

## 2022 ICN WORLD CHAMPIONSHIPS Update #3 (October 10th)

Be sure you have the latest event details. Information may be updated leading into the show, so, come back to **Event Information** on a regular basis and download any updated version.



*This is Wayne McDonald from Australia,  
President of the ICN World Alliance.*

*It is my pleasure to invite you to represent yourself and your  
Country, at the ICN PRO-AM World Natural Championships,  
prized the most important title for drug-free athletes.*

*The 2022 ICN WORLDS will be hosted over three days, from  
Thursday November 18 with the contest taking centre stage at  
the prestigious Prague Hilton in Europe's historically significant  
city of Prague, Czech Republic,  
voted the "Fifth most beautiful city in the world".*

***It's your chance to experience grandeur and glory in  
one amazing experience!***

### NOTES:

**#1.** Competitors must be aware that each Country sets its own qualifying prerequisite. Please get in touch with your Country's President if you do not know what is required to enter the World Championships.

**#2.** Countries should email their attending Official's name/ title to ICN International Events Director Ron Ziemieki [eventsdirector@icompetenatural.com](mailto:eventsdirector@icompetenatural.com) by the date entries close for competitors **Sunday November 13th**.



**Tomás Procházka**  
**Czech Republic President &**  
**2022 ICN WORLDS Promoter**

### What is the ICN World Championships?

iCompete Natural (ICN) originated in Australia and grew into the world's largest and most successful natural bodybuilding organisation. ICN Australia, with a relatively small population of only 25 million people, delivers 40 domestic events for 3,000 ICN Competitors. Our winning philosophy is simple, **"Deliver an experience that participants cannot buy or get anywhere else"**. Every event aims to make it so memorable that it feels like a "wedding day" for competitors. With like-minded countries wishing to associate together, we created a worldwide organisation with the wisdom, technology, professionalism, structure, governance and human resources capable of spreading and sharing the best contest experience worldwide. Hence, ICN was born in 2017.

Currently, ICN holds events in 22 Countries; however, we have individual members in a total of 90 countries. Thus, the ICN World Championships accounts for the greatest coverage of natural athletes worldwide. ICN endorse the World Anti-Doping Agency (WADA) principles in our stringent Anti-Drug Policy and use WADA accredited laboratories to analyse samples from our competitors. ICN delivers an international, 5-year minimum drug-free competition for the *best-of-breed* natural athletes.

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### ADVISE ON PLANNING YOUR TRIP

**We recommend international competitors who are booking travel in advance to arrive in Prague Wednesday November 16 or Thursday 17 in the morning.**

**We have an option with the Venue to add an extra day of competition – on Friday 18th. If we have enough expected entries to start the event on Friday then Registration will be Thursday 17 at Noon. The ICN WORLD organisers will provide an update on October 1.**

**Covid, inflation, travel restrictions and cost, make our first WORLDS in three years difficult to predict – by arriving on November 16 or 17 you are covered for all outcomes.**



## 01. Prague, Czech Republic.

Prague, Czech Praha, city, capital of the Czech Republic, one of the most popular tourist destinations in Europe and this has much to do with the fact that it is replete with a huge amount of culture to absorb. The city has a rich architectural heritage that reflects both the currents of history in Bohemia and an urban life extending back more than 1,000 years. The physical attractions and landmarks of Prague are many. Among the finest is the Charles Bridge (Karlův most), which stands astride the Vltava River. The winding course of the Vltava, with its succession of bridges and changing vistas, contrasts with the ever-present backdrop of the great castle of Hradčany (Prague Castle). It is this very backdrop we will host the 2022 ICN World Championships.



## 02. Event Venue: Hotel Hilton Prague Congress Centre

Probrezni 311/1, 186 00 Prague 8-Rohansky ostrov

Located in the heart of Prague is our world-class premier venue for the 2022 ICN WORLD Championships. Its going to be 5 Stars all the way! See our link below for 20% discount on Hilton Prague room rates.





### 03. Accommodation

With the event in the heart of Prague, options are open to you to find accommodation that suits your needs. However we are providing two accommodation options. We have been provided links for “special” prices, however, it is wise to do an online search because its possible to find an online agent selling rooms cheaper.

#### 1. Olympik Hotel

There is a subway station 100 meters from the hotel, travel only 2 stations and you can get off 250 meters from the Prague Hilton Venue. Expect room rate to be @ 54 Euro single room with breakfast or 63 Euro for a double.

