

# OFFICIAL SHOW PACKET

**IFBB PROFESSIONAL LEAGUE**  
GEORGIA NPC  
WINGS OF STRENGTH PRESENTS  
OFFICIAL OLYMPIA QUALIFIER  
USA BODYBUILDING  
NPC NATIONAL QUALIFIER

Overall winners will receive  
**FREE** registration  
at Olympia  
Amateur  
in Vegas

**IFBB PROFESSIONAL LEAGUE**  
*Lenda Murray*  
**BODYBUILDING**  
**SAVANNAH**  
**2022**

**IFBB PRO LEAGUE DIVISIONS:**  
WOMEN'S BODYBUILDING OPEN  
WOMEN'S BODYBUILDING MASTERS 40+  
CLASSIC PHYSIQUE OPEN  
CLASSIC PHYSIQUE MASTERS 40+  
WOMEN'S PHYSIQUE OPEN  
WOMEN'S PHYSIQUE MASTERS 40+  
BIKINI OPEN  
BIKINI MASTERS 40+  
\*\*\*MASTERS FOR ALL THE ABOVE DIVISIONS\*\*\*

**USA BODYBUILDING NPC DIVISIONS**  
MEN'S BODYBUILDING  
WOMEN'S BODYBUILDING  
CLASSIC PHYSIQUE  
WOMEN'S PHYSIQUE  
FIGURE  
FITNESS  
WELLNESS  
MEN'S PHYSIQUE  
BIKINI  
• NATIONAL QUALIFIER •

**SEPTEMBER 10, 2022**

**MAXIMUM Beauty** **SAVANNAH CONVENTION CENTER**  
1 INTERNATIONAL DR, SAVANNAH | GA 31421

VISIT [WWW.WINGSOFTRENGTH.NET](http://WWW.WINGSOFTRENGTH.NET) FOR CONTEST AND ENTRY DETAILS  
CONTACT: [ALEX@WINGSOFTRENGTH.NET](mailto:ALEX@WINGSOFTRENGTH.NET) OR CALL/TEXT (480) 747-7401

**LSR**  
LIQUID SUN RAYZ

CLICK BELOW FOR MORE INFO!





# SHOW SCHEDULE

## SATURDAY SEPT 10TH

@ SAVANNAH CONVENTION CENTER | Chatham Ballroom (on 2nd floor)



### PREJUDGING

7:00am.....Doors Open to ALL COMPETITORS

7:30am.....Doors Open to the PUBLIC

8:00am.....IFBB Professional League Prejudging

#### IFBB ORDER OF SHOW:

CLASSIC PHYSIQUE MASTERS 40+

CLASSIC PHYSIQUE OPEN

WOMEN'S BODYBUILDING MASTERS 40+

WOMEN'S BODYBUILDING OPEN

WOMEN'S PHYSIQUE MASTERS 40+

WOMEN'S PHYSIQUE OPEN

BIKINI MASTERS 40+

BIKINI OPEN

—— Intermission (15 minutes) ——

(approx.) 10:00am.....NPC Prejudging (or immediately after Intermission)

#### NPC ORDER OF SHOW:

WOMEN'S FIGURE

WOMEN'S BODYBUILDING

MEN'S BODYBUILDING

WOMEN'S FITNESS

WOMEN'S PHYSIQUE

MEN'S CLASSIC PHYSIQUE

WOMEN'S WELLNESS

MEN'S PHYSIQUE

WOMEN'S BIKINI

### FINALS

3:00pm.....Doors Open to ALL COMPETITORS

3:30pm.....Doors Open to the PUBLIC

4:00pm.....IFBB Professional League Finals

SPECIAL GUEST POSERS: 2X MS OLYMPIA ANDREA SHAW

& TAMPA PRO CHAMPION MONA POURSALEH

—— Intermission (15 minutes) ——

(approx.) 6:00pm.....NPC Finals (or immediately after Intermission)





