

2019 IFBB CALENDAR OF EVENTS

MEN'S OPEN BODYBUILDING

	Date	City	Promoter	
2019 ARNOLD CLASSIC	02/28-03/03/2019	Columbus, Ohio	James Lorimer 614-431-2600 lgreen@arnoldexpo.com www.arnoldsportsfestival.com	
2019 ARNOLD CLASSIC AUSTRALIA	03/15-17/19	Melbourne, Australia	Tony Doherty 613-9388-0866 tony@arnoldclassic.com.au www.arnoldclassic.com.au	
2019 IFBB INDY PRO MEN'S BODYBUILDING	03/30/19	Indianapolis, Indiana	Dave Bowers 317-619-3807 davebowersnpc@gmail.com	\$20,000.00
2019 ARNOLD CLASSIC SOUTH AMERICA	04/12-14/19	South America	Tamer El Guindy info@musclecontestinternational.com www.musclecontestinternational.com	
2019 IFBB CHAMPIONS OF POWER AND GRACE PRO MASTERS MEN'S BODYBUILDING Masters Over 50 / Masters Over 60	04/13-14/19	Raleigh, North Carolina	Mike Valentino 910-790-9598 x 106 championsofpandg@gmail.com	\$500.00 each class \$250/\$150/\$100
2019 IFBB NEW YORK PRO MEN'S BODYBUILDING	05/18/19	White Plains, New York	Steve Weinberger www.bevfrancis.com 516-933-1111	\$20,000.00
2019 WOS YAMAMOTO NUTRITION IFBB PUERTO RICO MEN'S BODYBUILDING	05/24-27/19	San Juan, Puerto Rico	Tim Gardner 813-281-4696 tgflex.florida@gmail.com www.timgardnerproductions.com	
2019 IFBB CALIFORNIA PRO MEN'S BODYBUILDING	05/25/19	Los Angeles, California	Tamer El-Guindy 866-370-3011 www.musclecontest.com	\$20,000.00
2019 IFBB TORONTO PRO SUPERSHOW Men's Open	06/01-02/19	Toronto, Canada	Ron Hache 705-561-0775 ronhache@unitz.ca www.TorontoProSupershow.com	\$20,000.00

2019 IFBB WOS CHICAGO PRO MEN'S BODYBUILDING	07/04-06/19	Chicago, Illinois	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$20,000.00
2019 IFBB VANCOUVER PRO Men's Open	07/13-14/19	Vancouver, Canada	Michelle Krack 778-878-2267 info@vancouverproshow.com www.vancouverproshow.com	\$20,000.00
2019 IFBB GEORGE FARRAH CLASSIC OPEN MEN'S BODYBUILDING	07/27/19	Lebanon	George Farrah Gvgarah@yahoo.com	\$25,000.00
2019 WOS IFBB YAMAMOTO NUTRITION TAMPA PRO MEN'S BODYBUILDING	08/01-04/19	Tampa, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$20,000.00
2019 IFBB PITTSBURGH MASTERS PROFESSIONAL CHAMPIONSHIPS 40/50/60/70/80 PLEASE CONTACT THE PROMOTER FOR ALL INFORMATION	8/31/2019	Pittsburgh, Pennsylvania	Gary udit gudit@comcast.net www.garyudit.com 412-377-1438	
2019 WOS IFBB STEELFIT USA MASTERS MEN'S BODYBUILDING OVER 40 OVER 50	09/20-21/19	Clearwater Beach, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	*NO PRIZE MONEY *NO PRIZE MONEY
2019 IFBB WOS ROMANIA MUSCLE FEST PRO MEN'S BODYBUILDING	11/02/19	Bucharest, Romania	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	

*Top 5 from each class will be presented with awards.
First place will receive up to \$300 flight reimbursement
to the IFBB Pittsburgh Pro Masters with proof of receipt.

MEN'S 212

	Date	City	Promoter
201 IFBB NEW ZEALAND PRO MEN'S 212	03/09/19	Auckland, New Zealand	Moe Elmoussawi moesmuscle@yahoo.com +6421567212

2019 IFBB INDY PRO MEN'S 212	03/30/19	Indianapolis, Indiana	Dave Bowers 317-619-3807 davebowersnpc@gmail.com	\$8,000.00
2019 IFBB MUSCLECONTEST IRELAND PRO MEN'S 212	04/06/19	Limerick , Ireland	Tamer El Guindy info@musclecontestinternational.com www.musclecontestinternational.com	
2019 MUSCLECONTEST NACIONAL PRO MEN'S 212	04/27-28/19	Sao Paulo, Brazil	Tamer El Guindy info@musclecontestinternational.com www.musclecontestinternational.com	
2019 IFBB NEW YORK PRO MEN'S 212	05/18/19	White Plains, New York	Steve Weinberger www.bevfrancis.com 516-933-1111	
2019 WOS YAMAMOTO NUTRITION IFBB PUERTO RICO MEN'S 212	05/24-27/19	San Juan, Puerto Rico	Tim Gardner 813-281-4696 tgflex.florida@gmail.com www.timgardnerproductions.com	
2019 IFBB TORONTO PRO SUPERSHOW Men's 212	06/01-02/19	Toronto, Canada	Ron Hache 705-561-0775 ronhache@unitz.ca www.TorontoProSupershow.com	\$12,000.00
2019 IFBB EUROPA DALLAS MEN'S 212	06/08-09/19	Dallas, Texas	Ed and Betty Pariso BettyPariso@aol.com www.europagamesexpo.com	\$8,000.00
2019 IFBB WOS CHICAGO PRO MEN'S 212	07/04-06/19	Chicago, Illinois	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$6,000.00
2019 IFBB VANCOUVER PRO Men's 212	07/13-14/19	Vancouver, Canada	Michelle Krack 778-878-2267 info@vancouverproshow.com www.vancouverproshow.com	\$6,000.00
2019 WOS IFBB YAMAMOTO NUTRITION TAMPA PRO MEN'S 212	08/01-04/19	Tampa, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$6,000.00

