

OCB BATTLE for TIDEWATER - OCTOBER 8, 2011 - NORFOLK, VA

Coverage in *Fitness & Physique Magazine*

Note: Information on this event will be posted on Facebook page OCB BATTLE FOR TIDEWATER (like). Feel free to post picture if competing.

Location: Granby High Auditorium, 7101 Granby St, Norfolk, VA 23505 (Facing school, entrance to auditorium is on right side of the building)

Show Times: Prejudging: 12:00 PM, Finals: 5:00 PM

Drug Tested Event: This is a natural (drug-free) competition. All competitors must meet eligibility criteria listed in the 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.

Drug Testing: All competitors are required to be polygraph tested prior to competing. Photo identification must be shown prior to polygraph tests. Any competitor not polygraph tested will be subject to disqualification.

Membership: All competitors required to be current members of OCB to participate in this event. Membership forms and online registration options can be found on OCBonline.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*.

Division Offerings: Men's: Novice (2 classes), Age 60+, Age 50+, Age 40+, Open (2 classes) – Women's Bodybuilding: Novice, Age 35+, Open - Figure: Novice (2 classes), Age 45+, Age 35+, Open (2 classes) – Bikini: Open. *Promoter reserves right to add or drop classes based on entries.*

Division Details: Novice: 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/Age Divisions: Open only to those falling into the stipulated age range (ex. Masters Age 40+ is age forty and over). Open: Open to anyone regardless of age and level of experience.

Classes: When more than one class in a division, classes are formed by dividing competitors evenly by height.

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, Bikini and Women's Bodybuilding are not permitted.

Awards: Awards for top 5 placements in each class. Open division overall winners will be awarded a Battle Sword and custom-made Battle for Tidewater gym bag with supplements from sponsors, and will have entry fees paid by promoter of this event for the October 29th OCB Yorton Cup Nationals in Washington, DC (if they compete there). All competitors will receive goodie bags with gifts and samples from sponsors.

Entry Deadline: October 3rd.

Fees: If entry received by or postmarked by Sept 1st: Entry \$40, Crossover Entry \$35 for each additional class. After Sept 1st Entry \$50, Crossover Entry \$40 for each additional class. Entries will not be accepted after October 3rd. OCB Membership: \$50 (if not already a current member). Polygraph Exam \$50. All fees are non-refundable.

Check-In: Friday October 7th 3:00 PM – 10:00 PM at the host hotel's lobby and Saturday October 8th 8:00 AM – 9:00 AM at the contest venue. If any competitors do not report for check-in prior to 9:00am Sat they will be scratched from the show.

Polygraph Testing: Polygraph testing for all competitors \$50 payable in cash or money order to the polygraph examiner at the time of testing. Photo identification required. Polygraph testing will take place at Examiners office a few miles from the Host hotel. Examiner will contact entrants 1-2 weeks before the show to schedule appointments for testing. **ALL COMPETITORS WILL BE TESTED PRIOR TO STEPPING ON STAGE.** Note: polygraph test results from this show will also be honored at the IFPA pro-qualifying Yorton Cup Nationals in DC Oct 29th.

Contestant Meeting: Saturday October 8th at 10:30 AM at the contest site in the auditorium.

Pump-Up Area: Light weights, bands and mirrors will be back stage for use in pumping up before going on stage.

Professional Services Available for Purchase: Stage photography and Video coverage will be available for purchase (video cameras will not be permitted in the theatre) – details will be provided at competitor meeting. Spray Tanning by Pacific Coast Tanning, call (804) 360-7777 for details and to schedule service.

Prejudging: The Prejudging portion of the event will consist of: Bodybuilding, Figure and Bikini group comparisons.

Finals: The Finals portion of the event will consist of: Bodybuilding routines, Figure and Bikini stage walks, awards presentations, and overall judging (for divisions that have more than one class). All competitors will perform at finals regardless of placement from Prejudging. Bodybuilding routines and Figure/Bikini stage walks should last no more than 60 seconds. Competitors are to supply own music for Finals performances on CD with no profanity (if burning music to CD on a computer please test it afterwards on a regular CD player to ensure it works outside the PC platform). **Please note:** all music will be handed to DJ prior immediately before going on stage. Costumes/props are permitted for Bodybuilding. Costumes/props are not allowed for Figure or Bikini.

