



DATES: Saturday & Sunday 17 & 18 September 2016
CONTEST TIME: Each Day starts at 11AM. One Show Format.
ENTRY FEE: Early Bird \$175 or \$195 Entry (after Midnight Saturday 10/09)
ADDITIONAL: Additional entries are \$100 each. No late fee.
ENTRIES CLOSE: Midnight on Tuesday 13th September.
VIDEO: \$45 offer as a Download package consisting of (1) all the Divisions you enter, and (2) all Top 5 interviews.
STAGE PHOTOS: Photographs of each division are \$45.
PAYMENT DUE: Pay Online via iCompete between Midnight 12/09 – 14/09 or at Check-in on the weekend (cash only)
VENUE: Moonee Valley Race Club. Celebrity Room
 McPherson Street, Moonee Ponds. Melways Ref: 28 K5
 0402 555 505
CONTACT:
TICKET PRICE: \$49 All Day General Admission.
 School Students \$25. Primary Age & Under are free
PROMOTER: Tony Lanciano, INBA Australian President

VICTORIAN MEGA SHOW HIGHLIGHTS



- + Weekend Festival of Muscle & Fitness
- + Free entry all Weekend for competitors
- + World's Largest Statues for Open Champions
- + Award winning Medals for Top 5 Placings
- + INBA Collectable Achievement Medals for everyone else
- + INBA Mix n' Match Singlet, Tee and Cap
- + Competitor Supplement Show Bag
- + Top 5 Qualify for Australian Titles
- + Qualifier for the Bali Paradise International AM/PRO
- + Open winners eligible for iPRO Qualifiers in 2017

VENUE: MOONEE VALLEY RACING CLUB

Welcome to our world-class venue, **Celebrity Room** at the Moonee Valley Racing Club. MVRC is one of Australia's most unique event locations, set in the historic racecourse and stunning backdrop of Melbourne's city skyline. The Celebrity 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 Moonee Valley Member's Car Park at **the Cnr of McPherson & Coats Street in Moonee Ponds** where you will be directed to a security car park and onto the Celebrity Room. The luxurious home of INBA Victoria.



MUSCLE & MODEL EPIC WEEKEND!

SATURDAY & SUNDAY SEPT 17 & 18

RETAIN THIS INFORMATION FOR YOURSELF

Subject to updates. This version current as at 01/09/2016

iCompete *Straight - to - Stage* Technology allows you to enter and manage your entry via your personal Membership portal [www . icompetenatural . com](http://www.icompetenatural.com) from any device . It takes only moments to (join/renew) enter or change your entry or personal details . NOTE: INBA Australia is now a paperless and digital organisation . You will absolutely love the speed, control and convenience of entering INBA events via iCompete . Welcome to the future !



STATUES FOR OPEN CHAMPIONS

INBA provides a range of incredible Statues for our Open Class Champions. Notwithstanding they are the biggest in the world, these Statues are exclusive to INBA Australia and cannot be won elsewhere and are not available for sale.



Men's Bodybuilding - Ms Figure - Mr Physique



Sports Model – Bikini Model – Fitness Model – Men's Fitness

DRUG TESTING & SUPPLEMENT WARNING

Drug testing for performance enhancing substances at INBA events is conducted by the Australian Government (ASADA) using our Anti-Doing Policy and WADA accredited urine analysis. Over the past 3 years approximately 80% of our positive contest day tests have occurred as a result of banned ingredients in USA supplements, especially pre-workout products 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.

AWARD-WINNING VICTORIAN TOP 5 MEDALS



INBA COMPETITOR ACHIEVEMENT MEDALLIONS (Equal 6th Place)



INBA Achievement Medal



INBA Achievement Atlas (5 Medals)

Australia delivers another 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 and 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 W world.



1. Men's Bodybuilding
2. Men's Fitness
3. Mr Physique
4. Ms Figure
5. FitnessModel
6. BikiniModel
7. SportsModel



ENTRY RULES

Females cannot enter both Bikini and FitnessModel. Competitors may enter (6) eligible Divisions.

