



OCB TRI-CITIES CHAMPIONSHIPS April 17, 2010 – West Nyack, NY

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

Location: Clarkstown South High School, 31 Demarest Mill Rd., West Nyack, NY 10994

Show times: Prejudging: 11 AM, Finals: 4 PM

Divisions: Men's Bodybuilding: Teen, Debut, Novice, Great Grand Masters 60+, Grand Masters 50+, Masters 40+, Open. Women's Bodybuilding: Debut, Open. Figure: Debut, Novice, Grand Masters 45+, Masters 35+, and Open. *Promoter reserves the right to add or drop classes based on number of entries.*

Division Details: Debut: First competition ever. Teen: Age 19 and Under. 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 Divisions: Open only to those falling into the stipulated age range (ex. 40+ is age forty and over). Open: Open to anyone regardless of age and level of experience.

Classes: Classes will be split evenly by height in the manner specified by the OCB Guidelines on www.theOCBwebsite.com

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: Check In: Saturday April 17th at 9 am sharp at the contest venue, Clarkstown South High School. Bring Music. If any competitors do not report for check-in by 9am, they will be scratched from the show. Optional early check-in/polygraph will be available Friday April 16th at Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10954 from 12 pm to 8 pm.

Contestant meeting: Saturday April 17th at 10:30 am at Clarkstown South High School, 31 Demarest Mill Rd., West Nyack, NY 10994 in the auditorium

Fees: If entry received by or postmarked by April 3rd: Entry \$55, Crossover Entry \$35 per additional class. If registering after April 3rd: Entry \$75, 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. All fees non-refundable.

Tickets: Prejudging: \$15, Finals: \$20, Combo (both shows): \$30. 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 will be available at the door the day of the event.

Drug Testing: Polygraph testing for all competitors. \$45 payable in cash or money order to the polygraph examiner at the 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 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. Promoter will contact entrants 1-2 weeks before the show to schedule appointments for polygraph testing.

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. Figure competitors 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 with only one track on it. Music should not contain any profanity. Costumes/props permitted for Bodybuilding. Props not permitted for Figure stage walks.

Host Hotel: Hilton Garden Inn, 270 Route 59 West, Nanuet, NY 10954 (845)623-0600, ask for group code "OCB" room rate.

Payment: Send Entry Form and Advance Ticket sale information and payments to: Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10954. Make all checks or money orders payable to Premier Fitness.

Contact: brianf@premierfitnessny.com or call (845) 920-0501 and ask for Brian Fahrenfeld. www.premierfitnessny.com

Keep this page for your reference

www.theOCBwebsite.com

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April 17, 2010 – West Nyack, NY



ENTRY FORM

Name: _____ Email: _____

Address: _____ Phone: _____

City: _____ State: _____ Postal Code: _____

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

Have you ever placed first in any class, within any division, with any organization? No Yes (If yes, not eligible for Novice).

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

- Debut
- Novice
- Grand Masters Age 45+
- Masters Age 35+
- Open

Women's Bodybuilding

- Debut
- Open

Men's Bodybuilding

- Teen
- Debut
- Novice
- Great Grand Masters Age 60+
- Grand Masters Age 50+
- Masters Age 40+
- Open

Amount to Enclose with Entry Form:

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Entry Fee: \$ _____

X-Over Fee(s): \$ _____

Total: \$ _____

Send Entry &
Payment to:

**Premier Fitness,
430 Nanuet Mall
South, Nanuet,
NY 10954**

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

Name as it appears on card: _____

Card #: _____ Exp Date: _____ CVV: _____

Signature: _____ Date: _____