

SCHEDULE OF EVENTS

FRIDAY, JUNE 21ST ATHLETE CHECK IN & MEET THE PROS

Marriott Downtown Tacoma (*Point Defiance room on 3rd floor*)
1538 Commerce St, Tacoma, WA 98402

5:00pm **Mandatory check-in** for all **IFBB PRO** athletes

5:30pm **Meet the Pros** on 3rd floor right outside Chambers Bay ballroom

6:00-6:30 pm: **Mandatory check-in** for all **NPC MALE** athletes

6:30-7:00 pm: **Mandatory check-in** for all **NPC FEMALE** athletes

7:00 pm: In person **Competitors Meeting** on 3rd floor right outside Point Defiance room

SATURDAY, JUNE 22ND

Greater Tacoma Convention Center (*3rd Floor Ballroom*)
1500 Commerce St, Tacoma, WA 98402

The show will be divided into 2 sessions on Saturday.
Each session will consist of both the pre-judging and finals rounds.

9:30AM – SESSION 1 – All Men’s Divisions

All male athletes will compete in their judging rounds first. There will be a short 15 min break and then finals will begin with individual routines and presentation followed by awards for each class. We expect this session to end at 2:30pm.

- IFBB Pro Masters Classic Physique (Over 40)
- Bodybuilding – Wheelchair, Masters (60, 50 & 40), Junior, Hero, Open
- Classic Physique – Masters (50, 45, 35), True Novice, Novice, Junior, Hero, Open
- Men’s Physique – Masters (60,50,40& 35), True Novice, Novice, Junior, Hero, Open

4:00PM – SESSION 2 – All Women’s Divisions

All female athletes will compete in their judging rounds first. There will be a short 15 min break and then finals will begin with individual routines and presentation followed by awards for each class. We expect this session to end at 7:30pm

- IFBB Pro Masters Wellness (Over 40), Open Wellness
- Fitness, Women’s Physique – Masters (Over 35), Hero, Open
- Wellness – Masters 35, True Novice, Novice, Open
- Figure – Masters (50, 45 & 35), True Novice, Novice, Hero, Open
- Bikini – Masters (60, 55, 50, 40 & 35), True Novice, Novice, Hero, Open