estimated stage time so they do not miss you.

Ballarat Eureka

Muscle Model

SHOWDOWN

10am Sunday 29th September 2019

WENDOUREE CENTRE FOR PERFORMING ARTS

RUNNING PROGRAM

Men's Bodybuilding 40+	10:00am
Men's Bodybuilding Novice	10:10am
Ms. Classic Figure	10:30am
Men's Bodybuilding Intermediate	10:40am
Ms Figure Open	10:50am
Men's Bodybuilding Open	11:00am
FitnessModel Novice	11:20am
FitnessModel 40+	11:40am
FitnessModel 30+	11:50am
FitnessModel Mumma	12:00pm
FitnessModel Intermediate	12:10pm
FitnessModel Open	12:20pm
Men's Fitness Novice	12:40pm
Swimsuit Model	12:50pm
Men's Fitness Open	1:00pm
SportsModel First Timer	1:10pm
SportsModel Novice	1:20pm
SportsModel 40+	1:40pm
SportsModel 30+	1:50pm
SportsModel Mumma	2:00pm
SportsModel Intermediate	2:10pm
SportsModel Open Class 1	2:20pm
Mens Physique Novice	2:40pm
ICN ANGELS	2:50pm
Mens Physique Intermediate	3:00pm
Mens Physique Open	3:10pm
Bikini First Timer	3:20pm
Bikini Novice	3:40pm
Bikini 40+	4:10pm
Bikini 30+	4:20pm
Bikini Mumma	4:30pm
Bikini Intermediate	4:40pm
Bikini Open	4:50pm
MALE OVERALL CHAMPION	5:10pm
FEMALE OVERALL CHAMPION	5:15pm

These are only Approximate Stage Times & will be updated once entries close 25th September

Online Entry: icompetenatural.com



INTERMEDIATE DIVISION. Entry is eligible only to competitors who have not placed Top 3 in the Open Class of the division they are entering (and also not placed Top 3 in Intermediate, however we have not offered Intermediate in recent years). Intermediate offers a “stepping stone” platform. Intermediate is not divided into Height Classes. To enter a Height Class in your division you will still have to enter the Open.

COMPETITOR'S PHOTOGRAPHS & DVD

A Professional Photographer will be taking photos at the contest - you receive all the photographs taken of you and your division for \$49.

BACKSTAGE

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

DRUG TESTING & SUPPLEMENT WARNING

Drug testing performance enhancing substances at iCompete Natural events is conducted via WADA accredited urine analysis. Over the past 3 years approx. 80% of our positive contest day tests have occurred as a result 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 and in other supplement contamination cases. When selected for drug testing please follow the official to the test area. Let the official know if you are competing again soon, we will let you prepare and compete first.

GUIDELINES TO FEMALE MODEL DIVISIONS

Bikini Model is designed for a softer figure and competitors should not have six pack abdominals and are judged only in a bikini.

Fitness Model should have a more trained look and aim to display six-pack abdominals and are judged only in a bikini.

SportsModel lays between Bikini and Fitness Models. The division is judged wearing sportswear and shoes to give both bikini and fitness competitors an even chance.

ACCOMODATION RECOMMENDATIONS

1. **Best Western Lake Inn 1317 Mair Street, Lake Wendouree**
2. **Lake Wendouree Apartments 128 Webster Street, Lake Wendouree**
3. **The Provincial Ballarat 121 Lydiard Street, Ballarat**

ENTRY RESTRICTIONS

- Females cannot enter both Bikini Model and FitnessModel division.
- Males cannot enter both Mr Physique and Bodybuilding.



STAGE WALK FOR EVERY DIVISION



1. Everyone follow each other to the back of the stage on the RED line.
2. When your name gets announced walk to the front YELLOW line & strike your favorite pose
3. Once everyone has come forward to the front YELLOW line
4. The formal Judging will begin 1/4 turns & Comparisons.

