

2024 IFBB/BBSA CALENDER (Version 5 - Updated 05/02/2024)			
All International Events are marked in		Purple	These shows are by invitation only
Promotoer Shows		Green	
Event		Region/Province	Venue
Jan			
	No activities		
Feb			
03-Feb	Judges & Officials Training - Refresher - BB & Fitness	Western Cape	
03-Feb	Athletes' Seminar	Western Cape	
03-Feb	Athletes Seminar (All regions)	Eastern Cape	
10-Feb	Judges & Officials Training - Refresher - BB & Fitness	KZN	
10-Feb	Athlete Seminar	KZN	
10-Feb	Judges & Officials Training - Refresher - BB & Fitness (All regions)	Eastern Cape	
10-Feb	Judges & Officials Training - Refresher - BB & Fitness	Gauteng North & NW	Wayne's Gym
10-Feb	Judges & Officials Training - Refresher - BB & Fitness	Sedibeng	
17-Feb	Judges & Officials Training - Refresher - BB & Fitness	Mpumalanga	
17-Feb	Judges & Officials Training - Refresher - BB & Fitness (All regions)	Eastern Cape	
24-Feb	Combined National Fitness Challenge and Judges Training Day	National	Wayne's Gym
24-Feb	West Rand Road Show	West Rand	All Gyms in West Rand
March			
	Fundraiser	Western Cape	
02-Mar	Athlete Seminar	Northern Cape	
02-Mar	New Judges & Officials Exam - BB & Fitness	Gauteng Central	
09-Mar	New Judges & Officials Exam - BB & Fitness	North West	Tiny's Gym
09-Mar	New Judges & Officials Exam - BB & Fitness	Gauteng North	Lewende Woord Church, Brumeria
15-Mar	West Rand High Schools road shows and awareness	West Rand	All High Schools
16-Mar	New Judges & Officials Exam - BB & Fitness	Mpumalanga	Nelspruit
16-Mar	Posing Seminar Ehlazeni	Mpumalanga	Fit24 Nelspruit
25-Mar	West Rand Colleges/ Universities road shows and awareness	West Rand	All Colleges
29-Mar	Novice shows Nelson Mandela Bay, Buffalo City & OR TAMBO	Eastern Cape	
30-Mar	West Rand Fitness Challenge	West Rand	
30-Mar	Noordkaap Classic	Northern Cape	
April			
06-Apr	Posing seminar Ehlazeni	Mpumalanga	Fit24 Nelspruit
20-Apr	Sunfest Cape Town	Western Cape	
20-Apr	Athlete Seminar	Gauteng Central	
20-Apr	West Rand Novice show	West Rand	
27-Apr	Millennium Gold Plate	Gauteng	
TBC	Fitness Challenge	Western Cape	
May			
04-May	Sunfest Gauteng	Gauteng	
11-May	Athletes & Posing Seminar	Gauteng North	Wayne's Gym
17 - 19 May	IFBB President Santonja African Cup	Gauteng	TBA
25	West Rand Intermediate Show	West Rand	
25-May	Intermediate Shows Nelson Mandela Bay, Buffalo City & OR Tambo	Eastern Cape	
25-May	East Coast Classic/Novice combined	KZN	
25-May	TBTF Classic & Fitness Extravaganza	Mpumalanga	The Dome Witbank
June			
	All Africa Championships	Egypt	
01-Jun	USSA Nationals	Mafikeng	
02-Jun	Athletes' Seminar	Western Cape	
08-Jun	Novice Show and First Fitness Challenge	Western Cape	
08-Jun	Posing Seminar Gert Sibande	Mpumalanga	Secunda
08-Jun	Northern Cape Provincials	Northern Cape	
08-Jun	Boksburg Classic	Gauteng	
17-Jun	Nelson Mandela Bay Regionals	Eastern Cape	
22-Jun	OR Tambo Regionals	Eastern Cape	
29-Jun	Gauteng North Regionals	Gauteng North	Jonibach Sports Centre
29-Jun	Buffalo City Regionals	Eastern Cape	
29-Jun	Mpumalanga Provincials - Fitness Challenge	Mpumalanga	The Dome Witbank
July			
06-Jul	Western Cape Provincials	Western Cape	
06-Jul	Athlete Seminar	Gauteng Central	
06-Jul	Ekurhuleni Regionals	Ekurhuleni	
06-Jul	Eastern Cape Provincials	Eastern Cape	
06-Jul	North West Provincials	North West	
06-Jul	West Rand Athletes and Posing Seminar	West Rand	
13-Jul	KZN Provincials	KZN	
13-Jul	Gauteng Central Regionals	Gauteng Central	
13-Jul	Limpopo Provincials	Limpopo	
20-Jul	Sedibeng Regionals	Sedibeng	
27-Jul	Free State Provincials	Free State	
27-Jul	West Rand Regionals / Elections	West Rand	
27-Jul	Posing Seminar	Gauteng North	Wayne's Gym
Aug			
17-Aug	Sunfest Mpumalanga	Mpumalanga	
2 - 4 Aug	SA National Championships	Western Cape	
31-Aug	Sunfest EC	Sunfest	
Sep			
14-Sep	Sunfest Free State	Free State	
23 - 28 Sep	Men's Worlds & Congress	Kish Island, Dubai	
Oct			
05-Oct	Sunfest Limpopo	Limpopo	
19-Oct	Millennium Gold Plate	Gauteng	TBA
26-Oct	Sunfest North Cape	Northern Cape	
26 - 27 Oct	Fit Model Worlds	Lithuania	
TBC	Arnold Classic Europe	Spain	
Nov			
02-Nov	KZN Fitness Challenge Extravaganza	KZN	
09-Nov	Sunfest North West	North West	
Dec			
5 - 8 Dec	IFBB World Woman's Championships	Japan	
07-Dec	Sunfest KZN	KZN	
07-Dec	Xfe Classic	Gauteng	