



**14<sup>th</sup> Annual Arnold Amateur NPC  
Bodybuilding, Fitness, Figure,  
Bikini, Physique & Wellness Championships**

March 5-7, 2020  
Columbus, Ohio USA

**2020 COMPETITOR INFORMATION**



**“WIN AND YOU ARE IN”**



**OVERALL WINNERS RECEIVE IFBB PRO LEAGUE PRO CARDS**

# **WELCOME**

Gov. Arnold Schwarzenegger, Jim Lorimer and Promoters Bob Lorimer and Mike Davies welcome you to the **2020 NPC Arnold Amateur Bodybuilding, Fitness, Figure, Bikini, Physique & Wellness Championships** in Columbus, Ohio.

The Arnold Amateur features more than 800 competitors from more than 80 nations and is one of the most prestigious amateur bodybuilding contests in the world.

The Arnold Amateur is held in Columbus, Ohio USA in conjunction with the Arnold Sports Festival, the largest multi-sport event in the USA with more than 22,000 athletes competing in more than 80 sports and events. The Arnold Classic, Arnold Classic Men's Physique, Fitness International, Figure International, Bikini International and Women's Physique International are IFBB Pro League contests held in conjunction with the Arnold Sports Festival.

## **COMPETITOR ELIGIBILITY**

**This competition is open to amateur competitors around the world regardless of affiliation or federation.**

NO QUALIFICATIONS ARE NECESSARY.

## **REGISTRATION & ENTRY FORMS**

Registration is open at [www.arnoldamateur.com](http://www.arnoldamateur.com)

**Deadline for sending the Entry Form is January 31, 2020**

**ENTRIES submitted after Jan. 31, 2020 will be charged a \$100 LATE FEE**

ALL ATHLETES must register through the Arnold Amateur office with the ONLINE ENTRY FORM found at [www.arnoldamateur.com](http://www.arnoldamateur.com).

### **Mail Entry Forms To:**

#### **ARNOLD AMATEUR**

c/o Brent LaLonde

1215 Worthington Woods Blvd.

Worthington, OH 43085

[brent@arnoldexpo.com](mailto:brent@arnoldexpo.com)

Entry Forms may also be e-mailed to [brent@arnoldexpo.com](mailto:brent@arnoldexpo.com)

## **COMPETITOR NOTIFICATION**

Once your registration has been received and accepted, an email will be sent to confirm your registration.

We strongly encourage you to register EARLY and make the appropriate HOTEL AND OTHER ARRANGEMENTS to compete in Columbus.

## **IMPORTANT ARRIVAL NOTICE**

All Arnold Amateur Competitors who compete on Thursday, March 5 should arrive in Columbus, Ohio no later than Wednesday, March 4

All Arnold Amateur Competitors who compete on Friday, March 6 should arrive in Columbus, Ohio no later than Thursday, March 5

## **OFFICIAL AIRPORT**

Official arrival airport is John Glenn Columbus International Airport (CMH). More information: [www.flycolumbus.com](http://www.flycolumbus.com)

## **ARNOLD AMATEUR ATHLETE HOST HOTELS**

### **DoubleTree Suites By Hilton Columbus Downtown**

50 South Front Street  
Columbus, Ohio 43215

Rate: \$175/night plus taxes

Booking Contact: 1-614-228-4600 or 1-800-525-2430

Note: Use code “**ASF**” when booking a reservation by phone to get the special amateur rate.

#### **Online Reservation Link:**

[https://secure3.hilton.com/en\\_US/dt/reservation/book.htm?inputModule=HOTEL&ctyhocn=CMHSBDT&spec\\_plan=CDTASF&arrival=20200304&departure=20200308&cid=OM.WW.HILTONLINK.EN.DirectLink&fromId=HILTONLINKDIRECT](https://secure3.hilton.com/en_US/dt/reservation/book.htm?inputModule=HOTEL&ctyhocn=CMHSBDT&spec_plan=CDTASF&arrival=20200304&departure=20200308&cid=OM.WW.HILTONLINK.EN.DirectLink&fromId=HILTONLINKDIRECT)

### **Sheraton Columbus at Capitol Square**

75 East State Street  
Columbus, Ohio 43215

Rate: \$178/night plus taxes

Booking Info: 800-325-3535 When calling, please mention “**Amateur Bodybuilder Athletes**” to receive the negotiated athlete rate.