Booking: [www.olympik.cz](http://www.olympik.cz)

Promo Code: ICN22



The screenshot shows the Olympik Hotels website's booking interface. At the top, there is a dark blue header with the 'OLYMPIK HOTELS' logo and navigation links: 'Homepage', 'Our hotels', 'Our restaurant', 'Conference', and 'About Hotels'. Below the header is a white booking form. On the left of the form is a 'BEST RATE GUARANTEE' badge. The form contains fields for 'Select hotel' (with 'OLYMPIK' selected), 'Arrival' (2022-11-16), 'Departure' (2022-11-21), 'Adults' (7), 'Children' (7), and 'Promo code' (icn22). A 'BOOK NOW' button is on the right.

#### 2. Hilton Prague

##### [Book Prague Hilton](#)

A block of rooms have been reserved for our ICN World Championship at the Hilton Prague. This special room rate will be available until 27/10/22 and is 20% discount on their best rate - this rate varies, so room cost will vary depending when you book but expect @ 180 euro per night to stay at the location of the event. Another advantage of staying at the Hilton is they have a fitness centre.

### 04. Registration

**Currently on Friday November 18<sup>th</sup> from NOON – 4 PM in the foyer area. (subject to change)**

**Registration will be held at the Foyer of the Hilton Prague Congress Centre.**



At Registration you will receive:

- (1) Contest Number
- (2) Competitor Gift - ICN WORLD Sleeveless Hoodie
- (3) Random Drug Testing

When you arrive at Registration, come to the table with either an **envelope or piece of paper** in your hand. Let me cover this carefully as its vital to a fast, flowing experience for competitors:

- 1) **If you are paying your entry fees in cash at Registration (no credit card facilities available), you must have the money in an ENVELOPE.** On the envelope, please write the following 5 pieces of information:

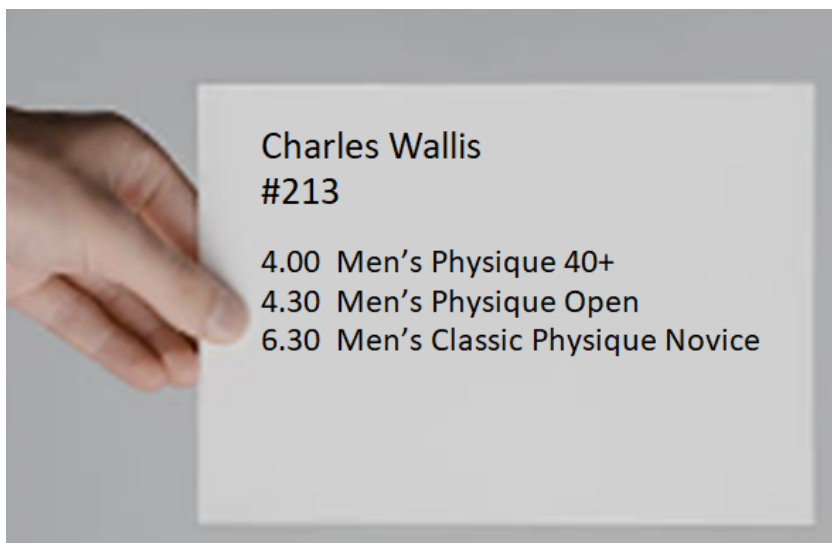


**If you are paying at Registration bring money in an envelope with:**

- Your Name
- Your Contest Number (this will be emailed to you before the contest)
- The Division/s you have entered and Estimated Stage Time.
- The Media (photos and video) you ordered.
- The total amount enclosed in the envelope – correct amount is appreciated.

**If you paid online, give us just a piece of PAPER (not an envelope).** This is important to us because "envelope" means you need to pay, and "paper" means you have already paid. On the paper, just 3 pieces of information.

- Your Name
- Your Contest Number (this will be emailed to you before the contest)
- The Division/s you have entered and Estimated Stage Time.



**To pay online**  
(Available November 13th to 16th. Go to **PAY ENTRY** under **MY EVENT**)

**Just bring a piece of paper with:**

- Your Name
- Your Contest Number
- The Divisions/Time you have entered

When you come to the Check-in table, place your **envelope or piece of paper on the table** in front of the staff. They can work quickly off the written information and get you officially registered and underway. Once you hand over your envelope/paper to check-in staff they will mark your attendance and hand back your contest number\* then ask you to take lucky draw for a random drug test.

