

Arnold Sports Festival 2020 - Media Kit

A promotional graphic for the Arnold Sports Festival 2020. It features a large portrait of Arnold Schwarzenegger on the left, wearing a black t-shirt with the 'REIGN TOTAL BODY FUEL' logo. The background is a stylized American flag with the year '2020' in large, semi-transparent numbers. To the right of Arnold is a glowing, ethereal image of a muscular figure. The word 'ARNOLD' is written in large, bold, red letters with a blue outline. Below it is a circular gold medal emblem with a muscular figure and the text 'SPORTS FESTIVAL USA 2020'. The dates 'MARCH 5 - 8, 2020' and location 'COLUMBUS, OHIO' are prominently displayed. Below that, it says '22,000 ATHLETES • 85 SPORTS & EVENTS' and 'PLUS ARNOLD SPORTSWORLD KIDS & TEENS EXPO'. The website 'www.ARNOLDSPORTSFESTIVAL.com' is listed. At the bottom, there are logos for 'ROGUE' and various sponsors including Animal, EUPHONIA, HOMAGE, Jaxx, HYDRO, MUSCLE, MOUNT CARMEL, TRICART, and REDCON1. A ticket link 'TICKETS: WWW.TICKETMASTER.COM/ARNOLD' is also present.

REIGN
TOTAL BODY FUEL™

ARNOLD

SPORTS FESTIVAL
USA 2020

MARCH 5 - 8, 2020
COLUMBUS, OHIO

22,000 ATHLETES • 85 SPORTS & EVENTS
PLUS **ARNOLD SPORTSWORLD KIDS & TEENS EXPO**

www.ARNOLDSPORTSFESTIVAL.com

ROGUE

Animal EUPHONIA HOMAGE Jaxx HYDRO MUSCLE MOUNT CARMEL TRICART REDCON1

TICKETS: WWW.TICKETMASTER.COM/ARNOLD

Greater Columbus Convention Center ■ Hyatt Regency ■ Ohio Expo Center
Alum Creek State Park ■ Columbus and Spin & Smash Table Tennis ■ Elysium Tennis
Express Live! ■ Hilton Columbus Downtown ■ New Albany HS ■ Premier at Sawmill Athletic Club
SuperKick Columbus ■ Throw Nation ■ Walnut Hill Disc Golf Course

www.arnoldsportsfestival.com



Arnold Sports Festival Celebrating 32 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 festival, with four days of sports competitions, demonstrations, seminars, entertainment and the latest fitness products.

The Arnold Sports Festival story dates back 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.

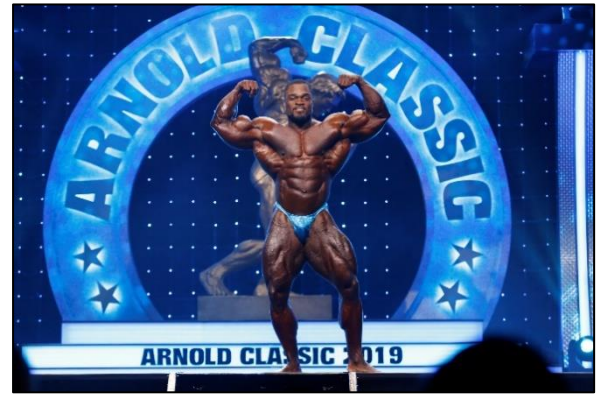
More events have been added each year and the weekend was renamed the Arnold Sports Festival in 2006. In 2020, more than 85 sports and events featuring more than 22,000 athletes will be held at the annual celebration of health and fitness as the nation's largest multi-sport festival celebrates its 32nd Anniversary.

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

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2020 Arnold Sports Festival To Feature Record 22,000 Athletes From 80 Nations In 85 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 2020 when an estimated 22,000 athletes from 80 nations compete in more than 85 sports and events March 5-8, 2020 in Columbus, Ohio.

Headlining the nation's largest multi-sport festival are IFBB Pro League professional bodybuilding contests and the Arnold Strongman Classic with the best built and strongest athletes in the world. These premier physique and strongman competitions are featured daily at the Greater Columbus Convention Center.

The 32nd Arnold Classic will be held at Battelle Grand on Saturday, March 7, along with the Bikini International, Arnold Classic 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 Pro Wheelchair.

The Arnold Amateur NPC Bodybuilding, Fitness, Figure, Bikini & Physique Championships will be held at the Battelle Grand and Arnold Fitness EXPO from Thursday, March 5 through Saturday, March 7 and is expected to attract more than 700 athletes. The contest will feature the new Wellness Division for the first time.

New events in 2020 include: Arnold Medieval Fighting Invitational; WPO Powerlifting Semifinals; IWF Rogue Grand Prix; Arnold Strongest Teen; Arnold Cup Stacking Tournament; Arnold Dart 'N Dodge; and Arnold Bike Rodeo.

Sports and events at the Ohio Expo Center in 2020 include Arnold SportsWorld Kids & Teens EXPO, baton twirling, cheerleading & dance, futsal, gymnastics, martial arts and Spartan Obstacle Course.

The Arnold SportsWorld Kids & Teens EXPO is helping kids be more active, building healthy habits for life. Attendees can try more than 20 sports from archery to wrestling, many led by Central Ohio professional sports teams. Highlights include: Celebrity Meet & Greet, Arnold's Quest for Talent, Arnold Miss Fitness Pageant, non-stop stage entertainment, 200 booths, and fun zone with ziplines, mascots and more. This wall-to-wall fun event for families is FREE for children 14 and under and is held at the Ohio Expo Center's Bricker Building on Saturday, March 7 and Sunday, March 8.

The 2020 Arnold Fitness EXPO will be held March 6-8 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 6 through Sunday, March 8.

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 85 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.”

