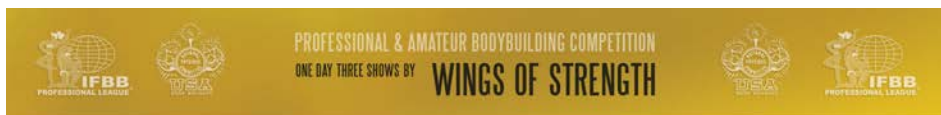




SHOW PACKET





RISING PHOENIX

IFBB PROFESSIONAL LEAGUE WOMEN'S BODYBUILDING WORLD CHAMPIONSHIP

SEPTEMBER 30

ON THE SAME DATE
NPC ARIZONA WOMEN'S EXTRAVAGANZA
NATIONAL QUALIFIER
WOMEN'S BODYBUILDING
WOMEN'S PHYSIQUE
FITNESS
FIGURE
WELLNESS
BIKINI

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Pro Tan
Since 1987

SPECIAL SPONSOR
Le'Bon
BEAUTY • COSMETICS

ALSO ON SEPTEMBER 30
THE IFBB ARIZONA WOMEN'S PRO
WOMEN'S PHYSIQUE
FITNESS
FIGURE
WELLNESS
BIKINI


SANDY WILLIAMSON
IFBB | NPC | OLYMPIA HEAD JUDGE

RISING PHOENIX IFBB ARIZONA WOMEN'S PRO & NPC ARIZONA WOMEN'S EXTRAVAGANZA **PHOENIX AT THE ARIZONA GRAND RESORT** 8000 S. AZ GRAND PARKWAY PHOENIX, AZ 85044
FOR CONTEST ENTRY AND DETAILS: ALEX@WINGSOFTRENGTH.NET OR WWW.WINGSOFTRENGTH.NET/RISINGPHX23

CLICK BELOW FOR MORE INFO!



WWW.WINGSOFTRENGTH.NET/RisingPHX23



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RISING PHOENIX

IFBB PROFESSIONAL LEAGUE WOMEN'S BODYBUILDING WORLD CHAMPIONSHIP

SEPTEMBER 30

NPC ARIZONA WOMEN'S EXTRAVAGANZA
NATIONAL QUALIFIER



OFFICIAL HAIR & MAKEUP
Pro Tan



SANDY WILLIAMSON
IFBB | NPC | OLYMPIA HEAD JUDGE

OFFICIAL HAIR & MAKEUP
Le'Bon

THE IFBB ARIZONA WOMEN'S PRO



Global Formulas



Decide. Commit. Succeed



WOLFpak



PWR LIFT



Toxic Angelz
Bikinis

inspired



PANCAKES' PANCAKES





PROFESSIONAL & AMATEUR BODYBUILDING COMPETITION
ONE DAY THREE SHOWS BY **WINGS OF STRENGTH**



FRIDAY, SEPT. 29

MANDATORY ATHLETE CHECK-INS

3:00PM IFBB RISING PHOENIX ATHLETE CHECK-INS

4:00PM IFBB AZ WOMEN'S PRO ATHLETE CHECK-INS

5:00PM FREE POSING SEMINAR
WITH HEAD JUDGE SANDY WILLIAMSON

6:00PM NPC ARIZONA WOMEN'S EXTRAVAGANZA
ATHLETE CHECK-INS

SHOW SCHEDULE

SATURDAY, SEPT. 30

LOCATION: GRAND BALLROOM AT THE
ARIZONA GRAND RESORT AND SPA

7:30AM DOORS OPEN TO THE PUBLIC

**8:00AM NPC ARIZONA WOMEN'S
EXTRAVAGANZA PREJUDGING**

NPC ORDER OF SHOW:

