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SOUTH COAST SPECTACULAR

CITY DIGGERS, WOLLONGONG

22 SEPTEMBER

NATURAL
BODYBUILDING
AUSTRALIA

EVENT INFORMATION PACK



SOUTH COAST SPECTACULAR

CITY DIGGERS, WOLLONGONG **22 SEPTEMBER**

EVENT INFORMATION PACK

CONTEST

2024 SEASON B
South Coast Spectacular

DATE

Sunday September 22nd, 2024

START TIME

Show 1 - 11:00am
Show 2 - 2:00pm

MAXIMUM DIVISIONS

MAXIMUM of 2 Core Categories
MAXIMUM of **3 Divisions** in their first chosen category
and **2 Divisions** in their second chosen category
* Optional Divisions Unlimited

ENTRY FEES

\$200 - includes first division and optional posing routine or themewear
\$90 - per additional division
\$180 - NBA Membership



Enter at:
www.nbabodybuilding.com/product/registration

VENUE

CITY DIGGERS WOLLONGONG
82 Church St, Wollongong
NSW, 2500

www.citydiggers.com.au



Google Maps

TICKETS

\$40 - General Admission
\$30 - High School / Seniors
FREE - Kids under 12
(with paying adult)



www.nbabodybuilding.com/product-category/tickets

CONTACT

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Scott Morrell : 0405 - 433 - 535
Michael Trimboli : 0403 - 465 - 687
Michael Galante : 0405 - 803 - 654



hello@nbabodybuilding.com

ENTRIES CLOSE

Midnight, Wednesday 18th Sept,
2024





SOUTH COAST SPECTACULAR

CITY DIGGERS, WOLLONGONG **22 SEPTEMBER**

FEMALE CORE DIVISIONS

Swimsuit

First Timers
Beginners
Intermediate
Open
Over 30
Over 40
Over 50
Under 30
Under 25
Mums

Bikini

First Timers
Beginners
Intermediate
Open
Over 30
Over 40
Over 50
Under 30
Under 25
Mums

Sports Model

First Timers
Beginners
Intermediate
Open
Over 30
Over 40
Over 50
Under 30
Under 25
Mums

Fitness

First Timers
Beginners
Intermediate
Open
Over 30
Over 40
Over 50
Under 30
Under 25
Mums

Wellness

First Timers
Beginners
Intermediate
Open

Figure International

First Timers
Beginners
Intermediate
Open
Over 30
Under 30
Mums

Figure

First Timers
Beginners
Intermediate
Open
Over 30
Over 40
Over 50
Under 30
Under 25
Mums

Women's Physique

Open

FEMALE DIVISION RULES

- Overall Division cannot be selected during registration.
- ALL** division winners will compete for the Overall Title automatically.
- Swimsuit competitors can only cross over to Bikini.
- Bikini competitors can cross over to either Swimsuit or Sports Model.
- Sports Model competitors can cross over to either Bikini or Fitness.
- Wellness competitors can cross over to either Sports Model or Fitness.
- Fitness competitors can cross over to either Sports Model or Figure International.
- Figure International competitors can cross over to either Fitness or Figure.
- Figure competitors can only cross over to Figure International.
- Women's Physique competitors can't compete in any other Core Category.
- Themewear is open to all competitors.
- Fit Swimsuit is only open to Sports Model and Fitness competitors only.
- Figure Swimsuit is open to Figure International and Figure competitors only.
- Women's Posing Routine is open to Figure International and Figure competitors only.
- MAXIMUM of 2 Core Categories
- MAXIMUM of 3 Divisions in their first chosen Core Category and 2 Divisions in their second chosen Core Category
- First Timers is open to any competitor competing in that category for the first time in any federation.
- Beginners category is open to any competitor in their first 12 months of competition in any federation.
- Intermediate category is open to any competitor with less than 3 years competition experience in any federation AND has not placed top 3 in an equal or higher-level competition.
- Height Classes are NOT set at a specific threshold, divisions will be split equally or merged based on the number of competitors.
 - E.g. 12 competitors enter Bikini open. 6 shortest will be short class, 6 tallest will be tall class.

