

OCB ATLANTIC SUPER SHOW - MAY 5, 2012 - RICHMOND, VA

Coverage in *Fitness & Physique Magazine* - IFPA Bodybuilding, Figure & Bikini Open & Masters Pro Qualifier

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

Note 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 or spray tanning service. If anyone is caught with Dream Tan at the contest site he/she will be disqualified from the competition.

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

Show Times: Amateur Prejudging 2:00pm, Amateur Finals 6:00pm

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. In addition, IFPA pro card winners (Bodybuilding, Bikini and Figure Open overall, Men's Bodybuilding Masters Age 40+ overall, and Women's Bodybuilding and Figure Masters Age 35+ overall winners) are required to provide urine specimens immediately after the event for urinalysis testing. Photo identification must be shown prior to polygraph tests and at the time of urine specimen collections. Any competitor not polygraph tested or any above referenced IFPA pro card winner not supplying a urine specimen immediately after the contest will be subject to disqualification.

Membership: All competitors are required to be current members of OCB to participate in this event. Membership forms and online registration options can be found on OCBonline.com at the top of the Upcoming Events/Schedule page, or membership can be obtained at check-in for the event. Cost is \$60 for the annual membership and includes a one-year subscription to *Fitness & Physique Magazine*.

Division Offerings: Men's Bodybuilding: Novice (2 classes), Age 60+, Age 50+, Age 40+ (2 classes), Open (3 classes) – Women's Bodybuilding: Novice, Age 45+, Age 35+, Open - Figure: Novice (2 classes), Age 45+, Age 35+ (2 classes), Open (3 classes) – Bikini: Novice, Age 35+, Open – Ms. Fitness: Open – Male Fitness Model: Open - *Promoter reserves the right to add or drop classes based on number of entries.*

Classes: When more than one class in a division, classes are formed by dividing competitors evenly by height. (Class breakdowns and the order of events will be supplied to competitors approximately a week before the event).

Crossovers: A "crossover" is entering more than one division. For example, someone may enter the Figure Novice division, if eligible, and also elect to crossover into the Figure Open division and compete in it as well. Crossovers between the Figure, Bikini and Women's Bodybuilding categories are not permitted.

Awards: Sculptured awards for top 5 placements in each class and best poser/presentation awards.

Entry Deadline: 4/26 for mailing, 5/3 for faxing (240-455-0640), emailing (mshep@OCBonline.com) or calling in entry (623-476-8797). Entries will not be accepted after 5/3.

Fees: If entry is received by or postmarked by 4/21: Entry \$55, Crossover Entry \$40 for each additional class. After 4/21 to 5/3: Entry \$85, Crossover Entry \$65 for each additional class. OCB Membership: \$60 (if not already a current member). Polygraph Screening \$45 (Polygraph fee not refunded if not passing). Urine testing fee contribution \$5.

Check-In/Polygraph Test: Thursday 5/3 and Friday 5/4 by appointment at the Holiday Inn Express host hotel listed below. **All contestants must be able to check-in prior to 6pm Friday 5/4 for this event.** Promoter will contact entrants approximately 1-2 weeks before show to schedule appointments. **COMPETITORS MUST BRING OWN MUSIC FOR ROUTINES/STAGE WALKS AT TIME OF CHECK-IN.** See details about music below.

Contestant meeting: None. Complete details will be provided in advance.

Backstage policy: One assistant max per competitor allowed, assistant **MUST** buy a trainer/assistant ticket, which is good for general admission and back stage access.

Pump-Up Area: Light weights, bands and mirrors will be back stage for use in pumping up before going on stage. Competitors are welcome to bring their own equipment and mirrors as well.

Professional Services Available for Purchase: Stage photography by OCB. See photo order form on last page for details. Video by Slade Media Group (video cameras will not be permitted in the theatre) – details will be provided in pre-contest emails and orders can be placed in the lobby the day of the event at the video vendor table. Spray Tanning: Available from Body Beautiful Bronzing & Tan Organic. Email beautifulbronzing@gmail.com or call 301-789-3879 for details and to schedule an appointment. Sign up for service by 4/14 for a \$12 discount. Make-Up: Makeup and/or hair services will be available from Flirt Alley, call 800-379-9100 or visit flirtalley.com for information and to book appointments.

Prejudging: The Prejudging portion of the event will consist of: Bodybuilding, Figure and Bikini group comparisons, Fitness Model swimwear rounds, and Ms. Fitness gown/speech, swimwear and routine rounds.