# ORDER OF SHOW

**SATURDAY SEPTEMBER 10TH**



## IFBB PROFESSIONAL LEAGUE



### MEN'S CLASSIC PHYSIQUE

MASTERS 40+

OPEN

**SPECIAL GUEST POSER: TAMPA PRO CHAMPION MONA POURSALEH**

### WOMEN'S BODYBUILDING

MASTERS 40+

OPEN

### WOMEN'S PHYSIQUE

MASTERS 40+

OPEN

**SPECIAL GUEST POSER: 2X MS OLYMPIA ANDREA SHAW**

### BIKINI

MASTERS 40+

OPEN



## NPC AMATEUR COMPETITORS



### WOMEN'S FIGURE

True Novice

Novice

Masters 45+

Masters 40+

Masters 35+

Open Class A

Open Class B

### WOMEN'S BODYBUILDING

Masters 35+

Open

### MEN'S BODYBUILDING

True Novice

Novice

Masters 50+

Masters 40+

Open Lightweight

Open Middleweight

Open Heavyweight

### WOMEN'S FITNESS

Open

### WOMEN'S PHYSIQUE

Masters 35+

Open

### MEN'S CLASSIC PHYSIQUE

True Novice

Novice

Masters 45+

Masters 35+

Open Class A

Open Class B

### WOMEN'S WELLNESS

True Novice

Novice

Masters 35+

Open Class A

Open Class B

### MEN'S PHYSIQUE

True Novice

Novice A

Novice B

Masters 45+

Masters 35+

Open Class A

Open Class B

Open Class C

### WOMEN'S BIKINI

True Novice A

True Novice B

Novice A

Novice B

Teenage

Masters 45+

Masters 35+

Open Class A

Open Class B

Open Class C

Open Class D

# FREE ATHLETE POSING SEMINAR



**FRIDAY  
SEPTEMBER 9TH**

**3:00PM: IFBB Athlete Check-ins**

**4:00PM: Free Posing Seminar**

**5:00PM: NPC Athlete Check-ins**

**SEPTEMBER 10, 2022**

**SAVANNAH CONVENTION CENTER**  
1 INTERNATIONAL DR, SAVANNAH | GA 31421

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**IFBB / NPC / OLYMPIA JUDGE  
NPC GEORGIA CHAIRMAN  
VINCE CRAWFORD**



**SHOW PROMOTER  
8X MS OLYMPIA  
LENDA MURRAY**

**IFBB FIGURE PRO  
NPC CAROLINAS VC  
IFBB / NPC JUDGE  
MARIE ANN NEWMAN**



**IFBB / NPC / OLYMPIA &  
SAVANNAH HEAD JUDGE  
MAZ ALI**



# SHOW VENUE: SAVANNAH CONVENTION CENTER



## Savannah Convention Center



**ADDRESS:** 1 International Drive | Savannah, GA 31421  
All events are located in **Chatham Ballroom** on second floor.



### **PARKING: FREE OF CHARGE**

While the parking lot is under construction, there is a complimentary trolley taking guests to/from the lot and venue. Please account for a 10 minute transport.



### **FERRY: FREE RIDE TO DOWNTOWN SAVANNAH**

This complimentary ferry is only a three minute ride to Savannah's famed River Street and Historic District! You can find the ferry right outside the venue on the dock.



## CHATHAM BALLROOM

ATHLETE CHECK-INS  
TANNING  
SHOWROOM



## SAVANNAH BELLES FERRY

This complimentary ferry ride is only a three minute ride to Savannah's famed River Street and Historic District! You can find the ferry right outside the venue on the dock.

