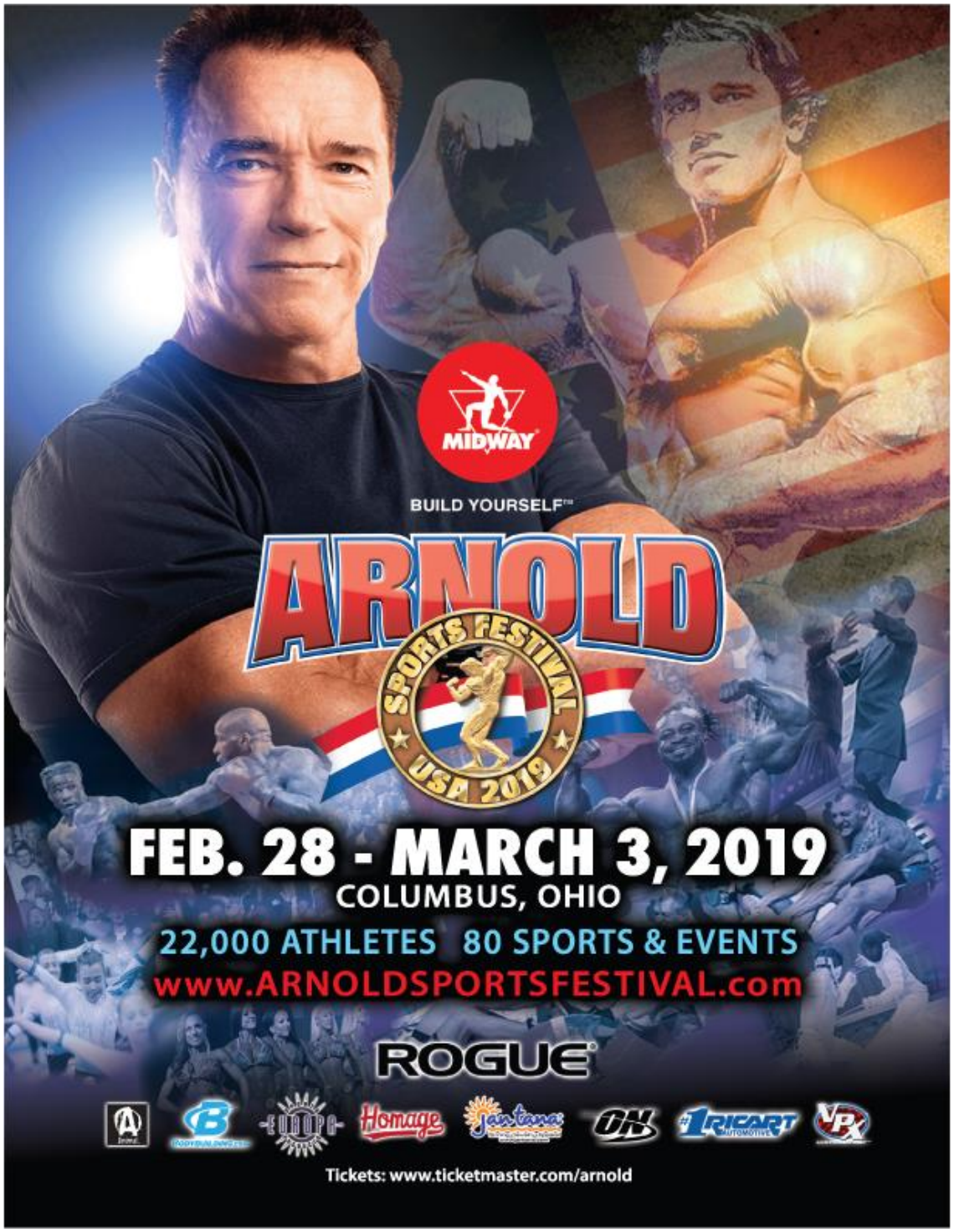
Media Kit



Greater Columbus Convention Center ■ **Hyatt Regency** ■ **Ohio Expo Center**
Columbus and Spin & Smash Table Tennis ■ Delaware State Park ■ Elysium Tennis ■ Express Live!
Hilton Columbus Downtown ■ New Albany HS ■ OSU-RPAC ■ Premier at Sawmill Athletic Club
Sheraton Capitol Square ■ SuperKick Columbus ■ Throw Nation ■ Walnut Hill Disc Golf Course

Arnold Sports Festival Celebrating 31 Years

What began as a one-day professional bodybuilding competition in Columbus, Ohio in 1989 has grown into the world's largest multi-sport fitness weekend, with four days of sports competitions, demonstrations, seminars, entertainment and the latest fitness products.

The Arnold Sports Festival story dates to 1970, when Columbus sports promoter Jim Lorimer invited a young Austrian bodybuilder named Arnold Schwarzenegger to Columbus to compete in the Mr. World contest that was accompanying that year's World Weightlifting Championships.



Schwarzenegger won the contest, earned $1,000 and vowed to return to Columbus one day to partner with Lorimer and promote the sport of bodybuilding. After winning the Mr. Olympia contest every year between 1970-1975, Schwarzenegger was true to his word.

Schwarzenegger and Lorimer promoted the Mr. Olympia contest in Columbus six times between 1976 and 1986 before founding the Arnold Classic in 1989.

When Schwarzenegger was appointed the chairman of the President's Council on Physical Fitness and Sports, he charged Lorimer to expand the scope of the Arnold Classic weekend to include other sports. Martial Arts and gymnastics were among the first added.

More events have been added each year and the weekend was renamed the Arnold Sports Festival in 2006. In 2019, more than 80 sports and events featuring more than 22,000 athletes will be held at the annual celebration of health and fitness as the nation's largest multi-sport festival celebrates its 31st Anniversary.

The sports and events feature 17 Olympic sports, nine IFBB Pro League contests, the Arnold Amateur NPC Bodybuilding, Fitness, Figure, Bikini & Physique Championships and the Arnold Strongman Classic.

The Arnold Sports Festival began expanding worldwide in 2011 with inaugural Arnold Classic Europe in Spain. Arnold Sports Festival South America debuted in 2013 and the first Arnold Sports Festival Australia was held in 2015. Arnold Sports Festival Africa in Johannesburg was held for the first time in 2016.

Contents

ASF Summary 1-2

Events & Venues 3

Arnold Worldwide.....4

IFBB Invites 5-6

Arnold Strongman Classic.....7

Arnold SportsWorld EXPO.....8-9

Ohio Expo Center Map.....10

Arnold SportsWorld Floorplan.....11

Sponsors.....12-13

Event Summaries.....14-21

Media Story Ideas.....22

Schedule Highlights.....23

Transportation & FREE Shuttle Map.....24

Media Registration 25-27

Media Check-In & Contacts.....28









ASF Summary

2019 Arnold Sports Festival To Feature Record 22,000 Athletes From 80 Nations In 80 Sports & Events

Columbus Convention Center, Ohio Expo Center To Again Host Most Events

COLUMBUS, OHIO – The Arnold Sports Festival, already the largest multi-sport event in the world, will grow even larger in 2019 when an estimated 22,000 athletes from 80 nations compete in a record 80 sports and events from February 28-March 3 in Columbus, Ohio.

Headlining the nation's largest multi-sport festival are professional bodybuilding and strongman competitions with the most well-built and strongest athletes in the world. These premier physique and strongman competitions are featured daily at the Greater Columbus Convention Center.

The 31st Arnold Classic will be held at Battelle Grand on Saturday, March 2, along with the Bikini International, Arnold Men's Physique and Arnold Strongman Classic Finals. Other IFBB Pro League events on the weekend include Fitness, Figure, Classic Physique, Women's Physique and Wheelchair.

The Arnold Amateur NPC Bodybuilding, Fitness, Figure, Bikini & Physique Championships will be held at the Battelle Grand and Arnold Fitness EXPO from Thursday, February 28 through Saturday, March 2 and is expected to attract more than 700 athletes.

New events in 2019 include Armlifting, Arnold Education, Foosball, Futsal, High School Weightlifting, Ninja Warrior, Speed Cubing and the Viking Dash Trail Runs.

Sports and events at the Ohio Expo Center in 2019 include Arnold SportsWorld Kids & Teens EXPO, baton twirling, pro and amateur boxing, cheerleading & dance, futsal, gymnastics, martial arts and pickleball.

The Arnold SportsWorld Kids & Teens EXPO is helping kids be more active. Attendees can try more than 20 sports, many led by Central Ohio professional sports teams. Featured events include a talent competition and teen fitness pageant. This wall-to-wall fun event for families is free for kids 14 and under at the Ohio Expo Center's Bricker Building on Saturday, March 2 and Sunday, March 3.

The 2019 Arnold Fitness EXPO will be held March 1-3 at the Greater Columbus Convention Center and feature more than 1,000 booths of the latest in sports equipment, apparel and nutrition and four stages that host unique, non-stop competitions and entertainment that combine to make the Arnold Fitness EXPO the heart of the Arnold Sports Festival.

