



2017 GNC Live Well Presents the Allmax Professional Grade Supplements
Festival City Championships
Athlete Package

Registration:

Date: Friday April 7, 2017

Location: **Northwestern Secondary School 428 Forman Ave. Stratford, ON**

Time: 6:00 pm for all competitors

Registration Fee:

Advance Online: \$100.00

On-site: \$125.00 (no exceptions)

Athlete Meeting:

Time: 7:30 pm for all competitors

Athlete meeting will commence when registration is complete.

Please note: This is a Provincial Qualifier; The OPA will not allow any late registrations after Friday night. Please make the proper arrangements to attend.

What you need at registration:

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

1. Current OPA membership card. If you don't have one, you will be required to purchase one at registration.
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.
4. Music: Bodybuilders, Fitness, Women's Physique & Men's Classic Physique please bring your CD's. Please Note: Posing music is 60 seconds for Bodybuilders, Women's Physique & Men's Classic Physique and 90 seconds for Fitness. Song of choice must be the only music on the CD. A backup 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 April 8, 2017
Location: **Northwestern Secondary School**, 428 Forman Ave
Stratford, Ontario
Time: Prejudging: 10:00 a.m.
Finals: 6:00 p.m.

Tickets:

Prejudging: \$30.00
Finals: \$50.00
All day pass: \$60.00

Tickets are sold at the door. CASH ONLY

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.

Host Hotels/Accommodations: All Hotel Blocks are booked under GNC Festival City Championships

Festival Inn Stratford
1144 Ontario Street,
Stratford, ON.
Reservations call 519-273-1150
www.festivalinnstratford.com

Queens Inn
161 Ontario Street,
Stratford, ON
Reservations call 519-271-1400 or 1-800-461-6450

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.

Tanning, Makeup & Hair:

Absolute Touch is the official beauty team of the OPA for Tan, Make Up and Hair. Be prepared and make sure you have reserved your Tan, Makeup & Hair appointments!

[BOOK ONLINE](#)

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

Free Show Video:

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.

Video Critique:

"Video Critic" Services will allow a competitor to watch his or her Prejudging Video and listen to an OPA Judge (most of the time this will be the head judges) comments or perhaps 2 judges at the same time. Both video and audio are recorded on a single easy-to-use DVD here are the ads for "Video Critic" services:

- The Comments in "Video Critic" DVD will be only provided by official OPA judges chosen by the executive.
- Allowing competitors to watch their pre-judging videos and listen to the comments at the same time.
- Easier, faster and more efficient for competitors to learn and improve training and posing skills through OPA professional comments.

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.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.
- 3.Depending on class numbers, it is possible that only the top 5 Bodybuilding and Women'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.
- 4.Top five competitors qualify for the OPA Provincials which is held at the [Toronto Pro SuperShow](#)
- 5.Competitors are allowed to have one helper backstage during your class prep. That person has to purchase a ticket to the competition.

Questions:

If you have any questions please don't hesitate to contact Jim Morris – info@jamor.ca

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