



The 2010 OCB *Natural* STEEL Championships *PRO QUALIFIER
Featuring Mr. & Ms. *Natural* STEEL City
September 11, 2010 - Pittsburgh, PA
Coverage in Fitness & Physique Magazine

Location:

Carlynton High School www.carlynton.k12.pa.us
435 King's Highway
Carnegie, PA 15106

Show times:

Pre-judging: 11:30 am
Finals: 6:00 pm

Divisions:

Men's Bodybuilding: Teen, Novice (Under 5' 9" and 5' 9" and over), 40+, 50+, 60+, Open (Bantam: 156 Lbs. and under, Lightweight: Over 156 – 169 Lbs., Middleweight: Over 169– 190 Lbs., Heavyweight: Over 190 Lbs.).

Women's Bodybuilding: Novice, 35+, 50+, Open.

Mixed Pairs Bodybuilding: Open

Figure: Novice (Under 5' 4" and 5' 4" and over), 35+, 45+, Open (Under 5' 4" and 5' 4" and over).

Fitness Modeling: Male & Female Open, Teen Female

Ms. Fitness: Open

Body Transformation Challenge: Male & Female Open

*Promoter reserves the right to add or drop classes based on the number of competitors entered. PLEASE try to send your entry form in by 8/20/2010.

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).

Teen Division: Open only to those who are age 19 and under.

Open Division: Open to anyone regardless of age and level of experience.

*Contestants must present Drivers License as proof of age at contest check in.

Ms. Fitness Division: Open to all female competitors. All must obtain an IFSB Membership. If only competing in Ms. Fitness and not crossing over into any other event, an OCB membership is not required. Please go to theocbwebsite.com to obtain an IFSB Membership Application.

Body Transformation Challenge & Fitness Modeling Division Details:

Please go to www.sonshinefitness.com for Body Transformation Guidelines or call 412-922-2929. Note: Body Transformation Challengers and Fitness Model competitors can crossover into another event. Body Transformers cannot have formerly competed in a bodybuilding, figure or fitness competition. Please go to the www.theocbwebsite.com for Fitness Model Guidelines.

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. Competitors may compete in three events maximum.

Crossovers are especially encouraged for any one who qualifies by age for a chance to win Masters IFPA Pro Card status.

(Please read below under "Awards").

Contest Registration will be held at the contest hotel in the lobby Conference Room on Friday, September 10th, 2010.

Contest Check-in:

Saturday, September 11th, 8:00 am to 10:00 am at the contest venue, Carlynton High School. If any competitors do not report for check-in prior to 10:00 am they will be scratched from the show.

Mandatory Contestant Meeting: 10:00 am at the contest venue, Carlynton High School.

Fees:

Entry Fee: \$50 if registering by 08/20/10, \$75 if registering after 08/20/10. Walk-in entries the day of the event will be accepted, with entry fee of \$100.00. All **Crossover Fees** are \$35.00 per additional class.

OCB Membership Fee: \$50 (Can be obtained prior to the contest: www.theOCBwebsite.com or obtainable at contest registration)

Polygraph Testing: \$40 payable directly to the examiner at the time of testing. Please read details below under "Drug Testing".

Awards:

Trophy Awards for top 5 placements in each class.

"Mr. & Ms. Natural STEEL City" OCB Championship Rings custom made by Jostens presented to Overall Winners in Open Men's & Women's Bodybuilding and Open Figure. These Open Division title winners will be awarded **IFPA Pro Card status** & Medallions provided they pass all drug testing.

Masters IFPA PRO Card status & Medallions will be presented to 1st Place winners of: Men's Master's 40+ Bodybuilding, Women's Master's 35+ Bodybuilding & Figure Master's 35+ ***PROVIDING THERE ARE AT LEAST 5 COMPETITORS IN THE CLASS and providing they pass all drug testing. If less than 5 competitors in the class, no IFPA Masters Pro card will be awarded.

Best Poser Award in each division of bodybuilding.

Team Trophy Award for the gym who has the most competitor entries. (Proof of current gym membership required at contest registration.) Please note on your entry form the name of your gym as well as it's location.

Bouquet of Roses will be awarded to Overall Winners of Open Women's Bodybuilding, Open Figure, Open Fitness Model, Ms. Fitness & Masters IFPA Pro Card winners in Women's Bodybuilding & Figure.

Tickets: All tickets are nontransferable & nonrefundable.

Prejudging: Adult General Admission \$15.00

Finals at Night Show: Adult General Admission \$25.00

Combo: \$30.00

Child Admission: (under age 11) \$5.00 (All Day)

Trainers Ticket: (All-Day) \$30.00

Drug Testing:

Polygraph testing is required for all bodybuilding & figure competitors (random testing if necessary for all other categories).

