

2024 IFBB/BBSA CALENDER (Version16 - Updated 04/06/2024)			
All International Events are marked in		Purple	These shows are by invitation only
Promoter Shows		Green	
Event		Region/Province	Venue
Jan			
Feb			
March			
April			
May			
04-May	Sunfest Gauteng	Gauteng	Colosseum Reale, Roodeplaat
11-May	Athletes & Posing Seminar	Gauteng North	Lewende Woord Church, Burmeria
17 - 19 May	IFBB President Santonja African Cup - 19 Pro Cards (Open International show)	Gauteng	Colosseum Reale, Roodeplaat
17 - 19 May	IFBB National Fitness Challenge (ACA 2025 Qualifier)	Gauteng	Colosseum Reale, Roodeplaat
25-May	Intermediate Shows Nelson Mandela Bay, Buffalo City & OR Tambo	Eastern Cape	
June			
	All Africa Championships	Egypt	
01-Jun	East Coast Classic Novice Show	KZN	Liberty Hall, North Coast Rd, Durban
01-Jun	North West Athletes and Posing Seminar	Potchefstroom	Fitness Health Club Potchefstroom
01-Jun	Western Cape Athletes' Seminar	Western Cape	Science Fexion PT Studio, Techno Park Stellenbosch
08-Jun	Mpumalanga Posing Seminar Nelspruit	Mpumalanga	Fit24 Nelspruit
08-Jun	Northern Cape Provincials	Northern Cape	
June/July	Free State Provincials - athletes may qualify at any province in June/July		
15-Jun	Nelson Mandela Bay Regionals	Eastern Cape	
22-Jun	OR Tambo Regionals	Eastern Cape	
22-Jun	Mpumalanga Provincials and Fitness Challenge	Mpumalanga	The Dome Witbank
29-Jun	Gauteng North Regionals	Gauteng North	Colosseum Reale, Roodeplaat
29-Jun	Buffalo City Regionals	Eastern Cape	
30-Jun	USSA Nationals	North West	North West Vaal University
July			
06-Jul	Western Cape Provincials and Novice Show	Western Cape	Life Church, Somerset West
06-Jul	Combined Ekurhuleni, Westrand Regional Championships	Ekurhuleni	Kempton Park Civic Centre
06-Jul	Eastern Cape Provincials	Eastern Cape	
06-Jul	North West Provincials	North West	The Roots, 954 M C Roode Drive, Potchefstroom
13-Jul	Gauteng Central Regional Championships	Gauteng Central	Kempton Park Civic Centre
13-Jul	Limpopo Provincials	Limpopo	Meropa Casino
20-Jul	KZN Provincials	KZN	Liberty Hall, North Coast Rd, Durban
20-Jul	Sedibeng Regional Championships	Sedibeng	Quest Conference Centre
27-Jul	Posing Seminar	Gauteng North	Lewende Woord Church, Burmeria
Aug			
1-3 Aug	SA National Championships + Capping Ceremony (Team Selection at Regionals)	KZN	The Junction, 53 Abelia Road, Kloof
1-3 Aug	SA National Fitness Challenge Championships	KZN	The Junction, 53 Abelia Road, Kloof
17-Aug	Sunfest Mpumalanga	Mpumalanga	
31-Aug	Sunfest EC	Sunfest	
Sep			
07-Sep	Sunfest Cape Town (Last Qualifier for Arnold Classic Europe)	Western Cape	Life Church, Somerset West
14-Sep	Sunfest Free State	Free State	
23 - 28 Sep	Men's Worlds & Congress (Team Selection at SA Championships)	Kish Island, Dubai	
Oct			
05-Oct	Sunfest Limpopo	Limpopo	Meropa Casino
11 - 13 Oct	Arnold Classic Europe (Team Selection Sunfest CT, Sunfest Gauteng + Santonja African Cup)	Spain	
19-Oct	Millenium Gold Plate	Gauteng	Kempton Park Civic Centre
26-Oct	Sunfest North Cape	Northern Cape	
26 - 27 Oct	Fit Model Worlds (Team Selection at SA Championships)	Lithuania	
Nov			
16-Nov	TBTF Classic & Fitness Extravaganza (No Bodybuilding)	Mpumalanga	Nelspruit
09-Nov	Sunfest North West	North West	
Dec			
16 - 19 Dec	IFBB World Woman's Championships (Team Selection at SA Championships)	Japan	
07-Dec	Sunfest KZN	KZN	
07-Dec	Xfe Classic	Gauteng	Kempton Park Civic Centre