OPTIONAL DIVISIONS

Women's Posing Routine
Themewear (Free)
Fit Swimsuit
Figure Swimsuit



Please note the above divisions can and will be split or combined depending on entry numbers.

This will be done in the last few days before the competition and will be advised at pack collection.





SOUTH COAST SPECTACULAR

CITY DIGGERS, WOLLONGONG **22 SEPTEMBER**

MALE CORE DIVISIONS

Men's Fitness

First Timers
Beginners
Intermediate
Open
Over 40
Under 40
Under 25

Men's Physique

First Timers
Beginners
Intermediate
Open
Over 40
Under 40
Under 25

Classic Physique

First Timers
Beginners
Intermediate
Open
Over 40
Under 40
Under 25

Bodybuilding

First Timers
Beginners
Intermediate
Open
Over 40
Under 40
Under 25

OPTIONAL DIVISIONS

Men's Posing Routine

MALE DIVISION RULES

- Overall Division cannot be selected during registration. **ALL** division winners will compete for the Overall Title automatically.
- Fitness competitors can only cross over to Physique.
- Physique competitors can cross over to either Fitness or Classic Physique.
- Classic Physique competitors can cross over to either Physique or Bodybuilding.
- Bodybuilding can only cross over to Classic Physique.
- Men's Posing Routine is open to Classic Physique and Bodybuilding competitors only.
- MAXIMUM of 2 Core Categories.
- MAXIMUM of 3 Divisions in their first chosen Core Category and 2 Divisions in their second chosen Core Category.
- First Timers is open to any competitor competing in that category for the first time in any federation.
- Beginners category is open to any competitor in their first 12 months of competition in any federation.
- Intermediate category is open to any competitor with less than 3 years competition experience in any federation AND has not placed top 3 in an equal or higher-level competition.
- Weight Classes are NOT set at a specific threshold, divisions will be split equally or merged based on the number of competitors.
 - E.g. 12 competitors enter Bodybuilding open. 4 lightest will be lightweight, middle 4 will be middleweight, 4 heaviest will be heavyweight.



Please note the above divisions can and will be split or combined depending on entry numbers.

This will be done in the last few days before the competition and will be advised at pack collection.

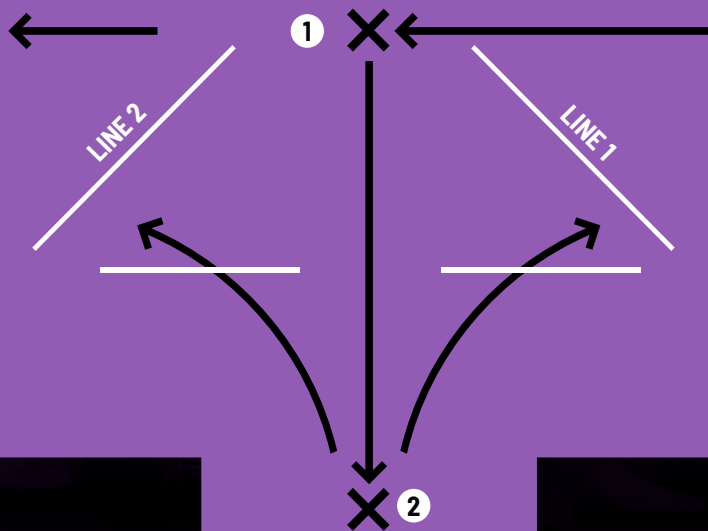




SOUTH COAST SPECTACULAR

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STAGE WALK



JUDGES TABLE

Swimsuit, Bikini, Sports Model, Fitness, Wellness, Figure International, Mens Fitness & Mens Physique competitors all complete an 'I Walk' entry to the stage for their first time on stage.

