

The OCB proudly presents the 45th Annual

Mt. Rogers

Drug Free

Bodybuilding, Figure, Physique & Bikini Championships

A Conditional Pro-Qualifier

Saturday, November 21, 2020
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 11/07/2020

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 13)
- ◆ \$45 Adults

The 2020 OCB Mt. Rogers Bodybuilding, Figure, Bikini & Physique Championships

Date:	Saturday, November, 21, 2020
Registration:	9:30 A.M. to 11 A.M. at Freedom H.S. No entries after 11 A.M. ALL competitors MUST register and weigh in at this time. Mandatory competitors meeting at 11:45 A.M.
Judging & Finals:	1 P.M. - Freedom High School
Entry Fees:	\$65 if postmarked by 10/31/2020 \$115 for applications postmarked after 10/31/2020. \$150 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.

Polygraph Test:	\$50 - Fees will be payable to the polygrapher at the polygraph appointment in cash . 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> Polygraph appointments will be held on Thursday, November, 19 th & Friday, 20 th at World Gym Dale City
Music/Posing:	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.

<p>Please purchase online at https://ocbonline.com/membership-home.php</p> <p>Accommodations: Best Western Potomac Mills, \$94 for up to 4 guests, call 703-494-4433 by 10/31/20. Ask for Mt. Rogers Bodybuilding rates. Includes breakfast.</p> <p>Awards: All sculptures - 5 sculptures per class.</p> <p>To Enter: Mail Certified Check or Money Order payable to Pam Spindel at: Pam Spindel 12936 Jessica Ridge Way Manassas, VA 20112</p> <p>OR you can Paypal to spindelva@aol.com using the friends & 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: FOR POLYGRAPH TESTING: World Gym Dale City: 4176 Dale Blvd Woodbridge, VA 22193 TO FREEDOM HIGH SCHOOL: 15201 Neabsco Mills Rd., Woodbridge, VA 22191</p>
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The 2020 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

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

Indicate Shirt Size(for entries postmarked by 11/07/20): 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