

# 2017

JANUARY						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 - C - Bench 90	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MARCH						
S	M	T	W	T	F	S
			1	2	3	4 Arnolds
5 Arnolds	6 Arnolds	7	8	9	10	11
12	13	14	15	16 Classic 90	17 C - Bench 30	18
19	20	21 E - Bench 60	22	23	24	25
26 C Bench 21	27	28	29	30	31	

MAY						
S	M	T	W	T	F	S
	1 E - Bench 21	2	3	4	5 NAPF 60	6
7	8	9	10 Univ 60	11	12	13
14	15 Classic 30	16	17	18	19	20
21 IWGA 60	22 IPF Equipped Bench Worlds	23 IPF Equipped Bench Worlds	24 IPF Equipped Bench Worlds / Classic 21	25 IPF Equipped Bench Worlds	26 IPF Equipped Bench Worlds	27 IPF Equipped Bench Worlds / Toronto SuperShow
28 - Toronto SuperShow	29	30 JR/SJ EQ 90	31			

JULY						
S	M	T	W	T	F	S
						1
2	3	4 NAPF GA / Master Eq 90	5 NAPF/PAN AM	6 NAPF/PAN AM	7 NAPF/PAN AM	8 NAPF/PAN AM
9	10 IPF Univ Cup	11 IPF Univ Cup	12 IPF Univ Cup	13 IPF Univ Cup / CWs 60	14 IPF Univ Cup	15 IPF Univ Cup
16	17	18	19	20 IWGA World Games	21 IWGA World Games	22 IWGA World Games
23 IWGA World Games	24 IWGA World Games	25 IWGA World Games	26 IWGA World Games	27 IWGA World Games	28 IWGA World Games / NAPF B 90	29 IWGA World Games / NAPF B 90
30 IWGA World Games	31					

SEPTEMBER						
S	M	T	W	T	F	S
					1 IPF JR/SJ EQ WORLDS	2 IPF JR/SJ EQ WORLDS / Mast Eq 30
3 IPF JR/SJ EQ WORLDS	4	5	6	7	8	9
10 Commonwealths	11 Commonwealths / Mast Eq 21	12 Commonwealths	13 Commonwealths	14 Commonwealths / Open 60	15 Commonwealths	16 Commonwealths
17 Commonwealths	18	19	20	21	22	23
24	25	26 NAPF Bench 30	27	28	29	30

NOVEMBER						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13 IPF Open Worlds	14 IPF Open Worlds	15 IPF Open Worlds	16 IPF Open Worlds	17 IPF Open Worlds	18 IPF Open Worlds
19 IPF Open Worlds	20	21	22	23	24	25
26	27	28	29	30		

April 19-22nd IPF Classic Bench Worlds, Killeen, TX

May 22 - 27th IPF Equipped Bench Worlds, Kaunas, Lithuania

May 27 - 28th Toronto Pro SuperShow, Toronto, Ontario

June 14-25th IPF Classic Worlds, Minsk, Belarus

July 5-8th NAPF/PAN AM Championships, Orlando, FL

July 10-15th IPF University World Cup, Potchefstroom, S.A

July 20-30th IWGA World Games, Wroclaw, Poland

August 27-September 3rd IPF Junior/SJ Worlds (Eq), Orlando, FL

September 10-17th Commonwealth Champions, Potchefstroom, S.A

October 2-7th IPF Master Worlds (Eq), Sundsvall, Sweden

October 26-29th NAPF Bench Championships, Hamilton, ON

November 13-19th IPF Open Worlds, Prague, Czech Republic

FEBRUARY						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15 C - Bench 60	16	17	18
19	20	21 E - Bench 90	22	23	24	25
26	27	28				

APRIL						
S	M	T	W	T	F	S
						1
2	3	4	5 NAPF 90 / IPF Coaching	6 IPF Coaching	7 IPF Coaching	8 IPF Coaching
9 IPF Coaching	10	11 Univ 90	12	13	14	15 Classic 60
16 IPF Classic Bench Worlds	17 IPF Classic Bench Worlds	18 IPF Classic Bench Worlds	19 - IPF Classic Bench Worlds	20 IPF Classic Bench Worlds	21 IPF Classic Bench Worlds / IWGA 90	22 IPF Classic Bench Worlds/E - Bench 30
23	24	25	26	27	28	29
30						

JUNE						
S	M	T	W	T	F	S
				1	2	3
4 NAPF 30	5	6	7	8	9 Univ 30	10 CWs 90
11	12	13 NAPF 21	14 IPF Classic Worlds	15 IPF Classic Worlds	16 IPF Classic Worlds	17 IPF Classic Worlds
18 IPF Classic Worlds/Univ 21	19 IPF Classic Worlds	20 IPF Classic Worlds / IWGA 30	21 IPF Classic Worlds	22 IPF Classic Worlds	23 IPF Classic Worlds	24 IPF Classic Worlds
25 IPF Classic Worlds	26	27	28	29 IWGA 21 / IPF Classic Worlds	30	

AUGUST						
S	M	T	W	T	F	S
		1	2	3 Master Eq 60	4	5
6	7 JR/SJ EQ 21	8	9	10	11	12 CWs 30
13	14	15 Open 90	16	17	18	19
20	21 CWs 21	22	23	24	25	26
27 IPF JR/SJ EQ WORLDS / NAPF B 60	28 IPF JR/SJ EQ WORLDS	29 IPF JR/SJ EQ WORLDS	30 IPF JR/SJ EQ WORLDS	31 IPF JR/SJ EQ WORLDS		

OCTOBER						
S	M	T	W	T	F	S
1	2 IPF Master EQ Worlds	3 IPF Master EQ Worlds	4 IPF Master EQ Worlds	5 IPF Master EQ Worlds / NAPF Bench 21	6 IPF Master EQ Worlds	7 IPF Master EQ Worlds
8	9	10	11	12	13	14 Open 30
15	16	17	18	19	20	21
22	23 Open 21	24	25	26 NAPF Bench	27 NAPF Bench	28 NAPF Bench
29	30	31				

DECEMBER						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## How It Works

Contests and the dates are color coded on the calendar to match the list.

Each Contest (except the Arnold & Toronto SuperShow) has FOUR important dates:

90 days prior: CPU members must submit their Team Application form  
60 days prior: the CPU submits the preliminary entry list

30 days prior: CPU members must submit final details form (flight and hotel info) and any payments required.  
21 days prior: The CPU submits the final info, with hotel details, transport, any fees required, etc.