Arnold Sports Festival Stage Schedules

| | Friday, March 6 | Saturday, March 7 | Sunday, March 7 |
|-------------------------------|--|--|---|
| Main Stage | 9:30 a.m.: Armwrestling 11 a.m.: MAS Wrestling 11:45 a.m.: Fitness & Figure International Prejudging 1 p.m.: Arnold Classic Physique Prejudging 2 p.m.: Arnold Amateur NPC Men's & Women's Physique Finals 3 p.m.: Arnold Model Search | 9:30 a.m.: Wheelchair Calisthenics 10 a.m.: Arnold Amateur NPC Bodybuilding, Fitness, Figure & Bikini Finals 1:45 p.m.: Arnold Model Search 3:00 pm: IWF Rogue Grand Prix | 10 a.m.: USA Powerlifting Pro Deadlift 11:15 a.m.: ROGUE Record Breakers 1 pm.: IWF Rogue Grand Prix |
| ROGUE Strength Stage | 9:30 a.m.: Pro Strongwoman 11 a.m.: XPC Powerlifting 12:30 p.m.: Weightlifting | 9:30 a.m.: Armwrestling Finals 10:30 a.m.: USA Powerlifting Pro Bench Bash 12:30 p.m.: Pro Strongwoman 2:30 p.m.: USA Powerlifting Grand Prix By SBD | 10 a.m.: USA Powerlifting Squat Challenge Noon: XPC Powerlifting Last Man Standing 1 p.m.: XPC Powerlifting 21 Deadlift Salute |
| Concourse Stage | 8:30 a.m.: MAS Wrestling 10:30 a.m.: Armlifting Women's Divisions Noon: Pole Fitness 1 p.m.: Sailor The Dog 1:30 p.m.: Rich Graham & Greg Mihovich, Self Defense 2 p.m.: Prophecy The Rapper 2:30 p.m.: Cup Stacking 3 p.m.: Pole Fitness 4 p.m.: Armwrestling 4:45 p.m.: World Jump Rope | 8:30 a.m.: Armlifting Men's Lightweights 10 a.m.: World Jump Rope 10:30 a.m.: Fencing 11 a.m.: MAS Wrestling 1 p.m.: Medieval Fighting 1:30 p.m.: Futsal Pros 2:30 p.m.: Greg Mihovich, Self Defense 3 p.m.: Pole Fitness 4 p.m.: Body Painting Finals | 9 a.m.: Armlifting Men's Heavyweights 11:15 a.m.: Pole Fitness 12:15 p.m.: Fencing 12:45 p.m.: World Jump Rope 1:15 p.m.: Medieval Fighting 3 p.m.: Pole Fitness |
| Arnold Strongman Arena | 9:30 a.m.: Amateur Strongman Noon: Pro Strongwoman 1:30 p.m.: Arnold Strongman Classic | 9:30 a.m.: Amateur Strongman 11:15 a.m.: Arnold Strongman Classic & Rogue Record Breakers 3:30 p.m.: Amateur Strongman | 10 a.m.: Arnold Disabled Athletes 1 p.m.: Amateur Strongman Finals |

Arnold Sports Festival 2020 – 85 Events and 13 Venues

* 7 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-10 divisions
 5K Pump & Run/5K
 Amateur Strongman and Woman
 Arm Wrestling
 Arm Lifting
 Arnold Education
 Arnold Strongman Classic
 Arnold Pro Strongwoman
 Arnold Sunday Showcase
 Art at the Arnold
 Body Painting
 CrossFit Endeavor
 Fencing
 Foosball
 Grappling
 Guns & Hoses Boxing
 Jump Rope
 Kettlebell
 Lifestyle Fitness & Yoga
 MAS Wrestling
 *Medieval Fighting
 MMA Workshop
 Model Search
 Ninja Warrior
 Pole Fitness
 *IWF Rogue Grand Prix
 Rogue Record Breakers
 Scottish Highland Games
 Spartan Obstacle Course
 Ultimate Teen Challenge
 USA Powerlifting
 Weightlifting
 *WPO Powerlifting
 XPC Powerlifting
 Youth DanceSport

Ohio Expo Center

Arnold SportsWorld Kids and Teens EXPO
 Arnold Miss Fitness Pageant
 Arnold Quest for Talent
 *Bike Rodeo
 *Cup Stacking
 *Dart N Dodge
 High School Weightlifting
 Speed Cubing
 *Teen Strongman
 Baton Twirling
 Cheerleading & Dance
 Futsal
 Gymnastics
 Martial Arts Festival (13 disciplines)

Hilton Downtown Columbus

IFBB Meet & Greet

Express Live

Pro/Am MMA Festival
 Party with the Pros

Alum Creek State Park

Wolf Pack Trail Run

Elysium Tennis

Pickleball

New Albany High School

Swimming

SuperKick Columbus

Soccer

Columbus Table Tennis & Spin & Smash Table Tennis

Table Tennis

Throw Nation

Axe Throwing

Walnut Hill Disc Golf Course

Disc Golf



Arnold Sports Festival To Be Held On Five Continents In 2020

COLUMBUS, Ohio – The Arnold Sports Festival will hold multi-sport festivals on five continents again in 2020.

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, for the first time, in Seville, Spain. Arnold Sports Festival Europe will move to Seville after being held in Barcelona for several years.

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 & Fitness. All events feature professional and amateur bodybuilding, 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 again 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 2020 as we again travel to five continents to promote the Arnold Classic multi-sports festival – the largest multi-sports festival in the world.”

2020 Arnold Classic Worldwide schedule:

Arnold Sports Festival USA, Columbus, Ohio, March 5-8, 2020

Arnold Sports Festival Australia, Melbourne, Australia, March 20-22, 2020

Arnold Sports Festival South America, São Paulo, Brasil, April 24-26, 2020

Arnold Classic Africa, Johannesburg, South Africa, May 15-17, 2020

Arnold Classic Europe, Seville, Spain, September 18-20, 2020

The **2020 Arnold Sports Festival USA** will feature more than 22,000 athletes from 80 nations competing in more than 85 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 & Wellness Championships** will return for a 14th year with more than 700 athletes from 70 nations.

Visit www.arnoldsportsfestival.com for more information on the Arnold Sports Festival USA and all 2020 Arnold Classic Worldwide events.



Five-time Champion Dexter Jackson, Former Champs William Bonac, Cedric McMillan Highlight 2020 Arnold Classic Field

COLUMBUS, Ohio – Five-time champion **Dexter “The Blade” Jackson**, the winningest professional bodybuilder in history, 2018 champion **William “The Conqueror” Bonac** and two other former champs will do battle at the 32nd Arnold Classic men’s bodybuilding championships in March 2020.

Jackson eclipsed Flex Wheeler’s record of four **Arnold Classic** titles when he won in Columbus in 2015. Jackson also took home the title in 2005, 2006, 2008 and 2013. Bonac will try to earn his second Arnold Classic title, as will former champions Cedric McMillan (2017) and Victor Martinez (2007).

Others in the field of 14 expected to challenge for the title March 7, 2020 in Columbus during the Arnold Sports Festival include **Mamdouh “Big Remy” Elssbiay**, 2017 Arnold Classic Europe and 2015 Arnold Classic South America champion; and **Josh Lenartowicz**.