**Operates 7 days a week | 7AM - 10PM**

Docks at:

- (1) Trade Center Landing,
- (2) City Hall Landing (below City Hall adjacent to Hyatt Regency Hotel)
- (3) Waving Girl Landing



**DID YOU KNOW?**

- The Belles Ferry is a modern, passenger-only ferries, reminiscent of vessels seen in the harbor a century ago
- Named for Savannah's "Belles"— strong women who shaped the city's history
- Connects downtown with Hutchinson Island and the Savannah International Trade & Convention Center





# SPONSORS



MAXIMUM  
*Beauty*

**OFFICIAL  
TANNING SPONSOR**

**OFFICIAL  
GYM SPONSOR**

**OFFICIAL HAIR &  
MAKEUP SPONSOR**



**TIER ONE  
NUTRITION**

**SPORTS NUTRITION • WEIGHT LOSS • VITAMINS**

*Imperial* IMPRESSION





# OFFICIAL GYM SPONSOR



IFBB PROFESSIONAL LEAGUE  
Jenda Murray  
BODYBUILDING  
SAVANNAH  
2022

Overall winners will receive FREE registration at Olympia Amateur in Vegas

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- NATIONAL QUALIFIER -

SEPTEMBER 10, 2022

MAXIMUM Beauty SAVANNAH CONVENTION CENTER  
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So FIT  
GYM

**ALL REGISTERED ATHLETES WILL HAVE  
FREE ACCESS TO SO FIT GYM!**

**OFFER AVAILABLE SEPTEMBER 9 - SEPTEMBER 10**

**Register at [SoFitGymPooler.com](http://SoFitGymPooler.com) or text 912.258.6302  
for gym access during non-staffed hours.**



**OFFICIAL GYM OF THE  
SAVANNAH PRO-AM**

# OFFICIAL TANNING SPONSOR



**BOOK YOUR  
TANNING ONLINE!**

**ALL TANNING WILL TAKE PLACE AT THE VENUE:**



**SAVANNAH CONVENTION CENTER**  
1 INTERNATIONAL DRIVE  
SAVANNAH, GA 31421



**WWW.WINGSOFSTRENGTH.NET/SAVANNAH2022**



# OFFICIAL HAIR & MAKEUP SPONSOR

# MAXIMUM *Beauty*



## BOOK YOUR SERVICES ONLINE!

ALL SERVICES WILL TAKE PLACE AT THE VENUE:



**SAVANNAH CONVENTION CENTER**  
1 INTERNATIONAL DRIVE  
SAVANNAH, GA 31421



**WWW.WINGSOFSTRENGTH.NET/SAVANNAH2022**



# PARKING @ SAVANNAH CONVENTION CENTER

The parking lot is under construction, so please follow the diagram to reach the overflow parking lot. There is a complimentary shuttle transporting passengers to/from the lot to the convention center. **Please allot for extra time to reach the venue.**





# FERRY SCHEDULE



**DID  
YOU  
KNOW?**

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- Named for Savannah's "Belles"— strong women who shaped the city's history
- Connects downtown with Hutchinson Island and the Savannah International Trade & Convention Center

## Savannah Belles Ferry



Savannah Belles Ferry operates daily, year-round, except Thanksgiving, Christmas and New Year's Day

### Service Locations

**CITY HALL LANDING**--River Walk at City Hall, adjacent to Hyatt Hotel

**TRADE CENTER LANDING--**  
Hutchinson Island between Trade  
Center and Westin Hotel.

**WAVING GIRL LANDING**--River Walk, adjacent to Marriott Hotel

## Service Schedules

The Savannah River is a busy commercial waterway, with special regulations for vessels crossing the river. The Ferry may sometimes be delayed briefly by visibility or large vessel traffic in the area. We appreciate your patience.

Scheduled service may be modified  
for special events and conventions.

*Savannah Belles Ferry System is operated by Chatham Area Transit (CAT). For information, visit [www.catchacat.org](http://www.catchacat.org) or call (912) 447-4029.*

Thanks for riding with us!

**DEPARTURES:**[illegible]



# AIRPORT > HOST HOTEL



## Savannah/Hilton Head International Airport

-  400 Airways Ave, Savannah, GA 31408
-  10 miles from hotel and 14 miles from show venue. Approx 20 min drive.
-  (912) 964-0514
-  Estimated taxi fare: 25 USD (one way)

NOTE: The Westin is NEXT to the show's venue, the Savannah Convention Center. It is within walking distance through the garage.



