

WEIGH-HEIGHT IN & MANDATORY MEETING (FRIDAY NIGHT BEFORE THE SHOW) *REGISTRATION IS LOCATED AT THE SPATZ THEATRE*

OPEN REGISTRATION FOR ALL DIVISIONS – 5:00 – 7:00 pm

ALL DIVISIONS can register during these timeframes to be measured /weighed in.

- Button Numbers will be assigned at registration. Athletes who've registered for more than one class will wear the same button number.
- Numbers are to be worn on the LEFT hip for Bodybuilding, Classic, Physique, and Figure.
- Numbers can be worn on the LEFT or RIGHT hip for Bikini or Wellness, preferably on the side you pose the most towards the judges.
- Suits no longer require inspection by the judges and there is no restriction on shoes.

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

only. *Important: There is now a feature online when you register which will allow you to upload your music during the registration process. You will also receive a confirmation email of registration with instructions. If you have problems uploading the file (s), you may bring with you a **flash drive or (USB Sticks) to registration as a last resort. If you are entered in more than one discipline (i.e. Bodybuilding and Men's Classic Physique, you must do 2 routines with the proper attire.)** Please upload both music pieces to the database. All routines must contain a 60 second music track for bodybuilders, classic physique and women's physique. If you are in both Classic and Bodybuilding, you must do two separate routines. Music with profanity will be discarded & athlete will pose to music provided by the promoter.

MANDATORY ATHLETE'S MEETING will take place at 7:00 pm