MALE DIVISIONS AVAILABLE*

| | |
|--|--|
| Bodybuilding Teenage Men | 19 & Under on January 1 st |
| Bodybuilding Junior Men | 21 & Under on January 1 st |
| Bodybuilding Master Men 50+ | 50 & Older on day of contest |
| Bodybuilding Master Men 40+ | 40 & Older on day of contest |
| Bodybuilding 30+ | 30 & Older on day of contest |
| Bodybuilding First Timers | First Contest |
| Bodybuilding Novice Men | First Year of Competing |
| Bodybuilding Intermediate Men | Not placed Top 3 in Intermediate or Open |
| Mr. Victoria Open | Height Classes if required |
| Bodybuilding Under 72Kg | Weight Class |
| Bodybuilding Over 72Kg | Weight Class |
| Men's Fitness Novice | First Year of Competing |
| Men's Fitness Open | Height Classes if required |
| Mr Physique First Timer | First Contest |
| Mr Physique 21 | 21 & Under on January 1 st |
| Mr Physique Novice | First Year of Competing |
| Mr Physique Intermediate | Not placed Top 3 in Intermediate or Open |
| Mr Physique Open | Height Classes if required |
| Men's Bodybuilding iPRO Qualifier | Must have won an Open previously |
| Mr Physique | Must have won an Open previously |
| Men's Fitness | Must have won Open previously |

FEMALE DIVISIONS AVAILABLE*

| | |
|-------------------------------------|---|
| Figure International Novice | Symmetry |
| Figure International | Symmetry |
| Ms. Figure 50+ | 50 & Older on day of contest |
| Ms. Figure 40+ | 40 & Older on day of contest |
| Ms. Figure 30+ | 30 & older on day of contest |
| Ms. Figure First Timers | First Contest |
| Ms. Figure Novice | First Year of Competing |
| Ms. Figure Intermediate | Not placed Top 3 in Intermediate or Open |
| Ms. Figure U/52kg | Weight Class |
| Ms. Figure O/52kg | Weight Class |
| Ms. Figure Victoria | Height Classes if required |
| INBA Angels | Open to All Competitors |
| Ms Runway | Open to All Competitors in a Formal Dress |
| Swimwear | 1-piece swimsuit |
| Ms Sports Figure Model | |
| SportsModel First Timer | First Contest |
| SportsModel 30+ | 30 & Older on day of contest |
| SportsModel Novice | First Year of Competing |
| SportsModel Intermediate | Not placed Top 3 in Intermediate or Open |
| SportsModel Open | Sports wear |
| Ms FitnessModel First Timers | First Contest |
| Ms FitnessModel Momma | Had children |
| Ms FitnessModel Novice | First Year of Competing |
| Ms FitnessModel 21 | 21 & Under on January 1 st |
| Ms FitnessModel 30+ | 30 & Older on day of contest |
| Ms FitnessModel 40+ | 40 & Older on day of contest |
| Ms FitnessModel Intermediate | Not placed Top 3 in Intermediate or Open |
| Ms FitnessModel Open | Height Classes if required |
| Bikini Momma | Had children |
| Bikini First Timers | First Contest |
| Bikini Novice | First Year of Competing |
| Bikini 21 | 21 & Under on January 1 st |
| Bikini 30+ | 30 & Older on day of contest |
| Bikini Intermediate | Not placed Top 3 in Intermediate or Open |
| Bikini Open | Height Classes if required |
| Ms Figure iPRO Qualifier | Must have won an Open previously |
| FitnessModel iPRO Qualifier | Must have won an Open previously |
| SportsModel iPRO Qualifier | Must have won an Open previously |
| BikiniModel iPRO Qualifier | Must have won an Open previously |

*(Divisions are subject to height classes if the number of entries warrant)

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

Arrive 90 minutes before your Estimated Stage Time. When you arrive at the venue, go to the backstage area and check-in, pay any entry fees and collect your competitor gifts and contest number/s before going on stage. Stress-free and easy!

