



2023 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 24, 2023. 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.southernmuscleguide.com.**

Show Name	Date	Location	Website/Promoter/Contact
Arnold Sports Festival	March 2-5	Columbus, OH	arnoldsports.com , arnoldamateur.com , arnoldamateur@npcevents.com , gudit@comcast.net
NPC IFBB Pro League Klash Series Championship, NPC Border Klash Championships, IFBB Pro League World Klash Pro Bikini	March 25	Orlando, FL	www.theklash.com , Joe Pishkula, 937.536.9581, jpishkula@gmail.com
NPC IFBB Tri-City Classic Pro-Am & Fit Expo	March 31-April 2	Columbus, GA	tricityclassic.com , Roland Huff, hbodybe1@aol.com , 706.405.9539
NPC Mel Chancey Redcon1 Champion Muscle Classic	April 8	Punta Gorda, FL	timgardnerproductions.com , Mel Chancey, Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
NPC IFBB Pro League Memphis Bodybuilding Championships	April 8	Memphis, TN	npcmemphischampionships.com , Allen Sizemore, 865.384.9800, sizemore365@yahoo.com
NPC Southern Tournament of Champions	April 8	Manning, SC	kd-promotions.com , Kevin DeHaven, KDprep@gmail.com , 704.661.5142
NPC Diamond Classic	April 15	Boca Raton, FL	qcbbpromotions.com Andres Miller, 954.326.8821, qcbbpromotions@gmail.com
NPC Panhandle Showdown	April 15	Ft. Walton Beach, FL	panhandleshowdown.com , Russ Mesey, 850.499.2508, iamaxfit@yahoo.com
IFBB Professional League Charlotte Pro & NPC Charlotte Cup	April 22-23	Charlotte, NC	johnnystewartproductions.com , Johnny Stewart, 704.449.5603, stewartfitness@yahoo.com , Sanders Armstrong, 704.560.4637
NPC Clash on the Coast	April 22	Orange Beach, AL	npcclashatthecapstone.com , Ron Wedgeworth, 205.361.7137, Morris Pruett, 256.490.1115, clashatthecapstone@hotmail.com

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NPC Southeastern USA	April 22	Orlando, FL	npcsoutheastern.com, Chris Eaddy, 407.474.8502, chris.eaddy@gmail.com, Ty Pope, 321.460.0910, tyjopope@yahoo.com
NPC Bayou Muscle	April 29	Kenner, LA	louisianamuscle.com, Luke Tesvich, 504.439.6224, Robin Tesvich, 504.650.0733
NPC IFBB Pro League GRL PWR, All Women's Weekend, NPC GRL PWR Championships, IFBB Pro League GRL PWR Pro Bikini	April 29	Orlando, FL	npcgrlpwr.com/www.theklash.com, Shannon Dey/Joe Pishkula, 407.757.2804, ceo@bombshellfitness.com
NPC Florida Grand Prix	May 6	Boca Raton, FL	floridasportsfestival.com, Serge Saric, 561.247.3456, floridagrandprix@gmail.com
NPC Riptide Classic	May 6	Panama City Beach, FL	850fitproductions.com, Mike McKinney, 850.527.4479, michael4palingen@gmail.com or Vic Sellers, 850.541.2511, vsellers@timpcb.com
NPC Rompe Cuello 24/7 Boricua Muscle Championships	May 13	San Juan, Puerto Rico	timgardnerproductions.com , Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
NPC Iron Life Classic	May 13	Daytona Beach, FL	npcironlife.com, Tony Curtis, 386.299.1314, npcironlife@gmail.com
NPC Louisiana Open Championships	May 13	Baton Rouge, LA	louisianabodybuilding.com, Bubby Lupo, Chick Biggio, Jason Neatherlin, 504.303.4784, 504.303.1077, 404.754.8355
NPC Junior USA Bodybuilding Championships	May 19-20	Charleston, SC	npcjuniorusa.com, Tres Bennet, tresb@comcast.net, 843.270.4373
NPC Optimum Classic	May 20	Shreveport, LA	optimumclassic.com, Robert "Supa-Mann" Blount, 318.347.2208, info@optimumclassic.com
NPC Triumph Classic	May 20	Boca Raton, FL	npctriumph.com, Rich Alvarez, 954.501.5858, Maria Ballando, 305.968.3318
NPC Cydney Gillon Peach Classic	May 27	Newnan, GA	cydneygillonpeachclassic.com, Cydney & Tangelea Gillon, 404.409.8143,
IFBB Pro League Palmetto Pro & NPC Palmetto Classic	May 27	Columbia, SC	kd-promotions.com , Kevin DeHaven, KDprep@gmail.com, 704.661.5142
NPC IFBB Pro League Klash Series Southern USA	May 27	Orlando, FL	npcsouthernusa.com/ theklash.com, Shannon Dey/ Joe Pishkula, 407.757.2804, ceo@bombshellfitness.com
NPC Vulcan Classic	May 27	Birmingham, AL	thenpcvulcanclassic.com , Morris & Kelly Pruett, kellywpruett@comcast.net, 256.490.1115
NPC IFBB Pro League Miami Muscle Beach Pro-Am	June 3	Miami, FL	miamifitexpo.com, Paula Geobanny, 786.217.2110, miamimusclebeachpro@gmail.com

