

AUSTRALIAN NATURAL BODYBUILDING



ANB VICTORIA STATE PRO QUALIFIER

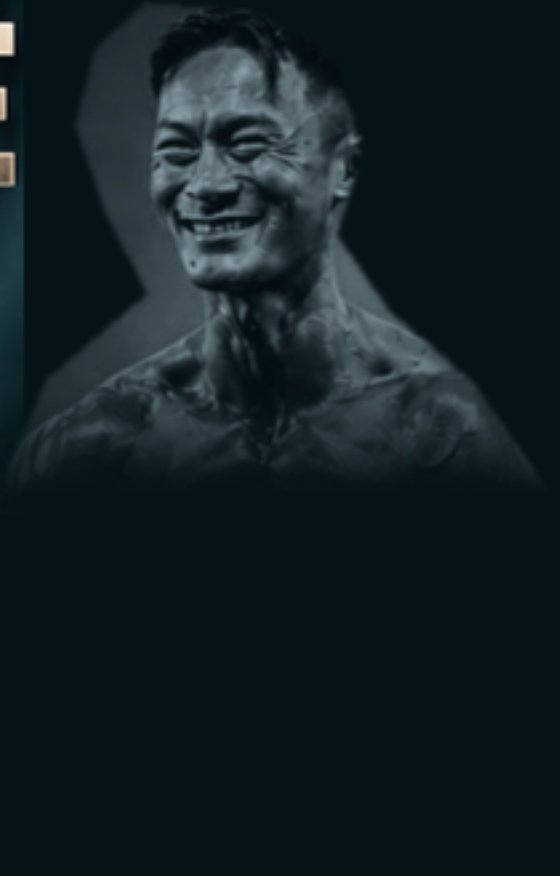
17 OCTOBER

VENUE 360 MAIN ROAD
LOWER PLENTY VIC 3093

MALE FITNESS | PHYSIQUE | CLASSIC PHYSIQUE | BODYBUILDING | WOMEN'S BIKINI |
WOMEN'S WELLNESS | WOMEN'S SPORTS | WOMEN'S FITNESS | FIGURE



ANB VICTORIA STATE PRO QUALIFIER

**SHOW DATE**

Saturday 17 October 2026

VENUE360 Main Road,
Lower Plenty VIC 3093**IMPORTANT INFORMATION FOR ATHLETES ON EVENT DAY**

Please read carefully and arrive on time. The following schedule helps ensure a smooth event day for all athletes, staff and spectators.

Only athletes with pre-booked hair & makeup or tanning appointments may enter the venue before 8:00 AM.

8:30 AM**ATHLETE CHECK-IN SHARP**

All athletes must be at the venue by 8:30 AM.

Athletes with scheduled tanning or hair & makeup appointments before 8:30 AM may enter early if required.

During this time:

- Weigh-in
- Check-in / Registration
- Competitor number collection

Please do not be late.

USB ROUTINES**OPTIONAL: FIGURE, CLASSIC & BODYBUILDING**

Bring your music on a USB on show morning. We will give it to the technician to confirm whether you want your music on or off stage. Without a USB, you cannot perform your routine.

9:15 AM**COACH ACCESS ONLY**

No coach access before 9:15 AM.

All coaches must purchase a spectator ticket online or at the front door.

- Maximum one coach per athlete backstage.
- Athletes must sign in their coach at the front door for a backstage wristband. The coach list will be marked off.
- No wristband = no backstage access.
- Only coaches signed in by athletes will be admitted backstage.

10:00 – 10:15 AM**SHOW COMMENCES****12:00 – 12:15 PM****BREAK (APPROX.)****12:30 PM SHARP****SECOND HALF BEGINS**

Athletes competing in the second half must be stage-ready by 12:00 PM.

STRICT RULE

No other tans, oil, touch-ups, top coat or Dream Tan in the venue whatsoever.

REMINDERS

- NO DREAM TAN PERMITTED ON SITE.
- NO OIL, NO HOT STUFF, NO OTHER TAN WHATSOEVER.
- NO TOUCH-UPS OR TOP COAT IN THE BACKSTAGE AREA.
- THESE RULES ARE STRICTLY ENFORCED. PRODUCTS CAN CAUSE SLIPS; THESE RESTRICTIONS FORM PART OF OUR VENUE CONTRACT.
- ALL TANNING, HAIR & MAKEUP MUST BE BOOKED WITH OUR OFFICIAL SERVICE PROVIDERS ONLY. THEY ARE THE ONLY PROVIDERS ALLOWED ON SITE.
- BOOKINGS MUST BE CONFIRMED BY MIDDAY WEDNESDAY 14 OCTOBER.

