

2009 Arnold Classic Schedule!!

Contributed by Michele Gampel
Tuesday, 24 February 2009

The Arnold Sports Festival begins March 5, 2009 with the athlete check-in. This event goes thru Sunday March 8th.

ARNOLD SPORTS FESTIVAL

DAY 1 FRIDAY, MARCH 6

GREATER COLUMBUS CONVENTION CENTER

8:00 am – 6:00 pm Arnold Strength Training Summit

ALL DAY REGISTRATION

C210-216 (2ND FLOOR)

8:00 am – 7:00 pm USA Powerlifting Championships

UNEQUIPPED COMPETITION

GRAND BALLROOM

8:00 am – 8:00 pm Boxing Championships/Martial Arts Festival/Arnold Grappling Championships

MARTIAL ARTS REGISTRATION NOON – 10:00 PM HOLIDAY INN DOWNTON

BOXING REGISTRATION 5:00 – 9:00 PM HOLIDAY INN DOWNTOWN

GRAPPLING REGISTRATION 5:00 – 10:00 PM C-122 CONVENTION CENTER

12:30 – 3:00 RANDY COUTURE/DANA WHITE TRAINING SEMINAR

HALL C

8:00 am – 10:00 pm Gymnastics Challenge

COMPULSORY and OPTIONAL

HALLS E and F

9:00 am - 7:00 pm Table Tennis Challenge

TERRACE BALLROOM (2ND FLOOR) and E160's & E170's

9:00 am – 10:00 pm Active Aging Festival

CEU Seminar – DELAWARE ROOM – 8:00 am–5:00pm

Senior Olympic Table Tennis Finals

Friday Night Dance Party – 7:00pm – 10:00pm

HYATT REGENCY BALLROOM (DOORS OPEN AT 8:30 AM)

10:00 am – 8:00 pm Weightlifting Championships

ARNOLD INTERNATIONAL WEIGHTLIFTING INVITATIONAL

MASTERS (ALL SESSIONS) & OPEN DIVISION (INITIAL SESSIONS)

C110-C115

10:30 am – 6:00 pm Arnold Fitness EXPO**

OPEN TO GENERAL PUBLIC

ENTERTAINMENT/CONTESTS BEGINS AND

CONTINUES THROUGHOUT THE DAY

HALL D EXPO STAGE

Armrestling Preliminaries

ALL CLASSES 10:30 AM -12:00 NOON

Ms. International, Fitness International, and Figure International

PREJUDGING 12:00 NOON-3:00 PM

Strongman Contest

3:00 PM – 6:00 PM

OHIO EXPO CENTER

9:00 am – 9:00 pm Archery Competition ++

OHIO NASP STATE TOURNAMENT

OHIO EXPO CENTER-LAUSCHE BUILDING

VETERANS MEMORIAL

THUR 3/5 AUDITORIUM 7:00 PM Amateur Fitness & Figure Prejudging, Bikini Finals (GENERAL ADMISSION - \$25)*

9:00 am – 2:00 pm Amateur Bodybuilding Men’s and Women’s Championships

PREJUDGING

AUDITORIUM

(GENERAL ADMISSION - \$25)*

12:00 noon - 7:00 pm Cheerleading and Dance

COMPETITOR REGISTRATION NOON- 3:00 PM;

COMPETITION 3:00 PM – 7:00 PM

NORTH HALL

7:00 pm FINALS 2008

Ms. International, Fitness International

and Figure International

AUDITORIUM (RESERVED SEATING - \$50 and \$75)*

For more information: www.arnoldsportsfestival.com

TICKETS : ** EXPO Tickets. Adults: \$10 per day. 10yrs and under FREE if accompanied by an adult. Admission includes total access to the Arnold

Fitness EXPO. For tickets: www.ticketmaster.com/arnold Also available at Convention Center Fri-Sat-Sun

NO BABY STROLLERS ALLOWED

* Ticketmaster: 800-745-3000 Also available at Veterans Memorial days of events

+ Tickets also available at Nationwide Arena Box Office (Sunday, March 8TH only)

++ Tickets also available at Ohio Expo Center – Lausche Bldg (Friday, March 6th only)

ARNOLD SPORTS FESTIVAL

DAY 2 SATURDAY, MARCH 7

GREATER COLUMBUS CONVENTION CENTER

7:30 am – 8:00 pm Weightlifting Championships

ARNOLD’S CHAMPIONS OF TOMORROW – SCHOOL AGE AND JUNIOR DIVISIONS(INITIAL SESSIONS)

ARNOLD’S INTERNATIONAL WEIGHTLIFTING INVITATIONAL (FINALS)

C110-115

Boxing Championships/Martial Arts Festival/Arnold Grappling Championships

(Adults)

BOXING AND MARTIAL ARTS REGISTRATION 7:30 AM ROOM C120 COMPETITION 9:00 AM

GRAPPLING REGISTRATION 8:00 AM ROOM C122, RULES MEETING 10:00 AM

HALL C

8:00 am – 4:00 pm USA Powerlifting Championships

QUEST AMERICAN PRO INVITATIONAL

GRAND BALLROOM

Arnold Fencing Classic

REGIONAL YOUTH CIRCUIT – FOIL AND SABRE

FIE SATELLITE WORLD CUP – MEN’S EPEE

9:00 AM “TOURNAMENT-PROPER” ROUNDS

HYATT REGENCY – DELAWARE/FRANKLIN/UNION

8:00 am – 6:00 pm Arnold Strength Training Summit

MORNING REGISTRATION

C210-216 (2ND FLOOR)