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NPC Mid-South Muscle Showdown	June 3	Southaven, MS	midsouthmuscleshowdown.com, Wesley & Casey Nelson, 901.606.4329, casey@hustlehousegym.com
NPC Atlantic Coast	June 10	Wilmington, NC	carolinanpc.com, grady818@aol.com, 910. 200.0778
NPC Battle at the River	June 10	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 10	Biloxi, MS	npcbattleonthegulfcoast.com , Douglas Sellers, 225.324.9991
NPC IFBB Pro League Clash of the Titanz Pro-Am	June 10	Marietta, GA	titanzklash.com , Daniel Stuckart, 706.449.9809, daniel@titanz.net, daniel@titanz.net
NPC Sunshine State & CJ Classic & NPC National Wheelchair	June 10	West Palm Beach, FL	frankdaltoevents.com, Frank Dalto & CJ James, 561.627.9638, frankdalto44@yahoo.com
NPC Junior Nationals	June 16-17	Chattanooga, TN	npcjrnats.com , @spectrumfitnessproductions, @robinchang_ifbcpro
NPC IFBB Pro League Body Be 1 Classic Pro-Am	June 17	Montgomery, AL	bodybe1.com , Roland Huff, 706.405.9539, hbodybe1@aol.com, Greg Hasberry, 205.370.6225, Greg Darden, 251.747.3889
NPC Mid-Florida Classic	June 17	Orlando, FL	dekewarner.com, Deke Warner, 321.276.3057, deke@bellsouth.net
IFBB Professional League Liberty Health Plus Puerto Rico Pro, IFBB Professional League Puerto Rico Masters Pro, NPC Worldwide Kowabunga Cookies World Caribbean Championships, and NPC HotNFitness Gym Enchanted Isle Classic	June 24-25	San Juan, Puerto Rico	timgardnerproductions.com , Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
NPC Victory Classic	June 24	Charlotte, NC	kd-promotions.com , Kevin DeHaven, KDprep@gmail.com, 704.661.5142
NPC Universe Championships	June 30-July 1	Teaneck, NJ	bevfrances.com/shows.html , Steve Weinberger, 516.933.1111, info@bevfrancis.com
NPC IFBB Pro League Orlando Championships	July 1	Orlando, FL	ubuexpo.com, Ed & Betty Pariso, 817.404.7828, betty@visionstarentertainment.com
NPC South Central USA	July 8	Sulphur, LA	www.npcsouthcentralusa.com, Lacey Pruitt, 504.810.5657, Jessica Hayman, 225.937.1671
NPC Southern States	July 8	Pompano Beach, FL	npcsouthernstates.com, Maria Bellando, 305.968.3318, npcsouthernstates@gmail.com

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NPC Greater Tennessee Valley Championships	July 15	Huntsville, AL	greatertrnvalleychampionships.com , Will Wise, 256.653.0150, info@greatertrnvalleychampionships.com
IFBB Professional League Lenda Murray Atlanta Pro and NPC Lenda Murray Atlanta Classic	July 15	Atlanta, GA	wingsofstrength.net , Alex Sacasa, Alex@wingsofstrength.net , 480.747.7401
NPCTy Pope Classic	July 15	Lake Mary, FL	typokeclassic.com , Ty & Joanna Pope, 321.460.0910, tyjopope@yahoo.com
NPC Teen Collegiate & Masters National Championships	July 19-22	Pittsburgh, PA	garyudit.com, GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438
IFBB Professional League Wings of Strength Chicago Pro, IFBB Professional League Chicago Masters Pro, NPC Worldwide Ms. International Women's Bodybuilding, and NPC Chicago Extravaganza	July 21-22	Tinley Park, IL	timgardnerproductions.com , Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
NPC Dexter Jackson Classic	July 22	Jacksonville, FL	centerpodium.com/dexterjacksonclassic , Dexter Jackson, Gayle Elie, Chris Minnes, 775.375.5438, events@centerpodium.com
NPC Mississippi Championships	July 22	Jackson, MS	npcmschampionships.com , Alex Byars, 901.258.9109, byarsbodybuilding@gmail.com , Morris Pruett, 256.490.1115, GetFitStayFit@comcast.net
NPC Natural Muscle	July 22	Baton Rouge, LA	louisianamuscle.com , Luke Tesvich, 504.439.6224
NPC USA Bodybuilding Championships	July 28-29	Las Vegas, NV	musclecontest.com, Lindsay Productions, Tamer@musclecontest.com, 310.796.9181
IFBB Professional League Liberty Health Plus/Tampa Pro, IFBB Professional League Tampa Masters Pro, NPC Celsius Tampa Extravaganza	August 4-5	Tampa, FL	timgardnerproductions.com , Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
NPC Knox Classic	August 5	Knoxville, TN	knoxclassic.com , Brian "Beano" Wallace, npcknoxclassic@gmail.com , 865.200.5880
SC NPC Excalibur Championships & IFBB Pro Bikini	August 12	Charleston, SC	solidattitude.com , Tres Bennet, tresb@comcast.net , 843.270.4373
NPC Florida State Championships	August 12	Orlando, FL	dekewarner.com , Deke Warner, 321.276.3057, deke@bellsouth.net
NPC Tennessee State Bodybuilding Championships	August 12	Chattanooga, TN	npctn.com , Allen & Becca Sizemore, 865.384.9800, sizemore365@yahoo.com