Admission to the Arnold Fitness EXPO, most events at the Greater Columbus Convention Center, the Arnold SportsWorld Kids & Teens EXPO and all events at the Ohio Expo Center are included in the Daily EXPO Ticket ($20 each in advance, $25 at the door). Tickets at the Ohio Expo Center are $20 at the door on event weekend. Children 14 and under are FREE. Parking at the Ohio Expo Center will be $10. FREE shuttles will run from the Ohio Expo Center to the Greater Columbus Convention Center on Friday, March 2 through Sunday, March 4.

Gov. Arnold Schwarzenegger and Jim Lorimer have co-produced the Arnold Sports Festival since 1989 when it debuted as a one-day bodybuilding competition known as the Arnold Classic. The Arnold Sports Festival has grown over the years and is now a four-day festival that features more than 80 sports and events.

"A Daily EXPO ticket affords a huge entertainment value for attendees to experience a great variety of sports and events," Lorimer said. "We are very proud to provide the opportunity for athletes, a majority of them youth, to compete at the largest multi-sport festival in the world."

ASF Summary Page 2

Arnold Sports Festival Stage Schedules

	Friday, March 1	Saturday, March 2	Sunday, March 3
Main Stage	9:30-11 a.m.: Armwrestling 11-11:45 a.m.: MAS Wrestling 11:45 a.m.-1 p.m.: Fitness International & Figure International Prejudging 1-2 p.m.: Arnold Classic Physique Prejudging 2-p.m.: Arnold Amateur NPC Men's & Women's Physique Finals 3-5:30 p.m.: Arnold Strongman Classic	9:30-10 a.m.: Wheelchair Calisthenics 10 a.m.-1:45 p.m.: Arnold Amateur NPC Bodybuilding, Fitness, Figure & Bikini Finals 1:45-3 p.m.: Arnold Model Search 3-5:30 p.m.: Arnold Strongman Classic	10-11:15 a.m.: USA Powerlifting Pro Deadlift 11:15 a.m.-12:30 p.m.: ROGUE Record Breakers 12:30-3 p.m.: Arnold Amateur Strongman Finals 3-4 p.m.: Kettlebell Face-Off
ROGUE Strength Stage	9:30 a.m.-11 a.m.: Pro Strongwoman Axel Press 11 a.m.-12:30 p.m.: XPC Powerlifting 12:30-5:30 p.m.: Weightlifting	9:30-10:30 a.m.: Armwrestling 10:30 a.m.-12:30: USA Powerlifting Grand Prix 12:30-3 p.m.: Pro Strongwoman Finals 3-5:30 p.m.: USA Powerlifting Pro Raw Bench	10-Noon: USA Powerlifting TITAN Pro Bench Bash Noon-1 p.m.: XPC Powerlifting Last Man Standing 1-4 p.m.: XPC Powerlifting 21 Deadlift Salute
Concourse Stage	9 a.m.-10:30 a.m.: MAS Wrestling 10:30-11:30 a.m.: Armlifting Rolling Thunder Deadlift 11:30 a.m.-12:30 p.m.: Pole Fitness 12:30-1 p.m.: Prophocey 1-3 p.m.: Dance Fitness & Yoga 3-4 p.m.: Pole Fitness 4-4:45 p.m.: Armwrestling 4:45-5:30 p.m.: World Jump Rope	9-10 a.m.: Armlifting Apollon's Axle Deadlift 10-10:30 a.m.: World Jump Rope 10:30-11 a.m.: Fencing 11 a.m.-1 p.m.: MAS Wrestling 1-3 p.m.: Dance Fitness & Yoga 3-4 p.m.: Pole Fitness 4-6 p.m.: Body Painting Finals	10-11 a.m.: Armlifting Silver Bullet Hold 11 a.m.-Noon: Pole Fitness 12-12:30 p.m.: Fencing 12:30-1 p.m.: World Jump Rope 1-3 p.m.: Dance Fitness & Yoga 3-4 p.m.: Pole Fitness
Midway Labs USA Stage	10:15-10:30 a.m.: MFIT SUPPS 10:30-11 a.m.: Kettlebells with Yuri Petunovs 11-11:15a.m.: Robert Irvine's "FITCRUNCH Service Dog" 11:15-11:30 a.m.: Olimp - Martyna Leniek 11:30-Noon: Ryan Hoover - Self Defense Noon-12:30 p.m.: Greg Mihovich - Bodyweight & Ground Excercise 12:30-1 p.m.: Mike Salemi - Bulgarian Bag & Suples Ball Training 1-1:30 p.m.: Muscle Egg 1:30-2 p.m.: Yamamoto Nutrition 2-2:30 p.m.: ISO-Sport 2:30-3 p.m.: Midway Labs USA - Glamour Nutrition 3-3:30 p.m.: Jan Tana 3:30-4 p.m.: Brian DeCosta & Brooklyn Hillenbrand - Bodybuilding.com 4-4:30 p.m.: Go-Shake	10-10:30 a.m.: APLYFT 10:30-10:45 a.m.: Go-Shake 10:45-11 a.m.: MFITT SUPPPS 11-11:15 a.m.: Robert Irvine's "FITCRUNCH Service Dog" 11:15-11:30 a.m.: Olimp 11:30-Noon: Ricart Autmotive - Rick Ricart Noon-12:30 p.m.: Dominate Your Game - Michael Palmieri 12:30-1 p.m.: Brian DeCosta & Brooklyn Hillenbrand - Bodybuilding.com 1:30-2 p.m.: Yamamoto Nutrition 2-2:30 p.m.: ISO-Sport 2:30-3 p.m.: Midway Labs USA - Military Trail 3-3:30 p.m.: Kettlebells with Yuri Petunovs	10-10:30 a.m.: Go-Shake 10:30-11 a.m.: Kettlebells with Yuri Petunovs 11-11:30 a.m.: Brian DeCosta & Brooklyn Hillenbrand - Bodybuilding.com 11:30-Noon: Midway Labs USA - Military Trail Noon-1p.m.: This Is Fitness Seminar 1-1:30 p.m.: Olimp 1:30-2 p.m.: Yamamoto Nutrition 2-2:30 p.m.: ISO-Sport 2:30-3 p.m.: Acro Yoga

Arnold Sports Festival 2019 – 80 Events and 16 Venues

*** 8 New Events**

Greater Columbus Convention Center/ Hyatt Regency

Arnold Fitness EXPO
IFBB Professional League:
- Arnold Classic
- Arnold Classic Physique
- Arnold Classic Wheelchair
- Arnold Classic Men's Physique
- Fitness International
- Figure International
- Bikini International
- Women's Physique International

Arnold Amateur-9 divisions
5K Pump & Run/5K
Amateur Strongman and Woman
Arm Wrestling
*Armlifting
*Arnold Education
Arnold Strongman Classic
Arnold Pro Strongwoman
Arnold Sunday Showcase
Art at the Arnold
Body Painting
CrossFit Endeavor
Double Deadlift
Fencing
*Foosball
Fitness & Yoga
Grappling
Jump Rope
Kettlebell
MAS Wrestling
MMA Workshop
Model Search
*Ninja Warrior
Pole Fitness
PowerX
Rogue Record Breakers
Scottish Highland Games
Spartan Obstacle Course
Ultimate Teen Challenge
UMG Gaming
USA Powerlifting
Weightlifting
XPC Powerlifting
Youth DanceSport

Ohio Expo Center

Arnold SportsWorld Kids and Teens EXPO
- Arnold Teen Fitness Pageant
- Arnold Quest for Talent
- *High School Weightlifting
- *Speed Cubing

Baton Twirling
Boxing Amateur & Pro
Cheerleading & Dance
*Futsal
Guns & Hoses Boxing
Gymnastics
Martial Arts Festival (13 disciplines)

Hilton Downtown Columbus
IFBB Meet & Greet

Express Live
Pro /Am MMA Festival
Party with the Pros

Premier at Sawmill Athletic Club
Indoor Triathlon

Delaware State Park
*Viking Trail Run

Elysium Tennis
Pickleball

OSU RPAC
Handball

New Albany High School
Swimming

Sheraton Capitol Square
50+ DanceSport

SuperKick Columbus
Soccer

Columbus Table Tennis & Spin & Smash Table Tennis
Table Tennis

Throw Nation
Axe Throwing

Walnut Hill Disc Golf Course
Disc Golf

Arnold Worldwide

Arnold Sports Festival To Be Held On Five Continents In 2019

COLUMBUS, Ohio – The Arnold Sports Festival will hold multi-sport festivals on five continents in 2019.

The Arnold Sports Festival USA will be held in Columbus, Ohio in March, followed by multi-sport festivals in Melbourne, Australia; São Paulo, Brasil; Johannesburg, South Africa; and Barcelona, Spain.