Youth DanceSport Classic Featuring:

COMPETITION BETWEEN U.S. AND CANADIAN DANCE COUPLES

HYATT REGENCY BALLROOM

8:00 am – 10:00 pm Gymnastics Challenge

COMPULSORY and OPTIONAL; INTERNATIONAL

ATHLETE EXHIBITION and OPENING

CELEBRATION 12:00 NOON

HALLS E and F

9:00 am – 6:00 pm Arnold Fitness EXPO**

OPEN TO GENERAL PUBLIC

ENTERTAINMENT/CONTESTS BEGINS AND

CONTINUES THROUGHOUT THE DAY

HALL D EXPO STAGE

Armrestling FINALS

9:00 AM – 10:00 AM

Amateur Men’s and Women’s Bodybuilding, Fitness & Figure FINALS

10:00 AM – 1:00 PM

German Olympic Weightlifting Team

1:00 PM – 1:30 PM

Strongman Contest

1:30 PM – 4:00 PM

International Pro Deadlift

4:00 PM – 6:00 PM

9:00 am – 9:00 pm Table Tennis Challenge

TERRACE BALLROOM (2ND FLOOR) and E160’s & E170’s

VETERANS MEMORIAL

8:00 am – 6:00 pm Cheerleading and Dance

COMPETITOR REGISTRATION 8:00 AM - 12 NOON;

COMPETITION 8:00 AM – 6:00 PM;

NORTH HALL

12:00 noon – 2:00 pm 21st Arnold Classic Prejudging

AUDITORIUM (RESERVED SEATING - \$50)*

7:00 pm – 9:30 pm 21st Arnold Classic FINALS

AUDITORIUM (RESERVED SEATING \$50 and \$75)*

9:30 pm – 10:00 pm Arnold Strongman Contest FINALS

AUDITORIUM (following Arnold Classic Finals)

LIFESTYLE COMMUNITIES PAVILION

9:00 pm – 2:00 am Arnold Party With The Pros

GENERAL ADMISSION (\$25)*

ARNOLD SPORTS FESTIVAL

DAY 3 SUNDAY, MARCH 8

GREATER COLUMBUS CONVENTION CENTER

6:30 am – 10:30 am 5K Racewalk

REGISTRATION 6:30 AM – 8:00 AM

TERRACE BALLROOM (2ND FLOOR)

5K Pump & Run HALL F

REGISTRATION, ATHLETES WEIGH IN AND BENCH

PRESS 7:00 AM – 9:00 AM

5K Run HALL F

REGISTRATION 7:30 AM – 9:00 AM

5K Racewalk begins 8:30 am

5K Run begins 9:30 am (corner of Goodale St and High St)

5K Pump & Run Race begins 10:30 am

7:30 am – 5:00 pm Gymnastics Challenge HALLS E and F

COMPULSORY and OPTIONAL;

MEN’S/WOMEN’S FINALS 2:30 PM

Boxing Championships/Martial Arts Festival/Arnold Grappling Championship

(Youth)

BOXING AND MARTIAL ARTS REGISTRATION 7:30 AM C-120

GRAPPLING REGISTRATION 8:00 AM C-122, RULES MEETING 10:00 AM

HALL C

8:00 am – 1:00 pm Arnold Strength Training Summit

C213-216 (2nd FLOOR)

8:00 am – 4:00 pm Arnold Fencing Classic

REGIONAL YOUTH CIRCUIT – YOUTH EPEE FENCING

HYATT REGENCY–DELAWARE, FRANKLIN, UNION ROOMS

FIE SATELLITE WORLD CUP

8:00 AM OPENING CEREMONY

11:00 AM FINALS

11:30 CLOSING CEREMONY

GRAND BALLROOM

9:00 am – 3:00 pm Table Tennis Challenge

TERRACE BALLROOM (2ND FLOOR) AND E160’s & E170’s

10:00 am – 4:00pm Arnold Fitness EXPO**

OPEN TO GENERAL PUBLIC

ENTERTAINMENT/CONTESTS BEGINS AND

CONTINUES THROUGHOUT THE DAY

HALL D EXPO STAGE

International Pro Bench Press

10:00 AM -12:00 NOON

Fitness Fashion Show

12:00 NOON – 1:00 PM

Irish Dance (Richens/Timms Dancers)

1:00 PM – 1:30 PM

Table Tennis

1:30 PM – 2:30 PM

Olympic Fencing Demonstrations

2:30 PM – 3:00 PM

Dance Team Performances

3:00 PM – 4:00 PM

10:00 am – 6:00 pm Weightlifting

ARNOLD’S CHAMPIONS OF TOMORROW – SCHOOL AGE & JUNIOR DIVISIONS (FINALS)

WERK SAN HIGH SCHOOL NATIONALS TEAM CHALLENGE (FINALS)

C110-115

Youth DanceSport Classic

HYATT-REGENCY BALLROOM

VETERANS MEMORIAL

8:00 am – 6:00 pm Cheerleading and Dance

COMPETITOR REGISTRATION 8:00 AM – 12:00 NOON

COMPETITION 8:00 AM- 6:00 PM

NORTH HALL

9:00 am – 12:00 noon Arnold Fitness Training Seminar

AUDITORIUM (GENERAL ADMISSION - \$50)*

NATIONWIDE ARENA

8:00 am – 8:00 pm Wrestling Challenge

NATIONWIDE ARENA