



2011 AUSTRALIAN NATURAL PHYSIQUE CHAMPIONSHIPS



ENTRY FEE: \$125 Includes INBA Australian Traveler Bag & Australian Tee
ENTER BY: COB Wednesday 5th October 2011 Late-fee applies after this date

Please post to INBA, P.O. 2229, Moorabbin, Vic, 3189
 Note: You can also enter online at www.inba.com.au using a credit card

	Tick <input checked="" type="checkbox"/>			
1. Membership	<input type="checkbox"/> Premium Membership	\$219	\$	_____
	Includes \$150 Competitor Encyclopaedia			
	Or			
	<input type="checkbox"/> General Membership	\$129	\$	_____
2. Entry Fee	<input type="checkbox"/> Entry Fee	\$125	\$	_____
	<input type="checkbox"/> 2 nd Entry (Fig International)	\$45	\$	_____
	Or			
	<input type="checkbox"/> Late Entry Fee (after 05/10/11)	\$150	\$	_____
	<input type="checkbox"/> 2 nd Entry (Fig International)	\$60	\$	_____
3*Show One Tickets	<input type="checkbox"/> VIP (front rows)	\$60 x _____	\$	_____
	<input type="checkbox"/> General Admission	\$50 x _____	\$	_____
*Show Two Tickets	<input type="checkbox"/> VIP (front rows)	\$60 x _____	\$	_____
	<input type="checkbox"/> General Admission	\$50 x _____	\$	_____
*Both Shows	<input type="checkbox"/> VIP (front rows)	\$100 x _____	\$	_____
	<input type="checkbox"/> General Admission	\$80 x _____	\$	_____
<i>* Tickets will be left on the Door under your Name for your guests to collect as they arrive.</i>				
4. Contest DVD	<input type="checkbox"/> DVD	\$41 x _____	\$	_____
5. Contest Photos	<input type="checkbox"/> CD	\$35 x _____	\$	_____
	TOTAL		\$	_____

Payment Options **Tick**

Money Order Please make payment to INBA and post with entry form

Cash Post Entry Form now and bring money to Registration

(Please leave space for official use)

CONTEST NUMBER:

ASADA TESTING:

URINE ANALYSIS	YES	NO	PASS/FAIL
BLOOD ANALYSIS	YES	NO	PASS/FAIL

AUSTRALIAN APPLICATION FORM

DIVISION Height (cm)

* Entering a Second Division Tick **FIGURE INTERNATIONAL** []

NAME

INBA MEMBERSHIP NUMBER* **EXP. DATE**

*You can apply and receive your INBA Membership (or renew your membership) with this entry form. Tick the Membership box in the payment form and leave the above membership details blank.

ADDRESS

..... **P/CODE**

PHONE NUMBER Home () Work ()

Email Mob.....

DATE OF BIRTH..... **AGE**

STATE REPRESENTING.....

QUALIFIED BY (Contest & Placing).....

DRUG-FREE AGREEMENT

I, agree to provide a urine sample for analysis for the detection of banned substances in accordance with the INBA Doping Policy. I fully understand that a condition of entering this contest is I have not taken any banned substance in the past five (5) years. I agree that if I produce a positive test result to a prohibited substance, I will pay a fee of \$2000.00 within seven days to the International Natural Bodybuilding Association (INBA) to reimburse the cost of my drug test and to redistribute trophies and results. If I pass the test, I have fulfilled the condition of entry and the INBA shall pay all costs.

Also, as a member of the INBA and/or a participant in an INBA sanctioned event,

I hereby acknowledge and agree as follows:

- I have had an opportunity to review the INBA Anti-Doping Rules.
- To comply with and be bound by all of the provisions of this entry form and INBA Anti-Doping Rules and amendments.
- The INBA and National Federations have jurisdiction to impose sanctions as provided in the INBA Anti-Doping Rules.
- Any dispute arising out of a decision made pursuant to the INBA Anti-Doping Rules, after exhaustion of the process expressly provided for in the INBA Anti-Doping Rules, may be appealed exclusively to the Court of Arbitration for Sport.
- Decisions of the Court of Arbitration for Sport shall be final and enforceable, and that I will not bring any claim, arbitration, lawsuit or litigation in any other court or tribunal.
- I consent to the use of any photographs, video recording or other images taken or recorded at this event by the INBA or its nominees, in any magazine, broadcast transmission or any other printed or electronic media for the purposes of promoting this or future events, the INBA or nominees or their sponsors.
- I have read and understand this Acknowledgment and Agreement.

