



2022 Competition Schedule

The competitions listed in this directory are NPC competitions in the southeast, national level shows and shows promoted by our advertisers as of January 20, 2022. The shows are alphabetical, arranged by date. Pro Qualifiers are in **Bold**. Shows that are in **RED** you can click through directly to their website from the digital version of this publication. **You can also find our competition calendar on our website at www.south-ernmuscleguide.com.**

Show Name	Date	Location	Website/Promoter/Contact
Arnold Sports Festival	March 3-6	Columbus, OH	arnoldsportsfestival.com , arnoldamateur.com , Mike Davies, 614.306.9484, beefcakedavies@aol.com
NPC Northern Kentucky	March 12	Covington, KY	garyudit.com , GMU Productions, Gary Udit, gary@garyudit.com , 412.377.1438
NPC Sunshine State & CJ Classic & NPC National Wheelchair	March 12	West Palm Beach, FL	frankdaltoevents.com , Frank Dalto & CJ James, 561.627.9638, frankdalto44@yahoo.com
NPC Diamond Classic	March 26	Boca Raton, FL	qcbbpromotions.com andres Miller, 954.326.8821, qcbbpromotions@gmail.com
NPC Tri-City Classic & Columbus Fit Expo	April 1-2	Columbus, GA	tricityclassic.com , Roland Huff, hbodybe1@aol.com , 706.405.9539
NPC Southern Tournament of Champions	April 2	Manning, SC	kd-promotions.com , Kevin DeHaven, KDprep@gmail.com , 704.661.5142
NPC IFBB Pro League Klash Championship Series, NPC Border Klash Championships, IFBB Pro League World Klash Pro Bikini	April 2	Orlando, FL	theklash.com , Joe Pishkula, 937.536.9581, npcborderklash@gmail.com
NPC Atlanta All States Invitational	April 9	Peachtree Corners, GA	npcgeorgiapremierbodybuilding.com , Abdul Gibbs, Jag Fitness, 770.762.7682, info@amglifetimesystems.org
NPC Mel Chancey Champion Muscle Classic	April 9	Tampa, FL	timgardnerproductions.com , Mel Chancey, Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
IFBB Professional League Charlotte Pro & NPC Charlotte Cup	April 15-16	Charlotte, NC	johnnystewartproductions.com , Johnny Stewart, 704.449.5603, stewartfitness@yahoo.com , Sanders Armstrong, 704.560.4637

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NPC Memphis Bodybuilding Championships	April 16	Memphis, TN	npcmemphischampionships.com, Allen Sizemore, 865.384.9800, Farsha Jones, 901.949.7154
NPC Panhandle Showdown	April 16	Pensacola, FL	panhandleshowdown.com, Russ Meseey, 850.499.2508, iammaxfit@yahoo.com
NPC Southeastern USA	April 23	Orlando, FL	npcsoutheastern.com, Chris Eaddy, 407.474.8502, chris.eaddy@gmail.com
NPC Bayou Muscle	April 30	Kenner, LA	louisianamuscle.com, Luke Tesvich, 504.439.6224, Robin Tesvich, 504.650.0733, NPCLAoffice@aol.com
NPC IFBB Pro League GRL PWR, NPC GRL PWR Championships, IFBB Pro League GRL PWR Pro Bikini	April 30	Orlando, FL	npcgrlpwr.com, Shannon Dey, 407.757.2804, ceo@bombshellfitness.com
NPC Iron City	April 30	Birmingham, AL	npcironcity.com, Kelly Pruett, 256.490.5858, Will Wise, 256.653.0150, info@npcironcity.com
NPC Kentucky Derby Festival Championships	April 30	Louisville, KY	kentuckymuscle.com, Brent Jones, 502.387.3808
NPC Florida Grand Prix	May 7	Boca Raton, FL	floridasportsfestival.com, Serge Saric, 561.460.6000, floridagrandprix2016@gmail.com
NPC Riptide Classic	May 7	Panama City Beach, FL	850fitproductions.com, Mike McKinney, 850.527.4479, michael4palingen@gmail.com or Vic Sellers, 850.541.2511, vsellers@timpcb.com
NPC Junior USA Bodybuilding Championships	May 13-14	Charleston, SC	npcjuniorusa.com, Tres Bennet, tresb@comcast.net, 843.270.4373
NPC Iron Life Classic	May 14	Daytona Beach, FL	npcironlife.com, Tony Curtis, 386.299.1314, npcironlife@gmail.com
NPC Cydney Gillon Peach Classic	May 21	Atlanta, GA	cydneygillonpeachclassic.com, Cydney & Tangelea Gillon, 404.409.8143, Cydneygillon@gmail.com, 404.519.1104, Tangelea@cakefactoryfitness.com
NPCTriumph Classic	May 21	Boca Raton, FL	npctriumph.com, Rich Alvarez, 954.501.5858, Maria Ballando, 305.968.3318
NPC Optimum Classic	May 21	Shreveport, LA	optimumclassic.com, Robert Blount, 318.347.2208, info@optimumclassic.com
NPC Palmetto Pro-Am	May 28	Columbia, SC	kd-promotions.com, Kevin DeHaven, KDprep@gmail.com, 704.661.5142
NPC Vulcan Classic	May 28	Birmingham, AL	thenpcvulcanclassic.com, Morris & Kelly Pruett, kellywpruett@comcast.net, 256.490.1115
NPC IFBB Pro League Miami Muscle Beach	June 4	Miami, FL	miamifitexpo.com, Paula Geobanny, 786.217.2110, miamimusclebeachpro@gmail.com

