



OCB NATURAL TIDEWATER CHAMPIONSHIPS September 25, 2010 – Norfolk, VA

Coverage in Fitness & Physique Magazine

Location: Granby High School Auditorium, 7101 Granby St., Norfolk, Virginia 23505

Show times: Pre-judging: 12:00 PM, Finals: 4:30 PM

Divisions: Men's Bodybuilding: Novice, Grand Masters Age 50+, Masters Age 40+, Open (2 classes) – Women's Bodybuilding: Novice, Grand Masters Age 45+, Masters Age 35+, Open - Figure: Novice (2 classes), Grand Masters Age 45+, Masters Age 35+, Open (2 classes). *Promoter reserves the right to add or drop classes based on number of entries.*

Division Details: Novice Division: 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). Open Division: 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. Crossovers between Figure and Women's Bodybuilding are not permitted.

Check-in/Polygraph Test: Friday Sept 24th from 4:00 PM – 9:30 PM at the host hotel or Saturday Sept 25th from 8:30 am – 9:30 am at the contest venue. Bring music at time of check-in. If any competitors do not report for check-in prior to 9:30am Saturday they will be scratched from the show. Promoter will contact entrants 1-2 weeks before the show to schedule appointments for check-in/testing.

Contestant meeting: Saturday Sept 25th at 10:30 am at the contest site in the auditorium

Fees: If entry received by or postmarked by Sept 11th: Entry \$45, Crossover Entry \$30 per additional class. If registering after Sept 11th: Entry \$60, Crossover Entry \$45 per additional class. Walk-in entries will not be accepted the day of the event. OCB Membership \$50 (if not already a current member), Polygraph Exam \$45 (payable to the examiner at the time of testing).

Awards: Sculptured awards for top 5 placements in each class plus best poser/presentation awards.

Tickets: Adult General Admission Prejudging \$15, Adult General Admission Finals \$30, Adult General Admission Combo (both shows) \$40, Under 18 General Admission Prejudging \$5, Under 18 General Admission Finals \$5, Under 18 General Admission Combo (both shows) \$10, Trainers Ticket \$45 (only applicable to those helping a competitor prepare back stage – one trainer max per competitor is permitted – trainer's tickets are good for general admission seating at both shows and back stage access). **Only cash accepted day of the event.**

Photo/Video Services: Stage photography coverage will be provided by OCB

Spray Tanning Services: BeautifullyBronzedVB.com or (757) 735-8428 for details.

Drug Testing: Polygraph testing for all competitors. 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. Plus all competitors subject to additional forms of testing, if requested, at the discretion and expense of the promoter.

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

Routines: Routine length 60 seconds for bodybuilding. Figure competitors furnish their own music for finals. Music should be at least 90 seconds long - can be faded out as competitors exit the stage area if longer than actually needed. All music is to be provided on CD only. Music should not contain any profanity. Costumes/props permitted for Bodybuilding. Props not permitted for Figure stage walks.

Host Hotel: La Quinta Inn Norfolk/Virginia Beach, 192 Newtown Rd., Virginia Beach, VA 23462. For reservations visit www.lq.com or www.travelocity.com, or call (757) 497-6620. Nightly rate approximately \$59-65 online. Hotel is 8 miles from contest venue.

Directions: To School: Please use mapquest.com or Yahoo.com Maps to get precise directions from your starting point. To School From Host Hotel: From school turn left on Thole St - go 1.1 mi, take ramp onto I-64 E - go 6.4 mi, take exit #284B/Newtown Rd onto VA-403 toward #15A - go 1.0 mi, school will be on the left.

