



## 2017 OPA Provincial Championships

### Athletes Information Package

#### Website

<http://www.torontoproshow.com/>  
→Events→OPA Provincials

#### Venue

Metro Toronto Convention Centre  
John Bassett Theatre  
255 Front Street West, Toronto, Ontario

#### Contact Information

[ontarioshowproducer@torontoproshow.com](mailto:ontarioshowproducer@torontoproshow.com)  
1-888-883-5766 ext. 5

#### Registration

**Online Registration:** Entry Fee \$150.00

- Available until Wednesday, May 24 midnight

**On-Site Registration:** Entry Fee \$200.00

- Register during Weigh-In

#### Weigh-In and Registration

Friday, May 26, 2017

Metro Toronto Convention Centre – Rooms 203B & D  
Weigh-In:

9 am to 11 am – Junior Fitness; Women's Fitness; Men's Bodybuilding; Mixed Pairs; Classic Men's Physique; Men's Physique

11 am to 1 pm – Women's Bodybuilding; Women's Physique; Figure; Bikini

#### **ALL ATHLETES MUST ATTEND THE REGISTRATION/WEIGH-IN.**

In order to ensure a smooth registration/weigh-in, please bring the following:

1. A copy of your online registration receipt;
2. Your OPA Membership Card;
3. Government Issued ID (for those competing in Junior, Teenage, Masters, Grandmasters or any under age category);
4. Your posing music in MP3 format on a CD (for Bodybuilding, Women's Physique, Classic Men's Physique, Fitness and Mixed Pairs competitors only);
5. Wear your posing attire to registration.

#### **Bodybuilders, Women's Physique, Fitness, Men's Classic Physique and Mixed Pairs:**

Music CD will be collected at registration. Please bring a backup CD with you backstage during the show. Music must be recorded on a CD and end or fade within the appropriate allotted time of 1 minute. Posing music is 60 seconds for Bodybuilding, Women's Physique, Classic Men's Physique and Mixed Pairs and 90 seconds for Fitness. No foul language permitted. 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.

#### Athletes Meeting

##### **MEETING FOR COMPETITORS**

Friday, May 26, 2017 starting at 10 am

Metro Toronto Convention Centre – Room 201B & D

Meetings are hourly – 10 am, 11 am & 12 noon

#### **Agenda:**

1. Introduction to the Toronto Pro SuperShow;
2. Stage Schedule for Pre-Judge and Finals;
3. Rules and Regulations;
4. Questions

#### OPA Provincial Competition Schedule

##### Prejudging

**Friday, May 26, –3 pm sharp (John Bassett Theatre)**

Junior Fitness Routines; Women's Fitness Routines; Jr. Fitness Presentation Round; Women's Fitness Presentation Round; Men's Bodybuilding; Mixed Pairs; Classic Men's Physique; Men's Physique; Women's Bodybuilding; Women's Physique; Figure; Bikini

##### Finals

**Saturday, May 27, – 9 am sharp (John Bassett Theatre)**

Junior Fitness Routines & Presentation; Women's Fitness Routines and Presentation; Men's Bodybuilding; Mixed Pairs; Classic Men's Physique; Men's Physique; Women's Bodybuilding; Women's Physique; Figure; Bikini





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### Backstage Pass

Backstage passes will be sold online for \$175.00. The backstage pass will allow entry backstage, OPA Prejudge, OPA Finals and the Expo on May 27 & May 28, 2017. Backstage purchasers will be allowed to sit in unsold seats to view the OPA Prejudge and OPA Finals. Backstage Passes will be sold online, in advance until Monday, May 22, 2017.

Pick up backstage pass at Weigh-In/ Registration between 9:00 a.m. and 1:00 p.m.

#### Buy Online

Backstage passes will be sold on-site during registration for \$225.00.

All competitors that are not age of majority (17 years of age and younger) will be permitted **ONE** parent or guardian with them backstage at no charge. The parent or guardian **MUST** purchase a ticket to the OPA Provincial Championships Prejudge and Finals.

