

2024 ICN AUSTRALASIA CHAMPIONSHIPS Update #4 February 16
Be sure you have the latest event details. Information may be updated leading into the show, so, come back to **Event Information** on a regular basis and download any updated version.



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DATES:	Saturday & Sunday 13 & 14 April 2024
CONTEST TIME:	11 AM to 4 PM Both Days
ENTRY FEE:	\$249 Includes First Division Entry, Premium Competitor Gift, Free entry to the Expo both days, and free outfit for SportsModels, Fitness Men and Classic Physique.
ADDITIONAL:	Additional entries are \$99 each.
ENTRIES CLOSE:	Midnight on Wednesday 10 April 2024.
PHOTOS:	On Stage. 10-12 photographs of <u>each</u> division for \$49. Backstage Studio. 10 hi-resolution studio images for \$75
PAYMENT DUE:	Pay Online via iCompete between Midnight 09/04 – 10/04 or at Check-in on the weekend (cash only)
VENUE:	Melbourne Convention Exhibition Centre (MCEC) Part of AUS Fitness Expo https://www.mcec.com.au/ 2 Clarendon Street, South Wharf, VIC.
PROMOTER:	Tony Lanciano, ICN Australian President, 0402 555 505

01. Melbourne, Australia.

Melbourne was founded in 1835 and is the capital of the Australian state of Victoria. It is the second-largest city in Australia with a population of 5.3 million (19% of the population of Australia), and its inhabitants are referred to as "Melburnians". Melbourne was ranked the world's most liveable city for 7 consecutive years (2011 – 2017).



02. Event Venue: Melbourne Convention Exhibition Centre (MCEC)

2 Clarendon Street, South Wharf, 3006

<https://ausfitnessexpo.com.au/>

TIP: Save friends 25% on Spectator Tickets by giving them our code ICNVIC

Compete in this world-class venue, at Australia's largest fitness event with over 35,000 people attending. Positioned across the road from Crown Casino, and the heart of Melbourne city centre only footsteps away. MCEC is nestled along the Yarra River with a salubrious range of Melbourne's best and diverse hotels and restaurants. After an upgrade in 2018, the MCEC become Australia's largest exhibition centre and venue.



03. How to travel from Melbourne Airport to your Hotel (city)

Taxi. 30 minute travel time. Cost @ A\$70 for up to 4 people.

Skybus. Leaves every 10 mins. Buy tickets at their booth outside the arrival terminal. \$23.90 one way (\$40 return) <https://www.skybus.com.au/>

SIM Cards for use in Australia

There is an Optus shop in the international arrivals public section. www.optus.com.au/shop/mobile/prepaid/sim

City Gym

Doherty City Gym

Open 24/7 for your convenience and jet lag! \$20 casual visit.

367 Flinders St, Banana Alley Vaults, Melbourne

04. Checkin (Registration)

Registration will be held side stage inside the venue (MCEC) on Saturday and Sunday. Just arrive 75 mins before your Estimated Stage Time (see #5 next page).

When you arrive at Registration, come to the table with either an **envelope** or **piece of paper** in your hand. Let me cover this carefully as its vital to a fast, flowing experience for competitors:

If you are paying your entry fees in cash at Registration you must have the money in an ENVELOPE. On the envelope please write the following 6 pieces of information:



If you are paying at Registration bring money in an envelope with:

- Your Name
- Your Contest Number (this will be emailed to you before the contest)
- The Division/s you have entered and estimated stage time.
- The Media (photos and video) you ordered.
- The total amount enclosed in the envelope – the correct amount is appreciated.

If you **paid online**, give us just a **piece of PAPER** (not an envelope). This is important to us because “envelope” means you need to pay, and “paper” means you have already paid. On the paper, just 4 pieces of information.



To pay online
(Available Midnight April 8 to
Midnight April 10. Go to PAY
ENTRY under **EVENTS** in your
ICN Portal)

Just bring a piece of paper with:

- Your Name
- Your Contest Number
- Division/s and Time/s entered

When you come to the Check-in table, place your **envelope** or **piece of paper** on the table in front of the staff. They can work quickly off the written information and get you officially registered and underway. Once you hand over your envelope/paper to check-in staff they will mark your attendance and hand back your contest number*

Contest Number

You receive one contest number – wear the same number for every division. You will receive a Front number to wear on the right-hand side of your costume, and a second number to wear on the back (centre). This way, judges see your competitor numbers when you turn around.

ICN Premium Gifts for Competitors!



