



## WELCOME TO THE 2021 ATLANTIC CLASSIC CHAMPIONSHIPS & GLADIATOR SHOWDOWN

Welcome to Moncton NB, we hope you enjoy your stay or competitive experience! We've prepared a useful document for you to refer to for general information, rules and regulations and a basic outline of the weekend. GO TO OUR WEBSITE AT: [www.atlanticclassic.ca](http://www.atlanticclassic.ca) FOR MORE INFO!





CAPITOL

## VENUE – JULY 10TH 2021

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### Théâtre Capitol Theatre

Address: 811 Main St, Moncton, NB E1C 1G1

Phone: (506) 856-4379

Website: <https://capitol.nb.ca/en/>

### \*All Reserved Seating – Both Prejudging & Evening Finals\*

- 9 am (Saturday July 10<sup>th</sup>) Pre-Judging Tickets

\$25 (including HST)

- 6 pm (Saturday July 10<sup>th</sup>) - Evening Finals

\$50 (including HST)

### Buy Tickets here: (On sale **April 19<sup>th</sup>, 2021**)

<https://capitol.nb.ca/en/>

The Capitol Theatre in downtown Moncton, New Brunswick, Canada is an 800-seat, restored 1920s-era vaudeville house on Main Street that serves as the centre for cultural entertainment for the city. **It has a 50% reduced seating capacity due to COVID Restrictions. \*More details to follow.**

### Main Hall (Stage & Venue)

This beautifully restored 783-seat vaudeville style theatre will be the main stage and audience seating area.







# SEATING PLAN – JULY 10<sup>TH</sup>

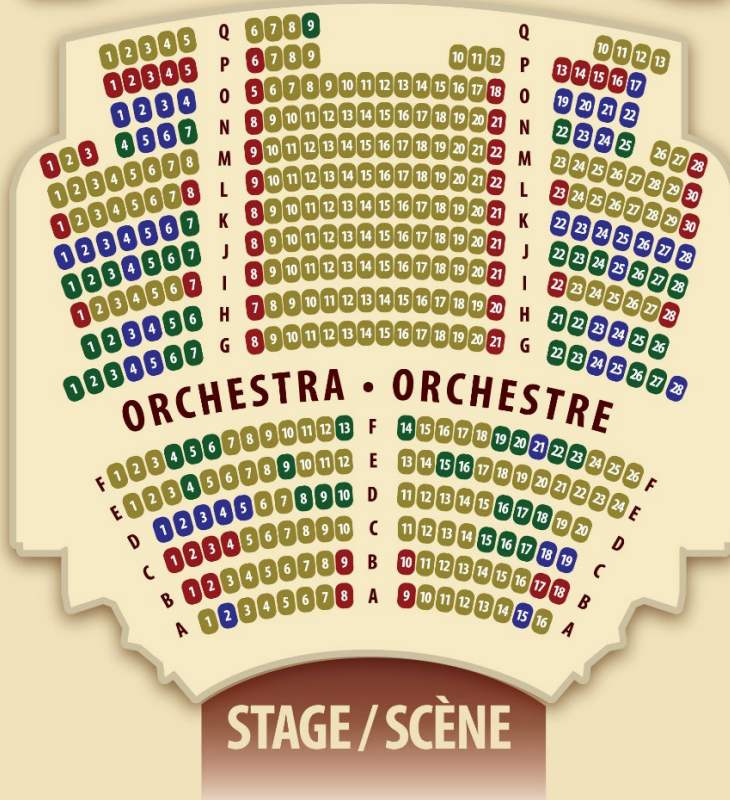
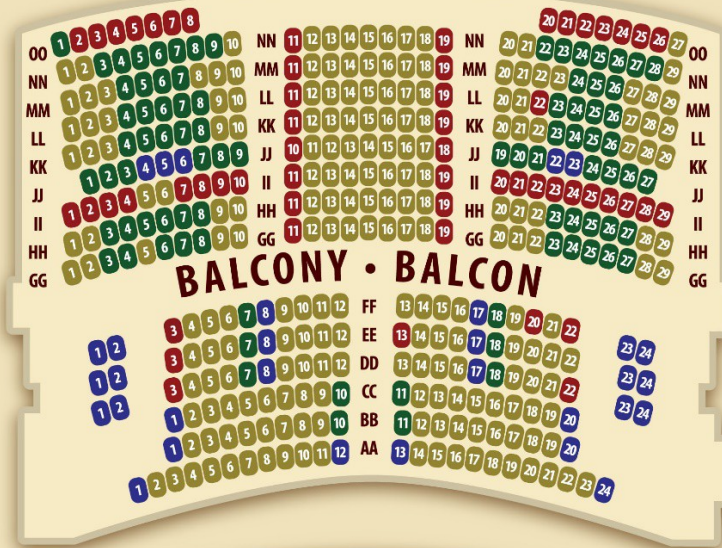
STAGGERED SEATING IN 2'S, 4'S AND 6'S – DUE TO COVID RESTRICTIONS

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## CAPITOL VENUE – JULY 10<sup>TH</sup>

Empress Theatre (Athletes Backstage Area – 2<sup>nd</sup> Floor)

This space can transform into whatever your event needs.



### Main Lobby (Booths & Licensed Bar Area)

Able to accommodate up to 200, the lobby will be set up for Exhibit booths and a licensed bar.







## HOST HOTEL – JULY 9<sup>TH</sup>-11<sup>TH</sup> 2021

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Delta Hotels by Marriott Beausejour

Address: 750 Main St, Moncton, NB E1C 1E6

Phone: (506) 854-4344

Room Rate: \$152/night – Direct Link

Book your room here: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1601311438068&key=GRP&app=resvlink>



# Registration – Friday, July 9<sup>th</sup> Empress Theatre



## (25-35) people max per segment

- Competitors & J&H Staff will enter through the Empress Theatre Entrance leading inside from Robinson Court. ***\*Please refer to Sketch Plan F – Level 2 Empress Room\* - Temperature readings will apply and you will be required to fill out a mandatory sheet provided by the Capitol for Contact Tracing Purposes***
- We will set up the room from 3-5 pm with Table Stations. ***During set-up, 25 boxes will be constructed with Tape – Dimensions – each square will be 2 m apart. Approx. 25 Chairs will be placed inside the squares. The chairs will be facing away from one another. \*This is pre-preparation for the show day event\****
- Proper floor markings will be placed to ensure every competitor adheres to social distancing between each station.
- There will be floor decals placed on the floor in the Empress Registration area to ensure all competitors or staff stay 2 meters apart.
- As the athlete's enter, they will proceed to Station 1 followed by Station 2, Station 3, Station 4, Station 5, Station 6, Station 7, etc. and leave the building. Assembly Line Process.
- **Face Coverings:** Due to COVID 19 restrictions, Face Coverings must be worn at all times by Competitors & Staff. All athletes attending registration must wear a face mask when entering the building. CPA Face Coverings will be available at the entrance for purchase. The cost is \$10/mask or you may wear your own. Face Coverings must also be worn in settings where other social distancing measures are difficult to maintain. Once seated in the theatre area, you may remove your mask until the athlete meeting commences.
- Athletes must comply with hygiene measures, sanitization and must minimize face to face contact as much as possible.
- The registration process will be done in 2 Groups:

