



IFBB LIMPOPO PROVINCIAL SHOW SATURDAY 13 July 2024 **MEROPA CASINO, SUN INTERNATIONAL**

Weigh in Saturday 13 July 8h00 – 10h00

Show begins 11h00

Team announcement after Overall Bodybuilding

IFBB hold the right to combine line ups if necessary

TICKETS: are available at the door.

- **Adult ticket R250**
- **Kids u/7 free**
- **Backstage R500 (include show ticket)**

SESSION 1 11h00 – 13h00

Ladies Beach Bikini u/163cm

Ladies Beach Bikini o/163cm

Ladies Bikini u/166ccm

Ladies Bikini o/166cm

Ladies Bikini over 35 years One line up

Men's Physique u/178cm

Men's Physique o/178cm

Men's Physique over 40 years

Men's Muscular Physique One line up

Ladies Wellness One line up

Ladies Physique One line up

Ladies Body Fitness One line up

Beach Bikini Overall * Ladies Bikini Overall * Men's Physique Overall

SESSION 2 13h30 – 15h30

Ladies Fit Model Round 1 One line up

Men's Classic Physique One line up

Men's Classic Bodybuilding One line up

Ladies Fit Model Round 2

Jnr Bodybuilding under and including 23, years one line up

Masters Bodybuilding Over 40

Senior Men Bodybuilding u/70kg

Senior Men Bodybuilding u/80kg

Senior Men Bodybuilding u/90kg

Senior Men Bodybuilding O/90kg

Overall Bodybuilding * Team Announcement