

MORNINGTON PENINSULA TITLES



Subject to updates. This version current as at **22/01/2016**



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: INBA Australia is a paperless and digital organisation. You will absolutely love the speed, control and convenience of entering events via iCompete! Welcome to the future!

DATE: Sunday June 5th
CONTEST TIME: Show starts at **10AM**
ENTRY FEE: \$125 prior Midnight 27/05) or \$145 (after Midnight 27/05).
ADDITIONAL: To enter additional divisions is \$95 each division.
ENTRIES CLOSE: Midnight Tuesday 31st May
OPTIONAL: DVD \$45 of the whole show. Also available in Blu-ray \$65
 Photographs of each division are \$45.
PAYMENT DUE: Check-in on Contest Day (cash only)
VENUE: Mornington Race Course. Gunnamatta Room
 Racecourse Rd, Mornington. Melway Reference 146 A3
 0419 581 913
CONTACT:
TICKETS: **Sold Only at the Door on the Day.** Adult Ticket \$40
 High School Students \$20. Primary Students & Under FREE
PROMOTER: Nicky Jacobson, Ultimate Fitness

ENTER THE CORRECT DIVISION:

First Timer: You are a first time competitor in this division. You have never competed in this division in your life ever (includes all federations).

Novice: is your first year of competing in that specific division. (includes all federations) Season A & B or Season B & A

Mornington Peninsula Title HIGHLIGHTS



- + iCompete Achievement Medallions
- + Competitor Show Bag
- + Competitor Tee Shirt
- + Competitor Supplement Bag
- + No Registration Day to attend
- + Competitors may enter multiple divisions
- + 5 Star, Spacious, Prestigious Venue
- + Men's Fitness entrants are provided Shorts to wear for their division
- + SportsModels are provided with free outfit to wear for their division
- Qualifier for World Championships, Budapest, Hungary (June 11th)

5 STAR VENUE! MORNINGTON RACING CLUB

Welcome to our world-class venue, **Gunnamatta Room** at the Mornington Racing Club. MRC is one of Australia's most unique event locations, set amongst the historic racecourse and stunning Mornington Peninsula. The Gunnamatta Room has the capacity to seat 1,000 spectators, unlimited sponsors and backstage space, food and beverage available inside the venue. Our guests enter the Mornington General & Member's Car Park on Racecourse Road, Mornington, where you will be directed to a car park and onto the Gunnamatta Room.



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

iCompete Natural have greatly simplified the effort required to compete. Now, just enter and manage your contest via iCompete on any device and arrive 90 minutes before your Estimated Stage Time. When you arrive on contest day, go to the backstage area and check-in, pay your entry fees and collect your competitor gifts before going on stage. Stress-free and easy!

TICKET PURCHASES

Available from the Ticketing Table on Contest Day, Sunday 5th June 8.30AM onwards. General Admission \$40. High School children \$20. Primary School & under are free. Tickets only available on the Contest Day itself at the Door.

FEMALE DIVISIONS

BikiniModel 30+
BikiniModel Momma
BikiniModel First Timer
BikiniModel Novice
Bikini Open
FitnessModel 30+
FitnessModel Momma
FitnessModel First Timer
FitnessModel Novice
FitnessModel Open
Ms Figure First Timer
Ms. Figure Novice
Figure International
Ms. Figure Masters (40+)
Ms. Figure Open
SportsModel 30+
SportsModel Momma
SportsModel First Timer
SportsModel Novice
SportsModel Open
Swimwear Model (one piece)
Angels

COMPETE IN MULTIPLE DIVISIONS

You may enter any 4 divisions that you are eligible for. You will see some divisions are only offered once - this is due to the small numbers of expected competitors. If divisions do not received 3 or more competitors, the class may be amalgamated. Likewise if we receive a large number of competitors we may create Height Classes in that division. Where you see OPEN division, this is where the major title and prizes for this division are given.

ENTRY RESTRICTIONS

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

MALE DIVISIONS

Mr Physique First Timer
Mr Physique Novice
Mr Physique Open
Men's Fitness Novice
Men's Fitness Open
Bodybuilding First Timer
Bodybuilding Novice
Bodybuilding Teenage 19 & U on January 1st
Bodybuilding Junior 21 & U on January 1st
Bodybuilding Masters (40+)
Bodybuilding Open

SPORTSMODELS & MEN'S FITNESS OUTFITS SUPPLIED FOR COMPETITORS

SportsModels have their sportswear outfit supplied. Male Fitness Models competitors have their shorts supplied. After Check-in go to the Black & Blue stand and select your outfit size.

GUIDLINES 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.

SwimwearModel is designed for those whose shape is enhanced by a one-piece outfit.

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.

Model Stage Walk

1 2 3

1. Everyone follow each other to the back of the stage.
2. In 3's when your names gets called out 3 walk to the front as marked
3. Head Judge will instruct you to do 1/2 turn to the REAR & 1/2 to the FRONT.
4. Walk to the opposite end and everyone moves up one.
5. Next 3 move forward until we get back to the start.
6. Then the Judges will start the ¼ turn formal judging process

INBA Muscle & Models VICTORIA

Back Of Stage

COMPETE Natural

The diagram illustrates the 'Model Stage Walk' process. It features a yellow horizontal line representing the stage, with three red vertical markers labeled 1, 2, and 3. Yellow arrows point from the markers towards the back of the stage. Below the diagram is a list of six numbered instructions detailing the sequence of events from the back of the stage to the front, including turns and judge instructions. At the bottom, there are logos for INBA Muscle & Models VICTORIA, 'Back Of Stage', and COMPETE Natural.