The Arnold Sports Festival will again feature IFBB Pro League contests in nine divisions in 2020.

A new champion will be crowned in **Fitness International** as 2019 champion Ryall Graber is not returning. **Missy Truscott**, fourth last year and second at the Fitness Olympia, is among the favorites. Challengers include **Tiffany Chandler**, third in Columbus in 2019, and **Jeanine Taddeo**, sixth at the Olympia. 2019 Arnold Amateur winner **Haley Lisenba** will make her pro debut. Making her return to the stage is 2001 Fitness International champ **Jenny Worth**.

Figure International will see a new champion as Cydney Gillon will not return. Among this year’s contenders in a wide open field include **Jessica Reyes Padilla**, third in Columbus last year and fourth at the Olympia; **Natalia Soltero**, **Bojana Vasiljevic**, **Sandra Grajales** fourth, Fifth and sixth last year and **Tarryn Garlington** and **Ashley Soto** seventh and eighth at 2019 Olympia are also in the field.

Janet Layug returns to defend her title in the **Bikini International**. She will be challenged by 2017 and 2018 champion **Angelica Teixeira** and 2019 Bikini Olympia winner **Elisa Pecini**.

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 3 in a pro contest in 2019. Visit www.arnoldsportsfestival.com/usa for the complete competitor lists.

The Arnold Classic Physique, Fitness International, Figure International and Women’s Physique International will be held on Friday, March 6, 2020; while the Arnold Classic, Arnold Men’s Physique and Bikini International will be held on Saturday, March 7, 2020 with prejudging and finals at Battelle Grand.

2020 Arnold Classic, Arnold Classic Pro Wheelchair, Fitness International, Figure International, Bikini International Official Invite Lists:

| <u>Arnold Classic (15)</u> | | <u>Arnold Classic Pro Wheelchair (8)</u> |
|-----------------------------------|------------------|---|
| Morgan Aste | Josh Lenartowicz | Gabriele Andriulli |
| Lionel Beyeke | Victor Martinez | Anand Arnold |
| William Bonac | Cedric McMillan | Bradley Betts |
| Maxx Charles | Patrick Moore | Tyler Brey |
| Nathan De Asha | Sergio Oliva Jr. | Nadir Hajro |
| “Big Ramy” Elssbiay | Akim Williams | Harold Kelley |
| Dexter Jackson | | Antoni Khadraoui |
| Johnnie Jackson | | Johnny Quinn |
| Steve Kuclo | | |

| <u>Fitness International (14)</u> | <u>Figure International (17)</u> | <u>Bikini International (16)</u> |
|--|---|---|
| Marta Aguiar | Maryam Bamdad | Mahsa Akbarimehr |
| Darrian Borello | Anna Banks | Romina Basualdo |
| Tiffany Chandler | Brittany Campbell | Beatriz Biscaia |
| Kate Errington | Tarryn Garlington | Alessia Facchin |
| Kristy Fenster-Avery | Rhea Gayle | Marcia Goncalves |
| Ariel Khadr | Sandra Grajales | Daraja Hill |
| Sara Kovach | Tiffani Hebert-Lapoint | Janet Layug |
| Haley Lisenba | Michelle Lindsay | Priscila Leimbacher |
| Katie Mitchell | Lola Montez | Justine Munro |
| Jeanine Taddeo | Ericka Morales-Morgan | Elisa Pecini |
| Missy Truscott | Jessica Reyes Padilla | Camile Periat |
| Aurika Tyrgale | Natalia Soltero | Yeshaira Robles |
| Derina Wilson | Ashley Soto | Jennifer Ronzitti |
| Jenny Worth | Frida Thestrup | Alexandria Ross |
| | Bojana Vasiljevic | Etila Santiago Santos |
| | Julia Waring | Angelica Teixeira |
| | Martina Yabekova | |

The 32nd Annual Arnold Classic, Arnold Classic Physique, Arnold Men’s Physique, Fitness International, Figure International, Bikini International and Women’s Physique International contests will be held March 6-7, 2020 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, Martins Licis Lead Field at 2020 Arnold Strongman Classic

COLUMBUS, OHIO – Two-time Arnold Strongman Classic defending champion **Hafthor Bjornsson** of Iceland and **Martins Licis** of Santa Monica, Calif., the 2019 runner-up and current World's Strongest Man, headline a field of 10 qualifiers at the **2020 Arnold Strongman Classic** to be held in conjunction with the Arnold Sports Festival in Columbus, Ohio.

Bjornsson won the Arnold Strongman Classic for the second straight year in 2019 after winning his first title in 2018 and finishing second in 2017. Bjornsson, the actor who played The Mountain on the HBO hit series *Game Of Thrones* and the 2018 *World's Strongest Man*, will compete in the Arnold Strongman Classic for the ninth consecutive year in 2020.

Licis is coming off a narrow victory over Brian Shaw at the Arnold Strongman USA Championship on the Santa Monica Pier in January to earn his spot in Columbus. Licis had a stellar 2019 campaign, finishing second in Columbus in March and beating Bjornsson, among others, to win World's Strongest Man in June.

Other qualifiers include **Matjaz Belsak** (Slovenia), **Jean-Francois Caron** (Canada), **Rob Kearney** (USA), **Mateusz Kieliszewski** (Poland), **Olexii Novikov** (Ukraine), **Jerry Pritchett** (USA), **Mikhail Shvilyakov** (Russia) and **Bobby Thompson** (USA).

The 2020 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 2019. Thompson earned his spot by winning the Arnold Amateur World Championship at the 2019 Arnold Sports Festival. Visit www.arnoldprostrongman.com for more information on the Arnold Pro Strongman World Series.

Events at the 2020 Arnold Strongman Classic include: **Trial By Stone, Bag Over Bar, Wheel Of Pain, Rogue Elephant Bar Deadlift, Timber Carry** and **Cyr Strategic Dumbbell Challenge**.

The 2020 Arnold Strongman Classic will be held March 6-7, 2020 during the Arnold Sports Festival in Columbus, with the final event held at 7 p.m., March 7 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 money 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.



2020 Arnold SportsWorld Kids & Teens EXPO Features Family Fun with Sports, Activities and Entertainment

Ohio Expo Center to host 6th Annual Event

COLUMBUS, OHIO – the **Arnold SportsWorld Kids & Teens EXPO** is a celebration of sports, fitness and family fun with a wide variety of interactive and hands-on sports, activities and entertainment for families with kids of all age's March 7-8, 2020 at the Bricker Building at the Ohio Expo Center.