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NPC Atlantic Coast	June 11	Wilmington, NC	carolinanpc.com, grady818@aol.com, 910. 200.0778
NPC Battle at the River	June 11	Chattanooga, TN	npcbattleattheriver.com, Bryan Hayworth, 423.677.3347, Austin Hayworth 423.677.1493, Allen Sizemore, 865.384.9800, npcbattleattheriver@gmail.com
NPC Battle on the Gulf Coast	June 11	Biloxi, MS	npcbattleonthegulfcoast.com, Douglas Sellers, 225.324.9991
NPC/IFBB Pro League, Clash of the Titanz Pro Am	June 11	Mariatta, GA	titanzklash.com, Daniel Stuckart, 706.449.9809, daniel@titanz.net
NPC Jr. National Championships	June 17-18	Chattanooga, TN	npcjrnats.com, @spectrumfitnessproductions, @robinchang_ifbcpro
Wings of Strength & Fit Body Fusion IFBB Professional League Yamamoto Nutrition Puerto Rico Pro, IFBB Professional League Puerto Rico Masters Pro, NPC Enchanted Isle Classic and the NPC Worldwide Flex Appeal Miami World Caribbean Championships	June 17-19	Bayamon, Puerto Rico	tingardnerproductions.com, Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
NPC Mid-Florida Classic	June 18	Orlando, FL	dekewarner.com, Deke Warner, 321.276.3057, deke@bellsouth.net
NPC Mid-South Muscle Showdown	June 25	Southaven, MS	midsouthmusclshowdown.com, Wesley & Casey Nelson, 901.606.4329, casey@hustlehousegym.com
NPC Southern USA	June 25	Orlando, FL	npcsouthernusa.net, Shannon Dey, 407.757.2804, ceo@bombshellfitness.com
NPC Victory Classic	June 25	Charlotte, NC	kd-promotions.com, Kevin DeHaven, KDprep@gmail.com, 704.661.5142
NPC Universe Championships	June 2- July 30	Teaneck, NJ	bevfrances.com, NPCnortheast@gmail.com
NPC IFBB Pro League Orlando Championships	July 2	Orlando, FL	ubuexpo.com, Ed & Betty Pariso, 817.498.3631, betty@visionstarentertainment.com
NPC Clash at the Capstone Beach Addition	July 9	Orange Beach, AL	npcclashatthecapstone.com, Ron Wedgeworth, 205.361.7137 Morris Pruett, 256.490.1115, clashatthecapstone@hotmail.com
NPC Southern States	July 9	Ft. Lauderdale, FL	npcsouthernstates.com, Maria Bellando, 305.968.3318, npcsouthernstates@gmail.com
NPC Greater Tennessee Valley Championships	July 16	Huntsville, AL	greatertnvalleychampionships.com, Will Wise, 256.653.0150, info@greatertnvalleychampionships.com
ISBB Professional League Lenda Murray Atlanta Pro and NPC Lenda Murray Atlanta Classic	July 16	Atlanta, GA	wingsofstrength.net, Alex Sacasa, Alex@wingsofstrength.net, 480.747.7401

