Estimated Running Times

We recommend that family and friends arrive at least 60 minutes before the published schedule to ensure they don't miss anything.

Saturday ICN National Pro/Am Championships 2026

These are estimated times only. A final schedule will be sent out closer to the event

Saturday Competitor Check-in 8:00am	
Divisions	**Est. Time**
Ms Figure 60+	9.00
Ms Figure 50+	9.10
Men's Bodybuilding 60+	9.20
Men's Bodybuilding 50+	9.20
Ms Figure Rookie	9.30
Men's Bodybuilding Rookie	9.40
Ms Figure Novice	9.45
Men's Bodybuilding Novice	9.55
Ms Figure 40+	10.05
Men's Bodybuilding 40+	10.15
Ms Swimsuit Rookie	10.25
Men's Bodybuilding 23	10.35
Ms Swimsuit 23	10.40
Ms Figure 30+	10.50
Men's Bodybuilding 30+	11.00
Ms Swimsuit Novice	11.05
Ms Figure Classic Open	11.15
Men's Bodybuilding Under 72kgs	11.20
Men's Bodybuilding 72kgs Plus	11.20
Ms Swimsuit 30+	11.30
Ms Figure Open Class 1	11.40
Ms Figure Open Class 2	11.50
Ms Figure Overall Champion	12.00
Ms Swimsuit Model Open Class 1	12.10
Ms Swimsuit Model Open Class 2	12.20
Ms Swimsuit Model Overall Champion	12.30
Men's Bodybuilding Open Class 1	12.40
Men's Bodybuilding Open Class 2	12.50
Men's Bodybuilding Open Class 3	1.00
Men's Bodybuilding Overall Champion	1.10

Saturday Competitor Check-in 12.00pm	
Divisions	**Est. Time**
Ms Bikini 50+	1.30
Ms Bikini 40+	1.40
Men's Classic Physique 50+	1.45
Ms Bikini Rookie	1.50
Men's Classic Physique Rookie	2.00
Ms Bikini Novice	2.10
Men's Classic Physique Novice	2.15
Ms Bikini 30+	2.20
Men's Classic Physique 30+	2.30
Ms Bikini Momma	2.35
Men's Classic Physique 23	2.45
Ms Bikini 23	2.50
Men's Classic 70kgs Plus	3.00
Ms Bikini Open Class 1	3.10
Ms Bikini Open Class 2	3.20
Ms Bikini Open Class 3	3.30
Ms Bikini Open Overall Champion	3.40
Men's Classic Physique Open Class 1	3.50
Men's Classic Physique Open Class 2	4.00
Men's Classic Physique Open Class 3	4.10
Men's Classic Physique Overall Champion	4.20

Pro & Pro Q Check-in 3:00pm	
Divisions	**Est. Time**
Pro Ms Figure	5.00
Pro Ms Swimsuit Model	5.30
Pro Men's Bodybuilding	6.00
Pro Ms Bikini	6.30
Pro Men's Classic Physique	7.00

Estimated Running Times

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Sunday ICN National Pro/ Am Championships 2026

Sunday Competitor Check-in 8.00am	
Divisions	**Est. Time**
Men's Physique 50+	9.00
Men's Physique 40+	9.10
Ms Fitness Model Rookie	9.20
Men's Physique Rookie	9.30
Ms Fitness Model Novice	9.40
Men's Physique Novice	9.50
Ms Wellness Rookie	10.00
Ms Fitness Model 30+	10.10
Men's Physique 30+	10.20
Ms Wellness 23	10.30
Ms Fitness Model Momma	10.35
Men's Physique 23	10.45
Ms Fitness Model 23	10.50
Ms Wellness Novice	11.00
Ms Wellness 30+	11.00
Men's Physique Under 70kgs	11.10
Men's Physique 70kgs Plus	11.20
Ms Wellness Open / Overall	11.30
Ms Fitness Model Open Class 1	11.40
Ms Fitness Model Open Class 2	11.50
Ms Fitness Model Overall Champion	12.00
Men's Physique Open Class 1	12.10
Men's Physique Open Class 2	12.20
Men's Physique Open Class 3	12.30
Men's Physique Overall Champion	12.40

Competitor Check-in 12pm	
Ms Sports Model 50+	1.00
Ms Sports Model 40+	1.00
Ms Sports Model 30+	1.10
Men's Fitness 50+	1.20
Men's Fitness 40+	1.20
Ms Sports Model Rookie	1.30
Men's Fitness Rookie	1.40
Ms Sports Model Novice	1.50
Men's Fitness Novice	2.00
Ms Sports Model Momma	2.10
Men's Fitness 30+	2.20
Men's Fitness 23	2.20
Ms Sports Model 23	2.30
Men's Fitness Open Class 1	2.40
Men's Fitness Open Class 2	2.50
Men's Fitness Overall Champion	3.00
Ms Sports Model Open Class 1	3.10
Ms Sports Model Open Class 2	3.20
Ms Sports Model Overall Champion	3.30

ICN Professional Championships 2026

Pro Division Check-in 3:00pm	
Divisions	**Est. Time**
Pro Ms Wellness	4.00
Pro Men's Physique	4.30
Pro Ms Fitness Model	5.00
Pro Men's Fitness	5.30
Pro Ms Sports Model	6.00