



**WESTERN AUSTRALIA**



## North West Titles 2016

**DATE:** SATURDAY 27<sup>th</sup> AUGUST

**CONTEST TIME:** Show Starts 5pm.

**ENTRY FEE:** \$150 (includes first div)

**ADDITIONAL:** Additional entries are \$50 each (max 3)

**ENTRIES CLOSE:** Midnight 19<sup>th</sup> August 2016

**STAGE PHOTOS:** Photographs of each division FREE

**PAYMENT DUE:** On the day. As per below picture.



**VENUE:** Wanangkura Stadium  
Hamilton Road, South Hedland

**CONTACT:** [sam@samattrill.com](mailto:sam@samattrill.com) or 0403165496

**TICKETS:** Can be purchased from [www.inbawa.com.au](http://www.inbawa.com.au) or on the door. \$60 per ticket.

**PROMOTER:** Sam Attrill (INBA WA PRESIDENT)

## NORTH WEST HIGHLIGHTS:

- + Overalls get subsidy for airfares to Bali
- + Competitor Apparel
- + Qualifier for Nationals and Bali Paradise International
- + INBA Achievement Atlas Medallion
- + Men's Fitness provided with free shorts to wear for their division
- + Sports Models are provided with free JP Porter Fitness Wear for their division

**VENUE:** WANANGKURA STADIUM



## HOW TO ENTER:

iCompete *Straight-to-Stage* Technology allows you to enter and manage your entry via your personal Membership portal. Login to iCompete [www.icompetenatural.com](http://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 is now a paperless and digital organisation. We no longer provide manual, paper entry forms. You will absolutely love the speed, control and convenience of entering INBA events via iCompete! Welcome to the future!

1. Go to [www.icompetenatural.com](http://www.icompetenatural.com)
2. Become a premium member
3. Use the step by step process on iCompete to enter any event of your choosing.

INBA have greatly simplified the effort required to compete. Just submit your Entry, using the simple 3 steps mentioned.

## PAYMENTS:

Are being received on the day only. Please make sure you have your payment in an envelope which is marked with your competitor number, divisions and amounts. This is cash only, No EFTPOS is available.

**CHECK IN TIMES:** 4.00pm Onwards

Due to the strict running schedule it is imperative that you arrive punctually at your designated time. INBA WA will not be responsible for late competitors. It is up to you to make sure you arrive on time, otherwise the show will go on and you will miss out

## TICKET PURCHASES:

Can be purchased from [www.inbawa.com.au](http://www.inbawa.com.au) or on the door on the day.

Tickets are \$60 each and children under 12 are free.

**PLEASE NOTE:** All backstage helpers need a ticket to be able to enter the venue.

## SPORTS MODEL AND MEN'S FITNESS OUTFITS SUPPLIED BY INBA

Sports Models have their fitness wear outfit supplied. Men's Fitness competitors have their shorts supplied. These are to be collected on the day. Men's Physique supply their own boardshorts. Must be worn to just above the knee.

## COMPETITORS PHOTOGRAPHS

A Professional Photographer will be taking photos at the contest - we have generously offered each competitor photographs of themselves in each division. These will be available a two weeks after the event, of which you will be emailed instructions on how to obtain them.

## COMPETE IN A NUMBER OF DIVISIONS

With the successful development of INBA 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 for up to a maximum of three (3). For example if you chose to do bikini, you can compete in Bikini First Timer, Bikini Novice and Bikini Open.

**Please note:** You can not compete in cross Divisions ie. If you have chosen to do Bikini, then you can not compete in a Sports, Fitness or Figure Division. Similarly for a male if you have chosen Fitness then you can not compete in Physique or Bodybuilding. Fitness Model divisions will not be offered at this competition, only Sports Model.

## Competitor Code of Conduct

- 1) Respect your fellow competitors. Aggressive, un-sportsmanship like conduct and behaviour will not be tolerated.
- 2) Respect ALL judges officials and helpers. There are a lot of great people who volunteer their time and resources to make these events possible for you to compete in. We will not tolerate ANY competitor, spectator or coach disrespecting our judges, officials and helpers.
- 3) It is the responsibility of the competitor to be aware of the stage times and divisions. We endeavour to make all details readily available for comp day, it is your responsibility that you have read and fully understand where you need to be and at what time.

## TANNING

All tanning must be done prior to arrival. Touch only should be done at the venue. All cream based tans, ie, dream tan, suntanon, body shimmer, etc are banned from this competition. If it is seen that you have applied these tans you will be asked to leave and will not be allowed back in until the tan has been removed.

## BACKSTAGE

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

## MULTIPLE EVENT QUALIFICATION AND PRO QUALIFIER INVITATION

All competitors of this show qualify to compete at the Bali International AM/PRO show on 29<sup>th</sup> and 30<sup>th</sup> October, 2016. Top 5 in each division will qualify for the 2016 Australian Titles held in Sydney on the 16<sup>th</sup> October. All Open division winners from the Supershow are eligible to enter the PRO Qualifier which will be held later on the same day.

### PRO QUALIFIER

Please read carefully the Terms and Conditions for Pro card holders prior to entering the Pro Qualifier division. If you are awarded a Pro card you will be accepting these terms and conditions. <http://www.inba.com.au/inba-professional>

### INBA COMPETITOR ACHIEVEMENT MEDALLIONS (Equal 4<sup>th</sup> Placings)

The concept was developed for competitors who take up the challenge of competing but do not place in the Top 3. As an individual medal this striking 3D design recognises the remarkable achievement to make it through all the challenges and preparation to step onto an INBA contest stage. While competition may be about winning, 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. Hence, the dream to create an INBA Achievement Atlas for our competitors was borne. Once you challenge yourself often and higher to obtain five Medallions you will possess an Achievement Atlas that is symbolically the largest sporting medal in the World.



## COMPETITION RUNNING ORDER

5.15PM	Bikini Momma
5.25PM	Sports Model Momma
5.35PM	Men's Fitness
5.45PM	Bikini First Timers Short
6.00PM	Bikini First Timers Tall
6.15PM	Mr Physique First Timers
6.25PM	Sports Model First Timers Short
6.40PM	Sports Model First Timers Tall
6.50PM	Men's Bodybuilding First Timers
7.00PM	Bikini 30+
7.10PM	Sports Model 30+
7.25PM	Sports Model 40+
7.35PM	Men's Junior
7.35PM	Men's Master 40+
7.35PM	Men's Master 50+
7.35PM	Men's Master 60+
7.45PM	INTERMISSION
8.05PM	Bikini Novice Short
8.20PM	Bikini Novice Tall
8.35PM	Sports Model Novice
8.50PM	Mr Physique Novice
9.00PM	Men's Novice
9.10PM	Bikini Open
9.25PM	Sports Model Open Short
9.40pm	Sports Model Open Tall
9.55pm	Mr Physique Open
10.05PM	Ms. Figure Open
10.15PM	Men's Open Short
10.25PM	Men's Open Tall
10.40PM	SPECTATOR BEST BODY PARTS
10.50PM	OVERALL BIKINI

	<b>OVERALL MR PHYSIQUE</b>
	<b>OVERALL FITNESS MODEL</b>
	<b>OVERALL MENS BODYBUILDING</b>

**All divisions that have 3 or less have the possibility of being combined. Similarly, if the divisions are too large they can be split further based on height. Therefore, supplying your correct height on iCompete is important. INBA WA reserves the right to change or alter any of the divisions.**