#### **Online Reservation Link:**

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1558452626910&key=GRP&app=resvlink>

## **VENUE**

### **Greater Columbus Convention Center**

Battelle Grand and Arnold Fitness EXPO Stage  
400 N. High St.  
Columbus, Ohio 43215

## **PUBLIC SHUTTLE SERVICE HOURS**

Public Shuttle service will be available from the **Host Hotels** to the Greater Columbus Convention Center and Battelle Grand. Shuttle Hours are:

Thursday, March 5, 2020: 9 a.m.-11:30 p.m.

Friday, March 6, 2020: 7 a.m.-11:30 p.m.

Saturday, March 7, 2020: 7 a.m.-2:30 a.m. (Sunday morning)

Sunday, March 8, 2020: 7 a.m.-5 p.m.

## **OFFICIAL REGISTRATION & WEIGH-IN**

**ALL ATHLETES COMPETING ON THURSDAY, MARCH 5 MUST ATTEND THE MANDATORY CHECK-IN on Wednesday, March 4 from 10 a.m. - 8 p.m. at the Hyatt Regency Franklin Ballroom.**

**ALL ATHLETES COMPETING ON FRIDAY, MARCH 6 MUST ATTEND THE MANDATORY CHECK-IN on Thursday, March 5 from 8 a.m. – 10:30 a.m. at the Hyatt Regency Ballroom Foyer.**

**Wednesday Check-In Is Optional For Male Athletes Competing On Friday, March 6**

**LAST-CALL CHECK-IN FOR ATHLETES COMPETING ON THURSDAY IS FROM 8 A.M.-10:30 A.M. ON THURSDAY, MARCH 5 AND LAST-CALL CHECK-IN FOR ATHLETES COMPETING ON FRIDAY IS FROM 6 A.M.-7:30 A.M. ON FRIDAY, MARCH 6**

The Hyatt Regency is located at 350 N. High Street, Columbus, Ohio 43215 and is attached to the Greater Columbus Convention Center.

### **IMPORTANT NOTICE TO COMPETITORS**

Each competitor will be provided with an athlete competitor wristband at the Mandatory Competitor Check-In. This wristband allows daily admission to the Arnold Fitness EXPO Friday-Sunday. For a complete schedule of Arnold Sports Festival events visit [www.ArnoldSportsFestival.com](http://www.ArnoldSportsFestival.com)

**No trainers, family or friends, make up or tanning will be permitted in the backstage area.**

## **MANDATORY ATHLETE MEETINGS**

**ALL ATHLETES competing on Thursday, March 5 MUST ATTEND THE ATHLETE MEETING AT 10:30 A.M. ON THURSDAY, MARCH 5 IN THE HYATT REGENCY BALLROOM FOYER.**

ALL ATHLETES COMPETING ON THURSDAY, MARCH 5 **can confirm their division and class** from 9-10:30 a.m. on Thursday, March 5 in the Hyatt Regency Ballroom Foyer. (Divisions and classes will be finalized based on final registration and check-in on Thursday, March 5.)

**ALL ATHLETES competing on Friday, March 6 MUST ATTEND THE ATHLETE MEETING AT 7:30 A.M. ON FRIDAY, MARCH 6 IN THE HYATT REGENCY BALLROOM FOYER.**

ALL ATHLETES COMPETING ON FRIDAY, MARCH 6 **can confirm their division and class** from 6-7:30 a.m. on Friday, March 6 in the Hyatt Regency Ballroom Foyer. (Divisions and classes will be finalized based on final registration and check-in on Friday, March 6.)

## **FINALISTS - ATHLETE MEETINGS**

**Men's & Women's Physique Finalists Only**

**Meet on Friday, March 6, 12:30 p.m. at Greater Columbus Convention Center, Back of Hall D behind ROGUE Stage**

**Men's & Women's Bodybuilding, Fitness, Figure & Bikini Finalists Only**

**Meet on Saturday, March 7, 8 a.m. at Greater Columbus Convention Center, Back of Hall D behind the ROGUE Stage**

## **OVERALL WINNERS NOTIFICATION**

ALL OVERALL WINNERS will receive two (2) tickets to attend the Arnold Classic Bodybuilding Finals on the evening of Saturday, March 7 in the Battelle Grand at the Greater Columbus Convention Center.

A group photograph of the overall winners with Gov. Arnold Schwarzenegger will be taken back stage on Saturday evening during the Arnold Classic Finals. You will also be introduced on the main stage during the evening show.so dress appropriately.

Overall winners will also have individual photographs photo taken with Gov. Schwarzenegger at noon on Sunday, March 8, 2018 at the Sponsor Luncheon at the Hilton Columbus Downtown.

