

**\*\*\*Subject to Change\*\*\***

**4 DAY AT-A-GLANCE**

**Natural Olympia XXII**

**Thursday, November 14, 2019**

**10am – 12pm - 2019 TEAM USA – Priority Check Ins (Amateurs & Pros)**

**RIO PAVILION #8-11**

**12pm - 2pm – Professionals Check Ins - ALL COUNTRIES**

2pm - 4pm – Amateurs Check Ins - ALL COUNTRIES

6pm – Judges Meeting (Rio Pavilion #8-11 )

**7pm - 9pm – VIP Mixer- INBA Country Officials, Staff, PNBA Pros, Vendors, Team USA, and ALL ATHLETES**

**RIO PAVILION #8-11**

**(Awards Brunch w/ Athletes on Sunday Only \$69.00 - Tickets must be purchased for guests no later than Thursday)**

**Friday, November 15, 2019**

7:00am – Vendors Set Up

**RIO PAVILION #8-11**

8:00am – Mandatory Athletes Meeting (All Amateurs & Pros in Team Uniforms w/Country Flags)

8:30am – Team & Group Photos **\*\*UNIFORMS REQUIRED\*\* AND FLAGS RECOMMENDED**

**9am- Opening of Natural Olympia XXII by World President & Founder Denny Kakos & One Show Format Begins**

**Amateur Categories, as follows:**

Women's Fitness (All Amateur Divisions)

INBA Angels (Amateur Division)

Men's Fitness (All Amateur Divisions)

Men's Physique (All Amateur Divisions)

Women's Sport Model (All Amateur Divisions)

Men's Classic Physique (All Amateur Divisions)

Men's Sport Model (All Amateur Divisions)

Figure (All Amateur Divisions)

Women's B/B (All Amateur Divisions)

Figure Classic (All Amateur Divisions)

Men's B/B (All Amateur Divisions)

Bikini Divas (All Amateur Divisions)

Women's Physique (All Amateur Divisions)

**BREAK**

**PNBA Professional Press Conference (Mandatory for all Pros, wearing PNBA DREAM BIGGER T-shirt)**

Detailed Schedule will be Provided at Check ins

**Saturday, November 16, 2019**

8:00am – Mandatory Athletes Meeting

**RIO PAVILION #8-11**

**9am - One Show Format Begins**

**Remaining Amateur Categories:**

**Professional Categories, as follows:**

Beach Bodies

PNBA Angels

Body Quest

Women's Fitness

Swimsuit Model

Women's & Men's Sport Model

Bikini Mamas

Men's Classic Physique (Masters/Open)

Physically Challenged Standing

Women's Physique (Masters/Open)

Physically Challenged Seated

Men's Physique Masters

Ink/Tattoo

Figure Classic

Mixed Pairs

Figure (Masters/Open)

**BREAK**

Women B/B (Masters/Open)

Men B/B (Masters/Grand Masters)

Bikini Divas (Masters/Open)

Men's Physique Open

Men's B/B Open

**\*\*Drawing for Harley Davidson\*\***

Detailed Schedule will be Provided at Check ins

**Sunday, November 17, 2019**

**8am - All Athletes and Guests Check-in for Athletes Brunch & Pro's Seated for Autograph** **RIO PAVILION #8-11**

**\*\*\*Meet the Elite PNBA Pro's for autographs, photos, and good times\*\*\***

**9am- INBA PNBA Natural Bodybuilding Hall of Fame Inductions followed by Athletes Special Awards Ceremony**

**(Must be present to receive award)**

**Commemorative photos with the INBA PNBA Elite Natural Champions...Closing of the Natural Olympia XXII**

**NOTE: \*\*WADA Testing will be carried out through Random and Target Testing - Athletes will be notified\*\***