



## 2018 Toronto IFBB Pro Qualifier

### Athletes Information Package

#### Website

<http://www.torontoprosupershow.com/>  
→Events→Toronto IFBB Pro Qualifier

#### Venue

Metro Toronto Convention Centre  
John Bassett Theatre  
255 Front Street West, Toronto, Ontario

#### Contact Information

[ifbbshowproducer@torontoprosupershow.com](mailto:ifbbshowproducer@torontoprosupershow.com)  
1-(888) 883-5766 ext. 4

#### Registration

- Online Registration:** Entry Fee \$200.00 (CDN)
- Available until Wednesday, May 30 midnight
- On-Site Registration:** Entry Fee \$250.00 (CDN)
- Register during Weigh-In

#### Weigh-In and Registration

Thursday, May 31, 2018

Metro Toronto Convention Centre –North Building,  
Room TBA  
Weigh-In: 6 pm to 8 pm –All categories

OR

Friday, June 1, 2018

Metro Toronto Convention Centre, North Building, Rooms  
203B & D  
8 am to 10 am - Women's Fitness; Men's Bodybuilding;  
Men's Classic Physique; Men's Physique  
10 am to 11:30 am – Women's Bodybuilding; Women's  
Physique; Figure; Bikini

#### **ALL ATHLETES MUST ATTEND THE REGISTRATION/ WEIGH-IN.**

In order to ensure a smooth registration/weigh-in, please  
bring the following:

1. Your CPA Membership Card;

2. Government Issued ID (for those competing in Junior, Teenage, Masters, Grandmasters or any under age category);
3. Your posing music in MP3 format on a CD (for Bodybuilding, Women's Physique, Men's Classic Physique and Fitness competitors only);
4. Wear your posing attire to registration.

#### **Bodybuilders, Women's Physique, Fitness and Men's**

**Classic Physique:** Music CD will be collected at registration. Please bring a backup CD with you backstage during the show. Music must be recorded on a CD and end or fade within the appropriate allotted time of 1 minute. Posing music is 60 seconds for Bodybuilding, Women's Physique, Men's Classic Physique and 90 seconds for Fitness. No foul language permitted. It is your responsibility to verify your CD is working. If for any reason your CD does not play, the DJ will play music at his discretion.

#### Athletes Meeting

##### **MEETING FOR COMPETITORS**

Friday, June 1, 2018 - 9:00 am, 9:45 am and 10:30 am  
Metro Toronto Convention Centre – Room 201B & D

#### **Agenda:**

1. Introduction to the Toronto IFBB Pro Qualifier;
2. Stage Schedule for Pre-Judge and Finals;
3. Rules and Regulations;
4. Questions

#### Toronto IFBB Pro Qualifier Competition Schedule

##### **Prejudging**

##### **Friday, June 1, – 12 pm sharp (John Bassett Theatre)**

Women's Fitness Routines; Men's Bodybuilding; Men's Classic Physique; Men's Physique; Women's Bodybuilding; Women's Physique; Figure; Bikini

##### **Finals**

##### **Saturday, June 2, – 9 am sharp (John Bassett Theatre)**

Women's Fitness Routines; Men's Bodybuilding; Men's Classic Physique; Men's Physique; Women's Bodybuilding; Women's Physique; Figure; Bikini





## 2018 Toronto IFBB Pro Qualifier Athletes Information Package

### Backstage Pass

Backstage passes will be sold online for \$200. (plus tax). The backstage pass will allow entry backstage to the Toronto IFBB Pro Qualifier Prejudge, Finals and the Expo on June 2 and 3, 2018. Backstage purchasers will be allowed to sit in unsold seats to view the Pro Qualifier Prejudge and Finals. Backstage Passes will be sold online, in advance until Monday, May 28, 2018.

Pick up backstage pass at Weigh-In/ Registration

[Buy Online](#)

Backstage passes will be sold on-site during registration for \$250. (plus tax).

All competitors that are not age of majority (17 years of age and younger) will be permitted **ONE** parent or guardian with them backstage at no charge. The parent or guardian **MUST** purchase a ticket to the Toronto IFBB Pro Qualifier Prejudge and Finals.

### Recommended Host Hotels

#### Toronto Marriott City Centre Hotel (formerly Renaissance Toronto Downtown)

1 Blue Jays Way, Toronto, M5V 1J4

\$239. (plus taxes) Single/Double Occupancy.

Complimentary mini fridges in all guest rooms, microwaves available upon request; complementary guest room high speed wireless internet access.

Located within a 5 minute walk from venue.

Parking – Hotel Parking located in Rogers Centre

Valet Parking \$45 per day

Self-Parking - \$30. per day

Parking is also in the Metro Toronto Convention Centre - \$31 per day.

To book a room call 1-800-237-1512 and quote "Toronto Pro SuperShow Group" or click to [Book Online](#).