The Arnold SportsWorld is a fun-filled, two-day festival featuring more than 20 sports for attendees to try and includes competitions, games, sports demonstrations, non-stop stage entertainment, and a fun zone complete with ziplines, 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.

In addition to the Arnold SportsWorld Kids & Teen EXPO, the Ohio Expo Center will also host youth sports competitions, in various other buildings, including baton twirling, cheerleading & dance, futsal, gymnastics, martial arts and Spartan obstacle course.

NEW sports and activities at the Arnold SportsWorld in 2020 include Bike Rodeo, Cup Stacking, Dart N Dodge, Educational ‘STEM’ Stage, Handball, Teen Strongman, Skateboarding, and Surfing.

Additional Sports that attendees can try, many hosted by area professional sports teams, include: Hockey (**Columbus Blue Jackets**), Baseball (**Columbus Clippers**), Soccer (**Columbus Eagles**), Futsal (**Columbus Futsal**) Archery, Baton Twirling, Disc Golf, Fencing, Foosball, Football, Footgolf, Gymnastics, Jump Rope, Martial Arts, Spartan, Speed Cubing, Tennis, Weightlifting, and Wrestling.

Celebrity Meet & Greets at the Arnold SportsWorld will feature military veterans and elite athletes Saturday, March 7 from 2:30-3:30 p.m. Scheduled guest appearances include, for the first time, the entire 2020 induction class of the International Sports Hall of Fame.

Inductees include: **Kirstie Ennis** – Former Marine and Paralympic Extreme Athlete, **Forrest Griffin** – Former UFC Light Heavyweight Champion, **Johnny Damon** – 2X World Series Champion Outfielder, **Lesley Visser** – Highly Acclaimed Sportscaster and Sportswriter, **Eddie George** – Former NFL & OSU Running Back. Also, on hand will be, **Randy Couture** – Army Sgt./MMA Legend/Actor, **Frank Shamrock** – Former MMA Champion and **Rich Graham** – Navy Seal.

The Arnold SportsWorld, in partnership with Sunny95 and Real Music Records, will also feature the **Arnold's Quest For Talent** with emcees **Chris Kirkpatrick** of NSYNC and **Andre Styles** of Mix 107.9. Finals will be held at 1 p.m. Saturday, March 7, 2020 at Arnold SportsWorld. Awards include a \$2,500 Rotary Scholarship, lunch with Arnold, a tablet and more.

Highlighting the stage events at the Arnold SportsWorld on Sunday is the **Arnold Miss Fitness Pageant**. For the first time, teen and miss divisions will compete for the coveted crown and prizes Sunday, March 8, 2020 from 12:15-2p.m.

The Arnold SportsWorld Kids & Teens EXPO will be open from 9 a.m.-6 p.m. on Saturday, March 7 and from 10 a.m.-5 p.m. on Sunday, March 8. The event will also feature stage entertainment for two days.

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 6 from 7 a.m.-11:30 p.m.; Saturday, March 7 from 7 a.m.-2:30 a.m. (Sun); and Sunday, March 8 from 7 a.m.-6 p.m.

For more information, visit www.arnoldsportsworld.com.

ARNOLD SPORTSWORLD EXPO STAGE SCHEDULE

| Saturday, March 3 | Sunday, March 4 |
|--|--|
| 9:15 a.m.: Cloud Burst, Mascot Parade, Rising Stars, Drum Corp | 10:30 a.m.: Steam Dance |
| 10 a.m.: Sunny 95 Top 10 Rising Stars | 11:00 a.m.: Omega Man |
| 10:30 a.m.: Martial Arts | 11:35 a.m.: Central Ohio Youth Ballet |
| 10:45 a.m.: Body Painting & Ninja Turtle | Noon: Miss Arnold Teen Fitness Pageant |
| 11:15 a.m.: Richens Timm Irish Dance | 1:45 p.m.: Comedy and Juggling by Matt Jergens |
| 11:45 a.m.: World Jump Rope | 2:15 p.m.: Christian Rapper Prophoey |
| 12:15 p.m.: Central Ohio Youth Ballet | 2:30 p.m.: Mascot Awards |
| 12:35 p.m.: COSI Rat Basketball | 3:00 p.m.: World Body Painting |
| 12:50 p.m.: James Byrne, Youth Singer | 3:15 p.m.: Richens Timm Irish Dance |
| 12:55 p.m.: 2019 Talent Winner Cassidy Kite | 3:45 p.m.: Baton Twirling Champions |
| 1:00 p.m.: Arnold's Quest For Talent | 4:00 p.m.: Ufit Dance |
| 2:30 p.m.: Christian Rapper Prophoey | 4:30 p.m.: Futsal Ball Juggling |
| 2:45 p.m.: Talent Awards | TBA: Brutus and Ohio State cheerleaders |
| 3:00 p.m.: Jedi Fencing | |
| 3:20 p.m.: Baton Twirling Champions | |
| 3:45 p.m.: Omega Man | |
| 4:15 p.m.: Futsal Ball Juggling | |
| 4:30 p.m.: Sailor The Dog | |
| 5:00 p.m.: World Jump Rope | |

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 6: 7 am to 11:30 pm

Saturday, March 7: 7 am to 2:30 am (Sun am)

Sunday, March 8: 7 am to 6 pm



Athlete's Medical Team sponsored by



2020 ARNOLD SPORTS FESTIVAL - OHIO EXPO CENTER EVENT SCHEDULE

Friday, March 6

| | | |
|--------------------|------------------------|------------------|
| 8:00 am – 10:00 pm | Gymnastics Challenge | Celeste Center |
| 2:00 pm – 5:00 pm | Martial Arts | Voinovich Center |
| 3:00 pm – 7:00 pm | Cheerleading and Dance | Kasich Hall |
| 6:00 pm – 9:00 pm | Futsal | Taft Coliseum |

Saturday, March 7

| | | |
|--------------------|---|---------------------------|
| 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 – 5:00 pm | Futsal | Taft Coliseum |
| 9:00 am – 6:00 pm | Spartan Obstacle Course | Bricker Building, Paddock |

| | | |
|--------------------|--------------|------------------|
| 10:00 am – 7:30 pm | Martial Arts | Voinovich Center |
| 7:00 pm – 9:00 pm | Futsal | Taft Coliseum |

Sunday, March 8

| | | |
|--------------------|---|---------------------------|
| 10:00 am – 5:00 pm | Arnold SportsWorld Kids & Teens EXPO | Bricker Building |
| 8:00 am – 6:00 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 |
| 9:00 am – 5:00 pm | Martial Arts | Voinovich Center |
| 9:00 am – 6:00 pm | Futsal | Taft Coliseum |
| 10:00 am – 5:00 pm | Spartan Obstacle Course | Bricker Building, Paddock |





REIGN Total Body Fuel, a performance beverage released in 2019 that has quickly become a consumer favorite and category innovator, is the new Above-The-Line Sponsor of the **Arnold Sports Festival** in 2020.