Finals: Finals portion of the event will consist of: Bodybuilding routines, Figure, Bikini, Ms. Fitness swimwear, and Fitness Model sportswear stage walks, and Ms. Fitness routines, 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/Model/Ms. Fitness stage walks should last no more than 60 seconds. Ms. Fitness routines should last no more than 90 seconds. Competitors are to supply own music for Finals performances (with the exception of Ms. Fitness Swimwear round) 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). House music is used for all stage walks done at Prejudging.

Tickets: 2:00pm Prejudging: Adult General Admission \$20, Under 18 General Admission Prejudging \$5. 6:00pm Finals: Adult General Admission \$40, Under 18 General Admission Finals \$10. 2:00pm and 6:00pm Combo (both shows): Adult General Admission \$50, Under 18 General Admission \$15. Assistant Ticket/Back Stage Pass: \$55 (only applicable to those helping a competitor prepare back stage. One assistant max per competitor is permitted. Assistant tickets are good for general admission seating at both the 2:00pm and 6:00pm shows and back stage access). Note competitors will be able to show their competitor numbers to be able to access the pro show if desired, without having to purchase tickets for that portion of the event.

Host Hotel: Holiday Inn Express, 201 E Cary St, Richmond, VA (1.5 miles from contest venue). For reservations call (804) 788-1600 and mention group code "OCB" for a nightly rate of \$89. It's recommended to reserve by 4/20.

Payment: Entry forms and any advance ticket orders can be sent with payment, to OCB, PO Box 7146, Surprise, AZ 85374

Contact: Contact person for this event is Matt Shepley, mshep@OCBonline.com, (623) 476-8797

ATLANTIC SUPER SHOW ENTRY FORM – MAY 5, 2012 – RICHMOND, 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)

Note contestants have the option of entering more than one Masters/Age division. For example, a 53-year-old male could enter Age 40+ as well as Age 50+. To vie for an IFPA Masters pro card males must be in the Age 40+ division, females in the Age 35+ division.

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

Women's Bodybuilding: [Novice] [Age 45+] [Masters Age 35+] [Open]

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

Bikini: [Novice] [Masters Age 35+] [Open]

Ms. Fitness: [Open]

Fitness Model: [Male]

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)*** _____ **Polygraph Fee:** \$45 **Urinalysis Fee:** \$5 **Total:** \$ _____

If entry is received by or postmarked by 4/21: Entry \$55, Crossover Entry \$40 for each additional class. After 4/21 to 5/3: Entry \$85, Crossover Entry \$65 for each additional class. Fees non-refundable.

Deadlines: 4/21 for mailing, 5/3 for faxing (to 240-455-0640), emailing (to mshep@OCBonline.com) or calling (623-476-8797) in entry. Entries will not be accepted after 5/3.

Payment by (check one): [Check (Not accepted after 4/21)] [Money Order] [Credit Card]

Make checks payable to OCB and mail to: **OCB, PO Box 7146, Surprise, AZ 85374**

If paying by credit card (additional 4% convenience fee charged for credit card orders) complete the following section and mail to above address, fax to (240) 455-0640 or email to mshep@OCBonline.com

Name as it appears on card: _____

Card # (Visa or MasterCard Only): _____ - _____ - _____ - _____ Expiration Date: _____

Signature: _____ Today's Date: _____

OCB ATLANTIC SUPER SHOW – IFPA PRO BOWL - MAY 5, 2012 - RICHMOND, VA

(Video Cameras Not Permitted Inside Venue)

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

Show Times: Amateur Prejudging 2:00pm, Amateur Finals 6:00pm, Pro Prejudging: 9:00am, Pro Finals: 11:30am

Advance ticket purchases will be available for pick up at the ticket counter the day of the event (tickets 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
OCB AMATEUR SHOW TICKETS			
Amateur Adult General Admission Prejudging (2:00pm)	\$20.00		
Amateur Adult General Admission Finals (6:00pm)	\$40.00		
Adult General Admission Combo (2:00pm & 6:00pm)	\$50.00		
Amateur Under Age 18 General Admission Prejudging (2:00pm)	\$5.00		
Amateur Under Age 18 General Admission Finals (6:00pm)	\$10.00		
Amateur Under Age 18 General Admission Combo (2:00pm & 6:00pm)	\$15.00		
Amateur Assistant Ticket (good for general admission seating at 2:00pm and 6:00pm shows and back stage access)	\$55.00		
IFPA PRO SHOW TICKETS			
Pro Adult General Admission Prejudging (9:00am)	\$20.00		
Pro Adult General Admission Finals (11:30am)	\$40.00		
Pro General Admission Combo (9:00am & 11:30am)	\$50.00		
Pro Under Age 18 General Admission Prejudging (9:00am)	\$5.00		
Pro Under Age 18 General Admission Finals (11:30am)	\$10.00		
Pro Under Age 18 General Admission Combo (9:00am & 11:30am)	\$15.00		
Pro Assistant Ticket (good for general admission seating at 8:30am and 11:30am shows and back stage access)	\$55.00		
ALL DAY PASS - good for 9:00am, 11:30am, 2:00pm, and 6:00pm shows	\$70.00		
Assistant tickets only applicable to those helping a competitor prepare back stage. One assistant max per competitor is permitted.			
<i>Tickets Non-Refundable</i>		Grand Total:	

