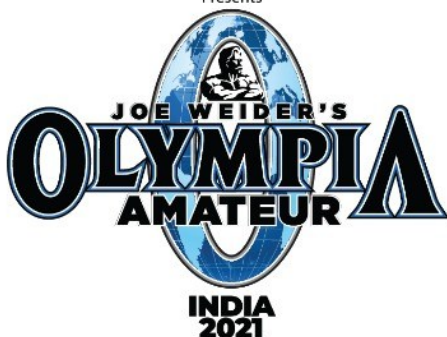




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ATHLETE PLAN & SCHEDULE

PLAN & SCHEDULE FOR ATHLETES

Venue – Hall No. 1, Bombay Exhibition Centre, Goregaon, Mumbai

Entrance from – Gate No. 2,

Weighing & Registration – 3rd December, 2021; 10:00 AM - 3:00 PM

Main Competition – 4th & 5th December, 2021

SCHEDULE

3rd December, 2021

- Main gates will be open to athletes 10:00 am onwards & athletes need to come to Hall No. 1 at the Athlete Registration Area situated near the Main Registration Area
- On arriving at the Registration Area inside Hall No. 1
 - **For Pre-registered athletes**
 - Athletes need to show any Government ID Proof, Valid NPC Membership & Vaccination Certificate (*at least one dose is mandatory*)
 - On showing your ID Proof, we will give you your pre-printed registration form along with the entry wristband & supporter band
 - **For on-spot registration**
 - Athletes need to first go to the **Athlete Payment Counter** & pay the registration fees.
 - On payment of registration fees you will be issued with a payment receipt & also given your athlete & supporter band

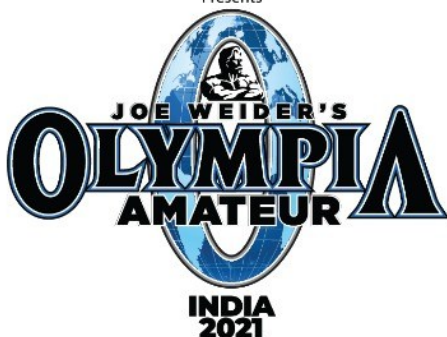
**All Athletes must have a valid NPC Membership (www.npcworldwide-register.com/login)*

**Please note that supporter band is only for entry to the show & supporters WILL NOT BE ALLOWED BACK STAGE / GREEN ROOM*

- After collecting your registration form & and band, please proceed to the Olympia Stage Area.
- At the Olympia Stage Area, athletes need to form a queue for height / weight measurement.
- After the height / weight measurement you will be allocated the class for the competition.
- Once the class is allocated please proceed to the Trunk Number Collection Counter.
- Trunk number is important for every athlete. Please maintain it till the end of the competition



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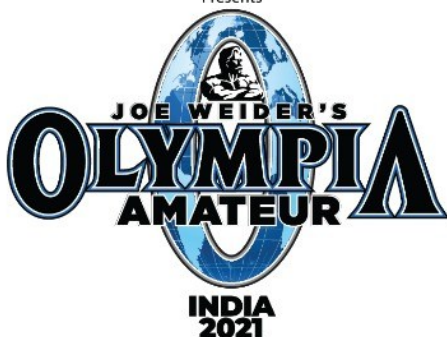
4th December, 2021

- The hall access will open at 07:00 AM for athletes only
- Athletes with wristband on their hands will only be given access to enter the HALL Area.
- The athletes need to proceed to the GREEN ROOM area located near the stage for warm up. Access to green room will only be given in order of the category.
- Pre-judging will start by 10:00 AM. The category order for pre-judging will be as below :-
 - Men's Bodybuilding
 - Women's Physique
 - Women's Figure
 - Women's Fitness
 - Men's Classic Physique
 - Women's Wellness
 - Women's Bikini
 - Men's Physique
- All athlete have to report on 5th December, 2021

**Please maintain the TRUNK NUMBER and ATHLETE BAND carefully till the end of the show*



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ATHLETE PLAN & SCHEDULE

5th December, 2021

- All athletes to report on 5th December, 2021
- The hall access will open at 07:00 AM.
- Final Round for each class under each category of competition starts at 10:00 AM.
 - All athletes have to come on stage in the same order as pre-judging.
 - Winner for each class under each main category will be announced at this stage.
- The Gold Medal winner of each sub-category will compete for the Final Pro Card in their respective main category.
- The FINAL PRO CARD ROUND is scheduled to start by 02:30 PM

**Please go through the Rules & Regulations and Terms & Conditions on the Amateur Olympia India website - <https://www.amateurolympiaindia.com/rules.php>*

IMPORTANT INFORMATION

- In order to compete in the show, at least one dose of vaccine is mandatory. If not vaccinated, the athlete will have to mandatory provide a valid RT PCR Certificate.
- Athletes will be disqualified if found not following the basic decorum / rules & regulation.
- Athletes need to be available around the green room area for announcements & call-outs on the stage.
- Athletes must not be anywhere besides the dedicated areas.
- Any athlete who misses their turn to go on the stage will NOT be allowed to go at any later point, hence all athletes must be around the green room area when their category has started & be present for the call outs.
- Official Tanning Partner – **ProTan**. To book your Tan, contact : +91 9892248339
- For any queries or concerns with regards to the process please get in touch with Mr. Trident Pereira: **+91 9930 999 085** (Available on Call & WhatsApp)