REIGN Total Body Fuel is a performance beverage designed to support fitness-focused individuals in an effort to refuel, refresh and recover. REIGN is produced by the manufacturers of Monster Energy, a long-time supporter and Gold Sponsor of the Arnold Sports Festival.

Natalie Eva Marie of WWE Divas and REIGN's leading spokeswoman, attended the Arnold Sports Festival in 2019 and will lead the company's outreach efforts at the 2020 Arnold Sports Festival, set for March 5-8, in Columbus, OH.

"Over the years, I've learned to push myself to the limit and then farther to achieve the goals I've set before me," said Natalie. "The key to building my body and mind is to fuel it with natural foods and ingredients, like those in REIGN Total Body Fuel, that energize, motivate, and inspire me pre and post workout."

REIGN Total Body Fuel, **Monster Energy** and **Monster Hydro**, a third company brand, will have large activations at this year's Arnold Sports Festival and inside the popular Arnold Fitness EXPO. **REIGN Total Body Fuel** is also a major supporter of the Arnold Pro Strongman World series and will have a major presence at the Arnold Strongman Classic contest in 2020.

"The Arnold Sports Festival is proud to partner with REIGN Total Body Fuel as the Above-The-Line Sponsor of our marquee health and fitness weekend in Columbus, Ohio," said **Robert Lorimer**, president of Classic Productions, Inc. "We look forward to working with REIGN to provide their brand maximum exposure before, during and after the Arnold Sports Festival as well as exploring opportunities at Arnold Classic Worldwide events as REIGN continues its globalization efforts."

The Arnold Sports Festival is the world's largest multi-sport festival. The 32nd annual event will be held March 5-8, 2020 in Columbus, Ohio and feature more than 22,000 athletes competing in more than 85 sports and events. Featured events include the Arnold Classic and related IFBB Pro League contests; Arnold Amateur NPC Bodybuilding Championships; and the Arnold Strongman Classic and Arnold Amateur Strongman World Championships.

The Arnold Sports Festival also produces multi-sport festivals in Melbourne, Australia; São Paulo, Brasil; Johannesburg, South Africa and Seville, Spain. For more information, visit www.arnoldsportsfestival.com.

About REIGN Total Body Fuel

REIGN Total Body Fuel is a performance beverage featuring 300mg of natural caffeine with zero sugar and zero artificial flavors or colors. REIGN Total Body Fuel contains a blend of BCAA's, CoQ10, electrolytes, and B Vitamins to support your active lifestyle, and is available in nine deliciously energizing flavors: Melon Mania, Orange Dreamsicle, Razzleberry, Lemon HDZ, Sour Apple, Mang-O-Matic, Peach Fizz, Strawberry Sublime, and Carnival Candy. For more news and information on REIGN, visit ReignBodyFuel.com and follow on Instagram, Facebook, and Twitter @REIGNbodyfuel.

About Monster Energy

Monster Beverage Corporation Based in Corona, California, Monster Beverage Corporation is a holding company and conducts no operating business except through its consolidated subsidiaries. The Company's subsidiaries develop and market energy drinks, including Monster Energy® energy drinks, Monster Energy Ultra® energy drinks, Monster MAXX® maximum strength energy drinks, Java Monster® non-carbonated coffee + energy drinks, Espresso Monster® non-carbonated espresso + energy drinks, Caffé Monster® non-carbonated energy coffee drinks, Monster Rehab® non-carbonated energy drinks, Muscle Monster® energy shakes, Monster Hydro® energy drinks, Reign Total Body Fuel™ performance energy drinks, NOS® energy drinks, Full Throttle® energy drinks, Burn® energy drinks, Samurai® energy drinks, Relentless® energy drinks, Mother® energy drinks, Power Play® energy drinks, BU® energy drinks, Nalu® energy drinks, BPM® energy drinks, Gladiator® energy drinks, Ultra Energy® energy drinks, Mutant® energy drinks and Predator® energy drinks. For more information, visit www.monsterbevcorp.com.

Sponsors

Presenting Sponsor



Diamond Sponsor



Gold Sponsors



Silver Sponsors



Bronze Sponsors



Arnold Sports Festival Event Summaries

March 5-8, 2020

IFBB Pro League:

Arnold Classic

Five-time champion **Dexter “The Blade” Jackson**, the winningest professional bodybuilder in history, 2018 champion **William “The Conqueror” Bonac** and two other former champs will do battle at the 32nd Arnold Classic men’s bodybuilding championships.

Arnold Classic Physique

A new champion will be crowned in 2020. **Steve Laureus**, who took second last year leads the field. In the hunt is **Alex Cambroner** sixth at the Olympia and **Abner Logan** first in Tampa.

Arnold Men’s Physique

Andre Ferguson looks to three-peat in 2020. Trying to stop him and going for his second win is **Brandon Hendrickson**. 2019 Arnold Amateur Champ **Eric Wildberger** and hometown favorite **George Brown** look to contend.

Arnold Classic Pro Wheelchair

Four-time champion, **Harold “King Kong” Kelley**, returns to defend his title in a field of nine of the most inspirational athletes in the world.

Fitness International

A new champion will be crowned in 2020. **Missy Truscott**, fourth last year and second at the Fitness Olympia, is among the favorites. Challengers include **Tiffany Chandler**, third in Columbus in 2019, and **Jeanine Taddeo**, sixth at the Olympia. 2019 Arnold Amateur winner **Haley Lisenba** and 2001 champ **Jenny Worth** look to contend.

Figure International

A new champion will be crowned in 2020. Among this year’s contenders in an open field include **Jessica Reyes Padilla**, third in Columbus last year and fourth at the Olympia; **Natalia Soltero**, **Bojana Vasiljevic**, **Sandra Grajales** fourth, fifth and sixth last year and **Tarryn Garlington** and **Ashley Soto** seventh and eighth at 2019 Olympia are also in the field.

Bikini International

Janet Layug returns to defend her title in the **Bikini International**. She will be challenged by 2017 and 2018 champion **Angelica Teixeira** and 2019 Bikini Olympia winner **Elisa Pecini**.

