



FITNESS
& Physique
MAGAZINE



OCB YORTON CUP NATIONALS (prequalification not necessary)

Held in conjunction with the IFPA Pro World Championships – For Pro show entry/details visit IFPApro.com

October 23, 2010 – Washington, DC

Coverage in *Fitness & Physique Magazine* - Open & Masters IFPA Pro Qualifier

Location: Bethesda-Chevy Chase High Theatre, 4301 East-West Highway, Bethesda, MD 20814

Show times: Prejudging: 3:00pm, Finals: 6:30pm

Natural Competition: This is a natural competition. All competitors must meet the eligibility criteria listed in the OCB Drug Testing Guidelines in order to participate. Competitors should review these procedures and the list of banned substances at thenaturalmusclenetwork.com/OCB/forms/DrugTestingGuidelines.pdf prior to registering for this event.

OCB Membership: All competitors required to be current members of OCB to participate in this event. OCB Membership forms and online membership registration options can be found on the OCBwebsite.com, or membership can be obtained when checking in for the event. Cost is \$50 for the annual membership and includes a one-year subscription to *Fitness & Physique Magazine*.

Entry Fee: Entry Fee: \$65 if postmarked by October 9th, \$90 if postmarked after October 9th.

Entry Deadline: Wednesday October 20th. Entries will not be accepted after this date.

Divisions Being Offered: Note: *Novice divisions are not offered at this event. Divisions offered are by age. Winners from each division advance to the overalls to determine show's overall champion.* **Figure:** Age 45 & Over (2 classes), Age 35-44 (2 classes), Under Age 35 (3 classes). **Women's Bodybuilding:** Age 45 & Over, Age 35-44, Under Age 35. **Men's Bodybuilding:** Age 60+, Age 50-59, Age 40-49 (2 classes), Under Age 40 (3 classes). *Promoter reserves right to add/drop classes.*

Classes: Classes will be split evenly by height.

Awards: Custom commemorative OCB Yorton Cup medals for all participants. Custom awards for top 5 each class, Best Male Routine, Best Female Routine, and Best Figure Presentation awards.

Drug Testing: Polygraph testing for all competitors. \$40 in cash or money order to examiner at 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. Urine testing for Masters Overall and Show Overall winners (in addition to their polygraph tests). Urine samples will be collected immediately after these individuals exit the stage after receiving their awards. It is the competitor's responsibility to ensure a sample is provided before leaving the event. If competitors do not provide samples, they will be disqualified. Plus all competitors subject to additional forms of testing, if requested, at the discretion and expense of the promoter. Promoter will contact entrants approximately two weeks before the show to schedule appointments for testing/check-in.

Check-In/Polygraph Tests: Bring music to turn in at check-in. Thur Oct 21st and Fri Oct 22nd by appointment at the Host Hotel listed below for all living within 30 miles of Bethesda or staying in the area the night before the event. Sat Oct 23rd 10am-11am and 12pm-1pm by appointment at the contest venue. Limited number of appointments available for Sat.

Contestant Meeting: None. All pertinent information such as roster, order of events, etc, will be supplied in advance.

Backstage Policy: Maximum one assistant per competitor, assistant MUST buy trainers ticket, which is good for general admission and back stage access.

Routines: All competitors will perform their individual presentations at Finals to music they supply. All music is to be provided on CD only with only one track. Music must not contain any profanity. **For Bodybuilding:** Routine length 60 seconds max, costumes/props are allowed. **For Figure:** Music provided should be at least 90 seconds long – it can be faded out as competitors exit the stage area if longer than actually needed. Costumes/props are not permitted for Figure stage walks.

Photos/Video: Stage photo and video services will be available for purchase. Video cameras will not be permitted inside.

Spray Tanning Services: Will be available from OnStageImage.com. Contact onstageimage@yahoo.com for details.

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

Tickets: 3:00pm Adult Prejudging \$25, 6:30pm Adult Finals \$35, Adult Combo \$50, 3:00pm Under Age 18 Prejudging \$5, 6:30pm Under Age 18 Finals \$5, Under Age 18 Combo \$10. Trainer's Ticket \$60, good for 3:00pm and 6:30pm general admission and back stage access. Tickets non-refundable. Cash is only form of payment accepted the day of the event.