The festivals in the USA, Australia and South America will affiliate with the IFBB Pro League and the National Physique Committee (NPC) while events in Africa and Europe will partner with the IFBB Elite Pro League and the International Federation of Bodybuilding. All events feature professional and amateur bodybuilding contests, strength and combat sports, a large health and fitness expo and youth events that vary from continent to continent. The Arnold Pro Strongman World Series will also be held at each worldwide festival.

"The Arnold Classic Worldwide brand is now the largest series of multi-sport festivals in the world and we look forward to making each of our Arnold Classic weekends bigger and better than ever before," said James J. Lorimer, CEO of Classic Productions, Inc., who co-founded the Arnold Classic in Columbus with Gov. Arnold Schwarzenegger in 1989.

Said Schwarzenegger, "I look forward to continuing my worldwide fitness crusade in 2019 as we again travel to five continents to promote the Arnold Classic multi-sports festival – the largest multi-sports festival in the world."

2019 Arnold Classic Worldwide schedule:

Arnold Sports Festival USA, Columbus, Ohio, February 28-March 3, 2019
Arnold Sports Festival Australia, Melbourne, Australia, March 15-17, 2019
Arnold Sports Festival South America, São Paulo, Brasil, April 12-14, 2019
Arnold Classic Africa, Johannesburg, South Africa, May 17-19, 2019
Arnold Classic Europe, Barcelona, Spain, September 20-22, 2019

The **2019 Arnold Sports Festival USA** will feature more than 22,000 athletes from 80 nations competing in more than 80 sports and events, including IFBB Pro League events in men's open bodybuilding, men's classic physique, men's physique, fitness, figure, bikini, women's physique and pro wheelchair. The **Arnold Amateur NPC Bodybuilding, Fitness, Figure, Bikini & Physique Championships** will return for a 13th year with more than 700 athletes from 70 nations.

Visit www.arnoldsportsfestival.com for more information on the Arnold Sports Festival USA and all other events on the 2019 Arnold Classic Worldwide schedule.

IFBB Invites

Defending Champion William Bonac, Former Champs Cedric McMillan, Victor Martinez Highlight 2019 Arnold Classic Field

COLUMBUS, Ohio – **William "The Conqueror" Bonac**, who won the 2018 Arnold Classic for the biggest victory of his professional career, and two former Arnold Classic champions will do battle as the prestigious professional men's bodybuilding competition celebrates its 31st year in 2019.

The Arnold Sports Festival will feature IFBB Pro League contests in eight divisions in 2019.

Bonac, 2017 winner **Cedric McMillan** and 2007 champion **Victor Martinez** lead a field of 12 professional bodybuilders who will take the stage at the 31st Annual Arnold Classic on March 2, 2019. **Brandon Curry**, who won Arnold Classic South America in 2013 and Arnold Classic Australia in 2017, and **Roelly Winklaar**, 2018 Arnold Classic Australia winner, will also contend for the title. **Mikhail Volinkin** received an automatic invite for winning the 2018 Arnold Amateur.

Whitney Jones, who overcame serious neck and knee injuries to win the Fitness International for the first time in 2018, is back to defend her title. She will be challenged by **Kate Errington**, second in Columbus in 2018, and 2018 Fitness Olympia runner-up **Ryall Graber**.

A new champion will be crowned in Figure International as 2018 champion **Candice Lewis-Carter** has retired. **Cydney Gillon**, the two-time Figure Olympia champion who finished second in Columbus in 2017 and 2018, will be looking for her first Figure International crown. **Nadia Wyatt**, third at the Olympia in 2018, **Bojana Vasiljevic** and **Jessica Reyes Padilla** are also among the field of 14 contenders.

There will also be a new champ in Bikini International as 2017 and 2018 winner **Angelica Teixeira** will not compete. Challengers for the title include 2018 runner-up **Janet Layug**, two-time Bikini International champion **Ashley Kaltwasser** and **Lauralie Chapados**, fresh off a second-place finish at the Bikini Olympia and four contest wins in 2018. **Sonia Lewis** received an automatic invite for winning the 2018 Arnold Amateur.

Three-time defending Arnold Classic Pro Wheelchair champion **Harold "King Kong" Kelley** will try to make it four in a row.

Arnold Classic Physique, Arnold Men's Physique and Women's Physique International will feature competitions open to any IFBB Pro League athlete who has finished in the top 5 in a pro contest in 2018. Visit www.arnoldsportsfestival.com for the complete competitor lists.

The Arnold Classic Physique, Fitness International, Figure International, and Women's Physique International will be held on Friday, March 1, 2019; while the Arnold Classic, Arnold Men's Physique and Bikini International will be held on Saturday, March 2, 2019 with prejudging and finals at Battelle Grand.

IFBB Invites Page 2

2019 Arnold Classic, Arnold Classic Pro Wheelchair, Fitness International, Figure International, Bikini International Official Invite Lists:

Arnold Classic (13)	Arnold Classic Pro Wheelchair (6)	Fitness International (11)
Lionel Beyeke	Anand Arnold	Jaclyn Baker
William Bonac	Tyler Brey	Tiffany Chandler
Rafael Brandão	Kris Dim	Danielle Chikeles
Brandon Curry	Joshua Foster	Kate Errington
Charles Dixon	Harold Kelley	Allison Ethier
Steve Kuclo	Joshua Rucker	Missy Farrell-Truscott
Josh Lenartowicz		Ryall Graber
Victor Martinez		Whitney Jones
Cedric McMillan		Sara Kovach
Luke Sandoe		Emma Paveley
Mikhail Volinkin		Aurika Tyrgale
Akim Williams		
Roelly Winklaar		

Figure International (15)	Bikini International (18)
Maria Luisa Baeza Diaz	Lauralie Chapados
Melissa Bumstead	Jennifer Dorie
Brittany Campbell	Monica Ellis
Zulema Duran	Eli Fernandez
Wendy Fortino	Marcia Goncalves
Cydney Gillon	Kim Gutierrez
Sandra Grajales	Ashley Jenelle
Michelle Lindsay	Ashley Kaltwasser
Lola Montez	Janet Layug
Jessica Reyes Padilla	Sonia Lewis
Noelia Segura	Breena Martinez
Natalia Soltero	Raphaela Milagres
Carly Starling-Horrell	Cristobalina Pajares Torres
Bojana Vasiljevic	Jessica Palmer
Nadia Wyatt	Frida Paulsen Stern
	Elisa Pecini
	Camile Periat
	Karina Skowronska

The 31st Annual Arnold Classic, Arnold Classic Physique, Arnold Men's Physique, Arnold Classic Pro Wheelchair, Fitness International, Figure International, Bikini International and Women's Physique International contests will be held March 1-2, 2019 at the Greater Columbus Convention Center in Columbus, Ohio. Visit www.ticketmaster.com/arnold or 800-745-3000 for ticket information. VIP Ticket Packages and individual event tickets are available.

Hafthor Bjornsson, Brian Shaw, Martins Licis Lead Field at 2019 Arnold Strongman Classic

COLUMBUS, OHIO – Defending champion **Hafthor Bjornsson** of Iceland; three-time winner **Brian Shaw** of Fort Lupton, Colo., and red-hot **Martins Licis** of Santa Monica, Calif., headline a field of 10 qualifiers for the **2019 Arnold Strongman Classic** set for the 2019 Arnold Sports Festival in Columbus, Ohio.

Bjornsson broke through to win the 2018 Arnold Strongman Classic in his seventh attempt after finishing second in 2017 and fifth in 2016. Bjornsson, the actor who plays The Mountain on the HBO hit series *Game Of Thrones*, backed up the victory by winning the 2018 World's Strongest Man contest. Shaw, winner here in 2011, 2015 and 2017, hopes to reclaim the title after finishing 2nd to Bjornsson a year ago.

Licis is coming off victories at Arnold Pro Strongman Europe in September 2018 and Arnold Strongman USA this past weekend on the Santa Monica Pier in Los Angeles. Licis, fourth at 2018 World's Strongest Man, finished 8th in 2017 in his only appearance in Columbus.

Other qualifiers include **Rauno Heinla** (Estonia), **Mikhail Shivlyakov** (Russia), **Jean-Francois Caron** (Canada), **Mateusz Kieliszkowski** (Poland), **Matjaz Belsak** (Slovenia), **Jerry Pritchett** (USA) and **Olexii Novikov** (Ukraine).

The 2019 Arnold Strongman Classic will be dedicated to Dr. Terry Todd, the event founder who was a weightlifting champion and founder and director of the H.J. Lutcher Stark Center for Physical Culture and Sports at the University of Texas.

The 2019 Arnold Strongman Classic serves as the Arnold Pro Strongman World Series Championship. The qualifiers were determined through a series of pro strongman events held mostly in conjunction with Arnold Sports Festivals in 2018. Novikov earned his spot by winning the Arnold Amateur World Championship at the 2018 Arnold Sports Festival. Visit www.arnoldprostrongman.com for more information on the Arnold Pro Strongman World Series.