## The Westin Savannah Harbor Golf Resort & Spa

-  1 International Dive | Savannah, GA 31421
-  Check in: 4:00 PM  
Check out: 11:00 AM
-  (912) 201-2000
-  [Hotel Website](#)

# ON-SITE DINING & AMENITIES @ WESTIN HOTEL

## DINING:

- **ON-SITE RESTAURANTS** serving breakfast, lunch, and dinner
- **REFRIGERATORS:** Limited quantity available upon request
- **MICROWAVES:** Available in **Riverscape B** room next to the guest elevators
- **BODYBUILDING MENU:** Menu offered at **AquaStar Restaurant** on the second floor.

**PARKING:** Self-parking: \$20 Daily

**GYM:** The fitness center is located inside the clubhouse on the golf course. Request a complimentary shuttle at the front desk to take you to/from the gym.

**RIVERFRONT RESORT POOL:** Their heated resort pool sits alongside the Savannah River, offering refreshing relaxation and unforgettable views of the city's Historic District

**SHOW VENUE:** All event spaces are located at the Savannah Convention Center (within walking distance from the hotel)

- **SHOWROOM:** Chatham Ballroom on second floor
- **TANNING ROOM / HAIR AND MAKEUP:** Chatham C



**Aqua Star Coastal**  
Southern

Experience our signature restaurant, serving Southern Coastal delights for breakfast, lunch, and dinner. Hours are subject to change seasonally.

🕒 Everyday 7:00 AM-11:00 AM  
12:00 PM-3:00 PM  
5:00 PM-10:00 PM



**Midnight Sun Lounge**  
American

Sip on a top-shelf cocktail in a comfortable and intimate setting at Midnight Sun, our hotel lounge. Open for cocktails only.

🕒 Everyday 5:00 PM-10:00 PM



**The Champions Bar & Grill**  
American

Dine on Savannah favorites or lighter fare and sip a classic cocktail while overlooking the fairways in the relaxed atmosphere of The Champions Grill & Legends Bar. Currently closed while golf course is being refreshed.

🕒 Open for Lunch



**Starbucks Cafe at Midnight Sun**  
Coffee House

Fuel your day in Savannah with your favorite Starbucks® coffee drink or delicious pastry at this bright and cheerful café, which also serves fruit and to-go snacks.

🕒 Mon-Fri 6:30 AM-12:00 PM  
Sat-Sun 6:30 AM-1:00 PM



**Escape Pool Bar & Grill**  
American

Boasting amazing riverfront Savannah views, our poolside Escape Bar & Grill offers relaxed fare, including grilled burgers and refreshing iced cocktails. Open seasonally, weather permitting. Hours subject to change.

🕒 Mon-Fri, Sun 11:30 AM-5:00 PM  
Sat Closed

# BODYBUILDING-FRIENDLY MENU @ HOST HOTEL

Menu offered at **AquaStar Restaurant** on the second floor.  
**Microwaves** located in "**Riverscape B**" on the second floor near the guest elevators.

## **Breakfast**

Eggs and Oats \$16  
3 Hard Boiled Eggs and Oatmeal  
Oatmeal Bowl \$10  
Strawberries and Blueberries  
Egg White Scramble \$16  
4 Egg Whites and Choice of Asparagus or Broccoli

## **Lunch/Dinner (Choice of 3 sides)**

Roasted Chicken \$22  
8oz Chicken Breast  
Grilled NY Strip \$36  
10oz Strip Steak

## **Side Items**

Oatmeal  
White Rice  
White Potato  
Sweet Potato  
Asparagus  
Broccoli

## **Additional Items**

Cup Oatmeal \$6  
Hard Boiled Eggs \$6/3  
Chicken Breast \$14  
Strip Steak \$26  
Baked Potato \$4  
Side of Asparagus / Carrots \$3



# NEARBY AMENITIES

## GYM

### So Fit Gym

(Official Gym Sponsor - offering free pass!)