Polygraph fee is \$40 payable in cash or money order to the polygraph examiner at the time of testing. Photo identification required. Results from recent polygraph exams performed for other contests will not be honored. It is the competitor's 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. **All** competitors are subject to additional forms of testing, if requested, at the discretion and expense of the promoter. Polygraph testing will take place on Friday 9/10/2010 at the host hotel (times to be determined) and Saturday 9/11/2010 at 8:30 am at the contest venue. Promoter will contact entrants 1-2 weeks before the show to schedule appointments for testing after receiving entry form.

Backstage policy:

1 assistant/trainer per competitor allowed- NO EXCEPTIONS! Every assistant/trainer MUST buy a Trainers ticket, which is good for General Admission and back stage access. *Please Note: Trainers tickets are nontransferable and nonrefundable – NO EXCEPTIONS!

Routines:

Routine length 60 seconds *preferred* for bodybuilding, 120 seconds for Ms. Fitness. Props allowed for both. House music is used for Figure & Fitness Model competitors at prejudging. Figure & Fitness Model competitors can use house music at finals or can furnish their own music. If electing to supply own music for the stage walk at finals 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. Music is to be provided on CD only. House music is used for Ms. Fitness Swimwear and Evening Wear stage walks.

Hotel:

Spring Hill Marriott, Pittsburgh Airport

412-494-9446 or 1-888-287-9400

239 Summit Park Drive Pittsburgh, PA 15275 (At Robinson Town Center) www.springhillsuitespittsburghairport.com

*Please ask for the 2010 OCB Natural STEEL Championships group rate. You must book your room on or before August 27, 2010 to receive a group rate of \$89.00 per suite. All rooms are equipped with a refrigerator and microwave. Hotel Shuttle bus available also.

Directions to Carlynton Junior-Senior High School:

Go to www.carlynton.k12.pa.us Click on ABOUT THE DISTRICT link, click on DIRECTIONS link.

Professional Photography

Professional competition photography will be provided by R. E Taggart Photography. www.retaggartphoto.com
Individual photo shoots are also available Friday, Saturday & Sunday. If interested please call Rob Taggart @ **614-306-9265** or
E-mail him at robtrdms@hotmail.com. NO personal or other professional photography permitted in the first 5 rows of the
auditorium. Order forms can be downloaded from www.sonshinefitness.com or can be obtained at contest registration or check
in.

Professional Videographer:

Professional competition videographer, Kamen Bonev, will be shooting both Prejudging & the Evening show therefore no camcorders
will be permitted in the auditorium. To preorder contest video please call Kamen @ **412-608-5706** or E-mail him at
Kamen@kb55.com Kamen's work can be viewed at <http://www.youtube.com/watch?v=mkvt4dKxTbw>
Order forms can be downloaded from www.sonshinefitness.com or can be obtained at contest registration or check in.

Professional Tanning:

Professional tanning will be provided by BRONZ BODZ at the contest hotel on Friday, September 10th. To contact for appointment
times and package pricing & details call Lisa Bennett @ **304-826-7513** or e-mail BCSC@aol.com

Professional Hair Stylist:

Professional Hair styling will be provided by Holly Lawson (also a Hair Extension Specialist) on Friday & Saturday with a scheduled
appointment. Holly is offering show competitor discounts. Please call Holly @ **724-650-9992** for details, pricing and to set up an
appointment.

Professional Makeup Artist:

Professional Makeup will be provided by Audra Deluca. Audra will be on site at the venue on Saturday morning at 7 am.
Appointment times are limited before prejudging and will run every 20 minutes except if eye lashes are being applied, then 30
minutes will be allotted. Audra will be available during & after prejudging without an appointment as long as she is needed. Audra
supplies all (Chanel) makeup but will require you to supply your own eye lashes when/if desired. Appointments & pricing will be
discussed when we call you for your polygraph appointment.

PLEASE NOTE!

None of these services can deter you from the mandatory Saturday contest check in, the mandatory contestant meeting before
prejudging OR prejudging competition! Please Plan accordingly.

Back Stage Competitor Refreshments:

Subway in Crafton, PA will supply sandwiches for back stage refreshments at the night show for competitors only!