Events at the 2019 Arnold Strongman Classic include: **ROGUE Elephant Bar Deadlift** (rounds system, with the beginning weight set at 751 pounds/340 kilos); **Husafell Stone Carry** (409 pounds/189 kilos for distance); **Conan's Wheel of Pain** (details to be announced); **Austrian Oak** (430 pounds/195 kilos overhead press for reps); and the **Odd Haugen Stone to Shoulder** (natural stone to shoulder for reps, 410 pounds/186 kilos).

The 2019 Arnold Strongman Classic will be held March 1-2, 2019 during the 2019 Arnold Sports Festival in Columbus, with the final event held at 7 p.m., March 2 as part of the Arnold Classic, Arnold Classic Men's Physique & Bikini International Finals at the Battelle Grand Ballroom.

The Arnold Pro Strongman World Series was founded in 2016 to increase the visibility and prize pursues in professional Strongman and to give the world's best athletes an opportunity to compete around the world and earn a spot in the Arnold Pro Strongman World Championships. The Arnold Strongman Classic has been held at the Arnold Sports Festival annually since 2002.

Arnold SportsWorld Kids & Teens EXPO
Two Days of Family Fun, Sports, Activities & Entertainment

COLUMBUS, OHIO – The **Arnold SportsWorld Kids & Teens EXPO** will be held March 2-3, 2019 in the Bricker Building at the Ohio Expo Center. Admission is included with the Daily EXPO Ticket.

For the fifth straight year, the Arnold SportsWorld will present a wide variety of interactive sports demonstrations, activities, a stage with non-stop entertainment and more than 200 vendors – all under one roof. Children14 and under are admitted FREE.

Arnold SportsWorld serves as the activity core for youth sports competitions and family activities at the Ohio Expo Center. Located in the Bricker Building, the 2019 Arnold SportsWorld is a fun-filled, two-day festival of sports designed for families with children of all ages. It will feature more than 20 sports areas with an action-packed schedule of challenging contests, games, hands-on demonstrations, a fun zone with zorb balls, bounce houses, bull riding, face painting, virtual reality video games and more.

"The Arnold SportsWorld Kids & Teens EXPO offers parents and their children an opportunity to experience dozens of sports and activities and hopefully allow the children to discover a sport that they wish to pursue," said Jim Lorimer, who co-founded the Arnold Sports Festival with Gov. Arnold Schwarzenegger in 1989.

Demonstration areas will be hosted by organizations such as the **Columbus Blue Jackets** (hockey), **Columbus Clippers** (baseball), **Columbus Eagles** (soccer), **Pro Football Hall of Fame** and **The Difference** (football), **Ohio Machine** (lacrosse), **Royal Arts Fencing Academy**, **Cyclone Gymnastics**, **Ace Archers** (archery), **United States Tennis Association/Midwest Section** (tennis), **Columbus Recreation and Parks** (weightlifting), **Spartan Race**, and **YMCA of Central Ohio** (basketball).

In addition to the Arnold SportsWorld Kids & Teen Expo, the Ohio Expo Center will also have sports competitions in various buildings including: baton twirling, boxing, cheerleading & dance, futsal, gymnastics and martial arts.

Meet & Greets: Saturday, March 2 from 2:30-3:30 p.m. at the Kids & Teen EXPO will feature a Salute to Veterans with appearances by: Randy Couture-Army Sgt./MMA Legend/Actor, Tim Kennedy-Special Forces/Actor, David Goggins-Navy Seal/Ranger and Air Force Tactical Unit/World Record Holder/Triathlon athlete/Author, Rocky Bleier-Army/Wounded Veteran/4-time Super Bowl Champion Steelers. Sunday, March 3 from 2:30-3:30 p.m. will have American Ninja Warriors Michelle Warnky and Drew Drechsel.

-more-

Arnold SportsWorld Kids & Teens EXPO Page 2

Arnold SportsWorld, in partnership with Sunny95 and Mix 107.9, will also feature the **Arnold's Quest For Talent** Competition with emcee **Chris Kirkpatrick** of NSYNC and **Andre Styles** of Mix 107.9. Finals will be held at 1 p.m. Saturday, March 2, 2019 at Arnold SportsWorld. Awards include a $2,500 Rotary Scholarship, lunch with Arnold, a tablet and more.

Arnold SportsWorld in partnership with ABC 6, will also host the **Miss Arnold Fitness Pageant** at 11:45 a.m. on Sunday, March 3, 2019. Emcees include ABC 6 anchor **Katie McKee** and **Chris Kirkpatrick** of NSYNC. For more information, go to www.arnoldpageant.com. Participants compete for a $10,000 prize package.

The Arnold SportsWorld Kids & Teens EXPO will be open from 9 a.m.-6 p.m. on Saturday, March 2 and from 10 a.m.-5 p.m. on Sunday, March 3. The event will also feature stage entertainment for two days.

ARNOLD SPORTSWORLD EXPO STAGE SCHEDULE

Saturday, March 3	**Sunday, March 4**
9:30 a.m.: Cyril Scott Pipe Band 10 a.m.: Sunny 95 Top 10 Rising Stars 10:30 a.m.: Hooping Ninja 10:35 a.m.: World Jump Rope 11:10 a.m: Omega Man 11:45 a.m.: Richens Timm Irish Dance 12:15 p.m.: Warrior® Workout 12:45 p.m.: Arnold South Africa Talent Show Winners Perform 12:55 p.m.: 2018 Talent Winner Joey Vice 1 p.m.: Arnold's Quest For Talent 2:30 p.m.: Christian Rapper Prophocey 2:45 p.m.: Talent Awards 3 p.m.: Jedi Fencing 3:15 p.m.: Baton Twirling Champions 3:30 p.m.: Pound, Acro, Yoga & Hip Hop 4:20 p.m.: Hooping Ninja 4:25 p.m.: Futsal Ball Juggling 4:30 p.m.: World Jump Rope 5:15 p.m.: Martial Arts Champions	10:00 a.m.: Warrior Games by Alignment Essentials 10:30 a.m.: World Jump Rope 11:05 a.m.: Hooping Ninja 11:10 a.m. Omega Man 11:45 a.m.: Miss Arnold Teen Fitness Pageant 1:45 p.m.: Christian Rapper Prophocey 2 p.m.: Comedy and Juggling by Matt Jergens 2:30 p.m.: Richens Timm Irish Dance 3 p.m.: Pound, Acro Yoga & Hip Hop 4 p.m.: Baton Twirling Champions 4:15 p.m.: World Jump Rope 4:45 p.m.: 3 on 3 Basketball Awards

Admission to the Arnold SportsWorld Kids & Teens EXPO and all events at the Ohio Expo Center is included in the Daily EXPO Ticket $20 at the door. Children 14 and under are FREE.

Parking at the Ohio Expo Center will be $10 and **FREE Arnold Express Shuttles** will run between the Ohio Expo Center and the Greater Columbus Convention Center Friday, March 1 from 7 a.m.-11:30 p.m.; Saturday, March 2 from 7 a.m.-2:30 a.m. (Sun); and Sunday, March 3 from 7 a.m.-6 p.m.

Ohio Expo Center Map

"ARNOLD EXPRESS" SHUTTLE

(Does NOT stop at downtown hotels)

FREE shuttle service running from the Ohio Expo Center to the Greater Columbus Convention Center and back without any additional stops. Shuttles depart approximately every 15 minutes.

Friday, March 1: 7 am to 11:30 pm
Saturday, March 2: 7 am to 2:30 am (Sun am)
Sunday, March 3: 7 am to 6 pm



BUILDING & EVENT INDEX

1. Lausche Bldg. Martial Arts
2. Kasich Hall *(formerly the Cardinal Bldg.)* Cheerleading & Dance and Baton
3. Bricker Bldg. SportsWorld Kids & Teen EXPO
4. Bricker Bldg. (Paddock Area) Spartan Obstacle
5. Celeste Center Gymnastics
6. Taft Coliseum Futsal
7. Voinovich Center Boxing

2019 ARNOLD SPORTS FESTIVAL - OHIO EXPO CENTER EVENT SCHEDULE

Friday, March 1

8:00 am – 10:00 pm	Gymnastics Challenge	Celeste Center
Noon – 5:00 pm	Martial Arts	Lausche Building
3:00 pm – 7:00 pm	Cheerleading and Dance	Kasich Hall

Saturday, March 2

9:00 am – 6:00 pm	**Arnold SportsWorld Kids & Teens EXPO**	Bricker Building
8:00 am – 10:00 pm	Gymnastics Challenge	Celeste Center
8:00 am – 6:00 pm	Cheerleading and Dance	Kasich Hall
8:30 am – 7:00 pm	Baton Twirling	Kasich Hall
9:00 am – 6:00 pm	Spartan Obstacle Course	Bricker Building, Paddock
9:00 am – 9:00 pm	Martial Arts	Lausche Building
9:00 am – 5:00 pm	Amateur Boxing	Voinovich Center
10:00 am – 5:00 pm	Futsal	Taft Coliseum
7:30 pm – 10:30 pm	Pro Boxing	Voinovich Center

Sunday, March 3

10:00 am – 5:00 pm	**Arnold SportsWorld Kids & Teens EXPO**	Bricker Building
8:00 am – 10:00 pm	Gymnastics Challenge	Celeste Center
8:00 am – 4:00 pm	Cheerleading and Dance	Kasich Hall
8:30 am – 7:00 pm	Baton Twirling	Kasich Hall
10:00 am – 7:00 pm	Futsal	Taft Coliseum
10:00 am – 5:00 pm	Spartan Obstacle Course	Bricker Building, Paddock
10:30 am – 3:00 pm	Martial Arts	Lausche Building

Arnold SportsWorld Kids & Teens EXPO – Bricker Building Floor Plan



Sponsors

Presenting Sponsor

Diamond Sponsor

Gold Sponsors

Sponsors Page 2

Silver Sponsors













































Bronze Sponsors





































Arnold Sports Festival Event Summaries
February 28-March 3, 2019

IFBB Pro League:

Arnold Classic

William "The Conqueror" Bonac, who won the 2018 Arnold Classic for the biggest victory of his professional career, and two former Arnold Classic champions in **Cedric McMillan** and **Victor Martinez** will do battle as the prestigious professional men's bodybuilding competition celebrates its 31st year in 2019.

