



FITNESS
MAGAZINE
& Physique

OCB EASTERN REGIONAL - April 10, 2010 - Owings Mills, MD

Coverage in Fitness & Physique Magazine

NOTE – Overall Bodybuilding, Fitness and Figure winners will have a free photo shoot courtesy of Tre Lynn Photography and have their pictures appear in an ad placed in *Fitness & Physique Magazine*. In addition, the Overall Bodybuilding and Figure winners will have their entry fees paid for to compete in the OCB Pride of the Atlantic (IFPA Open & Masters Pro Qualifier) on May 15, 2010 in Richmond, VA.

Location: New Town High School Auditorium 4931 New Town Boulevard Owings Mills MD 21117

Show times: Pre-judging: 10:00AM Finals: 5:00PM

Divisions: Men's Bodybuilding: Debut, Novice, Age 60+, Age 50+, Age 40+, Junior, Open. Women's Bodybuilding: Debut, Novice, Age 35+, Open. Figure: Debut, Novice, Age 45+, Age 35+, Open. Fitness Model: Male, Female. Ms. Fitness: Open. *Promoter reserves the right to add or drop classes based on number of entries.*

Division Details: Debut: First competition ever in this division. Novice: Open only to those who have not placed first in any class besides Teen within any division in the same category (Ex. Figure) with any organization (unless was the only competitor in the class). Eligibility will be verified during polygraph testing. Masters Divisions: Open only to those falling into the stipulated age range (ex. 40+ is age forty and over). Junior: Age 22 and under. Open: Open to anyone regardless of age and level of experience.

Crossovers: A "crossover" is entering more than one division. For example, someone may enter the Novice division, if eligible, and also elect to crossover into the Open division and compete in it as well.

Check-in: Contest Venue at 8:30AM

Contestant meeting: Saturday April 10th at the Contest Venue at 8:30AM

Fees: Entry fee: \$60 if postmarked by March 27, 2010, Crossover fee \$35 per additional division. If postmarked after March 27, 2010, Entry Fee: \$75, Crossover Fee \$45. Polygraph Exam: \$40 (payable to the examiner at the time of testing). NO WALK INS ALLOWED. Fees non-refundable.

OCB Membership: You must be a current member of the OCB to participate in this contest. Expired membership cards will not be accepted. The annual membership fee is \$50 and includes a one-year subscription to Fitness & Physique Magazine. OCB Membership forms are available at www.theocbwebsite.com. Competitors may purchase memberships at check-in but are encouraged to satisfy this requirement before the competition.

Awards: Sculptured awards for top 3 in each class, medallions for additional top 5, best poser/presentation awards.

Tickets: Adult General Admission Prejudging \$15, Adult General Admission Finals \$20, Adult General Admission Combo (valid for both shows) \$30. Adult VIP Prejudging \$20, Adult VIP Finals \$25, Adult VIP Finals Combo \$40 Ages 12 and under Prejudging General Admission \$10. Ages 12 and under General Admission Finals \$15. Ages 12 and under General Admission Combo (valid for both shows) \$20. Trainers Ticket \$55 (good for general admission seating at both shows and back stage access). VIP seating is reserved for the first 2 rows center and closest to the stage. Only cash accepted day of the event. Tickets are non-refundable.

Photography and Video: coverage will be provided. Video cameras will not be permitted in the theatre.

Spray Tanning and Make Up Service: will be provided by Studio10. You may schedule an appointment by contacting makeup@mstudio10.com

Drug Testing: Polygraph testing for all Bodybuilding & Figure competitors. (If in Fitness Model and/or Ms. Fitness only not required to take the polygraph exam). \$40 payable in cash or money order to the polygraph examiner at the time of testing. Photo identification required. It is the competitors' responsibility to ensure they are polygraph tested for the event. If any competitors are not polygraph tested for the event they are ineligible for competition. Promoter will contact entrants 1-2 weeks before the show to schedule appointments for polygraph testing.

Backstage policy: One assistant per competitor allowed, assistant MUST buy a trainers ticket, which is good for General Admission & back stage access.

Routines: Routine length 60 seconds for Bodybuilding, 90 seconds for Ms. Fitness. Fitness Model uses house music for prejudging. Ms. Fitness uses house music for gown/speech and swimwear rounds. Fitness Model and Figure competitors furnish their own music for stage walks at Finals. Music should be at least 90 seconds long - can be faded out as competitors exit the stage area if longer than actually needed. Props are not allowed for Figure stage walks. All Music is to be provided on CD only with only one track on it and with no profanity.

Airports:) Closest airports to contest site are Baltimore Washington International (BWI) and Reagan National (DCA).

