



IFBB Pro Athletes

COME AND MEET YOUR FAVOURITE IFBB PROS AT THE ATHLETE MEET AND GREET!

Thursday 16th March, 7pm in the Inkwell, MCEC Concourse.

Please note some athletes may not be available.

BODYBUILDERS	FITNESS ATHLETES	FIGURE ATHLETES	BIKINI ATHLETES
Earl Abrahams Atif Anwar Jeff Beckham Lionel Beyeke Maxx Charles Dallas McCarver Juan Morel Darryn Onekawa Brandon Curry Guy Cisternino	Alysha Cliff Kristine Duba Oksana Grishina Whitney Jones Dominique Matthews Holly Semanoff Nicolette Spencer Missy Farrell Aurika Tyrgale Bethany Wagner Toni Wheeler Derina Wilson	Jacklyn Abrams Yvette Brown Deepika Chowdhury Swan De La Rosa Leah Dolan Cydney Gillon Tamika Irvin Ivana Ivusic Candice Lewis Julie Mayer Katie Morris Krystal Ricci Camala Rodriguez Louise Rogers Stacey Steiner Gennifer Strobo Helen Turley Bojana Vasiljevic Nikolett Vasvari Latorya Watts	Valeria Ammirato Narmin Assria Sara Back Shannah Baker Cynthia Benoit Geri Berger Amber Callahan Margret Gnarr Kim Gutierrez Courtney King Virag Kiss Janet Layug Olya Lomakina Stephanie Mahoe Sheena Martin Breena Martinez Marissa Rivero McGrath Justine Munroe India Paulino Caryn Nicole Paolini Camile Periat Jennifer Ronzitti Cara Saunders Angelica Teixeira Manuela Vianna Elizabeth Yisrael Gigi Amurao

Please note: events and guests may be subject to change



Special Guests

Kai Greene - Iron Addicts Nitro Gym, Booth #113
CT Fletcher - Iron Addicts Nitro Gym, Booth #113
Mike Rashid - Iron Addicts Nitro Gym, Booth #113
Rich Piana - 5% Nutrition Booth #219
Heidi Somers - Live Fit Apparel Booth #121a
Steve Cook - ON Booth #129
Shaun Stafford - ON Booth #129
Nick Cheadle - ON Booth #129
Sadik Hadzovic - Gat Booth #147
Big Rammy - Gat Booth #147
Shawn Rhoden - Pro Supps Booth #147
Robert Whittaker - UFC Middleweight - Muscle Meals Booth #105a
Dexter Jackson - Muscle Meals Booth #105a
India Paulino - BSN Booth #146
360 - 180 Movement, Kids Expo, 12pm - 2pm daily
Oksana Grishina - SAN Nutrition, Booth #118, Sunday 10am - 5pm
Candice Lewis - SAN Nutrition, Booth #118, 10am - 2pm Friday and 10am - 5pm Sunday
Lindy Olsen - Raw Muscle/Oxygen Booth #142
Hattie Boyle - Raw Muscle/Oxygen Booth #142
Nina Silic - Raw Muscle/Oxygen Booth #142
Brian Shaw - iSatori, Booth #130, 11am - 2pm Sunday
Josh Burns - Labrada, Booth #130
Ron Partlow - Mutant, Booth #118
Adam Rochester - Mutant, Booth #118
Swann De La Rosa - Bentacourt Nutrition, Booth #130 Friday and Sunday
Jon De La Rosa - Bentacourt Nutrition, Booth #130, Friday and Sunday
Kiki Vhyce - Nutrex, Booth #130
Dimitri Kastrappis - Dymatize, Booth #130



Friday Event Schedule

SPORT/EVENT	LOCATION	TIME
IFBB Amateur Competition - Women's Bikini-Fitness - Women's Fitness (Comparison Round) - Women's Bikini-Fitness - Women's Fitness (Routines)	Jaybird Main Stage	From 10am
Arnold Model Search	Jaybird Main Stage	4pm
Arnold Amateur Strongman - U65kg Strongwoman & U80kg Strongman	Activity Area	10am - 5pm
Arnold Pro Strongman - Event 1: Super Yoke - Event 2: Log Press - Event 3: Frame Carry	Activity Area	12pm 2.30pm 5pm
Pro Raw Powerlifting - Women's 60kg, 75kg, 75kg+ class	Powerlifting Area	From 10am
Boxing Exhibitions	Fight Zone	
Kettlebell Sport Workshops	Kettlebell Sport Area	All day
Chess - Come and Try	Chess Area, Kid's Expo	All day
Martial Arts Workshop	Fight Zone	
Carl Van Roon Fighting Seminar	Fight Zone	2pm - 5pm
Brazilian Jiu-Jitsu - Adult Male Gi - Purple, Brown and Black belt. - Master Male Gi - Purple, Brown and Black belt. - Adult Female Gi - Purple, Brown and Black belt. - Adult Female No Gi - Novice, Blue and Purple belt. - Adult Male No Gi - Novice, Blue and Purple belt. - Master Male No Gi - Novice, Blue and Purple belt.	Fight Zone	All day
Arnold Business Forum	Plenary Stage	7.30pm
Futsal	Futsal Area, Kids Expo	All day