Arnold Classic Physique

A new champion will be crowned in 2019. **George Peterson** who took 3rd at the 2018 Olympia leads the field. **Steve Laureus** and **Courage Opara** will also be in the hunt.

Arnold Men's Physique

2018 winner **Andre Ferguson** will have his work cut out for him as this field is packed with contenders. #2 at the Olympia **Raymont Edmonds** leads the charge. Don't count out 2015 champion **Sadik Hadzovic**.

Arnold Classic Pro Wheelchair

Three-time champion, **Harold "King Kong" Kelley**, returns to defend his title in a field of 7 of the most inspirational athletes in the world. **Kris Dim**, known as a giant slayer, could mount a serious challenge.

Fitness International

Whitney Jones, who overcame serious neck and knee injuries to win the Fitness International in 2018, is back to defend her title. She will be challenged by **Kate Errington**, second in Columbus in 2018, and 2018 Fitness Olympia runner-up **Ryall Graber**.

Figure International

A new champion will be crowned as 2018 champion **Candice Lewis-Carter** has retired. **Cydney Gillon**, the two-time Figure Olympia champion who finished second in Columbus in 2017 and 2018, will be looking for her first Figure International crown.

Bikini International

A new champion will be crowned as 2018 winner **Angelica Teixeira** will not compete. Challengers include 2018 runner-up **Janet Layug**, two-time Bikini International champion **Ashley Kaltwasser** and **Lauralie Chapados**, fresh off a second-place finish at the Bikini Olympia. **Sonia Lewis** received an automatic invite for winning the 2018 Arnold Amateur.

Women's Physique International

A new champion will be crowned as last year's winner **Shanique Grant** will not compete. **Natalia Abraham Coelho,** 2nd at the Olympia, leads the field. In contention are **Penpraghai Tianghgok,** 8th at the Olympia, and **Margita Zamolova,** 3rd here a year ago.

IFBB Meet & Greet

The Arnold IFBB Meet & Greet is a chance to get pictures and autographs of competitors from the invitational divisions of the IFBB Pro League. Thursday, February 28, 7pm, Bellows Ballroom, Hilton Columbus, across from convention center.

Feature Events:

Arnold Fitness EXPO

The nation's largest health and fitness exposition will feature 1,000 booths of the latest in sports equipment, apparel and nutrition, and multiple stages that host unique competitions and entertainment that make the Arnold Fitness EXPO the heart of the Arnold Sports Festival.

Arnold SportsWorld Kids & Teens EXPO: At the Ohio Expo Center!

A fun-filled, two-day festival of sports for families with children of all ages. Featuring more than 20 sports areas with an action-packed schedule of challenging contests, games and non-stop stage entertainment, activity zone and more. Children 14 and under are admitted FREE.

Arnold Party with the Pros

The Official After-Party of the Arnold Classic at Express Live! Featuring a night of fun, drinks, refreshments, dancing, music, star-gazing and world-class entertainment. Saturday, March 2, doors open at 9pm.

Arnold Sunday Showcase

Enjoy coffee with some of the biggest names in the history of bodybuilding including **Ronnie Coleman**, **Jay Cutler**, **Lee Haney**, **Phil Heath**, and **Gov. Arnold Schwarzenegger**. The champions of the sport will then discuss a wide variety of topics and field questions from the audience. Attendees can ask them anything. Tickets to the Arnold Sunday Showcase are $25.

Amateur Events:

Arnold Amateur NPC Championships

Arnold Amateur IFBB Bodybuilding, Fitness, Figure, Bikini & Physique Championship events, an official pro qualifier in 2019, are the quickest route from little-known amateur to rising star in the IFBB Pro League. 700+ amateurs from around the world will compete.

Arnold Amateur Strongman and Strongwoman World Championships

Features more than 80 of the world's top male amateur strongman athletes and over 100 of the top female amateur strength athletes from more than 25 countries.

Amateur Boxing: At the Ohio Expo Center!

The Arnold USA Boxing Invitational Championships expects hundreds of hungry young amateur boxers in 2019. Boxing legends and champions will also make appearances. This event has been moved to the Voinovich Center in 2019.

Combat Sports:

Pro/Am MMA Festival

The eighth-annual event will feature the **Iron Tiger Fight Series** in 2019 and will be held at 7:30 p.m. on Friday, March 1 at Express Live!. Doors open at 6 p.m. Tickets are $35 and $40.

Arnold Martial Arts Festival: At the Ohio Expo Center!

The three-day festival includes seminars and workshops led by martial arts experts on Friday, March 1; all main championships for all disciplines and styles will be held on Saturday March 2; and then the winners will battle it out for the Best of the Best titles on Sunday, March 3.

Professional Boxing: At the Ohio Expo Center!

Arnold Championship Boxing features an exciting night of action-packed professional boxing with 11 bouts at the Voinovich Center. Main Event, Heavyweights **Junior Fa** of New Zealand (16-0) vs. **Newfel Ouatah** of France (17-2). Co-Main Event NABA WBA USA Title Fight **Jamie Walker** of Columbus, Ohio vs. **Dan Karpency** of Pittsburgh.

Guns and Hoses Boxing: At the Ohio Expo Center!

The fifth-annual charity event will be held at the Voinovich Center Thursday, Feb 28th doors open at 6:30pm. The evening will feature amateur boxing matches pitting police officers and firefighters from around Ohio in a "Battle of the Bravest."

Grappling

Grappling Industries tournaments follow round robin format featuring both gi and no gi competitions. Saturday, March 2, 9:00am-4:00pm at the Columbus Convention Center Hall D.

Seminars and Workshops:

MMA Workshop

A one-of-a-kind event where you can meet and listen to **Ryan Hoover**, Krav Maga black belt, who will teaching common sense self-defense; **Greg Mihovich**, Movement specialist and tactical instructor; **Mike Salemi** World Champion Powerlifter and World Kettlebell Champion. The workshop will be held from 11:30 am-1:30 pm on Friday, March 1 on the Midway Stage.

Arnold Education *NEW*

The Arnold Sports Festival has teamed up with Dominate Your Game, one of the premier sport research and training companies in the world. Learn from top speakers about strength, conditioning, sports nutrition, rehabilitation, the methods and the science behind the athletics.

Strength Events:

5K Pump & Run (and 5K Run)

The Arnold 5K Pump & Run is the largest race of its kind in the US, and tests overall fitness by measuring strength and endurance. 1,000 participants will bench press a percentage of their body weight, with each rep subtracting 30 seconds from the athlete's finish time. There is also a stand-alone 5K Run.

Armwrestling

For the 22nd year, the world's best arm sports athletes will test who has the most pull in the Arnold Classic Armwrestling Challenge on the EXPO stage. More than 275 competitors from 15 countries will compete.

Arnold Strongman Classic

Defending champion **Hafthor Bjornsson** of Iceland; three-time winner **Brian Shaw** of Fort Lupton, Colo., and red-hot **Martins Licis** of Santa Monica, Calif., headline a field. The two-day contest of brute strength includes five events: ROGUE Elephant Bar Deadlift, Husafell Stone Carry, Conan's Wheel of Pain, Austrian Oak and the Odd Haugen Stone to Shoulder.

Arnold Pro Strongwoman

The UK's Donna Moore is back to defend her title against 9 of the world's strongest Pro Strongwomen. The winner takes home cash prizes and the Katie Sandwina Trophy at the 3rd annual event.

ROGUE Record Breakers

The featured event is after the ROGUE Elephant Bar Deadlift when the top 3 men will attempt to break the World Record of 500 kg set by Eddie Hall. If successful they win $50,000. In the event of a tie they split $25,000 each. Anyone, man or woman breaking a record in the other nine events over two days will be awarded $5,000.

