

# EVENT INFORMATION

## INBA A.C.T NATURAL PHYSIQUE TITLES

*(PLEASE RETAIN FOR YOUR INFORMATION)*

**CONTEST:** 2010 INBA A.C.T NATURAL PHYSIQUE TITLES.  
**VENUE:** Hellenic Club of Canberra, Matilda Street, Phillip.  
**DATE:** Sunday 19<sup>th</sup> September  
**TIME:** One Show Format: NOON – 5PM (5 Hours)  
**PROMOTER:** Nick Boutzos INBA A.C.T President

**ENTRY FEE:** \$75 – Includes Show DVD. Entries close 08/09/10  
**TICKETS:** \$35 each or Group Booking (20+) \$30

### CONDITIONS OF ENTRY

- Drug free for a minimum of five years prior to the above date.
- Agree to be drug tested at any time and any number of times.
- Be a Member of the INBA prior to entering or join simultaneously (if using the online entry form)
- If during the last five years you have taken or if you need to take a banned substance for a genuine therapeutic (medical) purpose, the INBA permits Athletes and their physicians to apply for a **Therapeutic Use Exemption (TUE)**. Download from [www.inba.com.au](http://www.inba.com.au) on the Drug Testing page.
- Athletes with signs of drug use, i.e. gynecomastia (bitch tits) will be marked down.
- A competitor can only enter one division.
- No entries allowed after 08/09/10.

### NATURAL OLYMPIA & INTERNATIONAL QUALIFICATION

Top 3 in each division will provisionally qualify for the 2010 International events and Australian Titles. The provision to compete in any International contest is competitors must still compete in the Australian Titles.

### DRUG TESTING

Drug testing at INBA events is conducted via WADA accredited urine analysis using our Government independent drug testing body – Australian Sports Anti-Doping Agency (ASADA). Cheating in INBA events is a serious offence and harsh penalties apply. In addition to been banned by INBA (and our bans apply across all Olympic and International sports) we may publish the athletes name, photograph and drug-test results on INBA websites. The Australian Government will issue their separate public media release, in conjunction to listing the athletes name with each relevant government body.

### SHOW TIMES

Each division will come on stage in the order listed below. Please realise it is impossible to know how long each division will take to be judged or if all divisions will be running to give you a stage time. It is your responsibility to track how fast the event is proceeding on the day.

DIVISION		Est. Stage Time
<b>Introduction</b>		12PM
<b>Teenage Men</b>	(19 & under at 1/1/09)	12.15
<b>Ms Canberra</b>	Physique	12.40
<b>Junior Men</b>	(21 & under at 1/1/09)	1.00
<b>Novice Men</b>	(First contest)	1.35
<b>Ms Figure Novice</b>	(First contest)	2.10
<b>Master Men</b>	(40 – 49) (50+)	2.35
<b>Intermediate Men</b>	(Not won an Open title)	3.00
<b>Ms Figure Master</b>	(40 years & over)	3.35
<b>Ms Figure Intermediate</b>	(Not won an Open title)	3.55
<b>Mr Canberra</b>	Open	4.20
<b>OVERALL Male Champion</b>	All Division Winners	4.50

\*PLEASE NOTE IF THERE ARE NOT 3 COMPETITORS IN A DIVISION IT MAY BE CANCELLED.

### **OPTIONAL INDIVIDUAL POSING ROUTINE & MUSIC**

Round 3 or Individual Posing *is optional* at this event. For those wishing to perform their routine, it is important you post your CD so it arrives prior to 08/09. Post your Music CD to INBA, PO Box 6233, Queanbeyan, NSW, 2620 - include your name, event and division. We use a computerised software program to play your music via laptop; this should eliminate any fault with your music playing on the day. However, keep a "back-up" CD of your music backstage with you in case.

### **JUDGING FORMAT**

Round One      Symmetry  
Round Two      Muscularity

### **SHOW FORMAT**

Once all competitors in your division have completed the optional individual posing round, the division will return on stage together. The Compere will announce 30 seconds of posedown music. After the group posedown, placing's and trophies will be awarded.

### **REGISTRATION – Sunday 19<sup>th</sup> September**

Competitors must register between **10 – 11am** at the venue – Hellenic Club of Canberra

**You will receive:** Contest number, INBA Competitor's T/shirt, GymBag, Towel and Back Stage Pass for one helper - **remember your helper still must pay admission.**

### **COMPETITOR'S DVD**

A DVD will be filmed of the show – It will be available for pick up 2 weeks after the event and will be free with the entry of the show. (DVD available for pick up from Discount Health & Fitness)

### **BACKSTAGE GUIDELINES**

Each competitor is allowed only one "helper" back stage. Bring your own weights to pump up if required. The INBA strongly recommend your tanning 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* and recommend skin-dye tans.

The Venue has applied four compulsory conditions.

1. Competitors tan before coming to the venue.
2. Competitors bring a towel (or similar) to stand on when they are touching up their tan and oiling.
3. Wear sandals (or similar) at all times backstage until you go on stage.
4. Competitors must be fully clothed before sitting on chairs in the venue.

### **TICKET PURCHASES**

Tickets can be pre-purchased for this event. Individual tickets are \$35

Tickets can be purchased in a number of ways:

- (1) In person at Discount Health & Fitness, 100 Eastern Valley Way Belconnen. Call Nick 0403 147 999
- (2) With the entry form
- (3) And of course, tickets are available at the venue on the day.

**All forms and monies should be received by 8<sup>th</sup> September**

**Note:** Competitor's position on stage is determined by you - based on the date we receive your entry. This means the first entry received is given the middle position. Each entry after this is placed to the side. The sooner you enter, in closer to the middle of the line-up you will be.