



12th May 2012

MUSCLE NUTRITION ADELAIDE CLASSIC



ENTRY FEE: \$99 Includes DVD & Competitor Tee
ENTER BY: Saturday 28th April 2012 Late-fee applies after this date

Please post to
Australian Muscle, 3/171 Goodwood Rd, Millswood SA 5034.
 You can also Fax form to 08 8373 0735.
 Note: You can also enter online at www.inba.com.au using a credit card

	Tick ✓		
1. Entry Fee	<input type="checkbox"/> Entry Fee	\$99	\$ _____
	Or		
	<input type="checkbox"/> Late Entry Fee (after 28/04/12)	\$130	\$ _____
2. Contest Photos	<input type="checkbox"/> CD	\$35 x _____ Qty	\$ _____
		TOTAL	\$ _____

Payment Options (tick)

- CreditCard _____ Exp. ____/____/____
- Cheque Please make payment to **Australian Muscle** and post with entry form
- Cash Post Entry Form or Fax to 08 8373 0735 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

ADELAIDE CLASSIC APPLICATION FORM

DIVISION Height (cm)

I will be performing my Optional Individual Posing Routine? Yes / No

NAME.....

INBA MEMBERSHIP NUMBER* EXP. DATE.....

*Must have applied and received your current Membership number prior to submitting the Entry Form. Apply for membership online www.inba.com.au

ADDRESS

..... P/CODE

PHONE NUMBER Home () Work ()

Email Mobile

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

GYM REPRESENTING.....

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 it's 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 _____

2012 INBA MUSCLE NUTRITION ADELAIDE CLASSIC

RETAIN THIS INFORMATION FOR YOURSELF

ENTRY FEE: \$99 (prior 28/04) or \$130 late-entry (after 28/04).
 Fee includes Competitor T-shirt, DVD.
SERVICES: Photographs of your division on CD \$35.
VENUE: Norwood Concert Hall
 175 The Parade Norwood.
DATE: Saturday 12th May
TIME: 6pm
TICKETS: General \$35
PROMOTERS: Australian Muscle

ADELAIDE CLASSIC EVENT HIGHLIGHTS

- + INBA Champion Statues for Overall Winners!
- + 24KT Gold-Plated Achievement Medals
- + Competitor Tee Shirts
- + ASADA Drug Testing
- + One Show Format
- + Optional Posing Routine
- + Qualifier for City National Titles
- + Contest DVD Included
- + Qualifier for Australian Titles

REGISTRATION – Friday & Saturday 4th & 5th May

Competitor registration will be held over 2 days at Australian Muscle. Day 1 (Fri 4th) will be at Australian Muscle Salisbury Plain, 5/1700 Main North Rd from 10:00am until 5pm. Day 2 (Sat 5th) will be at Australian Muscle Millswood, 3/171 Goodwood Rd from 10:00am until 2pm. Make sure you bring your music CD with you. Country or interstate competitors can make other arrangements by calling 0416 167771.

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.

NEW NATIONAL & AUSTRALIAN QUALIFICATION

Top 3 in each division will qualify for the new 2012 City Natural Championships in Sydney on June 3rd and be part of Team Australia to compete in Carlsbad (Czech Republic) in June 29-30th. Additionally Top 3 also qualify for the 2012 Australian Titles held in Melbourne in October.

EVENT FORMAT

The event is run in a one show format. Judging consists of Round One (Symmetry) and Round Two (Muscularity). Then competitors perform their optional posing routine. 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 Adelaide Title.

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

SHOW STARTS 1PM

Est. Stage Time

INTRODUCTIONS

Fitness Model	(Height Classes if required)	6.05pm
	Bikini Round	
Teenage Men	19 or under on 01/01/12	6.25
Junior Men	21 or under on 01/01/12	6.40
Fitness Model	Sportswear Round	6.55
Novice Men	First Contest	7.10
Novice Ms Physique*	First Contest	7.25

Intermission 1

7.40

Intermediate Men

8.00

Intermediate Ms Physique*

8.15

Men's Master O'40

8.30

Ms Physique* Master O'40

8.45

Men's Masters O'50

9.00

Intermission 2

9.15

Ms Physique* Open

9.35

Mr Adelaide Open

9.50

Overall Ms Adelaide

(All Winners)

10.20

Overall Mr Adelaide

(All Winners)

10.35

* Ms Physique was previously called Ms Figure

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. See DIVISIONS at www.inba.com.au for more information.

OPTIONAL INDIVIDUAL POSING ROUTINE & MUSIC

Round 3 or Individual Posing *is optional* at this event. For those wishing to perform their routine either email your music to us as a MP3 file include your name, contest and division in the subject line. Email to Kim Tanska at kim@australianmuscle.com.au Otherwise post your music along with your entry form. Alternatively, bring your 60 second

CD to registration on may 4th & 5th . Your posing CD should be a copy (not original) and only have one track – your posing music. We burn your music CD to a master CD; 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

Competitors are allowed 1 backstage helper who must wear a backstage pass (supplied at registration). Bring your own weights to pump up if required. INBA insist your tan be applied prior to arriving at the venue, so only a final ‘touch up’ is required. 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!

24 CARAT GOLD-PLATED COMPETITOR ACHIEVEMENT MEDALLIONS



INBA Australia commissioned the striking of an exclusive gold Achievement Medallion for our competitors who take up the challenge of competing - but do not place in the Top 3.

Our double-sided Achievement Medallion recognises that to make it on-stage is a remarkable accomplishment regardless of where you place. Not many people have the qualities and character to attempt or succeed in completing the ultimate physical challenge - to endure the 24/7 rigours of contest preparation, diet, training and also learn the field of knowledge to take a physique to new boundaries. INBA wanted something exceptional to recognise a competitor's feat of making it all the way to “contest day”. Plus to highlight that placing outside Top 3 does not diminish the achievement – sometimes those who finish last have fulfilled the biggest personal challenge. Like finishing a marathon, to compete on stage deserves its credit - the INBA Competitor Achievement Medallion.

INBA STATUES FOR OVERALL CHAMPIONS



Pictured is the incredible Overall Championship Statues for the 2012 Adelaide Classic Ms Physique, Fitness Model and Men's Overall Champion. The Championship Statues are exclusive to INBA and can not be won elsewhere and are not available for sale. The Adelaide Classic Champions who win these special bodybuilding awards will have on display in their homes a very unique talking point!

DVD & PHOTOGRAPHY

A DVD of the event is free for all competitors and will be available at Australian Muscle a couple of weeks after the show.. 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.

TICKET PURCHASES

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

General Admission \$35

Tickets can be purchased in a number of ways:

- (1) At Australian Muscle stores and selected outlets from April 1st,
- (2) During Registration held at Australian Muscle ,
- (3) 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 28th April to Australian Muscle 3/171 Goodwood Rd Millswood SA 5034

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.