ANB VICTORIA STATE PRO QUALIFIER

SATURDAY 17 OCTOBER 2026
360 MAIN ROAD, LOWER PLENTY VIC

10:00-10:15 AM	SHOW 1 STARTS
01	MEN'S BODYBUILDING
02	WOMEN'S SWIMSUIT
03	WOMEN'S SPORTS
04	WOMEN'S BIKINI
05	WOMEN'S FITNESS
06	WOMEN'S WELLNESS
12:00-12:30 PM	INTERMISSION / BREAK
12:30 PM SHARP	SHOW 2 STARTS
07	MEN'S CLASSIC
08	MEN'S FITNESS
09	MEN'S PHYSIQUE

RUNNING ORDER SUBJECT TO CHANGE

ANB VICTORIA STATE PRO QUALIFIER

STAGE WALK



BACKSTAGE & PUMP-UP AREA INFORMATION

As shown in the diagram, the female pump-up area will be located on the left-hand side, and the male pump-up area on the right-hand side.

IMPORTANT: THERE IS STRICTLY ONE COACH PER ATHLETE BACKSTAGE.

All athletes must ensure their coach has purchased a coach's ticket — either prior to the show or on the day of the event. All coaches and athletes will be given a wristband and will be asked for this wristband at the check point.

To streamline check-in, every athlete is required to email info@anb.com.au with their coach's full name.

This name will be verified and marked off upon arrival on show day.

Thank you for your cooperation and helping us maintain an organized backstage environment.

ANB VICTORIA

STATE TITLES & PRO QUALIFIER

8:30 AM

ATHLETE ARRIVAL

All athletes must arrive at the venue by 8:30 AM for check-in, registration number collection and weigh-in. Athletes with earlier hair and makeup appointments may arrive before 8:30 AM.

9:15 AM

COACHES ARRIVAL ONLY

Coaches may enter the venue from 9:00 AM only. One coach per athlete. Coaches must purchase a spectator ticket online or at the door. Athletes must personally sign in their coach. A registration list will be checked and signed off before one coach wristband is issued per athlete.

**10:00 –
10:15 AM**

SHOW 1 STARTS

Spectator tickets are available online until Wednesday 14 October. Tickets can also be purchased at the door - cash only.

**12:00 –
12:30 PM**

INTERMISSION

A short break between shows.

**12:30 PM
SHARP**

SHOW 2 STARTS

The second half of the competition will begin promptly at 12:30 PM.

HAIR & MAKEUP AND TANNING INFORMATION

OUR SERVICE PROVIDERS

Hair and makeup and tanning are the only two service providers on site. Please respect our service providers' work. There will be no external hair and makeup or tanning providers at the venue.

STRICT HAIR & MAKEUP AND TANNING RULES

Under no circumstances are Hot Stuff, oil, Dream Tan, baby oil, or any top coats or touch-ups permitted backstage or anywhere outside the designated hair and makeup and tanning areas. There will be no hair and makeup or tanning requests under any circumstances.

VENUE REQUIREMENTS

We respectfully ask all athletes to follow these rules. Adhering to the venue's hair and makeup and tanning conditions is extremely important and helps us maintain our venue contracts for future events. Thank you in advance for your cooperation and understanding.

TANNING TIMES

Tanning times will be sent out on Wednesday evening and Thursday morning for your top coat for show day, and also Wednesday registration, tanning and hair and makeup. Our team works very closely with us around the registration cut-off to finalise these times. No changes can be made under any circumstances.

BRONZON ATHLETES

All athletes tanning with our Bronzon team will also receive their tanning times on Wednesday evening or Thursday before midday. Please understand the team have a very big job and will confirm your times for show day by Wednesday or Thursday.

ANB AUSTRALIA ANTI-DOPING POLICY

A C L E A N E R S P O R T . A S T R O N G E R C O M M U N I T Y .

DRUG TESTING AT ANB EVENTS

Drug testing is conducted at ANB events across Australia in accordance with our affiliation with the Drug Free Athletes Coalition (DFAC) and World Anti-Doping Agency (WADA) standards. Testing is carried out via urine analysis by qualified, independent personnel.

A NATURAL COMPETITION

ANB is a natural bodybuilding and fitness federation. We have a strict no-tolerance approach to the use of prohibited substances or methods.

OUR COMMITMENT

ANB is committed to clean and fair competition for all athletes. We are dedicated to upholding the integrity of our sport and providing a level playing field for every ANB Australian athlete.

CONSEQUENCES

Any athlete found to be in violation of the ANB anti-doping policy may face severe action, including suspension, disqualification, and loss of titles, in line with DFAC and WADA regulations.

BY COMPETING AT ANB EVENTS

All athletes agree to comply with the ANB anti-doping policy and understand they may be subject to random drug testing at any ANB event.

CLEAN. FAIR. NATURAL.

THANK YOU

ANB VICTORIA STATE PRO QUALIFIER

TO ALL OUR ATHLETES

Thank you for supporting ANB and for being part of our Victoria State Pro Qualifier. Without you, this show would not exist.

We truly appreciate the commitment, hard work, and trust you bring to the ANB stage. Our goal is for every athlete to feel welcome, supported, and to have an incredible experience on show day.

Please know that you are always welcome to ask questions — our team is here to help.

Thank you again for being part of the ANB community. We wish you a positive, memorable, and rewarding day.

WE APPRECIATE YOU.