### **GROUP 1 – COMPETITORS**

- 5:00 pm to 6:30 pm – **Men's Bodybuilding, Gladiators, Classic, Men's Physique & Women's Physique**
  - After each competitor is registered, Group 1 Competitors will exit through the Empress Theatre Entrance leading outside into Robinson Court

### **GROUP 2 – COMPETITORS**

- 6:30 pm to 8:00 pm – **Figure, Wellness & Bikini**
  - After each competitor is registered, Group 1 Competitors will exit through the Empress Theatre Entrance leading outside into Robinson Court

**GLADIATOR PRESS CONFERENCE & ATHLETE'S INFORMATION MEETING**  
**\*8:30 PM TO 9:30 PM – LOCATION TO BE DETERMINED AT A LATER DATE\***

- All COVID Regulations & Show information will be printed and readily available for any athlete including the arrival and departure times, on deck times, on stage times, etc for the morning and evening show and the line-up of classes. All athletes will have numbers assigned at registration and will pick up their buttons when they register.
- **Suits:** The CPA does inspect suits. Please wear your suit to Registration. This includes ALL disciplines. Any suit that is not of good taste and decency or is simply too skimpy should not be worn.
- **Shoes:** Although there are no restrictions on shoes, we try to guide the athletes to stay away from the higher platform type shoe simply because they are very difficult to walk in and are somewhat distracting. Use common sense.

## REGISTRATION PROCESS

**Station 1: COVID Checklist & Form / Check-In for Registration:** All competitors must fill out a mandatory COVID form when entering the Empress Centre. As well, please ensure you are a member of the Canadian Physique Alliance & have your CPA Membership Card with you or on your phone for verification. If you are not a member you must purchase one online before advancing to Station 2. ID must be provided for verification of identity and date of birth (i.e. Driver's License or Birth Certificate/Picture ID). You, the athlete, will get a sheet with your classes and information along with a liability form on the back you must sign. After signature, proceed to the Height and Weight Station.

**Station 2 - Height/Weight Station:** Athletes will pass their sheet to the CPA officials and will be directed where to go in order to be heighted or weighed. The information will be recorded on your form. Suit checks will be conducted for all athletes here, please wear your suits under your clothing. Bring your form next station.

**Station 3 – Verification & Buttons:** Pass your paper to the head registration table for data entry, indicate if changes were made at Station 2 or if you wish to add and pay for an extra class. Pick up your competitor button. It is worn on the left hip. One button is used over multiple divisions. Bikini competitors may wear their button on either the left or right hip.

**Station 4 – Music & General Information:** You may contact Heather at [figure@heatherleblanc.ca](mailto:figure@heatherleblanc.ca) for your music link to upload your routine or as a last resort you may drop off your Music at Registration for (Bodybuilding, Men's Classic Physique & Women's Physique only). Music must be on a USB FLASH DRIVE by itself and music must be cut.

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*Disciplines have 60 seconds for their routines. \*\*Please indicate at registration whether the music piece starts on or off stage. Take a small ziplock bag (these will be provided) and put your name & button # and indicate (on or offstage).*

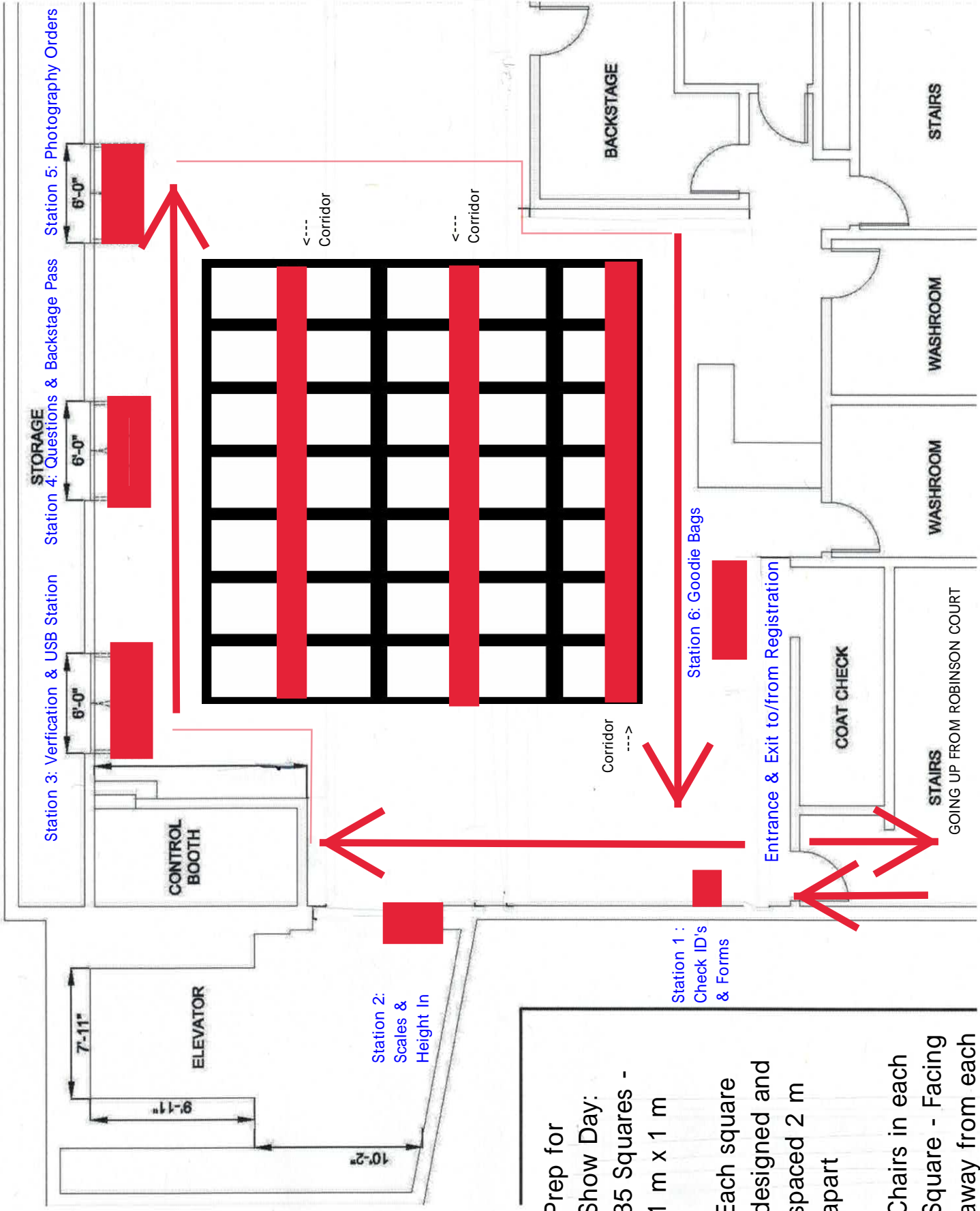
*The use of profane, vulgar and offensive language is strictly prohibited in all posing and routine music and it must be cut at 60 seconds. If you are in Bodybuilding & Classic Physique you must do (2) posing routines for both disciplines. You will only pose once in your first class you compete in (in whatever discipline you are competing in).*

**Station 5 - Photography:** To purchase stage or backstage photography, the official photographers will be set up at the registration table taking orders. Competitors can pay for photos at registration.