| SATURDAY | EST STAGE TIME |
|-----------------------------|-----------------------|
| Ms. Figure 50+ | 11.00 |
| Bodybuilding Men 50+ | 11.10 |
| Ms. Figure 40+ | 11.20 |
| Bodybuilding Men 40+ | 11.30 |
| Ms. Figure 30+ | 11.40 |
| Bodybuilding Men 30+ | 11.50 |
| Ms. Figure First Timers | 12.00 |
| Bodybuilding First Timers | 12.10 |
| Ms. Figure Novice | 12.20 |
| Bodybuilding Novice Men | 12.30 |
| Ms. Figure Under 52kg | 12.40 |
| Bodybuilding Men Under 72Kg | 12.50 |
| INTERMISSION | |
| Ms. Figure Over 52kg | 1.10 |
| Bodybuilding Men Over 72Kg | 1.20 |
| Figure International Novice | 1.30 |
| Bodybuilding Teenage Men | 1.40 |
| Figure International | 1.50 |
| Bodybuilding Junior Men | 2.00 |
| Ms. Figure Intermediate | 2.10 |
| Bodybuilding Intermediate | 2.20 |
| Ms. Figure Victoria | 2.30 |
| Mr. Victoria Open | 2.40 |
| Ms Figure iPRO Qualifier | 2.50 |
| Bodybuilding iPRO Qualifier | 3.00 |

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.

Swimwear Model is designed for those who shape is enhanced in 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.

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

Ms Runway is open to every body type (Figure, Fitness, Bikini) and judged like INBA Angels except competitors wear a long evening gown style of dress. The Ms Runway image is about looking fit and healthy in a glamorous dress. While this needs a nice shape, it also includes other factors such as poise, confidence, stage craft, glamour, the dress, and having a sense of fun are all vital.

Ms Sports Figure Model is designed for competitors who have acquired, or are genetically gifted with muscle. Judging is based on symmetry and muscular poses. Competitors wear black shorts and crop top (of their choice) with white runners.

Symmetry quarter turns are performed like a Sports Model.

| SUNDAY | EST STAGE TIME |
|--------------------------------|-----------------------|
| Ms FitnessModel First Timers | 11.00 |
| Ms FitnessModel Momma | 11.12 |
| Ms FitnessModel Novice | 11.24 |
| Ms FitnessModel 30+ | 11.36 |
| Ms FitnessModel 40+ | 11.48 |
| Ms FitnessModel Intermediate | 12.00 |
| Ms FitnessModel Open | 12.12 |
| Ms FitnessModel iPRO Qualifier | 12.24 |
| Mr Physique First Timer | 12.36 |
| INBA <i>Angels</i> | 12.48 |
| Mr Physique Novice | 1.00 |
| Ms Runway | 1.12 |
| Mr Physique Intermediate | 1.24 |
| Swimwear | 1.36 |
| Mr Physique Open | 1.48 |
| Ms Sports Figure Model | 2.00 |
| Mr Physique iPRO Qualifier | 2.12 |
| INTERMISSION | |
| SportsModel First Timer | 2.24 |
| SportsModel 30+ | 2.36 |
| SportsModel Novice | 2.48 |
| SportsModel Intermediate | 3.00 |
| SportsModel Open | 3.12 |
| Ms SportsModel iPRO Qualifier | 3.24 |
| Men's Fitness Novice | 3.36 |
| Men's Fitness Intermediate | 3.48 |
| Men's Fitness Open | 4.00 |
| Men's Fitness iPRO Qualifier | 4.12 |
| Bikini First Timer | 4.24 |
| Bikini Momma | 4.36 |
| Bikini Novice | 4.48 |
| Bikini 21 | 5.00 |
| Bikini 30+ | 5.12 |
| Bikini Intermediate | 5.24 |
| Bikini Open | 5.36 |
| BikiniModel iPRO Qualifier | 5.48 |
| | 6.00 |

SHOW TIMES

Each division will come on stage in the order listed. Please realize it is impossible to know how long each division will take to be judged or if all divisions will be running to give you an actual stage time. **We will give competitors estimated stage times in the last week.** This is an approximation to give you something to go by in advance. Ask anyone coming to watch you to be in the venue 60 minutes prior to your estimated stage time to ensure they do not miss you.

SHOW FORMAT (for Bodybuilding & Ms Figure divisions)

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

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.

INTERMEDIATE DIVISION

INBA Victoria are including an INTERMEDIATE in the following divisions Men's Bodybuilding, Men's Fitness, Mr Physique, BikiniModel, SportsModel, Ms FitnessModel and Ms Figure. 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.

