



2025 EVENT SCHEDULE

DAY 1 12TH/DECEMBER

8:00 AM - 12: NOON.

**BODYBUILDING WEIGHING IN
TAGS COLLECTION.**

STRENGTH COMPETITION.

8:00 - 9:00 AM

ATHLETES BRIEFING

9:30 AM :

NOVICE LADIES.

Event 1
Event 2
Event 3
Event 4

11:30 AM

NOVICE MEN

Event 1
Event 2
Event 3
Event 4

1:30 PM - 4:00 PM

MENS PHYSIQUE PRE JUDGING

A : upto and including 173 cm

B : Over 173 cm

4:00 PM - 6:30 PM

STRENGTH OPEN

MEN AND WOMEN BACK TO BACK

DAY 2 13TH/DECEMBER

BODYBUILDING DAY

8 AM- 8:30 AM

ATHLETES BRIEFING

9:00 AM - 1:00 PM

PRE JUDGING

- Classic Physique A - Upto 165 Cm
- Classic Physique B - Above 165 Cm
- Bantamweight - Up To 65 Kgs
- Lightweight - 65 Kgs To 70 Kgs
- Welter - 70 Kgs To 75 Kgs
- Middleweight - 75 Kgs To 80 Kgs
- Light-heavyweight - 80 Kgs To 90 Kgs
- Heavyweight - Above 90 Kgs
- Wellness - Open Division
- Bikini - Open Division
- People With Disability Open Division.
- Masters – Open Division
- Figure -open Division.

1:30 PM - 7:00 PM

FINALS

- Men's physique [A and B]
- Classic [A and B]
- Bantam
- Lightweight
- Wellness
- Welter
- Middleweight
- Lightheavy
- Bikini
- Heavyweight
- Figure
- Masters
- PWD.

STRENGTH AWARDS CEREMONY.

OVERALL MR 001 FINALS