Mr PHYSIQUE

In 2016 you wear your own knee length beach wear (shorts). Judging consists of 5 of the Bodybuilding compulsory poses. (1) Front double Biceps, (2) Side Chest, (3) Side Triceps, (4) Rear Double Biceps and (5) Abdominals & Thigh.

COMPETITOR'S PHOTOGRAPHS & DVD

Save \$12 on both the DVD or professional photos by pre-ordering on iCompete. Pre-event price for Blu-Ray is \$65 and HD DVD is \$45. A Professional Photographer will be taking photos at the contest - you receive all the photographs taken of you and your division for \$45. You are able to edit and print all the pictures. Please order your DVD and photos on the entry form. DVD and pics usually arrive 3 week after the event.

BACKSTAGE

Bring your own weights to pump up if required. Prestigious venues such as MRC 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 (located in another area of MRVC). Let the official know if you are competing again soon, we will let you prepare and compete first.

SHOW FORMAT (for bodybuilding & Ms Figure divisions)

Round One (Symmetry) + Round Two (Muscularity) + Trophy Presentation Round

All competitors in your division come on stage together and go through the Symmetry and Muscularity rounds. The contest is judged on these two rounds. Once these rounds are completed you stay on stage as we present the Award and placings immediately.

SHOW TIMES

PLEASE NOTE: At this event it is typical and expected we change the running order and times as not all division will receive 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. Ask anyone coming to watch you to be in the venue 45 minutes prior to your estimated stage time to ensure they do not miss you.

RUNNING PROGRAM

UPDATED IN THE FINAL WEEK!

BODYBUILDING SHOW

	Estimated Stage Time
Master Men (40+)	10.00
Ms. Figure Masters (40+)	10.12
Men's Teenage Men	10.24
Men's Junior Men	10.36
Ms. Figure First Timer	10.48
Men's Bodybuilding First Timer	11.00
Ms. Figure Novice	11.12
Men's Bodybuilding Novice	11.24
Figure International	11.36
Ms. Figure Open	11.48
Men's Bodybuilding Open	12.00

INTERMISSION

MODEL SHOW

	Estimated Stage Time
Angels	12.12
SwimwearModel	12.24
Men's Fitness Novice	12.36
Men's Fitness Open	12.48
BikiniModel First Timer	1.00
BikiniModel 30Plus	1.12
BikiniModel Mamma	1.24
BikiniModel Novice	1.36
BikiniModel Open	1.48
FitnessModel First Timer	2.00
FitnessModel 30Plus	2.12
FitnessModel Mamma	2.24
FitnessModel Novice	2.36
FitnessModel Open	2.48
Mr Physique First Timer	3.00
Mr Physique Novice	3.12
Mr Physique Open	3.24
SportsModel First Timer	3.36
SportsModel 30Plus	3.48
SportsModel Mamma	4.00
SportsModel Novice	4.12
SportsModel Open	4.24

COMPETITOR ACHIEVEMENT MEDALLIONS (Equal 6th Placings)



iCompete Australia delivers another competitor innovation called the “Achievement Atlas”. The concept was developed for competitors who take up the challenge of competing but do not place in the Top 5. As an individual medal this striking 3D design recognises the remarkable achievement to make it through all the challenges and preparation to step onto the contest stage. Our sport is also a unique journey. The road to the podium may take many attempts and during each, a competitor is constantly achieving remarkable things, evolving as an individual, learning and growing. The five pieces that make a whole Achievement Atlas represents these many tests, trials and achievements which all contribute to success further down the path both in sport and personally. Once you challenge yourself often and higher to obtain five Medallions you will process an Achievement Atlas that is symbolically the largest sporting medal in the World.

ACCOMMODATION RECOMMENDATION

The Royal Hotel Mornington

3.7 Star

Chic rooms in historic bay-view property
770 Esplanade

Best Western Plus Brooklands of Mornington

4.1 · 4-star hotel

Modern hotel with indoor pool & lounge
99 Tanti Ave

Mornington On Tanti

3.8 · 4-star hotel

Casual motel with free Wi-Fi & parking
917 Nepean Hwy

INBA VICTORIA

* 6 STEP *

CONTEST EXPERIENCE

1. Competitor Line-Up

Assemble on the centre wooden floor for final instruction before heading to stage. Your family and friends are allowed backstage to view you and your competition.

2. Competitor Parade

When competitors leave on the parade to side stage, spectators will be asked to return to the auditorium and take their seat.

3. Pre Stage DVD Interviews

4. Stage Time! Judging, Trophy and PT Award Presentations.

5. Post Stage Interviews

Random Competitors will be asked to expand on their Pre-Stage comments. Top 5 of each division interviewed as a group.

6. Casual Photo Backdrop Area

Our 4 metre INBA Australian flag banner for competitors to take photos with your awards, gifts, fellow competitors & spectators.

Note:

The 6 Step Contest experience takes approximately 35 minutes.

Main Auditorium

Backstage Area

1.

2.

3.

4.

STAGE

5.

6.