Cut-off date May 8, 2018

#### Strathcona Hotel Downtown Toronto

60 York Street, Toronto, M5J 1S8

\$164. (plus taxes), Smart Twin or Smart Queen

\$180. (plus taxes), Executive Queen

\$191. (plus taxes) Executive Two Doubles or Executive Two Queens

Located within a 5 minute walk from venue

Fridge included in all Executive Rooms, available for rental in Smart Rooms. Microwave available for rent, hotel kitchen will heat items during hours of operation.

Complimentary wireless high-speed internet.

To book a room call 416-363-3321 or email [reservations@thestrathconahotel.com](mailto:reservations@thestrathconahotel.com) and quote Toronto Pro SuperShow.

Parking – Valet Parking \$39 (plus taxes) for 24 hrs. with in/out privileges

Nearby Public Parking \$30 for 24 hours (subject to change)

Book before cut-off date May 1, 2018

#### Hilton Garden Inn Toronto Downtown

92 Peter Street, Toronto, M5V 2G5

\$269.00 (plus taxes) Single/Double Occupancy,

complimentary mini-fridge, microwave and Keurig Coffee Maker

Located within a 8 to 10 minute walk from the venue

Complimentary High Speed Wi-Fi Internet access

Parking – Valet \$42.48 (plus taxes) per night with in/out privileges. Alternatively, public parking

facilities surround the hotel and offer self-parking options ranging from \$12 to \$40.

To book a room call 416-593-9200 and quote "Toronto Pro SuperShow Group" or click here to [Book Online](#)

Book before cut-off date May 11, 2018





## 2018 Toronto IFBB Pro Qualifier

### Athletes Information Package

#### **Hilton Toronto**

145 Richmond Street West, Toronto, M5H 2L2  
\$ 219. (plus taxes) Hilton Guestroom. Located within  
an 8 to 10 minute walk from the venue.

Complimentary standard Wi-Fi in all contracted  
guestrooms.

Cut-off date for special pricing is May 2, 2018

**Parking**– Valet \$45.00 - 24 hours, with in & out  
privileges; \$35.00 - Day Rate with no in & out  
privileges

Self Park - Monday–Friday from 7:00am to 6:00pm:  
\$28.00

Monday – Sunday and Holidays from 6:00pm to  
7:00am: \$10.00

Saturday, Sunday and Holidays from 7:00am to  
6:00pm: \$10.00

Lost ticket charge \$40.00

**Book by Calling** 1-800-HILTONS and ask for the  
“Toronto Pro Supershow Group” or click here to [Book  
Online.](#)

#### **Fairmont Royal York**

100 Front St. West, Toronto, M5J 1E3  
\$ 259. (plus taxes) Fairmont Luxury. Located within a  
5 minute walk from the venue.

In-Room Internet access for FPC members, no fee for  
enrollment. Visit [www.fairmont.com/fpc](http://www.fairmont.com/fpc) for details.

Cut-off date for special pricing is May 18, 2018

**Parking**– Valet \$59.00 for Registered Guests, with in &  
out privileges

Nearby Public Parking \$30 for 24 hours (subject to  
change)

**Book by Calling** 1-800-441-1414 and quote for the  
“Toronto Pro Supershow Group” or [Book Online.](#)

#### **Travelling to Toronto**

- WestJet Airlines offers a 10% off *Econo* and 15%  
off *Plus* base fares for travel to Toronto and  
anywhere WestJet flies in North America for  
persons attending the Toronto Pro SuperShow.

To book call 1-888-493-7853 using Promo Code  
YYZ02 and Coupon Code 8UVZPW4.

- Porter Airlines offers a 10% discount on all  
available base fares (with the exception of the  
lowest class fare during a public seat sale) for  
attendees travelling to Toronto for the Toronto  
Pro SuperShow. Please [Book Online](#) using the  
promo code **TPSS18**. Porter air is highly  
recommended as it lands 5 minutes from the  
venue.
- If you require assistance getting to Toronto; contact the  
Toronto Pro SuperShow Official Travel Agent Monique  
(705) 694-2007 or  
[travelwithmonique@torontoproshow.com](mailto:travelwithmonique@torontoproshow.com)
- **NEW** -- Union Pearson Train Express (UP Express)  
connects from inside Toronto Pearson International  
Airport to Union Station in the heart of downtown  
Toronto which is next to the host hotel and the Metro  
Toronto Convention Centre. The UP Express trains  
depart from inside Terminal 1 every 15 minutes  
between 5:27 am and 12:57 am. The UP Express  
Station train is a short 25-minute ride to the Union  
Station just steps from our host hotels as well as the  
Metro Toronto Convention Centre where the Toronto  
Pro SuperShow is being held. Visit [UPexpress.com](http://UPexpress.com) for  
full details.