Print Name

Signature (or if a minor, signature of legal guardian)

Date

2011 AUSTRALIAN CHAMPIONSHIPS \$63,000.00 OF HIGHLIGHTS

250

Awarding-winning Australian Competition Medals



Soon you will see why we are finding it hard to keep a lid on our Award-winning 2011 Australian Medals. We spared no expense or effort this year to create and bring you Australia's best Sports medallion. The large 'dinner-plate' 15cm (6 inch) medals are now finished in dual colours and extend to the Top 5 Placings. While everyone unplaced receives a Competitor medal as good as first place - only smaller in diameter - representing the pride INBA shares in every competitor at the Australian Championships.

250

Australian GO! Travel Companion



INBA is excited to provide every Australian Entrant the ultimate competitor's accessory – a deluxe meal and travel bag – the GO! Travel Companion. The bag empowers you to compete, travel and train fully prepared. The bag is made from highly durable material in Australian colours. Inside it is insulated and waterproof in every compartment. The main compartment consists of a 3 meal storage unit, complete with 3 separate meal containers which are all microwave, freezer and dishwasher-proof. Plus ample room for any type of ice pak to keep the contents under temperature all day long. On top of the 3-meal stack is a fully divided and sealable tray for supplement tablets and all manner of odds n' ends. The two side compartments are dividable for your supplement containers, shakers, water bottles and other tall items. The GO! Travel Companion is a high-end item that retails at \$99 and will be invaluable when travelling to the Natural Universe, let alone for years of daily use. Enjoy yours!

250

Australian Competitor Tee Shirts



The 2011 Australian Competitor Tee Shirt incorporating our wonderful and colourful new Australian Championships logo.

250

Australian Ranking Certificates



In idyllic timing for our milestone 21st Australian Titles, INBA celebrates the ultimate success as an organisation becoming the first bodybuilding Federation to host events in every State and Territory of Australia. It is a significant development for the sport to finally offer the same opportunities for every natural competitor to participate in one organisation Australia-wide. Moreso, we are excited to reach this high point during a celebration year. As an INBA Member and Competitor your results at the 2011 Australian Titles will bestow to you a genuine Australian ranking like other established Australian sports.

3

Tall Statues



Overall Ms Physique Australia, SportsModel Australia and Ms Figure International will be presented with uniquely impressive statues almost 3ft tall!

2

Overall Championship Cheques



The Overall Ms Figure Australia and Overall Mr Australia not only win Australia's most coveted Title but the exclusive Australia Champion Shield of Victory, a full metal (7 Kilos) hand-crafted symbol from the Battlefield of the Australian Titles. In addition to the \$400 Divisional Award, they receive the Big Championship Cheque for \$1,750 bringing the total Cash awards to \$2,150 for both 2011 Australian Champions!

1

Professional Photographic Set



In the backstage area of the Australian Titles a photographic location will be set up with a 'red-carpet' and 12 ft wide Australian Backdrop. The area will be professional lit so cameras require no flash. This is the idea area to easily create your own 'professional' photos hitting your best poses, with family and friends, with your Australian Medal or prizes, and with other competitors and your division.

2011 AUSTRALIAN NATURAL PHYSIQUE TITLES RETAIN THIS INFORMATION FOR YOURSELF

- ENTRY FEE:** \$125 (prior 05/10) or \$150 late-entry (after 05/10).
Fee includes Australian Competitor T-shirt, Official Australian Ranking Certificate and a deluxe INBA Competitor GO! Travel Bag.
Second Division \$45 (prior 05/10) or \$60 late-entry (after 05/10).
SERVICES: Photographs of your division on CD \$35. Contest DVD \$41.
- VENUE:** Moonee Valley Race Course. Celebrity Room
McPherson Street, Moonee Ponds. Melways Ref: 28 K5
- DATE:** Sunday 9th October
- TIMES:** Show One (4.0 Hours) 9.30am – 1.30pm
Show Two (4.0 Hours) 2.30pm – 6.30pm
- TICKETS:** **Show One or Show Two:** General \$50 VIP \$60.
Both Shows: General \$80 VIP \$100.
- PROMOTERS:** Wayne McDonald, INBA World Vice-President.
Tony Lanciano, INBA Australian President.