Payment:

Send Entry Form and Advance Ticket sale information and payments to:

Sonshine Fitness

1004 Countryside Drive

McKees Rocks, PA 15136

Fax 412-922-2929 (If paying by credit card)

Contact: Stasi Longo at 412-922-2929, 412-377-9147 or e-mail us at sonshinefitness@aol.com

KEEP THESE PAGES OF CONTEST INFORMATION FOR YOUR REFERENCE

www.theOCBwebsite.com
www.sonshinefitness.com

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ENTRY FORM ***PLEASE complete ALL information & write legibly:

Name: _____ Email: _____
 Address: _____ Phone: _____ Cell: _____
 City: _____ State: _____ Postal Code: _____
 Date of Birth: _____ Age: _____ Height: _____ Contest Wt.: _____ Tee Shirt Size: Ladies _____ Men's _____
 Gym Name & Location: _____

WAIVER/RELEASE MUST BE SIGNED

Note: If you are not a current member of OCB and entering bodybuilding, figure or Fitness Model, you must also submit an OCB membership form (available on www.theOCBwebsite.com or at the contest on the day of the show - \$50 annual fee, includes a one-year subscription to Fitness & Physique magazine). If you are entering the Ms. Fitness division and are not a current member of the IFSB, you must submit your IFSB membership application (available on MsFitness.com or at the contest on the day of the show - \$50 fee, includes a one-year subscription to Ms. Fitness magazine).

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 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)

<u>Men's Bodybuilding</u>	<u>Women's Figure</u>
<input type="checkbox"/> Teen	<input type="checkbox"/> Novice
<input type="checkbox"/> Novice	<input type="checkbox"/> 45+
<input type="checkbox"/> 60+	<input type="checkbox"/> 35+
<input type="checkbox"/> 50+	<input type="checkbox"/> Open
<input type="checkbox"/> 40+	<u>Women's Bodybuilding</u>
<input type="checkbox"/> Open	<input type="checkbox"/> Novice
<input type="checkbox"/> Mixed Pairs BB	<input type="checkbox"/> 50+
	<input type="checkbox"/> 35+
<u>Body Transformation Challenge</u>	<input type="checkbox"/> Open
<input type="checkbox"/> Male	<u>Fitness Modeling</u>
<input type="checkbox"/> Female	<input type="checkbox"/> Teen
<input type="checkbox"/> Ms. Fitness	<input type="checkbox"/> Female
	<input type="checkbox"/> Male

To be eligible for a novice division, you cannot have placed first in any class besides Teen within any division with any organization. Eligibility verified by polygraph.

Amount to Enclose with Entry Form:

Entry \$50 if postmarked by 08/20/2010, \$75 if postmarked after 8/20/010. Walk-ins the day of the event will be accepted, entry fee \$100.00. Crossovers \$35 per additional class. ***All fees are non-refundable.**

Entry Fee: \$ _____ Crossover Fees: \$ _____

Payment by (check one):

Check or Money Order Visa or MasterCard

Send Entry & Payment to:
Sonshine Fitness
1004 Countryside Drive
McKees Rocks, PA 15136

Or Fax to 412-922-2929 if paying by credit card.

Complete this section if paying by Visa or MasterCard: *PLEASE WRITE LEDGABLY-Write below this box if necessary*

Name as it appears on card: _____ Card #: _____

Exp Date: _____ Signature: _____ Date: _____



Advance Ticket Sales Order Form

The OCB *Natural* STEEL Championships

September 11, 2010– Pittsburgh, PA

Location: Carlynton High, 435 King's Hwy, Carnegie, PA 15106

Show Times: Pre-judging: 11:30 am, Finals: 6:00 pm

Advance ticket purchases will be mailed to you before the day of the event. We are not responsible for lost or stolen tickets.
Tickets also available at the door the day of the event.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Order Form	Cost	Quantity	Total Cost
Adult Prejudging General Admission	\$15.00		
Adult Finals General Admission	\$25.00		
Adult Combo Ticket	\$30.00		
Child Ticket 11 & under (Good All Day)	\$5.00		
Trainer's Ticket (Good All Day for both General Admission and Back Stage Access)	\$30.00		
***All Tickets will also be available at the door with General Seating.			
***ALL TICKETS ARE NONTRANSFERRABLE AND NONREFUNDABLE- NO EXCEPTIONS.			

Payment by (check one): Check or Money Order Visa or MasterCard

Complete this section if paying by Visa or MasterCard

Name as it appears on card: _____

Card #: _____ Exp Date: _____

Signature: _____ Date: _____

***PLEASE LET US KNOW IF YOU NEED A CONTEST POSTER FOR YOUR GYM.**

Make Checks Payable and Mail to:

**Sonshine Fitness
1004 Countryside Drive
McKees Rocks, PA 15136**

Or Fax to: 412-922-2929 (if paying by Visa or MasterCard)
PLEASE WRITE LEDGABLY