#### **Notes on Tanning & Tanning Products**

##### **Remember Tanning Stains!**

- Avoid being charged an additional cost for damage at  
your hotel. Upon request, all host hotels will provide  
old towels and bed linens.
- When leaving the backstage area ensure you cover up  
to avoid staining the walls and carpet at the John  
Bassett Theatre or hotel; failure to do so may result in  
disqualification.
- Tanning in the hallways and other public places is not  
permitted.





## **2018 Toronto IFBB Pro Qualifier**

### **Athletes Information Package**

#### **Banned Spray Substances**

Banned spray substances such as Pam and Hot Stuff cannot be used and will result in disqualification.

#### **Official Tanner, Hair & Makeup**

We have arranged for ABSOLUTE TOUCH to have a secured space in the host hotel and venue for spray tan, hair and makeup services. Be prepared and make sure you have reserved your tan, hair and make-up appointments.

#### **Book Online**

**No one else is permitted to perform spray tanning, hair and make-up in the host hotel or in the venue!**

For more information contact  
[absolutetouchinc@gmail.com](mailto:absolutetouchinc@gmail.com)

#### **Official Stage Photography**

Judy Stone is the CPA official stage and backstage photographer. She will be onsite at registration to take orders. She is the only official stage photographer for this event. For more information or to pre-order photo packages please, email Judi at  
[judi@stonephotographystudio.com](mailto:judi@stonephotographystudio.com)

#### **Video Critique**

"Video Critic" services allow a competitor to watch his/her Prejudging Video and listen to a CPA Judge (usually the Head Judge) comment or perhaps 2 judges at the same time. Both video and audio are recorded on a single easy-to-use DVD. The following are the benefits for the Video Critique Service:

- Comments in the "Video Critique" DVD will be only provided by official CPA judges.
- Allows competitors to watch their prejudging video and listen to comments at the same time.
- Easier, faster and more efficient for competitors to learn and improve training and posing skills through CPA professional comments.

For information or to order a video critique, please email John at [judi@stonephotographystudio.com](mailto:judi@stonephotographystudio.com)

#### **Athlete Perks**

1. Complimentary two day access to the Toronto Pro SuperShow EXPO;
2. Complimentary Backstage Massage will be offered by Mobile Massage Therapy; and
3. Athletes are permitted to sit in unsold seats to view the Toronto Pro Qualifier.

#### **Tickets**

To obtain the best seating be sure to have your friends and family purchase their tickets in advance.

**2018 GNC/Allmax Toronto Pro Qualifier Prejudge**  
**Friday, June 1, 2018– 12:00 p.m.**

**John Bassett Theatre**  
\$35.00 plus HST - **General Admission**

**2018 GNC/Allmax Toronto Pro Qualifier Finals**  
**Saturday, June 2, 2018 - 9:00 a.m.**

**John Bassett Theatre**  
\$53.00 – 71.00 plus HST- **Reserved Seating**

#### **Toronto Pro Qualifier Package:**

Purchase tickets for the Toronto Pro Qualifier Pre-Judge and Finals together and receive an additional \$5.00 discount on each ticket. (ONLINE ONLY). Discount applies at checkout.

[Purchase Tickets Online](#)

or

Purchase Tickets through Box Office

**1-888-883-5766 Ext. 1**

#### **Competition Schedule**

Please visit <http://www.torontoprosupershow.com/>  
→ "Events" → "Toronto IFBB Pro Qualifier"





## **2018 Toronto IFBB Pro Qualifier** **Athletes Information Package**

### **Important Information**

1. Top fifteen competitors qualify to the 2018 North Americans
2. Top five competitors qualify to the 2019 to the Toronto IFBB Pro Qualifier or the 2019 North American's
3. It is a competitor's responsibility to comply with CPA Rules and Regulations. Please visit the CPA website for more information-  
[www.canadianphysiquealliance.com](http://www.canadianphysiquealliance.com).
4. Banned spray substances (vasodilators) i.e. Hot Stuff and Pam cooking spray are strictly prohibited for use by the athlete. Any athlete caught using banned products will be immediately disqualified.
5. Remember tanning stains!!! Avoid being charged an additional cost for damage at your hotel/venue. Upon request, all host hotels will provide old towels and bed linens. Competitors are only permitted to tan at the venue in designated locations. Failure to do so may result in disqualification. Competitors who stain carpeting, walls, curtains, and chairs with tanning products or other chemicals are subject to disqualification. Tanning in public in hallways and other public spaces is not permitted.
6. When leaving the backstage area ensure you cover up to avoid staining the walls and carpet failure to do so may result in disqualification.
7. Athletes are permitted to sit in unsold seats to view the Toronto IFBB Pro Qualifier.
8. Tanning in the hallways and other public places is not permitted.

