

SATURDAY S	SHOW
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Divisions	Est. Time
Ms Fitness Model First Timers	10.00am
Men's Fitness First Timers	10.10am
Ms Fitness Model Novice	10.20am
Men's Bodybuilding First Timers	10.30am
Ms Fitness Model 40+	10.40am
Ms Fitness Model -23	10.50am
Ms Fitness Model 30+	11.00am
Men's Bodybuilding Novice	11.10am
Ms Fitness Model Intermediate	11.20am
Men's Bodybuilding 21	11.30am
Men's Fitness Novice	11.40am
Ms Fitness Model Momma	11.50am
Men's Fitness 40+	12.00pm
Ms Fitness Model Open	12.10pm
Intermission	12.30 – 1pm
Men's Fitness Intermediate	1.00pm
Ms Sports Model First Timer	1.10pm
Men's Bodybuilding Intermediate	1.20pm
Ms Sports Model Novice	1.30pm
Men's Fitness 30+	1.40pm
Ms Sports Model -23	1.50pm
Men's Bodybuilding 30+	2.00pm
Ms Sports Model Intermediate	2.10pm
Men's Bodybuilding 40+	2.30pm
Ms Sports Model Momma	2.40pm
Men's Bodybuilding 50+	2.50pm
Ms Sports Model 40+	3.00pm
Ms Sports Model 30+	3.30pm
Men's Fitness Open	3.40pm
Ms Sports Model Open	3.50pm
Men's Bodybuilding Open	4.00pm

SUNDAY SHOW		
Divisions	Est. Time	
Angels	10.00am	
Men's Classic Physique First Timer	10.10am	
Ms Runway	10.20am	
Ms Figure First Timers	10.30am	
Ms Bikini First Timers	10.40am	
Men's Physique First Timers	10.50am	
Ms Swimsuit Model	11.00am	
Men's Classic Physique Novice	11.10am	
Ms Bikini Novice	11.20am	
Men's Classic Physique Open	11.30am	
Ms Figure Novice	11.40am	
Ms Bikini Intermediate	11.50am	
Men's Physique Novice	12.00pm	
Ms Figure Intermediate	12.10pm	
Intermission	12.30 – 1pm	
Ms Bikini Momma	1.00pm	
Ms Figure 30+	1.10pm	
Men's Physique Juniors -23 years	1.20pm	
Ms Bikini -23	1.30pm	
Ms Figure 40+	1.40pm	
Men's Physique Intermediate	1.50pm	
Ms Figure 50+	2.00pm	
Ms Bikini 40+	2.10pm	
Men's Physique 40+	2.30pm	
Ms Classic Figure Open	2.40pm	
Men's Physique 30+	2.50pm	
Ms Bikini 30+	3.00pm	
Ms Figure Open	3.30pm	
Men's Physique Open	3.40pm	
Ms Bikini Open	3.50pm	

Registrations are now open www.icompetenatural.com nsw@icompetenatural.com