2019 IFBB LEGION SPORTS FEST PRO MEN'S 212	10/12-13/19	Long Beach, California	Chris Minnes 775-375-5438 www.legionsportsfest.com events@centerpodium.com	\$6,000.00
2019 IFBB WOS ROMANIA MUSCLE FEST PRO MEN'S 212	11/02/19	Bucharest, Romania	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	
MEN'S PHYSIQUE	Date	City	Promoter	
ARNOLD MEN'S PHYSIQUE	02/28-03/03/2019	Columbus, Ohio	James Lorimer 614-431-2600 lgreen@arnoldexpo.com www.arnoldsportsfestival.com	
2019 IFBB GOVERNORS CUP PRO MEN'S PHYSIQUE	03/30/19	Sacramento, California	Ted Williamson/John Tuman tedwm@aol.com/bbspy@aol.com www.spectrumfitnessproductions.com	\$3,500.00
2019 IFBB JON LINDSAY'S GRAND PRIX Masters 40+	04/06/19	Los Angeles, California	Tamer El-Guindy 866-370-3011 www.musclecontest.com	\$3,500.00 \$1,750.00
2019 IFBB SALT CITY SHOWDOWN PRO MEN'S PHYSIQUE	04/13/19	Salt Lake City, Utah	Robyn Maher 801-995-1163 showdown@fitcon.com, www.saltcityshowdown.com	
2019 IFBB EUROPA ORLANDO MEN'S PHYSIQUE	04/13-14/19	Orlando, Florida	Ed and Betty Pariso BettyPariso@aol.com www.europagamesexpo.com	\$4,000.00
2019 IFBB CHAMPIONS OF POWER AND GRACE PRO MASTERS MEN'S PHYSIQUE Masters Over 35/Over 40/Over 45	04/13-14/19	Raleigh, North Carolina	Mike Valentino 910-790-9598 x 106 championsofpandg@gmail.com	\$500.00 each class \$250/\$150/\$100
2019 IFBB CITY LIMITS PRO MEN'S PHYSIQUE OPEN Masters Over 40	04/20/19	Waxahachie, Texas	Dre Dillard 469-816-6169 citylimitschampionships@gmail.com www.citylimitschampionships.com	
2019 IFBB JON LINDSAY'S CALIFORNIA NIGHT OF CHAMPIONS MEN'S PHYSIQUE	05/04/19	San Diego, California	Tamer El-Guindy	\$3,500.00

Contest Name	Date	Location	Contact Information	Prize Money
2019 IFBB PITTSBURGH PRO MEN'S PHYSIQUE	05/03-04/19	Pittsburgh, Pennsylvania	866-370-3011 www.musclecontest.com Jim Manion npcfirst@aol.com 412-276-5027	\$6,000.00
2019 IFBB NEW YORK PRO MEN'S PHYSIQUE	05/18/19	White Plains, New York	Steve Weinberger www.bevfrancis.com 516-933-1111	\$3,500.00
2019 WOS YAMAMOTO NUTRITION IFBB PUERTO RICO MEN'S PHYSIQUE	05/24-27/19	San Juan, Puerto Rico	Tim Gardner 813-281-4696 tgflex.florida@gmail.com www.timgardnerproductions.com	
2019 IFBB OPTIMUM CLASSIC <u>MASTERS</u> MEN'S PHYSIQUE OVER 35	05/25/19	Shreveport, Louisiana	Robert "Supermann" Blount bfitforlife@aol.com www.optimumclassic.com 318-347-2208	\$500.00 1ST Place Only
2019 IFBB MILE HIGH PRO MEN'S PHYSIQUE OPEN Masters Over 40	06/01/19	Denver, Colorado	Jeff Taylor 303-668-8578 jtnpc@comcast.net	\$5,000.00 \$1,750.00
2019 IFBB TORONTO PRO SUPERSHOW Men's Physique	06/01-02/19	Toronto, Canada	Ron Hache 705-561-0775 ronhache@unitz.ca www.TorontoProSupershow.com	\$6,000.00
2019 IFBB MIAMI MUSCLE BEACH PRO MEN'S PHYSIQUE	06/08/19	Miami Beach, FL	Geobanny Paula 786-217-2110 www.miamifitexpo.com miamimusclebeachpro@gmail.com	\$3,500.00
2019 IFBB NORTHERN CALIFORNIA PRO MEN'S PHYSIQUE	06/08/19	Sacramento, California	Ted Williamson/John Tuman tedwm@aol.com/bbspy@aol.com www.spectrumfitnessproductions.com	\$3,500.00
2019 IFBB BATTLE IN THE DESERT PRO MEN'S PHYSIQUE	06/29/19	Las Vegas, Nevada	Ted Williamson/John Tuman/Patrick Sampson tedwm@aol.com/bbspy@aol.com www.spectrumfitnessproductions.com (702) 931-5898	\$3,500.00
2019 IFBB SAN JOSE PRO MEN'S PHYSIQUE	06/29/19	San Jose, California	Steve O'Brien and George Jackson 408-384-9039 www.musclesportproductions.com	\$4,000.00