CrossFit Endeavor:

2019 events feature a 6-Person Co-ed Competition and a 4-Person Same Sex Competition. Now a 3-day format, top teams after Saturday's events will move on to the Finals Sunday.

MAS Wrestling

Returning for its fifth year is MAS Wrestling, an ancient Russian sport where two wrestlers sit opposite each other and try to pull the stick out of their opponent's hands or drag their opponent over the wooden divider. Competitions are March 1-2, 2019 on the Concourse Stage and Arnold Fitness EXPO Stage.

POWERX

Athletes get one chance to perform the Power Clean, the Bench Press and the Deadlift for up to 20 repetitions or three minutes. The competitions moved to the Greater Columbus Convention Center, A120 in 2019.

Scottish Highland Games

The Indoor Scottish Highland Games includes four divisions including Pro Men, Master's Men, Amateur Men and Amateur Women. Events include: Sheaf Toss, Weight Over Bar, Heavy Weight for Distance, Open Stone, Pole Push and Caber Toss.

Ultimate Teen Challenge

Teen's compete in individual and/or teams of (2) in up to 9 different strength, agility and speed competitions to win awards and a grand prize scholarship.

USA Powerlifting

Arnold USA Powerlifting Championships return for the 11th year and will feature more than 200 men and women vying for $42,000 in prizes. Powerlifting consists of three lifts: squat, bench press, and deadlift.

Weightlifting

2019 will be the 3rd time a national event for weightlifting will be held at the Arnold. The event moves down the hall to the Union Station Ballroom. Last year lifts approached 400 pounds in the snatch and almost 500 pounds in the clean & jerk.

XPC Powerlifting

Now in its 7th year, this invitational event with cash prizes has moved to the convention center in 2019. Lifters compete in bench press, squat and deadlift, in either multi-ply equipment, or raw (no equipment).

Sports & Events:

50+ DanceSport

The 10th Arnold 50+ DanceSport Challenge, at the Sheraton Capitol Square, will feature competitions exclusively for dancers age 50 and better. There are competitions in all levels and styles, including pro/am and am/am, solos, formations and multi-dance events.

Armlifting *NEW*

The Arnold Armlifting Championships will be held at the Arnold Sports Festival for the first time in 2019. Armlifting, the sport of grip strength, will feature 3 events over 3 days March 1-3 on the Concourse Hall stage.

Arnold Quest For Talent: At the Ohio Expo Center!

The Quest For Talent continues at the Arnold SportsWorld Kids & Teens Expo, as judges look for that special singer, dancer, artist, magician, musician, you name it! Prizes include a $2,500 scholarship, lunch with Arnold, a new tablet, and more.

Art at the Arnold

Artists will put their artistic talents to work during the 10th Annual Art at the Arnold. Artists will use various media such as paints, charcoal, and pencils to portray athletes. There will be a judged contest on Sunday followed by an art show.

Axe Throwing

The 2nd annual WATL Arnold Classic Championship takes place at Throw Nation on Saturday, March 2 in 2019. The open-to all-comers event awards the winner with $1,000 and the Arnold WATL Championship Belt.

Baton Twirling: At the Ohio Expo Center!

The 4th Arnold Baton Twirling Championships will feature two events in 2019. Arnold Baton Twirling Championships Saturday, March 2 and the NBTA Miss Majorette of Ohio Sunday, March 3, both at the Ohio Expo Center, Kasich Hall.

Body Painting

Bodypaint artists from around the globe will compete in Jan Tana's Bodypainting Revolution taking place in the Expo Hall Booth #1307. Artists will paint models, taking more than six hours to complete, in hopes to impress the judges, captivate photographers and delight audiences with breathtaking stage performances. The theme this year is Classic Arnold Cinema.

Cheerleading & Dance: At the Ohio Expo Center!

Over 4,000 competitors will turn up the volume and display amazing athletic grace and skill at the Arnold Cheerleading and Dance Team National Championships. Events include stunt teams, all-star teams, school, college, recreation, and special needs teams.

Fitness and Yoga

Featuring 3 days of instructor trainings, workshops, class demos and much more for instructors and students alike. Classes include ZUMBA, TaeBo, Yoga and more.

Disc Golf

The 5th Arnold Disc Open hosted by Columbus Disc Flyers Club is a two-day event that features rounds of 18 holes at the Walnut Hill Disc Golf Course and field competitions in distance, accuracy and putting.

Double Deadlift

A fantastic show of teamwork and strength in this unique two-person deadlift event that features two lifters preforming deadlifts together. Sunday, March 3 at the Convention Center A120.

Fencing

The 16th Arnold Fencing Classic will host three days of fast action with the three Olympic weapons - foil, epee, and sabre. Regional youth, cadet and junior events are US National qualifiers. HEMA competitions with longsword and rapier divisions will also take place.

Foosball *NEW*

The Arnold Foosball Championships will be held at the Arnold Sports Festival for the first time in 2019. Competitions in foosball, a fast and fun game that most anyone can play, will be held March 1-3 at the Greater Columbus Convention Center, Eisenman & Trott Rooms.

Futsal: At the Ohio Expo Center! *NEW*

The first Annual Arnold Futsal Classic presented by Columbus Futsal will debut March 2-3, 2019 at the Taft Coliseum at the Ohio Expo Center. Futsal is similar to soccer, played five on five on a smaller, typically indoor, court with a low bounce ball.

Gymnastics: At the Ohio Expo Center!

The 19th Arnold Gymnastics Challenge welcomes more than 3,000 competitors. This is one of the largest mixed gymnastics meet in the nation, featuring both girls and boys and features an NCAA Men's meet which and special opening ceremony with guest performers.

Handball Showcase

Games will be held on Saturday, March 2 8 a.m.-7 p.m. and Sunday, March 3 from 8 a.m.-5 p.m. on Sunday, March 3. All games will be played at the RPAC (Recreation and Physical Activity Center) at the Ohio State University.

High School Weightlifting: At the Ohio Expo Center! *NEW*

Will be held for the first time in 2019 at the Arnold SportsWorld Kids & Teens EXPO at the Ohio Expo Center March 2-3.

Indoor Triathlon, Duathlon, Triathlon

The 4th Annual event will take place on Saturday, March 2 at Premier at Sawmill Athletic Club. Swimming will be done in the pool, cycling will be on Spinner NXT bike, ergs will be indoors and the run will be outdoors on paved surfaces.

Jump Rope

Featuring workshops on Friday, March 1. Two championships take place Saturday, March 2 the Arnold Speed and Power Jump Rope Championship and the AMJRF Classic. Demonstrations are Sunday.

Kettlebell

For the first time the sport of kettlebell will be contested at the Arnold Sports Festival. More than 150 competitors from around the world are expected to compete in five competitions with various lifts with winners getting more reps in the allotted time. The competitions are March 1-3 in room A120 at the Columbus Convention Center.

Miss Arnold Fitness Pageant: At the Ohio Expo Center!

This year's competition will feature two divisions, a Teen Division for contestants ages 14-19 and a new Miss Division for contestants ages 20-29. Both divisions will be judged in five rounds: interview, evening gown, fitness talent, athletic wear and onstage question.

Model Search

The 2019 Arnold Model Searches online voting has narrowed the field to 15 finalists that will be judged live Saturday, March 2**,** 1:45pm-3:00pm on the Arnold Fitness EXPO Stage.

Ninja Warrior *NEW*

Arnold Ninja Warrior will be held at the Arnold Sports Festival for the first time in 2019. The course will be inside the Arnold Fitness EXPO and held March 1-3. The event is hosted by Michelle Warnky, a star on the NBC-hit American Ninja Warrior.

Pickleball

The Arnold Pickleball Smash Classic will be held Sunday, March 3 at the Elysium Tennis in Plain City, Ohio. The one-day tournament will feature multiple events at various skill levels.

Pole Fitness

The sport of Pole Fitness will return to the Arnold Sports Festival with two competitions including the 6th PCS Championship (pro) and the 5th PCS Pole Open (amateur) at the Greater Columbus Convention Center.

Soccer

The Arnold 3v3 Soccer Cup will be held at the Arnold Sports Festival for the fifth straight year in 2019 with a new home at SuperKick Columbus in Lewis Center, Ohio

Spartan Race

Spartan Race leads the charge in Obstacle Course Racing. They will be set up in two locations an adult course at the Convention Center and kids course at the Ohio Expo Center.

Speed Cubing: At the Ohio Expo Center! *NEW*

The World Cube Association presents The Arnold Classic North America 2019 for the first time. 80 of the fastest puzzle solvers will compete Saturday, March 2 at the Arnold SportsWorld Kids & Teens EXPO at the Ohio Expo Center.

Swimming

The nation's best masters swimmers will be at the New Albany High School Natatorium for the 6th Annual Arnold Swimming Championships Saturday, March 2.