**Station 6 - Gift Bags:** Pick up a competitor gift bag.

**After this process is completed for each competitor, you are not permitted to hang around, please leave the registration area immediately and exit through the same stairwell leading down to Robinson Court**

# Sketch Plan F - Level 2 Empress Room - Registration



Prep for Show Day:  
 35 Squares - 1 m x 1 m  
 Each square designed and spaced 2 m apart  
 Chairs in each Square - Facing away from each



## APPOINTMENTS FOR SERVICES

**\*There are no “official makeup and hairstylist’s for the 2021 Atlantics due to COVID restraints etc.”**

**You will be responsible to find your own Hair and Makeup Artists.**

**Here are a few suggestions below but are not “official”.**

**Makeup:** Contact Roberta Francoeur at 506-261-3802 or Krystal Poirier at 506-961-6714.

**Hair:** Contact Carole Comeau’s Team at Salon Cabello 506-389-2355 or Julie Martin’s team at Studio Unisex Elegante at 506-850-3430

**Official Photographers:** They will be at the Registration taking orders. **Note:** Absolutely NO zoom lens, DSLR/interchangeable lens and flash photography, as well as, smaller camera and iPads. We have secured the best official photographers available to cover the event, giving athletes the highest quality coverage of their show day experience. Smart Phones will be permitted as long as it does not interfere with the official photographers. Bags will be checked at the doors and prohibited equipment will not be allowed inside. Violators will be asked to leave and their memory cards erased. We have complete trust in our official photographers and their ability to capture each athlete at their very best. Thank you for your understanding. Make sure you do not leave the venue without getting backstage photos. When you go off stage, make your way to have a few shots done. **Note: All OVERALL winners must stay until the end of the show for Stage Group Photos. This includes the Women’s Physique and Women’s Wellness. There will be a designated area to wait around.**

**Official Spray Tanner:** Marlo’s Spray Tanning is our Official Spray Tanner and is taking appointments. Contact her at [marlo\\_pierce@hotmail.com](mailto:marlo_pierce@hotmail.com) or call her cell at: 506-261-8510. Location for the Tanning will be at the Delta Beausejour Hotel (Host Hotel). Exact location TBD. They will be available for touchups at the venue backstage on Show Day beginning at 7:30am. \*Please note: Marlo and her team will be the only official tanning team allowed backstage. **\*\*Athletes are strongly urged to book with our official spray tanner asap.**

**Please Note:** The IFBB Pro League & CPA has banned all tans that can be wiped off. An official will monitor backstage and if noticed that any competitor has tan that comes off simply by wiping, the competitor will be told to remove the tan before going on stage. Competitors are asked to PLEASE BE VERY CAREFUL NOT TO TOUCH THE WALLS OR CURTAINS AND WHERE YOU SIT AND PLACE YOUR HANDS. THESE PRODUCTS LEAVE STAINS AND VERY MESSY TO CLEAN. Failure to comply could disallow promoters to re-use the venue at the Capitol Theatre for future events and could result in disqualification of the competitor.



**Official Music Cutter & Uploader:** Rémi Poirier from A-Track Media is available to you to cut your posing routine music and upload it for you to the Muscware Software . He will cut your music for you from start time to end time. Everything is done for you – quick and easy, no hassle, no worries! Contact him today at 506-530-5290 or email him at: [atrackmedia@gmail.com](mailto:atrackmedia@gmail.com) . He charges \$20 for his services, a steal of a deal. Get in touch.

**A-Track  
Media**

## **CLASSES & LINE-UPS FOR THE SHOW**

### **PREJUDGING PROGRAM @ 9:00 am**

#### **1st Half – Prejudging**

Men's Bodybuilding – True Novice  
Men's Bodybuilding – Juniors  
Men's Bodybuilding – Grandmasters 50+  
Men's Bodybuilding – Masters 40+  
Men's Bodybuilding – Bantamweight  
Men's Bodybuilding – Lightweight M  
en's Bodybuilding – Middleweight  
Men's Bodybuilding – Light Heavyweight  
Men's Bodybuilding – Heavyweight

Men's Bodybuilding – Gladiator Gallus Lightweight  
Men's Bodybuilding – Gladiator Samnites Middleweight  
Men's Bodybuilding – Gladiator Thracians Heavyweight

Men's Classic Physique – True Novice  
Men's Classic Physique – Masters 40+  
Men's Classic Physique – "A"  
Men's Classic Physique – "B"  
Men's Classic Physique – "C"

Men's Physique – True Novice  
Men's Physique – Grandmasters 50+  
Men's Physique – Masters 40+  
Men's Physique – "A"  
Men's Physique – "B"  
Men's Physique – "C"

Women's Physique – True Novice  
Women's Physique – Open

#### **2nd Half – Prejudging**

Women's Figure – True Novice  
Women's Figure – Grandmasters 45+  
Women's Figure – Masters 35+  
Women's Figure – "A"  
Women's Figure – "B"  
Women's Figure – "C"

Women's Bikini Wellness – True Novice  
Women's Bikini Wellness – Masters 35+  
Women's Bikini Wellness – "A"  
Women's Bikini Wellness – "B"

Women's Bikini – True Novice  
Women's Bikini – Super Grandmasters 55+  
Women's Bikini – Grandmasters 45+  
Women's Bikini – Masters 35+  
Women's Bikini – "A"  
Women's Bikini – "B"  
Women's Bikini – "C"  
Women's Bikini – "D"

**EVENING PROGRAM PROGRAM @ 6:00 pm**  
**Opening of Show-Introduction of Promoters-Emcee**

Men's Physique – True Novice  
Men's Physique – Grandmasters 50+  
Men's Physique – Masters 40+  
Men's Physique – "A"  
Men's Physique – "B"  
Men's Physique – "C"

**Overall Men's Physique**

Men's Classic Physique – True Novice  
Men's Classic Physique – Masters 40+  
Men's Classic Physique – "A"  
Men's Classic Physique – "B"  
Men's Classic Physique – "C"

**Overall Men's Classic Physique**

Men's Bodybuilding – True Novice  
Men's Bodybuilding – Juniors  
Men's Bodybuilding – Grandmasters 50+  
Men's Bodybuilding – Masters 40+  
Men's Bodybuilding – Bantamweight  
Men's Bodybuilding – Lightweight  
Men's Bodybuilding – Middleweight  
Men's Bodybuilding – Light Heavyweight  
Men's Bodybuilding – Heavyweight

**Overall Men's Bodybuilding**

**Best Poser Award**

Gladiator Bodybuilding Showdown  
Gladiator Thier Tribute & Ken Black Award  
Opening of Gladiator Showdown  
Men's Bodybuilding – Gladiator Gallus Lightweight  
Men's Bodybuilding – Gladiator Samnites Middleweight  
Men's Bodybuilding – Gladiator Thracians Heavyweight

**Overall Gladiator Bodybuilding Showdown**

**\*5 min Judges Break\***



Women's Physique – True Novice  
Women's Physique – Open

Women's Figure – True Novice  
Women's Figure – Grandmasters 45+  
Women's Figure – Masters 35+  
Women's Figure – "A"  
Women's Figure – "B"  
Women's Figure – "C"