2019 IFBB WOS CHICAGO PRO MEN'S PHYSIQUE	07/04-06/19	Chicago, Illinois	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$3,500.00
2019 IFBB VANCOUVER PRO Men's Physique	07/13-14/19	Vancouver, Canada	Michelle Krack 778-878-2267 info@vancouverproshow.com www.vancouverproshow.com	\$4,000.00
2019 WOS IFBB YAMAMOTO NUTRITION TAMPA PRO MEN'S PHYSIQUE Masters Over 40	08/01-04/19	Tampa, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$3,500.00 *NO PRIZE MONEY
2019 MUSCLECONTEST BRAZIL PRO MEN'S PHYSIQUE	08/03-04/19	Sao Paulo, Brazil	Tamer El Guindy info@musclecontestinternational.com www.musclecontestinternational.com	
2019 WOS IFBB YAMAMOTO NUTRITION SAN ANTONIO PRO MEN'S PHYSIQUE Masters Over 40	08/09-10/19	San Antonio, Texas	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$3,500.00 *NO PRIZE MONEY
2019 MUSCLECONTEST VIETNAM PRO MEN'S PHYSIQUE	08/24/19	Ho Chi Minh City, Vietnam	Tamer El Guindy info@musclecontestinternational.com www.musclecontestinternational.com	
2019 IFBB PITTSBURGH MASTERS MEN'S PHYSIQUE 35/40/45/50/60 PLEASE CONTACT THE PROMOTER FOR ALL INFORMATION	8/31/2019	Pittsburgh, Pennsylvania	Gary udit gudit@comcast.net www.garyudit.com 412-377-1438	
2019 WOS IFBB STEELFIT USA MASTERS MEN'S PHYSIQUE OVER 40	09/20-21/19	Clearwater Beach, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	*NO PRIZE MONEY
2019 IFBB LEGION SPORTS FEST PRO MEN'S PHYSIQUE	10/12-13/19	Long Beach, California	Chris Minnes 775-375-5438 www.legionsportsfest.com events@centerpodium.com	\$4,000.00
2019 IFBB TITANS GRAND PRIX PRO MEN'S PHYSIQUE	10/19/19	Los Angeles, California	Tamer El-Guindy	\$3,500.00

			866-370-3011 www.musclecontest.com	
2019 IFBB SAN ANTONIO PRO MEN'S PHYSIQUE	10/19/19	San Antonio, Texas	Ted Williamson/John Tuman tedwm@aol.com/bbspy@aol.com www.spectrumfitnessproductions.com	\$3,500.00
2019 IFBB WOS ATLANTIC COAST PRO MEN'S PHYSIQUE Masters Over 40	11/01-02/19	Fort Lauderdale, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$3,500.00 *No Prize Money
2019 IFBB SACRAMENTO PRO MEN'S PHYSIQUE	11/02/19	Sacramento, California	Ted Williamson/John Tuman tedwm@aol.com/bbspy@aol.com www.spectrumfitnessproductions.com	\$3,500.00
2019 IFBB WOS ROMANIA MUSCLE FEST PRO MEN'S PHYSIQUE	11/02/19	Bucharest, Romania	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	
2019 IFBB TOURNAMENT OF CHAMPIONS PRO MEN'S PHYSIQUE	12/07/19	San Diego, California	Tamer El-Guindy 866-370-3011 www.musclecontest.com	\$3,500.00

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CLASSIC MEN'S PHYSIQUE

	Date	City	Promoter	Prize Money
<i>ARNOLD CLASSIC MEN'S PHYSIQUE</i>	02/28-03/03/2019	Columbus, Ohio	James Lorimer 614-431-2600 lgreen@arnoldexpo.com www.arnoldsportsfestival.com	
2019 IFBB FIT WORLD CLASSIC MEN'S PHYSIQUE	03/09/19	Los Angeles, California	Tamer El-Guindy 866-370-3011 www.musclecontest.com	\$,3500.00
2019 IFBB NEW ZEALAND CLASSIC MEN'S PHYSIQUE	03/09/19	Auckland, New Zealand	Moe Elmoussawi moesmuscle@yahoo.com +6421567212	

