

(Feb 9)Schedule

15:00 ■Feb 10 MUSCLECONTEST TOKYO athlete check-in starts
■Feb 11 MUSCLECONTEST JAPAN athlete check-in starts

18:00 Check-in ends

(Feb 10)MUSCLECONTEST TOKYO Schedule

12:00 ■Feb 10 MUSCLECONTEST TOKYO athlete check-in starts
■Feb 11 MUSCLECONTEST JAPAN athlete check-in starts

14:00 Check-in ends

14:30 MUSCLECONTEST TOKYO Athlete Meeting time in front of the check-in room

15:30 Door Open
15:45 Judging starts

■MUSCLECONTEST TOKYO

TIME	DIVISION	CONTENTS
15:45	■MUSCLECONTEST TOKYO Starts	
	Bikini Judging	【JUDGING】 Walking~Front/Back(Comparison) 【ORDER】 True Novice → Novice → Masters(35+, 40+) → Open(From A to F)
	Bikini Final & Award	【FINAL】 Line-up~Award 【ORDER】 True Novice → Novice → Masters(35+, 40+) → Open(From A to F)
	Men’s Physique Judging	【JUDGING】 Walking~Fron/Back (Comparison) 【ORDER】 True Novice → Novice (A, B) → Masters (35+,40+) → Open(From A to D)
	Men’s Physique Final & Award	【FINAL】 Line-up~Award 【ORDER】 True Novice → Novice(A, B) → Masters (35+,40+) → Open(From A to D)
	Figure Judging	【JUDGING】 Walking~Quarter Turn(Comparison) 【ORDER】 True Novice → Novice → Masters (35+,40+) → Open(From A to C)
	Figure Finai	【FINAL】 Line-up~Award 【ORDER】 True Novice → Novice → Masters(35+, 40+) → Open(From A to C)
	Classic Physique Judging	【JUDGING】 One at a time, Mandatory 5 poses~Comparison(Mandatory 5 poses) 【ORDER】 True Novice → Novice → Masters 40+ → Open(From A to D)

	Classic Physique Final & Award	【FINAL】 Free Pose~Award 【ORDER】 True Novice → Novice → Masters40+ → Open(From A to D)
	Wellness Judging	【JUDGING】 Walking~Front/Back(Comparison) 【ORDER】 True Novice → Novice → Open(A, B)
	Wellness Final & Award	【FINAL】 Lined-up~Award 【ORDER】 True Novice → Novice → Open(A, B)
	Women’s Physique Judging	【JUDGING】 One at a time, 5 Mandatory poses~Comparison(5 Mandatory poses) 【ORDER】 True Novice → Novice → Open(A, B)
	Women’s Physique Final & Award	【FINAL】 Free Poses~Award 【ORDER】 True Novice → Novice → Open(A, B)
	Bodybuilding Judging	【JUDGING】 One at a time, 7 Mandatory poses~Comparison(7 Mandatory poses) 【ORDER】 True Novice → Novice → Masters40+ → Open(From A to D)
	Bodybuilding Final & Award	【FINAL】 Free Poses~Award 【ORDER】 True Novice → Novice → Masters40+ → Open(From A to D)
	■MUSCLECONTEST TOKYO OVERALL JUDGING	
	Bikini Overall	Walking~Front/Back(Comparison)
	Men’s Physique Overall	Walking~Front/Back(Comparison)
	Figure Overall	Walking~Quarter Turn(Comparison)
	Classic Physique Overall	Lined Up~5 Mandatory Poses~Comparison(5 Mandatory Poses)
	Wellness Overall	Walking~Front/Back(Comparison)
	Women’s Physique Overall	Lined Up~5 Mandatory Poses~Comparison(5 Mandatory Poses)
	Bodybuilding Overall	Lined Up~7 Mandatory Poses~Comparison(7 Mandatory Poses)
	Overall Final & Award	
21:00	MUSCLECONTEST TOKYO Ends	

Subject to change.

(Feb 11)MUSCLECONTEST JAPAN Schedule

11:00 (MUSCLECONTEST JAPAN Athlete Meeting time in front of the check-in room		
TIME	JUDGING	CONTENTS
13:00	■PRO BIKINI Judging	
	PRO BIKINI	【JUDGING】 Walking~Front / Back(Comparison)
	■MUSCLECONTEST JAPAN Judging	
	Men's Physique Judging	【JUDGING】 Walking~Front / Back(Comparison) 【ORDER】 Novice(A, B) → Masters(35+, 40+) → Open(From A to D)
	Figure Judging	【JUDGING】 Walking~Quarter Turn(Comparison) 【ORDER】 Novice → Masters(35+A~B~40+) → Open(From A~ to C)
15:00	■PRO BIKINI Final	
	PRO BIKINI	【FINAL】 Lined-Up~Award
	Bikini Judging	【JUDGING】 Walking~Front / Back(Comparison) 【ORDER】 Novice(A to C) → Masters(35+A, B, 40+A, B) → Open(From A to F)
	Classic Physique Judging	【JUDGING】 One at a time、5 Mandatory Poses~Comparison(5 Mandatory Poses) 【ORDER】 Novice → Masters40+ → Open(From A to D)
	Wellness Judging	【JUDGING】 Walking~Front / Back(Comparison) 【ORDER】 Novice → Open(A, B)
	Women's Physique Judging	【JUDGING】 One at a time、5 Mandatory Poses~Comparison(5 Mandatory Poses) 【ORDER】 Novice → Open(A, B)
	Bodybuilding Judging	【JUDGING】 One at a time、7 Mandatory Poses~Comparison(7 Mandatory Poses) 【ORDER】 Novice → Masters 40+ → Open (From A to D)
	■MUSCLECONTEST JAPAN Final & Award	
	Men's Physique Final & Award	【FINAL】 Lined up~Award 【ORDER】 Novice(A, B) → Masters(35+, 40+) → Open(From A to D)

	Figure Final & Award	【FINAL】 Lined up~Award 【ORDER】 Novice → Masters(35+A~B~40+) → Open(From A to C)
	Bikini Final & Award	【FINAL】 Lined up~Award 【ORDER】 Novice(From A to C) → Masters(35+A~B、40+A~B) → Open(From A to F)
	Classic Physique Final & Award	【FINAL】 Free Pose~Award 【ORDER】 Novice → Open(From A to D)
	Wellness Final & Award	【FINAL】 Lined up~Award 【ORDER】 Novice → Open(A, B)
	Women’s Physique Final & Award	【FINAL】 Free Pose~Award 【ORDER】 Novice → Open(A, B)
	Bodybuilding Final & Award	【FINAL】 Free Pose~Award 【ORDER】 Novice → Masters40+ → Open(From A to D)
	■MUSCLECONTEST JAPAN OVERALL Judging	
	Bikini	Walking~Front / Back(Comparison)
	Men’s Physique Overall	Walking~Front / Back(Comparison)
	Figure Overall	Walking~Quarter Turn(Comparison)
	Classic Physique Overall	Lined up~5 Mandatory Poses~Comparison(5 Mandatory Poses)
	Wellness Overall	Walking~Front / Back(Comparison)
	Women’s Physique Overall	Lined up~5 Mandatory Poses~Comparison(5 Mandatory Poses)
	Bodybuilding Overall	Lined up 7 Mandatory Poses~Comparison(7 Mandatory Poses)
	■MUSCLECONTEST JAPAN OVERALL Award	
	Overall Winners	
18:00	■MUSCLECONTEST JAPAN Ends	

Subject to change.