### Recommended Host Hotels

#### Intercontinental Toronto Centre:

225 Front Street West, Toronto  
\$219. Standard Room-Two beds (plus taxes)  
\$249. King Feature or Two Beds Feature (plus taxes)  
\$259. Jr. Suite (plus taxes)  
\$289. Club (plus taxes)  
Attached to the Metro Toronto Convention Centre  
Microwaves in Boardroom on Main Floor  
Complimentary internet connection  
Parking: Valet Parking - \$45 per day  
MTCC Parking - 24 hour max rate \$30.

To book a room call: 1-800-235-4670 and quote "Toronto Pro SuperShow" or to [Book Online](#)  
Cut-off date April 28, 2017

#### Strathcona Hotel Downtown Toronto

60 York Street, Toronto  
\$155. (plus taxes) - Standard Room  
\$175 to \$185 (plus taxes), Executive Room  
Located within a 5-8 minute walk from venue  
Fridge and Microwave available for rental  
Complimentary internet connection

To book a room call 416-363-3321 and quote Toronto Pro SuperShow or visit <http://www.thestrathconahotel.com> click on Reservations, type Promo Code – torontoprosupershow)  
Parking – Valet Parking \$39 (plus taxes) for 24 hrs. with in/out privileges  
- Nearby Public Parking \$30 for 24 hours  
Book before cut-off date April 26, 2017

#### Hilton Garden Inn Toronto Downtown

92 Peter Street, Toronto  
\$239. (plus taxes), mini-fridge, microwave & Keurig Coffee Maker  
Located within a 8 to 10 minute walk from the venue  
Complimentary high speed internet access.  
Parking – Valet \$42.48 (plus taxes) per night with in/out privileges. Public parking facilities surround the hotel and offer self-parking options ranging from \$12 to \$40.  
To book a room call 416-593-9200 and quote "Toronto Pro SuperShow Group" or click here to [Book Online](#)  
Book before cut-off date May 5, 2017

#### Hilton Toronto

145 Richmond Street West, Toronto  
\$ 219. (plus taxes) Hilton Guestroom  
Located within a 8 to 10 minute walk from the venue  
Complimentary standard Wi-Fi in all contracted guestrooms  
To book a room call 1-800-HILTONS and request Toronto Pro SuperShow group rate or click to [Book Online](#).  
Parking – Valet \$40 - 24 hours, with in & out privileges;  
\$30 - Day Rate - NO in & out privileges  
Self Park – Mon. –Fri. from 7 am to 6 pm: \$280;  
- Mon. –Sun. & Holidays, 6 pm to 7 am: \$10.  
- Sat., Sun. & Holidays, 7 am to 6 pm: \$10.  
Lost ticket charge \$40.  
Book before cut-off date of April 28, 2017.

### Travelling to Toronto

- WestJet Airlines offers a 10% discount off the base fare for travel to Toronto and anywhere WestJet flies in North America for persons attending the Toronto Pro SuperShow. To book call 1-888-493-7853 using Promo Code YYZ01 and coupon code TIFYW1 for [Online Booking](#).





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- Porter Airlines offers a 10% discount on all available base fares for attendees travelling to Toronto for the Toronto Pro SuperShow. To book call 1-888-619-8622 or [Book Online](#) using the promo code **TPSS17**. Porter air is highly recommended as it lands 5 minutes from the venue.
- If you require assistance getting to Toronto; contact the Toronto Pro SuperShow Official Travel Agent Monique (705) 694-2007 or [travelwithmonique@torontoproshow.com](mailto:travelwithmonique@torontoproshow.com)
- NEW** -- Union Pearson Train Express (UP Express) connects from inside Toronto Pearson International Airport to Union Station in the heart of downtown Toronto which is next to the host hotel and the Metro Toronto Convention Centre. The UP Express trains depart from inside Terminal 1 every 15 minutes between 5:27 am and 12:57 am. The UP Express Station train is a short 25-minute ride to the Union Station just steps from our host hotels as well as the Metro Toronto Convention Centre where the Toronto Pro SuperShow is being held. Visit [UPexpress.com](http://UPexpress.com) for full details. Toronto Pro SuperShow has secured group rate of \$9 per person one way (credit card payment only). For a discounted rate, see an Express Guest Services Representative in Terminal 1, Pearson Airport Station and show proof of attendance of the Toronto Pro SuperShow. Alternatively you can purchase tickets in advance online (regular rates apply).

