OFFICIAL SHOW PACKET



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WWW.WINGSOFSTRENGTH.NET/RISINGPHOENIX2022

BIKINI LAB HAWAII PRESENTS THE RSSNG PHOENING

CUSTOM SWIMWEAR FOR EVERY BODY

Bikini Lab Hawaii

FRIDAY NOVEMBER 4TH

3:00PM: ATHLETE CHECK-INS FOR IFBB RISING PHOENIX 4:00PM: ATHLETE CHECK-INS FOR IFBB ARIZONA WOMEN'S PRO 5:00PM: FREE POSING SEMINAR WITH HEAD JUDGE SANDY WILLIAMSON! 6:00PM: ATHLETE CHECK-INS FOR NPC ARIZONA WOMEN'S EXTRAVAGANZA

SATURDAY NOVEMBER 5TH Prejudging

7:30AM.......DOORS OPEN TO THE PUBLIC 8:00AM......NPC ARIZONA WOMEN'S EXTRAVAGANZA PREJUDGING 9:30AM (or immediately following NPC prejudging).......IFBB PROFESSIONAL LEAGUE ARIZONA WOMEN'S PRO PREJUDGING 1:00PM (+/-)......IFBB PROFESSIONAL LEAGUE RISING PHOENIX WOMEN'S BODYBUILDING WORLD CHAMPIONSHIP PREJUDGING

FINALS

2:30PM......DOORS OPEN TO THE PUBLIC 3:00PM......IFBB PROFESSIONAL LEAGUE ARIZONA WOMEN'S PRO FINALS (ALL PRESENT --- TOP 10 ROUTINES ONLY) 5:45PM (+/-)......IFBB PROFESSIONAL LEAGUE RISING PHOENIX WOMEN'S BODYBUILDING WORLD CHAMPIONSHIP FINALS (ATHLETE VIDEOS + 2 MIN POSING ROUTINES) 7:45PM (+/-)......NPC ARIZONA WOMEN'S EXTRAVAGANZA FINALS 9:00PM.......RISING PHOENIX VIP + ATHLETE AFTER PARTY AT SPOTLIGHT LOUNGE



IFBE

SANDY WILLIAMSON

IFBB ORDER OF SHOW: FITNESS WOMEN'S PHYSIQUE WELLNESS FIGURE BIKINI WOMEN'S BODYBUILDING

NPC ORDER OF SHOW: FITNESS WOMEN'S PHYSIQUE WOMEN'S BODYBUILDING WELLNESS FIGURE BIKINI

FREE ATHLETE POSING SEMINAR

FRIDAY NOVEMBER 4TH

3:00PM: IFBB Rising Phoenix Athlete Check-ins

4:00PM: IFBB Arizona Women's Pro Athlete Check-ins

5:00PM: Free Posing Seminar

6:00PM: NPC Athlete Check-ins



SANDY WILLIAMSON

AIRPORT > HOST HOTEL



Phoenix Sky Harbor International Airport

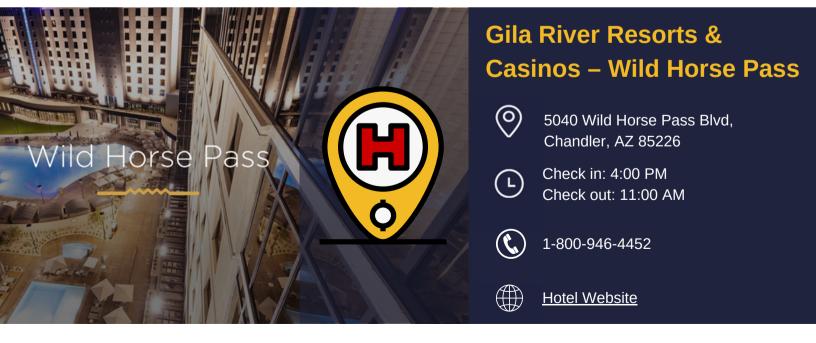


L 13 miles from hotel. Approx 15+ min drive.

(602) 273-3300

(\$

Estimated taxi fare: 25 USD (one way)