**Overall Women's Figure**

Women's Bikini Wellness – True Novice  
Women's Bikini Wellness – Masters 35+  
Women's Bikini Wellness – "A"  
Women's Bikini Wellness – "B"

**Overall Women's Wellness**

Women's Bikini – True Novice  
Women's Bikini – Super Grandmasters 55+  
Women's Bikini – Grandmasters 45+  
Women's Bikini – Masters 35+  
Women's Bikini – "A"  
Women's Bikini – "B"  
Women's Bikini – "C"  
Women's Bikini – "D"

**Overall Women's Bikini**

# Prejudging Event – Saturday, July 10<sup>th</sup>

## General Information



- Competitors & J&H Staff will walk up the ramp at the back of the building and enter through the doors beside the loading dock located at (stage level) upstage left.
- Each person will undergo screening, temperature taken and will fill out a form (regulations enforced by the Capitol). ***\*Please refer to Sketch Plan A & C – Level 1 Backstage – Capitol Theatre for Arrival/Exiting the Venue\****
- The Promoters will set up the venue at 6:00 am. The stage will be taped off to establish the distance rules between competitors on stage.
- There will be floor decals placed on the floor all over the backstage area, empress theatre and Pearce Lounge, to ensure all competitors or staff stay 2 meters apart, as well as black and red arrows → on the floor to know where you need to go and stand.

### Group 1 Competitors – Pre-Judging 9 am – 11:30 am:

Bodybuilding & Gladiators - All competitors will be situated on Level 1 – Backstage area. There are 3 dressing rooms and we will situate you in the rooms you are assigned. Your names will be on the doors.

Classic Physique & Men’s Physique – All competitors will be situated on Level 2 – Empress Theatre. In the Empress Theatre, there will be (3) pathways/corridors in between the rows separating the 35 squares (1 m x 1 m boxes). A chair will be placed in each box. All competitors must stay in their assigned box.

Women’s Physique - All competitors will be situated on Level 1 – Backstage area. There will be a room assigned to you by 10:45 am and your names will be on the door.

### Group 2 Competitors – Pre-Judging 12:30 pm – 3:00 pm:

Figure - All competitors will be situated on Level 1 – Backstage area. There are 3 dressing room's and we will situate you in the rooms you are assigned. Your names will be on the doors.

Wellness & Bikini – All competitors will be situated on Level 2 – Empress Theatre. In the Empress Theatre, there will be (3) pathways/corridors in between the rows separating the 35 squares (1 m x 1 m boxes). A chair will be placed in each box. All competitors must stay in their assigned box.

### **GENERAL INFO:**

- 5 Judges, 1 Photographer and 1 Statistician will be situated in the Orchestra Pit socially distanced from one another.
- 1 Main Promoter will be roaming around the venue (backstage area & empress room).
- 2 Stage Marshalls (spaced apart) will be situated in the Backstage area (Level 1).
- 2 Backstage Personnel (spaced apart) will be situated in the Empress Room (Level 2).
- 2 Spray Tanners will be located in the Loading Dock Area (Level 1).
- 2 Security Personnel will be located in the Backstage area (Level 1) near Exit and Entrance Doors.
- Leaving or Entering the venue you must sign in and out every time. You must only exit through the backstage – level 1 – loading dock area.
- At this time, no backstage passes will be permitted by venue staff. If this changes, we will advise you.
- Face coverings must be worn at all times by staff, coaches/sponsors & competitors.



The Pre-Judging will be done as follows (timings are approx. may not be exact & could be subject to change):  
**1<sup>st</sup> Half – Pre-Judging (9:00 am – 11:30 am approx.)**

**Bodybuilders & Gladiators - may enter the 1st level backstage venue at 7:30-7:45 am**

**Classic & Men's Physique – may enter the 1<sup>st</sup> level backstage venue at 7:45 am and directed up to the 2nd level Empress Theatre by 8:00 am.**

**Women's Physique – may enter the 1<sup>st</sup> level backstage venue at 10:30 am and directed to the assigned room to prepare for pre-judging.**

- Show begins at 9 am sharp!
- 8:50 am - Bodybuilders on Deck
- 9:00 am - Bodybuilders on Stage
- 9:20 am - Gladiators on Deck
- 9:30 am - Gladiators on Stage
- 10:00 am - Classic Physique on Deck
- 10:10 am – Classic Physique on Stage
- 10:30 am – Men's Physique on Deck
- 10:40 am – Men's Physique on Stage
- 11:05 am – Women's Physique on Deck
- 11:15 am – Women's Physique on Stage
- 11:30 am – 1 Hour Break

**\*All Bodybuilders and Gladiators\* (unless you are in Classic) must leave the venue by 10:30 am\***

**\*All Classic & Men's Physique must leave the venue by 11:30 am\***

**\*All Women's Physique must leave the venue by 12:15 pm\***

**2<sup>nd</sup> Half – Pre-Judging (12:30 pm – 2:30 pm approx.)**

**\*All Figure - may enter the 1st level backstage venue at 11:30 am\***

**\*All Wellness & Bikini - may enter the 1st level and directed up to the 2nd level Empress Theatre beginning at 12:00 pm\***

- Show resumes at 12:30 pm sharp!
- 12:20 pm – Women's Figure on Deck
- 12:30 pm – Women's Figure on Stage
- 12:50 pm – Women's Wellness on Deck
- 1:00 pm – Women's Wellness on Stage
- 1:20 pm – Women's Bikini on Deck
- 1:30 pm - Women's Bikini on Stage

**\*All Figure, Wellness & Bikini – must leave the venue immediately following their last class they compete in.\***



## Evening Finals Event – Saturday, July 10<sup>th</sup> – General Information

- Competitors & J&H Staff will walk up the ramp at the back of the building and enter through the doors beside the loading dock located at (stage level) upstage left.
- Each person will undergo screening, temperature taken and will fill out a form (regulations enforced by the Capitol). ***\*Please refer to Sketch Plan A & C – Level 1 Backstage – Capitol Theatre for Arrival/Exit of Venue\****
- As previously stated in the Pre-Judging Plan; in the Empress Theatre, the 3 pathways/corridors for exiting the area will remain in order to prepare for judging on Level 1 and floor decals will remain on the floor all over the backstage area, empress theatre and Pearce Lounge, to ensure all competitors or staff stay 2 m apart. As well, face coverings must be worn at all times by staff, coaches/sponsors & competitors.

