

WEDNESDAY

Optional Meeting – 7:00 am
PREJUDGING – 8:00 am

PRO Men BB 40/50/60/70
PRO Men Physique 35/40/45
PRO Men Classic 35/40
PRO Bikini 35/40/45
PRO Figure 35/45/55
PRO Women Physique 35/45/55
PRO Women BB 35
Amateur Men Physique Open
Amateur Men Physique 35
Amateur Men Physique 40
Amateur Men Classic Open
Amateur Men Classic 35
Amateur Men Classic 40

FINALS – 5:00 pm

PRO Men BB 40/50/60/70
PRO Men Physique 35/40/45
PRO Men Classic 35/40
PRO Bikini 35/40/45
PRO Figure 35/45/55
PRO Women Physique 35/45/55
PRO Women BB 35
Amateur Men Physique Open
Amateur Men Physique 35
Amateur Men Physique 40
Amateur Men Classic Open
Amateur Men Classic 35
Amateur Men Classic 40

THURSDAY

Optional Meeting – 7:00 am
PREJUDGING – 8:00 am

Fitness 2-pc
Men BB Open
Men BB 35
Men BB 40
Men BB 50
Men BB 60
Men BB 70
Amateur Women BB Open
Amateur Women BB 35
Amateur Women BB 40

FINALS – 5:00 pm

Fitness Routine
Men BB Open
Men BB 35
Men BB 40
Fitness Awards
Men BB 50
Men BB 60
Men BB 70
Amateur Women BB Open
Amateur Women BB 35
Amateur Women BB 40

FRIDAY

Optional Meeting – 7:00 am
PREJUDGING – 8:00 am

Figure Open
Figure Over 35
Figure Over 40
Figure Over 50
Women Physique Open
Women Physique Over 35
Women Physique Over 40

FINALS – 5:00 pm

Figure Open
Figure Over 35
Figure Over 40
Figure Over 50
Women Physique Open
Women Physique Over 35
Women Physique Over 40

SATURDAY

Optional Meeting – 7:00 am
PREJUDGING – 8:00 am

Bikini Open
Bikini Over 35
Bikini Over 40
Bikini Over 45

FINALS – 6:00 pm

Bikini Open
Bikini Over 35
Bikini Over 40
Bikini Over 45

**MUSCLEPHARM
2016 IFBB
NORTH AMERICAN
CHAMPIONSHIPS
and the
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