## **POSING MUSIC**

All posing music must be on audio CD only. The posing music must also be at the start of the CD. Each competitor must put his name on the CD. **Profane, vulgar and offensive language is strictly prohibited.** ALL MUSIC MUST BE SUBMITTED AT CHECK-IN.

**Men's Bodybuilding** – 60 seconds | **Classic Physique** – 60 seconds  
**Women's Physique** – 60 seconds | **Fitness** – 2 minutes

## **TANNING NEEDS**

For those of you with tanning or makeup needs, contact Jan Tana at [www.jantana.com](http://www.jantana.com) to book an appointment. No spray tanning will be done at the venue, so be sure to book appointments.

**THE ARNOLD AMATEUR HAS BANNED ALL TANS THAT CAN BE WIPED OFF. AN OFFICIAL WILL CHECK THE TAN OF ALL ATHLETES BACKSTAGE AND IF THE TAN COMES OFF BY SIMPLY WIPING, THE ATHLETE WILL BE TOLD TO REMOVE THE TAN BEFORE GOING ON STAGE.**

## **TICKETS**

Tickets to the Arnold Amateur NPC on Thursday, March 5 and Arnold Amateur NPC on Friday, March 6 at the Battelle Grand at the Greater Columbus Convention Center are \$25 each per day for General Admission. Tickets may be purchased in advance at [www.ticketmaster.com/arnold](http://www.ticketmaster.com/arnold) or at the door.

Tickets to the Arnold Fitness EXPO for Arnold Amateur NPC Men's & Women's Physique Finals on Friday, March 6 and Arnold Amateur NPC Men's Bodybuilding, Fitness, Figure & Bikini Finals on Saturday, March 7 are \$25 at the door, \$20 in advance through [www.ticketmaster.com/arnold](http://www.ticketmaster.com/arnold)

### **2020 Arnold Amateur Competitor VIP Ticket Package**

A specially-priced Arnold Amateur VIP Ticket Package is available to Arnold Amateur competitors for \$200 at [www.ticketmaster.com/AAVIP](http://www.ticketmaster.com/AAVIP). The package includes:

- \* **IFBB Pro League Meet and Greet** at 7 p.m. on Thursday, March 5
- \* **Fitness International and Figure International Finals** at 7 p.m. on Friday, March 6
- \* **Arnold Classic, Bikini International, Arnold Men's Physique Prejudging and Arnold Pro Wheelchair Prejudging & Finals** at 1 p.m. on Saturday, March 7
- \* **Arnold Classic, Bikini International and Arnold Men's Physique Finals** at 7 p.m. on Saturday, March 7
- \* **Arnold Party With The Pros** at 9 p.m. on Saturday, March 7 following the Arnold Classic Finals
- \* **Arnold Sunday Showcase** at 9:30 a.m. on Sunday, March 8 featuring Arnold and former Arnold Classic champions

The Arnold Amateur Competitor VIP Ticket Packages are \$200 each. Normal VIP Ticket Packages are \$350. The Amateur Packages do not include Daily EXPO Tickets or Arnold Amateur competitions at Battelle Grand because competitors are admitted with their competitor wristband. Competitors may purchase packages for friends and family **but the packages will not include Arnold Amateur or Daily EXPO Tickets**. Packages are limited so purchase early.

## **VISAS**

Citizens of 38 countries are eligible for visa-free entry into the United States under the Visa Waiver Program (VWP). Generally, a citizen of a foreign country who wishes to enter the United States must first obtain a visa. Visitor visas are visas for persons who want to enter the United States temporarily for tourism, sport, pleasure or visiting (visa category B-2). There are several steps to apply for a visa and you may need several weeks to obtain your visa. Nobody can guarantee that you will be issued a visa. Review the instructions available on the website of the embassy or consulate where you will apply to learn more about the procedure, required documents and fees. Do not make final travel plans or buy tickets until you have a visa. If you have a valid visa in your expired passport, you may use your valid visa in your expired passport along with a new valid passport for travel and admission to the United States.