Women’s Physique International

Natalia Abraham Coelho returns to defend her title in 2020. In contention are **Valentina Mishina**, sixth at the Olympia and **Margita Zamolova**, fifth 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, March 5, 7pm, George Bellows Ballroom, Hilton Columbus Downtown, 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 7, doors open at 8:30pm, \$25.

Arnold Sunday Showcase

Featuring **Arnold Schwarzenegger** with bodybuilding legends **Ronnie Coleman** and **Lee Haney**, 2019 Arnold Classic champion and current Mr. Olympia **Brandon Curry** and four-time Arnold Classic champ **Flex Wheeler**. The greats will discuss a wide variety of topics and field questions from the audience. Sunday, March 8, Battelle Grand, 9:30am-1pm, \$25.

Amateur Events:**Arnold Amateur NPC Championships**

Arnold Amateur IFBB Bodybuilding, Fitness, Figure, Bikini, Physique & Wellness Championship is a pro qualifier and 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

The 11th annual event features more than 80 of the world's top male and over 100 of the top female amateur athletes from more than 25 countries. The competition takes place in the new Strongman Arena in back of Hall D at the Convention Center.

Combat Sports:**Pro MMA Festival**

Hosted by **Ohio Combat League**. Featuring an all Pro card. Doors at 6:30pm first bout at 7:30pm-10:30pm, Saturday, March 7, Columbus Convention Center, Hall D. Tickets are \$30-1,000.

Arnold Amateur MMA Festival

The eighth-annual event hosted by **Ohio Combat League** features six amateur title bouts. Doors at 6:30pm first bout at 7:30 p.m. Friday, March 6 at Express Live! Tickets are \$35-100.

Arnold Medieval Fighting Invitational - *NEW*

Armored combatants make their debut Friday, March 6, 2:00pm-5:30pm, Columbus Convention Center, Hall B. 80-100 combatants will battle in a 5 on 5 format. Stars from the TV show Knight Fight will also be on hand and competing.

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 6; all main championships for all disciplines and styles will be held on Saturday, March 7; and then the winners will battle it out for the Best of the Best titles on Sunday, March 8.

Guns and Hoses Boxing:

The sixth-annual charity event will be held at the Columbus Convention Center, Hall D Thursday, March, 5 doors open at 6:30pm, first bout at 7:30pm. Featuring 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 and Sunday, March 7 & 8, 9:00am-4:00pm at the Columbus Convention Center Hall B.

Seminars and Workshops:**MMA Workshop**

This year's speakers include **Greg Mihovich**, Movement specialist and tactical instructor; World Champion Powerlifter and World Kettlebell Champion **Mike Salemi**; and **Mike Dolce**, four-time MMA Trainer of the Year. The workshop will be held from 11:30 am-2:00 pm on Friday, March 6 on the Reign Total Body Fuel Stage.

Arnold Education

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.

Armrestling

For the 23rd year, the world's best arm sports athletes will test who has the most pull in the Arnold Classic Armrestling Challenge on the EXPO stage. More than 275 competitors from 15 countries will compete.

Arnold Strongman Classic

Two-time Arnold Strongman Classic defending champion **Hafthor Bjornsson** of Iceland and **Martins Licis** of Santa Monica, Calif., the 2019 runner-up and current World's Strongest Man, headline a field of 10 qualifiers. The two-day contest of brute strength includes five events: Trial by Stone, Bag Over Bar, Wheel of Pain, Rogue Elephant Bar Deadlift, Timber Carry and Cyr Strategic Dumbbell Challenge.

Arnold Pro Strongwoman

Olga Liaschuck (Ukraine) is back to defend her title against nine of the world's strongest Pro Strongwomen. The winner takes home cash prizes and the Katie Sandwina Trophy at the 4th annual event.

ROGUE Record Breakers

The featured event is 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. Anyone, man or woman breaking a record in the other nine events over two days will be awarded \$1,000-\$5,000.

CrossFit Endeavor:

2020 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.

IWF Rogue World Challenge *NEW*

Approximately 30 men and women from 20 countries will be trying to secure their spots on their country's Olympic team. Events take place on the EXPO stage Saturday, March 7, 3:00pm-5:30pm and Sunday, March 8, from 1:00pm-4:00pm.

MAS Wrestling

In its 6th year MAS Wrestling, an ancient Russian sport where two wrestlers sit opposite each other with feet resting on a wooden divider and try to pull the stick out of their opponent's hands. Competitions are March 6-7, on the Concourse Stage and Arnold Fitness EXPO Stage.

Scottish Highland Games

The Indoor Scottish Highland Games includes Amateur and Professional divisions. Contested over two days classic events include: Sheaf Toss, Weight Over Bar, Heavy Weight for Distance, Open Stone, Pole Push and Caber Toss.

Arnold Strongest Teen *NEW* At the Ohio Expo Center!

The Arnold's Strongest Teen will debut in 2020. Open to teen boys and girls ages 13-19 who will compete doing classic strongman feats of strength. The event is held in the Bricker Building as a part of the Arnold SportsWorld Kids & Teens EXPO March 7-8.

Ultimate Teen Challenge

Teen's compete in individual and/or teams 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 13th year and will feature seven events over three days. Last year more than 200 men and women won \$42,000 in prizes. Powerlifting consists of three lifts: squat, bench press, and deadlift.

Weightlifting

A national level event for weightlifting will be contested over four days in the Union Station Ballroom. Last year lifts approached 400 pounds in the snatch and almost 500 pounds in the clean & jerk.

WPO Powerlifting *NEW*

Making its debut in 2020 WPO Powerlifting features the Championship Series Semi-Finals over two days at Columbus Convention Center room A110 - A115. Women's day is Thursday, March 5, 12:00pm-6:00pm. MEN'S DAY is Friday, March 6 from 12:00pm-6:00pm.

XPC Powerlifting

Now in its 8th year, this invitational event features cash prizes. Lifters compete in bench press, squat and deadlift, in either multi-ply equipment, or raw (no equipment).

Sports & Events:**Armlifting**

The sport of grip strength will feature three events over three days including Rolling Thunder, Apollon's Axle Double Overhand Deadlift and Silver Bullet on the Concourse stage.

Arnold's Quest For Talent: At the Ohio Expo Center!

A \$2,500 Rotary Scholarship, lunch with Arnold, tablet and more are up for grabs to the most talented kids and teens at the Quest for Talent at 1 p.m. Saturday, March 7, 2020 at Arnold SportsWorld.

Art at the Arnold

Artists will put their artistic talents to work during the 11th 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 WATL Arnold Classic Championship takes place at Throw Nation on Saturday, March 7. The open-to-all-comers event awards the winner with \$2,500 and the Arnold WATL Championship Belt.

