



OCB Pride of the Atlantic - May 15, 2010 – Richmond, VA

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

Notice: The product Dream Tan is not permitted at the contest site (due to the ease in which it comes off and difficulty of cleaning it up). This was a requirement for using the facility. Plan to use other tanning products. If anyone is caught with Dream Tan at the contest site he/she will be disqualified from the competition. Spray tan service will be available, see details below.

Location: Maggie L. Walker Governor's School, 1000 North Lombardy St, Richmond, VA 23220

Show times: Pre-judging: 11:30 AM, Finals: 4:30 PM

Divisions: Men's Bodybuilding: Novice, Age 50+, Age 40+, Open (3 classes) – Women's Bodybuilding: Novice, Age 45+, Age 35+, Open - Figure: Novice (3 classes), Age 45+, Age 35+ (2 classes), Open (3 classes) – Fitness Model: Male, Female - 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.

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 May 14th from 4:00 PM – 9:30 PM at the host hotel or Saturday May 15th from 8:15 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 May 15th at 10:00 am at the contest site in the auditorium

Fees: If entry received by or postmarked by May 1st: Entry \$45, Crossover Entry \$30 per additional class. If registering after May 1st: 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 \$40 (payable to the examiner at the time of testing). Urine testing fee \$5. Fees non-refundable.

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. Video coverage will be provided by Slade Media Group. Video cameras will not be permitted in the theatre.

Spray Tanning Services: Beautifully Bronzed Sunless Tanning Services uses Jan Tana products for competition tanning. At least 2 coats are recommended for competition. Prices: Full Body Tanning 1-2 session \$40 ea, 3 sessions \$108. www.beautifullybronzedvb.com. Maria Cabading, (757) 735-8428 to schedule appointments. *We are also a mobile service. We can travel to your hotel room.

Make-up Services: Make-up service will be available from Studio 10, contact Tanya at (800) 396-6219 or makeup@mstudio10.com for details.

Drug Testing: Polygraph testing for all bodybuilding & figure competitors (If in Ms. Fitness and/or 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, Men's Bodybuilding and Women's Bodybuilding Open and Masters division 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.

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 90 seconds for Ms. Fitness. Ms. Fitness uses house music for the gown and swimwear rounds. Fitness Model uses house music for prejudging. Figure competitors and Fitness Models 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, Fitness Model and routine portion of Ms. Fitness. Props not permitted for Figure stage walks.

Host Hotel: Comfort Inn, 3200 W Broad St, Richmond, VA 23230 (1.6 miles from contest site). Group rates offered are \$69 per night. Call (800) 866-0553 to make reservation and ask for the group rate for 'OCB'. Located 3 miles from downtown Richmond, 75 miles from Hampton, VA, 105 miles from Washington D.C. 150 miles from Baltimore, MD, Roanoke, VA and Raleigh/Durham, NC. Closest airport is Richmond International Airport 9 miles away. Hotel amenities include include air conditioning, cable TV, outdoor pool, free continental breakfast and coffee, ice machine, free local calls, laundry facilities, safe deposit boxes, wake-up calls, modem/data port, and free parking.

Directions: **To School: South of Richmond:** Take I-95 North to the Chamberlayne Exit Number 76A. Turn left onto Chamberlayne from the exit ramp to West Leigh Street at the Bojangles Statue. Turn right on West Leigh Street, school will be on the right several blocks down the street. **East of Richmond:** Take I-64 West to I-95 North. Take the Chamberlayne Exit Number 76A. Turn left onto Chamberlayne from the exit ramp to West Leigh Street at the Bojangles Statue. Turn right on West Leigh Street. School will be on the right several blocks down the street. **North of Richmond:** Take I-95 South to the Belvidere Exit Number 76B. Turn right onto West Leigh Street at the top of the ramp and follow Leigh Street to school. **West of Richmond:** Take I-64 East to I-95 South. Take the Boulevard Exit. From Boulevard turn left onto West Leigh Street. School is on the left (corner of Leigh and Lombardy). **Broad Street Directions (from West of Richmond and Host Hotel):** Go East on Broad Street, Turn left on Allen Street, Then right on Leigh Street, School is on the left (corner of Leigh and Lombardy). **Broad Street Directions (from East of Richmond):** Go West on Broad Street, Turn right on Lombardy Street, School is on the left (corner of Lombardy and Leigh)

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

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

Keep this page for your reference

OCB PRIDE of the ATLANTIC

May 15, 2010 – Richmond, VA



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)*

Figure

- Novice (Ever placed first in any class or division (any org.), not eligible)
- Grand Masters Age 45+
- Masters Age 35+
- Open

Women's Bodybuilding

- Novice (Ever placed first in any class or division (any org.), not eligible)
- Grand Masters Age 45+
- Masters Age 35+
- Open

Men's Bodybuilding

- Novice (Ever placed first in any class or division (any org.), not eligible)
- Grand Masters Age 50+
- Masters Age 40+
- Open

Fitness Model

- Male
- Female

Ms. Fitness

- Open

Amount to Enclose with Entry Form:

Fees: If entry received by or postmarked by May 1st: Entry \$45, Crossover Entry \$30 per additional class. If registering May 2-14th: Entry \$60, Crossover Entry \$45 per additional class. Walk-in entries will not be accepted the day of the event. Urine testing fee \$5. All fees non-refundable.

Entry Fee: \$ _____

X-over Fee: \$ _____

Urine Test Fee: \$5

Total: \$ _____

Payment by *(check one)*:

- Check (If before May 1st)
- Money Order
- Visa or MasterCard

Send Entry & Payment to:

OCB
PO Box 1006
Bryans Rd, MD
20616

Or Fax to (240) 455-0640 if paying by credit card.

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

Name as it appears on card: _____

Card #: _____ Exp Date: _____

Signature: _____ Date: _____



Advance Ticket Sales Order Form

OCB Pride of the Atlantic— May 15, 2010 – Richmond, VA

Maggie L. Walker Governor's School, 1000 North Lombardy St, Richmond, VA 23220

Show Times: Prejudging 11:30AM, Finals 4:30PM

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 May 1st*) 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*)