



## 2019 TORONTO PRO SUPERSHOW IFBB PRO CHAMPIONSHIPS

### ATHLETES INFORMATION PACKAGE

#### **NEW!! PLEASE NOTE**

#### **The Olympia – Qualification Point System**

It's Official!! The Toronto Pro SuperShow has been upgraded to a tier two event for qualification to The Olympia. The IFBB Pro League has recognized the caliber of IFBB Pro competitors competing at this prestigious event and has made this decision official.

The Toronto Pro SuperShow is honored for the recognition and looks forward to giving better opportunities to the IFBB Pros competing on June 1<sup>st</sup> and 2<sup>nd</sup> 2019 at the Toronto Pro SuperShow. Please review the point system at

<http://www.ifbbpro.com/news/2019-olympia-qualification-system/>

#### **Website**

<http://www.torontoprosupershow.com/>

→Events →IFBB Championships

#### **Venue**

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

#### **Promoter**

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

#### **Recommended Host Hotels**

##### **Intercontinental Toronto Centre:**

225 Front Street West, Toronto  
\$239. (plus taxes) Standard Room-Two Beds  
\$239. (plus taxes) Standard Room – King Bed  
\$269. (plus taxes) Feature – Two Beds  
\$269. (plus taxes) Feature – King Bed  
\$339. (plus taxes) Club Room

Intercontinental is attached to the Metro Toronto Convention Centre

Microwaves in Boardroom on Main Floor  
Complimentary internet connection

Parking: Valet Parking - \$49 per day  
MTCC Parking - \$32. per day

Cut-off date April 26, 2019

**Book by Calling:** 1-800-235-4670 and quote "Toronto Pro SuperShow" or to [Book Online](#)

##### **Strathcona Hotel Downtown Toronto**

60 York Street, Toronto, M5J 1S8  
\$199. (plus taxes), Smart Twin or Smart Queen  
\$219. (plus taxes), Executive Room Queen  
\$229. (plus taxes) Executive Room King  
\$239. (plus taxes) Executive Room 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.  
Parking – Valet Parking \$39 (plus taxes) per night with in/out privileges – departure 12 pm  
Nearby Public Parking approximately \$30 per night (subject to change)

Book before cut-off date May 1, 2019

**Book by Calling:** 1-800-268-8304 or 416-362-6061 or email [reservations@silverhotelgroup.com](mailto:reservations@silverhotelgroup.com) and quote Toronto Pro SuperShow or click here to [Book Online](#).

##### **Hilton Toronto**

145 Richmond Street West, Toronto, M5H 2L2  
\$249. (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 3, 2019  
**Parking**– Valet \$45. - 24 hours, with in & out privileges;  
\$35. - Day Rate with no in & out privileges  
Self Park – Mon.–Fri. from 7:00 am to 6:00 pm: \$30.  
Mon. – Sun. and Holidays from 6:00 pm to 7:00 am: \$10.  
Sat., Sun. and Holidays from 7:00 am to 6:00 pm: \$10.  
Lost ticket charge \$53.

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

#### **Travelling to Toronto**

- WestJet Airlines offers 5% off Econo and 10% off EconoFlex and Premium fares for travel within Canada and 2% off Econo, 5% off EconoFlex and 10% off Premium base fares for guests travelling trans-border to the Toronto Pro SuperShow.





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WestJet flies in North America. To book call 1-888-493-7853 using Promo Code **WHH04** and Coupon Code **A55YK31**.

- 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 **TPSS19**. 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)
- Union Pearson Train Express (UP Express) connects from inside Toronto Pearson International Airport to Union Station in the heart of downtown Toronto which is close to the host hotels and the Metro Toronto Convention Centre. The UP Express trains depart from inside Terminal 1 every 15 minutes between 5:30 am and 1:00 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 be sure to cover up to avoid staining the walls, chairs and carpet at the John Bassett Theatre. Failure to do so may result in disqualification.
- Tanning in the hallways and other public places is not permitted.

### Banned Spray Substances

Banned spray substances such as Dream Tan, Pam and Hot Stuff cannot be used and may result in disqualification.