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IFBB Professional League Tupelo Pro & NPC Total Body Championships	August 12	Tupelo, MS	totalbodygym.net , Judy & Timmy Gaillard, 662.837.5957
NPC Cajun Muscle & Expo	August 19	Lafayette, LA	louisianabodybuilding.com , Bubby Lupo, 504.330.4784, Chuck Biggio, 504.303.1077, Jason Neatherlin, 404.754.8355
NPC IFBB Pro League Max Fit Classic Pro-Am	August 19	Ft. Walton Beach, FL	maxfitclassic.com , Russ Mesey, 850.499.2508, iamaxfit@yahoo.com
IFBB Pro League and NPC Nashville Fit Show (female only)	August 19	Nashville, TN	nashvillefitshow.com , Whitney Wiser, info@nashvillefitshow.com
Masters Olympia	August 26-27	Cluj-Napoca, Romania	mrolympia.com, masterolympia@mrolympia.com
NPC Alabama State Championships	August 26	Gadsden, AL	npcalabama.com , Morris Pruett, Kellwpruett@comcast.net , 256.490.1115
NPC Mel Chancey Harbor Classic	August 26	Punta Gorda, FL	chanceyfitness.com , Mel Chancey
NPC Night of the Gladiators	August 26	Valdosta, GA	npcnightofthegladiators.com , Maria & Jim Wells, 229.646.0655, Mariawells54@gmail.com
NPC IFBB Pro League World Klash Championships	August 26	Charleston, SC	www.theklash.com , Joe Pishkula, 937.536.9581, jpishkula@gmail.com
NPC North American Championships/ IFBB Pro League Pittsburgh Pro Masters	August 30- Sept. 2	Pittsburgh, PA	garyudit.com, GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438
NPC Florida Tournament of Champions	Sept. 9	Sarasota, FL	www.npcfloridatoc.com , Stacy Taylor, 813.545.3312, npcfloridatoc@gmail.com
NPC/IFBB Pro League Janet Layug's Battle of the Bodies	Sept. 16	Ft. Lauderdale, FL	janetsbattleofthebodies.com , info@janetsbattleofthebodies.com
NPC Beach Bash	Sept. 23	Orange Beach, AL	npcbeachbash.com , Ron Wedgeworth, 205.361.7137, Morris Pruett 256.490.1115, Bubby Lupo, 504.330.4784, info@npcbeachbash.com
NPC IFBB Pro League Georgia State Championships	Sept. 23	?, GA	npcgeorgiastatechampionships.com , Daniel Stuckart, 706.449.9809, daniel@titanz.net
IFBB Professional League Liberty Health Plus San Antonio Pro, IFBB Professional League San Antonio Masters Pro, and NPC San Antonio Extravaganza	Sept. 23	San Antonio, TX	timgardnerproductions.com , Tim Gardner, 813.518.5995, tgflex.florida@gmail.com

