



Tokai 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 - Novice
11:18	MEN'S PHYSIQUE - True Novice
11:29	WOMEN'S BIKINI - True Novice
	WOMEN'S BIKINI - Beginner
	WOMEN'S BIKINI - Local
11:33	MEN'S PHYSIQUE - Beginner
	MEN'S PHYSIQUE - Teenage
	MEN'S PHYSIQUE - Junior
	MEN'S PHYSIQUE - Local
11:53	協賛企業様ご挨拶
12:03	WOMEN'S BIKINI - Junior
	WOMEN'S BIKINI - Novice
12:08	MEN'S PHYSIQUE - Novice A
	MEN'S PHYSIQUE - Novice B
	MEN'S PHYSIQUE - Novice C
	MEN'S PHYSIQUE - Novice D
12:35	小休憩
13:05	WOMEN'S BIKINI - Masters 50+ (50 yr & over)
13:10	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)
13:17	MEN'S CLASSIC PHYSIQUE - True Novice
	MEN'S CLASSIC PHYSIQUE - Junior
	MEN'S CLASSIC PHYSIQUE - Novice
	MEN'S CLASSIC PHYSIQUE - Open
13:39	MEN'S Bodybuilding - Novice
	MEN'S Bodybuilding - Masters 50+
	MEN'S Bodybuilding - Open
13:53	WOMEN'S FIT MODEL - Open
13:58	WOMEN'S BIKINI - Open
14:04	MEN'S PHYSIQUE - Open Class A
	MEN'S PHYSIQUE - Open Class B
	MEN'S PHYSIQUE - Open Class C
14:25	休憩
14:50	表彰
15:30	オーバーオール
	MEN'S PHYSIQUE - Novice
	WOMEN'S BIKINI - Masters
	MEN'S PHYSIQUE - Masters
	MEN'S PHYSIQUE - Open
16:00	閉会・ジャッジフィードバック開始
16:50	ジャッジフィードバック終了