

VICTORIAN COMPETITION INFORMATION

CONTEST: 2010 INBA VICTORIAN NATURAL PHYSIQUE CHAMPIONSHIPS
ENTRY FEE: \$90 (prior 22/09) or \$125 late-entry (after 22/09). Fee includes Competitor T-shirt & INBA Gymbag.
SERVICES: Photographs of your division on CD \$29. Contest DVD \$41.
VENUE: Glen Eira Auditorium. Cnr Glen Eira & Hawthorn Roads, Caulfield
DATE: Saturday 2nd October
TIMES: Show One (4 Hours) Noon – 4PM
Show Two (3 Hours) 6 – 9PM
TICKETS: **Show One or Two:** VIP \$45. General \$35. **Both Shows:** VIP \$80. General Admission \$60
PROMOTERS: Wayne McDonald. Founder of Natural Bodybuilding & INBA World Vice-President.
Warren Clampit, Pro & Amateur Mr Natural Olympia, Professional Mr Universe and Mr Australia.

*Hi, this is Warren and this year I'm going to promote my best-ever INBA BIG V! Bigger than the last year...the biggest contest ever held in Victoria? You bet! The biggest State Showever was in QLD with 151 competitors – I want 152! Bettering yourself every time you step on stage is most important and as a Promoter that is what I plan to do. Last year we used 2 x one show format and the competitors loved it. We also offered the posing routine round as optional, and everyone gave this two thumbs up too. Last year I gave away four INBA Championship Swords. These are valued at \$400 each and the lucky winners loved them. This year I'm awarding **6 Swords** to winners – but this year you get a Display Stand with it as well! Plus I am going to have hot pizza and chilled champagne ready when you come off stage...I really want you guys to enjoy competing with me. I've got a sensational INBA Victorian Gymbag for everyone and a Competitor Tee. Every competitor who does not place will receive the exclusively crafted INBA Gold Achievement Medallion for making it through the pitfalls and rigours of contest preparation to the finish-line, onstage. As I have always offered in my shows, the winners of the **Warren Clampit Novice Award** (Novice Figure and Novice Men) not only get a magnificent sword but can accept my offer to help them prepare for the Aussie Titles. I hope you're excited and prepared to help me make the INBA BIG V Australia's best contest! Since I pride myself as the "competitor's promoter" I will also be stepping on stage to guest pose! Now if you have any questions after reading the contest information please call me on 0409 221 212.*

VICTORIAN EVENT HIGHLIGHTS

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| + 6 INBA Champion Swords with Display Stand | + Gold Achievement Medals |
| + Warren Clampit Novice Awards | + INBA Victorian Gymbags |
| + Competitor Tee Shirts | + Hot Pizza |
| + Chilled Champagne | + Australian Competitor Record Attempt |
| + ASADA Drug Testing | + Qualifier for Australian Titles |
| + Qualifier for Natural Olympia (USA) | + New Figure International Division |
| + Victorian Model Search | + Guest Poser |
| + 2 x One Show Format | + Optional Posing Routine |

REGISTRATION – Wednesday 22nd September

Melbourne competitors are required to register between **6.00 – 8.00pm** on Wednesday night (September 22nd) at Bell Street Fitness, 96 Bell Street, Coburg. Interstate and country competitors who cannot register Wednesday must register between **10.30 – 11.00am** at the venue – Glen Eira Town Hall. **You will receive:** Contest number and Backstage Pass for one helper - **remember your helper still must pay admission.** There is no competitor meeting on the day – ask any questions at Registration.

VENUE

The Glen Eira Auditorium (Caulfield Town Hall) is located on the corner of Glen Eira and Hawthorn Rds, Caulfield. Access into the auditorium is through the main building entrance on Glen Eira Road. There is free onsite car parking.

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.

AUSTRALIAN & INTERNATIONAL EVENT QUALIFIER

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

WARREN CLAMPIT NOVICE AWARDS

Warren will be offering the Winner* Novice Ms Figure and Novice Men champions an INBA Championship Sword to celebrate the realisation of their bodybuilding dream – victory in their very first show. Additionally, Warren is offering to provide the Novice winners with pre-contest guidance (if they wish) between the Victorian and the Australian Titles. And at the Australian Titles, HE is offering to prepare them personally backstage... Now, that's a prize! *(In the case there are height classes then the Winner will be decided by who places highest in the Overall at the end of the show)

EVENT FORMAT

The event IS run in OUR exciting new format consisting of 2 x One Show. Judging consists of Round One (Symmetry) and Round Two (Muscularity). Then competitors perform their optional posing routine for the 'Best Routine' Award. Following individual posing, all competitors returning on stage to participate in a 30 second pose down. Then placings and awards are presented. All winners are invited to compete for the Overall Victorian Title. This means if you win your division in Show One, you need to return for Show Two if you wish to compete for the Overall Title.

TIMES

The times given are only estimated times your division will be on stage. Please understand it is impossible to know how long each division will take to judge. At the Event we may have an updated schedule.