Table Tennis:

The 16th Annual Arnold Table Tennis Challenge features 3 days of action March 1-3 at two new venues in 2019 the Columbus Table Tennis Club and the Spin and Smash Table Tennis & Ping Pong Center.

UMG Gaming

Back for its 2nd year UMG Gaming will offer a variety of gaming experiences for players of all levels. March 1-3 at the Convention Center, tournaments are open to all and offer cash prizes.

Viking Dash Trail Run *NEW*

Making its debut the Viking Dash Trail Runs will be held at 8:30 a.m. on Saturday, March 2 at Delaware State Park in Delaware, Ohio. The trail run distances are 5K (3.1 miles), 10K (6.2 miles), and 20K (12.4 miles) and are open to ages 6 and older.

Youth DanceSport

The Arnold Youth DanceSport Classic is an experience in elegance. 1,200 of the nation's best youth through collegiate DanceSport athletes glide with grace in elaborate costumes as they compete for top scholarship prizes at the Hyatt Regency Ballroom.

Arnold Sports Festival - Story Ideas

1. **Overall:** with more than 80 sports and events and 22,000 participants, most of whom are youth, the Arnold Sports Festival is helping motivate people of all ages to be fit.

2. **The Arnold SportsWorld Kids & Teens EXPO**, in the Bricker Building at the Ohio Expo Center is a fun-filled two-day celebration of sports and fitness featuring more than 20 different sports for kids & teens to try lead by area sports teams. 200 booths, fun zone and a main stage with competitions and entertainment including the Miss Arnold Teen Fitness Pageant and the Arnold's Quest For Talent! Competition.

3. **Ohio Expo Center** - in addition to the Arnold SportsWorld Kids & Teens Fitness EXPO, a variety of sports will be held in five buildings including baton twirling, boxing, cheerleading & dance, futsal, gymnastics and martial arts.

4. **Arnold Fitness EXPO**: features more than 1,000 booths of the latest in sports equipment, apparel and nutrition and four stages that hosts unique, non-stop competitions and entertainment. It's become the nation's largest health and fitness exposition, annually showcasing leading businesses and organizations displaying the latest trends in the fitness industry.

5. **Arnold Worldwide**: The Arnold Sports Festival in Columbus has athletes competing from 80 different countries. Also, The Arnold franchise has grown to include events on five continents with events in Madrid, Spain; Rio de Janeiro, Brasil; Melbourne, Australia; and Johannesburg, South Africa.

6. **New events in 2019**: Armlifting, Arnold Education, Foosball, Futsal, High School Weightlifting, Ninja Warrior, Speed Cubing and the Viking Dash Trail Runs.

7. **Arnold Classic: William "The Conqueror" Bonac**, who won the 2018 Arnold Classic for the biggest victory of his professional career, and two former Arnold Classic champions will do battle as the prestigious professional men's bodybuilding competition celebrates its 31st year in 2019.

8. **Strongman:** Defending champion **Hafthor Bjornsson** of Iceland; three-time winner **Brian Shaw** of Fort Lupton, Colo., and red-hot **Martins Licis** of Santa Monica, Calif., headline a field of 10 qualifiers. The two-day contest of brute strength includes five events: ROGUE Elephant Bar Deadlift, Husafell Stone Carry**,** Conan's Wheel of Pain, Austrian Oak and the Odd Haugen Stone to Shoulder**.**

9. International Sports Hall of Fame: 2019 inductees include: **Tim Kennedy**-MMA Fighting Champion, Actor, Soldier; **Rocky Bleier**-NFL Football Legend, 4 Super Bowls, Pittsburgh Steelers; **Benny 'The Jet' Urquidez**-World Kick Boxing Champion; **Michael Buffer**-Legendary Boxing Announcer 'Let's Get Ready to Rumble'; **David Goggins**-World Record Holding Ultra Endurance athlete.

Schedule Highlights

Check https://www.arnoldsportsfestival.com/schedule/ for more details.

NPC Schedule:

Thursday, February 28

- 12:00pm-8:00pm: Arnold Amateur NPC (Ladies Day) - Columbus Convention Center - Battelle Grand

Friday, March 1

- 9:00am-5:00pm: Arnold Amateur NPC (Men's Day) - Columbus Convention Center - Battelle Grand
- 2:00pm-3:00pm: Men's & Women's Physique Finals NPC - Columbus Convention Center - Arnold Fitness EXPO Stage

Saturday, March 2

- 10:00am-1:45pm: Men's Bodybuilding, Fitness, Figure, & Bikini Finals NPC - Columbus Convention Center - Arnold Fitness EXPO Stage

IFBB Pro League Schedule:

Friday, March 1

- 9:00am-10:00am: Women's Physique Prejudging - Columbus Convention Center - Battelle Grand
- 11:45am-1:00pm: Fitness, Figure Prejudging - Columbus Convention Center - Arnold Fitness EXPO Stage
- 1:00pm-2:00pm: Arnold Classic Physique Prejudging - 1:00pm-2:00pm Columbus Convention Center - Arnold Fitness EXPO Stage
- 7:00pm-9:30pm: Arnold Classic Physique, Fitness, Figure Women's Physique Finals - Columbus Convention Center - Battelle Grand

Saturday, March 2

- 12:00pm-1:00pm: Arnold Classic Pro Wheel Chair Prejudging & Finals - Columbus Convention Center - Battelle Grand
- 1:00pm-4:00pm: Arnold Classic, Men's Physique, Bikini Prejudging - Columbus Convention Center - Battelle Grand
- 7:00pm-10:00pm: Arnold Classic, Men's Physique, Bikini Finals - Columbus Convention Center - Battelle Grand

Arnold Classic Strongman Schedule:

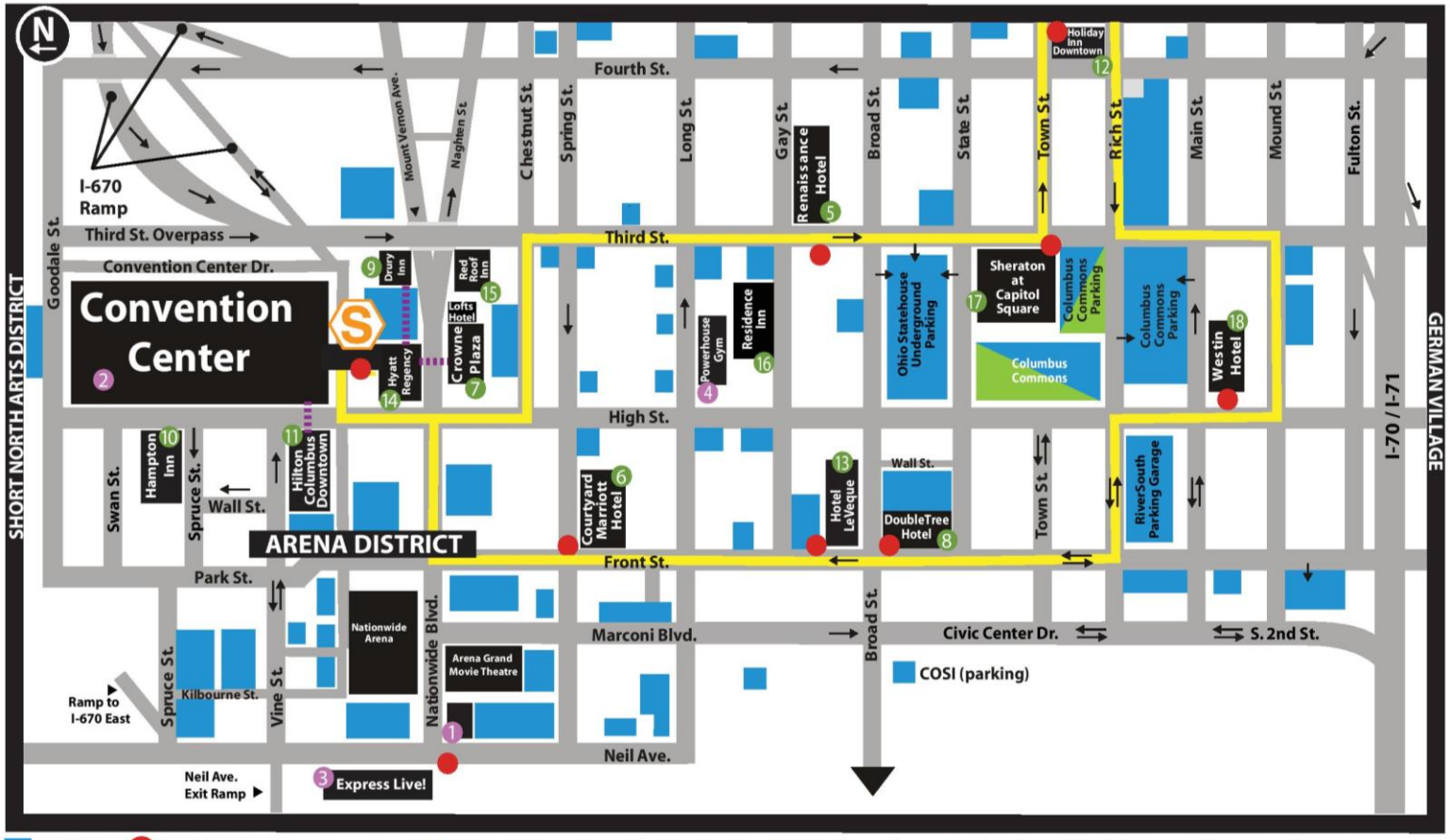
Friday, March 1

- 3:00pm-4:15pm: ROGUE Elephant Bar Deadlift - Columbus Convention Center - Arnold Fitness EXPO Stage
- 4:15pm-5:15pm: Husafell Stone Carry Columbus Convention Center - Arnold EXPO Stage

