

2010 QLD COMPETITION INFORMATION

(PLEASE RETAIN FOR YOUR INFORMATION)

CONTEST:	2010 INBA QLD NATURAL PHYSIQUE TITLES
CONTEST DATE:	Sunday 19 th September
ENTRY FEE:	\$85 (by 13/09) or \$125 late-entry (after 13/09). Fee includes Competitor Gym bag & T-shirt
VENUE:	Sleeman Centre, Tilley Rd, Chandler
FORMAT:	One Show Format
START TIME:	9am Sharp! (approx finish 2pm)
OPTIONAL:	Photographs of your division on CD \$30. Contest DVD \$50
ENTRIES CLOSE:	Monday 13 th May 2010
TICKETS:	General Admission \$40 VIP \$50
PROMOTER:	Jason Woodforth INBA Qld President (2008 Australian & 2009 Natural Olympia Promoter)

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.
- 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 on the Drug Testing page.
- Athletes with signs of drug use, ie. gynecomastia (bitch tits) will be marked down.
- A male competitor can only enter one division. Females can enter Figure International as their second event.
- No entries allowed on the Day of competition.

VENUE

The Sleeman Centre, Tilley Rd, Chandler. Ample free parking on site. The venue holds 1500 and has great viewing from all seats.

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.

Time	Division	Time	Division
9.00am	Female SM rd1	11.15am	Junior Men
9.10am	Male SM rd1	11.30am	Ms Figure Masters 40+
9.15am	Female SM rd2	11.45am	Intermission
9.20am	Male SM rd2	12.15pm	Ms Figure Intermediate
9.30am	Ms Physique	12.30pm	Intermediate Men
9.45am	Masters Mens 60+	12.45pm	Ms Figure Novice
10.00am	Ms Figure Master 50+	1.00pm	Novice Men
10.15am	Masters Mens 50+	1.15pm	MS Figure Open
10.30am	Figure International	1.30pm	Open Mens
10.45am	Teenage Men	1.45pm	Ms Figure Overall
11.00am	Masters Men 40+	2.00pm	Overall Mens

AUSTRALIAN & INTERNATIONAL QUALIFICATION

Top 3 in each division will provisionally qualify for the 2010 Australian and any international contests. The provision for competing overseas is competitors must compete in the Australian Titles – however your place at the Australian Titles will not affect your international qualification. Providing “early qualification” allows competitors to plan and book for overseas travel.

OVERALLS

Overall Titles for Figure and Men will be contested by all division winners.

ROUNDS 1 & 2

All Competitors will complete rounds 1 and 2 including call outs. We will then have a pose-down and INBA exclusive competitor medals will be presented before announcing the Top 3. (Note: There is no round 3 in this competition). (Please note routines are optional at the Australians and Natural Olympia for the top 3 only).

REGISTRATION – Monday 13th September to Saturday 18th September 2010

Competitors must register before the event day at BodiZone Sport Supplements **GEEBUNG** (8 Railway Parade, Geebung). Saturday between 7am and 3pm or anytime Monday to Friday between 8.30am and 7pm.

You will receive: Contest number, INBA Competitor's T/shirt, gym bag and Back Stage Pass for one helper - remember your helper must still pay admission.

COMPETITOR'S PHOTOGRAPHS & DVD

You can pre order these on the entry form. The CD of pictures will be of your division and the DVD will be of the whole event.

BACKSTAGE GUIDELINES

Each competitor is allowed only one "helper" back stage. Bring your own weights to pump up if required, but nothing beats 500 push ups for an awesome upper body pump! We will be offering Drinks, Lollies, Chocolate, Fruit and Pizza to all competitors backstage **FREE**.

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.

PLEASE NOTE: We are on notice from the venue due to damage caused by tan from previous competitions. Please tan prior to arriving at the venue and then only touch ups will be required. Most final coat tans look better if applied hours earlier! **Also we have banned the use of Dream Tan** due to the problems associated with cleaning. In its place there is Body Shimmer, Tan Master or Pro Tan.

The Venue has the following four compulsory conditions.

1. Competitors must bring a towel (or similar) to stand on when they are applying tan / oil / glitter spray.
2. Wear thongs / sandals (or similar) at all times backstage until you go on stage.
3. **Competitors must be fully clothed before sitting on chairs or on the carpet in the venue (not including plastic chairs backstage).**
4. Do not lean on walls, we will put plastic over most walls but where there is no plastic please do not lean!

Previous events have left us with cleaning bills in excess of \$1500. We need you the competitor to take responsibility for how you use the facility. If this is not adhered to we will be disqualify offending competitors.

TICKET PURCHASES

Tickets can be pre-purchased for this event. General seating is unreserved whilst VIP seating is reserved seating. Individual tickets are \$40 each plus postage fee of \$5.

Tickets can be purchased in a number of ways:

- (1) In person at Bodizone - 8 Railway Parade Geebung
- (2) Phone 07 3265 3553 using a credit card
- (3) With the entry form
- (4) And of course, tickets are available at the venue on the day.