2019 IFBB UPPER MIDWEST CLASSIC MEN'S PHYSIQUE	03/24/19	Fargo, North Dakota	Tom Kemper info@npcuppermidwest.com	\$3,500.00
2019 IFBB CHAMPIONS OF POWER AND GRACE PRO MASTERS CLASSIC MEN'S PHYSIQUE Masters Over 35/Over 40/Over 45	04/13-14/19	Raleigh, North Carolina	Mike Valentino 910-790-9598 x 106 championsofpandg@gmail.com	\$500.00 each class \$250/\$150/\$100
2019 IFBB PITTSBURGH CLASSIC MEN'S PHYSIQUE	05/03-04/19	Pittsburgh, Pennsylvania	Jim Manion npcfirst@aol.com 412-276-5027	\$6,000.00
2019 IFBB NEW YORK CLASSIC MEN'S PHYSIQUE	05/18/19	White Plains, New York	Steve Weinberger www.bevfrancis.com 516-933-1111	\$3,500.00
2019 WOS YAMAMOTO NUTRITION IFBB PUERTO RICO CLASSIC MEN'S PHYSIQUE	05/24-27/19	San Juan, Puerto Rico	Tim Gardner 813-281-4696 tgflex.florida@gmail.com www.timgardnerproductions.com	
2019 IFBB TORONTO PRO SUPERSHOW CLASSIC PHYSIQUE	06/01-02/19	Toronto, Canada	Ron Hache 705-561-0775 ronhache@unitz.ca www.TorontoProSupershow.com	\$6,000.00
2019 IFBB OMAHA CLASSIC MEN'S PHYSIQUE	06/08/19	Omaha, Nebraska	Jack Titone 314-686-3828 titonej@aol.com www.npcmidwest.com	\$3,500.00
2019 IFBB GREATER GULF CLASSIC MEN'S PHYSIQUE	06/22/19	New Orleans, Louisiana	Luke Tesvich www.louisianamuscle.com	\$3,500.00
2019 IFBB WOS CHICAGO PRO CLASSIC MEN'S PHYSIQUE	07/04-06/19	Chicago, Illinois	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$3,500.00
2019 IFBB VANCOUVER PRO CLASSIC PHYSIQUE	07/13-14/19	Vancouver, Canada	Michelle Krack 778-878-2267 info@vancouverproshow.com www.vancouverproshow.com	\$4,000.00
2019 WOS IFBB YAMAMOTO NUTRITION TAMPA CLASSIC MEN'S PHYSIQUE Masters Over 40	08/01-04/19	Tampa, Florida	Tim Gardner 813-243-7800	\$3,500.00 *NO PRIZE MONEY

			tgflex.florida@gmail.com www.timgardnerproductions.com	
2019 WOS IFBB YAMAMOTO NUTRITION SAN ANTONIO CLASSIC MEN'S PHYSIQUE Masters Over 40	08/09-10/19	San Antonio, Texas	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$3,500.00 *NO PRIZE MONEY
2019 IFBB PITTSBURGH MASTERS CLASSIC MEN'S PHYSIQUE 35/40/50/60 PLEASE CONTACT THE PROMOTER FOR ALL INFORMATION	8/31/2019	Pittsburgh, Pennsylvania	Gary Udit gudit@comcast.net www.garyudit.com 412-377-1438	
2019 WOS IFBB STEELFIT USA CLASSIC MEN'S PHYSIQUE	09/20-21/19	Clearwater Beach, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$3,500.00
2019 IFBB LEGION SPORTS FEST CLASSIC MEN'S PHYSIQUE	10/12-13/19	Long Beach, California	Chris Minnes 775-375-5438 www.legionsportsfest.com events@centerpodium.com	\$4,000.00
2019 IFBB WOS ATLANTIC COAST CLASSIC MEN'S PHYSIQUE OVER 40	11/01-02/19	Fort Lauderdale, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	*No Prize Money
2019 IFBB BATTLE OF TEXAS CLASSIC MEN'S PHYSIQUE	11/09/19	Dallas, Texas	Freddy Naidu and Sheilahe Browne 469-693-5291 / 214-289-3300 info@battleoftx.com www.battleoftx.com	\$3,500.00
2019 IFBB ULTIMATE WARRIORS CLASSIC MEN'S PHYSIQUE	11/23/19	San Diego, California	Tamer El-Guindy 866-370-3011 www.musclecontest.com	\$3,500.00
2019 IFBB WOS ROMANIA MUSCLE FEST CLASSIC MEN'S PHYSIQUE	11/02/19	Bucharest, Romania	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	

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First place will receive up to \$300 flight reimbursement
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IFBB WHEELCHAIR

	Date	City	Promoter	Prize Money
2019 IFBB TORONTO PRO SUPERSHOW WHEELCHAIR	06/01-02/19	Toronto, Canada	Ron Hache 705-561-0775 ronhache@unitz.ca www.TorontoProSupershow.com	\$6,000.00
2019 IFBB EUROPA DALLAS PRO WHEELCHAIR	06/08-09/19	Dallas, Texas	Ed and Betty Pariso BettyPariso@aol.com www.europagamesexpo.com	\$6,000.00

WOMEN'S BODYBUILDING

	Date	City	Promoter	
2019 WOS YAMAMOTO NUTRITION IFBB PUERTO RICO WOMEN'S BODYBUILDING	05/24-27/19	San Juan, Puerto Rico	Tim Gardner 813-281-4696 tgflex.florida@gmail.com www.timgardnerproductions.com	
2019 IFBB TORONTO PRO SUPERSHOW WOMEN'S BODYBUILDING	06/01-02/19	Toronto, Canada	Ron Hache 705-561-0775 ronhache@unitz.ca www.TorontoProSupershow.com	\$6,000.00
2019 IFBB OMAHA PRO WOMEN'S BODYBUILDING	06/08/19	Omaha, Nebraska	Jack Titone 314-686-3828 titonej@aol.com www.npcmidwest.com	\$5,000.00
2019 IFBB WOS CHICAGO PRO WOMEN'S BODYBUILDING	07/04-06/19	Chicago, Illinois	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$9,500.00
WOS 2019 IFBB YAMAMOTO NUTRITION TAMPA PRO WOMEN'S BODYBUILDING	08/01-04/19	Tampa, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$9,500.00
2019 IFBB PITTSBURGH MASTERS WOMEN'S BODYBUILDING Over 35 PLEASE CONTACT THE PROMOTER FOR ALL INFORMATION	8/28/2019	Pittsburgh, Pennsylvania	Gary Udit gudit@comcast.net www.garyudit.com 412-377-1438	
2019 IFBB WOS RISING PHOENIX WORLD CHAMPIONSHIPS	09/06-07/19	Phoenix, Arizona	Tim Gardner 813-243-7800	\$100,000.00