Each Competitor will choose their own Gift from the awesome ICN Premium Shop.

From luxury Mealbags to Workout Headphones. Our "Thank You" for competing in this event.

05. Divisions and Times

AUSTRALIA  **AUSTRALASIA**  **VICTORIA**

MUSCLE & MODEL SHOW

11am Saturday 13th & 14th April 2024
AUS FITNESS EXPO - MELBOURNE CONVENTION CENTRE
TICKETS \$30 use code ICNVIC & get 25% off - ausfitnessexpo.com.au

SATURDAY

10:30	Ms Figure Classic
10:40	Ms Figure 30+
10:50	Ms Figure Novice
11:00	Ms Figure Open
11:10	Ms FitnessModel 40+
11:20	Ms FitnessModel 30+
11:30	Ms FitnessModel Momma
11:40	Men's Bodybuilding 40+
11:50	Ms FitnessModel 23
12:00	Men's Bodybuilding 23
12:10	Ms FitnessModel Rookie
12:20	Men's Bodybuilding Rookie
12:30	Ms FitnessModel Novice
12:40	Men's Bodybuilding Novice
12:50	Ms FitnessModel Open
1:00	Ms Wellness
1:10	Men's Bodybuilding Open
1:20	Ms Sports Model 40+
1:30	Ms Sports Model 30+
1:40	Ms Sports Model 23
1:50	Men's Classic Physique 30+
2:00	Ms Sports Model Momma
2:10	Men's Classic Physique Rookie
2:20	Ms Sports Model Rookie
2:30	Men's Classic Physique Novice
2:40	Ms Sports Model Novice
2:50	Men's Classic Physique Open
3:00	Ms Sports Model Open

SUNDAY

10:30	Men's Physique 40+
10:40	Ms Bikini 40+
10:50	Men's Physique 30+
11:00	Ms Bikini 30+
11:10	Men's Physique 23
11:20	Ms Bikini 23
11:30	Ms Bikini Momma
11:40	Men's Physique Novice
11:50	Ms Theme Wear
12:00	Men's Physique Rookie
12:10	Ms Swimsuit 30
12:20	Men's Physique Under 70Kg
12:30	Ms Swimsuit Rookie
12:40	Men's Physique Over 70Kg
12:50	Ms Swimsuit Novice
1:00	Men's Physique Open
1:10	Men's Fitness 30+
1:20	Ms Swimsuit Open
1:30	Men's Fitness 23
1:40	Ms Bikini Rookie
1:50	Men's Fitness Rookie
2:00	Ms Bikini Novice
2:10	Men's Fitness Novice
2:20	Ms Bikini Open
2:30	Men's Fitness Open
2:40	Ms Gym Model

 Follow us on Instagram **LIVE RESULTS & PHOTOS** **ICN VICTORIA**  Like us on Facebook

06. Prep Area

Prep area is behind the stage. Bring your own bands etc. to pump up if required.

1. Competitors must bring a towel (or similar) to stand on when they are applying any tan/oil.
2. Bring Baby Wipes to clean tan marks.
3. So not sit directly on toilet seats etc.
4. Competitors must be fully clothed before sitting on chairs in the venue.
5. Do not touch or lean on any surface backstage.

07. Entries Fees

Your Entry fee can be paid online at www.icompetenatural between midnight April 8 to Midnight April 10. Go to PAY under Event. Online can be paid by credit/debit card or PayPal.

First Division AUD \$249

Additional Divisions AUD \$99

08. Explanation of Divisions

ICN DEFINITION OF DIVISIONS:

First Timer

First Timer means you have never competed before in any federation.

First Timer means this is your first contest.

However you can enter multiple divisions on the day of your first contest.

Note: First Timer does not mean this is your first time in the division - so do not enter a First Timer division if you have competed previously.

Rookie

Rookie is your first year of competing in that specific division.

This means enter any division for the first time between January 1 and June 30 (Season A) and your Rookie status in that division continues until December 31 (Rookie for Season A and B) Or enter after July 1 (season B) and you are a Rookie in that division until June 30 the following year. (Rookie for Season B and A))

Exception - The Rising Star and Rookie of the Year show is not a 'standard' event and its unique divisions and definitions to protect new and inexperienced competitors will remain unchanged.

Novice

Entry is eligible to competitors who have not won (placed first) in a Novice or Open Division includes Height Classes in that specific division.

Open

Open is the highest level of any particular Division where the best of the best is determined.

