



PROGRAMMA INBA/PNBA DUTCH CHAMPIONSHIPS 2025

Friday 18 April 2025

16.00 uur – 19.00 uur: Registratie atleten / Athletes registration at the venue
(De Eng, Rochetstraat 2 Voorthuizen, Pre-tanning will also be here)

Saturday 19 april 2025

06.00 uur: Venue open for athletes, coaches and tanning

07.30 uur: INBA crew meeting (only crew, no athletes)

08.00 uur: groepsfoto INBA Crew (only crew, no athletes)

08.15 uur judge meeting & instruction chaperones/GQS drugtesting procedure (only crew, no athletes)

08.30 uur: Doors open for visitors

Competition starts at 09.00 o'clock

(one show format: prejudging, finals and awarding at once)

The indicated times in the schedule are just an indication so not the exact times!
Our backstage crew will keep you informed

09.00 uur: official opening INBA/PNBA Dutch Championships 2025 by the
INBA Netherlands President Sandra van de Kamp

1. Men's Bodybuilding Ultra Masters (60+)
2. Men's Bodybuilding Grand Masters (50+)
3. Men's Bodybuilding Masters (40+)
4. Men's Bodybuilding Juniors (18-23 years)
5. Women's Bodybuilding
6. Men's Athletic Short (*± 10.00 o'clock*)
7. Men's Athletic Tall

Men's Athletic Overall Winner

8. Bikini Diva's Ultra Masters (60+) (60+ and 50+ come on stage at the same time)
9. Bikini Diva's Grand Masters (50+)
10. Women's Physique Masters (40+)
11. Women's Physique Open
12. Wellness (*± 11.30 o'clock*)

13. PNBA Pro Men's Bodybuilding Masters (40+)
14. Men's Bodybuilding Open Short
15. Men's Bodybuilding Open Medium
16. Men's Bodybuilding Open Tall
- Men's Bodybuilding Open Overall Winner (Short/Medium/Tall)
17. Swimsuit Models
18. Men's Sportmodels Open
19. Mixed Pairs

BREAK

14.15 uur Re-opening of the show by INBA Netherlands President Sandra van de Kamp

20. Sportmodels 40+
21. Sportmodels Open
22. Classic Physique Juniors (18-23 years)
23. Classic Physique Masters (40+)
24. Classic Physique Open Short
25. Classic Physique Open Medium
26. Classic Physique Open Tall
- Classic Physique Open Overall Winner (Short/Medium/Tall)
27. INBA Angels (*± 17.00/17.30 o'clock*)
28. Transgender
29. PNBA Pro Figure
30. Figure Masters (40+)
31. Figure Open
32. Ink division (male and female)
33. Men's Physique junior (18-23 years) (*± 18.00/18.30 o'clock*)
34. Men's Physique Masters (40+)
35. Men's Physique Grand Masters (50+)
36. Evening Gown
37. Men's Physique Open Short
38. Men's Physique Open Tall
- Men's Physique Open Overall Winner (Short/Tall)
39. Bikini Diva's junior (18-23 years) (*± 20.00 o'clock*)
40. Bikini Diva's Jr. masters (35-39 years)
41. Bikini Diva's Masters (40+)
42. Bikini Diva's Open Short
43. Bikini Diva's Open Tall
- Bikini Diva's Open Overall Winner (Short/Tall)

± **20.45 uur** Overall winners of Classic Physique, Men's Bodybuilding, Men's Physique, Men's Athletic and winner of Men's Sportmodels come on stage (only open categories, not age categories)

Best male athlete of the day will be chosen and awarded with the biggest trophy and a Pro Card

± **20.50 uur** Winners of Figure Open, Overall Bikini Open, Sportmodels Open, Wellness, Miss Physique and Women's Bodybuilding come on stage (only open categories, not age categories)

Best female athlete of the day will be chosen and awarded with the biggest trophy and a Pro Card

Pictures of the best male and female athlete together

21.00 uur The End

Notes:

- **this is just an approximate time schedule.**
- **Make sure you are at the venue on time in case we run faster as scheduled**
- **Don't bring huge aerobeds or aero couches backstage, they take too much space.**
- **Self tanning is not allowed. Using our Protan Europe services is mandatory (you will be disqualified if you ignore our rules)**

Only the top 5 in Classic Physique perform their routines

If you are in age and in open category classic physique, you perform your routine only one time (first category in the schedule).

Only the winners in each Bodybuilding class and Women's physique perform their posing routine

There will be no individual posing routines performed at Men's Athletic.

Only top 5 in Men's Physique, Figure, Wellness, Bikini, Sportmodels and Swimsuit models, perform their T-Walk. If we run behind schedule it can be changed into I-Walk.