



## OCB Green Mountain Thaw Brattleboro, VT – March 11, 2012

Coverage in Fitness & Physique Magazine

**Location:** Latchis Theater, 50 Main Street, Brattleboro, VT 05301

**Show times:** Doors open at 9:30AM and show starts roughly at 10:00AM (live judged, means no separate pre-judging and finals. Group comparisons, individual presentations and award presentation are done straight through. Expected end time is 5-6 PM)

**Divisions:** Men's Bodybuilding: Debut, Teen, Novice, Great Grand Masters 60+, Grand Masters 50+, Masters 40+, Junior, Open – Women's Bodybuilding: Debut, Teen, Novice, Grand Masters 45+, Masters 35+, Open – Figure: Debut, Teen, Novice, Grand Masters 45+, Masters 35+, Open - Bikini: Open to any female 18 years of age or older.

**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). Junior: Under age 23. Open: Open to anyone regardless of age and level of experience. Bikini: Open to any female 18 years of age or older.

**Classes:** Split evenly by height in the manner specified in the OCB Guidelines on 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 are not allowed between Figure, Bikini and Women's Bodybuilding categories.

**Check-in:** Saturday March 10<sup>th</sup> between 3pm and 7pm at host hotel: Latchis Theater, 50 Main Street, Brattleboro, VT 05301 Any competitors not reporting for check-in prior to 9:15 AM on Sunday March 11<sup>th</sup> will be scratched from the show (no refunds).

**Contestant Meeting:** Sunday March 11<sup>h</sup> at 9:15AM at Latchis Theater, 50 Main Street, Brattleboro, VT 05301

**Fees:** Entry \$45 if postmarked by 02/11/2012, Entry \$55 if postmarked after 02/11/2012. **Entry Deadline 2/29/2012. No Walk-ins.** Crossovers are \$25 per additional class. OCB Membership is \$50 (if not a current member). Polygraph Testing \$40 payable directly to the examiner at the time of testing.

**Tickets:** Adult General Admission \$25, Under 18 General Admission \$10 (Children 10 and under Free), Trainers Ticket \$30

**Drug Testing:** Polygraph testing for all competitors. \$40 payable in cash or money order to the polygraph examiner at the time of testing. Photo identification required. It is the competitor's 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. Plus all competitors subject to additional forms of testing, if requested, at the discretion and expense of the promoter. Polygraph testing will take place in conjunction with check-in on Saturday March 10<sup>th</sup> at the host hotel. Appointments on a first-come first-serve basis. You can find a list of banned substances at

**[www.thenaturalmusclenetwork.com/OCB/forms/DrugTestingGuidelines.pdf](http://www.thenaturalmusclenetwork.com/OCB/forms/DrugTestingGuidelines.pdf)**

**Backstage policy:** 1 assistant per competitor allowed, assistant MUST buy a trainers ticket (\$35), which is good for General Admission and back stage access.

**Routines:** Routine length 60 seconds for bodybuilding. Music is to be provided on CD-R only. No profanity in music. Props allowed. Figure/Bikini competitors will use house music (provided) for stage walk/routine at finals

**Spray Tanning Services:** Elite Bronzing Airbrushing Tanning Services available- by appt only. See flyer below for details.

**Host Hotel:** Latchis Theater, 50 Main Street, Brattleboro, VT 05301 Phone: Call (802) 254-6300 and mention the 'OCB GREEN MOUNTAIN' group code to get the Thaw rate. After February 26<sup>th</sup> rooms are released from the group block and become subject to availability.

**Directions:** Please use Mapquest.com to get directions from your location.

**Payment:** Send Entry Form and Advance Ticket orders with payments to: Joel Napolitano, 9 Kent Street Apt. E, Newburyport MA 01950. (If paying by credit card, statement billing will show billed by Maximum Nutrition Centers/Phenom Labs).