**The Evening Finals will be done as follows (timings are approx. may not be exact & could be subject to change):  
EVENING FINALS (6:00 pm – 10:30 pm approximately) \*There will be an EMCEE on stage at all times “unmasked”  
announcing competitors on and off the stage.**

**Classic & Men’s Physique – may enter the 1<sup>st</sup> level backstage venue at 5:10 pm, directed to the 2nd level Empress Theatre.**

**Bodybuilders & Gladiators - may enter the 1st level backstage venue at 5:30 pm.**

**Women’s Physique & Figure – may enter the 1<sup>st</sup> level backstage venue at 8:00 pm directed to the assigned room for Finals.**

**Women’s Wellness & Bikini - may enter the 1st level and directed to the 2nd level Empress Theatre beginning at 8:15 pm.**

- Show begins at 6 pm sharp!
- 5:50 pm – Men’s Physique on Deck
- 6:10 pm – Men’s Physique on Stage
- 6:20 pm – Classic Physique on Deck
- 6:30 pm – Classic Physique on Stage
- 6:40 pm – Bodybuilders on Deck
- 6:50 pm – Bodybuilders on Stage
- 7:15 pm – Best Poser Award
- 7:20 pm – Gladiator Thier Tribute & Ken Black Award
- 7:30 pm – Gladiator Opening & Guest Poser
- 7:40 pm – Gladiators – Gallus on Deck & then on Stage
- 7:50 pm – Gladiators – Samnites on Deck
- 7:55 pm – Gladiators – Samnites on Stage
- 8:00 pm – Gladiators – Thracians on Deck
- 8:10 pm – Gladiators – Thracians on Stage
- 8:25 pm – Gladiator Finale & Overall Awards Presentation & 5 min Judges Break
- 8:45 pm - Women's Physique on Deck
- 8:50 pm - Women's Physique on Stage
- 8:55 pm – Women’s Figure on Deck
- 9:05 pm – Women’s Figure on Stage
- 9:10 pm – Women’s Wellness on Deck
- 9:20 pm – Women’s Wellness on Stage
- 9:35 pm – Women’s Bikini on Deck
- 9:40 pm – Women’s Bikini on Stage

**\*All male competitors must leave the venue no later than 8:45 pm and  
all female competitors must leave the venue following their last class on stage\***

# ENTERING & EXITING STAGE PROTOCOLS

## STAGE FORMAT: PRE-JUDGING & EVENING FINALS (Sketch B)

### ***Men's Bodybuilding, Gladiators, Women's Physique & Women's Figure:***

- Competitors will exit the Dressing Rooms on the 1<sup>st</sup> Level into the Corridors leading towards the Upstage Left area. (see sketch plan B)
- Arrows and floor markings will be indicated on the floor, in what direction to walk to.
- There will be an "on deck" area – left side of the backstage area for lining up competitors in numerical order before going on stage directed by one of our Stage Marshalls.
- Keeping 2 m apart, wearing face coverings, the competitors will be directed to line up to prepare for judging.
- Each competitor will hold an assigned empty Ziplock Bag and place their mask in the bag just before going on stage. The bag will be placed on a Tray (Trolley Cart) (labelled by competitor number) until pre-judging is completed.
- After prejudging/evening finals is completed, the competitor will exit Stage Right, pick up their bag/mask off the Trolley Cart, put on their mask and turn left in order to return to the Dressing Room area on Level 1 for all Group 1 competitors.

## STAGE FORMAT: PRE-JUDGING & EVENING FINALS (Sketch C & E)

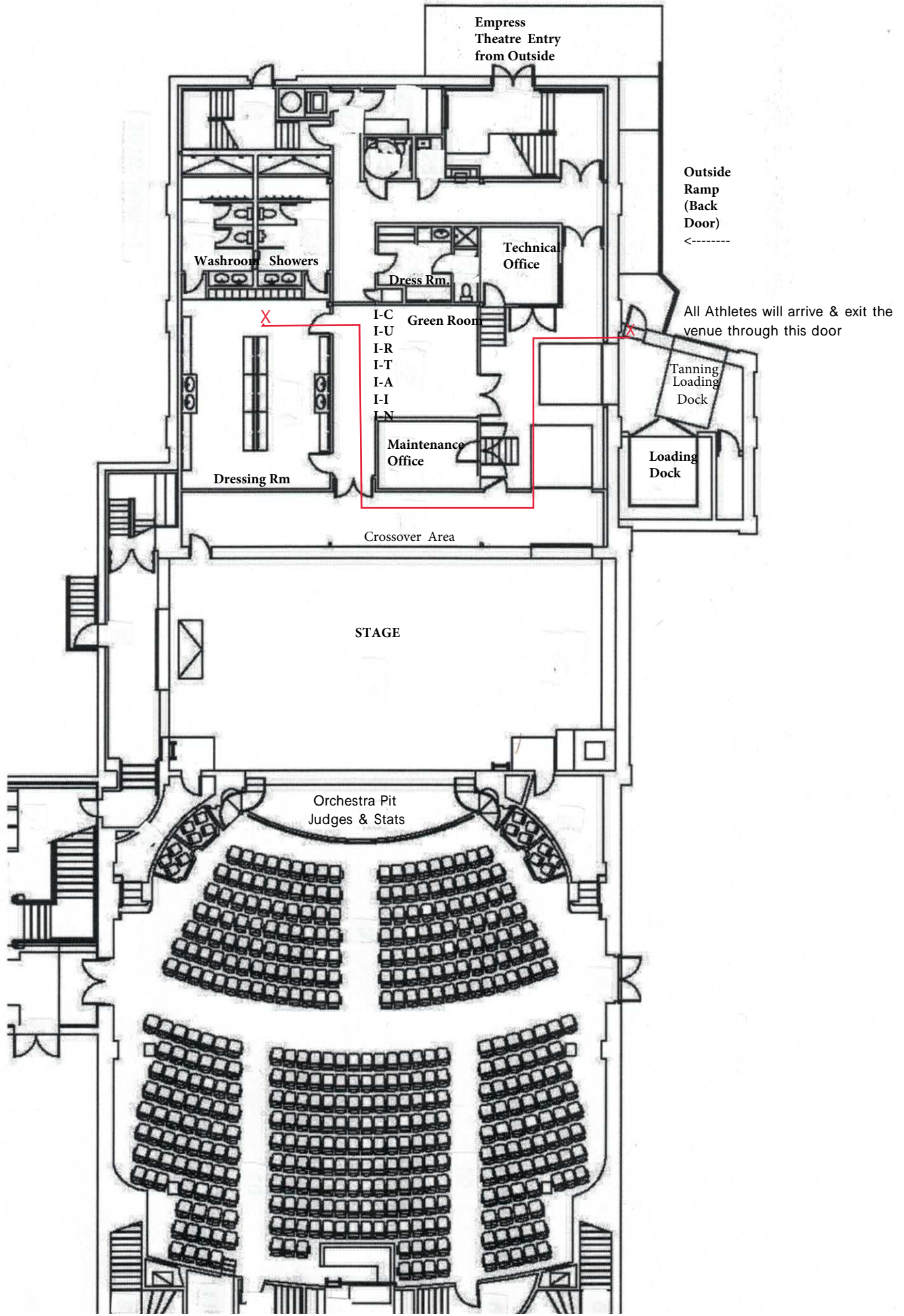
### ***Men's Classic Physique, Men's Physique, Women's Wellness & Women's Bikini:***

- Competitors will exit the Empress Theatre on the 2<sup>nd</sup> Level, go down the Left Stairwell and turn right. They will continue walking straight ahead down a Corridor leading towards the Upstage Left area (see sketch plan D), they will then be directed by the stage marshall.
- Arrows and floor markings will be indicated on the floor, in what direction to walk to.
- There will be an "on deck" area – left side of the backstage area for lining up competitors in numerical order before going on stage directed by one of our Stage Marshalls.
- Keeping 2 m apart, wearing face coverings, the competitors will be directed to line up to prepare for judging.
- Each competitor will hold an assigned empty Ziplock Bag and place their mask in the bag just before going on stage. The bag will be placed on a Tray (Trolley Cart) (labelled by competitor number) until pre-judging is completed.
- After prejudging/evening finals, the competitor will exit Stage Right, pick up their bag/mask off the Trolley Cart, put on their mask and turn left walking straight down past the male dressing rooms and towards the Upstage right stairwell by turning left to return to the Empress Theatre on Level 2.

