



## CPA PRESIDENT'S CUP

Saturday, November 23, 2019

### Athlete Information Package

#### OVERALL WINNERS WILL HAVE ENTRY FEE PAID WHEN COMPETING AT THE 2020 TORONTO PRO SUPERSHOW PRO QUALIFIER OR THE 2020 CANADIAN NATIONAL PRO QUALIFIER

##### Registration

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**Online Registration:** Entry Fee \$100.00  
Available until Wed., November 20, 2019,  
midnight

**On-Site Registration:** Fri., November 22, 2019,  
Entry Fee \$125.00

##### Check-In/Registration and Athletes Meeting

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**ALL ATHLETES MUST ATTEND THE CHECK-IN/  
WEIGH-IN.**

Date: Friday, November 22, 2019

Location:

Monte Carlo Downtown Markham  
7255 Warden Avenue  
Markham, ON

6:00 pm to 7:00 pm – Check-In/Weigh-In

7:30 pm – Athletes Meeting

Please note CPA will not allow any late  
registrations after Friday night. Please make  
the proper arrangements to attend.

In order to run a smooth Registration/Check-In),  
please come prepared with the following:

1. Your 2019 CPA Membership Card;

2. Government Issued ID (for those competing in Junior, Teenage or Masters categories);
3. Your posing music on a CD or USB (for Bodybuilding, Women's Physique, Classic Physique and Fitness competitors only); and
4. **Wear** your posing attire to registration.

##### Bodybuilders, Women's Physique, Classic

**Physique & Fitness:** Music on a CD or USB will be collected at registration. Music must be recorded on a CD or USB and end or fade within the appropriate allotted time. Posing music is 60 seconds for Bodybuilders, Women's Physique & Classic Physique and up to 120 seconds for Fitness. Only your posing music should be on the CD/USB. No Foul language or profanity permitted. It is your responsibility to verify your music is working. Please bring a backup CD/USB with you backstage during the show. If for any reason your CD/USB does not play, the DJ will play music at his discretion.

##### Website

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[www.cpapresidentscup.com](http://www.cpapresidentscup.com)

##### Competition Venue

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The City Playhouse Theatre  
1000 New Westminster Drive  
Suite 102  
Vaughan, ON L4J 8G3

Time: Prejudge- Sat., November 23, 2019 – 9:00  
am

Finals – Sat., November 23, 2019 – 4 pm

##### Contact Information

[info@cpapresidentscup.com](mailto:info@cpapresidentscup.com)

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## **Tickets**

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To order tickets online, please visit:

### **[Tickets Online](#)**

For ticket information, please email:

[info@cpapresidentscup.com](mailto:info@cpapresidentscup.com)

Prejudge: \$40. per person (General Admission)  
Finals: \$50. per person (General Admission)  
Prejudge and Finals: \$80. (General Admission)  
Backstage Pass – \$100.

## **Backstage Pass**

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The backstage pass will allow entry to the Backstage. Pick up backstage pass during the Check-In/Registration on Friday, November 22, 2019 at the Monte Carlo Downtown Market or at the Ticket Counter at the City Playhouse Theatre on Saturday, November 23, 2019 (starting at 8:30 am)

## **Host Hotel/Accommodations**

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**The Monte Carlo Downtown Markham**  
7255 Warden Avenue  
Markham, ON

\$114.90 per night (Standard Room with 1 King Bed) plus tax  
\$114.90 per night (Standard Room with 2 Queen Beds) plus tax  
Continental Breakfast (6am-10am), parking, local phone calls and high speed internet access included in the rate. Restaurant and bar on property as well as swimming pool and fitness centre. Phones are equipped with iPhone/iPod dock and all rooms have fridge and microwave.

To book a room online Call 905-752-2700 and mention "Presidents Cup – Athlete Group Block".  
Cut-off date October 31, 2019.

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

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

## **[Book Online](#)**

**No one else is permitted to perform spray tanning in the host hotel or in the venue!**

For more information contact

[info@absolutetouch.ca](mailto:info@absolutetouch.ca)

## **Official Stage Photography**

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### **Official Stage Photography**

Judi 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**

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"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 [john@stonephotographystudio.com](mailto:john@stonephotographystudio.com)

## **Important Information**

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1. Overall Winners will have their entry fee paid when competing at the 2020 Toronto Pro SuperShow Pro Qualifier or the 2020 Canadian National Pro Qualifier.
2. It is a competitor's responsibility to comply with CPA Rules and Regulations. Please visit the CPA website ([www.canadianphysiquealliance.ca](http://www.canadianphysiquealliance.ca)) for more information. This is an amateur event, any competitor who has achieved Pro status in a non-recognized IFBB event, must see the CPA Executive before completing registration to

relinquish their status and re-enter at the amateur level.

3. Banned spray substances (vasodilators) i.e. Hot Stuff, Dream Tan and cooking spray are strictly prohibited for use by the athlete. Any athlete caught using banned products will be immediately disqualified.
4. Depending on class numbers, potentially only top five in categories requiring posing routines will be performed at Finals. This will be determined at registration by CPA officials.
5. Remember tanning stains!!!  
Avoid being charged an additional cost for damage at your hotel. Upon request, the host hotel 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.
6. When leaving the backstage area ensure you cover up.
7. Alcohol is not permitted backstage.
8. Please keep the backstage clean and tidy and place your garbage in the garbage containers.
9. ONLY athletes are permitted backstage, unless a Backstage Pass has been purchased.

Questions:

If you have any questions, please email  
[info@cpapresidentscup.com](mailto:info@cpapresidentscup.com)