### Official Tanner & 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)

### Registration

To register please contact IFBB Pro League at [ifbbproleague@aol.com](mailto:ifbbproleague@aol.com)

### Weigh-In / Athletes Meeting

**IFBB Pro Women's Meeting (Bodybuilding, Physique, Figure, Fitness and Bikini)**

Friday, May 31, 2019

Metro Toronto Convention Centre

Room 201 B&D

**6:00 pm sharp**

**IFBB Pro Men's Meeting (Bodybuilding Open and Bodybuilding 212, Men's Classic Physique, Men's Bodybuilding –Wheelchair; Men's Physique)**

Friday, May 31, 2019

Metro Toronto Convention Centre

Room 201 B&D

**7:00 pm sharp**

### Music

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

**Classic Physique:** Music will be collected at registration and must be on a CD, flashdrive or thumbdrive. It should be cued to the start of the music and end or fade with the appropriate allotted time. Posing music is 3 minutes for





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Bodybuilding, Women's Physique and Men's Classic Physique and two minutes for Fitness. No vulgar language permitted. Please bring a backup of your music with you. It is your responsibility to verify your music is working. If for any reason it doesn't, the DJ will play music at his discretion.

#### Athlete Perks

1. Complementary 2 day access to the Toronto Pro SuperShow EXPO;
2. Complementary Backstage Massage will be offered by the Mobile Massage Therapy Crew;
3. Athletes are permitted to sit in unsold seats to view the Toronto Pro SuperShow IFBB Championships; and
4. A complementary ticket to the Judging and Finals for your guest to the competition you are competing in.

### Toronto Pro SuperShow IFBB PRO Championships

#### SATURDAY EVENTS

##### **EXPO STAGE**

**Saturday, June 1, 2019 at 9:15 a.m.**

- IFBB Pro Women Fitness Round One;
- IFBB Pro Women's Bikini Round One
- IFBB Pro Women's Figure Round One
- IFBB Pro Women's Physique Round One
- IFBB Pro Women's Bodybuilding Round One
- IFBB Pro Men's Physique Round One
- IFBB Pro Men's Classic Physique Round One
- IFBB Pro Men's 212 Bodybuilding Round One
- IFBB Pro Men's Bodybuilding- Wheelchair Round One

##### **JOHN BASSETT THEATRE**

**Saturday, June 1, 2019 at 7:00 p.m.**

- IFBB Pro Women's Fitness Routines
- IFBB Pro Men's Open Bodybuilding Round One
- IFBB Pro Women's Fitness Confirmation Round and Awards Presentation
- IFBB Pro Bikini Confirmation Round and Awards Presentation

##### **8:00 p.m. (estimated time)**

- IFBB Pro Men's Physique Confirmation Round and Awards Presentations
- IFBB Pro Men's Bodybuilding 212 Posing Routines and Confirmation Round
- IFBB Pro Women's Figure Confirmation Round and Awards Presentation
- IFBB Pro Men's Open Bodybuilding Posing Routines and Confirmation Round
- IFBB Pro Men's 212 Bodybuilding Pose Down and Award Presentation
- IFBB Pro Men's Open Bodybuilding Pose Down and Award Presentation

##### **EXPO STAGE**

- **Sunday, June 2, 2019, 9:15 a.m.**
- IFBB Pro Women's Bodybuilding Posing Routines and Confirmation Round
- IFBB Pro Women's Physique Posing Routine and Confirmation Round
- IFBB Pro Men's Classic Physique Posing Routine and Confirmation Round
- IFBB Pro Men's Bodybuilding-Wheelchair Posing Routine and Confirmation Round
- IFBB Pro Women's Bodybuilding Posedown and Award Presentation
- IFBB Pro Women's Physique Posedown & Award Presentation
- IFBB Pro Men's Classic Physique Posedown & Award Presentation
- IFBB Pro Men's Bodybuilding-Wheelchair Posedown and Award Presentation

#### Backstage Pass

A limited amount of backstage passes will be sold. Backstage Passes will be sold for \$200. (plus tax). The backstage Pass will allow entry backstage to the IFBB Saturday Show and two day access to the Toronto Pro SuperShow Expo. Backstage passes will be sold online, in advance until Monday, May 27, 2019. Pick up backstage pass at the Pro Athlete Registration and meeting on Friday, May 31, 2019.

[Buy Online](#)





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

### Tickets

Be sure to have your friends and family purchase their tickets in advance to save.

#### **2019 GNC/Allmax Toronto Pro SuperShow IFBB Championships**

**Saturday, June 1, 2019 – 9 a.m.**

**Sunday, June 2, 2019 – 9 a.m.**

**Metro Toronto Convention Centre, Exhibit Halls A & B, EXPO Stage**

\$20/ day - General Admission

#### **2019 GNC/Allmax Toronto Pro SuperShow IFBB Saturday Night Championships**

**Saturday, June 1, 2019 –7:00 pm**

**John Bassett Theatre - Reserved Seating**

\$53 - \$71 plus HST

[Purchase Tickets Online](#)

Or

Purchase Tickets through Box Office

1-888-883-5766, Ext.1