**Contact:** Joel Napolitano sales@phenomlabs.com (978) 360-3982 [www.phenomlabs.com/OCBGMT](http://www.phenomlabs.com/OCBGMT) [www.theOCBwebsite.com](http://www.theOCBwebsite.com)



# OCB Green Mountain Thaw - 03/11/2012 - Brattleboro, VT

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

### WAIVER/RELEASE

Note: If you are not a current member of OCB and entering bodybuilding or figure, you must also submit an OCB membership form (available on [www.theOCBwebsite.com](http://www.theOCBwebsite.com) or at the contest on the day of the show - \$50 annual fee, includes a one-year subscription to Fitness & Physique magazine). If you are entering the Ms. Fitness division and are not a current member of the IFSB, you must submit your IFSB membership application (available on [MsFitness.com](http://MsFitness.com) or at the contest on the day of the show - \$50 fee, includes a one-year subscription to Ms. Fitness magazine).

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 have read, understand, and agree to the above terms.

Name: \_\_\_\_\_  
 Signature: \_\_\_\_\_  
 If under 18, parent's name: \_\_\_\_\_  
 Parent's signature: \_\_\_\_\_

### DIVISION(S) ENTERING (check)

#### Men's Bodybuilding

- Teen       Debut       Novice  
 Junior (Under Age 23)  
 Great Grand Masters 60+  
 Grand Masters 50+  
 Masters 40+       Open

#### Women's Bodybuilding

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

#### Figure

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

#### Bikini

- Open

*To be eligible for a novice division, you cannot have placed first in any class besides Teen within any division with any organization.*

### Amount to Enclose with Entry Form:

**Entry \$45** if postmarked by **02/11/2012**, **Entry \$55** if postmarked after **02/11/2012**. **Entry deadline 2/29/2012**. **No Walk-ins** Crossovers are \$25 per additional class.

**Entry Fee: \$ \_\_\_\_\_ Crossover Fee: \$ \_\_\_\_\_**

Payment by (check one):

Check or  Money Order

**Send Entry & Payment to:**

**Joel Napolitano**  
**9 Kent Street Apt. E, Newburyport, MA 01950**

**You can also register and pay online at [www.phenomlabs.com/GMT](http://www.phenomlabs.com/GMT)**



## Advance Ticket Sales Order Form

### OCB Green Mountain Thaw - March 11, 2012 – Brattleboro, VT

Latchis Theater, 50 Main Street, Brattleboro, VT 05301

Doors open at 9:30AM and show starts roughly at 10:00AM (live judged, means no separate pre-judging and finals. Group comparisons, individual presentations and award presentation are done straight through. Expected end time is 5-6 PM)

Advance ticket purchases will be available for pick-up at the ticket counter Will Call on the day of the event.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Order Form	Cost	Quantity	Total Cost
Adult General Admission	\$25.00		
Under Age 18 All General Admission	\$10.00		
Trainer's Ticket (Good All Day for both General Admission and Back Stage Access)	\$35.00		
Age 10 and under	Free		
		Total Cost	

You can pay online at [www.phenomlabs.com/GMT](http://www.phenomlabs.com/GMT)

**Make Checks Payable and Mail to:**

**Joel Napolitano  
9 Kent Street Apt. E  
Newburyport, MA 01950**

**Tanning Services Provided By:  
(Call for an appointment)**



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*& Physique*



# OCB GREEN MOUNTAIN THAW 3.11.12

DOORS OPEN AT 10:00 AM  
\* LIVE JUDGED \*

**THE LATCHIS HOTEL & THEATRE**  
50 Main Street, Brattleboro, VT 05301

**FOR MORE INFO CONTACT:**

Joel Napolitano • 978-360-3982

[sales@phenomlabs.com](mailto:sales@phenomlabs.com)

[www.phenomlabs.com/OCBGMT](http://www.phenomlabs.com/OCBGMT)

[www.theocbwebsite.com](http://www.theocbwebsite.com)



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