

# TENTATIVE SCHEDULE AMATEUR MR OLYMPIA & INTERNATIONAL CUP

Friday 18 March 2011 2pm – 8pm

## REGISTRATION AND WEIGH-IN/MEASURING

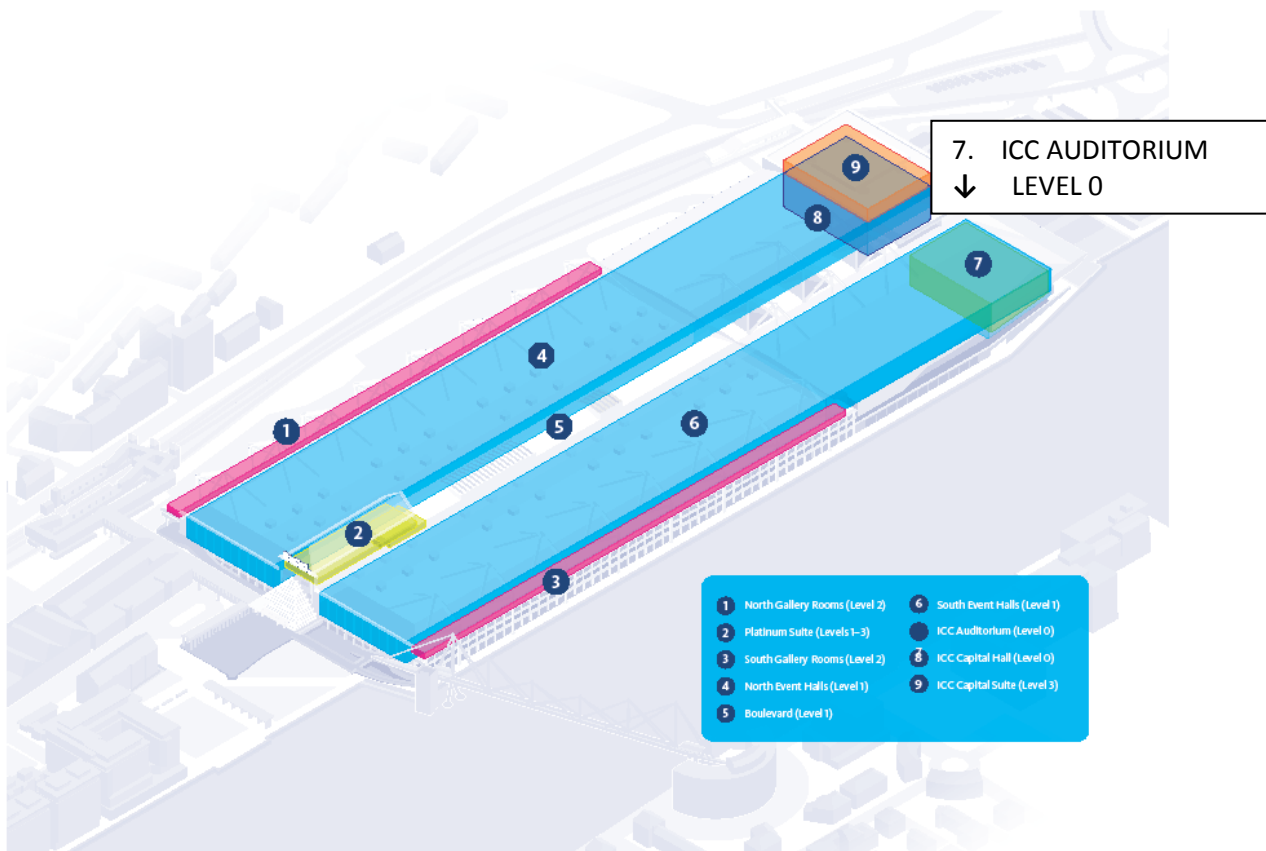
For ALL AMATEUR ATHLETES (BODYBUILDING, CLASSIC BODYBUILDING, FITNESS AND BODYFITNESS) at the **East entrance Excel Centre (ICC Auditorium)**.

**Level 0 (Zero)** at the Grand Prix check-in area, outside the Halls of the Expo and Pro-show Hall. (See 7 on the plan below)

