



# 2010 INBA NSW NATURAL CHAMPIONSHIPS

## EVENT INFORMATION

<b>Contest</b>	2010 INBA NSW NATURAL PHYSIQUE CHAMPIONSHIPS		
<b>Venue</b>	Castle Hill RSL Club, 77 Castle Street, Castle Hill NSW 2154		
<b>Google Map</b>	<a href="http://maps.google.com.au/maps?ie=UTF-8&amp;q=Castle+Hill+RSL+Club">http://maps.google.com.au/maps?ie=UTF-8&amp;q=Castle+Hill+RSL+Club</a>		
<b>Date of Show</b>	Sunday 26 <sup>th</sup> September 2010		
<b>Time of Show</b>	ONE SHOW FORMAT STARTING 1PM		
<b>Registration Date</b>	Saturday 18 <sup>th</sup> September 2010 (Late entry fees apply after 18th September)		
<b>Registration Time</b>	10.00am – 5.00pm		
<b>Entry Fees</b>	\$115 which includes a DVD of the show, CD with photos of your division, An INBA Gym Bag and INBA Competition Tee.		
<b>Late Entry</b>	(A late entry fee of \$160 Applies after 18 <sup>th</sup> September)		
<b>Contact</b>	PH: 02 9659 0584	Fax: 02 9659 0736	Email: <a href="mailto:info@theedge.com.au">info@theedge.com.au</a>
<b>Promoter</b>	Rab Mehajer NSW President		

### 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.
- A current member of the INBA.
- Athletes with signs of drug use, i.e. Gynecomastia (bitch tits) will be marked down.
- Round three posing music can not exceed 60 seconds. **Please Note: This round is optional**
- A competitor can only enter one division.
- **Late Entry fees apply after the 18<sup>th</sup> September 2010**
- 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.
- **Your entry form is not valid until you have paid your INBA membership and your competition entry fee.**

### 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. Make sure to tell your family and friends to arrive at least 1 hour before your Estimated Stage Time.

DIVISION		Est. Time
Introduction		12.45pm
Sports Model	Bikini round	1.00pm
Senior Men	(40 - 49)	1.10pm
Ms Bodybuilding	Woman's Bodybuilding	1.20pm
Ms Figure Intermediate	(Not won an open title)	1.30pm
Grand Masters Men	(50+)	1.40pm
	40 min break	1.50pm
Sports Model	Theme-wear round	2.30pm
Junior Men	(21 & under at 1/1/10)	2.40pm
Mr NSW	Open (Height classes if required)	2.50pm
Ms Figure Novice	(First contest EVER)	3.00pm
Teenage Men	(19 & under at 1/1/10)	3.10pm
Ms Figure Open	Open( Height classes if required)	3.20pm
	20 min break	
DOOR PRIZE		3.45pm
Sports Model	Dress round	3.50pm
Ms Figure Master	(40+)	4.00pm
Intermediate Men	(Not won an open title)	4.10pm
Novice Men	(First contest EVER)	4.20pm
Overall Ms NSW Figure	Winners of all Figure classes	4.30pm
Overall Mr NSW	Winners of all Divisions	4.45pm

## **ONE SHOW FORMAT (Starting at approximately 1pm)**

Round One Symmetry

Round Two Muscularity

Round Three (**Posing Routine is optional**)

### **VENUE**

Castle Hill Auditorium seats 800 plus people with good views of stage from all seats. It has plenty of free parking with some great restaurants and cafes to eat at; with plenty of space for the whole family it's a great place to spend the day.

### **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 being 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.

### **MUSIC**

**"This round is optional" Music will not be accepted after Saturday 18<sup>th</sup> September.**

Round 3 (Individual) Posing to music is 60 seconds. We play your music on a laptop using a computerised software program. Please have your music in original or Raw Formats only. Bring your CD and entry form to registration day on the 8<sup>th</sup> of May or send with your entry form prior clearly marked with your Name, division and preference to starting on or off stage. Also keep a "back-up" CD of your music with you, backstage, in case of any mishaps.

### **REGISTRATION & INFORMATION DAY**

**Date:** Saturday 18<sup>th</sup> September 2010

**Time:** 10.00AM – 5.00pm

**Venue:** The Edge Sports Nutrition Centres– Castle Hill

**Address:** Unit 105 / 7 Hoyle Ave Castle Hill 2154

**Google Map:** <http://maps.google.com.au/maps?q=7+hoyle+ave+castle+hill+2154>

**Contact:** 02 9659 0584 email: [info@theedge.com.au](mailto:info@theedge.com.au)

### **NOTE A LATE ENTRY FEE OF \$160 APPLIES AFTER THE 18<sup>th</sup> September 2010**

**(You do NOT have to attend registration day if you have already registered prior)**

#### ***You will also receive***

*Competitor's T/shirt and Back Stage Pass for one helper. Don't forget, have your music sent prior to as we will not accept music after Saturday the 18<sup>th</sup> of September.*

### **COMPETITOR'S ENTRY PACKAGE**

You will receive a CD with photos of your division a DVD of the show also a competitor's tee shirt and an INBA GYM bag.

### **COMPETITORS MEETING**

A Competitor's Meeting will be held on the stage in the venue at 12.20pm. Competitors will be introduced to all officials – backstage staff, compare, head judge and such. The show format, judging criteria and the Where's and How's will be carefully explained.

### **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 (Table seating is reserved). Group discounts of 8 Persons are available prior to the event. Check entry form for ticket pricing

Tickets can be purchased in a number of ways:

- (1) In person at all The Edge Sports Nutrition Centres.
- (2) Phone (02) 9659 0584 using a credit card. Note tickets won't be sent by mail after the 20<sup>th</sup> September
- (3) Booked when sending entry form
- (4) Tickets are available at the venue on the day unless sold out prior to event.

### **Please note:**

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

### **Accommodation**

<p><b>1. Quest Castle Hill 8 Gladstone Rd Castle Hill NSW 1765 (02) 8848 1500 <a href="http://www.questcastlehill.com.au">www.questcastlehill.com.au</a></b></p>	<p><b>2. Grand Mercure The Hills Lodge</b> Cnr Windsor and Salisbury Rd 2154 CASTLE HILL - AUSTRALIA (02) 9680 3800 <a href="http://www.hillslodge.com.au">www.hillslodge.com.au</a></p>
<p><b>3. Courtyard by Marriott Parramatta</b> 18-40 Anderson Street Parramatta, New South Wales 2150 Australia Phone: 02 98911277 Fax: 02 96871148 Sales: 02 96899938 Toll-free: 1800 468 357</p>	