SHOW VENUE & HOST HOTEL: Gila River Resorts & Casinos – Wild Horse Pass

Wild Horse Pass

Gila River Resorts & Casinos – Wild Horse Pass

ADDRESS: 5040 Wild Horse Pass Blvd | Chandler, AZ 85226

ALL ROOMS INCLUDE



Refrigera









GILA RIVER RESORTS & CASINOS wild horse pass

WILD HORSE PASS







BIKINI LAB HAWAII

TIM GARDNER

Presents The IFBB Professional League & NPC Arizona



OFFICIAL SPONSORS



ON-SITE AMENITIES

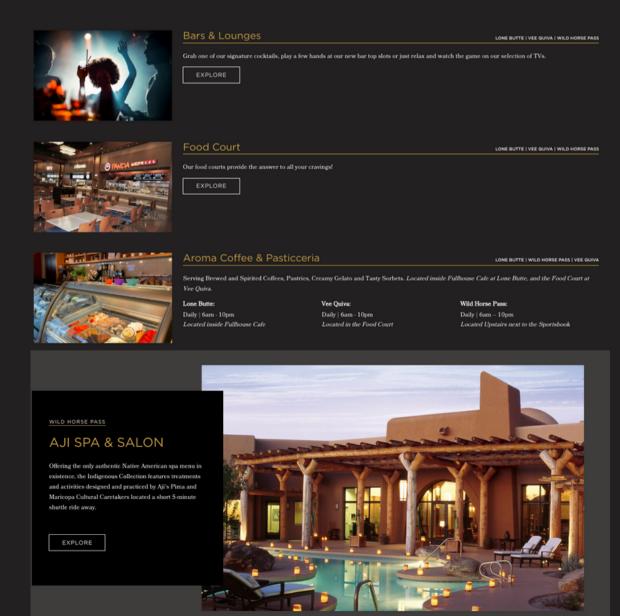
DINING:

- ON-SITE RESTAURANTS serving breakfast, lunch, and dinner
- MINI FRIDGES: Available for use in every room
- MICROWAVES: Available in Ocotillo AB room, same as Tanning Room
- BODYBUILDING MENU: Menu offered at the FullHouse Cafe

PARKING: Self-parking is complimentary. Valet is also complimentary; gratuities are appreciated.

GYM: 24-hour fitness center available on the 2nd floor of the Sunset Tower.

RESORT POOL: Wild Horse Pass features two pool experiences offering cabanas, entertainment, and dining for resort guests.

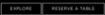


ON-SITE DINING



WILD HORSE PASS PRIME, A SHULA'S STEAK HOUSE

Rising 150-fect over the desert landscape, Prime is located on the 11th floor complete with large windows revealing stunning views of the Estrella Mountains and breathtaking Arizona sumsets. After dinner, journey into the night with the views and colstable at 11cm at Prime



WILD HORSE PASS

LING & LOUIE'S

chefs use traditional Asian cooking techniques and ingredients in non-traditional ways to create bold, craveable flavors that appeal to all tastes,

EXPLORE





VAILABLE AT ALL 3 LOCATIONS

FULLHOUSE CAFE Fullhouse features conder food, breakfast, and indulge parties and pies made daily.

EXPLORE

LE QUIVA

EXPLORE

GEORGE LOPEZ'S TEQUILA LOUNGE

What's the best way to enjoy tacos and toguila? Visit comedian George Longer's Toguila Longer at Vec Onio





LD HORSE PASS

TOPGOLF SWING SUITE

Eat, Drink, and Hang Out.

Whether you're an aspiring cold goo or picking up a chd for the first line, rigogid is everyons, game. Our Togodi Swing Sinie features a could Jounge with Instantio food and drinke. If a great place to hang out, gather for parties and meetings, or even plast work on your wring. Togogil Swing Suite games include Virtual Cell. Zombie Dodge Ball, Qametrakac Challenge, Basehall Pitching and so much more.

Open Thursday – Monday at Wild Horse P.

EXPLORE

BODYBUILDING-FRIENDLY MENU

WINGS OF STRENGTH WEEKEND MENU

Prepared with no salt, oil, seasonings or butter

6AM-2PM & 4PM-10PM

Composed Plates

A La Carte

Steel Cut Oatmeal	\$4
Soft boiled eggs	\$4
Egg Whites, Scrambled (2)	\$4
Grilled Chicken Breast (4oz)	\$9
Grilled Beef Filet (7oz)	\$21
Steamed Tilapia (4oz)	\$8
Russet Baked Potato	\$7
Roasted Sweet Potato	\$7
Jasmine Rice	\$5
Tuscan Wild Rice	\$7
Broccoli, Steamed	\$7
Green Beans, Steamed	\$7
Asparagus, Steamed	\$9
	Soft boiled eggs Egg Whites, Scrambled (2) Grilled Chicken Breast (4oz) Grilled Beef Filet (7oz) Steamed Tilapia (4oz) Russet Baked Potato Roasted Sweet Potato Jasmine Rice Tuscan Wild Rice Broccoli, Steamed Green Beans, Steamed

Lemongrass Tofu | 10/21 Chicken | 11/23 Sirloin Beef | 13/25

fuilhouse



<u>Safeway Grocery Store (3 miles away)</u> 4005 E Chandler Blvd, Phoenix, AZ 85048

Trader Joe's Grocery Store (3 miles away) 4025 E Chandler Blvd Ste 38, Phoenix, AZ 85048

Whole Foods Market (9 miles away) 2955 W Ray Rd, Chandler, AZ 85224

<u>CVS Pharmacy (3 miles away)</u> 4657 E Chandler Blvd, Phoenix, AZ 85048

Phoenix Premium Outlets (1 mile away)

Phoenix Premium Outlets features an impressive collection of the finest brands for you, your family and your home. Include a shopping stop during your next trip to the area. You're sure to find impressive savings of 25% to 65% all year round.

RISING PHOENIX VIP AFTER PARTY



SATURDAY NOVEMBER 5TH 9:00PM @ SPOTLIGHT LOUNGE Located at the Wild Horse Pass Casino

ALL ATHLETES WELCOME! WRISTBANDS HANDED OUT AT CHECK-INS

ADDITIONAL TICKETS FOR SALE AT TICKET BOOTH