# AWARD PRESENTATIONS ON STAGE

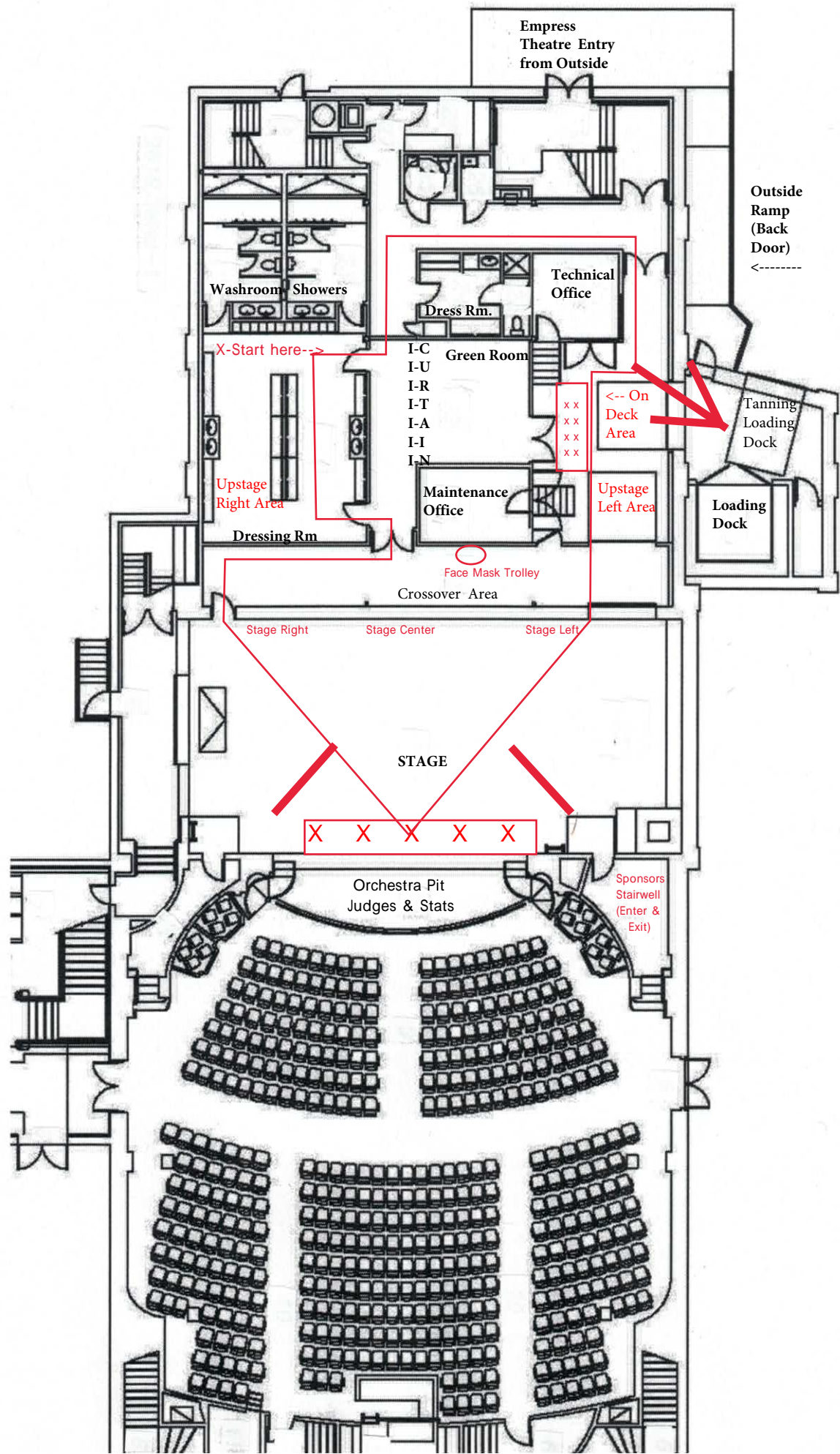
- For the Awards Presentations during the Evening Finals, all sponsors must wear a face covering when entering the stage area to present awards.
- Sponsors will present the awards on stage entering from the Downstage Left Stairs.
- Waiting on deck to hand out the awards, the trophy stage marshall will direct the sponsor to sanitize their hands with hand sanitizer. The Trophy Stage Marshall who will be wearing gloves at all times, will be passing the medals to the sponsors for the 3<sup>rd</sup>, 2<sup>nd</sup> and 1<sup>st</sup> place competitors.
- ***Sponsors will hand out the medals, placing them in the competitors hand. Competitors will then place their own medals around their necks. Trophies will be placed in front of them on the stage floor.***
- Adhering to social distancing measures, photos will be taken of the TOP 3 and Sponsor who will step off the the side. The Sponsor will then exit at the Downstage Left Stairs (the same way they entered). No Victory Poses (hands in the air) will be permitted.
- Photographs of the Top 3 will be taken then Top 2 will exit the stage.
- Photographs of just the winner will be taken and will then exit the stage.

Sketch Plan A: Bodybuilding, Gladiators, Women's Physique & Figure - Entering the Venue / Exiting the Venue

