

2025.9.20 MOLA CUP 2025 TIME TABLE

9 : 10	選手集合／受付／測定
10 : 00	選手ミーティング／リハーサル
10 : 30	開場／Open／ジャッジミーティング
11 : 10	開会宣言／代表挨拶／ジャッジ紹介
11 : 20	WOMEN'S FIT MODEL - True Novice
	WOMEN'S FIT MODEL - Beginner
	WOMEN'S BIKINI - True Novice
	MEN'S PHYSIQUE - True Novice A (up to 172cm)
	MEN'S PHYSIQUE - True Novice B (172cm & over)
12 : 08	WOMEN'S BIKINI - Beginner
	MEN'S PHYSIQUE - Beginner A (up to 173cm)
	MEN'S PHYSIQUE - Beginner B (173cm & over)
	WOMEN'S BIKINI - Local
	MEN'S PHYSIQUE - Local
12 : 44	WOMEN'S FIT MODEL - Novice
	WOMEN'S BIKINI - Novice
	MEN'S PHYSIQUE - Novice A (up to 168cm)
	MEN'S PHYSIQUE - Novice B (168cm up to 172cm)
	MEN'S PHYSIQUE - Novice C (172cm up to 175cm)
	MEN'S PHYSIQUE - Novice D (175cm & over)
13 : 57	休憩／Break
14 : 30	WOMEN'S BIKINI - Junior (18 to 23yr)
	MEN'S PHYSIQUE - Junior (18 to 23yr)
	MEN'S PHYSIQUE - Teenage (18 to 19yr)
	WOMEN'S BIKINI - Masters 35+ (35yr & over)
	WOMEN'S BIKINI - Masters 40+ (40yr & over)
	WOMEN'S BIKINI - Masters 45+ (45yr & over)
	WOMEN'S BIKINI - Masters 50+ (50yr & over)
14 : 54	MEN'S PHYSIQUE - Masters 35+ (35yr & over)
	MEN'S PHYSIQUE - Masters 40+ (40yr & over)
	MEN'S PHYSIQUE - Masters 45+ (45yr & over)
	MEN'S PHYSIQUE - Masters 50+ (50yr & over)
	WOMEN'S FIT MODEL - Masters 40+ (40yr & over)
	WOMEN'S FIT MODEL - Open
15 : 19	MEN'S CLASSIC PHYSIQUE - Junior (18 to 23yr)
	MEN'S CLASSIC PHYSIQUE - Novice
	MEN'S CLASSIC PHYSIQUE - Masters 35+ (35yr & over)
	MEN'S CLASSIC PHYSIQUE - Open
	WOMEN'S PHYSIQUE - Open
	MEN'S BODYBUILDING - Masters 40+ (40yr & over)
	MEN'S BODYBUILDING - Open
16 : 02	WOMEN'S BIKINI - Open
	MEN'S PHYSIQUE - Open Class A (up to 170cm)
	MEN'S PHYSIQUE - Open Class B (170cm up to 175cm)
	MEN'S PHYSIQUE - Open Class C (175cm & over)
16 : 53	小休憩／Break 表彰準備
17 : 20	表彰
	オーバーオール
18 : 40	閉会／Close