AUSTRALIAN EVENT HIGHLIGHTS

- + \$63,000 in Prizes to be shared by competitors!
- + All Division Winners will be presented with a Large Boarding Pass. A \$400.00 Prize to use to compete in the Natural Universe in Brisbane.
- + Overall Mr & Ms Australia receive an additional \$1,750.00 to represent Australia in Reno, USA at The Natural Olympia
- + New! 2011 Sports Design winning Medals for every competitor.
- + Top 5 receive INBA 6" (15 cm) diameter Medallions.
- + New! Official 2011 Australian National Ranking Certificate for each competitor.
- + New! Deluxe GO! Meal & Supplement Carrier system (bag) for Athletes.
- + New 2011 Australian Title – Australian Figure International Champion
- + Australian Tee Shirts + 5 Star, Spacious, Prestigious Venue
- + ASADA Drug Testing + Computerised Judging system
- + Qualifier for Natural Olympia + Qualifier for Natural Universe (QLD)

REGISTRATION – Saturday 8th October between 2 – 5 PM

Registration will be held at Bell Street Fitness Gym, 96 Bell Street, Coburg. Only 4km from the venue. At registration you will receive your Contest Number, Australian Tee and Tickets (if ordered). A last-minute registration will be held at the Venue between **8 – 9AM** on Contest Day. However, we stress you avoid this because we have limited staff to efficiently process registration if a large number of competitors attempt to register at the contest.

MEDICAL ASSISTANCE

The INBA Chief Medical Officer, Dr Carl Bryant will be attending the event for competitor safety. If you require medical assistance over the weekend please contact an INBA official to have the doctor brought to you.

5 STAR VENUE! MOONEE VALLEY RACING CLUB

Welcome to our world-class venue, **Celebrity Room** at the Moonee Valley Racing Club. MVRC is one of Australia's most unique event locations, set amongst the historic racecourse and stunning backdrop of Melbourne's city skyline. Attendees have free, security guarded car parking on site. The Celebrity Room has removed all previous problem of a lack of space, having the capacity to seat 1,500 spectators, unlimited sponsors and backstage space, food and beverage available inside the venue. Our guests enter the Moonee Valley Member's Car Park at **the Cnr of McPherson & Coats Street in Moonee Ponds** where you will be directed to a car park and onto the Celebrity Room.



The Celebrity Room at the Moonee Valley Race Club
The Spacious & Luxurious new home of INBA Australian Championships

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.

EVENT FORMAT

The Australian event format consists of 2 x One Show. This profession format means competitors will be judged and presented with their placing and awards at the same time - no need to return and prepare again later in the day unless you are in the Overall. For spectators, a big show is halved so they can specifically see who they want without sitting through the entire event. Judging consists of Round One (Symmetry) and Round Two (Muscularity). Using the speed of our computerised scoring system, once the judging is finished we can immediately ask the Top 5 Finalist to leave the stage while the remaining competitors are presented with their medallions and prizes. Those in the Top 5

who have opted to perform their routine do so now before the returning on stage for the announcement of the Top placings.

TIMES

The times given are only estimated when 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. If you're giving a time for friends to watch you, always suggest they come one hour prior to your estimated stage time.

SHOW ONE @4.0 Hours 9.30AM – 1.30PM

	Est. Stage Time
2011 Australian Event Opening	9.15
Master Women Physique (40+)	9.30
Women's Physique Open	9.45
Overall Physique Ms Australia (Both Winners)	10.00
Master Men Divisions (50-59)	10.05
Master Men Divisions (60+)	10.25
Ms. Figure Master (50-59)(60+)	10.40
SportsModel Bikini Round	11.00
Teenage Men (19 & Under on January 1st)	11.15
SportsModel Sportswear Round	11.35
Junior Men (21 & Under on January 1st)	11.50
SportsModel Trophy Presentation	12.10
SportsModel* Overall (* if Height Classes are used)	12.15
Novice Men (First year of competing)	12.20
Ms. Figure Intermediate	12.40
Intermediate Men	1.00
Figure International	1.20