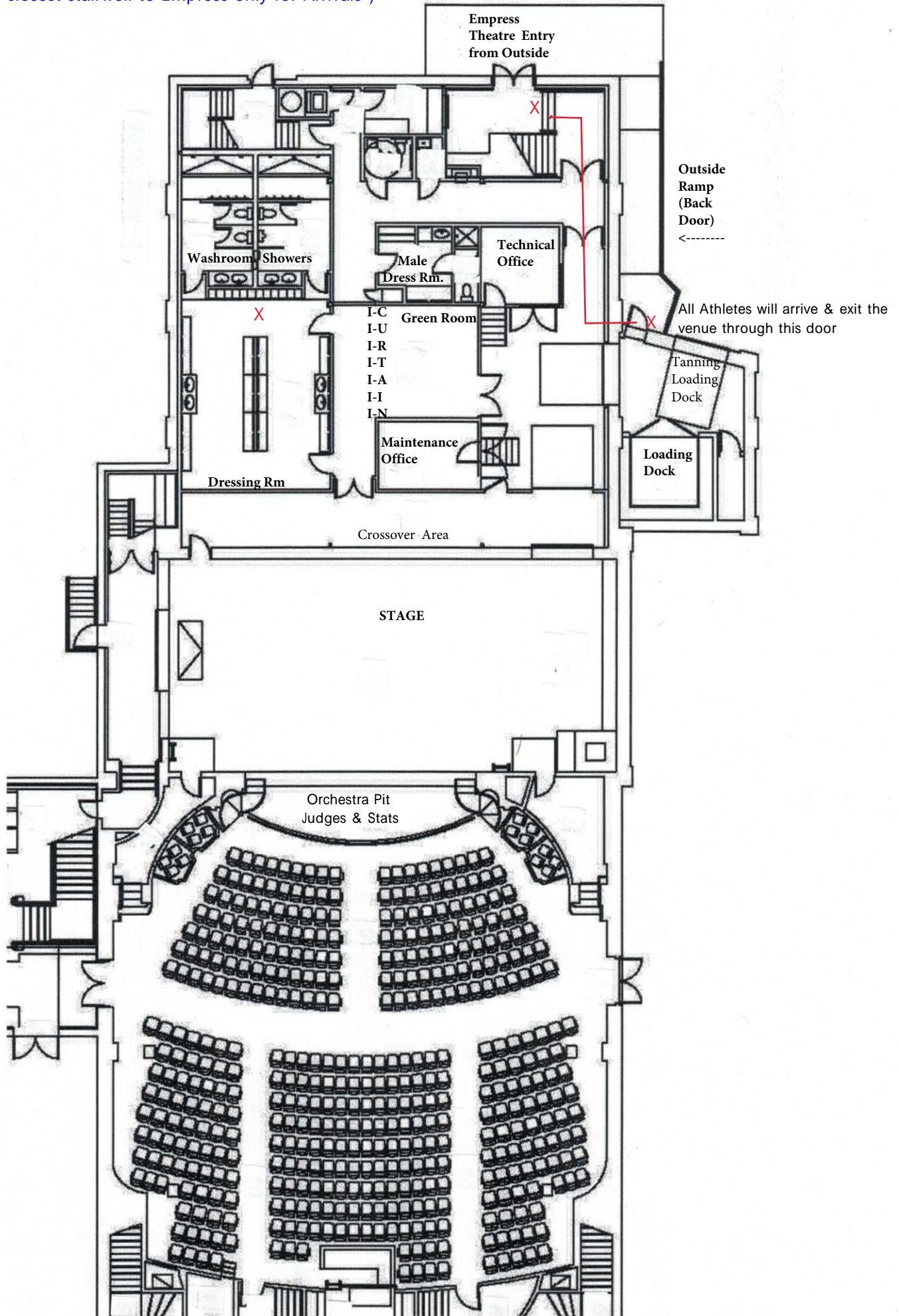




Sketch Plan B: Bodybuilders, Gladiators, Women's Physique & Figure  
- Entering and Exiting the Stage / Entering and Exiting the Tanning Tent



Sketch Plan C: Classic-Mens Physique-Wellness-Bikini - Arrival To the Venue & Exiting the Venue  
(\*Will use the closest stairwell to Empress only for Arrivals\*)

