



## OCB Iron City Classic - May 8, 2010 – Pittsburgh, PA

Coverage in Fitness & Physique Magazine - IFPA Open & Masters Pro Qualifier – Ms. Fitness USA National Qualifier

**Location:** Moon Senior High School, 904 Beaver Grade Rd, Moon Township, PA 15108

**Show times:** Pre-judging: 11:30 AM, Finals: 6:00 PM

**Divisions:** Men's Bodybuilding: Novice, Great Grand Masters 60+, Grand Masters 50+, Masters 40+, Sub Masters 35+, Open – Women's Bodybuilding: Novice, Masters 35+, Open – Figure: Novice, Masters 35+, Open – Female Fitness Model: Open – Ms. Fitness: Open. *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.

**Classes:** Open: Men's Bantamweight to 156 lbs, Lightweight 156.25 lbs to 176 lbs, Middleweight 176.25 lbs to 190 lbs, Heavyweight Over 190 lbs. All other divisions split evenly by height in the manner specified in the OCB Guidelines (theOCBwebsite.com)

**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:** Friday May 7<sup>th</sup> from 7:00 PM – 9:00 PM at the host hotel or Saturday May 8<sup>th</sup> from 8:00 am – 9:00 am at the contest venue.

**Contestant meeting:** Saturday May 8<sup>th</sup> at 10:00 am at the contest site

**Fees:** Entry \$50, Crossover Entry \$45 per additional class. OCB Membership \$50 (if not already a current member), Polygraph Exam \$40 (payable to the examiner at the time of testing). Urine testing fee \$5. All fees non-refundable.

**Entry Deadline:** May 5<sup>th</sup>

**Awards:** Awards for top 7 placements in each class. Best Poser award. 3 day trip vouchers for class winners, 8 day trips for overall winners.

**Tickets:** Adult General Admission Prejudging \$15, Adult General Admission Finals \$25, General Admission Combo (All Day) \$35, General Admission Kids Under 11 Prejudging \$5, General Admission Kids Under 11 Finals \$5, Trainer's Ticket (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) \$45, Reserved VIP finals \$35 (advance purchase only, front center section). Tickets non-refundable.

**Drug Testing:** Polygraph testing for all bodybuilding & figure competitors (If in Fitness Model only, not required to take the polygraph exam). 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. Urine testing for Figure Open & Masters 35+, Men's Bodybuilding Open & Masters 40+, and Women's Bodybuilding Open & Masters 35+ overall winners (in addition to their polygraph tests). Urine samples will be collected immediately after the show. It is the competitors' responsibility to ensure a sample is provided before leaving the event. If competitors do not provide samples, eligibility for IFPA pro competition will be void. Plus all competitors subject to additional forms of testing, if requested, at the discretion and expense of the promoter. Polygraph testing will take place on Friday May 7<sup>th</sup> at the host hotel (times to be determined) and Saturday May 8<sup>th</sup> at 8:15 AM the contest venue. Promoter will contact entrants 1-2 weeks before the show to schedule appointments for testing.

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

**Tanning:** Airbrush tanning using Pro Tan available the night before and day of the show. Three coats + one touch-up \$60. Two coats + one touch-up \$50. One coat + one touch-up \$40. Touch-up only \$20. Contact Frank Williams at (412) 260-7366 to schedule or email frank.razor@gmail.com.

**Photo & Video:** Coverage will be available. Video cameras not permitted in theatre.

**Routines:** Routine length 60 seconds for bodybuilding 90 seconds for Ms. Fitness. Props allowed. Ms. Fitness uses house music for the gown and swimwear rounds. Figure competitors furnish their own music for stage walks - at least 90 seconds of music should be provided. Music can be faded out as competitors exit the stage area if longer than actually needed. All Music is to be provided on CD only. No profanity.

**Host Hotel:** Holiday Inn, 8256 University Blvd, Moon Township, PA 15106. For reservations call 412-262-3600. Ask for group code 'Champion Fitness' for \$80/night rates.

**Directions:** Please use Mapquest.com or Yahoo.com maps to get exact directions from your location.

**Payment:** Send Entry Form and Advance Ticket sale information and payments to: Champion Fitness, 4500 Clairton Blvd, Pittsburgh, PA 15236

**Contact:** Roger Duchon, roger@championfitness.tv, (412) 881-6699

Keep this page for your reference  
[www.theOCBwebsite.com](http://www.theOCBwebsite.com)

**OCB IRON CITY CLASSIC**  
**May 8, 2010 – Pittsburgh, PA**



**ENTRY FORM**

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

**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**

- Novice
- Great Grand Masters Age 60+
- Grand Masters Age 50+
- Masters Age 40+
- Sub Masters Age 35+
- Open

**Women's Bodybuilding**

- Novice
- Masters Age 35+
- Open

**Figure**

- Novice
- Masters Age 35+
- Open

**Female Fitness Model**

- Open

**Ms. Fitness**

- Open

**Amount to Enclose with Entry Form:**

Entry \$50, Crossover Entry \$45 per additional class.  
**Entry Fee: \$ \_\_\_\_\_ \$50**  
**Crossover Fee(s): \$ \_\_\_\_\_**  
**Urine Test Fee: \_\_\_\_\_ \$5**  
**Total: \$ \_\_\_\_\_**

Send Entry & Payment to:  
**Champion Fitness**  
**4500 Clairton Blvd**  
**Pittsburgh, PA 15236**



**Advance Ticket Sales Order Form**

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Moon Senior High School, 904 Beaver Grade Rd, Moon Township, PA 15108

**Show times: Pre-judging: 11:30 AM, Finals: 6:00 PM**

Advance ticket purchases will be available for pick-up at the ticket counter on the day of the event.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

| <b>Ticket Type</b>  | <b>Cost</b> | <b>Quantity</b> | <b>Total Cost</b> |
|---|-------------|-----------------|-------------------|
| Adult General Admission Prejudging                                | \$15.00     |                 |                   |
| Adult General Admission Finals                                    | \$25.00     |                 |                   |
| Adult General Admission Combo (All Day)                           | \$35.00     |                 |                   |
| Kids Under Age 11 General Admission Prejudging                    | \$5.00      |                 |                   |
| Kids Under Age 11 General Admission Finals                        | \$5.00      |                 |                   |
| Trainer's Ticket  | \$45.00     |                 |                   |
| Reserved VIP Finals (advance purchase only, front center section) | \$35.00     |                 |                   |
|   |             |                 |                   |
|   |             |                 |                   |
| Total Cost  |             |                 |                   |

Tickets non-refundable.

Make Checks Payable and Mail to:

**Champion Fitness  
4500 Clairton Blvd  
Pittsburgh, PA 15236**