FITNESS
WOMEN'S PHYSIQUE
WOMEN'S BODYBUILDING
WELLNESS
FIGURE
BIKINI

**9:30AM IFBB ARIZONA WOMEN'S
PRO PREJUDGING**

IFBB ORDER OF SHOW:
MASTERS 40+, FOLLOWED BY OPEN

FITNESS
WOMEN'S PHYSIQUE
WELLNESS
FIGURE
BIKINI

**1:00PM IFBB RISING PHOENIX
WOMEN'S BODYBUILDING WORLD
CHAMPIONSHIP PREJUDGING**

2:30PM DOORS OPEN TO THE PUBLIC

**3:00PM IFBB ARIZONA WOMEN'S
PRO FINALS**

IFBB ORDER OF SHOW:
MASTERS 40+, FOLLOWED BY OPEN
(ALL PRESENT | TOP 10 ROUTINES ONLY)

IMMEDIATELY FOLLOWED BY THE
**IFBB RISING PHOENIX
WOMEN'S BODYBUILDING WORLD
CHAMPIONSHIP FINALS**

IMMEDIATELY FOLLOWED BY THE
**NPC ARIZONA WOMEN'S
EXTRAVAGANZA FINALS**

9:00PM ATHLETE VIP AFTER PARTY

LOCATION: VISTA LOUNGE AT THE ARIZONA
GRAND RESORT AND SPA, 8000 SOUTH ARIZONA
GRAND E, PHOENIX, AZ 85044

(ABOVE THE ARIZONA GRAND ATHLETIC CLUB)

AT THE **ARIZONA GRAND RESORT** 8000 S. AZ GRAND PARKWAY
PHOENIX, AZ 85044

WWW.WINGSOFASTRENGTH.NET/RISINGPHX23



ATHLETE CHECK-INS



FRIDAY SEPTEMBER 29TH

LOCATION: Kaibab/Lantana Ballroom at the Arizona Grand Resort

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

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

5:00PM: Free Posing Seminar with head judge Sandy Williamson

6:00PM: NPC Athlete Check-ins







SANDY WILLIAMSON
IFBB | NPC | OLYMPIA HEAD JUDGE



AIRPORT > HOST HOTEL







Phoenix Sky Harbor International Airport

-  3400 E Sky Harbor Blvd,
Phoenix, AZ 85034
-  6 miles from hotel. Approx 10 min
drive.
-  (602) 273-3300
-  Estimated taxi fare: \$20 USD
(one way)



Arizona Grand Resort & Spa

-  8000 South Arizona Grand E,
Phoenix, AZ 85044
-  Check in: 4:00 PM
Check out: 11:00 AM
-  1-877-800-4888
-  [Hotel Website](#)



HOST HOTEL



Arizona Grand Resort & Spa



8000 South Arizona Grand E, Phoenix,
AZ 85044 ([click to open Google Maps](#))



Six miles from Sky Harbor Airport;
approximately 10 min drive.



Estimated taxi fare: \$20 USD
(one way)



SHOWROOM on PROPERTY

The show is taking place inside the
Grand Ballroom, a short walk from
the hotel lobby.



PARKING

- **Self-parking:** Available
- **Valet parking:** No fee;
gratuities are welcome.



AMENITIES

- Dining: On-site restaurants
- Bodybuilding menu offered at
Lobby Bar & Grill
- Fitness Center
- Oasis Water Park
- Mini fridge included in every room
- Microwaves: limited quantities
available upon request for
\$10/night. They will also be
available in the Sierra Ballroom.
- Free WiFi



DINING

The host hotel has five on-site
dining options, including room
service.

A **bodybuilding-friendly menu**
is offered exclusively at the
hotel **Lobby Bar & Grill**,
located in the hotel lobby.