Baton Twirling: At the Ohio Expo Center!

The Arnold Baton Twirling Championships will feature the Arnold Baton Twirling Championships Saturday and the NBTA Miss Majorette of Ohio Sunday, both at the Ohio Expo Center, Kasich Hall.

Body Painting

Artists from around the globe will compete in Jan Tana's Bodypainting Revolution taking place in EXPO Booth #1201. Artists will paint models in hopes to impress the judges and delight audiences throughout the weekend. The theme this year is Barbarians & Warriors.

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.

Cup Stacking *NEW* At the Ohio Expo Center!

Making its debut at the Arnold SportsWorld Kids & Teens Expo, Saturday March 7th and Sunday March 8th. The two-day event will feature competitive head-to-head stacking, as well as a 'Have-a-go' section for those who want to learn the basics and battle against family and friends.

Lifestyle Fitness and Yoga

Lifestyle Fitness and Yoga will feature three days of Instructor Trainings, Workshops, Free classes, dance, fitness and yoga demos to keep you moving, learning and having an amazing time all weekend long.

Disc Golf

The 6th Arnold Disc Open hosted by Columbus Disc Flyers Club features two days of action with doubles, field events including distance, accuracy and putting and singles tournament Walnut Hill Disc Golf Course.

Fencing

The 17th Arnold Fencing Classic will host three days of fast action with 47 events on 27 strips using the three Olympic weapons and historical weapons. RJCC Olympic fencing Regional youth, cadet and junior events are qualifiers for US National Championships.

Foosball

The Arnold Foosball Championships is back for the second year. Competitions in foosball, a fast and fun game, will be held March 6-8 at the Greater Columbus Convention Center, Eisenman & Trott Rooms.

Futsal: At the Ohio Expo Center!

Now in its second year, Futsal similar to soccer, played five on five on a smaller, typically indoor court features three days of competitions at the Taft Coliseum at the Ohio Expo Center.

Gymnastics: At the Ohio Expo Center!

The 20th Arnold Gymnastics Challenge welcomes more than 3,000 competitors to one of the largest mixed gymnastics meets in the nation. Featuring an NCAA Men's meet and an opening ceremony with special guests including **Katelyn Ohashi**.

High School Weightlifting: At the Ohio Expo Center!

Going on in the Arnold SportsWorld Kids & Teens EXPO in the Bricker Building. Boys and girls compete in Bench Press and Deadlift competitions March 7-8.

Jump Rope

Featuring three days of jump rope action in room C-150 at the Columbus Convention Center. Ambassador demonstrations, open jump for all and Ropes for Hope are Friday while two championships take place Saturday and Sunday including Arnold Speed and Power Jump Rope Championship and the AMJRF Classic.

Kettlebell

Now in its second year, kettlebell will host the 2020 USA National Championships March 6-8 in room A-120 at the Columbus Convention Center. International competitions will also take place at this unique competition of endurance and strength.

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, physical fitness, athletic wear and onstage question.

Model Search

The 2020 Arnold Model Search takes place in two rounds on the Arnold Fitness EXPO Stage. Prelims are Friday, March 6, and the top 15 go to the finals Saturday, March 7.

Ninja Warrior

Held inside the Arnold Fitness EXPO March 6-8, ninjas race through the course as fast as they can for prizes. An easier fun run course is also available for walk ups. The event is hosted by Michelle Warnky, a star on the NBC-hit American Ninja Warrior.

Pickleball

The 2020 Arnold "50 Plus" SSIPA Pickleball Classic will be held March 5-6 at Scarborough East Tennis. The Arnold Sports Festival Pickleball Championship 3.0 to 5.0/Pro is March 7-8 at Elysium Tennis Club.

Pole Fitness

Pole Fitness will return with two competitions in 2020 including the 7th PCS Championship (pro) and the 6th PCS Pole Open (amateur) both in the Short North Ballroom.

Soccer

Arnold 3v3 Soccer Cup will be held at SuperKick Columbus in Lewis Center. The top four teams in each division qualify for the National Championship in Orlando, FL

Spartan Race

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

Speed Cubing: At the Ohio Expo Center!

The World Cube Association presents 80 of the fastest puzzle solvers around for two days of action March 7-8 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 Arnold Swimming Championships. Nearly 100 swimmers will compete Saturday, March 7.

Table Tennis:

The 17th Annual Arnold Table Tennis Challenge features competitions at two venues, the Columbus Table Tennis Club and the Spin and Smash Table Tennis & Ping Pong Center.

Wolf Pack Trail Run

The races will be held at 8:30 a.m. on Saturday, March 7 at Alum Creek Park. The trail runs are 6K (3.6 miles), 9K (5.6 miles) 12K (7.5 miles) and 18K (11.2 miles).

Youth DanceSport

The Arnold Youth DanceSport Classic features 1,200 of the nation's best youth through collegiate DanceSport athletes at the Hyatt Regency Ballroom.

Arnold Sports Festival - Story Ideas

1. **Overall:** with more than 85 sports and events and 22,000 participants, most of whom are youth, the Arnold Sports Festival helps motivate people of all ages to be fit and lead active lives.
2. **Arnold SportsWorld Kids & Teens EXPO** March 7th and 8th at the Ohio Expo Center is a two-day celebration of sports, fitness and family fun. Everyone can try more than 20 sports and it's FREE for kids 14 and under. Exciting events and activities include celebrity appearances, talent competition, ziplines, fun zone, fitness pageant and more.
3. **Ohio Expo Center** plays host to events in six buildings. In addition to the Arnold SportsWorld Kids & Teens Fitness EXPO, competitions will also be held in baton twirling, cheerleading & dance, futsal, gymnastics, martial arts and Spartan obstacle course.
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 Seville, Spain; São Paulo, Brasil; Melbourne, Australia; and Johannesburg, South Africa.
6. **New Events in 2020:** Arnold Medieval Fighting Invitational; WPO Powerlifting Semifinals; IWF Rogue Grand Prix; Arnold Strongest Teen; Arnold Cup Stacking Tournament; Arnold Dart 'N Dodge; and Arnold Bike Rodeo.
7. **Arnold Classic:** Five-time champion **Dexter "The Blade" Jackson**, the winningest professional bodybuilder in history, 2018 champion **William "The Conqueror" Bonac** and two other former champs will do battle at the 32nd Arnold Classic men's bodybuilding championships.
8. **Strongman:** Two-time defending champion **Hafthor Bjornsson** of Iceland and red-hot **Martins Licis** of Santa Monica, Calif., headline a field of 10 of the world's strongest men in two-day contest of brute strength. The five events include: Trial by Stone, Bag Over Bar, Wheel of Pain, Rogue Elephant Bar Deadlift, Timber Carry, Cyr Strategic Dumbbell Challenge.
9. **International Sports Hall of Fame:** 2020 inductees include: **Kirstie Ennis** – Former Marine and Paralympic Extreme Athlete, **Forrest Griffin** – Former UFC Light Heavyweight Champion, **Johnny Damon** – 2X World Series Champion Outfielder, **Lesley Visser** – Highly Acclaimed Sportscaster and Sportswriter, **Eddie George** – Former NFL & OSU Running Back.

