

ATHLETE PACKAGE

This is the competitor's information package for the GNC Live Well Presents the Allmax Professional Grade Supplements Natural Ontario Championships that will be held on Saturday August 12, 2017 at Centennial Hall 550 Wellington Street, London, Ontario sanctioned by the Ontario Physique Association and Governed by the IFBB.

Registration (all competitors must attend)

Date: Friday evening August 11, 2017

Location: Hilton London 300 King St. London, Ontario

Time: 6:00 pm for all competitors

Athlete meeting: 7:30 pm for all competitors

*Please note: This is a Provincial event; The OPA will not allow any late registrations after Friday night.

Please make the proper arrangements to attend.

In order to run a smooth and efficient Registration please come prepared with the following:

1. Current OPA membership card
2. ALL COMPETITORS are required register in their stage attire, NO EXCEPTIONS! Shoes are NOT subject to inspection.
3. Juniors and master competitors bring proof of age. ALL Competitors must bring photo ID for the Doping Control Officers.
4. Music: Bodybuilders, Fitness & Woman's Physique please bring your CD's. Please Note: Posing music is 60 seconds for Bodybuilders & Women Physique and 90 seconds for Fitness. Song of choice must be the only music on the CD .A back up copy is recommended. It is your responsibility to verify your CD is working, if for any reason your CD does not play, the DJ will play music at his discretion. Reminder: There must be no lyrics containing profanity in your posing music, PROFANITY WILL RESULT IN IMMEDIATE DISQUALIFICATION

Venue

Date: Saturday August 12, 2017

Location: Centennial Hall, 550 Wellington Street, London, ON

Time: Prejudging: 10:00 a.m.

Finals: 6:00 p.m.

Tickets:

Prejudging \$30.00 cash at the door

Finals: \$50.00 plus tx Centennial Hall Box Office 519-672-1967

All day pass: \$60.00 plus tx Centennial all Box Office 519-672-1967

Competitors will gain access to the venue with their competitor numbers and are welcome to sit in any empty seat inside the theatre. Competitors will not be allowed into the theatre unless they are fully clothed to prevent damaging the seats.

Please Note: the use of vasodilators (i.e.: hot stuff) and cooking spray is strictly prohibited for use by any athlete. Any athlete caught using banned products will be immediately disqualified.

Drug Testing

Drug testing is performed exclusively by the appointed doping control officers. Testing will occur at the venue in a designated room. All competitors are required to bring photo ID to prove their identity. Please visit this website for the list of banned substances. www.globaldro.com

Host Hotel/Accommodations

Host Hotels are Hilton London 300 King Street London, ON

and Holiday Inn Express 374 Dundas Street London, ON

book your room at the www.jamor.ca site. Scroll to bottom of home page for the link to booke rooms.

Tanning, Makeup & Hair

"Absolute Touch is the exclusive beauty team of the OPA"

Tanning, Makeup & Hair Be prepared & make sure you have reserved your Tan, Makeup & Hair appointments! Don't be left out.... Look & Feel like a PRO. BOOK ONLINE Please Note: If you plan on using artificial tanning solutions, please bring extra sheets, clothing and towel. Please be careful not to stain sheets or towels at the host hotel in order to avoid extra charges to you.

<http://www.absolutehealthnfitness.com/>

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Official Stage Photography

Liana Louzon is the OPA official stage and back stage photographer. She will be onsite at registration to take orders. She is the only official stage photographer for this event. For more information or to pre-order photo packages please email Liana at info@lianalouzon.com

Important Information

1. It is competitor's responsibility to comply with OPA rules and regulations. Please visit the OPA website for more information. This is an amateur event, any competitor who has achieved Pro status in a non-recognized IFBB event, must see the OPA executive before completing registration to relinquish their status and re-enter at the amateur level.
2. Depending on class numbers, it is possible that only the top 5 Bodybuilding and Woman's Physique in each class will perform their routines at the finals. This will be determined at registration by the Head Judge. Please be advised, ANY competitor who fails to return for the evening show will be disqualified regardless of prejudging rankings.
3. Top five competitors qualify for the CBBF National Physique Natural Championships---formerly named the "World Qualifier"
4. All competitors will receive a free video of the competition. It is the competitor's responsibility to provide the videographer with your mailing address and \$7 for shipping and handling. This offer only applies at time of registration.

Thank you for choosing to compete in this Jamor Production. We hope you have a great experience.