

**GNC**  
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PROFESSIONAL GRADE SUPPLEMENTS

# CANADIAN NATIONAL

PRO QUALIFIER

OCTOBER 18-19, 2019

ATHLETES INFORMATION  
PACKAGE

OPEN TO QUALIFIED  
AMATEUR CANADIAN ATHLETES



# ATHLETES INFORMATION PACKAGE



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## 14 IFBB PRO LEAGUE CARDS TO BE AWARDED

OVERALL WINNERS RECEIVE TWO NIGHTS HOTEL ACCOMMODATION WHEN COMPETING AT  
THE 2020 IFBB PRO LEAGUE CHAMPIONSHIPS AT THE TORONTO PRO SUPERSHOW

### REGISTRATION

**Online Registration:** Entry Fee \$200.00

Available until Wednesday,  
October 16, 2019, midnight

**On-Site Registration:** Friday, October 18, 2019

Entry Fee \$250.00

### REGISTRATION/CHECK-IN AND ATHLETES MEETING

**Date:** Friday, October 18, 2019

**Location:** The Delta Toronto Airport & Conference  
Centre, 655 Dixon Road, Toronto, ON, M9W 1J3

10:00 am to 3:00 pm – Registration/Check-In

3:00 pm – Athletes Meeting

### ALL ATHLETES MUST ATTEND THE REGISTRATION/CHECK-IN.

Please note CPA will not allow any late  
registrations after 3 pm 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 in MP3 format on a CD (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:** Posing Routine music can be  
uploaded anytime during the online registration  
period (up until Wednesday evening before the  
event). See your registration confirmation email for  
your Athlete Profile link where you may review  
your registered classes and upload posing routine  
music (mp3 format).

Alternatively, you may bring your posing routine  
music to the on-site registration on a USB stick or  
CD. 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 or USB stick. No Foul language  
or profanity permitted. It is your responsibility to  
verify your music is working. Please bring a backup  
CD or USB stick with you backstage during the  
show. If for any reason your music does not play,  
the DJ will play music at his discretion.

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## COMPETITION VENUE

The Delta Toronto Airport and Conference Centre  
Plaza Halls A & B, 655 Dixon Road, Toronto, ON  
M9W 1J3

### Time:

Fri., October 18, 2019, 5 pm

Prejudging – Men's Bodybuilding; Classic Physique

Sat., October 19, 2019, 9 am

Prejudging – Fitness, Men's Physique, Women's  
Bodybuilding, Women's Physique, Figure & Bikini

Sat., October 19, 2019, 4 pm

Finals – All Categories

## CONTACT INFORMATION

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

## TICKETS

To order tickets online, please visit:

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

For ticket information, please email:

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

**Prejudging – Friday: \$40** (General Admission)

**Prejudging – Saturday: \$40** (General Admission)

**Finals – Saturday \$60** (General Admission)

**Friday Prejudge and Saturday Finals:**

**\$90** (General Admission)

**Saturday Prejudge and Saturday Finals:**

**\$90** (General Admission)

**Backstage Pass: \$200** (includes Prejudge & Finals)

## BACKSTAGE PASS

The backstage pass will allow entry to the  
Backstage, Prejudge and Finals.

Pick up backstage pass at the Ticket Counter  
during Check-In/Registration on Friday, October 19,  
2019 between 10 am and 3 pm or Saturday,  
October 20, 2019 (starting at 8:00 am)

## HOST HOTEL/ACCOMMODATIONS

The Delta Toronto Airport and Conference Centre  
655 Dixon Road, Toronto, ON, M9W 1J3

- \$159 per night (double occupancy) plus tax
- Complimentary internet connection
- Free shuttle service to and from Pearson International Airport.
- To book a room online Book Online or call:  
416-244-1711, X 3775 and quote  
"Canadian National Pro Qualifier"
- Cut-off date September 24, 2019.

**Parking:** There is a charge of \$18 per day, per car  
for overnight registered hotel guests with in and  
out privileges. For non-registered hotel guests,  
there is a charge of \$18 for a 12 hour period.

## OFFICIAL TANNER, HAIR & MAKEUP

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

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)

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## VIDEO CRITIQUE

"Video Critic" services allow a competitor to watch his/her Prejudging Video and listen to a CPA Judge (usually the Head Judge) provide feedback on your physique and performance. 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

1. Fourteen (14) IFBB Pro Cards to be awarded
2. Overall Winners will receive two nights hotel accommodation at the host hotel if competing at the 2020 IFBB Pro League Championships being held at the Toronto Pro SuperShow.
3. 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.
4. 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.

5. 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.

6. 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.

7. When leaving the backstage area ensure you cover up.
8. You may watch the show, but you must be fully covered up in order to keep tanning product off the theatre seats.
9. Alcohol is not permitted backstage.
10. Please keep the backstage clean and tidy and place your garbage in the garbage containers.
11. ONLY athletes showing their competitor button are permitted backstage, unless a Backstage Pass has been purchased.

## QUESTIONS:

If you have any questions, please email Ron or Angie Hache  
[info@canadianproqualifier.com](mailto:info@canadianproqualifier.com)