

# 2010 DUBBO INTERNATIONAL EVENT INFORMATION

*PLEASE RETAIN FOR YOUR INFORMATION*

**CONTEST:** 2010 DUBBO INTERNATIONAL NATURAL PHYSIQUE CHAMPIONSHIPS  
**CONTEST DATE:** Saturday 1<sup>st</sup> May  
**ENTRY FEE:** \$45 (prior 21/04) or \$75 late-entry (after 21/04).  
**VENUE:** Dubbo RSL Club Resort Auditorium, Cnr Wingewarra & Brisbane Sts, Dubbo  
**ENTRIES CLOSE:** Wednesday 21<sup>st</sup> April  
**REGISTRATION:** 3PM  
**TIME:** One Show Format: 5 – 9PM  
**PROMOTERS:** Elaine & Ken Russell

## CONDITIONS OF ENTRY

- Drug free for a minimum of five years prior to the contest 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, ie. gynecomastia (bitch tits) will be marked down.
- A competitor can only enter one division.
- No entries allowed on the Day of competition.

## DRUG TESTING

Testing is via urine analysis. Cheating in INBA events is a serious offence and harsh penalties apply. In addition to been banned by INBA, we may publish the athletes name, photograph and drug-test results on INBA websites.

## 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.

<b>Female SportsModel</b>	Bikini round
<b>Male SportsModel</b>	Beachwear round
<b>Junior Men</b>	(21 & under at 1/1/10)
<b>Female SportsModel</b>	Sportswear round
<b>Male SportsModel</b>	Sportswear round
<b>Master Men</b>	(40 – 49) (50+)
<b>Ms Figure Novice</b>	(First contest)
<b>Novice Men</b>	(First contest)
<b><u>INTERMISSION</u></b>	
<b>Intermediate Men</b>	(Not won an Open title)
<b>Ms Figure Master</b>	(40 years & over)
<b>Ms Figure Intermediate</b>	(Not won an Open title)
<b>Ms Figure Open</b>	Open
<b>Mens Open</b>	Open
<b>Ms Physique</b>	Open
<b>Mixed Pairs</b>	
<b>Overall Ms Figure</b>	<b>All Divisional winners</b>
<b>Overall Men</b>	<b>All Divisional winners</b>

## FORMAT

Round One - Symmetry. Round Two – Muscularity. Round Three – 60 second Posing Routine.  
Once competitors in your division have performed their routine the division will return on stage together. The Compere will announce 30 seconds of posedown music. After the group posedown, placing and trophies will be awarded.

## REGISTRATION & COMPETITORS MEETING – Saturday 1<sup>st</sup> May

Competitors must register at **3.00pm** on the day at the venue – Dubbo RSL Club Resort Auditorium. Please bring your music to registration on CD. Keep a spare copy backstage in case of any mishap. A Competitor's Meeting will be held 4.15pm. Competitors will be introduced to all officials and the show format, judging criteria and the Where's and How's will be carefully explained.

## BACKSTAGE GUIDELINES

Weights will be supplied to pump up. The Venue has applied these compulsory conditions; Competitors must bring a towel (or similar) to stand on when they are applying tan/oil. Competitors must be suitable dressed when using the Clubs facilities. Competitors must be fully clothed before sitting on chairs in the venue.

## TICKET PURCHASES

Tickets can be purchased on the day of the event at the door or phone Elaine & Ken Russell on 0412 531 712