

The OCB 44th Annual

Mt. Rogers



DRUG FREE

Bodybuilding, Figure, Physique & Bikini Championships

Saturday, Nov. 23, 2019

Freedom H.S.,
Woodbridge, VA



Conditional Pro Qualifier

Men's: Novice * Masters * Physique * Classic Physique *
Open classes

Women's: Figure * Bikini * Physique

LIVE JUDGED

Prejudging & Finals are at same event, and is usually finished by 5 PM

Promoters:
Pam & Sarah Spindel

EVENT STARTS - 1 PM

\$45 - Adults

\$15 - Children (under 12)

For information, tickets & applications:

703-405-3036

www.essentialfitness.com

www.ocbonline.com

Spray tanning available on site by:

