



2010 INBA NSW NATURAL CHAMPIONSHIPS & AUSTRALIAN QUALIFIER

EVENT INFORMATION

Contest Venue	2010 INBA NSW NATURAL PHYSIQUE CHAMPIONSHIPS & AUSTRALIAN QUALIFIER Castle Hill RSL Club, 77 Castle Street, Castle Hill NSW 2154		
Google Map	http://maps.google.com.au/maps?ie=UTF-8&q=Castle+Hill+RSL+Club		
Date of Show	Sunday 26 th September 2010		
Time of Show	ONE SHOW FORMAT STARTING 1PM, DOORS FOR SPECTATORS OPEN AT 12.30PM		
Registration Date	Saturday 18 th September 2010 (Late entry fees apply after 18th September)		
Registration Time	10.00am – 5.00pm		
Entry Fees	\$115.00 Includes a DVD of the show, CD with photos of all divisions INBA NSW Gym Bag and INBA Competition T- Shirt Plus heaps of samples		
Contact	PH: 02 9659 0584	Fax: 02 9659 0736	Email: inbansw@theedge.com.au
Promoter	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.
- A competitor can only enter one division.
- 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 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	1.00pm
Sports Model Bikini round	1.10pm
Ms Bodybuilding Woman's Bodybuilding	1.20pm
Senior Men (40 - 49)	1.30pm
Ms Figure Intermediate (Not won an open title)	1.40pm
Sports Model 30 - 45 New Division Bikini round	1.50pm
Grand Masters Men (50+)	2.00pm
Sports Model Theme-wear round	2.10pm
Ms Figure Master (40+)	2.20pm
Junior Men (21 & under at 1/1/10)	2.40pm
Sports Model 30 - 45 New Division Theme Wear round	2.50pm
1Hour Intermission 3pm - 4pm	
Ms Figure Novice (First contest EVER)	4.00pm
Intermediate Men (Not won an open title)	4.20pm
Sports Model 30 - 45 New Division Dress Round	4.40pm
Teenage Men (19 & under at 1/1/10)	5.00pm
Ms Figure Open Open(Height classes if required)	5.20pm
Sports Model Dress round	5.40pm
Mr Sydney Open (Height classes if required)	6.00pm
Novice Men (First contest EVER)	6.20pm
Overall Ms Sydney Figure Winners of all Figure Divisions	6.40pm
Overall Mr Sydney Winners of all Men's Divisions	7.00pm

ONE SHOW FORMAT (Starting at approximately 1.00pm)

Round One Symmetry
Round Two Muscularity
Round Three **(Posing Routine is optional)**

PURCHASING TICKETS

V.I.P TABLE SEATING FRONT TWO ROWS (8 per table) \$440.00 Per Table **ONLY 15 TABLES AVAILABLE**
All day entry CHAIR SEATING \$40.00 Per Person

Tickets can be pre-purchased for this event (Seating is reserved)

- (1) The Edge Sports Nutrition Centres Castle Hill or Parramatta
- (2) Phone (02) 9659 0584 using a credit card. Tickets won't be mailed out after the 20th September
- (3) Booked when sending competitor entry form
- (4) Tickets are available at the door on the day unless sold out prior to event.

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 18th 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 18th of September 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 18th 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: inbansw@theedge.com.au

NOTE A LATE ENTRY FEE OF \$140 APPLIES AFTER THE 18th September 2010

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

COMPETITORS MEETING

A Competitor's Meeting will be held on the stage in the venue at 12.30pm. 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. The INBA strongly recommends 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* and recommend skin-dye tans.

The Venue has applied four compulsory conditions.

1. Competitors tan must be applied before coming to the venue. Touch ups allowed
2. Competitors must bring a towel to stand on when they are touching up their tan and pumping up.
3. Competitors must wear clean clothing before sitting on any seating at the venue.

Recommend Accommodation

Quest Castle Hill
8 Gladstone Rd
Castle Hill NSW 1765
www.questcastlehill.com.au

Courtyard by Marriott Parramatta
18-40 Anderson Street Parramatta,
New South Wales 2150 Australia
Toll-free: 1800 468 357

Grand Mercure The Hills Lodge
Cnr Windsor and Salisbury Rd 2154
Castle Hill (02) 9680 3800
www.hillslodge.com.au