

CLASSES & RULES FOR 2020 – FLEX LEWIS CANADIAN CLASSIC CHAMPIONSHIPS

- **WOMEN'S FITNESS - OPEN**

- **BODYBUILDING:**
 - True Novice (First-Time Competitors)
 - Juniors (23 Years and younger)
 - Grandmasters (50 years of age and older)
 - Masters (40 years of age and older)
 - Bantamweight (up to & incl. 143 ¼ lbs)
 - Lightweight (over 143 ¼ lbs up to & incl. 154 ¼ lbs)
 - Middleweight (over 154 ¼ lbs up to & incl. 176 ¼ lbs)
 - Light Heavyweight (over 176 ¼ lbs up to & incl. 198 ¼ lbs)
 - Heavyweight (over 198 ¼ lbs)

- **MEN'S CLASSIC PHYSIQUE:**
 - True Novice (First-Time Competitors)
 - Masters (40 years of age and older)
 - **Class A (up to and including 5'7")**
 - Class A (up to & incl 5'4" up to & incl 160 lbs)
 - Class A (over 5'4", up to & incl 5'5" up to & incl 165 lbs)
 - Class A (over 5'5", up to & incl 5'6" up to & incl 170 lbs)
 - Class A (over 5'6", up to & incl 5'7" up to & incl 175 lbs)
 - **Class B (over 5'7" up to & including 5'10")**
 - Class B (over 5'7", up to & incl 5'8" up to & incl 182 lbs)
 - Class B (over 5'8", up to & incl 5'9" up to & incl 190 lbs)
 - Class B (over 5'9", up to & incl 5'10" up to & incl 197 lbs)
 - **Class C (over 5'10")**
 - Class C (over 5'10", up to & incl 5'11" up to & incl 205 lbs)
 - Class C (over 5'11", up to & incl 6'0" up to & incl 212 lbs)
 - Class C (over 6'0", up to & incl 6'1" up to & incl 220 lbs)
 - Class C (over 6'1", up to & incl 6'2" up to & incl 230 lbs)
 - Class C (over 6'2", up to & incl 6'3" up to & incl 237 lbs)
 - Class C (over 6'3", up to & incl 6'4" up to & incl 245 lbs)
 - Class C (over 6'4" up to & incl 6'5" up to & incl 252 lbs)
 - Class C (over 6'5" up to & incl 6'6" up to & incl 260 lbs)
 - Class C (over 6'6" up to & incl 6'7" up to & incl 267 lbs)
 - Class C (over 6'7" up to & incl 275 lbs)

- **MEN'S PHYSIQUE:**
 - True Novice (First-Time Competitors)
 - Grandmasters (50 years of age and older)
 - Masters (40 years of age and older)
 - A (up to & incl. 5'7" – up to & incl. 6'7")
 - B (over 5'7" up to & incl. 5'10" – over 6'7" up to & incl. 7'0")
 - C (over 5'10" – over 7'0")

- **WOMEN'S PHYSIQUE**
 - True Novice (First-Time Competitors)
 - Open

- **FIGURE:**
 - True Novice (First-Time Competitors)
 - Grandmasters (45 years of age and older)
 - Masters (35 years of age and older)
 - A (up to & incl. 5'4" – up to & incl. 64")
 - B (over 5'4" up to & incl. 5'6" – over 64" up to & incl. 66")
 - C (over 5'6" – over 66")

- **BIKINI WELLNESS:**
 - True Novice (First-Time Competitors)
 - Masters (35 years of age and older)
 - Class A (up to & Incl. 5'4" - up to & incl. 64")
 - Class B (over 5'4" – over 64")

- **BIKINI:**
 - True Novice (First-Time Competitors)
 - Super Grandmasters (55 years of age and older)
 - Grandmasters (45 years of age and older)
 - Masters (35 years of age and older)
 - Class A (up to & incl. 5'1" – up to & incl. 61")
 - Class B (over 5'1" up to & incl. 5'2 ½ " – over 61" up to & incl. 62.5")
 - Class C (over 5'2 ½ " up to & incl. 5'4" – over 62.5" up to & incl. 64")
 - Class D (over 5'4" up to & incl. 5'5 ½ " – over 64" up to & incl. 65.5")
 - Class E (over 5'5 ½" up to & incl. 5'7" – over 65.5" up to & incl. 67")
 - Class F (over 5'7" – over 67")

***RULES CAN BE FOUND AT:**

<http://www.canadianphysiquealliance.com/our-classes>