

2024 US-Japan Friendship Cup Championships

Basic Information

**This event is open to all SOFA status, local nationals; foreign nationals with valid visa
(Contact us at YokotaUSJFC@gmail.com for specific information on eligibility)
Athletes Must be 18 yrs. or older*

Sunday, 28 July 2024

Yokota Air Base, Japan

Time: Prejudging – 0900

Finals – 1500

Doors Open – Pre-judging – 0830

Doors Open – Finals – 1400

Place: **Taiyo Recreation Center, Bldg. 3260, West Side, Yokota Air Base**

Participant Entry Fee: \$40.00 SOFA, ¥5,000 all others
(\$25.00/¥3,000 each additional category)

***To be paid at mandatory athlete's briefing (27 Jul 24)**

Spectator Tickets: ¥2,000/\$15.00

***To be purchased on the day of event 28 Jul 24 at Taiyo Recreation Center
Or at the Samurai Fitness Center after 1 Jul 24**

Divisions

Women's Figure

One Category

Women's Bikini

Novice

Open Class A – up to and including 5'4"/163cm

Open Class B – over 5'4"/163cm

Men's Bodybuilding

Lightweight – Up to 165 ¼ lbs/75kgs

Middleweight – Over 165 ¼ lbs/75kgs & up to 187 ¼ lbs/85kgs

Heavyweight – Over 185 ¼ lbs/85kgs

Men's Classic Physique

One Class

Men's Physique

Novice

Open Class A – Up to and including 5'8"/173cm

Open Class B – Over 5'8"/173cm

**Divisions may be modified depending on # of participant entries*

Awards

All competitors will receive a souvenir T-shirt

Medals will be awarded to the first through fifth place competitors in each division subcategory

- Overall Award & Best Poser award given for Men's Bodybuilding
- Overall Award for Men's Physique
- Overall Award for Women's Bikini

Saturday, July 27, 2024

• **Mandatory Athlete's Payment/Brief/Height/Weight Check:**

- 1 p.m. – 1:45 p.m.
 - **Non - SOFA COMPETITORS** meet/check-in at Yokota Air Base - Fussa Gate 2, board buses and escort to Taiyo Community Center
- 2 p.m. – 4 p.m. (**for ALL COMPETITORS**)
 - Check-in/Payment/Briefing - **Mandatory** attendance is required
- 4:30 p.m. – 5:00 p.m.
 - Mandatory Briefing is Completed - Buses transport Local National Competitors back to Fussa Gate 2 to depart base
- **NOTE: Bodybuilders must bring their recorded posing music for the individual posing routine on a music CD and must not be longer than 60 seconds.**

Sunday, July 28, 2024

Morning Session (Pre-judging):

- 6:30 a.m. – 7:15 a.m.
 - SFC Staff Meet/Check in/Escort Local National **COMPETITORS** at Yokota AB Fussa Gate 2, board buses and escorted to Taiyo Community Center
- 7:30 a.m. – 8:00 a.m.
 - Athlete's Brief – Assign Numbers
- 7:30 a.m. – 8:30 a.m.
 - SFC Staff Meet/Check in/Escort **Local National SPECTATORS** at Yokota Air Base Fussa Gate 2
Check-in, board buses and escort to Taiyo Community Center
- 8:30 a.m. (Doors Open) – 12 p.m.
 - Pre-Judging

Evening Show (Finals)

- 1:00 p.m. – 2:00 p.m.
 - SFC Staff Meet/Check in/Escort **Local National SPECTATORS** at Yokota Air Base Fussa Gate 2
Check-in, board buses and escort to Taiyo Community Center
- 2:00 p.m.
 - Competitors check-in
- 2:00 p.m.
 - Tickets on sale at front entrance of Taiyo
 - Doors Open
- 3:00 p.m.
 - Finals begin
- 6:00 p.m. – 7:00 p.m.
 - **All Local Nationals taken by buses back to Fussa Gate 2 to depart Installation**