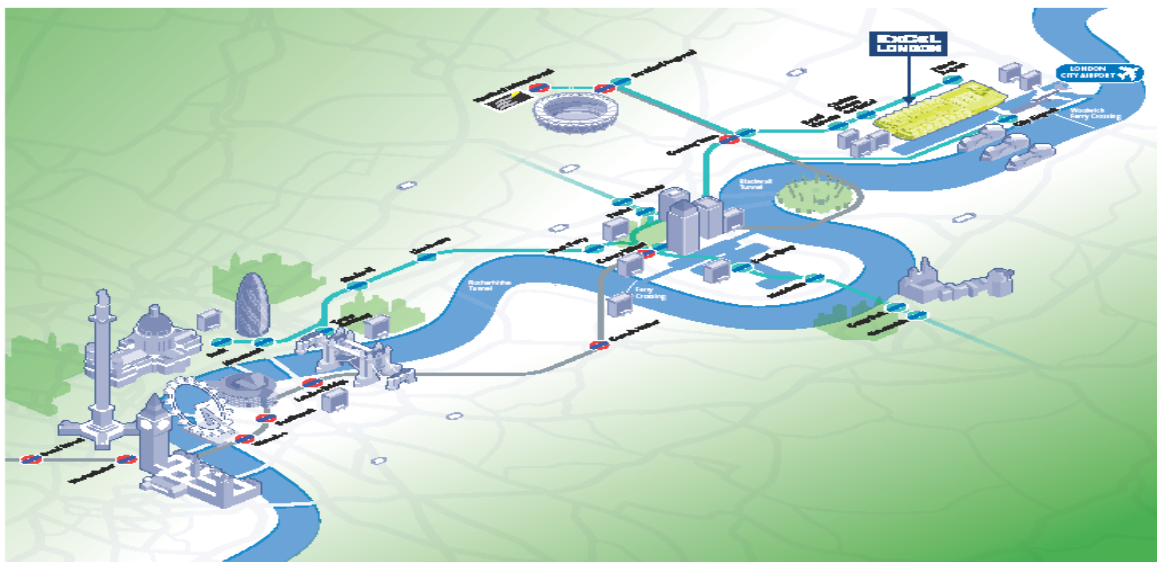
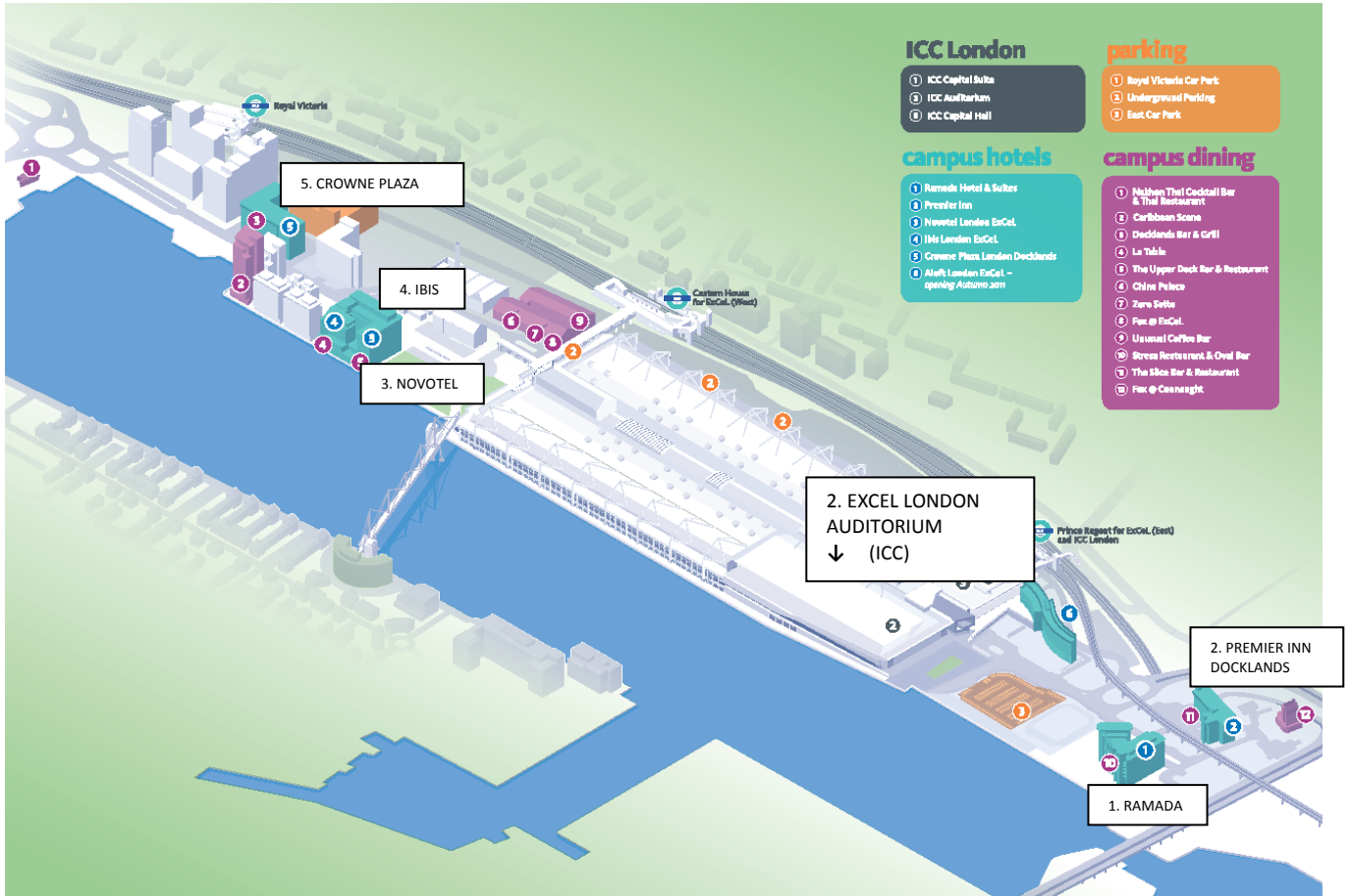
- 1- Athletes will have to pay the registration fee of 150 EUROS.
- 2- Weigh-in and Height-measuring for **All categories**
- 3- Hand in your music (CD only). Bodybuilding, Classic Bodybuilding and Fitness
- 4- Athletes will receive wristbands for Saturday and Sunday in different colours, which have to be worn to be able to enter the ICC Auditorium and Expo.