Payment: Send Entry Form and Advance Ticket sale information and payments to: OCB, PO Box 1006, Bryans Road, MD 20616

Contact: theOCBwebsite.com, mshep@theOCBwebsite.com, (301) 375-9273

Keep this page for your reference

OCB NATURAL TIDEWATER CHAMPIONSHIPS

September 25, 2010 – Norfolk, VA



ENTRY FORM			
Name: _____	Email: _____	_____	
Address: _____		Phone: _____	
City: _____	State: _____	Postal Code: _____	
Date of Birth: _____	Age: _____	Height: _____	Weight: _____

WAIVER/RELEASE	DIVISION(S) ENTERING <i>(check)</i>	
<p><u>Waiver:</u> 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.</p> <p>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.</p> <p>I have read, understand, and agree to the above terms.</p> <p>Name: _____ Date: _____</p> <p>Signature: _____</p> <p>If under 18, parent's name: _____</p> <p>Parent's signature: _____</p>	<p>Figure</p> <p><input type="checkbox"/> Novice</p> <p><input type="checkbox"/> Grand Masters Age 45+</p> <p><input type="checkbox"/> Masters Age 35+</p> <p><input type="checkbox"/> Open</p>	
	<p>Women's Bodybuilding</p> <p><input type="checkbox"/> Novice</p> <p><input type="checkbox"/> Grand Masters Age 45+</p> <p><input type="checkbox"/> Masters Age 35+</p> <p><input type="checkbox"/> Open</p>	
	<p>Men's Bodybuilding</p> <p><input type="checkbox"/> Novice</p> <p><input type="checkbox"/> Grand Masters Age 50+</p> <p><input type="checkbox"/> Masters Age 40+</p> <p><input type="checkbox"/> Open</p>	
	<p>Amount to Enclose with Entry Form:</p>	
	<p>If entry received by or postmarked by Sept 11th: Entry \$45, Crossover Entry \$30 per additional class. If registering after Sept 11th: Entry \$60, Crossover Entry \$45 per additional class. Walk-in entries will not be accepted the day of the event.</p> <p style="text-align: center;">Entry Fee: \$ _____</p> <p style="text-align: center;">Crossover Fee(s): \$ _____</p> <p style="text-align: center;">Total: \$ _____</p>	<p>Payment by (check one):</p> <p><input type="checkbox"/> Check (If before Sept 11th)</p> <p><input type="checkbox"/> Money Order</p> <p><input type="checkbox"/> Visa or MasterCard</p> <p style="text-align: center;">Send Entry & Payment to:</p> <p style="text-align: center;">OCB PO Box 1006 Bryans Rd, MD 20616</p> <p style="text-align: center;">Or Fax to (240) 455-0640 if paying by credit card.</p>

<p>Complete this section if paying by Visa or Master Card <i>(additional 4% convenience fee charged)</i>.</p>	
<p>Name as it appears on card: _____</p>	
<p>Card #: _____</p>	<p>Exp Date: _____</p>
<p>Signature: _____ Date: _____</p>	



Advance Ticket Sales Order Form

OCB Natural Tidewater Championships– September 25, 2010 – Norfolk, VA
 Granby High School Auditorium, 7101 Granby St., Norfolk, Virginia 23505
Show Times: Prejudging 12:00 PM, Finals 4:30 PM
 Advance ticket purchases will be available for pick-up at the ticket counter Will-Call on the day of the event.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Order Form	Cost	Quantity	Total Cost
Adult General Admission Prejudging	\$15.00		
Adult General Admission Finals	\$30.00		
Adult General Admission Combo (good for both show times)	\$40.00		
Under Age 18 General Admission Prejudging	\$5.00		
Under Age 18 General Admission Finals	\$5.00		
Under Age 18 General Admission Combo (good for both show times)	\$10.00		
Trainer's Ticket (good for general admission seating at both shows and back stage access)	\$45.00		
<i>For trainer's ticket, name of competitor to accompany at show (required):</i>			
			Total Cost

Payment by (check one): Check (*not accepted after Sept 11th*) Money Order Visa Master Card

Complete this section if paying by Visa or Master Card (only two accepted) (*additional 4% convenience fee charged*).

Name as it appears on card: _____

Card #: _____ Exp Date: _____

Signature: _____ Date: _____

Only cash accepted the day of the event. Tickets non-refundable. Make Checks Payable and Mail to:

OCB
PO Box 1006
Bryans Road, MD 20616

Or Fax to: (240) 455-0640 (*if paying by Visa or Master Card*)