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NPC Mississippi Championships	July 16	Jackson, MS	npcmsbodybuilding.com, Gordon & Cyndi Weir, npcmsstateshow@gmail.com, 601.906.8772 or 601.906.8837
NPC Ty Pope Classic	July 16	Ft. Lauderdale, FL	typokeclassic.com, Ty & Joanna Pope, 321.460.0910, tyjopope@yahoo.com
Teen Collegiate & Masters National Championships	July 20-24	Pittsburgh, PA	garyudit.com, GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438
Fit Body Fusion iFBB Professional League Wings of Strength Chicago Pro, IFBB Professional League Chicago Masters Pro, NPC Worldwide Ms. International Classic Women Bodybuilding and the NPC Wings of Strength Chicago Extravaganza	July 22-23	Chicago IL	timgardnerproductions.com, Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
NPC Dexter Jackson Classic	July 23	Jacksonville, FL	centerpodium.com/dexterjacksonclassic, Dexter Jackson, Gayle Elie, Chris Minnes, 775.375.5438, events@centerpodium.com
NPC Natural Muscle	July 23	Baton Rouge, LA	www.louisianamuscle.com, Luke Tesvich, 504.439.6224, Bubby Lupo, 504.330.4784
NPC USA Championships	July 29-30	Las Vegas, NV	musclecontest.com, Lindsay Productions, Tamer@musclecontest.com, 310.796.9181
NPC Body Be 1 Classic	July 30	Dothan, AL	bodybe1.com, Roland Huff, hbodybe1@aol.com, 706.405.9539
NPC Prestige Crystal Cup	July 30	Boca Raton, FL	qcbbpromotions.com andres Miller, 954.326.8821, qcbbpromotions@gmail.com
Wings of Strength & Fit Body Fusion IFBB Professional League Yamamoto Nutrition Tampa Pro, IFBB Professional League Wings of Strength Tampa Masters Pro and the NPC Tampa Extravaganza	August 4-6	Tampa, FL	timgardnerproductions.com, Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
NPC Camellia Championships	August 6	Slidell, LA	camelliachampionships.com, Danielle Kifer, 985.774.9029, danielle@daniellekifer.com
NPC Knox Classic	August 6	Knoxville, TN	npcknoxclassic.com, Brian "Beano" Wallace, npcknoxclassic@gmail.com, 865.200.5880
NPC Upstate Classic	August 6	Spartanburg, SC	dutchstrengthpromotions.com, Davina Cross, 828.989.0598, davina1@hotmail.com
NPC Florida State Championships	August 13	Orlando, FL	dekewarner.com, Deke Warner, 321.276.3057, deke@bellsouth.net
NPC Tennessee State Championships	August 13	Chattanooga, TN	npctn.com, Allen & Becca Sizemore, 865.384.9800, sizemore365@yahoo.com

