

**ARNOLD SPORTS FESTIVAL
DAY 1 FRIDAY, MARCH 5**

GREATER COLUMBUS CONVENTION CENTER

- 8:00 am – 1:00 pm **Arnold Amateur Strongman Competition**
Hall C
- 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 – 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 BEGIN AND
CONTINUE THROUGHOUT THE DAY
HALL D EXPO STAGE
Armwrestling Preliminaries
ALL CLASSES 10:30 AM -12:00 NOON
Ms. International, Fitness International, and Figure International
PREJUDGING 12:00 NOON-3:00 PM
Strongman (Professional) Contest
3:00 PM – 6:00 PM
- 12:00 noon – 7:00 pm **Cheerleading and Dance**
Competitor Registration 12:00 noon – 3:00 pm
Competition 3:00 pm – 7:00 pm
Battelle Hall
- 12:00 noon – 10:00 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
1:00 – 3:00 RANDY COUTURE/DANA WHITE TRAINING SEMINAR
HALL C

VETERANS MEMORIAL

- THUR 3/4 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)*
- FRIDAY 3/5
- 9:00 am – 9:00 pm **Archery Competition ***
OHIO NASP STATE TOURNAMENT
NORTH HALL
- 7:00 pm **FINALS 2009**
Ms. International, Fitness International
and Figure International
AUDITORIUM (RESERVED SEATING - \$50 and \$75)*

**ARNOLD SPORTS FESTIVAL
DAY 2 SATURDAY, MARCH 6**

GREATER COLUMBUS CONVENTION CENTER

- 7:30 am – 8:00 pm
SESSIONS)
- Weightlifting Championships**
ARNOLD CHAMPIONS OF TOMORROW – SCHOOL AGE AND JUNIOR DIVISIONS(INITIAL
ARNOLD INTERNATIONAL WEIGHTLIFTING INVITATIONAL (FINALS)
C110-115
- (Adults)
- Boxing Championships/Martial Arts Festival/Arnold Grappling Championships**
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 ROOMS
- 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
- Cheerleading and Dance**
COMPETITOR REGISTRATION 8:00AM – 12:00 NOON;
COMPETITION 8:00AM – 6:00 PM
Battelle Hall
- 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 BEGIN AND
CONTINUE THROUGHOUT THE DAY
HALL D EXPO STAGE
- Armwrestling FINALS**
9:00 AM – 10:00 AM
Amateur Men’s and Women’s Bodybuilding, Fitness & Figure FINALS
10:00 AM – 1:00 PM
(Activity to be determined)
1:00 PM – 1:30 PM
Strongman (Professional) 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**
- 12:00 noon – 2:00 pm
- 7:00 pm – 9:30 pm
- 9:30 pm – 10:00 pm
- 22nd Arnold Classic Prejudging**
AUDITORIUM (RESERVED SEATING - \$50)*
- 22nd Arnold Classic FINALS**
AUDITORIUM (RESERVED SEATING \$50 and \$100)*
- Arnold Strongman (Professional) Contest FINALS**
AUDITORIUM (following Arnold Classic Finals)

NATIONWIDE ARENA – DISPATCH ICE HAUS

9:00 am – 4:00 pm Figure Skating Exhibition

LIFESTYLE COMMUNITIES PAVILION

9:00 pm – 2:00 am Arnold Party With The Pros
GENERAL ADMISSION (\$25)*

**ARNOLD SPORTS FESTIVAL
DAY 3 SUNDAY, MARCH 7**

GREATER COLUMBUS CONVENTION CENTER

7:00 am – 10:30 am 5K Pump & Run
REGISTRATION, ATHLETES WEIGH IN AND BENCH PRESS
7:00 AM – 9:00 AM
HALL F

5K Run
REGISTRATION 7:30 AM – 9:00 AM
HALL F

5K Run begins 9:30 am (races begin at the corner of Goodale St and High St)
5K Pump & Run Race begins 10:30 am

7:30 am – 5:00 pm Gymnastics Challenge
COMPULSORY and OPTIONAL;
MEN'S/WOMEN'S FINALS 2:30 PM
HALLS E and F

Boxing Championships/Martial Arts Festival/Arnold Grappling Championships (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

8:00 am – 6:00 pm Cheerleading and Dance
Competitor Registration 8:00 am – 12:00 noon
Competition 8:00 am – 6:00 pm
Battelle Hall

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 BEGIN AND
CONTINUE 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
Strongman (Amateur) FINALS
1:30 PM – 4:00 PM

10:00 am – 6:00 pm Weightlifting
ARNOLD 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

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 +

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 7TH only)

DATES AND TIMES SUBJECT TO CHANGE