(912) 348-2014 | [www.sofitgympooler.com](http://www.sofitgympooler.com)

1212 US-80 | Pooler, GA 31322

## GROCERIES

### Kroger (Food & Drug)

311 E Gwinnett St, Savannah, GA 31401

### Whole Foods

1815 E Victory Dr Ste 101, Savannah, GA 31404

### Target Grocery & Pharmacy

1907 E Victory Dr, Savannah, GA 31404

### CVS Pharmacy

119 Bull St, Savannah, GA 31401

## DINING

### Aqua Star @ Host Hotel

1 Resort Dr, Savannah, GA 31421

### Lizzy's Burger Bar & Grill

417 E River St, Savannah, GA 31401

### Vic's On the River

26 E Bay St, Savannah, GA 31401

# EXPLORE NEARBY



Downtown River Street



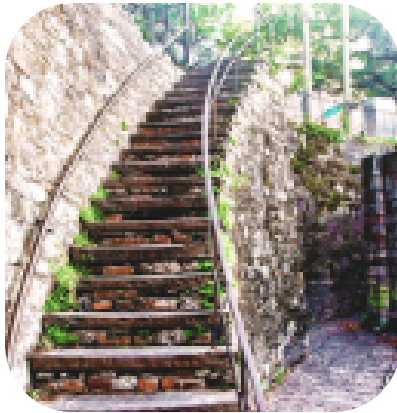
The Clunky Vaults



Prohibition Museum



River Street Sweets



Back Alleys by River Street



Forsythe Park



Factor's Walk



Cotton Exchange Building



Alex Raskins Antiques



# NEARBY DINING



## Huey's on the River

Best beignets East of New Orleans! A NoLa-inspired menu, right on the historic River Street in an 1817 cotton warehouse. Great for brunch!



## Garibaldi

A local favorite in historic downtown Savannah, Garibaldi Cafe is festive and romantic. Reservation Saturday at 7:00pm



## Elizabeth on 137th

The simple elegance of the 1900's Southern Mansion sets the perfect tone for a wonderful Southern Coastal menu. Reservation on Sunday at 6:00pm.



## The Pirate's House

Since 1753, The Pirate's House has been welcoming visitors to Savannah with a bounty of delicious food and drink and rousing good times. Situated a scant block from the Savannah River, The Pirate's House first opened as an inn for seafarers, and fast became a rendezvous for blood-thirsty pirates and sailors from the Seven Seas.



## Rocks on the Roof

Live music atop the Bohemian Hotel —breathtaking views of the Savannah River and Historic District at one of the best bars in Savannah. Indulge in a tempting selection of tapas, sip a handcrafted cocktails.



## Treylor Park

A unique space within the heart of the historic district in downtown Savannah. Treylor Park offers a upscale cocktail bar inside with restaurant style seating and you can also enjoy the cozy beer garden out back.

# NEARBY DRINKS



## 220 Congress Street Up

Speakeasy located inside museum during the day. Walk around behind the building, up a set of stairs at night for live music and great cocktails!



## Wet Willie's

Located on River Street. Get your fill of every adult flavored frozen drinks.



## AlleyCat Lounge

Find a door in an alley, down stairs and open the door to an upscale bar with romantic lighting and drinks made from the heart. Newspaper menu worth reading.



## Prohibition

A nod to the classic 1920's speakeasy, Prohibition feels like you're stepping back in time with its vintage inspired decor. Menu includes raved about brussel sprouts and a meat & cheese spread.



## Top Deck

A rooftop bar on the top level of the Cotton Sail Hotel. It's a sweet spot to catch a sunset and some of the best views of the Talmadge Bridge.



## Rocks on the Roof

Live music atop the Bohemian Hotel —breathtaking views of the Savannah River and Historic District at one of the best bars in Savannah. Indulge in a tempting selection of tapas, sip a handcrafted cocktails.