Saturday, March 2

- 1:00pm-2:00pm: Conan's Wheel of Pain - Columbus Convention Center - Hall B
- 3:00pm-5:30pm: The Austrian Oak - Columbus Convention Center - Arnold EXPO Stage
- 7:00pm-10:00pm: The Stone Shoulder - Columbus Convention Center - Battelle Grand

Transportation & FREE Shuttle Map



Parking | Shuttle Stop (Downtown) | Arnold Downtown Shuttle Route | Skywalk | Direction of Traffic Flow of One-Way Streets

VENUES / PLACES OF INTEREST:

1. Experience Columbus (Visitors' Bureau) 614-221-6623
2. Greater Columbus Convention Center & Battelle Grand 614-827-2500
3. Express Live! 614-461-5483
4. Powerhouse Gym 614-228-8866

HOTELS:

5. Columbus Renaissance 614-228-5050
6. Courtyard by Marriott 614-228-3200
7. Crowne Plaza/Lofts 614-461-4100
8. DoubleTree Hotel 614-228-4600
9. Drury Inn 614-221-7008
10. Hampton Inn 614-559-2000
11. Hilton Columbus Downtown 614-384-8600
12. Holiday Inn Downtown 614-221-3281
13. Hotel LeVeque 614-224-9500
14. Hyatt Regency 614-463-1234
15. Red Roof Inn 614-224-6539
16. Residence Inn 614-222-2610
17. Sheraton at Capitol Square 614-365-4500
18. Westin Hotel 614-228-3800

"ARNOLD DOWNTOWN SHUTTLE"

FREE shuttle service connecting most of the downtown hotels to the Greater Columbus Convention Center.

Thursday, Feb. 28:	9 a.m. to 11:30 p.m.
Friday, March 1:	7 a.m. to 11:30 p.m.
Saturday, March 2:	7 a.m. to 2:30 a.m. (Sun a.m.)
Stops at Express Live!	9:00 p.m. to 2:30 a.m.
Sunday, March 3:	7 a.m. to 6 p.m.

"ARNOLD EXPRESS" SHUTTLE (Does NOT stop at downtown hotels)

FREE shuttle service running from the Ohio Expo Center to the Greater Columbus Convention Center and back without any additional stops.

Friday, March 1:	7 a.m. to 11:30 p.m.
Saturday, March 2:	7 a.m. to 2:30 a.m. (Sun a.m.)
Sunday, March 3:	7 a.m. to 6 p.m.

This map is for informational purposes only and is not to scale. Hourly parking rates are determined by each facility. Additional parking facilities may also be available but may not be noted on map.

ARNOLD SPORTS FESTIVAL USA 2019

FEB. 28 - MARCH 3, 2019

EXPERIENCE COLUMBUS

GREATER COLUMBUS SPORTS COMMISSION

OHLA OHIO HOTEL & LODGING ASSOCIATION

2019 Arnold Sports Festival - Media Registration

The Arnold Sports Festival welcomes all working members of the media to request complimentary credentials to cover its more than 80 events. Freelance requests will not be accepted.

The editor or owner is to submit one request for the media outlet's staff.

To obtain credentials, submit items 1 - 3 below.

1. **LETTER OF ASSIGNMENT -** Editors/Owners must provide a detailed letter of assignment written on company letterhead that specifies each event to be covered by each staff member and at what capacity (such as writer, photographer, etc.).

2. **MEDIA CREDENTIAL REQUEST FORM -** Editors/Owners must complete and sign the Media Credential Request Form found on page three.

3. **PREVIOUS COVERAGE -** Editors/Owners must submit coverage of the 2018 Arnold Sports Festival if attended or include recent coverage of a similar event.

Credentials work in a hierarchy, only one credential per person. Credential types include:

- MEDIA GENERAL – Permits access to most of the venues and events including all EXPO events. It does **not** include access to the IFBB Pro League events at Battelle Grand and does **not** include an assigned seat at any event.

- MEDIA SEATING – Provides access to seats at Battelle Grand for IFBB Pro League events (first come first served). Includes access to Media - General events above.

- MEDIA CENTER – Access to media work area next to west side of stage in Battelle Grand for IFBB Pro League events. No view of stage, TV feed only. Includes access to Media Seating area as space is available and Media - General events above.

- MEDIA PIT –Includes an assigned seat in the front stage media areas for specified events only. Includes access to Media Seating area as space is available and Media - General events above.

We reserve the right to refuse media credentials, without cause, during pre-registration as well as at the onsite media registration. Due to high demand, media credentials are limited in number, so please return your request at your earliest convenience. The Arnold Sports Festival does not mail credentials in advance. Credentials must be picked up in person at the Media Room located in B-132 at the Greater Columbus Convention Center or in the Media Center in Battelle Grand during the hours specified in your confirmation.

Exclusive Media Rights

The Arnold Sports Festival retains exclusive media rights (including, but not limited to, rights in broadcast, cable, audio, home video, internet, or such other recordings, accounts or descriptions, now known or hereafter devised) to all events. The use, account, description, picture, photograph, video, audio, reproduction, or other information acquired at Arnold Sports Festival venues other than for news coverage (defined as the description or depiction of newsworthy events or information) is strictly prohibited. (For avoidance of doubt, no person shall use any content described above in any commercial manner), except with the prior written consent of the Arnold Sports Festival.

No live video or audio from the IFBB Pro League events or Pro Strongman events can be aired or published including online until after the events have concluded.

Video/audio coverage shall be no longer than 3 minutes in length unless prior written consent of the Arnold Sports Festival is granted.

Questions or concerns please contact:

Matt Lorz
Arnold Sports Festival
Media Relations Director
matt@arnoldexpo.com
office 614-431-2600
direct 614-635-6137

The following page is the Media Credential Request Form to be filled out and returned by the Editor or Owner and sent along with the letter of assignment and your 2018 coverage.

2019 Arnold Sports Festival Media Credential Request Form

Pre-Registration Deadline - February 14, 2019. Responses to requests after this date could be delayed.

Submit your request to: Matt Lorz
Arnold Sports Festival
1215 Worthington Woods Blvd.
Worthington, OH 43085

matt@arnoldexpo.com
office 614-431-2600
direct 614-635-6137

CONTACT INFORMATION: Please type or print clearly

Editor's Name:	Company Name:
Address:	Email:
City/State:	Phone:
Zip code/Country:	Website:

NAMES OF STAFF REQUESTING CREDENTIALS: Please type or print clearly

Name	Email	Cell Phone	Country of Residence

By submitting this request, I confirm that:

I have read the 2019 Media Regulations and agree to these terms. I also confirm that I am authorized to agree to the Arnold Sports Festival's credential regulations on behalf of my media organization and its employees. I understand that my receipt of an Arnold Sports Festival Media Credential is specifically conditioned upon my compliance with such regulations and that my failure to do so will result in the immediate loss of my and the news media outlet's credential privileges at Arnold Sports Festival events and may result in liability and understand that the application submission does not guarantee credential approval.

Signature:_____ Print Name:_____ Date:_____

Media Check-In

Onsite Media Check-In:

1. **Greater Columbus Convention Center – Media Room**
   400 N. High St. Room B-132, near High St. across from the Hampton Inn at Spruce St.

   Phone 614-827-2842

   Hours:
   Friday, March 1 (8am-6pm)
   Saturday, March 2 (8am-6pm)
   Sunday, March 3 (8am-4pm)

   Space is available for media work, coats, meetings and breaks. We are not responsible for items left in the room.

2. **Battelle Grand Media Center**
   Enter from the Hyatt Regency Ballroom foyer.

   Hours:
   Wednesday, Feb. 27 (10am-8pm)
   Thursday, Feb. 28 (9am-8pm)
   Friday, March 1 (8am-4pm, 6pm-10pm)
   Saturday, March 2 (11am-4pm, 6-10pm)

Media Contacts:

General Inquiries:
Brent LaLonde
Arnold Sports Festival
brent@arnoldexpo.com
Office 614-431-2600
Cell 614-562-0940

Credential Requests:
Matt Lorz
Arnold Sports Festival
matt@arnoldexpo.com
Office 614-431-2600
Cell 614-395-3882