Height Class

Simply divide equally by number of entries according to height

Bodybuilding & Ms Figure

Round One – Symmetry - Round Two - Muscularity

Seven Muscularity Poses for **Bodybuilding Classes:**

Front & Rear double bicep - Front & Rear lat spread - Side Tricep - Side Chest - Abdominal & Thigh

Five Muscularity Poses for **Ms Figure Classes:**

Front & Rear double bicep - Side Tricep - Side Chest - Abdominal & Thigh

Ms Figure Classic only perform only symmetry.

Bikini Model is designed for a softer figure and competitors *should not* have six-pack abdominals.

Swimwear Model is designed for those who shape is enhanced in a one-piece outfit.

Fitness Model should have a more trained look and aim to display six-pack abdominals.

Sports Model The division is judged wearing sportswear and shoes to give both bikini and fitness competitors an chance.

Ms Runway is open to every body type (Figure, Fitness, Bikini) and judged like Angels except competitors wear a long evening gown style of dress. The Ms Runway image is about looking fit and healthy in a glamorous dress. While this needs a nice shape, it also includes other factors such as poise, confidence, stagecraft, glamour, the dress, and having a sense of fun are all vital.

09. Drug Testing and Supplement Warning

Drug testing for performance enhancing substances at ICN events is conducted at WADA accredited labs. Over the past 3 years approximately 80% of our positive contest day tests have occurred because of banned ingredients in USA supplements, especially pre-workout products taken on event day. **As a rule, don't take any supplement 3 days prior to the competition.** This will avoid an inadvertent positive test from a substance only banned "in competition" which is mostly the problem we see with pre-workouts and in other supplement contamination cases.

10. Show Tickets

(1) Competitors will receive FREE a 2-day ticket courtesy of ICN Victoria.

(2) SPECTATORS - BOOK ONLINE

ICN Special - tickets to the Fitness Show & ICN Australasia Championships are ridiculously cheap when you use our promo code: **ICNVIC**

Book here: <https://ausfittessexpo.com.au/>

11. Australasia Awards - OVERALL Champions Trophy



Medals Top 5 Finalist

ICN has crafted these spinning and inspiring medals! Worthy of the Australasia title! We are delight with the result!



ICN Achievement Medallions

All competitors outside the Top 5 are placed as equal 6th and receive this impressive double-sided ICN Achievement Medallion. As an individual medal this 5" (13cm) medal is as large as what the champion will receive. At ICN we wish to acknowledge what a remarkable achievement it is to represent your country in our Regional event and make it through all the challenges both physically and financially to step on stage.



12. Competitor's Photographs

Photography: Professional Photographers will be taking photos at the contest both onstage and backstage.

Onstage Photography. You receive @ 10-12 photographs taken of you in your division onstage for AUD \$49.

Backstage Studio. 10 high-resolution edited studio images for AUD \$75

Our popular Backstage Studio Photography is supplied by Key Light Images (Warwick Marcakis Photography). You are entitled to ten (10) high resolutions studio images and that can include with family and friends, trophies won, favourite poses and in different outfits. To register you simply tick the Studio Images box as part of your online registration. If you forget to tick the box then you can pay and book when you register on comp day. You will be sent emails prior to your event explaining the full process and you can also pick up a brochure on your comp day, which contains all the information you need to know.

If you have any questions you can contact Warwick directly on 0414447399 or marcakisw@gmail.com

13. Stage Walk

CENTRE STAGE WALK FOR ALL MALE & FEMALE DIVISIONS

VICTORIA ICN
TRIUMPHATE NATURAL
MUSCLE & MODEL WORLD ALLIANCE

FRONT LINE

- *As competitors are introduced from side stage please walk to the back centre stage marked X and hit 1 pose only
- *Next walk to the front line each competitor alternating sides and hit 2 poses of your choice.
- *Centre stage is always clear to allow a competitor to add their own creativity and style as they walk to the front line.
- *Once all competitors are on the front line formal judging will begin.
- *Keep the walk flowing - Do not curtsy - Work with your posing coach to showcase your physique to highlight all your strengths

14. Competitor Outfits Supplied for Classic Physique, Men's Fitness & Ms SportsModel

**MEN'S FITNESS
CLASSIC PHYSIQUE
SPORTS MODELS**

**SPORTSWEAR
SUPPLIED
FREE**

VICTORIA ICN
TRIUMPHATE NATURAL
MUSCLE & MODEL WORLD ALLIANCE

**CROSSOVER FRONT
TO ADD STYLE**

T BACK TO SHOW DEFINITION

15. New Divisions – Ms GymModel & Themewear

Ms Gym Model

Ms Gym Model division is a second option for bikini-level competitors, wearing Gym Fashion. As a new division, Gym Model Attire will be open for competitors to decide what style and colour they wear. We are looking for muscularity on the smaller side, while carrying just enough bodyfat to avoid muscle separation. Nice toned body with a flat midsection. A Gym Model should deliver a combination of overall beauty and the physical appeal of a shapely toned body. Very important is striking (fitness) fashion poses together with stage presence and self-confidence.

