



ENTRY FORM COVER LETTER

PLEASE RETAIN FOR YOUR INFORMATION

CONTEST:

2010 All Female Classic

VENUE:

Glen Eira Auditorium. Cnr. Glen Eira & Hawthorn Roads, Caulfield

DATE:

Saturday 10th July 2010.

TIMES:

One Show format Starts 5.00pm.

PROMOTER:

Tony Lanciano; INBA Australian President

CONDITIONS OF ENTRY

Competitors must be:

- 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.
- A full member of the INBA.

COMPETITOR'S RESPONSIBILITIES

- (1) If during the last five years you have taken a banned substance for a genuine therapeutic purpose you and your doctor must complete an **ASDMAC Prohibited Substances Notification Form** (download from www.inba.com.au or obtained from Head Office). If a competitor returns a positive drug test and the INBA does not have a record that you have medically used that drug, you will be disqualified. Reasons and letters received after the drug test will not be considered.
- (2) Round three posing music for the Finals should not exceed **60 seconds**.
- (3) A competitor can only enter one division.
- (4) No entries allowed on the contest day.
- (5) Top Three competitors qualify for the 2010 Australian Titles & Natural Olympia.
- (6) All competitors qualify for the 2010 International All Female in Reno, Nevada.

VENUE

The Glen Eira Auditorium (formerly Caulfield Town Hall) is the new venue for the Melbourne Titles. The Auditorium is located on the corner of Glen Eira and Hawthorn Roads in Caulfield. Access into the auditorium is through the main building entrance on Glen Eira Road. There is ample free, onsite car parking available.

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 keep track how fast the event is preceding on the day.

DIVISION		Est. Show Time
Opening		5.00
Ms Fitness Australia	Routine	5.10
Sports Model	Bikini round	5.30
Physique	(Open Class)	5.50
Ms Fitness Australia	Bikini round	6.10
Sports Model	Sports-wear (INBA supply)	6.30
Ms Fitness Australia	Evening Wear	6.50
20 minute INTERMISSION		7.00
Ms Figure Novice	First Contest	7.20
Ms Figure Master	(40 – 49)(50 & over)	7.40
Ms Figure Intermediate	(Never won a title)	8.00
Ms Figure Open	(Height Classes)	8.20
Figure Overall	Winners of all Divisions	8.40



ENTRIES SHOULD BE SENT BY 1ST JULY TO ALL-FEMALE CLASSIC, 96 BELL STREET, COBURG, 3058.

Note: You determine Competitor's position on stage - 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. Each June 1st INBA Membership extends to June 30th the following year (13 month membership). This specially allows All Female competitors to get their INBA Membership in June and enter the All Female contest early.

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 the INBA website. The Australian Government will issue their separate public media release, in conjunction to listing the athletes name with each relevant government body.

JUDGING FORMAT

Round One Symmetry
Round Two Muscularity
Round Three Posing Routine

Please note: This is a One Show Format.

The "Best Routine" Award for divisions (no effect on the scores) is assessed during round three, when you perform your **60-second** routine to music. Ms Fitness performs a **90-second** Fitness Routine to music.

TROPHY PRESENTATIONS AT THE SHOW

Once all competitors in your division have performed their routine the compere will bring out the group and give you 30 seconds of posedown music. Then placings and trophies will be awarded. Only Top 3 is announced on the night, all other competitors' place 4th.

REGISTRATION – Tuesday 6th July or Wednesday 7th July

Competitors can register either day between 1pm – 7pm at **Bell St. Fitness** 96 Bell Street, Coburg.
Ph: (03) 9354 0284. Only Interstate & International competitors can register at the venue on the day between 3.00 – 3.30pm. Please bring your music to registration. **You will receive:** Contest number, Black & Blue Sports wear, T Shirt, Gym Bag and Back Stage Pass for one helper - **remember your helper still must pay admission.**

MUSIC

1. Round 3 or Individual Posing to music has a limit of **60 seconds**.
2. We play your music on a laptop using a computerised software program.
3. **Music can only be supplied on CD.** Please remember to collect your music at the end of the Show if you need the music back. Please keep your actual posing time to **60 seconds**. The sound technician may stop any music that exceeds the time limit. Please bring a "back up" copy of your music.

BACKSTAGE GUIDELINES

1. Each competitor will only be allowed one "helper" backstage. **Helpers must buy a ticket.**
2. Please bring your own stretch bands etc to pump up.
3. As a 5 Star venue, competitors will need to take appropriate care when tanning and oiling.
4. Bring at least one towel (or similar) to stand on when you are tanning and oiling.
5. Bring a pair of sandals (or similar) to wear backstage until you need to go on stage.
6. The backstage area is covered in plastic sheeting and no one will be allowed to wear high heels - tell your helper!
7. We will be offering Coffee, Drinks, Candy, Chocolate & Fruit to all competitors backstage **FREE.**

TICKET BOOKINGS

Tickets can be pre booked for this event. Please note only first 5 rows are reserved seating and are sold on a "first in, best dressed" basis. General Admission \$49 (VIP front row tickets \$59). Tickets can be purchased at **Bell St. Fitness** 96 Bell St. Coburg or Phone 03 9354 0284 by Money Order, Visa or MasterCard or in person.

COMPETITOR'S PHOTOGRAPHS & DVD

A DVD will be filmed of the show – early order discount is available when entering. Professional Photographer/s will be taking photos the contest and they will provide you with an order form on the day. Additionally, we have a sensational set-fee offer whereby you receive all your Photographs taken of you and your division on CD. You are able to edit and print all the pictures.