### Contest Number

You receive one contest number – wear the same number for every division.

You will receive a Front number to wear on the right-hand side of your costume, and a second number to wear on the back (centre). This way, judges see your competitor numbers when you turn around.



Wear front number on the Right-Hand Side  
and back number in centre.

### Souvenir World Championships Sleeveless Hoodie

**FREE for Competitors**

*If you wish to buy a souvenir event hoodie we have limited numbers for sale at Euro 40.*



### Random Drug Testing

We will be conducting random drug tests at Registration, so avoid going to the toilet just prior to registration in case you pull a "Test". Event day testing for Winners will be done throughout the contest day.

### On camera Interviews

Our video production team will be conducting interviews with competitors and country officials on Friday and Saturday during the event.



## 05. 2022 ICN World Championships Itinerary (Subject to Change)

**Location:** Prague, Czech Republic  
**Dates:** Thursday November 17 – Sunday November 20  
**Venue:** Prague Hilton Congress Centre  
Probrezni 311/1, 186 00 Prague 8-Rohansky ostrov

**November 17th THURSDAY**  
Welcome Dinner & Meeting for Country Presidents, Promoters, Judges and Official  
6.30PM

**November 18th FRIDAY**  
Athlete **Check-in. Foyer of Hilton Prague Convention Centre 12 Noon – 4 PM**  
*Random drug testing, contest number, Event Gift and Spectator tickets to collect.*

**November 19th SATURDAY**  
**WORLDS Competition Day 8 AM**

**November 20th SUNDAY**  
**ICN World Gala Awards & Buffet Cocktail After Party @ 1 PM – 5PM**

Tickets can be purchased in iCompete under TICKETS in My Event.  
If any tickets are available they will be on sale at Check-in on Friday.

## 06. Prep Area

A separate Male and Female Prep room is on each side of the stage. Bring your own bands etc. to pump up if required.

1. Competitors must bring a towel (or similar) to stand on when they are applying any tan/oil.
2. Bring Baby Wipes to clean tan marks.
3. So not sit directly on toilet seats etc.
4. Competitors must be fully clothed before sitting on chairs in the venue.
5. Do not touch or lean on any surface backstage.

## 07. Entries Fees

Your Entry fee can be paid online at [www.icompetenatural](http://www.icompetenatural) between November 14 and November 16. Go to PAY ENTRY under My Event. Online can be paid by credit/debit card or PayPal and your fees are charged in Euros.

<b>First Division</b>	€ 175
<b>Additional Divisions</b>	€ 85
<b>Professional</b>	€ 275

## 08. WORLD iPRO Divisions

- |                                  |                        |
|----------------------------------|------------------------|
| 1. <b>Men's Bodybuilding</b>     | 5. <b>Ms Figure</b>    |
| 2. <b>Men's Fitness</b>          | 6. <b>FitnessModel</b> |
| 3. <b>Men's Physique</b>         | 7. <b>BikiniModel</b>  |
| 4. <b>Men's Classic Physique</b> | 8. <b>SportsModel</b>  |

Prize money in each division:

1<sup>st</sup> € 1,000  
2<sup>nd</sup> € 500  
3<sup>rd</sup> € 300

## iPRO ICN GUARANTEE

While amateur divisions are subject to cancellation and amalgamation, Professional classes are never canceled due to low numbers as a professional can not change divisions. Prize money however will be adjusted on the following scale: If only 1 competitor they will be awarded the cash prize of third place. If two competitors they will receive the cash prize of second and third. When 3 and more competitors enter the full cash prize will be awarded as promoted.

**NOTE:** *The Height class winners in the Open Amateur divisions will be awarded their iPRO Card and are therefore eligible to enter and compete in the PRO class on the same day. While the iPRO card is free, you must pay the PRO entry fee of € 250 if you intend to compete. Enter and pay by going to the Check-in table.*

**2022 ICN WORLD CHAMPIONSHIPS**

Opening Ceremony. Country and Group Photos.

