

The OCB proudly presents the 44th Annual

# Mt. Rogers

**Drug Free**

## Bodybuilding, Figure, Physique & Bikini Championships

A Conditional Pro-Qualifier

**Saturday, November 23, 2019**  
**Freedom High School, Woodbridge, VA**

**Men's Open - 4 classes**  
**Men's Novice - 2 to 3 classes**  
**Masters Men - 3 classes**  
**Women's Figure - 2 classes**  
**Masters Figure - (40 & over) - 1 class**  
**Novice Figure - 1 class**  
**Bikini - 3 to 4 classes**  
**Master's Bikini - (40 & over) - 1 class**  
**Novice Bikini - 1 class**  
**Men's Physique - 3 classes**  
**Men's Physique Novice - 1 class**  
**Women's Physique - 1 class**  
**Men's Classic Physique - 3 classes**  
**Mixed Pairs - 1 class**

**Sculptured Trophies**  
(5 per class)

**FREE CONTEST T-SHIRT**

To all competitors entering before 11/09/19

**CONTEST JUDGING & AWARDS: 1:00 P.M.**

(This is a live judged event. Competitors will be judged in their respective classes, and placings will be awarded at this time).

◆ \$15 Children (under 12)

◆ \$45 Adults

### The 2019 OCB Mt. Rogers Bodybuilding, Figure, Bikini & Physique Championships

|                   |  |                 |   |
|-------------------|--|-----------------|---|
| Date:             | Saturday, November, 23, 2019   | Polygraph Test: | \$50 - Fees will be payable to the polygrapher at the polygraph appointment in <b>cash</b> . Please do not mail in these fees. Pam Spindel will call once application is received to schedule polygraph appointment. <u>Polygrapher findings are final.</u>   |
| Registration:     | 9:30 A.M. to 11 A.M. at <b>Freedom H.S.</b> No entries after 11 A.M. ALL competitors MUST register and weigh in at this time.<br>Mandatory competitors meeting at 11:45 A.M. | Music/Posing:   | Polygraph appointments will be held on Thursday, November, 14 <sup>th</sup> & Friday, 15 <sup>th</sup> at Best Western Potomac Mills<br>Bodybuilders and Women's Physique must bring your own CD/60 sec max. Please, CD should contain posing music only. Try your home-made CD on another deck, other than the one you made it on, prior to the show to make sure that it plays on other machines. |
| Judging & Finals: | 1 P.M. - Freedom High School   |                 |   |
| Entry Fees:       | \$65 if postmarked by 11/2/19<br>\$75 for applications postmarked after 11/2/19.<br>\$85 for entries the day of the show. Entry fees are non-refundable.                     |                 |   |
| Crossovers:       | \$50 additional fee. (Crossovers are only permitted from Novice to Open to Masters in the same category).  |                 |   |
| Eligibility:      | All competitors are required to hold current OCB memberships to participate in this event.   |                 |   |

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| <p>Please purchase online at <a href="https://ocbonline.com/membership-home.php">https://ocbonline.com/membership-home.php</a></p> <p>Accommodations: Best Western Potomac Mills, \$94 for up to 4 guests, call 703-494-4433 by 11/02/19. Ask for Mt. Rogers Bodybuilding rates. Includes breakfast.</p> <p>Awards: All sculptures - 5 sculptures per class.</p> <p>To Enter: Mail <b>Certified Check</b> or <b>Money Order</b> payable to <b>Pam Spindel</b> at:<br/> Pam Spindel<br/> 12936 Jessica Ridge Way<br/> Manassas, VA 20112</p> <p>OR you can Paypal to <a href="mailto:spindelva@aol.com">spindelva@aol.com</a> using the friends &amp; family option and please scan your application using the same email.</p> | <p>Figure, Bikini, and Men's Physique will present to house music (our choice).</p> <p>Jewelry: NO jewelry, other than wedding rings will be permitted for bodybuilders. Body piercings <u>must</u> be removed or you cannot compete.</p> <p>Directions: <b>FOR POLYGRAPH TESTING:</b><br/> Best Western: 14619 Potomac Mills Rd. Woodbridge, VA 22192<br/> <b>TO FREEDOM HIGH SCHOOL:</b><br/> 15201 Neabsco Mills Rd., Woodbridge, VA 22191</p> |
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**The 2019 OCB Mt. Rogers Bodybuilding, Figure, Bikini & Physique Championships Official Entry Form**

CHECK CLASSE(S) ENTERED:

**Figure**

- Novice Figure
- Women's Figure - Will be split into 2 classes (**Pro Qualifier**)
- Masters Figure (40 & over)

**Bikini**

- Novice Bikini
- Bikini (**Pro Qualifier if 6 or more**)
- Master's Bikini (40 & over)

**Women's Physique (Pro Qualifier if 3 or more)**

- Women's Physique (1 class)

**Mixed Pairs**

- Mixed Pairs (1 class)

**Novice Bodybuilding**

- Men's Novice (will be split into 2 or 3 wt classes)

**Men's Open Bodybuilding (Pro Qualifier)**

- Lightweight - Up to 156 ¼ lb.
- Middleweight - Over 156 ¼ & up to 172 ¼ lb
- Lt. Heavyweight - Over 172 ¼ & up to 189 ¼ lbs.
- Heavyweight - Over 189 ¼ lb

**Men's Novice Physique**

- Men's Novice (will be split into 2 or 3 wt classes)

**Men's Physique (Pro Qualifier)**

- Lightweight - Up to 156 ¼ lb.
- Middleweight - Over 156 ¼ & up to 172 ¼
- Heavyweight - Over 172 ¼ lb

**Men's Classic Physique (Pro Qualifier)**

- Lightweight - Up to 156 ¼ lb.
- Middleweight - Over 156 ¼ & up to 172 ¼
- Heavyweight - Over 172 ¼ lb

**Men's Masters Bodybuilding (Pro Qualifier)**

- Men's Master (40 & Over)
- Men's Master (50 & Over)
- Men's Master (60 & Over)

Indicate Shirt Size(for entries postmarked by 11/09/19):  S  M  L  XL  XXL

NAME \_\_\_\_\_ AGE \_\_\_\_\_ TEL # \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

GYM REPRESENTING \_\_\_\_\_ TITLES WON \_\_\_\_\_

SPECIAL INTERESTS OR GOALS \_\_\_\_\_

In consideration of you accepting this entry, I hereby, intending to be legally bound for myself, my heirs, my executors, and administrators, agree to waive and release any and all rights and claims for damages arising from the above described contest. The waiver and release extends to the OCB, Essential Fitness, Pam Spindel, Freedom High School and/or the Prince William County Board of Education, as well as all contributors, staff, and officials connected with the above described contest.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN (If under 18)

**CONTEST PROTAN, POSING OIL, & HOT STUFF**

To order call: ESSENTIAL FITNESS (703) 492-2722 or visit [www.essentialfitness.com](http://www.essentialfitness.com)