

Competitor Check-in 9.00am

SATURDAY SHOW Starts 10.00am

Divisions	Est. Time
Ms Fitness Model First Timers	10.00am
Men's Fitness First Timers	10.10am
Ms Fitness Model Novice	10.20am
Men's Bodybuilding First Timers	10.30am
Ms Fitness Model 40+	10.40am
Ms Fitness Model -23	10.50am
Ms Fitness Model 30+	11.00am
Men's Bodybuilding Novice	11.10am
Ms Fitness Model Intermediate	11.20am
Men's Bodybuilding 21	11.30pm
Men's Fitness Novice Class 1	11.40pm
Men's Fitness Novice Class 2	11.50pm
Ms Fitness Model Momma	12.00pm
Men's Fitness 40+	12.10pm
Ms Fitness Model Open Class 1	12.20pm
Ms Fitness Model Open Class 2	12.30pm
Ms Fitness Model Overall	12.40pm
Intermission	1.00- 1.30pm
Intermission Men's Fitness Intermediate	1.00– 1.30pm 1.40pm
Men's Fitness Intermediate	1.40pm
Men's Fitness Intermediate Ms Sports Model First Timer	1.40pm 1.50pm
Men's Fitness Intermediate Ms Sports Model First Timer Men's Bodybuilding Intermediate	1.40pm 1.50pm 2.00pm
Men's Fitness Intermediate Ms Sports Model First Timer Men's Bodybuilding Intermediate Ms Sports Model Novice	1.40pm 1.50pm 2.00pm 2.10pm
Men's Fitness Intermediate Ms Sports Model First Timer Men's Bodybuilding Intermediate Ms Sports Model Novice Men's Fitness 30+	1.40pm 1.50pm 2.00pm 2.10pm 2.20pm
Men's Fitness Intermediate Ms Sports Model First Timer Men's Bodybuilding Intermediate Ms Sports Model Novice Men's Fitness 30+ Ms Sports Model -23	1.40pm 1.50pm 2.00pm 2.10pm 2.20pm 2.30pm
Men's Fitness Intermediate Ms Sports Model First Timer Men's Bodybuilding Intermediate Ms Sports Model Novice Men's Fitness 30+ Ms Sports Model -23 Men's Bodybuilding 30+	1.40pm 1.50pm 2.00pm 2.10pm 2.20pm 2.30pm 2.40pm
Men's Fitness Intermediate Ms Sports Model First Timer Men's Bodybuilding Intermediate Ms Sports Model Novice Men's Fitness 30+ Ms Sports Model -23 Men's Bodybuilding 30+ Ms Sports Model Intermediate	1.40pm 1.50pm 2.00pm 2.10pm 2.20pm 2.30pm 2.40pm 2.50pm
Men's Fitness Intermediate Ms Sports Model First Timer Men's Bodybuilding Intermediate Ms Sports Model Novice Men's Fitness 30+ Ms Sports Model -23 Men's Bodybuilding 30+ Ms Sports Model Intermediate Men's Bodybuilding 40+	1.40pm 1.50pm 2.00pm 2.10pm 2.20pm 2.30pm 2.40pm 2.50pm 3.00pm
Men's Fitness Intermediate Ms Sports Model First Timer Men's Bodybuilding Intermediate Ms Sports Model Novice Men's Fitness 30+ Ms Sports Model -23 Men's Bodybuilding 30+ Ms Sports Model Intermediate Men's Bodybuilding 40+ Ms Sports Model Momma	1.40pm 1.50pm 2.00pm 2.10pm 2.20pm 2.30pm 2.40pm 2.50pm 3.00pm 3.10pm
Men's Fitness Intermediate Ms Sports Model First Timer Men's Bodybuilding Intermediate Ms Sports Model Novice Men's Fitness 30+ Ms Sports Model -23 Men's Bodybuilding 30+ Ms Sports Model Intermediate Men's Bodybuilding 40+ Ms Sports Model Momma Men's Bodybuilding 50+	1.40pm 1.50pm 2.00pm 2.10pm 2.20pm 2.30pm 2.40pm 2.50pm 3.00pm 3.10pm 3.20pm
Men's Fitness Intermediate Ms Sports Model First Timer Men's Bodybuilding Intermediate Ms Sports Model Novice Men's Fitness 30+ Ms Sports Model -23 Men's Bodybuilding 30+ Ms Sports Model Intermediate Men's Bodybuilding 40+ Ms Sports Model Momma Men's Bodybuilding 50+ Ms Sports Model 40+	1.40pm 1.50pm 2.00pm 2.10pm 2.20pm 2.30pm 2.40pm 2.50pm 3.00pm 3.10pm 3.20pm 3.30pm
Men's Fitness Intermediate Ms Sports Model First Timer Men's Bodybuilding Intermediate Ms Sports Model Novice Men's Fitness 30+ Ms Sports Model -23 Men's Bodybuilding 30+ Ms Sports Model Intermediate Men's Bodybuilding 40+ Ms Sports Model Momma Men's Bodybuilding 50+ Ms Sports Model 40+ Ms Sports Model 40+ Ms Sports Model 30+	1.40pm 1.50pm 2.00pm 2.10pm 2.20pm 2.30pm 2.40pm 2.50pm 3.00pm 3.10pm 3.20pm 3.30pm 3.30pm
Men's Fitness Intermediate Ms Sports Model First Timer Men's Bodybuilding Intermediate Ms Sports Model Novice Men's Fitness 30+ Ms Sports Model -23 Men's Bodybuilding 30+ Ms Sports Model Intermediate Men's Bodybuilding 40+ Ms Sports Model Momma Men's Bodybuilding 50+ Ms Sports Model 40+ Ms Sports Model 30+ Ms Sports Model 30+ Men's Fitness Open Class 1	1.40pm 1.50pm 2.00pm 2.10pm 2.20pm 2.30pm 2.40pm 2.50pm 3.00pm 3.00pm 3.10pm 3.20pm 3.30pm 3.30pm 3.30pm
Men's Fitness Intermediate Ms Sports Model First Timer Men's Bodybuilding Intermediate Ms Sports Model Novice Men's Fitness 30+ Ms Sports Model -23 Men's Bodybuilding 30+ Ms Sports Model Intermediate Men's Bodybuilding 40+ Ms Sports Model Momma Men's Bodybuilding 50+ Ms Sports Model 40+ Ms Sports Model 30+ Ms Sports Model 30+ Men's Fitness Open Class 1 Men's Fitness Open Class 2	1.40pm 1.50pm 2.00pm 2.10pm 2.20pm 2.30pm 2.40pm 2.50pm 3.00pm 3.10pm 3.20pm 3.30pm 3.30pm 3.30pm 3.50pm