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NPC Kentucky Open & Kentucky State Championships	August 20	Lexington, KY	kyopenbodybuilding.com, Gene & Tina Goode, 859.516.4109 or 859.319.2122, kyopenbodybuilding@gmail.com
NPC IFBB Pro League Max Fit Classic Pro-Am	August 20	Pensacola, FL	maxfitclassic.com, Russ Mesey, 850.499.2508, iammaxfit@yahoo.com
IFBB Pro League and NPC Nashville Fit Show (female only)	August 20	Nashville, TN	nashvillefitshow.com, Whitney Wisner, info@nashvillefitshow.com
NPC Total Body Championships	August 20	Tupelo, MS	totalbodygym.net , Judy & Timmy Gaillard, 662.837.5957
NPC Alabama State Championships	August 27	Gadsden, AL	npcalabama.info , Morris Pruett, GetFitStayFit@comcast.net, 256.490.1115
NPC Excalibur Championships & IFBB Pro Bikini	August 27	Charleston, SC	solidattitude.com, Tres Bennet, tresb@comcast.net, 843.270.437
NPC Mel Chancey Harbor Classic	August 27	Port Charlotte, FL	chanceyfitness.com, Mel Chancey
NPC Night of the Gladiators	August 27	Valdosta, GA	npcnightofthegladiators.com , Maria & Jim Wells, 58 Frances Lane, Chula Ga. 31733, 229.646.0655, Mariawells54@gmail.com
NPC North American Championships/ IFBB Pro League Pittsburgh Pro Masters	August 31- Sept. 3	Pittsburgh, PA	garyudit.com, GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438
NPC Ironman	Sept. 10	Sarasota, FL	www.npcironman.com, Stacy Taylor, 813.545.3312, npcironman@gmail.com
Lenda Murray Savannah Pro Am	Sept. 10	Savannah, GA	wingsofstrength.net, Alex Sacasa, 480.747.7401, Alex@wingsofstrength.net
NPC Louisiana Open Championships	Sept. 10	Baton Rouge, LA	louisianabodybuilding.com, Bubby Lupo, Chick Biggio, Jason Neatherlin, 504.303.4784 504.303.1077 406.754.8355
NPC Beach Bash	Sept. 17	Orange Beach, AL	npcbeachbash.com , Ron Wedgeworth, 205.361.7137, info@npcbeachbash.com
NPC/IFBB Pro League Janet Layug's Battle of the Bodies	Sept. 17	Ft. Lauderdale, FL	janetsbattleofthebodies.com, Sofia Evangelista, sofia4janet@gmail.com
NPC Stewart Fitness and Greater Triad Championship	Sept. 17	High Point, NC	johnnystewartproductions.com , Johnny Stewart, stewartfitness@yahoo.com, 704.449.5603
Wings of Strength IFBB Professional League Yamamoto Nutrition San Antonio Pro, IFBB Professional League San Antonio Masters Pro, NPC San Antonio Extravaganza	Sept. 24	San Antonio, TX	timgardnerproductions.com , Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
NPC Ultimate Muscle Extravaganza	Sept. 24	Lakeland, FL	thedebsgym.com, Deb Callahan, 863.812.8788, debsgym@gmail.com

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IFBB Pro League Ben Weider Natural Pro AM Natural Championships	Sept. 30	Alexandria, VA	garyudit.com , GMU Productions, Gary Udit, gary@garyudit.com , 412.377.1438
NPC Armed Forces Nationals	Oct. 1	Alexandria, VA	garyudit.com , GMU Productions, Gary Udit, gary@garyudit.com , 412.377.1438
NPC IFBB Pro League Daytona Beach Classic	Oct. 1	Daytona Beach, FL	thedaytonabeachclassic.com , Tony Curtis & Mike Matassa, 386.299.1314, toobehuge@aol.com
NPC Greater Gulf States	Oct 1	Kenner, LA	louisianamuscle.com , Luke Tesvich, 504.439.6224, Robin Tesvich, 504.650.0733, NPCLAoffice@aol.com
NPC Southern Muscle Showdown	Oct. 1	Dalton, GA	southernmusclerhowdown.com , Steve Payne, 678.641.9188, steve@trainwithpayne.com
NPC First Callout	Oct. 8	Coral Springs, FL	npcfirstcallout.com , Rich Alvarez, 954.501.5858, getpumped121@aol.com
NPC Muscle For Heart	Oct. 8	Panama City Beach	850fitproductions.com , Mike McKinney, 850.527.4479, michael4palingen@gmail.com , or 850.541.2511, vsellers@timpcb.com
NPC Puerto Rico Championships	Oct. 8	Bayamon, Puerto Rico	timgardnerproductions.com , Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
NPC Rocket City Classic	Oct. 8	Huntsville, AL	robertmcaadory.com , Robert McAadory, robertmcaadory@gmail.com , 256.468.6166
NPC Ultimate Grand Prix	Oct. 15	Ft. Lauderdale, FL	floridasportsfestival.com , Serge Saric, 561.460.6000, floridagrandprix2016@gmail.com
NPC Kentucky Muscle Strength & Fitness Extravaganza	Oct. 15	Louisville, KY	kentuckymuscle.com , Brent Jones, 502.387.3808
Wings of Strength & Fit Body Fusion IFBB Professional League Hot Spot Tanning Hurricane Pro, IFBB Professional League Wings of Strength Hurricane Masters pro, NPC Hurricane Bay Championships	Oct. 22	St. Petersburg, FL	timgardnerproductions.com , Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
NPC Mid Atlantic Classic	Oct. 22	Charlotte, NC	kd-promotions.com , Kevin DeHaven, KDprep@gmail.com , 704.661.5142
IFBB Pro League and NPC Chattanooga Night of Champions	Oct. 22	Chattanooga, TN	npcifbbpronightofchampions.com , Allen Sizemore & Kelly Webb, sizemore365@yahoo.com , 865.384.9800
NPC Rock Hard Show of Champions	Oct. 29	Ft. Walton Beach, FL	npcrockhard.com , Russ Mesey & Aaron Stillwater, 850.499.2508, iamaxfit@yahoo.com
NPC Ruby Championships	Oct. 29	Boca Raton, FL	qcbbpromotions.com andres Miller, 954.326.8821, qcbbpromotions@gmail.com