**These wristbands will NOT GIVE YOU ACCESS TO THE IFBB PRO GRAND PRIX.**

(You can buy tickets for the Pro Grand Prix on-line [www.grandprixexpo.co.uk](http://www.grandprixexpo.co.uk))



# Overall View of London Excel Complex



**Saturday 19 March 2011**

**MEN'S BODYBUILDING WEIGHT CATEGORIES**

**PRE-JUDGING AND FINALS**

**9:00am – 10:00am East Entrance of the Excel Centre (ICC)**  
**Competitors meeting for Men's Bodybuilding weight classes**

(70kg, 75 kg, 80kg, 85kg, 90kg, 100kg, +100kg)  
You will receive your starting number at this time.

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**PREJUDGING**

**10:00am- 1:00pm**  
**Pre-Judging all Men's Bodybuilding Weight Classes**  
Round 1 – Compulsory poses/Comparisons

**The Top 6 will be announced soon after Round 1 has finished and athletes will have to wait in the backstage area, to find out if they are in the Top 6.**

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**FINALS for TOP 6 all Men's Bodybuilding Weight Classes**

**1:30pm – 4:30pm**

70kg, 75kg, 80kg, 85kg  
Round 2 – Compulsory poses/ Posedown  
Round 3 – Routine

**AWARDS 70kg, 75kg, 80kg, 85kg**

90kg, 100kg, over 100kg  
Round 2 – Compulsory poses/ Posedown  
Round 3 – Routine

**AWARDS 90kg, 100kg, over 100kg**

**4:00pm**  
**OVERALL POSEDOWN AND OVERALL AWARD PRESENTATION**

**Sunday 20 March 2011**  
**PRE-JUDGING AND FINALS**  
**WOMEN'S BODYBUILDING, MEN'S CLASSIC BODYBUILDING, BODYFITNESS,**  
**FITNESS AND BIKINI CATEGORIES**

**9:00am – 10:00am East Entrance of the Excel Centre (ICC)**

**Competitors meeting**

(Women's Bodybuilding, Classic Bodybuilding, Fitness, Bodyfitness and Bikini)

You will receive your starting number at this time.

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**PREJUDGING**

**10:00am- 1:00pm**

**Pre-Judging all Categories**

Fitness up to 163cm and over 163cm

Round 1 – Routine

Fitness up to 163cm and over 163cm

Round 2 – 2-piece Bikini (colour of own choice)

Women's Bodybuilding

Round 1 – Compulsory Poses/Comparisons

Bodyfitness up to 163cm and over 163cm

Round 1 – Black Bikini and black high-heeled shoes

Bikini up to 163cm and over 163cm

Round 1 – 2-piece Bikini (own choice)

Classic Bodybuilding up to 175cm and over 175cm

Round1 – Compulsory Poses/Comparisons

**The Top 6 will be announced soon after Round 1 (for Fitness Round 2) has finished and athletes will have to wait in the backstage area, to find out if they are in the Top 6.**

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**FINALS for TOP 6**

**1:30pm – 4:30pm**

Fitness up to 163cm and over 163cm

Round 3 – Quarter turns

Women's Bodybuilding

Round 2 – Compulsory poses/ Posedown

Round 3 – Routine

**AWARDS Fitness up to 163cm and over 163cm and Women's Bodybuilding**

Bodyfitness up to 163cm and over 163cm

Round 2 – 2-piece Bikini (colour of own choice)

Bikini up to 163cm and over 163cm

Round 2 – 2-piece Bikini (own choice)

**AWARDS Women's Bodyfitness and Bikini**

Men's Classic Bodybuilding up to 175cm and over 175cm

Round 2 – Compulsory poses/Posedown

Round 3 – Routine

**AWARDS Men's Classic Bodybuilding**

**OVERALL POSEDOWN AND OVERALL AWARD PRESENTATION**