

2025.11.1 JAPAN OPEN 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
11:30	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)
12:24	WOMEN'S BIKINI - Beginner MEN'S PHYSIQUE - Beginner A (up to 172cm) MEN'S PHYSIQUE - Beginner B (172cm & over) WOMEN'S BIKINI - Local MEN'S PHYSIQUE - Local
13:05	スポンサー様ご挨拶
13:10	WOMEN'S FIT MODEL - Novice WOMEN'S BIKINI - Novice
13:29	MEN'S PHYSIQUE - Novice A (up to 168cm) MEN'S PHYSIQUE - Novice B (168cm up to 171cm) MEN'S PHYSIQUE - Novice C (171cm up to 175cm) MEN'S PHYSIQUE - Novice D (175cm & over)
14:45	MEN'S CLASSIC PHYSIQUE - Open Prejudging MEN'S BODYBUILDING - Open Prejudging
15:10	休憩／Break
15:25	WOMEN'S BIKINI - Junior (18 to 23yr) MEN'S PHYSIQUE - Junior (18 to 23yr) MEN'S PHYSIQUE - Teenage (18 to 19yr)
15:45	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) 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)
16:20	WOMEN'S FIT MODEL - Masters 40+ (40yr & over) WOMEN'S FIT MODEL - Open MEN'S CLASSIC PHYSIQUE - Junior (18 to 23yr) MEN'S CLASSIC PHYSIQUE - Novice MEN'S CLASSIC PHYSIQUE - Masters 35+ (35yr & over)
17:04	WOMEN'S WELLNESS - Open WOMEN'S FIGURE - Open WOMEN'S PHYSIQUE - Open MEN'S BODYBUILDING - Junior (18 to 23yr) MEN'S BODYBUILDING - Novice WOMEN'S BIKINI - Open Class A (up to 161cm) WOMEN'S BIKINI - Open Class B (161cm & over)
17:48	MEN'S PHYSIQUE - Open Class A (up to 169cm) MEN'S PHYSIQUE - Open Class B (169cm up to 172cm) MEN'S PHYSIQUE - Open Class C (172cm up to 177cm) MEN'S PHYSIQUE - Open Class D (177cm & over)
18:51	MEN'S CLASSIC PHYSIQUE - Open Final MEN'S BODYBUILDING - Open Final
19:20	小休憩／Break 表彰準備
19:45	表彰 オーバーオール
20:50	閉会／Close