Mens Fitness 40+

Mens Fitness 30+

Mens Fitness Rookie

Mens Fitness Novice

Mens Fitness Open (Height Classes\*)

**Mens Fitness World Overall Champion**

**Mens Fitness World PRO**

Women's Bodybuilding

Mens Physically Challenged

Ms. Figure 60+

Ms. Figure 50+

Ms. Figure 40+

Ms. Figure 30+

Ms Figure Rookie

Ms. Figure Novice

Ms. Figure Open (Height Classes\*)

**Ms. Figure World Overall Champion**

Ms Classic Figure 40+

Ms. Classic Figure Open (Height Classes\*)

**Ms. Figure World PRO**

Mens Bodybuilding 60+

Mens Bodybuilding 50+

Mens Bodybuilding 40+

Mens Bodybuilding 23

Mens Bodybuilding Rookie

Mens Bodybuilding Novice

Men's Bodybuilding Open (Height Classes\*)

**Men's Bodybuilding World Overall Champion**

**Mens Bodybuilding World PRO**

Bikini Momma

Bikini 50+

Bikini 40+

Bikini 30+

Bikini 23

Bikini Rookie

Bikini Novice

Bikini Open (Height Classes\*)

**Bikini World Overall Champion**

**Bikini World PRO**

Mens Athletic HW 0

Swimsuit 30+

Swimsuit Rookie



## 2022 ICN WORLD CHAMPIONSHIPS

Swimsuit Novice

Swimsuit Model Open (Height Classes\*)

Mens Athletic HW -3

Ms Wellness

Mens Athletic HW -6

ICN ANGELS

Mens Athletic HW -8

Ms Runway

Mens Streetwear

Ms Streetwear

Mens Classic Physique Rookie

Mens Classic Physique Novice

Mens Classic Physique Open (Height Classes\*)

**Mens Classic Physique World Overall Champion**

**Mens Classic World PRO**

Sports Model Momma

Sports Model 50+

Sports Model 40+

Sports Model 30+

Sports Model 23

Sports Model Rookie

Sports Model Novice

Sports Model Open (Height Classes\*)

**Sports Model World Overall Champion**

**Sports Model World PRO**

Mens Physique 50+

Mens Physique 40+

Mens Physique 30+

Mens Physique 23

Mens Physique Rookie

Mens Physique Novice

Mens Physique Open (Height Classes\*)

**Mens Physique World Overall Champion**

**Mens Physique World PRO**

Fitness Model Momma

Fitness Model 40+

Fitness Model 30+

Fitness Model Rookie

Fitness Model Novice

Fitness Model Open (Height Classes\*)

**Fitness Model World Overall Champion**

**Fitness Model World PRO**

\* Open Height Classes if required based on entries

#### 10. WORLD TROPHIES Top 5 Finalist

ICN has designed a unique and inspiring trophy specifically for the ICN WORLD Championships that represent the prestige of an International Title. We are delighted with the result!



#### ICN Achievement Medallions



**ICN World Competitors placing outside the Top 5 are awarded Equal 6<sup>th</sup> and receive this impressive 12cm double-sided ICN Achievement Medallion.**

At ICN we wish to acknowledge what a remarkable achievement it is to represent your Country internationally and make it through all the challenges both physically and financially to step onto the world stage.



### 11. Competitor's Photographs

**Video:** We will update the event video details later.

**Onstage Photography.** Professional Photographers will be taking photos at the contest. To order, check the Photography box next to the division when you enter or edit your entry. For 25 Euros you will receive 10-12 images onstage in the division.

### 12. Spray Tan, Make-up and Hair Styling Service

We have FILANDR Team providing both Tan and Make up services.



#### Prices Tanning Service

**Full service (Three passes + oil + repairs/touch-up on contest day) € 90**

One pass (coat) € 60

Two passes € 70

Three passes € 80

Glossy Body oil €10

Body Glitter €10

Make-up €50

Hair €30

Fake eyelashes €10

For Make-up and Hair we have an additional provider **jiitkaa@gmail.com**. Both charge the same price. Please email your choice to make a booking and other information.



### 13. Travelling Advice for International Competitors

Minimum time required to recover from the effects of jet lag is one hour for every hour you spend travelling. Try to arrive in the afternoon or evening so you can sleep and wake at the correct time. When you board the plane in your Country, adjust your watch to the time in the destination country and eat according to the time here. Same applies to sleep. Drink plenty of water. Eat Lightly. When booking your airline ticket, ask for low-fat meals to be served. But also take your own food on the plane with your carry-on luggage. Also, bring some packaged food in your suitcase, so you can survive for several meals without the stress of finding bodybuilding food immediately upon arriving. Note: If you bring supplements, keep them in original containers in case customs officials want to inspect your "pills and white powder". If you are tanning in the hotel, bring your own sheets and pillowcase to sleep in the bed. Otherwise, you can get away with just a pillowcase and old "jammies" to sleep in. Hotels usually pass-out when they see the tanning stains left behind by bodybuilders and they will charge you an outrageous cleaning fee.