Airports: Closest airports are (DCA) Reagan National (10 miles), (IAD) Dulles International (30 miles), and (BWI) Baltimore Washington International (35 mi). Note: Metrorail (WMATA.com) can be taken from Reagan National airport to the Bethesda stop on the Red Line, which exits less than two blocks from host hotel.

Host Hotel: Bethesda Court Hotel, 7740 Wisconsin Ave, Bethesda, MD 20814 (1/3 mile from contest venue). To make reservations call 1(301) 656-2100 for a nightly rate of \$109 when asking for the "OCB" group rate. All rooms have refrigerators. BethesdaCourtWashDC.com for more hotel details.

Directions: Venue and host hotel are in walking distance from the Bethesda Metro station (WMATA.com). Driving directions to hotel are available at bethesdacourtwashdc.com/location_and_directions. From hotel to venue: Go right on Wisconsin Ave, turn left on East-West Hwy MD-410E, go 1/3 mi, venue is on left.

Payment: Send Entry Form and Advance Ticket sale information and payments to: OCB, PO Box 1006, Bryans Road, MD 20616. Checks are only accepted through 10/09. After 10/09 only money orders or credit card payments are accepted.

Contact: Matt Shepley, mshep@ocbonline.com, 1(301) 375-9273, ocbonline.com

Keep this page for your reference

OCB YORTON CUP NATIONALS

October 23, 2010 – Washington, DC



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 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 and/or losses suffered by me as a result of my participation and/or attendance at this contest.

I acknowledge I have reviewed and understand the OCB drug testing procedures and list of banned substances on the OCB website.com. 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: _____

Signature: _____

Date: _____

If under 18:

Parent's name: _____

Parent's Signature: _____

DIVISION ENTERING *(check)*

Figure

- Age 45 & Over
 Age 35-44
 Under Age 35

Women's Bodybuilding

- Age 45 & Over
 Age 35-44
 Under Age 35

Men's Bodybuilding

- Age 60 & Over
 Age 50-59
 Age 40-49
 Under Age 40

Amount to Enclose with Entry Form:

Entry Fee: \$65 if postmarked by October 9th, \$90 if postmarked after October 9th. Entries will not be accepted after Wednesday October 20th.

Entry Fee: \$ _____

Make payments payable to OCB

Payment by *(check one)*:

- Check (Not accepted after 10/09)
 Money Order
 Visa or MasterCard

Send Entry & Payment to:

**OCB, PO Box 1006
 Bryans Road, 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 #: _____ - _____ - _____ - _____ Circle: Visa or MasterCard *(only ones accepted)*

Exp Date: _____ Signature: _____ Date: _____



OCB Yorton Cup National Bodybuilding & Figure Championships October 23, 2010 – Washington, DC

Location: Bethesda-Chevy Chase High Theatre, 4301 East-West Highway, Bethesda, MD 20814

Show times: Prejudging: 3:00pm, Finals: 6:30pm

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

(Tickets Available for Sale at the Door the Day of the Event Also)

Advance Ticket Sales Order Form	
Name:	_____
Address:	_____
City:	_____ State: _____ Zip: _____
Phone:	_____ Email: _____

Ticket Type	Cost	Quantity	Total Cost
3:00pm Adult Prejudging	\$25.00		
6:30pm Adult Finals	\$35.00		
Adult Combo (3:00pm and 6:30pm shows)	\$50.00		
3:00pm Under Age 18 Prejudging	\$5.00		
6:30pm Under Age 18 Finals	\$5.00		
Under Age 18 Combo (3:00pm and 6:30pm shows)	\$10.00		
Trainers Ticket (good for 3pm and 6:30pm general admission & back stage access)	\$60.00		
Name of competitor trainer will be accompanying: _____			
			Total Cost

Payment by (check one): <input type="checkbox"/> Check (Not accepted after 10/09) <input type="checkbox"/> Money Order <input type="checkbox"/> Visa <input type="checkbox"/> Master Card	
Complete this section if paying by Visa or Master Card <i>(additional 4% convenience fee charged)</i> .	
Name as it appears on card: _____	
Card #: _____ - _____ - _____ - _____ Circle: Visa or MasterCard <i>(only ones accepted)</i>	
Exp Date: _____ Signature: _____ Date: _____	

Tickets non-refundable. Cash is only form of payment accepted the day of the event. Make Payments 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)*