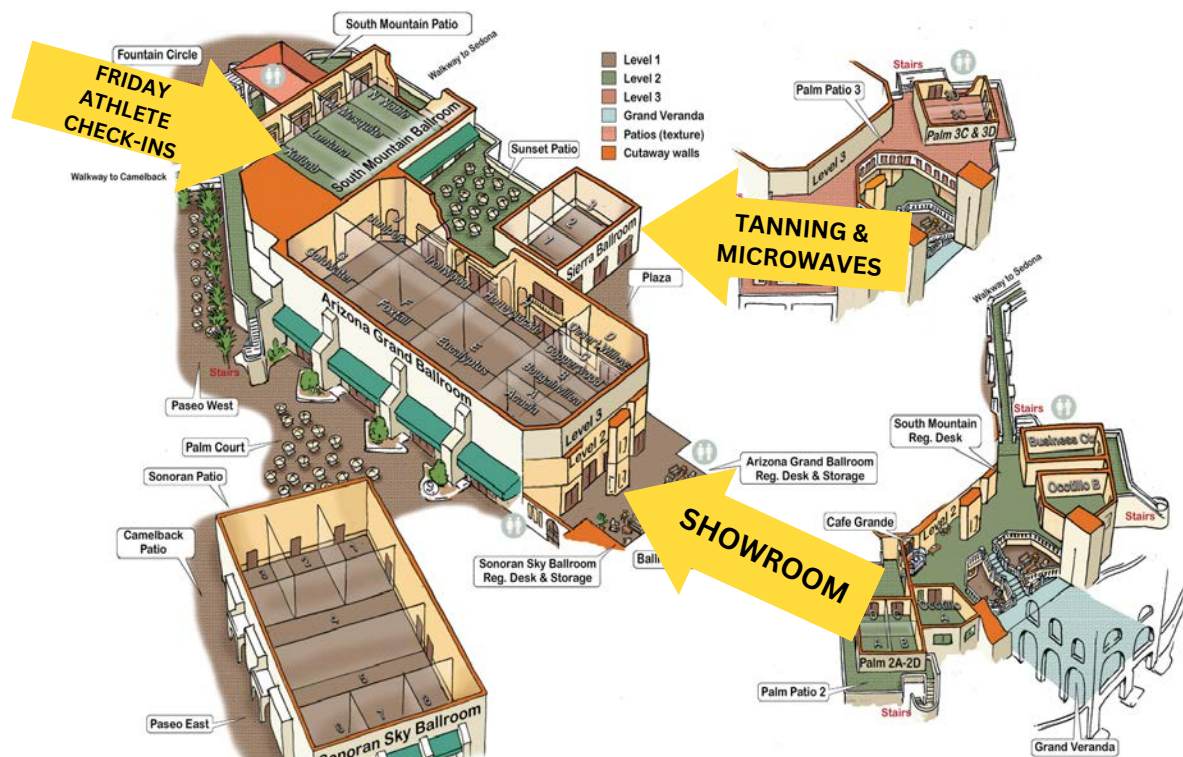
Additional details available on
following pages.



MAP OVERVIEW



ARIZONA GRAND
RESORT & SPA





ON-SITE DINING



**Bodybuilding
Menu Available**



Lobby Bar & Grill

Lobby Grill's casual atmosphere and contemporary comfort cuisine makes it one of Phoenix's favorite place to kick back and relax. In the open-air kitchen and wood-fire oven, top Valley chefs create your favorite dishes with natural ingredients from local purveyors.

Open daily: 7am – 10pm
(602)-431-6476



Rustler's Rooste

This authentic hilltop steakhouse offers a fun, Old West atmosphere complete with the finest views of the fabulous Phoenix skyline.



Aunt Chilada's

A neighborhood favorite since 1986, Aunt Chilada's was recently voted Best Outdoor Dining in the 2023 Open Table Diners' Choice Awards!

Sun–Thurs: 4pm–9pm
Fri–Sat: 4pm–10pm
(602) 431-6470



Oasis Bar & Grill

Relax with comfort fare and libations amidst the soothing waves at The Oasis Bar & Grill, located inside Arizona's ultimate water adventure.



Marketplace Café

The Marketplace Café, a leading choice for cafes in Phoenix, serves a variety of casual treats. Resort guests can sip Starbucks® refreshments accompanied by fresh pastries and sandwiches prepared daily at the Marketplace Café.

