

2025.7.13 WEST JAPAN CHAMPIONSHIPS 2025 TIME TABLE

9 : 10	【前半戦】NATURAL Regional 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	【前半戦】NATURAL Regional 開会 MEN'S PHYSIQUE - Junior (18 to 23 yr) WOMEN'S FITMODEL - True Novice WOMEN'S FITMODEL - Novice WOMEN'S FITMODEL - Masters 40+
11 : 27	WOMEN'S BIKINI - True Novice
11 : 42	MEN'S PHYSIQUE - True Novice A MEN'S PHYSIQUE - True Novice B WOMEN'S BIKINI - Novice
12 : 08	MEN'S PHYSIQUE - Local MEN'S PHYSIQUE - Novice A (less than 168cm)
12 : 37	MEN'S PHYSIQUE - Novice B (168 cm up to & less than 172 cm) MEN'S PHYSIQUE - Novice C (172 cm up to & less than 175 cm) MEN'S PHYSIQUE - Novice D (175 cm & over)
13 : 20	小休憩／Break MEN'S CLASSIC PHYSIQUE - Novice MEN'S CLASSIC PHYSIQUE - Open
13 : 39	WOMEN'S WELLNESS - Open MEN'S BODYBUILDING - Novice MEN'S BODYBUILDING - Open WOMEN'S BIKINI - Open
13 : 52	MEN'S PHYSIQUE - Open A (less than 170cm) MEN'S PHYSIQUE - Open B (170 cm up to & less than 175 cm) MEN'S PHYSIQUE - Open C (over 175 cm)
14 : 30	【後半戦】OPEN Regional 選手集合
14 : 36	小休憩／Break 表彰準備
14 : 50	FWJカテゴリー表彰／Awards ceremony メンズフィジークノービスオーバーオール／Men's Physique Novice Overall メンズフィジークオープンオーバーオール／Men's Physique Overall >>>尿検査対象者「5名」は表彰後すみやかに検査へ
15 : 30	閉会／Close
15 : 55	【後半戦】OPEN Regional 開会 MEN'S PHYSIQUE - Junior (18 to 23 yr) WOMEN'S FITMODEL - True Novice WOMEN'S FITMODEL - Beginner WOMEN'S FITMODEL - Open WOMEN'S BIKINI - True Novice WOMEN'S BIKINI - Local
16 : 03	MEN'S PHYSIQUE - True Novice MEN'S PHYSIQUE - Local WOMEN'S BIKINI - Novice
16 : 18	MEN'S PHYSIQUE - Novice A (less than 168cm) MEN'S PHYSIQUE - Novice B (168 cm up to & less than 172 cm) MEN'S PHYSIQUE - Novice C (172 cm up to & less than 175 cm) MEN'S PHYSIQUE - Novice D (175 cm & over)
16 : 33	MEN'S CLASSIC PHYSIQUE - Open WOMEN'S WELLNESS - Open MEN'S BODYBUILDING - Novice MEN'S BODYBUILDING - Open
16 : 47	WOMEN'S BIKINI - Masters 40+ MEN'S PHYSIQUE - Masters 40+ WOMEN'S BIKINI - Open Class
17 : 05	MEN'S PHYSIQUE - Open A (less than 170cm) MEN'S PHYSIQUE - Open B (170 cm up to & less than 175 cm) MEN'S PHYSIQUE - Open C (over 175 cm)
17 : 20	小休憩／Break 表彰準備
17 : 35	FWJカテゴリー表彰／Awards ceremony メンズフィジークノービスオーバーオール／Men's Physique novice Overall メンズフィジークオープンオーバーオール／Men's Physique Overall
18 : 15	閉会／Close