Competitor Check-in 9.00am

SUNDAY SHOW Starts 10.00am

Divisions	Est. Time
Angels	10.00am
Men's Classic Physique First Timer	10.10am
Ms Figure First Timers	10.30am
Ms Bikini First Timers Class 1	10.40am
Ms Bikini First Timers Class 2	10.40am
Men's Physique First Timers	10.50am
Ms Swimsuit Model	11.00am
Men's Classic Physique Novice	11.10am
Ms Bikini Novice Class 1	11.20am
Ms Bikini Novice Class 2	11.30am
Men's Classic Physique Open	11.40am
Ms Figure Novice	11.50am
Ms Bikini Intermediate	12.00pm
Men's Physique Novice Class 1	12.10pm
Men's Physique Novice Class 2	12.20pm
Ms Figure Intermediate	12.30pm
Ms Bikini Momma	12.40pm
Intermission	1.00- 1.30pm
Ms Figure 30+	1.40pm
Men's Physique Juniors -23 years	1.50pm
Ms Bikini -23	2.00pm
Ms Figure 40+	2.10pm
Men's Physique Intermediate	2.20pm
Ms Figure 50+	2.30pm
Ms Bikini 40+	2.40pm
Men's Physique 40+	2.50pm
Ms Classic Figure Open	3.00pm
Men's Physique 30+	3.10pm
Ms Bikini 30+	3.20pm
Ms Figure Open / Overall	3.30pm
Men's Physique Open Class 1	3.40pm
Men's Physique Open Class 2	3.50pm
Men's Physique Overall	4.00pm
Ms Bikini Open Class 1	4.10pm
Ms Bikini Open Class 2	4.20pm
Ms Bikini Overall	4.30pm