Gym Model Attire

1. Open choice. You may wear two-piece, one-piece, with short legs or long.
2. White runners (optional with socks).
3. No jewelry.



Stage Presentation and Posing

Athletes will come onstage together and perform their posing as a group. Note: *In any ICN event the presentation of a division may vary and you could be asked perform your 360 degree transition/posing routine, individually.*

- A. Competitors start in any stage pose/position, called their 'signature pose'
- B. Judging will start with competitors asked to "transition" to their first quarter turn pose (angled towards the right-hand of stage).
- C. During the 90 degree transition between poses, athletes can perform additionally poses to accentuate their stage presence and physique.
- D. When striking your quarter turn pose, it should be a static fashion pose with your face or face profile (side) in view for the judges. TIP: *If you hear the Head Judge say "strike" stop any transition pose and hit your static pose.*
- E. Head Judge will ask you to transition to the next quarter tune (body pointing to the rear of stage), followed by the next quarter turn to the right (body towards the left side of stage) and finally facing the judges and striking your front pose. When you hear the Head Judge ask you to 'relax' you can return to your signature pose.

Judging Points

1. Gym Models will accentuate their shape, symmetry and toned condition, not muscular.
2. Presence, like a fashion model, is the cornerstone of GymModel. Lots of energy, confidence, boldness and sass.
3. Posing is the key. A Gym Model will reveal their true beauty through their posing.
4. Hair and Gym wear to showcase their natural beauty and immaculate physical presentation

Posing Guidelines

As a 'fashion model' division you are allowed a lot of freedom during the presentation/judging to create posing your best poses. Following are some sample photos of poses you might use during your transition and actual static pose.

Side Pose Examples:



Rear Pose Examples:



Front Pose Examples:



ICN Themewear

ICN Themewear is an extension of Angels, so competitors can be more innovative and diverse in the costume/character they wear. No limits! Angel, Tennis Player, Cowgirl, Cheer leader etc. The judges look for the best overall presentation on the day which includes poise, walk, personality, overall body condition and shape, and effort into account. This is designed as a 'fun' Category focusing on Colour and Entertainment as well combining fitness modelling with fashion modelling.

16. Spray Tan, Make-up and Hair Styling Service

Please message the service providers listed below in iCompete for prices and information.



17. Travelling Advice for International Competitors

Minimum time required to recover from the effects of jet lag is one hour for every hour you spend travelling. Try to arrive in the afternoon or evening so you can sleep and wake at the correct time. When you board the plane in your Country, adjust your watch to the time in the destination country and eat according to the time here. Same applies to sleep. Drink plenty of water. Eat Lightly. When booking your airline ticket, ask for low-fat meals to be served. But also take your own food on the plane with your carry-on luggage. Also, bring some packaged food in your suitcase, so you can survive for several meals without the stress of finding bodybuilding food immediately upon arriving. Note: If you bring supplements, keep them in original containers in case customs officials want to inspect your "pills and white powder". If you are tanning in the hotel, bring your own sheets and pillowcase to sleep in the bed. Otherwise, you can get away with just a pillowcase and old "jammies" to sleep in. Hotels usually pass-out when they see the tanning stains left behind by bodybuilders and they will charge you an outrageous cleaning fee.

Don't be critical of your contest condition as you can expect to be 20% off your local contest condition due to the rigours of travel, however, everyone is similarly handicapped. That is why I say those who win international events are those who travel best and do not get upset by unexpected situations. Try and plan so you can be very self-reliant. One important message about competing internationally – hope for the best and prepare for the worst. The way an event is run in another country may vary from what you expect. We are also promoting a contest in a new country and the promoters will be facing unexpected challenges and problems themselves. So be flexible in your mind and last-minute preparation. However, rest assured the Championships will be a fantastic experience for everyone. The ICN Promoters have run many international events and have dedicated 12 months into the planning of this event, so we have prepared as diligently as competitors!