SHOW TWO @4.0 Hours 2.30PM – 6.30PM

	Est. Stage Time
Ms. Figure Novice(First year of competing)	2.30
Master Men Divisions (40-49)	2.55
Ms. Figure Master (40-49)	3.20
Mr. Australia Class 1 (Under 170cm)	3.40
Ms. Figure Open Class 1 (Under 157.5cm)	4.00
Mr. Australia Class 2 (170.1-175cm)	4.20
Ms. Figure Open Class 2 (157.6-165cm)	4.40
Mr. Australia Class 3 (175.1-180cm)	5.00
Ms. Figure Open Class 3 (Over 165cm)	5.20
Mr. Australia Class 4 (Over 180cm)	5.40
Overall Ms. Figure (All Winners)	6.00
Overall Mr. Australia (All Winners)	6.15

SECOND DIVISION (Optional)

You can enter Figure International as a second division. Enter both divisions on the same entry form. Price for entering a second division is \$45 – GO! Bags and Tees are not given out for your second division.

SPORTSMODEL & FIGURE INTERNATIONAL

SportsModels only need their bikini. The SportsWear outfit will be supplied and provided at registration. Both divisions will be assisted by our specialist Event Manager, Dana Carmont who will be looking after you exclusively. Dana will explain and assist you on everything! If you need to contact her prior to the show, email dana@danacarmont.com.

Normally, competitors are required to do an individual walk across the stage, stopping on the white-cross marking centre stage and perform your quarter turns in your own time before continuing and exiting the other side of the stage. Following this; the whole group is brought on stage for comparisons of the quarter turns. However, the stage configuration and size of the line up will effect the format. Finally! We have new Statues almost 3 ft tall to award to the Australian champions!

NO OPTIONAL POSING ROUTINES

In 2011 we have increased the number of qualifying events in Australia by 50%, growing to 20 domestic events throughout every State of Australia. Combined with the attraction to compete at the Natural Universe in Brisbane this year, the number of competitors who will compete at the Australian Titles this year will create the most impressive number of Natural competitors in our 20 year history. Over time we have adapted to the tripling of our Australian event by introducing a 2 x One Show format and now need to remove the optional posing routine which has no bearing on the score or placing for competitors. As you are aware, there are no individual posing routines at the Natural Universe in Brisbane. So to remove optional posing routines at the Australian Titles so we can help interstate and country competitors get home Sunday evening was an obvious improvement to make at the Australian Titles this year.

NATURAL UNIVERSE & NATURAL OLYMPIA QUALIFICATION

All competitors who are competing in the Australian Titles have provisional qualified for either or both International events. Therefore, you can relax in regards to knowing where you place or any mistake with your conditioning you make at the Australian Tiles does not change your qualification. Congratulations! We look forward to seeing you represent Australia and wearing the Green & Gold!

OVERALL TITLES

Each winner is invited to compete for the Overall Australian Title of Ms Figure Australia and Mr Australia. This means if you win Ms Figure or male bodybuilding division in Show One, you need to return for Show Two to compete for the Overall Title.

BACKSTAGE GUIDELINES

At MVRC there is no restriction on the number of backstage "helpers" to assist you prepare, as there is ample space. However, backstage "spectators" are not allowed and will be removed! Bring your own weights to pump up if required. Prestigious venues such as MVRC give no second chances with their venue, if competitors leave damage to the venue and furnishing from competitor's tan and oil. 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 transient products like *Dream Tan* and recommend skin-dye tans like *JanTana*. Competing at this venue has four compulsory conditions:

1. Competitors must bring a towel (or similar) to stand on when they are applying any tan/oil.
2. Wear sandals (or similar) at all times backstage until you go on stage.
3. Competitors must be fully clothed before sitting on chairs in the venue.
4. **Do not touch or lean on WALLS or columns backstage.**
Each tan mark is a \$200 repaint fee!