Mon–Thurs: 6:30am–12pm
Fri–Sun: 6:30am–3pm



Guest Suite Dining

Guest Suite Dining is available! Enjoy your favorite meals from the comfort of your suite.

Guest Suite Dining Hours
Daily 8am–8pm

Dial 84330 to order!



Bodybuilding Menu offered at Lobby Bar & Grill

Open daily: 7am – 10pm
(602) 431-6476



Bodybuilding Menu

offered at Lobby Bar & Grill

Open daily: 7am – 10pm
(602) 431-6476

THE LOBBY GRILL & BAR

Body Building Menu

Breakfast

EGGS & OATS 16

3 Hard Boiled Eggs and Oatmeal

OATMEAL BOWL 13

Strawberries and Blueberries

EGG WHITE SCRAMBLE 16

4 Egg Whites and Choice of Asparagus or Broccoli

Lunch & Dinner

Choice of 3 Sides

ROASTED CHICKEN 28

8oz Chicken Breast

GRILLED NY STRIP* 38

10oz Strip Steak

Side Items

OATMEAL • WHITE RICE • WHITE POTATO

SWEET POTATO • ASPARAGUS

A La Carte Items

CUP OF OATMEAL 6

3 HARD BIOLED EGGS 6

CHICKEN BREAST 12

STRIP STEAK* 22

BAKED POTATO 6

SIDE OF ASPARAGUS/CARROTS 5



ON-SITE AMENITIES



Arizona Grand Athletic Club

Voted one of the “Top 10 Fitness Facilities in Arizona” the 20,000 square foot Arizona Grand Athletic Club is one of the few award-winning Arizona spas and fitness facilities in Phoenix, offering the latest in strength and cardiovascular training equipment and more exercise options than any other Phoenix resort.

- Over 20,000 square feet of workout space
- Echelon Reflect Touch Smart Fitness Mirror
- 50" Class Mirror with Touchscreen Display
- Featuring more than 2,000 studio-quality, Live + On-Demand fitness classes including HIIT, Core, Yoga, Pilates, Kickboxing, and more!
- Two Peloton Bikes
- 22" HD Touchscreen
- Featuring thousands of On-Demand classes and in-class metrics like heart rate, resistance, cadence, output, power zone, and more!
- More than 40 cardiovascular machines
- Separate free-weight room
- Indoor racquetball court
- Five-lane, 20-meter, heated lap pool



Oasis Water Park

Voted by the Travel Channel as one of the country's Top 10 Water Parks, Arizona Grand Resort & Spa's expansive, wild and fun Oasis has something for kids of all ages, making it perfect for your next family getaway.

Built across 7 acres, this premium amenity boasts 8-story thrill slides, a giant wave pool, a 25 person hot tub, the Valley's only side-by-side active river, and Wild Cat Springs which is perfect for younger children.



Oasis Bar & Grill

Relax with comfort fare and libations amidst the soothing waves at The Oasis Bar & Grill, located inside Arizona's ultimate water adventure.



NEARBY AMENITIES



GROCERIES

Fry's Grocery Store

2700 W Baseline Rd | Tempe, AZ 85283
(0.6 miles away / 3 minute drive)

Safeway Grocery Store

4747 E Elliot Rd | Phoenix, AZ 85044
(2.2 miles away / 5 minute drive)

Whole Foods Market

750 S Ash Ave Ste 101 | Tempe, AZ 85281
(5.2 miles away / 13 minute drive)

Target

2140 E Baseline Rd | Phoenix, AZ 85042
(3.9 miles away / 10 minute drive)

Walmart

2435 E Baseline Rd, Phoenix, AZ 85042
(4.2 miles away / 12 minute drive)



VIP AFTER PARTY



SATURDAY SEPTEMBER 30TH

9:00PM @ THE VISTA LOUNGE

Located on property, next to the Athletic Club

Complimentary food will be served.

ALL ATHLETES WELCOME!

WRISTBANDS HANDED OUT AT CHECK-INS

ADDITIONAL TICKETS FOR SALE AT TICKET BOOTH