

2025.10.25 MID JAPAN CHAMPIONSHIPS 2025 TIME TABLE

9 : 05	選手集合／受付／測定
10 : 00	選手ミーティング
10 : 40	開場／Open
11 : 10	開会式
11 : 15	WOMEN'S FIT MODEL - True Novice WOMEN'S FIT MODEL - Beginner WOMEN'S BIKINI - True Novice MEN'S PHYSIQUE - True Novice A (up to 170cm) MEN'S PHYSIQUE - True Novice B (170cm up to 174cm) MEN'S PHYSIQUE - True Novice C (174cm & over)
12 : 26	WOMEN'S BIKINI - Beginner MEN'S PHYSIQUE - Beginner A (up to 170cm) MEN'S PHYSIQUE - Beginner B (170cm & over) WOMEN'S BIKINI - Local MEN'S PHYSIQUE - Local
13 : 06	スポンサー紹介
13 : 10	WOMEN'S FIT MODEL - Novice WOMEN'S BIKINI - Novice
13 : 27	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) MEN'S CLASSIC PHYSIQUE - Open Prejudging
14 : 40	休憩／Break
15 : 00	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)
15 : 31	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 : 57	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
16 : 45	WOMEN'S WELLNESS - Open WOMEN'S FIGURE - Open WOMEN'S PHYSIQUE - Open
17 : 00	MEN'S BODYBUILDING - Junior (18 to 23yr) MEN'S BODYBUILDING - Novice MEN'S BODYBUILDING - Masters 40+ (40yr & over) MEN'S BODYBUILDING - Masters 50+ (50yr & over) MEN'S BODYBUILDING - Open
17 : 46	WOMEN'S BIKINI - Open A (up to 159cm) WOMEN'S BIKINI - Open B (159cm & over)
18 : 08	MEN'S PHYSIQUE - Open A (up to 170cm) MEN'S PHYSIQUE - Open B (170cm up to 174cm) MEN'S PHYSIQUE - Open C (174cm & over)
18 : 55	小休憩／Break 表彰準備
19 : 20	表彰 オーバーオール
20 : 30	閉会／Close