OUTFITS SUPPLIED BY INBA

Female Sports Models and Male FitnessModels have their outfit supplied. After Check-in go to the Black & Blue stand and select your size.

COMPETITOR'S PHOTOGRAPHS & VIDEO

We now offer competitors a "Video Download Package" instead of a contest DVD. For \$45 you will receive download links to all the divisions you entered plus all the Top 5 interviews done side-stage after the placings and awarded are presented.

Professional Photographers 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 Video and photos in iCompete as media is \$12 more expensive post event. The video and pics usually arrive @ 2 weeks after the event.

TICKET PURCHASES

Available at the Ticketing Table on each Contest Day Saturday 17 & Sunday 18 September 9.30AM onwards.

General Admission \$55. High School children \$25. Primary School & Under Free. Tickets only available on the Contest Day itself at the Door. Onsite, security car parking is free. Seats are not reserved – sit where you like. Cash only, as no card facilities are available. The venue has two ATMs on the ground foyer to withdraw cash.

BACKSTAGE

Bring your own weights to pump up if required. Prestigious venues such as MVRC give few 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. So not sit directly on toilet seats etc.
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 any surface backstage. Each tan mark is a \$200 repaint fee.

AUSTRALIAN, NATURAL OLYMPIA & INBA Pro Qualifiers in 2017!

Top 5 in each division will qualify for the Australian Titles held in Sydney on Sunday October 16. Open winners qualify for the INBA PRO Qualifiers next year. All entrants qualify for the inaugural Bali International AM/PRO October 29/30.

Fitness, Bikini & Sports Model Stage Walk

1. Everyone follow each other to the back of the stage.
2. In 3,4 or 5 when your names gets called out 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.
5. Next move forward until we get back to the start.
6. Then the Judges will start the ¼ turns, Comparisons & formal judging.

INBA Muscle & Models VICTORIA

Back Of Stage

iCOMPETE Natural

ACCOMMODATION RECOMMENDATION

1. **Quest Moonee Valley** (03) 8325 9500 www.questapartments.com.au
Cnr of McPherson & Coats Street. Moonee Ponds. (Across the road from the venue!). With an ideal location only 90 metres to the venue door, Quest Moonee Valley has been purpose built to accommodate participants for the venue. The property offers a range of studio, one, two and three bedroom apartments, each complete with full kitchen and laundry facilities, separate living areas, balconies (except for the studios), Foxtel and wireless broadband internet access.
2. **Moonee Valley Views Apartments** (03) 9373 3777 www.mvv.com.au Guests have the choice of studio, one, two, three or four bedroom two-storey apartments! Complete with open plan living and dining, fully equipped kitchens and large central bathrooms. Free FOXTEL and wireless broadband as well as on-site parking. Each apartment comes with the option of either a balcony or a private courtyard.

GETTING TO THE VENUE BY CAR

From Melbourne City, proceed via Elizabeth St to Flemington Rd.

- Branch left onto Mt Alexandra Rd.- Turn right at Ormond Rd.

- Turn left at Patterson St. follow the signs into the access road and Centre Car Park.

ALTERNATIVELY, YOU CAN TAKE CITYLINK

- Exit at Moreland Rd and continue to end. Turn left into Pascoe Vale Rd.
- Turn left into Wilson St.

INBOUND FROM AIRPORT

- Take city link towards Melbourne. Exit at Brunswick Rd.
- Turn right into Ormond Rd. Turn right into Pattison St.
- Proceed under Dean St overpass to enter course.

GETTING THERE BY TRAIN

- Take Craigieburn line from Flinders Street Station.
- Disembark at Moonee Ponds station. The course is a 10-minute walk.
- Travel down Puckle St, across Moonee Ponds Junction to Dean St.
- Turn left into McPherson St for main entrance.

GETTING THERE BY TRAM OR BUS

- Terminals are located at Moonee ponds Junction.
- Tram no. 59 from Elizabeth St arrives directly at Junction.
- From Junction walk 200m to entrance on McPherson St.

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

4. STAGE

3.

5.

1.

6.