

**\*\*\*Preliminary ~ Subject to Change\*\*\***

## 4 DAY SCHEDULE AT-A-GLANCE

### "GAINS IN BULK PRESENTS"

# Natural Olympia XXV-- Golden Nugget Las Vegas

Thursday, November 10, 2022

#### MANDATORY CHECK-INS

THE GRAND

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

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

6pm – Judges Meeting

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

Friday, November 11, 2022

7:00am – Vendors Set Up

THE GRAND

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 XXV by World President & Founder Denny Kakos & One Show Format Begins

#### Amateur Categories, as follows:

Kids Bodybuilding

Men's B/B (All Amateur Divisions)

Evening Gown - Teen

Women's B/B (All Amateur Divisions)

Beach Body - Teen

INBA Angels (Amateur Division)

Beach Body

Women's Physique (All Amateur Divisions)

Ink/Tattoo

Men's Classic Physique (All Amateur Divisions)

Men's B/B - Teen

Figure (All Amateur Divisions)

Physically Challenged Seated & Standing

Men's Physique (All Amateur Divisions)

Women's Fitness (All Amateur Divisions)

Wellness

Men's Sport Model (All Amateur Divisions)

Bikini Mamas & Bikini Divas (All Amateur Divisions)

Women's Sport Model (All Amateur Divisions)

Men's Formal Wear

Figure Classic (All Amateur Divisions)

Body Quest Women & Men

**Following All Amateurs (Est. 6pm) PNBA Elite Professional Press Conference (Mandatory for all Pros, MUST WEAR PNBA DREAM BIGGER SHIRT, NATURAL OLYMPIA SHIRT, or TEAM UNIFORM)**

Detailed Schedule will be Provided at Check-ins

Saturday, November 12, 2022

8:00am – Mandatory Athletes Meeting

THE GRAND

9am- One Show Format Begins

#### Remaining Amateur Categories:

Evening Gown

#### Professional Categories, as follows:

Figure (Masters/Open)

Mixed Pairs

Women's & Men's B/B Masters

Swimsuit Model

PNBA Angels

#### Professional Categories, as follows:

Men B/B (Grand Masters)

Figure Classic

Wellness (Open) & Bikini Divas (Masters/Open)

Men's & Women Sport Model

Men's Physique Open

Men's Classic Physique (Masters/Open)

Women's & Men's B/B Open

Women's Physique (Masters/Open)

**\*\*DRAWING FOR THE GIB ALL EXPENSE PAID TRIP TO UK  
2023 WORLD CHAMPIONSHIPS\*\***

Men's Physique Masters

Detailed Schedule will be Provided at Check-ins

Sunday, November 13, 2022

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

THE GRAND

**\*\*\*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 XXV**

*WADA Testing will be carried out (SATURDAY) through Random, Reasonable Suspicion, & Target Testing - Athletes will be notified*

**\*\*ALL PNBA PRO COMMITMENTS ARE IN BOLD\*\***