



Sunrise Classic 2026 Timetable

9:20	選手集合 / 受付 / 測定
9:45	選手チェックイン
10:10	選手ミーティング / リハーサル
10:40	開場
11:10	開会式
11:20	WOMEN'S BIKINI - True Novice WOMEN'S BIKINI - Beginner WOMEN'S BIKINI - Novice
11:33	MEN'S PHYSIQUE - True Novice A MEN'S PHYSIQUE - True Novice B MEN'S PHYSIQUE - Teenage MEN'S PHYSIQUE - Junior MEN'S PHYSIQUE - Local MEN'S PHYSIQUE - Beginner
12:26	協賛企業様ご挨拶
12:31	MEN'S PHYSIQUE - Novice A MEN'S PHYSIQUE - Novice B MEN'S PHYSIQUE - Novice C MEN'S PHYSIQUE - Novice D
13:17	小休憩
13:50	WOMEN'S BIKINI - Masters 50+ (50 yr & over) WOMEN'S BIKINI - Masters 45+ (45 yr & over) WOMEN'S BIKINI - Masters 40+ (40 yr & over)
13:54	MEN'S PHYSIQUE - Masters 60+ (60 yr & over) MEN'S PHYSIQUE - Masters 50+ (50 yr & over) MEN'S PHYSIQUE - Masters 45+ (45 yr & over) MEN'S PHYSIQUE - Masters 40+ (40 yr & over) MEN'S PHYSIQUE - Masters 35+ (35 yr & over)
14:01	MEN'S CLASSIC PHYSIQUE - Novice MEN'S CLASSIC PHYSIQUE - Open
14:11	MEN'S Bodybuilding - Masters 40+ (40 yr & over) MEN'S Bodybuilding - Open
14:15	WOMEN'S FIT MODEL - Open
14:16	WOMEN'S BIKINI - Open
14:27	MEN'S PHYSIQUE - Open Class A MEN'S PHYSIQUE - Open Class B MEN'S PHYSIQUE - Open Class C
15:13	休憩
15:45	表彰
16:40	オーバーオール MEN'S PHYSIQUE - Novice WOMEN'S BIKINI - Masters MEN'S PHYSIQUE - Masters MEN'S PHYSIQUE - Open
17:10	閉会・ジャッジフィードバック開始
18:10	ジャッジフィードバック終了