2019 IFBB WOS ROMANIA MUSCLE FEST PRO WOMEN'S BODYBUILDING	11/02/19	Bucharest, Romania	tgflex.florida@gmail.com www.timgardnerproductions.com Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	
WOMEN'S FITNESS	Date	City	Promoter	
FITNESS INTERNATIONAL	02/28-03/03/2019	Columbus, Ohio	James Lorimer 614-431-2600 lgreen@arnoldexpo.com www.arnoldsportsfestival.com	
2019 ARNOLD CLASSIC AUSTRALIA FITNESS	03/15-17/19	Melbourne, Australia	Tony Doherty 613-9388-0866 tony@arnoldclassic.com.au www.arnoldclassic.com.au	
2019 WOS YAMAMOTO NUTRITION IFBB PUERTO RICO FITNESS	05/24-27/19	San Juan, Puerto Rico	Tim Gardner 813-281-4696 tgflex.florida@gmail.com www.timgardnerproductions.com	
2019 IFBB TORONTO PRO SUPERSHOW FITNESS	06/01-02/19	Toronto, Canada	Ron Hache 705-561-0775 ronhache@unitz.ca	\$6,000.00
2019 IFBB MIAMI MUSCLE BEACH PRO FITNESS	06/08/19	Miami Beach, FL	Geobanny Paula 786-217-2110 www.miamifitexpo.com miamimusclebeachpro@gmail.com	\$6,000.00
2019 IFBB WOS CHICAGO PRO FITNESS	07/04-06/19	Chicago, Illinois	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$6,000.00
2019 IFBB VANCOUVER PRO FITNESS	07/13-14/19	Vancouver, Canada	Michelle Krack 778-878-2267 info@vancouverproshow.com	\$6,000.00

WOS 2019 IFBB YAMAMOTO NUTRITION TAMPA PRO FITNESS	08/01-04/19	Tampa, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$6,000.00
2019 IFBB EUROPA PHOENIX PRO FITNESS	08/10-11/19	Phoenix, Arizona	Ed and Betty Pariso BettyPariso@aol.com www.europagamesexpo.com	
2019 IFBB WOS ARIZONA PRO FITNESS	09/06-07/19	Phoenix, Arizona	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$6,000.00
2019 IFBB LEGION SPORTS FEST PRO FITNESS	10/12-13/19	Long Beach, California	Chris Minnes 775-375-5438 www.legionsportsfest.com events@centerpodium.com	\$4,000.00
2019 IFBB WOS ROMANIA MUSCLE FEST PRO FITNESS	11/02/19	Bucharest, Romania	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	

WOMEN'S FIGURE

	Date	City	Promoter	
FIGURE INTERNATIONAL	02/28-03/03/2019	Columbus, Ohio	James Lorimer 614-431-2600 lgreen@arnoldexpo.com www.arnoldsportsfestival.com	
2019 ARNOLD CLASSIC AUSTRALIA FIGURE	03/15-17/19	Melbourne, Australia	Tony Doherty 613-9388-0866 tony@arnoldclassic.com.au www.arnoldclassic.com.au	
2019 IFBB UPPER MIDWEST PRO FIGURE	03/24/19	Fargo, North Dakota	Tom Kemper info@npcuppermidwest.com	\$5,000.00
2019 IFBB EUROPA ORLANDO PRO FIGURE	04/13-14/19	Orlando, Florida	Ed and Betty Pariso BettyPariso@aol.com www.europagamesexpo.com	\$4,000.00
2019 IFBB CHAMPIONS OF POWER AND GRACE PRO MASTERS FIGURE Masters Over 35/Over 40/Over 45	04/13-14/19	Raleigh, North Carolina	Mike Valentino 910-790-9598 x 106 championsofpandg@gmail.com	\$500.00 each class \$250/\$150/\$100