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NPC Elite Muscle Classic	Nov. 5	Greensboro, NC	quincyroberts.com, Quincy Roberts, 336.987.4007, qrelite@gmail.com
NPC IFBB Pro League Klash Championship Series, NPC Klash Series All South Championships, IFBB Pro League World Klash Pro Wellness Championships	Nov. 5	Orlando, FL	theklash.com, Joe Pishkula, 937.536.9581, pishkula@gmail.com
NPC Natural Kentucky	Nov. 5	Covington, KY	garyudit.com, GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438
IFBB Professional League Wings of Strength Rising Phoenix World Championship, IFBB Professional League Wings of Strength Arizona Women's Pro, NPC Arizona Women's Extravaganza	Nov. 5	Phoenix, AZ	timgardnerproductions.com, Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
NPC Southern Muscle	Nov. 5	Kenner, LA	louisianamuscle.com, Luke Tesvich, 504.439.6224, Bubby Lupo, 504.330.4784, NPCLAoffice@aol.com
Men's Mentis IFBB Professional League Wings of Strength Romania Muscle Fest, NPC Worldwide Romania Muscle Fest	Nov. 12-13	Bucharest, Romania	timgardnerproductions.com, Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
NPC Florida Gold Cup & Amanda Marinelli Classic	Nov. 12	West Palm Beach, FL	npcfloridagoldcup.com, Frank Dalto & Amanda Marinelli, 561.627.9638, frankdalto44@yahoo.com
NPC Lee Haney Games & Georgia State Championships	Nov. 12	College Park, GA	leehaneygames.com, Lee Haney, info@leehaneygames.com
NPC Monsta Classic	Nov. 12	Lake City, FL	monstaclassic.com, Tony Curtis, 386.697.6315, futurefitnessfl@yahoo.com
Wings of Strength & Titan Medical IFBB Professional League Fit Body Fusion Atlantic Coast Pro, IFBB Professional League Atlantic Coast Masters Pro, NPC Atlantic Coast Championships	Nov. 18-19	Ft. Lauderdale Beach, FL	timgardnerproductions.com, Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
Carolina NPC State Championships	Nov. 19	Shelby, NC	solidattitude.com, Tres Bennet, tresb@comcast.net, 843.270.437
NPC National Championships	Dec. 2-3	Orlando, FL	npcnationalchampionship.com, Gary Udit, 412.377.1438, gary@garyudit.com
NPC Mel Chancey Holiday Classic	Dec. 10	Ft. Lauderdale, FL	chanceyfitness.com, Mel Chancey
IFBB Olympia and Olympia Amateur	Dec. 16-18	Orlando, FL	mrolympia.com, Dan Soloman/Tamer Guindy, contact@mrolympia.com