Don't be critical of your contest condition as you can expect to be 20% off your local contest condition due to the rigours of travel, however, everyone is similarly handicapped. That is why I say those who win international events are those who travel best and do not get upset by unexpected situations. Try and plan so you can be very self-reliant. One important message about competing internationally – hope for the best and prepare for the worst. The way an event is run in another country may vary from what you expect. We are also promoting a contest in a new country and the promoters will be facing unexpected challenges and problems themselves. So be flexible in your mind and last-minute preparation. However, rest assured the Championships will be a fantastic experience for everyone. The ICN Promoters have run many international events and have dedicated 12 months into the planning of this event, so we have prepared as diligently as competitors!

### SIM Cards for use in Czech and Europe

When arriving at Prague airport there is a Vodafone shop selling SIM cards in the Terminal 2 arrivals area. The Data SIM for Visitors SIM card is available from 800 CZK including 10GB of data with 30 day validity.

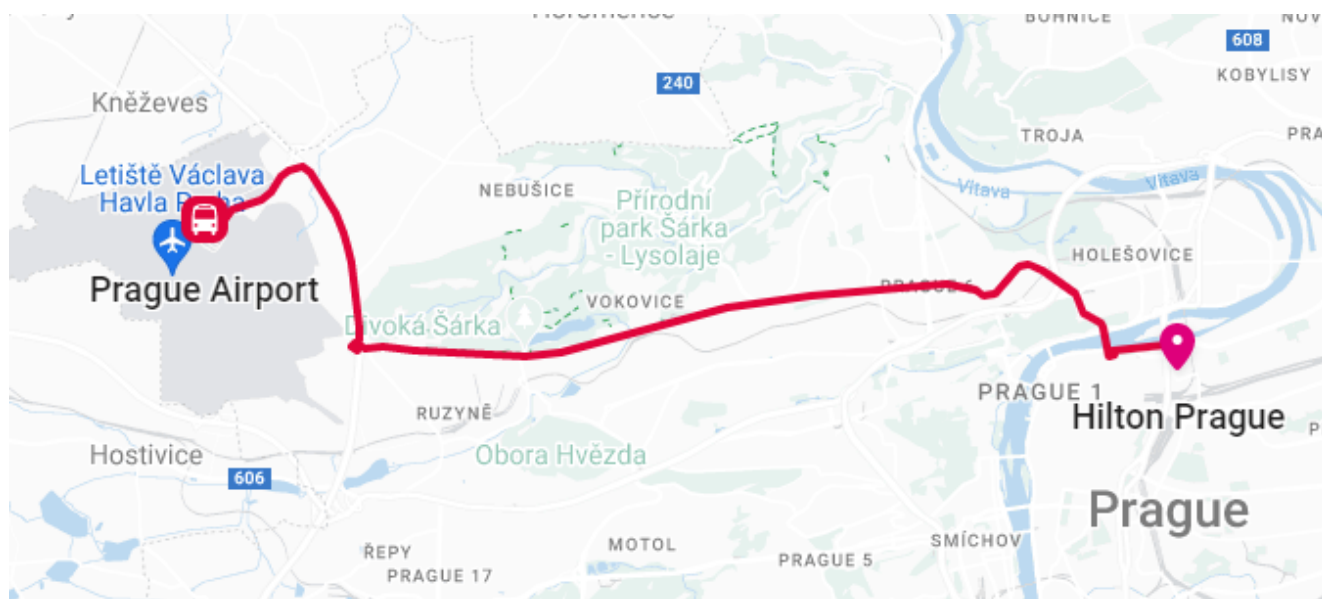
Unlike other SIM cards sold in Prague, this visitor SIM cannot be used for roaming in the EU1. If travelling on to other EU countries after arriving in Prague, I feel it's worth leaving the airport to buy a SIM card. All SIM cards in this guide work in other EU countries except the Vodafone Data SIM for Visitors.

