

ARNOLD AMATEUR 2016 SCHEDULE

IFBB/NPC BODYBUILDING, FITNESS, FIGURE, BIKINI AND PHYSIQUE CHAMPIONSHIPS

WEDNESDAY

10 a.m.-8 p.m.
MANDATORY CHECK-IN FOR ALL ATHLETES
Hyatt Regency Ballroom Foyer

THURSDAY

9 a.m.-11 a.m.
REGISTRATION CONFIRMATION FOR ALL FEMALE ATHLETES
Hyatt Regency Ballroom Foyer

Athletes must check-in and confirm which division, height or weight class they have been placed. At this time the athlete has the right to question placement with the appropriate officials to ensure there are no mistakes. If you do not choose to take advantage of this opportunity you will remain in the division you were originally placed.

10:30 a.m.
MANDATORY ATHLETE MEETING FOR ALL FEMALE ATHLETES
Hyatt Regency Ballroom Foyer

Noon
ARNOLD AMATEUR LADIES DAY
Battelle Grand

Amateur Women's Physique
Masters Bodyfitness (Figure)
Masters Bikini
Fitness Routine Round
Open Bodyfitness (Figure)
Open Bikini
Fitness Physique Round
Masters Bodyfitness (Figure) Awards
Masters Bikini Awards

FRIDAY

6 a.m.-8 a.m.
REGISTRATION CONFIRMATION FOR ALL MALE ATHLETES
Hyatt Regency Ballroom Foyer

7:30 a.m.
MANDATORY ATHLETE MEETING FOR ALL MALE ATHLETES

9 a.m.
ARNOLD AMATEUR MEN'S DAY
Battelle Grand

FRIDAY (CONT.)

Amateur Men's Physique
Masters Bodybuilding and Routines
Classic Bodybuilding and Routines
(20 Minute Intermission)
Masters Bodybuilding Awards
Classic Bodybuilding Awards
Open Men's Bodybuilding

1 p.m.
CHECK-IN FOR AMATEUR MEN'S & WOMEN'S PHYSIQUE FINALS
Greater Columbus Convention Center, Room D-243

1:30 p.m.
MANDATORY MEETING FOR MEN'S & WOMEN'S PHYSIQUE FINALS
Greater Columbus Convention Center, Room D-243

2:30 p.m.
AMATEUR MEN'S & WOMEN'S PHYSIQUE FINALS AND AWARDS
Arnold Fitness EXPO Stage

SATURDAY

8 a.m.
CHECK-IN FOR ALL FINALISTS IN MEN'S BODYBUILDING, FITNESS, BODYFITNESS (FIGURE) & BIKINI

9 a.m.
MANDATORY MEETING FOR MEN'S BODYBUILDING, FITNESS, BODYFITNESS (FIGURE) & BIKINI FINALISTS

10 a.m.
ARNOLD AMATEUR FINALS
Arnold Fitness EXPO Stage

Fitness Finals and Awards
Bodyfitness (Figure) Finals and Awards
Bikini Finals and Awards
Men's Bodybuilding Top 5 Routines
Men's Bodybuilding Awards

1:30 p.m.
OVERALL POSE DOWN FOR MEN'S BODYBUILDING
Arnold Fitness EXPO Stage