2019 IFBB ST LOUIS PRO WOMEN'S FIGURE	04/19-20/2019	St. Louis, Missouri	Jack Titone 314-686-3828 titonej@aol.com www.npcmidwest.com	\$5,000.00
2019 IFBB PITTSBURGH PRO FIGURE	05/03-04/19	Pittsburgh, Pennsylvania	Jim Manion npcfirst@aol.com 412-276-5027	\$6,000.00
2019 IFBB NEW YORK PRO FIGURE	05/18/19	White Plains, New York	Steve Weinberger www.bevfrancis.com 516-933-1111	\$3,500.00
2019 WOS YAMAMOTO NUTRITION IFBB PUERTO RICO FIGURE	05/24-27/19	San Juan, Puerto Rico	Tim Gardner 813-281-4696 tgflex.florida@gmail.com www.timgardnerproductions.com	
2019 IFBB TORONTO PRO SUPERSHOW FIGURE	06/01-02/19	Toronto, Canada	Ron Hache 705-561-0775 ronhache@unitz.ca www.TorontoProSupershow.com	\$6,000.00
2019 IFBB EUROPA DALLAS PRO FIGURE	06/08-09/19	Dallas, Texas	Ed and Betty Pariso BettyPariso@aol.com www.europagamesexpo.com	\$4,000.00
2019 IFBB BATTLE IN THE DESERT PRO FIGURE Masters	06/29/19	Las Vegas, Nevada	Ted Williamson/John Tuman/Patrick Sampson tedwm@aol.com/bbspy@aol.com www.spectrumfitnessproductions.com (702) 931-5898	\$6,000.00 \$1,000.00
2019 IFBB WOS CHICAGO PRO FIGURE	07/04-06/19	Chicago, Illinois	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$6,000.00
2019 IFBB VANCOUVER PRO FIGURE	07/13-14/19	Vancouver, Canada	Michelle Krack 778-878-2267 info@vancouverproshow.com www.vancouverproshow.com	\$6,000.00
2019 IFBB LOS ANGELES PRO FIGURE MASTERS 40+	07/20/19	Los Angeles, California	Tamer El-Guindy 866-370-3011	\$3,500.00 \$1,750.00

Event Name	Date	Location	Contact Information	Prize Money
WOS 2019 IFBB YAMAMOTO NUTRITION TAMPA PRO FIGURE Masters Over 40	08/01-04/19	Tampa, Florida	www.musclecontest.com Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$6,000.00 *No Prize Money
WOS 2019 IFBB YAMAMOTO NUTRITION SAN ANTONIO MASTERS PRO FIGURE Over 40	08/09-10/19	San Antonio, Texas	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	*No Prize Money
2019 IFBB PITTSBURGH MASTERS FIGURE 35/40/45/50/55/60 PLEASE CONTACT THE PROMOTER FOR ALL INFORMATION	8/28/2019	Pittsburgh, Pennsylvania	Gary Udit gudit@comcast.net www.garyudit.com 412-377-1438	
2019 IFBB WOS ARIZONA PRO FIGURE	09/06-07/19	Phoenix, Arizona	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$6,000.00
2019 WOS IFBB STEELFIT USA MASTERS PRO FIGURE OVER 40	09/20-21/19	Clearwater Beach, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	*No Prize Money
2019 IFBB BORDER STATES XXXVII PRO FIGURE	10/05/19	San Diego, California	Tamer El-Guindy 866-370-3011 www.musclecontest.com	\$3,500.00
2019 IFBB WOS ATLANTIC COAST PRO FIGURE MASTERS OVER 40	11/01-02/19	Fort Lauderdale, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	*No Prize Money
2019 IFBB WOS ROMANIA MUSCLE FEST PRO FIGURE	11/02/19	Bucharest, Romania	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	

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WOMEN'S BIKINI

	Date	City	Promoter	
2019 IFBB LEGEND'S BIKINI	02/09/19	Las Vegas, Nevada	Tamer El-Guindy 866-370-3011 www.musclecontest.com	\$3,500.00
2019 IFBB JAPAN BIKINI	02/24/19	Kanagawa Prefecture, Japan	Tamer El Guindy info@musclecontestinternational.com www.musclecontestinternational.com	
BIKINI INTERNATIONAL	02/28-03/03/2019	Columbus, Ohio	James Lorimer 614-431-2600 lgreen@arnoldexpo.com www.arnoldsportsfestival.com	
2019 ARNOLD CLASSIC AUSTRALIA BIKINI	03/15-17/19	Melbourne, Australia	Tony Doherty 613-9388-0866 tony@arnoldclassic.com.au www.arnoldclassic.com.au	
2019 IFBB WORLD KLASH PRO BIKINI	03/23/19	Aiken, South Carolina	Joe Pishkula 937-536-9581 jpishkula@gmail.com www.theklash.com	\$12,500.00
2019 IFBB SAN DIEGO PRO BIKINI	03/30/19	San Diego, California	Tamer El-Guindy 866-370-3011 www.musclecontest.com	\$3,500.00
2019 IFBB INDY PRO BIKINI	03/30/19	Indianapolis, Indiana	Dave Bowers 317-619-3807 davebowersnpc@gmail.com	\$3,500.00
2019 IFBB GOVERNORS CUP PRO BIKINI	03/30/19	Sacramento, California	Ted Williamson/John Tuman tedwm@aol.com/bbspy@aol.com www.spectrumfitnessproductions.com	\$4,500.00
2019 IFBB SALT CITY SHOWDOWN PRO BIKINI	04/13/19	Salt Lake City, Utah	Robyn Maher 801-995-1163 showdown@fitcon.com, www.saltcityshowdown.com	
2019 IFBB ST LOUIS PRO BIKINI	04/19-20/2019	St. Louis, Missouri	Jack Titone 314-686-3828	\$3,500.00