If looking to save some money, a local Vodafone SIM card costs 200 CZK including 500mb of data. The Vodafone shop at the airport may not sell the local SIM card. It can be purchased at other Vodafone stores.

There are other good deals available on Czech SIM cards after leaving the airport, these include:

- Tesco Mobile with 500mb of data for 150 CZK (valid for 7 days)
- T-Mobile with 10GB of data for 600 CZK (valid for 30 days)

### 14. How to travel from Prague Airport to the Venue (Prague Hilton)



16 KM which will take 20-35 minutes depending on traffic.

Taxi. Cost @ €27. You can prebook [here](#)

Uber. If you have the Uber App it will be cheaper than a taxi.



**15. ICN World After Party & Awards @ 1 PM – 5 PM Sunday 20th**

**Prague Club Lavka, Novotného lávka 201/1, 110 00 Prague 1 - Old Town**

**Cost 70 Euro and limited to the first 150**

This will be a great opportunity to relax together and enjoy a Sunday afternoon of celebration following the big event. The venue is set in the heart of Prague in the historic Prague Club Lavka at the foot of world-famous Charles Bridge!

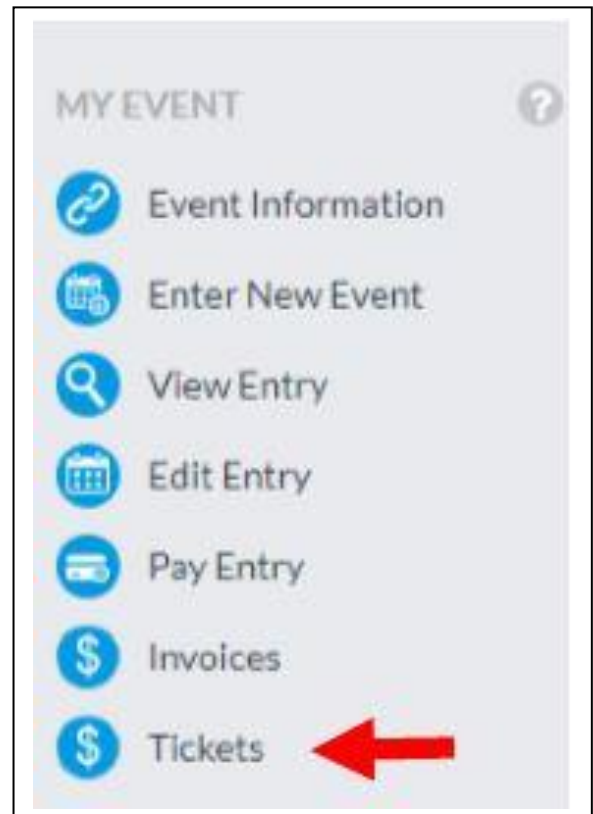
Time to get out of Gym Clothes! Dress to reveal your inner Diva.

Full Banquet and Unlimited beer, wine and soft drink. DJ Music.

Tickets can be purchased at [www.icompetenatural.com](http://www.icompetenatural.com) under **TICKETS in My Event**.







### **Appetizers**

Marinated roast beef with pepper sauce  
 Chicken roulade filled with prosciutto and sun-dried tomatoes  
 Variations of Czech cheeses  
 Variations of Czech sausages  
 Salmon tartare  
 Marinated olives  
 Soup: Vegetable cream with pumpkin seeds and croutons  
 Hot kitchen Spicy beef stew Roasted pork tenderloin on foxtails  
 Cocktail chicken cutlets from chicken breasts.  
 Cocktail pork chops from the neck Linguine Pomodoro

### **From the Grill**

Marinated pork loin in mustard seed  
 Chicken breast on thyme  
 Mini kebab with fresh coriander and mint  
 Grilled vegetables (zucchini, pepper, carrot)

### **Side Dishes**

Potato quarters with herbs  
 Jasmine rice  
 Salads Variations (lettuce/peppers/avocado/tomato)  
 Greek salad

### **Desserts**

Seasonal fruit  
 Homemade crumb cake  
 Chocolate mousse  
 Variation of pastries

### **Drinks**

Soft drink  
 Beer  
 Wine  
 Coffee.





#### 16. WORLD Ranking

By competing in the worlds' most participated drug-free event, you will receive a genuine world ranking. After the event the certificate is emailed to you.