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Friday Event Schedule

SPORT/EVENT	LOCATION	TIME
Fencing	Fencing Area	From 10am
Pole Fitness	Pole Fitness Stage	From 10am
Darts	Darts Area	From 10am
Kids Expo - Come and Try <ul style="list-style-type: none"> - Dance - Chess - Fencing - Gymnastics - Futsal - Kyokushin KArate - Laser Skirmish - MMA - GridironDac - Speedcubing - Tennis - Circus arts - Kids Strongman - Golf - Ice Hockey - Wheelchair Sports - AFL - Virtual Reality 	Kid's Expo	All day

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Saturday Event Schedule

SPORT/EVENT	LOCATION	TIME
IFBB Amateur Competition - Men's Classic Bodybuilding - Women's Bodyfitness (Figure)	Jaybird Main Stage	10am - 1pm
IFBB Pro Competition Pre-Judging - Pro Figure - Pro Bikini	Jaybird Main Stage	1pm
IFBB Amateur Competition - Women's Physique	Jaybird Main Stage	2.30pm
Armwrestling - Women 128lb Left & Right - Women 148lb Left & Right - Women 148lb+ Left & Right - Men 225lb Left & Right - Men 225lb+ Left & Right - Finals	Arm Wrestling Area Jaybird Main Stage	12pm onwards 4.30pm
Arnold Amateur Strongman - U82kg Strongwoman & U90kg Strongman	Activity Area	10am - 5pm
Arnold Pro Strongman - Event 4: Deadlift - Event 5: Truck Pull - Event 6: Atlas Stones	Activity Area	12pm 2.30pm 5pm
Pro Raw Powerlifting - Men's 80/95/110kg class	Powerlifting Area	From 10am
IFBB Amateur Competition - Men's Junior, Masters and Novice Bodybuilding - Men's Open (weight classes) Bodybuilding	Plenary Theatre	From 10am
IFBB Pro Show - Pro Fitness and Pro Men's Pre-Judging - Pro Bikini. Figure, Fitness and Men's Finals, Supplement Awards, IFBB Pro and Arnold Pro Strongman Awards.	Plenary Theatre	4pm 7pm
Dexter Jackson Seminar	Super Gym	12pm
Chess - Junior Coaching Program - Allegro Competition	Chess Area, Kid's Expo	Morning Afternoon

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Saturday Event Schedule

SPORT/EVENT	LOCATION	TIME
Wheelchair Sports <ul style="list-style-type: none"> - Wheelchair Tennis - Para Badminton - Wheelchair Basketball Sat 2.30 – 5.30pm - Wheelchair Golf 	Wheelchair Sports Area, Kid's Expo	10.30am - 12pm 12.30pm - 2pm 2.30pm - 5.30pm 2.30pm - 5.30pm
Brazilian Jiu-Jitsu <ul style="list-style-type: none"> - All Junior - All Juvenile Gi and No Gi and Open weights. - Adult Male No Gi - Brown and Black belt. - Master Male No Gi - Brown and black belt. - Adult Female No Gi - Brown and Black belt. - Adult Female Gi - Novice and Blue belt. - Adult Male Gi - Novice and Blue belt. - Master Male Gi - Novice and Blue belt. 	Fight Zone	All day
Kyokushin Karate <ul style="list-style-type: none"> - Kids and Adults Kata - Kids and Adults Non-Contact - Under 14 Full Contact 	Fight Zone	All day
Boxing Arnold Amateur Golden Gloves Boxing Championships	Fight Zone	
WAKO <ul style="list-style-type: none"> - K-1 - Point fighting, Light Contact 	Fight Zone	
Taekwondo <ul style="list-style-type: none"> - WTF Style (Poomse and Sparring) 	Fight Zone	All day
Kettlebell Sport <ul style="list-style-type: none"> - Biathlon Jerk and Jerk Only 10 & 5 Minute events (Pro, Amateur, Novice) - Biathlon Snatch and Snatch only 10 & 5 Minute Events (Pro, Amateur, Novice) - Medal Ceremony Biathlon, Snatch and Jerk Only - Long Cycle 10 & 5 Minute Events (Pro, Amateur, Novice) - Kettlebell Relay - Medal Ceremony 	Kettlebell Sport Area	11am -12pm 12.30pm - 1pm 2.30pm - 3pm 3pm 4pm 5pm
Futsal	Futsal Area, Kids Expo	All day