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NPC Ultimate Muscle Extravaganza	Sept. 23	Lakeland, FL	npcultimatemuscle.com, Deb Callahan, 863.812.8788, debsgym@gmail.com
NPC IFBB Pro League Daytona Beach Classic	Sept. 30	Daytona Beach, FL	thedaytonabeachclassic.com, Mike Matassa, 386.299.1314, toobehuge@aol.com
NPC Upstate Classic	Sept. 30	Spartanburg, SC	dutchstrengthpromotions.com, Davina Cross, 828.989.0598, davina1@hotmail.com
NPC First Callout	Oct. 7	Coral Springs, FL	npcfirstcallout.com, Rich Alvarez, 954.501.5858, npcfirstcallout@gmail.com
NPC Muscle For Heart	Oct. 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 IFBB Pro League Southern Muscle Showdown and Bikini Pro	Oct. 7	Dalton, GA	southernmuscleshowdown.com , Steve Payne, 678.641.9189, steve@trainwithpayne.com, Rachel Payne, 678.641.9188, rachel@trainwithpayne.com
NPC Rocket City Classic	Oct. 14	Huntsville, AL	rocketcitybodybuildingclassic.com , Robert McAdory, robertmcaldory@gmail.com, 256.468.6166
NPC Ultimate Grand Prix	Oct. 14	Ft. Lauderdale, FL	floridasportsfestival.com, Serge Saric, 561-247-3456, ultimategrandprix@gmail.com
IFBB Professional League Hot Spot Tanning Hurricane Pro, IFBB Professional League Hot Spot Tanning Hurricane Masters Pro, and NPC Hurricane Bay Championships	Oct. 21	St. Petersburg, FL	timgardnerproductions.com , Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
NPC Mid Atlantic Classic	TBD	Charlotte, NC	kd-promotions.com , Kevin DeHaven, KDprep@gmail.com, 704.661.5142
IFBB Pro League and NPC Chattanooga Night of Champions	Oct. 21	Chattanooga, TN	npcifbbpronightofchampions.com, Allen Sizemore & Kelly Webb, sizemore365@yahoo.com, 865.384.9800
NPC HotNFitness Gym Puerto Rico Championships	Oct. 28	Santurce, Puerto Rico	timgardnerproductions.com , Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
NPC IFBB Pro League Klash Championship Series, NPC Klash Series All South Championships, IFBB Pro League World Klash Pro Wellness Championships	Oct. 28	Orlando, FL	theklash.com, Joe Pishkula, 937.536.9581, jpishkula@gmail.com
NPC Rock Hard Show of Champions	Oct. 28	Ft. Walton Beach, FL	npcrockhard.com, Russ Mesey, 850.499.2508, iammaxfit@yahoo.com

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IFBB Olympia and Olympia Amateur	Oct. 29-Nov. 5	Orlando, FL	mrolympia.com, Dan Soloman/Tamer Guindy, contact@mrolympia.com
NPC Iron City Classic	Nov. 4	Birmingham, AL	npcironcity.com , Kelly Pruett, 256.490.5858, Will Wise, 256.653.0150, info@npcironcity.com
NPC Ruby Championships	Nov. 4	Boca Raton, FL	qcbbpromotions.com Andres Miller, 954.326.8821, qcbbpromotions@gmail.com
NPC Elite Muscle Classic	Nov. 4	Greensboro, NC	quincyroberts.com, Quincy Roberts, 336.987.4007, qrelite@gmail.com
NPC Florida Gold Cup	Nov. 11	West Palm Beach, FL	frankdaltopromotions.com, Frank Dalto, 561.627.9638, frankdalto44@yahoo.com
NPC Monsta Classic	Nov. 11	Lake City, FL	monstaclassic.com, Tony Curtis, 386.697.6315, futurefitnessfl@yahoo.com
NPC Lee Haney	Nov. 11	College Park, GA	leehaneygames.com , Lee Haney, info@leehaneygames.com
IFBB Professional League Liberty Health Plus Atlantic Coast Pro, IFBB Professional League Atlantic Coast Masters Pro, and NPC Celsius Atlantic Coast Championships	Nov. 17-18	Ft. Lauderdale, FL	tingardnerproductions.com , Tim Gardner, 813.518.5995, tgflex.florida@gmail.com
IFBB Pro League Ben Weider Natural Pro AM Natural Championships	Nov. 17	Alexandria, VA	garyudit.com, GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438
NPC Armed Forces Nationals	Nov. 18	Alexandria, VA	garyudit.com, GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438
NPC Masters USA	Nov. 18-19	Venice, CA	musclecontest.com, Tamer El Guindy, 310.796.9181, tamer@musclecontest.com
Carolina NPC State Championships	Nov. 18	Shelby, NC	solidattitude.com, Tres Bennet, tresb@comcast.net, 843.270.4373
NPC Southern Muscle	Nov. 18	Kenner, LA	louisianamuscle.com, Luke Tesvich, 504.439.6224, Bubby Lupo, 504.330.4784
NPC National Championships	Dec. 7-9	Irving, TX	npcnationalchampionship.com, 412.276.5027, npcfirst@npcregistration.com
NPC Mel Chancey Holiday Classic	Dec. 16	Punta Gorda, FL	chanceyfitness.com, Mel Chancey