

The OCB 45th Annual

Mt. Rogers

DRUG FREE

Bodybuilding, Figure, Physique &
Bikini Championships

Saturday, Nov. 21, 2020

Freedom H.S.,
Woodbridge, VA

Conditional Pro Qualifier

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

Women's: Figure * Bikini * Physique

Promoted by:

Pam & Sarah Spindel

LIVE JUDGED

EVENT STARTS - 1 PM

\$45 - Adults

\$15 - Children (under 13)

For information, tickets &
applications:

703-405-3036

www.essentialfitness.com

www.ocbonline.com