### **VISA LETTERS**

International amateur competitor who need an Official Invitation / Visa Letter can send Name, Country and Passport Number to Bob Lorimer [bob@arnoldexpo.com](mailto:bob@arnoldexpo.com). **Athlete must submit application and pay entry fee before requesting Visa Letter.**

## **USEFUL INFORMATION**

### **ELECTRICAL CURRENT**

The electrical outlets are 120 V, 60 Hz. Plugs and sockets type A and B (same as in Canada, Mexico, Japan, Venezuela, Colombia, Ecuador, most of the CAC countries). If the standard voltage in your country is in the range of 220V - 240V (as in the UK, Europe, Asia, Africa and Australia), you certainly need a power converter in the United States of America. To be sure, check the label on the appliance. If it states 'INPUT: 100-240V, 50/60 Hz', it can be used in all countries of the world (like chargers for tablets/laptops, photo cameras, cell phones, toothbrushes). If not, it is not advised to use your appliances, but you can try at your own risk.

### **TIME DIFFERENCE and CLIMATE**

The local time in Columbus, Ohio, is UTC/GMT - 5 hours (same as in New York City and Miami). During the months of February/March the daily mean temperature is 4.8°C (40.6°F), percentage of possible sunshine 43%. Rain or snow may be possible.

## **QUESTIONS / ATHLETE CONTACT**

Mike Davies, Promoter \* [beefcakedavies@aol.com](mailto:beefcakedavies@aol.com) \* 614-306-9484

# **14<sup>th</sup> Annual Arnold Amateur NPC Bodybuilding, Fitness, Figure, Bikini, Physique & Wellness Championships**

March 5-7, 2020 \* Columbus, Ohio

## **Schedule of Events**

(Check-In, Competitor Meetings, Competitions)

### **Wednesday, March 4, 2020 – Greater Columbus Convention Center**

HYATT REGENCY FRANKLIN BALLROOM

- 10 a.m.-8 p.m.      **MANDATORY CHECK-IN / REGISTRATION FOR  
ATHLETES COMPETING ON THURSDAY**  
Men's Physique, Masters Figure, Masters Bikini, Fitness,  
Figure, Bikini, Wellness
- OPTIONAL CHECK-IN FOR ATHLETES COMPETING ON  
FRIDAY**  
Women's Physique, Classic Physique, Men's Bodybuilding

### **Thursday, March 5, 2020 – Greater Columbus Convention Center**

HYATT REGENCY BALLROOM FOYER

- 8 a.m.-10:30 a.m.    **LAST CALL CHECK-IN FOR ATHLETES COMPETING ON  
THURSDAY**  
Men's Physique, Masters Figure, Masters Bikini, Fitness,  
Figure, Bikini, Wellness
- 8 a.m.-10:30 a.m.    **MANDATORY CHECK-IN / REGISTRATION FOR  
ATHLETES COMPETING ON FRIDAY**  
Women's Physique, Classic Physique, Men's Bodybuilding
- 9 a.m.-10:30 a.m.    **REGISTRATION CONFIRMATION FOR ATHLETES  
COMPETING ON THURSDAY**
- 10:30 a.m.            **MANDATORY ATHLETE MEETING FOR ALL ATHLETES  
COMPETING ON THURSDAY**



