



SN
Steadfast NUTRITION
PREMIUM SPORTS NUTRITION

Presents



17·18·19
JUNE 2022

**PRAGATI
MAIDAN
DELHI**

Athlete Plan & Schedule

Venue – Hall No. 2 & 3, Pragati Maidan, New Delhi

Entrance from – Gate No. 4, Proceed to Hall No. 3 Entrance

Weighing & Registration & Trunk Number Allocation – 17th June, 2022; 10:00 AM - 4:00 PM

Main Competition – 18th & 19th JUNE, 2022

SCHEDULE

17th June, 2022

- Main gates will be open to athletes 10:00 am onwards & athletes need to come near Hall No. 3 at the Athlete Registration Area situated near the foyer
- On arriving at the Registration Area near the foyer
 - **For Pre-registered athletes**
 - Athletes need to show any Government ID Proof, **Valid NPC Membership & Vaccination Certificate**
 - On showing your ID Proof, we will give you your pre-printed registration form along with the entry wristband & supporter band
 - **For on-spot registration**
 - Athletes need to first go to the **Athlete Payment Counter** & pay the registration fees.
 - On payment of registration fees you will be issued with a payment receipt & also given your athlete & supporter band

**All Athletes must have a valid NPC Membership (www.npcworldwide-register.com/login)*

**Please note that supporter band is only for entry to the show & supporters WILL NOT BE ALLOWED BACK STAGE / GREEN ROOM*

- After collecting your registration form & and band, please proceed for Check-Ins
- At the Check-In Area, athletes need to form a queue for height / weight measurement.
- After the height / weight measurement you will be allocated the class for the competition.
- Once the class is allocated please proceed to the Trunk Number Collection Counter.
- Trunk number is important for every athlete. Please maintain it till the end of the competition
- Athletes can visit the Tanning Area near the Green Room for ProTan Bookings



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18th June, 2022

- The hall access will open at 07:00 AM for athletes only
- Athletes with wristband on their hands will only be given access to enter the HALL Area.
- The athletes need to proceed to the GREEN ROOM area located near the stage for warm up. Access to green room will only be given in order of the category.
- Pre-judging will start by 10:00 AM. The category order for pre-judging will be as below :-
 - Men's Bodybuilding
 - Women's Physique
 - Women's Fitness
 - Women's Figure
 - Men's Classic Physique
 - STAR Category
 - Women's Wellness
 - Women's Bikini
 - Men's Physique
- All athlete have to report on 19th June, 2022

**Please maintain the TRUNK NUMBER and ATHLETE BAND carefully till the end of the show*



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Athlete Plan & Schedule

19th June, 2022

- All athletes to report on 19th June, 2022
- The hall access will open at 07:00 AM.
- Final Round for each class under each category of competition starts at 10:00 AM.
 - All athletes have to come on stage in the same order as pre-judging.
 - Winner for each class under each main category will be announced at this stage.
- The Gold Medal winner of each sub-category will compete for the Final Pro Card in their respective main category.
- The FINAL PRO CARD ROUND is scheduled to start by 02:30 PM

**Please go through the Rules & Regulations and Terms & Conditions on the Sheru Classic India website -*

IMPORTANT INFORMATION

- Athletes are requested to please follow COVID Appropriate Behavior as per Government Guidelines
- Athletes will be disqualified if found not following the basic decorum / rules & regulation.
- Athletes need to be available around the green room area for announcements & call-outs on the stage.
- Athletes must not be anywhere besides the dedicated areas.
- Any athlete who misses their turn to go on the stage will NOT be allowed to go at any later point, hence all athletes must be around the green room area when their category has started & be present for the call outs.
- For any queries or concerns with regards to the process please get in touch with Mr. Trident Pereira: **+91 9930 999 085** (Available on Call & WhatsApp)