Event Name	Date	Location	Contact Information	Prize Money
2019 MUSCLECONTEST NACIONAL PRO BIKINI	04/27-28/19	Sao Paulo, Brazil	titonej@aol.com www.npcmidwest.com Tamer El Guindy info@musclecontestinternational.com www.musclecontestinternational.com	
2019 IFBB PITTSBURGH PRO BIKINI	05/03-04/19	Pittsburgh, Pennsylvania	Jim Manion npcfirst@aol.com 412-276-5027	\$6,000.00
2019 IFBB BATTLE AT THE FALLS PRO BIKINI	5/11/2019	Sioux Falls, South Dakota	Jack Titone titonej@aol.com www.npcmidwest.com	\$3,500.00
2019 IFBB NEW YORK PRO BIKINI	05/18/19	White Plains, New York	Steve Weinberger www.bevfrancis.com 516-933-1111	\$3,500.00
2019 WOS YAMAMOTO NUTRITION IFBB PUERTO RICO BIKINI	05/24-27/19	San Juan, Puerto Rico	Tim Gardner 813-281-4696 tgflex.florida@gmail.com www.timgardnerproductions.com	
2019 IFBB OPTIMUM CLASSIC PRO BIKINI Masters Over 35	05/25/19	Shreveport, Louisiana	Robert "Supermann" Blount bfitforlife@aol.com www.optimumclassic.com 318-347-2208	\$3,500.00 \$500.00 1st Place Only
2019 IFBB MILE HIGH PRO BIKINI	06/01/19	Denver, Colorado	Jeff Taylor 303-668-8578 jtnpc@comcast.net	\$3,500.00
2019 IFBB TORONTO PRO SUPERSHOW BIKINI	06/01-02/19	Toronto, Canada	Ron Hache 705-561-0775 ronhache@unitz.ca www.TorontoProSupershow.com	\$6,000.00
2019 IFBB MIAMI MUSCLE BEACH PRO BIKINI	06/08/19	Miami Beach, FL	Geobanny Paula 786-217-2110 www.miamifitexpo.com miamimusclebeachpro@gmail.com	\$3,500.00
2019 IFBB NORTHERN CALIFORNIA PRO BIKINI	06/08/19	Sacramento, California	Ted Williamson/John Tuman tedwm@aol.com/bbspy@aol.com www.spectrumfitnessproductions.com	\$4,500.00

2019 IFBB GREATER GULF PRO BIKINI	06/22/19	New Orleans, Louisiana	Luke Tesvich www.louisianamuscle.com	
2019 IFBB WOS CHICAGO PRO BIKINI	07/04-06/19	Chicago, Illinois	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$3,500.00
2019 IFBB PATRIOTS CHALLENGE BIKINI	07/06/19	Las Vegas, Nevada	Tamer El-Guindy 866-370-3011 www.musclecontest.com	\$3,500.00
2019 IFBB VANCOUVER PRO BIKINI	07/13-14/19	Vancouver, Canada	Michelle Krack 778-878-2267 info@vancouverproshow.com www.vancouverproshow.com	\$4,000.00
2019 IFBB PRESTIGE CRYSTAL CUP PRO MASTERS BIKINI	07/27/19	Boca Raton, Florida	Andres Miller 954-326-8821 qcbbpromotions@gmail.com www.qcbbpromotions.com	\$500.00 First Place Only
WOS 2019 IFBB YAMAMOTO NUTRITION TAMPA PRO BIKINI Masters Over 40	08/01-04/19	Tampa, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$3,500.00 *No Prize Money
WOS 2019 IFBB YAMAMOTO NUTRITION SAN ANTONIO PRO BIKINI Masters Over 40	08/09-10/19	San Antonio, Texas	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$3,500.00 *No Prize Money
2019 IFBB PACIFIC USA XXII BIKINI	08/17/19	San Diego, California	Tamer El-Guindy 866-370-3011 www.musclecontest.com	\$3,500.00
2019 IFBB PORTLAND CLASSIC PRO BIKINI Masters	08/17/19	Portland, Oregon	Ted Williamson/John Tuman tedwm@aol.com/bbspy@aol.com www.spectrumfitnessproductions.com	\$4,500.00 \$1,000.00
2019 IFBB PITTSBURGH MASTERS BIKINI 35/40/45/50 PLEASE CONTACT THE PROMOTER FOR ALL INFORMATION	8/28/2019	Pittsburgh, Pennsylvania	Gary Udit gudit@comcast.net www.garyudit.com 412-377-1438	
2019 IFBB WOS ARIZONA PRO BIKINI	09/06-07/19	Phoenix, Arizona	Tim Gardner 813-243-7800	\$3,500.00

			tgflex.florida@gmail.com www.timgardnerproductions.com	
2019 WOS IFBB STEELFIT USA BIKINI Masters Over 40	09/20-21/19	Clearwater Beach, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$3,500.00 *No Prize Money
2019 IFBB MUSCLECONTEST PHILIPPINES PRO BIKINI	09/28-29/19	Manila, Philippines	Tamer El Guindy info@musclecontestinternational.com www.musclecontestinternational.com	
2019 IFBB LEGION SPORTS FEST PRO BIKINI	10/12-13/19	Long Beach, California	Chris Minnes 775-375-5438 www.legionsportsfest.com events@centerpodium.com	\$4,000.00
2019 IFBB SAN ANTONIO CLASSIC PRO BIKINI Masters	10/19/19	San Antonio, Texas	Ted Williamson/John Tuman tedwm@aol.com/bbspy@aol.com www.spectrumfitnessproductions.com	\$4,500.00 \$1,000.00
2019 IFBB IOWA PRO BIKINI	11/02/19	Des Moines, Iowa	Jack Titone 314-686-3828 titonej@aol.com www.npcmidwest.com	\$3,500.00
2019 IFBB WOS ATLANTIC COAST PRO BIKINI Masters Over 40	11/01-02/19	Fort Lauderdale, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$3,500.00 *No Prize Money
2019 IFBB SACRAMENTO PRO BIKINI	11/02/19	Sacramento, California	Ted Williamson/John Tuman tedwm@aol.com/bbspy@aol.com www.spectrumfitnessproductions.com	\$4,500.00
2019 IFBB IRON GAMES PRO BIKINI Masters 40+	11/09/19	Los Angeles	Tamer El-Guindy 866-370-3011 www.musclecontest.com	\$3,500.00 \$1,750.00
2019 IFBB WOS ROMANIA MUSCLE FEST PRO BIKINI	11/02/19	Bucharest, Romania	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	