## BATTELLE GRAND

Noon

### **ARNOLD AMATEUR NPC DAY #1**

#### **Masters Figure – Semifinals + Finals**

A: Up to and including 5-4

B: Over 5-4 up to and including 5-6

C: Over 5-6

#### **Masters Bikini – Semifinals + Finals**

- Will Seed into Separate Classes at Show

#### **Fitness – Semifinals**

- Will Seed into Separate Classes at Show

#### **Figure – Semifinals**

A: Up to and including 5-1

B: Over 5-1 up to and including 5-2 ½

C: Over 5-2 ½ up to and including 5-4

D: Over 5-4 up to and including 5-5 ½

E: Over 5-5 ½ up to and including 5-7

F: Over 5-7

#### **Bikini – Semifinals**

A: Up to and including 5-1

B: Over 5-1 up to and including 5-2

C: Over 5-2 up to and including 5-3

D: Over 5-3 up to and including 5-4

E: Over 5-4 up to and including 5-5

F: Over 5-5 up to and including 5-6

G: Over 5-6 up to and including 5-7

H: Over 5-7

#### **Wellness – Semifinals & Finals**

A: Up to and including 5-4

B: Over 5-4

#### **Masters Figure Awards**

#### **Masters Bikini Awards**

#### **Wellness Awards**

**Men's Physique – Eliminations + Semifinals**

A: Up to and including 5-7

B: Over 5-7 up to and including 5-8

C: Over 5-8 up to and including 5-9

D: Over 5-9 up to and including 5-11

E: Over 5-11 up to and including 6-0

F: Over 6-0

**Friday, March 6, 2020 – Greater Columbus Convention Center**

HYATT REGENCY BALLROOM FOYER

6 a.m. -7:30 a.m.    **LAST-CALL CHECK-IN FOR ATHLETES COMPETING ON FRIDAY**

Women's Physique, Classic Physique, Men's Bodybuilding

7:30 a.m.            **MANDATORY ATHLETE MEETING FOR ALL ATHLETES COMPETING ON FRIDAY**

BATTELLE GRAND

9 a.m.                **IFBB PRO LEAGUE WOMEN'S PHYSIQUE PREJUDGING**

10 a.m.              **ARNOLD AMATEUR NPC DAY #2**

**Women's Physique Semifinals**

A: Up to and including 5-6

B: Over 5-6

**Men's Classic Physique - Semifinals + Finals**

A: Up to and including 5-7 and up to and including 175 pounds

B: Over 5-7 up to and including 5-11 and up to 205 pounds

C: Over 5-11 and over 205 pounds

**Men's Classic Physique Awards**

**Men's Bodybuilding – Semifinals**

- **Bantamweight:** Up to and including 143 1/3 pounds
- **Lightweight:** Over 143 1/3 pounds up to and including 154 1/4 pounds
- **Welterweight:** Over 154 1/4 pounds up to 165 1/4 pounds
- **Middleweight:** Over 165 1/4 pounds up to 176 1/4 pounds
- **Light-Heavyweight:** Over 176 1/4 pounds up to 198 1/4 pounds
- **Heavyweight:** Over 198 1/4 pounds up to 225 1/4 pounds
- **Super Heavyweight:** Over 225 1/4 pounds

**ARNOLD FITNESS EXPO STAGE**

12:30 p.m. CHECK-IN FOR MEN'S & WOMEN'S PHYSIQUE FINALS  
(Convention Center, Back of Hall D behind ROGUE Stage)

1 p.m. MANDATORY MEETING FOR MEN'S & WOMEN'S  
PHYSIQUE FINALISTS

2 p.m. **Men's Physique – Finals**  
A: Up to and including 5-7  
B: Over 5-7 up to and including 5-8  
C: Over 5-8 up to and including 5-9  
D: Over 5-9 up to and including 5-11  
E: Over 5-11 up to and including 6-0  
F: Over 6-0

**Women's Physique - Finals**  
A: Up to and including 5-6  
B: Over 5-6

**Men's Physique Awards**  
**Women's Physique Awards**

**Saturday, March 7, 2020 – Greater Columbus Convention Center**

**ARNOLD FITNESS EXPO STAGE**

8 a.m. FINALS CHECK-IN  
(Convention Center, Back of Hall D behind ROGUE Stage)  
FINALISTS in Men's Bodybuilding, Fitness, Figure & Bikini

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

10 a.m.

**Fitness Routine Round - Finals**  
- Will Seed into Separate Classes at Show

**Figure Finals**

- A: Up to and including 5-1
- B: Over 5-1 up to and including 5-2 ½
- C: Over 5-2 ½ up to and including 5-4
- D: Over 5-4 up to and including 5-5 ½
- E: Over 5-5 ½ up to and including 5-7
- F: Over 5-7

**Bikini Finals**

- A: Up to and including 5-1
- B: Over 5-1 up to and including 5-2
- C: Over 5-2 up to and including 5-3
- D: Over 5-3 up to and including 5-4
- E: Over 5-4 up to and including 5-5
- F: Over 5-5 up to and including 5-6
- G: Over 5-6 up to and including 5-7
- H: Over 5-7

**Fitness Awards**

**Figure Awards**

**Bikini Awards**

**Men's Bodybuilding - Finals (Top 5) – Rounds 2 & 3**

- **Bantamweight:** Up to and including 143 1/3 pounds
- **Lightweight:** Over 143 1/3 pounds up to and including 154 ¼ pounds
- **Welterweight:** Over 154 ¼ pounds up to 165 ¼ pounds
- **Middleweight:** Over 165 ¼ pounds up to 176 ¼ pounds
- **Light-Heavyweight:** Over 176 ¼ pounds up to 198 ¼ pounds
- **Heavyweight:** Over 198 ¼ pounds up to 225 ¼ pounds
- **Super Heavyweight:** Over 225 ¼ pounds

1:30 p.m.

**Men's Bodybuilding Awards**  
Men's Bodybuilding Overall + Awards  
**Arnold Fitness EXPO Stage**

**NOTE:** Fitness, Figure and Bikini Overall Winners shall return to stage at 1:30 p.m. to join Men's Bodybuilding Overall Winner for photo with Arnold.

**BL 12.11.19**