

14th 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 BALLROOM FOYER

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

**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**
Masters Figure, Masters Bikini, Fitness, Figure, Bikini,
Wellness & Men's Physique

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 Fitness, Figure & Bikini & Men's Bodybuilding

9 a.m. MANDATORY MEETING FOR FITNESS, FIGURE, BIKINI &
MEN'S BODYBUILDING 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 2.18.20