



1. CLASS CRITERIA AGE GROUPS

1 Masters Men Physique

Class 1: 40 years and over on the day of competition

Class 2: 50 years and over on the day of competition

Class 3: 65 years and over on the day of competition

2 Masters Men Athletic

Class 1: 40 years and over on the day of competition

Class 2: 50 years and over on the day of competition

3 Physique Women 40+ / 50+ and Figure 40+ / 50+

Class 1: 40 years and over on the day of competition

Class 2: 50 years and over on the day of competition

4 Junior Men

Rule: Under 23 years of age on the 1st January, in the year of competition

5 Teenage Men and Women

Rule: Under 20 years of age on the 1st January, in the year of competition

Note: This is a Physique Class, Teenage Men and Women will do physique poses