Payment by (check one): [Check (Not accepted after 5/3)] [Money Order] [Credit Card]

Make checks payable to OCB and mail to: OCB, PO Box 7146, Surprise, AZ 85374

If paying by credit card (additional 4% convenience fee charged for credit card orders) complete the following section and mail to above address, fax to (240) 455-0640 or email to mshep@OCBonline.com

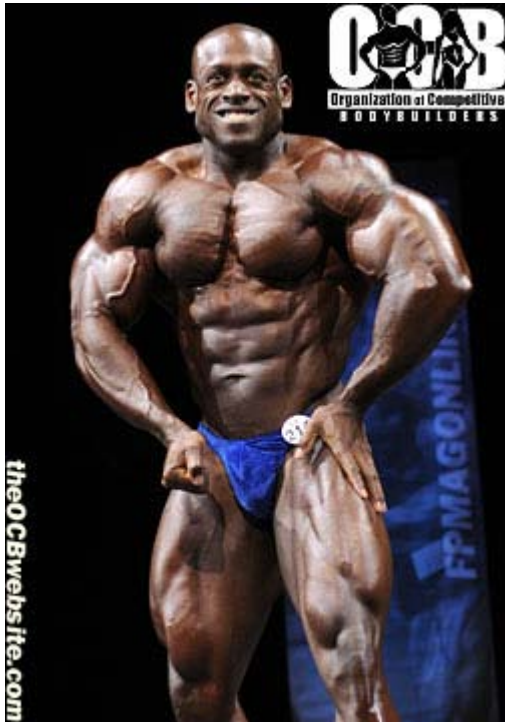
Name as it appears on card: _____	
Card # (Visa or MasterCard Only): _____ - _____ - _____ - _____	Expiration Date: _____
Signature: _____	Today's Date: _____

OCB STAGE PHOTOGRAPHY

PO Box 7146, Surprise, AZ 85374 - photos@theOCBwebsite.com. (623) 476-8797



Competitors wishing to have photo coverage at this event should complete this form **and turn it in at check-in along with payment.**



Details About Coverage

Typically about 25% of the competitors in an event are interested in professional stage photos. Orders are pre-pay, which enables the photographer to target the individuals who are interested and get lots of photos of them. The photographer is a former competitor and is familiar with the timing of posing. He focuses on capturing you in the peak of your poses, when you're turned at the angle that shows you at your best, when you're exhaling and showing your abs at their clearest, etc. Coverage includes the entire event from start to finish – prejudging, finals, awards presentations, and overall comparisons. If not satisfied with the quality of photos – money back.

Pricing

If entered in one class \$65 (typically 60+ images)
If entered in two classes \$75 (typically 80+ images)
If entered in three or more classes \$85 (typically 100+ images)

Images from event will be online at: physiquephotos.PhotoReflect.com. Purchases of prints can be made from the site after the event for those who don't preorder. Note a limited number of photos are usually captured of competitors who don't preorder.

To order, **turn form in at check-in** along with cash, check payable to OCB, or with credit card info supplied below.

Entered in: (check one): One Class (\$65) Two Classes (\$75) More Than Two Classes (\$85)

Competitor Name: _____ Competitor #: _____

Purchaser's Name (if different from competitor's): _____

Email: _____ Phone: _____

Address to ship CD to: _____

City: _____ State: _____ Zip: _____

Division 1 Entered In: _____

Division 2 Entered In: _____

Division 3 Entered In: _____

If paying with Visa/MasterCard (4% convenience fee added): (Visa/MasterCard only types accepted)

Name on card: _____ Circle one: Visa MasterCard

Card#: _____ - _____ - _____ - _____ Exp Date: _____

Signature authorizing billing: _____ Today's Date: _____