Schedule Highlights

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

NPC Schedule:**Thursday, March 5**

- 12:00pm-8:00pm: Arnold Amateur NPC (Day #1) - Columbus Convention Center - Battelle Grand

Friday, March 6

- 9:00am-5:00pm: Arnold Amateur NPC (Day #2) - 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 7

- 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 6**

- 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 - 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 7

- 12:00pm-1:00pm: Arnold Classic Pro Wheelchair 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

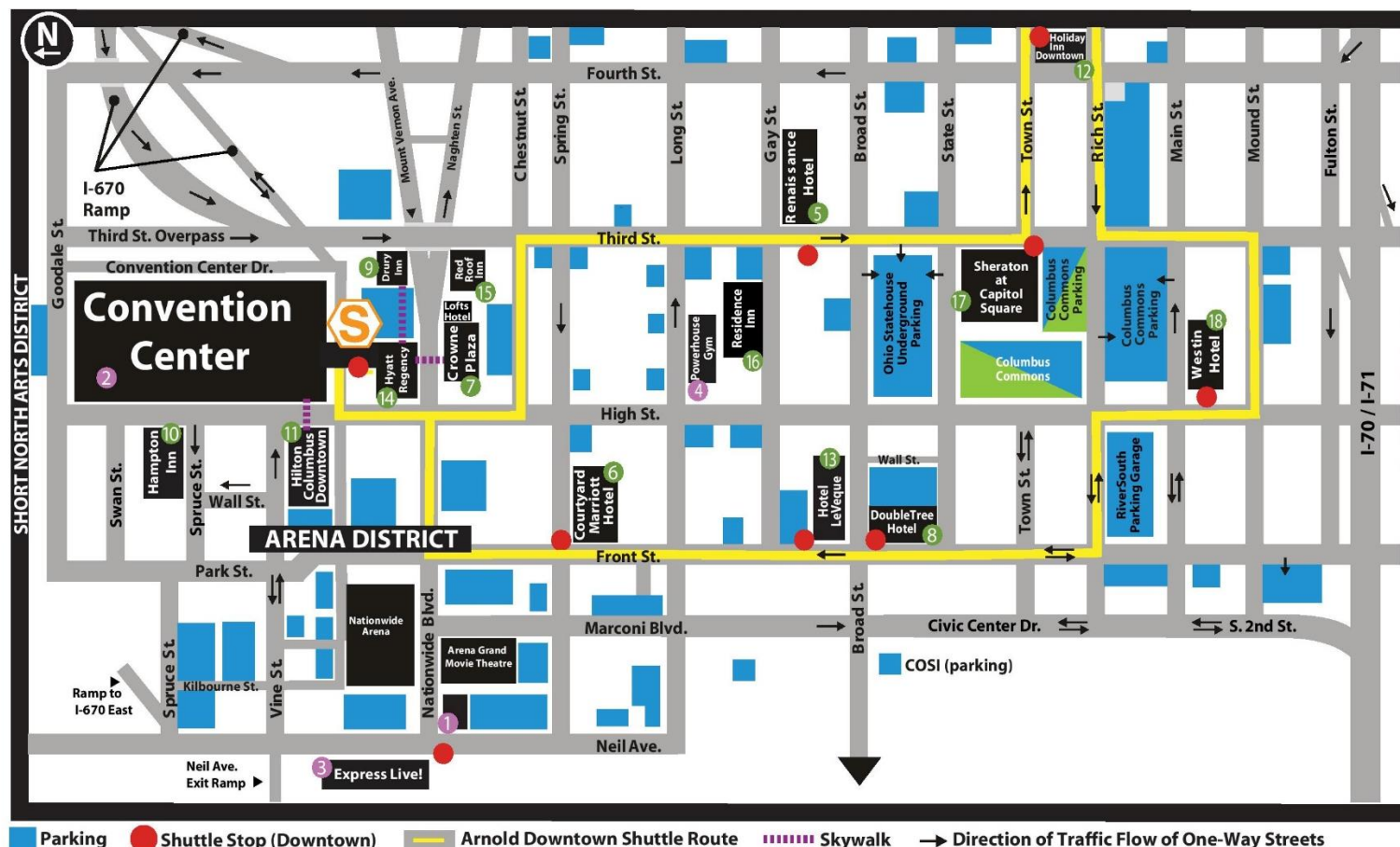
Arnold Classic Strongman Schedule:**Friday, March 6**

- 1:30pm-5:30pm: Trial by Stone, Bag Over Bar, Wheel of Pain Strongman Arena (rear of Hall D)

Saturday, March 7

- 12:00pm-3:00pm Rogue Elephant Bar Deadlift, Timber Carry Strongman Arena (rear of Hall D)
- 7:00pm-10:00pm: Cyr Strategic Dumbbell Challenge Battelle Grand (as part of Arnold Classic Finals)

Transportation & FREE Shuttle Map



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, March 5: 9 a.m. to 11:30 p.m.
 Friday, March 6: 7 a.m. to 11:30 p.m.
 Saturday, March 7: 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 8: 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 5: 7 a.m. to 11:30 p.m.
 Saturday, March 6: 7 a.m. to 2:30 a.m. (Sun a.m.)
 Sunday, March 7: 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.



MARCH 5-8, 2020



2020 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 2019 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, broadcast 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

2020 Arnold Sports Festival Media Credential Request Form

Registration Deadline - February 20, 2020.

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 |
|------|-------|------------|----------------------|
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By submitting this request, I confirm that:

I have read the 2020 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 6 (8am-6pm)

Saturday, March 7 (8am-6pm)

Sunday, March 8 (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, March 4 (10am-8pm)

Thursday, March 5 (9am-8pm)

Friday, March 6 (8am-4pm, 6pm-10pm)

Saturday, March 7 (11am-4pm, 6-10pm)

Media Contacts:

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