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Saturday Event Schedule

SPORT/EVENT	LOCATION	TIME
Fencing	Fencing Area	From 10am
Pole Fitness - Pole Open, Men and Women	Pole Fitness Stage	All day
Darts	Darts Area	From 10am
Kids Expo - Come and Try - Dance - Chess - Fencing - Gymnastics - Futsal - Kyokushin KARate - Laser Skirmish - MMA - GridironDac - Speedcubing - Tennis - Circus arts - Kids Strongman - Golf - Ice Hockey - Wheelchair Sports - AFL - Virtual Reality	Kid's Expo	All day

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Sunday Event Schedule

SPORT/EVENT	LOCATION	TIME
Arnold Seminar	Super Gym	10am
IFBB Amateur Competition <ul style="list-style-type: none"> - Open Men's Bodybuilding (Weight Classes) - Finals - Open Men's Bodybuilding (Weight Classes) - Overall/Pro Card Presentation - Men's Physique 	Jaybird Main Stage	10.30am
Armwrestling <ul style="list-style-type: none"> - Men 165lb Left & Right - Men 195lb Left & Right Supermatches and Finals <ul style="list-style-type: none"> - Lars Rorbakken v Ben Carroll – Right Handed - Lars Rorbakken v Brett Coutts – Left Handed - Finals 	Armwrestling Area Jaybird Main Stage	12pm onwards 4.30pm
Arnold Amateur Strongman <ul style="list-style-type: none"> - Open Strongwoman, U105kg & Heavyweight Strongman 	Activity Area	From 10am
Chess <ul style="list-style-type: none"> - Skittles Tournament 	Chess Area, Kid's Zone	All day
Wheelchair Sports <ul style="list-style-type: none"> - Wheelchair Handball - Wheelchair Rugby Sun - Wheelchair Basketball - Wheelchair AFL 	Wheelchair Sports Area, Kid's Expo	10.30 - 12pm 12.30pm - 2pm 2.30pm - 4pm 4.30pm - 6pm
Brazilian Jiu-Jitsu <ul style="list-style-type: none"> - All Adult, Master Open Weights 	Fight Zone	All day
Kyokushin Karate <ul style="list-style-type: none"> - Under 16, under 18, and adult full contact. 	Fight Zone	All day
Boxing Arnold Amateur Golden Gloves Boxing Championships	Fight Zone	All day
WAKO <ul style="list-style-type: none"> - K-1 - Kick Light and Mod MMA 	Fight Zone	All day

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Sunday Event Schedule

SPORT/EVENT	LOCATION	TIME
Taekwondo <ul style="list-style-type: none"> - WTF Poomse - WTF Sparring - ITF Individual Patterns - ITF Team Patterns - ITF Individual Sparring - ITF Team Sparring 	Fight Zone	All day
Kettlebell Sport <ul style="list-style-type: none"> - Kids Kettlebell Sport Competition (Main event) - Kettlebell Marathon (Main event) - Kettlebell Relay - Medal Ceremony - Day 2 	Kettlebell Sport Area	11am 12pm - 4pm 4pm 4.30pm
Futsal	Futsal Area, Kids Expo	All day
Fencing	Fencing Area	From 10am
Pole Fitness <ul style="list-style-type: none"> - Pole Open, Men and Women 	Pole Fitness Stage	All day
Darts	Darts Area	From 10am
Kids Expo - Come and Try <ul style="list-style-type: none"> - Dance - Chess - Fencing - Gymnastics - Futsal - Kyokushin KArate - Laser Skirmish - MMA - GridironDac - Speedcubing - Tennis - Circus arts - Kids Strongman - Golf - Ice Hockey - Wheelchair Sports - AFL - Virtual Reality 	Kid's Expo	All day
"Party with the Pros" Official After Party	Co Nightclub, Level 3, Crown Casino	7pm

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