

*****Subject to Change*** REVISED 11/9/20**

4 DAY SCHEDULE AT-A-GLANCE

"GAINS IN BULK PRESENTS"

Natural Olympia XXIII -- Golden Nugget Las Vegas

Thursday, November 12, 2020

MANDATORY CHECK-INS

12pm - 2pm – Professionals Check-in (Men & Women)

SHOWROOM

2pm - 4pm – Amateurs Check-in (Men & Women)

6pm – Judges Meeting

7pm - 9pm – VIP Mixer - INBA Global Officials, Promoters, Staff, PNBA Pros, INBA Amateurs, and Vendors

Friday, November 13, 2020

7:00am – Vendors Set Up

SHOWROOM

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

8:30am – Team & Group Photos ****UNIFORMS REQUIRED**** (Natural Olympia Shirt if no Uniform)

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

Amateur Categories, as follows:

Kids Fitness

INBA Angels (Amateur Division)

Women'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)

Figure Classic (All Amateur Divisions)

Bikini Divas (All Amateur Divisions)

Men's B/B (All Amateur Divisions)

Men's Formal Wear

Women's B/B (All Amateur Divisions)

Evening Gown

Women's Physique (All Amateur Divisions)

Following All Amateurs (Est. 5pm) PNBA Elite Professional Press Conference (Mandatory for all Pros, MUST WEAR PNBA DREAM BIGGER SHIRT or NATURAL OLYMPIA SHIRT)

Detailed Schedule will be Provided at Check-ins

Saturday, November 14, 2020

8:00am – Mandatory Athletes Meeting

SHOWROOM

9am- One Show Format Begins

Remaining Amateur Categories:

Professional Categories, as follows:

Sport Model Teen

Figure Classic

Beach Bodies teen

Women's & Men's Sport Model

Ink/Tattoo

Men's Classic Physique (Masters/Open)

Swimsuit Model

Women's Physique (Masters/Open)

Bikini Mamas

Men's Physique Masters

Physically Challenged Seated

Figure (Masters/Open)

Men B/B Masters

PNBA Angels

Men B/B (Grand Masters)

Bikini Divas (Masters/Open)

Men's Physique Open

Men's B/B Open

****Drawing for GIB Harley Davidson****

Detailed Schedule will be Provided at Check-ins

Sunday, November 15, 2020

9am - All Athletes and Guests Check-in for Athletes Awards & Pro's Seated for Autographs

SHOWROOM

*****Meet the PNBA ELITE Pro's for autographs, photos, raffles, and good times*****

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 XXIII

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