

2025.11.22

JOE WEIDER'S

OLYMPIA AMATEUR

JAPAN 2025

DAY-1

TIME TABLE

10:00	選手入場開始
11:00	開場/Open
11:45	開会宣言/ジャッジ紹介
12:00	WOMEN'S WELLNESS - Novice WOMEN'S WELLNESS - Open A (up to & incl 5'2" (157cm)) WOMEN'S WELLNESS - Open B (over 5'2" up to & incl 5'4" (163cm)) WOMEN'S WELLNESS - Open C (over 5'4" up to & incl 5'6" (168cm)) WOMEN'S WELLNESS - Open D (over 5'6" (168cm))
12:24	WOMEN'S FIGURE - Open A (up to & incl 5'2" (157cm)) WOMEN'S FIGURE - Open B (over 5'2" up to & incl 5'4" (163cm)) WOMEN'S FIGURE - Open C (over 5'4" up to & incl 5'6" (168cm)) WOMEN'S FIGURE - Open D (over 5'6" (168cm))
12:50	WOMEN'S PHYSIQUE - Open A (up to & incl 5'2" (157cm)) WOMEN'S PHYSIQUE - Open B (over 5'2" up to & incl 5'4" (163cm)) WOMEN'S PHYSIQUE - Open C (over 5'4" up to & incl 5'6" (168cm)) WOMEN'S PHYSIQUE - Open D (over 5'6" (168cm))
13:00	小休憩/Break 表彰準備
13:25	表彰 オーバーオール
14:20	休憩/Break
15:00	MEN'S PHYSIQUE - Novice MEN'S PHYSIQUE - Masters 40+ (40yr & over) MEN'S PHYSIQUE - Open A (up to & incl 5'6" (168cm)) MEN'S PHYSIQUE - Open B (over 5'6" up to & incl 5'7 1/2" (171cm)) MEN'S PHYSIQUE - Open C (over 5'7 1/2" up to & incl 5'8 1/2" (174cm)) MEN'S PHYSIQUE - Open D (over 5'8 1/2" up to & incl 5'9 1/2" (177cm))
17:15	小休憩/Break
17:25	MEN'S PHYSIQUE - Open E (over 5'9 1/2" up to & incl 5'10 1/2" (179cm)) MEN'S PHYSIQUE - Open F (over 5'10 1/2" up to & incl 5'11 1/2" (182cm)) MEN'S PHYSIQUE - Open G (over 5'11 1/2" up to & incl 6'1" (185cm)) MEN'S PHYSIQUE - Open H (over 6'1" (185cm))
18:10	小休憩/Break 表彰準備
18:35	表彰 オーバーオール
19:30	閉会/Close

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OLYMPIA AMATEUR

JAPAN 2025

DAY-2

TIME TABLE

10:00	選手入場開始
11:00	開場／Open
11:45	開会宣言／ジャッジ紹介
12:00	WOMEN'S FIT MODEL - Novice WOMEN'S FIT MODEL - Masters 40+ (40yr & over) WOMEN'S FIT MODEL - Open A (up to & incl 5'2" (157cm)) WOMEN'S FIT MODEL - Open B (over 5'2" up to & incl 5'4" (163cm)) WOMEN'S FIT MODEL - Open C (over 5'4" up to & incl 5'6" (168cm)) WOMEN'S FIT MODEL - Open D (over 5'6" (168cm))
12:50	WOMEN'S BIKINI - Novice WOMEN'S BIKINI - Masters 40+ (40yr & over) WOMEN'S BIKINI - Open A (up to & incl 5'1" (155cm)) WOMEN'S BIKINI - Open B (over 5'1" up to & incl 5'2 1/2" (159cm)) WOMEN'S BIKINI - Open C (over 5'2 1/2" up to & incl 5'4" (163cm)) WOMEN'S BIKINI - Open D (over 5'4" up to & incl 5'5 1/2" (166cm)) WOMEN'S BIKINI - Open E (over 5'5 1/2" up to & incl 5'7" (170cm)) WOMEN'S BIKINI - Open F (over 5'7" (170cm))
14:40	小休憩／Break 表彰準備
15:05	表彰 オーバーオール
15:55	休憩／Break
16:30	MEN'S CLASSIC PHYSIQUE - Novice MEN'S CLASSIC PHYSIQUE - Masters 40+ (40yr & over) MEN'S CLASSIC PHYSIQUE - Open A (up to & incl 5'4" (162.6cm), up to & incl 167 lbs (75.7kg)) MEN'S CLASSIC PHYSIQUE - Open B (up to & incl 5'10" (177.8cm), up to & incl 202 lbs (91.6kg)) MEN'S CLASSIC PHYSIQUE - Open C (up to & incl 5'11" (180.3cm), up to & incl 209 lbs (94.8kg)) MEN'S CLASSIC PHYSIQUE - Open D (up to & incl 6'1" (185.4cm), up to & incl 224 lbs (101.6kg))
18:10	休憩／Break
18:20	MEN'S BODYBUILDING - Novice MEN'S BODYBUILDING - Masters 40+ (40yr & over) MEN'S BODYBUILDING - Open Bantamweight (up to & incl 154 1/4 lbs (70kg)) MEN'S BODYBUILDING - Open Lightweight (over 154 1/4 lbs up to & incl 176 1/4 lbs (80kg)) MEN'S BODYBUILDING - Open Light Heavyweight (over 176 1/4 lbs up to & incl 198 1/4 lbs (90kg)) MEN'S BODYBUILDING - Open Heavyweight (over 198 1/4 lbs (90kg))
19:40	小休憩／Break 表彰準備
20:05	表彰 オーバーオール
20:50	閉会／Close