#### Notes on Tanning & Tanning Products

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##### Remember Tanning Stains!

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- Avoid being charged an additional cost for damage at your hotel. Upon request, all host hotels will provide old towels and bed linens.
- When leaving the backstage area ensure you cover up to avoid staining the walls and carpet at the John Bassett Theatre or hotel; failure to do so may result in disqualification.
- Tanning in the hallways and other public places is not permitted.

##### Banned Spray Substances

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Banned spray substances such as Pam and Hot Stuff cannot be used and will result in disqualification.

#### Official Tanner, Hair & Makeup

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We have arranged for ABSOLUTE TOUCH to have a secured space in the host hotel and venue for spray tan, hair and makeup services. Be prepared and make sure you have reserved your tan, hair and make-up appointments.

#### [Book Online](#)

**No one else is permitted to perform spray tanning in the host hotel or in the venue!**

For more information contact [absolutetouchinc@gmail.com](mailto:absolutetouchinc@gmail.com)

#### Official Stage Photography

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Liana Louzon is the OPA official stage and backstage 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](mailto:info@lianalouzon.com)

#### Video Critique

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“Video Critic” services allow a competitor to watch his/her Prejudging Video and listen to an OPA Judge (usually the Head Judge) comments or perhaps 2 judges at the same time. Both video and audio are recorded on a single easy-to-use DVD. The following are the benefits for the Video Critique Service:

- Comments in the “Video Critique” DVD will be only provided by official OPA judges.
- Allows competitors to watch their prejudging video and listen to comments at the same time.
- Easier, faster and more efficient for competitors to learn and improve training and posing skills through OPA professional comments.

For information or to order a video critique, please email Stewart at [stewart@ajlvideo.com](mailto:stewart@ajlvideo.com)

#### Athlete Perks

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- Complimentary two day access to the Toronto Pro SuperShow EXPO;
- Complimentary Backstage Massage will be offered by Mobile Massage Therapy; and
- Athletes are permitted to sit in unsold seats to view the OPA Provincial Championships.



## 2017 OPA Provincial Championships Athletes Information Package

### Tickets

To obtain the best seating be sure to have your friends and family purchase their tickets in advance.

#### **2017 GNC/Allmax OPA Provincial Championships**

##### **Prejudging**

**Friday, May 26, 2017 – 3:00 p.m.**

**John Bassett Theatre**

\$37.00 plus HST - **General Admission**

#### **2017 GNC/Allmax OPA Provincial Championships Finals**

**Saturday, May 27, 2017 - 9:00 a.m.**

**John Bassett Theatre - Reserved Seating**

\$53.00 – 62.00 plus HST

#### **OPA Provincial Championships Package:**

Purchase tickets for the OPA Provincial Championships Pre-Judge and Finals together and receive an additional \$5.00 discount on each ticket. (ONLINE ONLY). Discount applies at checkout.

[Purchase Tickets Online](#)

OR

Purchase Tickets through Box Office

**1-888-883-5766 Ext. 1**

### Competition Schedule

Please visit <http://www.torontoproshow.com/>  
→ “Events” → “OPA Provincials”

### Important Information

1. Top five competitors qualify for the CBBF National Championships.
2. It is a competitor’s responsibility to comply with OPA Rules and Regulations. Please visit the OPA website for more information.
3. Banned spray substances (vasodilators) i.e. Hot Stuff and Pam cooking spray are strictly prohibited for use by the athlete. Any athlete caught using banned products will be immediately disqualified.
4. Remember tanning stains!!! Avoid being charged an additional cost for damage at your hotel/venue. Upon request, all host hotels will provide old towels and bed linens. Competitors are only permitted to tan at the venue in designated locations. Failure to do so may result in disqualification. Competitors who stain carpeting, walls, curtains, and chairs with tanning products or other chemicals are subject to disqualification. Tanning in public in hallways and other public spaces is not permitted.
5. When leaving the backstage area ensure you cover up to avoid staining the walls and carpet failure to do so may result in disqualification.
6. Athletes are permitted to sit in unsold seats to view the OPA Provincial Championships.
7. Tanning in the hallways and other public places is not permitted.

