



2019 Toronto IFBB Pro Qualifier

OPEN TO ALL AMATEUR ATHLETES WORLDWIDE

Athletes Information Package

Website

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

Venue

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

Contact Information

ifbbshowproducer@torontoprosupershow.com
1-(888) 883-5766 ext. 4

Registration

- Online Registration:** Entry Fee \$200.00 (CDN)
- Available until Wednesday, May 29, 12 pm
- On-Site Registration:** Entry Fee \$250.00 (CDN)
- Register during Weigh-In

Important Information

- Eight IFBB Pro Cards will be awarded, one in each Overall category – Men’s & Women’s Bodybuilding, Classic Physique, Men’s & Women’s Physique, Fitness, Figure and Bikini
- Crossovers are permitted and multiple classes may be entered.
- Canadian residents must be qualified. Visit [Canadian Physique Alliance](http://CanadianPhysiqueAlliance.com) website for information about the qualification. No qualification required for non-Canadian residents.

Weigh-In and Registration

Thursday, May 30, 2019
Metro Toronto Convention Centre –North Building,
Room TBA
Weigh-In: 6 pm to 8 pm –All categories

OR

Friday, May 31, 2019

Metro Toronto Convention Centre, North Building, Rooms 203B & D
8 am to 9:30 am - Women’s Fitness; Men’s Bodybuilding; Men’s Classic Physique; Men’s Physique
9:30 am to 10:30 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 or NPC 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.

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 within the appropriate allotted time. Posing music is 60 seconds for Bodybuilding, Women’s Physique and Men’s Classic Physique and 90 seconds for Fitness. No vulgar language permitted. It is your responsibility to verify your music is working. Please bring a backup of your music with you. If for any reason it doesn’t, the DJ will play music at his discretion.

Athletes Meeting

MEETING FOR COMPETITORS

Friday, May 31, 2019 - 9:00 am, 9:45 am and 10:30 am
Metro Toronto Convention Centre – Room 201B & D





2019 Toronto IFBB Pro Qualifier
OPEN TO ALL AMATEUR ATHLETES WORLDWIDE
Athletes Information Package

Agenda:

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

Toronto Pro Qualifier Competition Schedule

Prejudging

Friday, May 31, – 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 1, – 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

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 1 and 2, 2019. 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 27, 2019.

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

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 and quote Toronto Pro SuperShow or click here to [Book Online](#).





2019 Toronto IFBB Pro Qualifier

OPEN TO ALL AMATEUR ATHLETES WORLDWIDE

Athletes Information Package

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. 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@torontoprosupershow.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 next to the host hotel and the Metro Toronto Convention Centre. The UP Express trains depart from inside Terminal 1 every 15 minutes between 5:30 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 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.

Banned Spray Substances

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





2019 Toronto IFBB Pro Qualifier

OPEN TO ALL AMATEUR ATHLETES WORLDWIDE

Athletes Information Package

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

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

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 john@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.

2019 GNC/Allmax Toronto Pro Qualifier Prejudge
Friday, May 31, 2019– 12:00 p.m.

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

2019 GNC/Allmax Toronto Pro Qualifier Finals
Saturday, June 1, 2019 - 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.torontoproshow.com/>
→ “Events” → “Toronto IFBB Pro Qualifier”





2019 Toronto IFBB Pro Qualifier

OPEN TO ALL AMATEUR ATHLETES WORLDWIDE

Athletes Information Package

Important Information

1. Top fifteen competitors qualify to the 2019 North Americans.
2. Top five competitors qualify to the 2020 Pro Qualifiers.
3. Top five competitors qualify to the 2019 or 2020 North Americans.
4. It is a competitor's responsibility to comply with CPA Rules and Regulations. Please visit the CPA website for more information- www.canadianphysiquealliance.com.
5. Banned spray substances (vasodilators) i.e. Hot Stuff, Dream Tan and Pam cooking spray are strictly prohibited for use by the athlete. Any athlete caught using banned products will be immediately disqualified.
6. 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.
7. When leaving the backstage area ensure you cover up to avoid staining the walls and carpet failure to do so may result in disqualification.
8. Athletes are permitted to sit in unsold seats to view the Toronto IFBB Pro Qualifier.