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WOMEN'S PHYSIQUE

	Date	City	Promoter	
WOMEN'S PHYSIQUE INTERNATIONAL	02-28-03/03/2019	Columbus, Ohio	James Lorimer 614-431-2600 lgreen@arnoldexpo.com www.arnoldsportsfestival.com	
2019 IFBB CHAMPIONS OF POWER AND GRACE PRO MASTERS WOMEN'S PHYSIQUE Masters Over 35/Over 40/Over 45	04/13-14/19	Raleigh, North Carolina	Mike Valentino 910-790-9598 x 106 championsofpandg@gmail.com	\$500.00 each class \$250/\$150/\$100
2019 IFBB ST LOUIS PRO WOMEN'S PHYSIQUE	04/19-20/2019	St. Louis, Missouri	Jack Titone 314-686-3828 titonej@aol.com www.npcmidwest.com	\$3,500.00
2019 WOS YAMAMOTO NUTRITION IFBB PUERTO RICO WOMEN'S PHYSIQUE	05/24-27/19	San Juan, Puerto Rico	Tim Gardner 813-281-4696 tgflex.florida@gmail.com www.timgardnerproductions.com	
2019 IFBB OPTIMUM CLASSIC PRO WOMEN'S PHYSIQUE	05/25/19	Shreveport, Louisiana	Robert "Supermann" Blount bfitforlife@aol.com www.optimumclassic.com 318-347-2208	\$3,500.00
2019 IFBB TORONTO PRO SUPERSHOW PRO WOMEN'S PHYSIQUE	06/01-02/19	Toronto, Canada	Ron Hache 705-561-0775 ronhache@unitz.ca www.TorontoProSupershow.com	\$6,000.00
2019 IFBB OMAHA PRO WOMEN'S PHYSIQUE	06/08/19	Omaha, Nebraska	Jack Titone 314-686-3828 titonej@aol.com www.npcmidwest.com	\$3,500.00
2019 IFBB SAN JOSE PRO WOMEN'S PHYSIQUE	06/29/19	San Jose, California	Steve O'Brien and George Jackson 408-384-9039 www.musclesportproductions.com	\$4,000.00
2019 IFBB WOS CHICAGO PRO WOMEN'S PHYSIQUE	07/04-06/19	Chicago, Illinois	Tim Gardner 813-243-7800	\$3,500.00

			tgflex.florida@gmail.com www.timgardnerproductions.com	
2019 IFBB VANCOUVER PRO WOMEN'S PHYSIQUE	07/13-14/19	Vancouver, Canada	Michelle Krack 778-878-2267 info@vancouverproshow.com www.vancouverproshow.com	\$4,000.00
2019 IFBB PRESTIGE CRYSTAL CUP PRO WOMEN'S PHYSIQUE Masters Over	07/27/19	Boca Raton, Florida	Andres Miller 954-326-8821 qcbbpromotions@gmail.com www.qcbbpromotions.com	\$3,500.00 ** No Prize Money
WOS 2019 IFBB YAMAMOTO NUTRITION TAMPA PRO WOMEN'S PHYSIQUE	08/01-04/19	Tampa, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$3,500.00
2019 IFBB PITTSBURGH MASTERS WOMEN'S PHYSIQUE 35/40/45/50/55/60 PLEASE CONTACT THE PROMOTER FOR ALL INFORMATION	8/28/2019	Pittsburgh, Pennsylvania	Gary Udit gudit@comcast.net www.garyudit.com	
2019 IFBB WOS ARIZONA PRO WOMEN'S PHYSIQUE	09/06-07/19	Phoenix, Arizona	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	\$3,500.00
2019 WOS IFBB STEELFIT USA MASTERS WOMEN'S PHYSIQUE OVER 40	09/20-21/19	Clearwater Beach, Florida	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	*No Prize Money *No Prize Money
2019 IFBB LEGION SPORTS FEST PRO WOMEN'S PHYSIQUE	10/12-13/19	Long Beach, California	Chris Minnes 775-375-5438 www.legionsportsfest.com events@centerpodium.com	\$4,000.00
2019 IFBB WOS ROMANIA MUSCLE FEST PRO WOMEN'S PHYSIQUE	11/02/19	Bucharest, Romania	Tim Gardner 813-243-7800 tgflex.florida@gmail.com www.timgardnerproductions.com	

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**** First place will receive up to 400 flight reimbursement to the Masters Pro with receipt**