

PROGRAM AND RUNNING SCHEDULE
29 JUNE 2024 - GAUTENG NORTH REGIONALS
(SA Championships Qualifier)

Weigh in:

- Morning of the show 08:00 – 10:00 (Wear bikini/full costume/trunks/shorts & ladies to present shoes & Fit model dress).

Athlete Registration: (See link below poster)

- Affiliation 2024 **only online registration & payments:** R300 – (Refer to link)
- **Online payment** per division & cross over R300
- **On the day payment** per division & cross over **R400**

Spectator Fee's:

- Per session R200
- Full day R350
- Kids under 12 years R150
- Kids under 5 years Free
- Backstage per session R300
- Backstage full day R500

Show & Session times:

- Session 1: 11:00 – 13:00 (Depending on number of athletes, times may change)
- Session 2: 13:30 – 15:30 (Depending on number of athletes, times may change)

Onsite Tan:

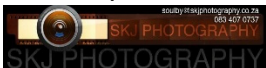
- Jan Tana - Book online with link below poster.
- Schedule and skin preparation will be shared on a what's app group.

Hair & Make up

- Service providers - See links below poster for contact information to make a booking.

Photographer:

- Service provider – Soulby Jackson SKJ Photography (contact for private shoots also).



Tentative Program & Show Information for Gauteng North Region Athletes:

- No Late entries! No papers, No entry!
- Missing a line-up will cause disqualification without a refund.
- Line-ups may be combined, depending on line-up entries.
- **NO** Rub off tan is permitted.
- Juniors/Masters to present Proof of ID.
- Novice line-ups are allowed to enter open line-ups.
- Team SA selection will be done according to age & height divisions hosted at SA Championships.
- Team SA selection – **(ALL athletes to stay for Team announcement & Team meeting after show proceedings).**

SESSION 1:

- *Novice – Ladies Bikini (one line up)
- *Novice – Men's Physique (one line up)
- *Novice – Men's Bodybuilding (Up To 80kg)
- *Novice – Men's Bodybuilding (Over 80kg)

OVERALL – NOVICE MEN'S BODYBUILDING

- Men's Classic Bodybuilding – (One Line-up)
- Ladies Beach Bikini – Jnr U/23 years (one line-up)
- Ladies Beach Bikini – Up To & including 163cm
- Ladies Beach Bikini – Over 163cm

OVERALL – LADIES BEACH BIKINI

- Men's Muscular Physique – (One line-up)
- Ladies Bikini – Jnr U/23 years (One line-up)
- Ladies Bikini – Up to & including 166cm
- Ladies Bikini – Over 166cm
- Ladies Bikini Masters – Over 35 years

OVERALL – LADIES BIKINI (including Novice winner)

SESSION 2:

- Men's Classic Physique – (One line-up)
- Fit Model – Costume Round (one line-up)
- Men's Physique – Up to & Including 178cm
- Men's Physique – Over 178cm
- Men's Physique – Masters (One line-up)

OVERALL – MEN'S PHYSIQUE (including Novice winner)

- Ladies Body Fitness – (one line-up)
- Junior Men's Bodybuilding U/23 – (one line-up)
- Senior Men's Bodybuilding – Up to 70kg
- Senior Men's Bodybuilding – Up to 80kg
- Senior Men's Bodybuilding – Up to 90kg
- Senior Men's Bodybuilding – Over 90kg
- Women's Wellness – (one line-up)
- Masters Bodybuilding – (One line-up)
- Fit Model – Dress Round (one line-up)

OVERALL – MEN'S BODYBUILDING (Including Jnr BB, Classic BB & Classic Physique)

Assistance – Contact:

Irma Botha – Gauteng North Region Chairlady & Province Secretary

email: hermienabotha@hotmail.co.za

Daddy Motaung – Gauteng North Region Vice Chairperson

email: djmotaung@yahoo.com

Hennie Hurter – Gauteng North Chief Judge

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