

This is the competitor's information package for the GNC Live Well Presents the Allmax Professions Grade Supplements London Championships that will be held on Saturday November 18th at Centennial Hall 550 Wellington Street London sanctioned by the Ontario Physique Association and Governed by the IFBB.

Registration

Date: Friday evening November 17, 2017

Location: Hilton London 300 King St. London, ON

Time: 6:00 pm for all competitors

Athlete meeting: 7:30 pm for all competitors

****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.**

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, Classic Men Physique, Fitness & Women's Physique please bring your CD's. Please Note: Posing music is 60 seconds for Bodybuilders & WP 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 November 18, 2017

Location: Centennial Hall 550 Wellington Street, London, Ontario

Time: Prejudging: 10:00 a.m.

Finals: 6:00 p.m.

Tickets:

Prejudging \$30.00 cash at door

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

All day pass: \$60.00 plus tx Centennial Hall 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.

Host Hotel/Accommodations

BOOK ONLINE

Host Hotel/On-site Registration: Scroll to bottom of Jamor home page to link to book your rooms.

Hilton London

300 King Street London, Ontario (registration at Hilton)

Holiday Inn Express Scroll to bottom of Jamor home page to link to book your rooms.

374 Dundas Street London, Ontario. (has fridges and microwaves)

For booking info and additional area accommodations please click the link below:

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. "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.absolutehealthfitness.com>

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

Video Critique

"Video Critic" Services will allow a competitor to watch his or her Prejudging Video and listen the 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.

DEMO for OPA Video Critic

Fee for "Video Critic" Services:

For competitors who are interested in getting the "Video Critique" DVD, the services charge will be \$80 with the purchase of the show DVD, or \$100 without any purchase of the show DVD. Show DVD and Video Critic DVD will be recorded on separate DVDs, "Video Critic" DVD has the judge comments, Show DVD doesn't have judge comments but will be a great memory to share with families and friends.

Video Critique for all Jamor shows is \$80 since Jamor provides all competitors with a free video as long as they provide name mailing address and \$7 shipping and handling fee.

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 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.

3. Top five competitors qualify for the OPA Provincials held in conjunction with the Toronto Pro SuperShow

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.