

Friday October 9th

This Friday October 9th we will have our registration at the
Transcona CanadINN
826 Regent Ave

ALL athletes will need to be **10mins early** for their scheduled appointment for registration. **If** you do not have an appointment you need to call Ryan at 204 996 8989.

Athletes will enter into the building with the assigned front door to the hotel / Aaltos

You will need to remain outside until your group is called. Muscware will be used to notify the athletes at to what group is to be next in line outside as well as calling for the next group to come inside. ** A list of everyone name is listed "REGISTRATION TIMES" please look at what group letter you are. If you do not have the Muscware app, please go to the app store and download the free app immediately and subscribe to your show's notifications.

There is no entering the building unless you are called and when inside you are asked to come straight to the banquet room A to start the registration process.

Masks must be worn the entire time as well as please come **wearing your posing suit** as you will not be allowed to change at the venue and will be asked to leave and come back at a rescheduled time.

COVID screening and sanitizing will occur as soon as you walk in the room with no exceptions. Athletes will enter as groups of 7 and will leave as the same group of 7. Physical distancing will be in place and should be maintained at all times where

possible. Follow the arrows set up to show the flow and direction.

Athletes need to bring the following to registration

- **Wear your suit under your clothing**
- **Bring your mask**
- **Bring a pen for signing**
- **Personal sanitizing product**

Saturday October 10th

This Saturday October 10 is show day and will take place at the Centennial Concert Hall 555 main street Winnipeg

*****MASKS ARE TO BE USED AT ALL TIMES (EXCEPT ON STAGE) AND SOCIAL DISTANCING TO BE RESPECTED WHEN POSSIBLE *****

*****ALL ATHLETES ARE TO CHECK IN AND GO THROUGH THE COVID SCREENING AND SANATIZING PROCESS*****

***** PLEASE COME WITH YOUR SUIT ON AND READY TO GO WHEN YOU ARRIVE AT THE THEATRE*****

The show will be broken into three time slots.

**** once you are completed your class (overalls) we ask that all athletes gather their belongings and exit the building. If you are competing in another class you are not required to exit until your final class is complete**

Presentations

BODYBUILDERS, CLASSIC PHYSIQUE, WOMENS PHYSIQUE

Will come out in their groups first to be judged

**** no 30s walk out****

After the judging is complete they will move to side stage and be call one by one to the front to do their posing routine. When all routines have completed they will remain on the side of the stage and top 3 will be called out for awards. First place winners will remain afterwards for the OVERALL

MENS PHYSIQUE, FIGURE, WELLNESS, BIKINI

Will come out in their groups first to be judged and then step to the side stage and be introduced and asked to do their 15s walk and presentation. **** walk is AFTER group judging****

After all the athletes in the group have done their walk out we will proceed to the top three winners and have them step to their awards for photos.

This process will be the same for the OPEN and the NATURAL

NOTE: BECAUSE OF COVID WE WILL NOT BE ABLE TO PLACE THE MEDALS AROUND YOUR NECKS OR HAND YOU YOUR TROPHY. YOU WILL BE GIVEN YOUR MEDALS AND TROPHY IN THE BACK STAGE AREA AT THE DESIGNATED SPOT. YOU WILL BE ASKED TO STAND INFRONT OF THE 1ST 2ND 3RD PLACE SWORDS FOR THE PHOTOS AND ALL ATHLETES ARE TO JUST LEAVE THE AWARDS ON STAGE WITHOUT TOUCHING THEM PLEASE.

9am is show number 1. This show will include Men's Bodybuilding, Classic Physique and Physique. Athletes will show up using the designated Entrance (see map to show this entrance)

We ask the for the following arrival times

****Do not be late****

Bodybuilding to show up at 8:00am

Classic Physique to show up at 8:45am

Physique to show up 9:20

2:30 is show number 2. This show will include Fit Mixed Pairs Women's Physique, Figure, Wellness, Bikini. Athletes will show up using the designated Entrance (see map to show this entrance)

We ask the for the following arrival times

****Do not be late****

Fit Mixed Pairs to show up 1:45pm

Women's Physiques to show up 2:00pm

Figure to show up 2:30pm

Wellness to show up 2:50

Bikini to show up 3:10pm

7:30 is show number 3. This show is the VDC Natural show and will have all NATURAL classes. Athletes will show up using the designated Entrance (see map to show this entrance)

We ask the for the following arrival times

****Do not be late****

MEN

Bodybuilders to show up 6:30pm

Classic Physique to show up 7:00pm

Physique to show up 7:20pm

WOMEN

Physique to show up 7:40pm

Figure to show up 7:50pm

Wellness to show up 8:00pm

Bikini to show up 8:10pm

Athletes need to bring the following to the VENUE

- **Wear your suit under your clothing**
- **Bring your mask**
- **Bring a pen for signing**
- **Personal sanitizing product**
- **Government ID for Natural show athletes for the drug testing**