

Zenix

Mid Japan Open 2026 Timetable

09:30	選手集合 / 受付 / 測定
09:45	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
11:15	WOMEN'S FIT MODEL - True Novice WOMEN'S FIT MODEL - Beginner WOMEN'S FIT MODEL - Novice
11:24	WOMEN'S BIKINI - True Novice WOMEN'S BIKINI - Beginner WOMEN'S BIKINI - Local WOMEN'S BIKINI - Novice
11:38	MEN'S PHYSIQUE - True Novice MEN'S PHYSIQUE - Beginner MEN'S PHYSIQUE - Teenage MEN'S PHYSIQUE - Junior MEN'S PHYSIQUE - Local
12:19	協賛企業様ご挨拶
12:24	MEN'S PHYSIQUE - Novice A MEN'S PHYSIQUE - Novice B MEN'S PHYSIQUE - Novice C MEN'S PHYSIQUE - Novice D
12:56	MEN'S CLASSIC PHYSIQUE - True Novice MEN'S CLASSIC PHYSIQUE - Junior MEN'S CLASSIC PHYSIQUE - Novice
13:06	小休憩
13:40	WOMEN'S Fit Model- Masters 50+ (50 yr & over) WOMEN'S BIKINI - Masters 60+ (60 yr & over) WOMEN'S BIKINI - Masters 50+ (50 yr & over) WOMEN'S BIKINI - Masters 45+ (45 yr & over) WOMEN'S BIKINI - Masters 40+ (40 yr & over) WOMEN'S BIKINI - Masters 35+ (35 yr & over)
13:52	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)
14:07	MEN'S CLASSIC PHYSIQUE - Masters 40+ (40 yr & over) MEN'S CLASSIC PHYSIQUE - Open MEN'S Bodybuilding - Junior MEN'S Bodybuilding - Open WOMEN'S Wellness - Open WOMEN'S Physique - Open
14:33	WOMEN'S FIT MODEL - Open WOMEN'S BIKINI - Open Class A WOMEN'S BIKINI - Open Class B
14:55	MEN'S PHYSIQUE - Open Class A MEN'S PHYSIQUE - Open Class B MEN'S PHYSIQUE - Open Class C
15:18	休憩
15:45	表彰
16:30	オーバーオール MEN'S PHYSIQUE - Novice WOMEN'S BIKINI - Masters MEN'S PHYSIQUE - Masters WOMEN'S BIKINI - Open MEN'S PHYSIQUE - Open
17:00	閉会・ジャッジフィードバック開始
17:50	ジャッジフィードバック終了