All Classic Physique, Figure, Bodybuilding, & Women's Physique Competitors will walk straight to the front line, where we will proceed with Round 1 Symmetry Poses, followed by Round 2 Compulsory Poses, and finish with a pose down.

I WALK

1. Competitors will enter from stage right and walk to point **1** where you will hold a front pose and wait for the competitor at point **2** to complete their poses.

Competitors will start their entry to the stage when the competitor before them starts their second pose at point **2**

2. Competitors will then walk forward to point **2** where you will complete **3 poses** of your choice
3. After completion of chosen poses, competitors will walk off to either **line 1 or 2** at the back of the stage as directed by the backstage official.
4. Competitors will be called to the **front line** for **comparisons**.
5. Once judging is completed, competitors will exit via the left of stage.

***Note:** After your first division, you will not complete an 'I Walk'; instead, you will enter the stage walking straight to the front line.

Any competitors doing the 'I Walk' in the division will enter first. Once all competitors are onstage they will be asked to come to the front line and commence judging.





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SPORTS MODEL OUTFITS

Sports Model outfits are purchased from the online-store and will be collected in your comp pack:



www.nbabodybuilding.com/product/womens-sports-model-outfit

MENS PHYSIQUE / FITNESS BOARD SHORTS

Mens Physique / Fitness board shorts are purchased from the online-store and will be collected in your comp pack:



www.nbabodybuilding.com/product/mens-physique-boardshorts

CLASSIC PHYSIQUE TRUNKS

Classic physique trunks are purchased from the online-store and will be collected in your comp pack:



www.nbabodybuilding.com/product/mens-classic-physique-trunks

TANNING, HAIR AND MAKE-UP

Stage Ready Glitz are our preferred partner and will be the only provider with backstage access. You can book in with Sam and her team here:



www.stagereadyglitz.com.au

DM via [instagram.com/stagereadyglitz](https://www.instagram.com/stagereadyglitz) if you have any issues booking.

PHOTOS & VIDEO

We have secured highly reputable Stage photographer **Charles Lowthian** and videographer **Nxt Gen Visual** to capture your time on stage. Secure your media package while registering or separately here:



www.nbabodybuilding.com/product/media-packages

BACKSTAGE ACCESS

Only athletes and coaches with a backstage wristband will be allowed backstage. A maximum of 1 Helper per competitor will be provided in your comp pack. Coaches will still need to purchase an event ticket. Water and a pump-up treats will be provided backstage.

REGISTRATION/ PACK COLLECTION

Athletes are encouraged to personally register and pick up their own packs the day before the event. If you are unable to do so, you may arrange for someone else to collect your pack on your behalf, provided that they are informed of your divisions.

As a last resort, collecting your pack on the day of the event is permissible, but you must confirm your divisions by phone with Head-Judge Stuart O'Brien beforehand.

WEIGH-IN

Athletes competing in divisions with weight classes will be required to be present for a weigh-in. Date, time and location will be advised via email prior to competition date.

SOCIAL MEDIA

Instagram : [nbaaustralia_official](https://www.instagram.com/nbaaustralia_official)
Facebook : [NBAustralia.official](https://www.facebook.com/NBAustralia.official)
TikTok : [tiktok.com/@naturalbodybuildingaus](https://www.tiktok.com/@naturalbodybuildingaus)
YouTube : [@NaturalBodybuildingAsiaPacific](https://www.youtube.com/@NaturalBodybuildingAsiaPacific)
Discord : discord.gg/Cw0gppmXfZ



Women's First-Timers, Beginners, and Open categories may be split by height at Natural Bodybuilding Australia's discretion.

Men's First-Timers, Beginners, and Open categories may be split by weight at Natural Bodybuilding Australia's discretion.

Pro divisions will only be offered at Nationals and Bali.