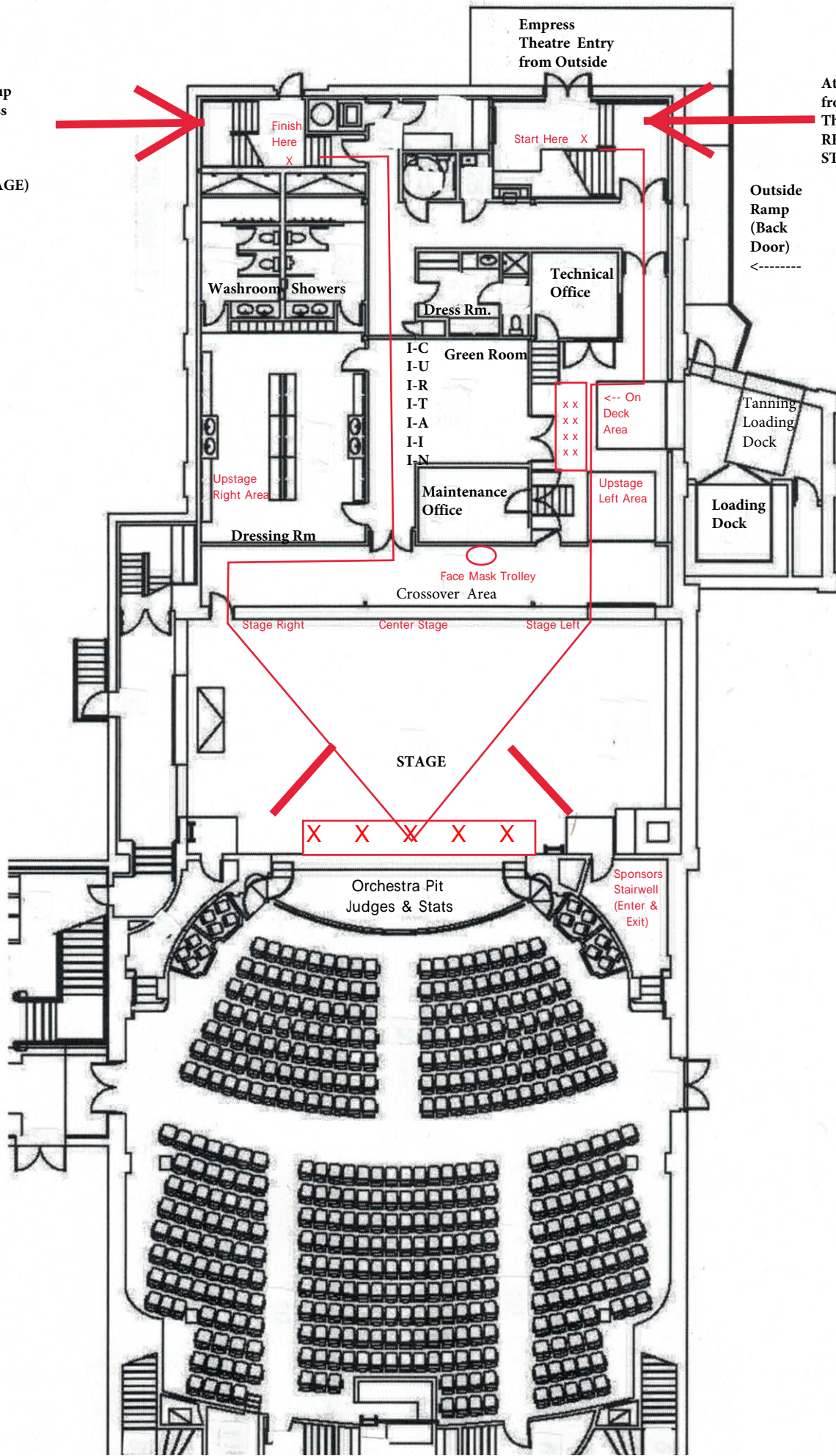




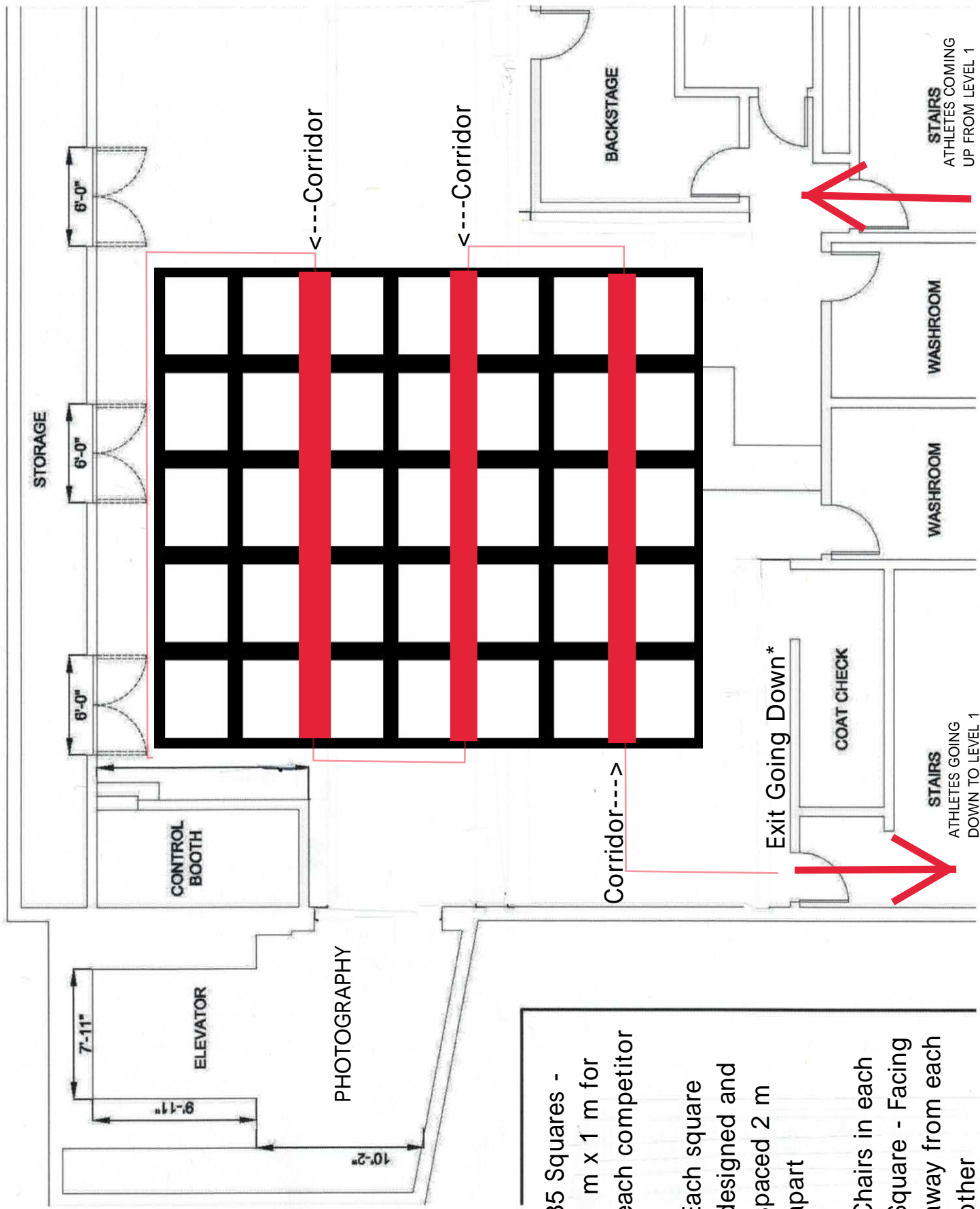
Sketch Plan D: Classic Physique, Men's Physique, Wellness & Bikini - Entering and Exiting the Stage

Athletes going up into the Empress Theatre (RETURNING FROM AFTER BEING ON STAGE)

Athletes coming down from the Empress Theatre (TO GET READY TO GO ON STAGE)



# Sketch Plan E - Level 2 Empress Room



35 Squares -  
1 m x 1 m for  
each competitor

Each square  
designed and  
spaced 2 m  
apart

Chairs in each  
Square - Facing  
away from each  
other



# OTHER PROTOCOLS BACKSTAGE

- Athletes will be advised during the meeting how important it will be to pay attention and listen to J&H Staff's instructions as the competition progresses. Anyone failing to comply with the backstage coordinator's instructions or COVID regulations will be disqualified or escorted off the premises.
- There will be backstage staff and personnel to assist you if necessary.
- All competitors are prohibited from any place in the backstage area that is indicated as Off Limits. Only assigned dressing rooms backstage, the empress theatre and spray tanning location are to be used and will be clearly indicated by the proper signage provided by J&H Staff/Promoters.
- Competitors located on the 1<sup>st</sup> Level are not permitted in the 2<sup>nd</sup> Level area in the Empress Theatre or vice versa.
- Face coverings must be worn at all times backstage due to COVID restrictions. Instructions will be explained at the Athlete's meeting on how the masks will be worn and utilized backstage.
- There will be a doctor on site at all times and in the event that a competitor feels uncomfortable or ill, those competitors must immediately inform one of the backstage coordinators for assistance.
- The Promoters will advise competitors that ***no food or beverages (except bottled water labelled with their name on it) are permissible backstage. Bags will be searched by our Security if necessary.***
- Competitors can bring labelled (by name) Resistance Bands backstage, no sharing permitted.

# TANNING PROTOCOLS BACKSTAGE

- **Touch-up Tanning for all competitors is located on Level 1.** A tent will be set-up to do Touch-ups and Glazing. **(See Sketch Plan B for exact location).**
- **Process:** When entering the tent (1 competitor at a time), the spray tanner will wear gloves at all times using a Spray Gun. After exiting the tent, the spray tanner will spray and sanitize the tent after each application and change their gloves. As well, the gun will also be sanitized with products after every spray. Face Coverings must be worn by the Spray Tanner and by the competitor. Floor decals will be visibly displayed to ensure the 2 m distance is respected in the event there is a line-up of more than 2 people. Red circle social distancing stickers will be applied to the floor.

# PHOTOGRAPHY PROTOCOLS BACKSTAGE

- **Backstage Photography for male & female competitors is located in the Empress Theatre on Level 2.**
- A station will be set-up to do backstage photos (See Sketch Plan E for exact location). A schedule will be posted to better manage the photos captured and when they can get their photos taken.
- Competitors located on Level 1 must access the Empress Theatre via the Service Elevator from the 1<sup>st</sup> Level to the 2<sup>nd</sup> Level and return via service elevator. No more than 2 competitors in the elevator at one time distanced 2 m apart fully masked.
- **Process:** When entering the photography station (1 competitor at a time), Face Coverings can be removed for photos and placed in their own personalized Zip Lock Bag. Floor will be sprayed and sanitized after each competitor leaves the photo area.
- Floor decals will be visibly displayed in the elevator and leading into the photography room to ensure the 2 m distance rule is respected.
- Only individual photos will be permitted for this event. No group photo shots will be permitted this year.

# EXHIBITOR BOOTHS

- There will be 3 Sponsor Booths permitted to set up in the main lobby. Each booth will consist of (1) – 6 ft table, 2 chairs and will be spread out 2 meters apart from one another.
- Booths will be setup from 9 am – 2 pm and again from 5 pm – 10 pm.
- Set-up will take place no later than 7:30 am Saturday morning. Booths will be safely stored and secured between the Pre-judging and Evening Finals.
- Exhibitors must wear face coverings at all times while manning their booth.
- Only supplement booths will be set-up to advertise their business.
- For patrons accessing the booths, face coverings must be worn and must follow the proper protocol for social distancing including floor decals directed by the Capitol Theatre staff.

*A licensed bar will also be available for alcoholic or non-alcoholic beverages managed by the Capitol Theatre.*



**WE HOPE YOU ENJOY THE SHOW  
THANK YOU !!**



**\*There will be a Mingle and Greet after the show at \*Gusto Italian Grill & Bar\* Address: 130 Westmorland St, Moncton, NB E1C 1G2  
RSVP at your own leisure 506-204-7177**