Payment: Send Entry Form and Advance Ticket sale information and payments to: Kareem Petteway, PO Box 175, Laurel, MD 20725. **Checks are only accepted through March 27, 2010. After March 27, 2010 only money orders or certified checks.**

Contact: Kareem Petteway at reemo73@yahoo.com or call 240-581-9415

Keep this page for your reference

www.theocbwebsite.com

**OCB Eastern Regional
April 10, 2010 Owings Mills, MD**



ENTRY FORM

Name: _____ Email: _____

Address: _____ Phone: _____

City: _____ State: _____ Postal Code: _____

Date of Birth: _____ Age: _____ Height: _____ Weight: _____

Have you ever won first-place in any class, within any division, with any organization? ___No ___Yes (If yes, not eligible for Novice).

WAIVER/RELEASE

Waiver: I hereby intend to be legally bound for myself, my heirs, executors and administrators, and waive and release any and all rights and claims for damages I may have against the facility owners, OCB, the promoters, and any sponsors, agents, or representatives for any injuries suffered by me as a result of my participation and/or losses suffered by me as a result of my participation and/or attendance at this contest. I hereby grant the promoters, OCB, any approved magazine, video or entertainment organization and all of their agent's successors, licensees and assignees, the right to photograph or otherwise reproduce my voice, appearance and name and exhibit, distribute, transmit and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, printing, or any other medium now known or hereafter devised, including audio with respect to any merchandising, advertising, and/or publicity and the right to use my name and information about me in connection with any of the foregoing. No further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate, OCB and/or any magazine, video or any approved video entertainment organization to photograph or otherwise reproduce my voice, appearance or name, or to make use of any of the rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further comment.

I agree to abide by the decision of the OCB, and/or contest promoters concerning my participation in an OCB-sanctioned contest pending the results of any form of testing used to detect use of banned substances with OCB. I understand that the administrator or laboratory utilized for substance screenings is the choice of OCB and/or the promoters, and agree to accept the results of said testing, whatever they may be. I hereby waive and release any claims or demands against the OCB, its representatives, sponsors and promoters that may arise out of my participation in an OCB-sanctioned event or my membership in the OCB.

I have read, understand, and agree to the above terms.

Name: _____ Date: _____

Signature: _____

If under 18, parent's name: _____

Parent's signature: _____

DIVISION(S) ENTERING (check)

Men's Bodybuilding

- Debut (First contest ever)
- Novice
- Great Grand Masters Age 60+
- Grand Masters Age 50+
- Masters Age 40+
- Junior (Age 22 and under)
- Open

Women's Bodybuilding

- Debut
- Novice
- Masters Age 35+
- Open

Figure

- Debut
- Novice
- Grand Masters 45+
- Masters 35+
- Open

Fitness Model / Ms. Fitness

- Female Model
- Male Model
- Ms. Fitness

Amount to Enclose with Entry Form:

If entry postmarked by March 27, 2010 Entry \$60, Crossover \$35 per additional class. If postmarked after March 27, 2010: Entry \$75, Crossover \$45 per additional class. Walk-in entries will not be accepted the day of the event.

Entry Fee: \$ _____
Crossover Fee(s): \$ _____
Total: \$ _____

Payment by (check one):
 Check (Not accepted after March 27, 2010)
 Money Order
 Certified Check

Send Entry & Payment to:
Kareem Petteway
PO Box 175
Laurel, MD 20725



Advance Ticket Sales Order Form

OCB Eastern Regionals

April 10, 2010

New Town High, 4931 New Town Boulevard, Owings Mills MD 21117

Prejudging 10:00AM Finals 5:00PM

Advance ticket purchases will be available for pick-up at the ticket counter Will-Call on the day of the event. *(Tickets Available for Sale at the Door the Day of the Event Also)*

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Order Form	Cost	Quantity	Total Cost
Adult Prejudging General Admission	\$15.00		
Adult Finals General Admission	\$20.00		
Adult Combo (Good for entry to Prejudging and Finals)	\$30.00		
Adult VIP Prejudging	\$20.00		
Adult VIP Finals	\$25.00		
Adult VIP Combo	\$40.00		
Children under 12 General Admission Prejudging	\$10.00		
Children under 12 General Admission Finals	\$15.00		
Children under 12 Combo	\$20.00		
Trainers Ticket	\$55.00		

Payment by (check one): Check (Not accepted after March 27, 2010) Money Order Certified Check

Tickets are non-refundable.

Make Payments Payable and Mail to:

**Kareem Petteway
PO Box 175
Laurel, MD 20725**