THIS IS A GUIDE ONLY. ORDER WILL CHANGE COMPETITION WEEK

RUNNING ORDER



SHOW 1 - 11:00AM

- | | | |
|----------------------------------|--------------------------------------|--------------------------------------|
| 1 Bodybuilding First Timers | 20 Classic Physique Over 40 | 39 Figure International Intermediate |
| 2 Bodybuilding Beginners | 21 Classic Physique Under 40 | 40 Figure International Over 30 |
| 3 Bodybuilding Intermediate | 22 Classic Physique Under 25 | 41 Figure International Under 30 |
| 4 Bodybuilding Over 40 | 23 Classic Physique Open | 42 Figure International Mums |
| 5 Bodybuilding Under 40 | 24 Classic Physique Overall | 43 Figure International Open |
| 6 Bodybuilding Under 25 | 25 Womens Posing Routine | 44 Figure International Overall |
| 7 Bodybuilding Open | 26 Mens Posing Routine | 45 Figure First Timers |
| 8 Bodybuilding Overall | 27 Figure Swimsuit | 46 Figure Beginners |
| 9 Mens Fitness First Timers | 28 Womens Physique Open | 47 Figure Intermediate |
| 10 Mens Fitness Beginners | 29 Mens Physique First Timers | 48 Figure Over 30 |
| 11 Mens Fitness Intermediate | 30 Mens Physique Beginners | 49 Figure Over 40 |
| 12 Mens Fitness Over 40 | 31 Mens Physique Intermediate | 50 Figure Over 50 |
| 13 Mens Fitness Under 40 | 32 Mens Physique Over 40 | 51 Figure Under 30 |
| 14 Mens Fitness Under 25 | 33 Mens Physique Under 40 | 52 Figure Under 25 |
| 15 Mens Fitness Open | 34 Mens Physique Under 25 | 53 Figure Mums |
| 16 Mens Fitness Overall | 35 Mens Physique Open | 54 Figure Open |
| 17 Classic Physique First Timers | 36 Mens Physique Overall | 54 Figure Overall |
| 18 Classic Physique Beginners | 37 Figure International First Timers | 55 Themewear |
| 19 Classic Physique Intermediate | 38 Figure International Beginners | 56 Fit Swimsuit |

SHOW 2 - 2:00PM

- | | | |
|-------------------------|--------------------------|------------------------------|
| 57 Bikini First Timers | 75 Fitness Under 25 | 93 Swimsuit Open |
| 58 Bikini Beginners | 76 Fitness Mums | 94 Swimsuit Overall |
| 59 Bikini Intermediate | 77 Fitness Open | 95 Sports Model First Timers |
| 60 Bikini Over 30 | 78 Fitness Overall | 96 Sports Model Beginners |
| 61 Bikini Over 40 | 79 Wellness First Timers | 97 Sports Model Intermediate |
| 62 Bikini Over 50 | 80 Wellness Beginners | 98 Sports Model Over 30 |
| 63 Bikini Under 30 | 81 Wellness Intermediate | 99 Sports Model Over 40 |
| 64 Bikini Under 25 | 82 Wellness Open | 100 Sports Model Over 50 |
| 65 Bikini Mums | 83 Wellness Overall | 101 Sports Model Under 30 |
| 66 Bikini Open | 84 Swimsuit First Timers | 102 Sports Model Under 25 |
| 67 Bikini Overall | 85 Swimsuit Beginners | 103 Sports Model Mums |
| 68 Fitness First Timers | 86 Swimsuit Intermediate | 104 Sports Model Open |
| 69 Fitness Beginners | 87 Swimsuit Over 30 | 105 Sports Model Overall |
| 70 Fitness Intermediate | 88 Swimsuit Over 40 | |
| 71 Fitness Over 30 | 89 Swimsuit Over 50 | |
| 72 Fitness Over 40 | 90 Swimsuit Under 30 | |
| 73 Fitness Over 50 | 91 Swimsuit Under 25 | |
| 74 Fitness Under 30 | 92 Swimsuit Mums | |

* Divisions and running order are subject to change once registration is finalised