Tickets: Adult General Admission Prejudging \$20, Adult General Admission Finals \$20, Adult General Admission Combo (both shows) \$35, Under Age 18 General Admission Prejudging \$5, Under Age 18 General Admission Finals \$10, Under Age 18 General Admission Combo (both shows) \$15, Ages 5 and under are free, Trainers Ticket \$40 (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). Tickets non-refundable. Cash is the only form of payment that can be accepted for ticket purchases the day of the event.

Host Hotel: La Quinta Inn & Suites, 1387 N. Military Highway, Norfolk, VA 23502. For reservations call (757) 466-7001 and mention group 'OCB' for rate of \$69.99 per night. Reserve by September 15th for discount rate. After September 15th rate is \$89.99 per night. Hotel is located 6 miles from contest site, 2 miles from Norfolk International Airport (ORF).

Payment: Entry forms and any advance ticket orders can be sent with payment, to Jared Goulart, 1908 Anita Ct, Norfolk, VA 23518.

Contact: Contact person for this event is promoter Jared Goulart, jared17@cox.net, (757) 580-2201.

KEEP THIS PAGE FOR REFERENCE

OCB BATTLE for TIDEWATER ENTRY FORM – October 8, 2011 – NORFOLK, VA

Name (print): _____ Email: _____

Address (Street): _____ Phone: _____

City: _____ State: _____ Postal Code: _____

Date of Birth: _____ Age: _____ Height: _____ Weight: _____ Shirt Size: _____

Division(s) Entering *(check or circle)*

Men's Bodybuilding: [Novice] [Age 60+] [Age 50+] [Masters Age 40+] [Open]

Women's Bodybuilding: [Novice] [Masters Age 35+] [Open]

Figure: [Novice] [Age 45+] [Masters Age 35+] [Open]

Bikini: [Open]

Division Details: Novice: 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/Age Divisions: Open only to those falling into the stipulated age range (ex. Masters Age 40+ is age forty and over). Open: Open to anyone regardless of age and level of experience.

Waiver/Release: I hereby intend to be legally bound for myself and waive and release any and all rights and claims 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 OCBonline.com. I understand that the administrator or laboratory utilized for banned substance screenings is the choice of OCB and/or the promoters and agree to abide by the decision of the OCB, and/or contest promoters regarding my eligibility for participation in this contest based on the results of any banned substance screenings performed on me, and agree to accept results of said screenings, whatever they may be.

I have read, understand, and agree to the above terms.

Name (print): _____ Signature: _____ Date: _____

If under Age 18: Parent's name (print): _____ Parent's Signature: _____

Fees to Submit with Entry Form:

Entry Fee*: _____ **Crossover Entry Fee(s)*** _____ **Total:** \$ _____

* **Entry Fees:** If entry received by or postmarked by Sept 1st^h: Entry \$40, Crossover Entry \$35 for each additional class. After Sept 1st: Entry \$50, Crossover Entry \$40 for each additional class. Entries will not be accepted after October 3rd. *Fees non-refundable.*

Make checks payable and mail to: **Jared Goulart, 1908 Anita Ct, Norfolk, VA 23518**

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OCTOBER 8, 2011 • NORFOLK, VA
(Video Cameras Not Permitted Inside Venue)

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Show Times: Prejudging: 12:00 PM, Finals: 5:00 PM

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

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

Advance Ticket Sales Order Form	
Name (print): _____	Email: _____
Address (Street): _____	Phone: _____
City: _____	State: _____ Postal Code: _____

Ticket Type	Cost	Quantity	Total
Adult General Admission Prejudging	\$20.00		
Adult General Admission Finals	\$20.00		
Adult General Admission Combo (good for both show times)	\$35.00		
Under Age 18 General Admission Prejudging	\$5.00		
Under Age 18 General Admission Finals	\$10.00		
Under Age 18 General Admission Combo (good for both show times)	\$15.00		
Trainer's Ticket (good for general admission seating at both shows and back stage access)	\$40.00		
Trainers Tickets 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 when competitor they're assisting is preparing back stage).			
Grand Total:			

Tickets Non-Refundable

Cash is the only form of payment that can be accepted for ticket purchases the day of the event.

Payment by (check one): Check (Not accepted after September 15th) Money Order]

Make checks payable and mail to: **Jared Goulart, 1908 Anita Ct, Norfolk, VA 23518**