SHOW ONE @4 Hours Noon – 4PM		Est. Stage Time
Victorian Natural Model Search		NOON
<i>Female SportsModel</i>	<i>Bikini Round</i>	
<i>Male SportsMen</i>	<i>Beach Round</i>	
<i>Female SportsModel</i>	<i>Sportswear Round</i>	
<i>Male SportsMen</i>	<i>Sportswear Round</i>	
<i>Female SportsModel</i>	<i>Trophy Presentation</i>	
<i>Male SportsMen</i>	<i>Trophy Presentation</i>	
Master Men	(40-49)	1.10
Ms. Figure Master	(40-49)	1.30
Master Men	(50-59) (60+)	1.50
Ms. Figure Master	(50+)	2.20
Intermediate Men		2.40
Ms. Figure Intermediate		3.00
Teenage Men*	(19 & Under at 01/01/10)	3.20
Figure International	(Height Classes if required)	3.40

SHOW TWO @3 Hours 6 - 9PM		Est. Stage Time
Guest Poser – Warren Clampit		6.00
Junior Men*	(21 & Under at 01/01/10)	6.20
Ms. Figure Novice*	(Height Classes if required)	6.45
Novice Men*	(Height Classes if required)	7.15
Ms. Figure Open	(Height Classes if required)	7.45
Mr. Victoria Class	(Height Classes if required)	8.15
Overall Ms. Figure*	(All Winners)	8.45
Overall Mr. Victoria*	(All Winners)	9.00

* Wins INBA Championship Sword with Display Stand!

Note: Height Classes will be based on the heights of competitors in your class and divided into even numbers. The exception is the Open class which use the same height class as the Australian Titles.

OPTIONAL INDIVIDUAL POSING ROUTINE & MUSIC

Round 3 or Individual Posing *is optional* at this event. For those wishing to perform their routine please bring your 60 second CD to registration on Wednesday 22nd. Your posing CD should be a copy (not original) and only have one track – your posing music. If you cannot attend registration, it is important you post your CD so it arrives prior to the 22nd. Post your CD to INBA PO Box 2229, Moorabbin, 3189 - include your name 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.

BACKSTAGE GUIDELINES

Each competitor is allowed only one "helper" back stage. Bring your own weights to pump up if required. The Glen Eira Management are giving us no second chances with their venue, as they had a previous ban on bodybuilding contests due to damage to the venue and furnishing from competitor's tan and oil. The INBA insist your tan be applied prior to arriving at the venue, so only a final 'touch up' is required. We also discourage the use of products like *Dream Tan* that rub-off easily onto walls. 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.

HOT PIZZA & CHILLED CHAMPAGNE!

The Victorian Titles are the Toast of the Australian Bodybuilding scene so it's only fitting that you are offered a glass of champagne (alcoholic or non) to celebrate *after* you step off stage! And as we all know, there is only one way to celebrate in this sport...with pizza! So piping hot pizza will be available when you are finish too – we can't expect you to wait to get to Lygon Street! *Washed down with champagne.....Now this is 5-Star Competing!*

VICTORIAN MODEL SEARCH (Including Male SportsMen)

After a successful program at the Melbourne Titles we will again run the female and male model divisions as their own 'Model Search Show'. Both divisions will consist of two rounds of judging, SportsModels will do swimwear and sportswear and SportsMen are similar with beachwear and also sportswear round. Both divisions will return on stage for a third time for the presentation of placings and trophies. Details of how each division are presented will be provided on the day as we need to know the size of the line-up before determining where you will walk and perform your quarter turns.

FIGURE INTERNATIONAL

The Victorian Titles will offer the popular US/Europe *Figure International* division. Figure International judging consists of the symmetry round of Ms Figure where presenting a well balance and symmetrical physique is rewarded – there are no muscularity poses or posing routine. Female competitors will be able to enter this division as a second division, meaning you can compete in Ms Figure or SportsModel and Figure International on the same day. In most countries this type of Figure (International) is the most popular female division; only in Australia and NZ has Ms Figure remained popular. This means at international events outside Australia, Figure International is a more popular division. To introduce the division and start the building process in Australia, Figure International will be offered at selected contests around Australia. We expect Figure International will prove very successful at these Victorian Tiles and anticipate having 3 height classes or heats, with the three winners moving into an exciting final Champions round of judging.

SECOND DIVISION (Optional)

You can enter Figure International or Male SportsMen as a second division. Enter both divisions on the same entry form. Price for entering a second division is half price (\$45).

DVD & PHOTOGRAPHY

Pre-ordered your DVD on the entry form for only \$41 (save \$13). DVD's ordered after the event will be at the normal price of \$54. Receive all the on-stage photos taken of you and your division from Prejudging on a CD at the event for \$29. The photos are yours free of copyright.

TICKET PURCHASES

Tickets can be pre booked for this event, however only VIP tickets (front rows) are reserved seating (numbered).

Show One or Two: VIP \$45. General Admission \$35.

Both Shows: VIP \$80. General Admission \$60.

Tickets can be purchased in a number of ways: (1) On the entry form, (2) Online at www.inba.com.au click on "Buy Tickets". (3) During Registration held at Bell St Fitness Centre, (4) and, tickets are also available at the venue on the day. Cash only – no credit card facilities at the venue.

All forms and monies should be received by 22nd September to INBA, PO Box 2229, Moorabbin, 3189.

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.

HOTEL RECOMMENDATIONS

Quest East St Kilda

441 Inkerman Street, St Kilda East, 3183.

4 Star Hotel offering self contained rooms and apartments.

Carnegie Motor Inn

1102 Dandenong Road, Carnegie, 3163.

Carnegie Motor Inn offers its guests a full range of AAA 3½ Star accommodation which includes standard motel units, one and two bedroom self-contained apartments, and even two storey townhouses which can accommodate up to six persons.