BULK NUTRIENTS – AUSTRALIAN TITLES MAJOR SPONSOR



INBA is grateful for the generous support from our new sponsor, Bulk Nutrients who are providing \$15,000 of airfares to our Australian competitors in return for the Naming Rights for the 2011 Australian Titles. Please return the support to Ben Crowley and his online team if you have the opportunity. View the industry best, cost-price supplements at www.bulknutrients.com.au

COMPUTERISED SCORING SYSTEM

In a World's first for bodybuilding, INBA are deploying our newly developed sport-specific scoring program. This is identical to what you see at the Olympia Games for other (subjective) scored sports such as Gymnastics and Diving. Additionally using a network computerised system eliminates the possibility of human error when scores are re-entered into an overall tally sheet (paper method). Moreover, using the 'old' paper system took a long time and the length and presentation of a bodybuilding event suffered. Now, in the time it takes to press a button, the results are available. For decades now INBA has continuously worked on ways to make the running of event smoother, seamless and faster.

TICKET PURCHASES

Tickets can be pre booked for this event, however only VIP tickets (100 front rows) are reserved seating (numbered).

Show One or Two Both Shows	General Admission	\$50	VIP \$60
	General Admission	\$80	VIP \$100
Children Prices (All seats)	Under 10	FREE	
	Secondary school	\$25 per Show	

Tickets can be purchased in a number of ways:

- (1) On the entry form,
 - (2) During Registration held at Bell St Fitness Centre,
 - (3) At the Venue on the day.
- Cash only – no credit card facilities at the venue.

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 \$35. The photos are yours to edit and print as you wish.

AUSTRALIAN UNIFORM



Competitors representing Australia at the Natural Universe and Natural Olympia will be able to purchase the Australian Uniform. We offer a discount basic uniform (consisting of polo shirt and jacket) for those on a budget. The full Australian uniform consists of Jacket, pants, shirt and includes the cap for free. There is a range of sizes available in jackets, pants and polo shirts for you can get a good fit. The Uniform will be available for to purchase at Registration of the AustralianTitles, at the Australian Show and last chance at the Registration for the Natural Universe. "First in – best dressed" on size choice.

Importantly, this Australian uniform remains the same for all future international events.

Full Australian Uniform \$159 (Tracksuit pants with jacket, polo shirt and cap)
Basic Uniform \$99 (Polo shirt and Jacket)

- **Individual Australian Uniform Items**
Jacket \$69
Pants \$49
Polo Shirt \$39
Cap \$20

ACCOMMODATION RECOMMENDATION

An advantage of our new venue is the large selection of options from budget to luxury accommodation within 4km of the venue. These are two closest:

1. **Quest Moonee Valley** (03) 8325 9500 www.questapartments.com.au
Cnr of McPherson & Coats Street. Moonee Ponds.
With an ideal location only 90 metres to the venue door. The property offers a range of studio, one, two and three bedroom apartments, each complete with full kitchen and laundry facilities. Foxtel and wireless broadband internet access.
2. **Moonee Valley Views Apartments** (03) 9373 3777 www.mvv.com.au
A choice of studio, one, two, three or four bedroom two-storey apartments complete with fully equipped kitchens. Free FOXTEL and wireless broadband as well as on-site parking.

If local hotels are booked or you require a large booking there is a new hotel half way between the airport and the venue.

Best Western Taylors Lake Motel

7 Melton Highway, Taylors Lakes, VIC 3038

(03) 9390 8122

www.taylorslakeshotel.bestwestern.com.au

DIRECTIONS: GETTING TO THE VENUE BY CAR

From Melbourne City, proceed via Elizabeth St to Flemington Rd.

- Branch left onto Mt Alexandra Rd.
- Turn right at Ormond Rd.
- Turn left at Patterson St. follow the signs into the access road and Centre Car Park.

Alternatively drive on Citylink.

- Exit at Moreland Rd and continue to end. Turn left into Pascoe Vale Rd.
- Turn left into Wilson St.

Inbound from Airport

- Take city link towards Melbourne. exit at Brunswick Rd.
- Turn right into Ormond Rd. Turn right into Pattison St.
- Proceed under Dean St overpass to enter course.

GETTING THERE BY TRAIN

- Take Craigieburn line from Flinders Street Station.
- Disembark at Moonee Ponds station. The course is a 10 minute walk.
- Travel down Puckle St, across Moonee Ponds Junction to Dean St.
- Turn left into McPherson St for main entrance.

GETTING THERE BY TRAM OR BUS

- Terminals are located at Moonee ponds Junction.
- Tram no. 59 from Elizabeth St arrives directly at Junction.
- From junction walk 200m to entrance on McPherson Street.

OFFICIAL I.N.B.A. APPLICATION