



Venue:

The Palladium - Carmel

1 Carter Green

Carmel, IN 46032

(317) 843-3800

Host Hotel:

SpringHill Suites by Marriott Indianapolis Carmel

11855 N Meridian St,

Carmel, IN 46032

Register/Check-in (Host Hotel):

Friday, July 28th, 2022

Time: 6:00 – 8:00 pm

Show Promoter:

Hamed Nouri

(317) 625-6868

hamed@hnbpromotions.com

www.indianapolischampionships.com

Tanning (Host Hotel):

Provided by LSR

Book your appointment at www.liquidsunrayz.com

Is this your first time competing?

Here is a quick rundown of what your days will look like.

Day/Night before:

-Athlete Check-in at Host Hotel: July 28th 6:00 -8:00pm

-Tanning Appointment at Host Hotel: Please be on time to your appointment as there are many athletes that need tanned that day

-Check in with coach

-Rest/relax

Show Day:

What will the day look like?

4:00 am – 7:00 am: Second spray tan appointment. Do hair, make-up (or have it done professionally.) Just before you leave for the venue, put on suit, jewelry etc. Wear clean, loose dark clothes over your suit, wear flip flops. DO NOT have your suit glued just yet. Glue and oil/glaze will be done 10- 20 min before you go on stage! Also, avoid carrying heavy bags over your shoulders, you don't want your tan to rub off. Use a roller bag or carry your bag in your hand.

7:30-7:45 am: Leave for the venue. Or whatever time is appropriate to arrive at the venue to be on time for the competitor meeting. Doors open at 8:00.

8:30-9:00 AM: Competitor meeting. Meetings usually last about 15- 30 minutes. They will give you stage directions, show changes, get missing info from competitors as well as other general info regarding how the show will run. You need to be at this meeting and PAY ATTENTION!

10 AM: Pre-judging begins. Make sure you know what class you are in. It's also a good idea to keep track of what classes are ahead of yours and what class is on stage. Some classes can go very quickly and some can take forever! Half the time you feel like you have to hurry up and wait. Every show is different, some run faster than others. When in doubt, just ask the staff. You will need to guesstimate how long you have until you are on stage so you know when to:

Touch up your tan

Eat and/or drink

Fix your hair and make-up

Put on your shoes

Get glued and glazed/ oiled (15 min before you line up)

Pump up (lift weights to get the blood flowing to your muscles so they look full) Then line up when your class is called. KNOW YOUR COMPETITOR NUMBER!

There will be back stage staff running the show. They are there to help you! Ask them questions! You can ask them what classes are on stage and how long it will be before your class is called to line up. Also, don't be afraid to ask or talk to fellow competitors.

2:00-3:00 pm: you should start getting your stuff together to go back to the show, touch up your hair and make-up, etc. and head out to the venue...

4:00 pm: Finals!

The finals show runs similar to pre-judging and will take approximately 2-3 hours. There will be a short intermission at some point during this time. Once again, they will run through each class, however; this time each person will take stage for an individual "routine". They will then announce the top five. The top five will come on stage and line up. Trophies will be awarded beginning with 5th place.

Gluing and Glazed (oiled)

SLR staff will be backstage to oil and glue you, get in line for this about 15-20 min before you need to hit the stage, but only after you have gone to the restroom (if needed) and touched up your tan.

Pumping Up

The venue may provide the weights and/or bands but having your own resistance bands are best so you are not waiting to use this equipment. You will want to pump up slowly, increasing intensity but don't over do it.

Stay in the pump room/back stage area for your class to be called to line up. You can continue to pump up in the line. When your class is ready to go on stage, ditch the bands, stand up tall, smile and walk out.

On Stage

The length of time you are on stage is determined by the size of your class. Just remember that anytime you are in the site line of the judges, you need to look your best.

Once pre-judging is over you will be dismissed for a break until finals. This will give you time to spend with your family, eat lunch (be sure to consult with your coach before going out to eat), and RELAX!

Take full advantage of this time and nap, if possible.

How to Prepare For Your Tan:

Please follow the instructions provided by SLR.

Order of Events:

Men's Bodybuilding
Women's Physique
Women's Figure
Men's Classic Physique
Women's Wellness
Men's Physique
Women's Bikini



Show Day Packing List

- Competition suit
- Competition shoes
- Small sewing kit (needle, thread, scissors, safety pins)
- Resistance bands
- Dark clothing/flip flops (which you should be wearing there)
- Make-up
- Curling irons
- Comb/ teaser brush etc.
- Hair spray or other products. Dry shampoo is a good mid-day refresher.
- Baby powder
- Mirror
- Jewelry
- Rags or hand towels for wiping hands free of oil or tan
- A stack of disposable Dixie cups with holes in them (for women to pee through- yes weird but you don't want to splash on your tan! It happens and you can touch it up.)
- Ibuprofen
- Cell phone
- Music player or a book for down time
- Cooler + food + drinks + timeline of what to eat when +napkins +plates/Tupperware
- Clothing to wear after the show (out to eat/ after party)
- Cash
- Directions to venue
- If you are traveling and staying overnight at the hotel
 - Old sheets to sleep on. The competition tan gets on everything! (And hotels typically charge fees for this)
- Extension cord
- Phone Charger
- Blanket

Most of the time, competitors are hanging out in hallways. Many will lay out a blanket, spread out their food, mirrors, make-up or just plain lay down and put their feet up!



[Please share with family and friends](#)

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Pre-judging will start at 10:00 am; Doors will open at 9:30am

Cost: General Admission \$30

Pre-judging is where the actual judging of competitors takes place. All classes will go on stage to be judged (See Order of Events). This could take anywhere from 2-3 hours depending on the number of divisions, classes and competitors. After pre-judging is over there will be an afternoon break before the finals.

Finals will start at 4:00 pm; Doors will open at 3:30pm

Cost: General Admission \$40

General Admission Pre-Judging & Finals Combo \$60

VIP starts at \$120 (Reserved seats at front rows for pre-judging & finals Combo)

<<< PURCHASE YOUR TICKETS HERE: [SHOW TICKETS!](#) >>>

The finals show runs similar to pre-judging and will take approximately 2-3 hours. There will be a short intermission at some point during this time. Once again, they will run through each class, however; this time each person will take stage for an individual "routine". They will then announce the top five. The top five will come on stage and line up. Trophies will be awarded beginning with 5th place.

Free parking is available at the venue

Will-call is available at the Box Office. If you purchase tickets online, please print the receipt and bring with you to ticket window.

We understand that this is a proud moment for everyone and that you will want to take pictures. There will be a professional photographer there so please be courteous of him and; 1) watch where you are standing when taking pictures and 2) no detachable lens cameras

We ask that friends and family members please visit with their competitor before and after the show due to lack of space backstage and in the dressing rooms. Only the competitors will be allowed backstage and in the dressing rooms. Also, please keep in mind that show day is very long and tiring for your competitor and he/she will need to be able to focus and relax so please understand that they may not be able to come out and visit during the show.

Please be respectful of the venue site and clean up after yourself.