2026 Mt Rogers
Athlete & Event Information

Thanks for participating in the 50th anniversary of the Mt Rogers Bodybuilding, Bikini, Figure, Physique & Wellness Championships. The purpose of this brochure is to help you out by answering your questions related to competing in the event. Note: Scheduled drug test (polygraph) appointments on Fri. will be held at Best Western Potomac Mills- 14619 Potomac Mills Rd, Woodbridge, VA 22192. Polygraph testing is $60 CASH ONLY.

Important Athlete Information:

1. **ALL competitors must present themselves to the Check-In table at Best Western Potomac Mills between 11:00AM – 7:00PM.** Note: Even though you sent in your registration form, you still need to check-in at Best Western Potomac Mills.
2. If you do not have your **OCB Card**, or proof of your purchase of one, please purchase online at https://ocbonline.com/membership-home.php. Cards are good for one year.
3. As stated on the application, this year we will be accepting CDs, thumb drives or smart phones (if using smart phone must be cued to song). If you are bringing a CD, since there is no standardization in home copied CDs, you need to; 1) make sure that you "finalize" the CD after you record it (or it will only play on your computer), AND 2) try playing the CD on 3 different CD players (i.e. your car CD) to make sure that the CD will play on other decks. If it takes more than a couple of seconds to "boot up" do not use the CD. There is nothing worse than standing on stage in front of 500 people, waiting for your music to start. If your CD does not play in our decks immediately (10 secs), we will simply substitute your music for "house" music, and you will pose to house music. We can not hold up the show for this. **Figure, Bikini, Women's Wellness & Men's Physique will present to house music (our choice).**
4. **Coaches: No one other than competitors and event staff are permitted back stage. There is an area just outside the back stage area if you require additional help from your friend. No coaches passes.**
5. Props: We would prefer that you bring only your body and your posing suit to the stage. But, if you have to, we will only permit a prop that you can carry onto stage in one hand.
6. CONTEST PHOTOGRAPHY - We will be offering extremely high quality video and still photography to commemorate your performance at this year's event. These are extremely useful, not only from a memory standpoint, but also to use as a measure of progress for future performances. Slaw Media Group will be shooting the video in high quality. Their great videography and timely turnaround makes this a "must have". Videos will be offered at the ticket booth in the lobby. The still photography at this year's event will be offered by Never Forgotten Photography. Since the event is being professionally filmed, VIDEO CAMERAS, Tripods, and Camera bags will not be permitted in the auditorium.
   For video: slawmediagroupllc@gmail.com
   For photographs: www.nfphotography.com/nfp---ocb-stage-photography-order-form.pdf
7. TANNING - If you choose NOT to get spray tanned by Blaze Bronzing please make sure to tan on the tarps that we have provided for you. IF any tanning get's on the building we will not be able to tan inside again.

Schedule of events:

Time	Event	Location
8:30 - 9AM	Doors Open	Freedom H.S.
9:00AM	Tickets go on sale at Freedom H.S.	Freedom H.S.
9:20PM	Doors open to auditorium for Event	Freedom H.S.
10AM	Event starts	Freedom H.S.

As has been the standard for all shows promoted by Pam & Sarah Spindel, and under the Mid Atlantic Region of the OCB we will start the event judging promptly at 10AM. If your friends and family wish to see you, unlike the norm in the industry, tell them to be there on-time or they will miss you.

How the event will be run - This is a LIVE JUDGED event, which means that all aspects of the event will happen at the same time (there is no separate afternoon prejudging and then evening show). For the **bodybuilding and classic physique classes**, the classes will come out and then the head judge will have the line-up go through quarter turns and then immediately perform the compulsory poses. Following this, the class will leave the stage, and then the MC will introduce each competitor for their individual posing routines (to their music). For the **physique, bikini, women's wellness and figure classes**, the competitors will individually walk to center stage to perform their presentation to the judges, and then walk to the side of the stage. When the entire class is on stage, the competitors will then line up for group comparisons under the direction of the head judge. Following this, the class will leave the stage, and then the MC will introduce each competitor for their individual walks (to house music).

If a competitor is in more than one class they will come out for group comparisons, but will only perform their individual routines with the first group that they come out with. For the awards section of the event, trophies will be given out for the men following the completion of the mens individual posing routines and for the women following the completion of the women's individual posing routines. Overall competitions for the Masters Men, Bikini, Figure, Classic Physique, Men's Physique and Open Men will follow all of the class awards (so if you win your class don't disappear, or you'll miss competing in the overall).

Competition Order (SUBJECT TO CHANGE) - Master of Ceremonies, JODI SHEAKLEY-WRIGHT:

Mens Novice BB
Mens Open BB
Mens Masters BB (40+, 50+, 60+)
Mens Physique Novice
Mens Physique Open
Men Physique Masters (40+)
Classic Physique Novice
Classic Physique Open
Intermission
Figure Novice

Women's Wellness Novice
Figure Open
Women's Wellness Open
Masters Figure (35+,50+)
Women's Wellness Masters(35+)
Bikini Novice
Bikini Open
Masters Bikini (35+, 50+)

Freedom High School: 15201 Neabsco Mills Rd, Woodbridge, VA

Current Vendors and Booths present at the event. Please visit and support these high quality groups while you are at the event. Samples and information about their products and services will be available in the lobby.

Eat Clean Sweets - Tania Penalosa will be on hand with her delicious healthy sweets!!

Blaze Bronzing - Specializing in the perfect tan. Scott Johnson will help you achieve your perfect stage look. He will be available all weekend to help you! e-mail: blazebronzing@gmail.com

Slaw Media Group - Contest Videographer - slawmediagroupllc@gmail.com

Never Forgotten Photography - contest photographer - www.nfphotography.com/nfp---ocb-stage-photography-order-form.pdf

Contest T-Shirts - don't forget to get one

Beverly International - Supplements for all your nutrition needs. www.essentialfitness.com

Victory Speaks Apparel Co - Apparel for Champions. www.victoryspeaksapparelco.com

Brents Bling - Customize your fitness jewelry with charms, beads and more. www.brentsbling.com

Hopefully, this information sheet provides you with a bit more information, and helps to contribute to a great and memorable event for all competitors and their guests.
Good luck to all, and look forward to seeing you at the 2026 Mt Rogers.

Pam Spindel OCB Promoter &
Sarah Spindel, OCB Co-Promoter

For information call: **703-405-3036 or 703-463-0516**
website: www.essentialfitness.com
www.ocbonline.com

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If you need any supplements or Pro Tan products please go to
www.essentialfitness.com
to find great deals on great products!!