**Key Terms**

* Muscularity- refers to muscular size, shape, density.
* Conditioning - refers to the level of definition of the muscles.
* Symmetry - refers to the level of symmetry an athlete possesses. Does the top match the bottom, does the back match the front. Both in terms of muscularity and definition.
* X-Frame Ratios - refers to the V-taper or X shape that the body creates. Wide shoulders, narrow waist, big legs.
* Posing/Stage Performance - level of poise, confidence and execution in all the poses and ¼ turns.
* Presentation - refers to the beauty and grooming aspects of the competitor. How a suit, trunks, or shorts fit. The color selection. Makeup, hair, and even quality of the ccn video the athlete submits.
* Individual Walk/Routine - refers to the individual stage walk or posing routine that the athlete submits.

**Division -**  Open Bikini

**Class -**  Class A

**Callout -**  First Callout

**Athletes Involved -**  Ashley Jefferson , Melissa Argiro, MaryBeth Turner

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Athletes 1 Name - Ashley Jefferson

Height - 5 ft 2

Weight - 109 Lbs

Age - 37 years

Round 1 - Higher the score the better

Round 1 total score - 666 out of 750

Muscularity score - 27 out of 30

Conditioning score - 25.5 out of 30

Symmetry score - 27 out of 30

X Frame score - 27 out of 30

Posing score - 27 out of 30

Presentation score - 27 out of 30

Walk Routine score - 25.5 out of 30

Round 1 Feedback :

Judge 1

Great frame, muscularity, and symmetry. Conditioning is good but needs slight improvement to reach the next level, particularly in tightening the midsection and glute/ham tie-in. Posing and transitions are solid and well-executed. Focus on adding more thickness and density to the mid-back and increasing calf size to enhance overall balance and symmetry. A strong foundation with clear opportunities for refinement!

Judge 2

Great frame, muscularity, and symmetry. Conditioning is good but needs slight improvement to reach the next level, particularly in tightening the midsection and glute/ham tie-in. Posing and transitions are solid and well-executed. Focus on adding more thickness and density to the mid-back and increasing calf size to enhance overall balance and symmetry. A strong foundation with clear opportunities for refinement!

Judge 3

Great frame, muscularity, and symmetry. Conditioning is good but needs slight improvement to reach the next level, particularly in tightening the midsection and glute/ham tie-in. Posing and transitions are solid and well-executed. Focus on adding more thickness and density to the mid-back and increasing calf size to enhance overall balance and symmetry. A strong foundation with clear opportunities for refinement!

Judge 4

Great frame, muscularity, and symmetry. Conditioning is good but needs slight improvement to reach the next level, particularly in tightening the midsection and glute/ham tie-in. Posing and transitions are solid and well-executed. Focus on adding more thickness and density to the mid-back and increasing calf size to enhance overall balance and symmetry. A strong foundation with clear opportunities for refinement!

Round 2

Final Placing - 1st

Round 2 Total Score - 625.84 Out of 750. Higher the score the better

Round 2 Scoring - This is a ranking system. It combines the rankings for all the judges. Lowest score is the best. For example, if an athlete gets three 1st place votes, the total number will be a 3. This is the best it can be. Where as three 3rd place votes will yield a 9.

**Muscularity Front - lowest number is best**

Arms - 3

Shoulders - 3

Midsection - 8

Quads - 3

Calves - 7

**Muscularity Side - lowest number is best**

Quad/Ham - 3

Midsection - 7

Shoulders - 3

Lats - 5

Arms - 4

Calves - 6

**Muscularity Rear - lowest number is best**

Delts - 5

Back - 6

Glutes - 3

Hams - 6

Calves - 7

**Conditioning Front - lowest number is best**

Quads - 5

Midsection - 9

Upper Body - 7

**Conditioning Side - lowest number is best**

Quad/Ham - 6

Midsection - 6

Upper Body - 5

**Conditioning Rear - lowest number is best**

Back - 7

Hams - 6

Glutes - 6

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 3

Back / Upper Matches Lower - 4

Front Upper Matches Back Upper - 5

Front Lower Matches Back Lower - 4

Identical Vertical Halves - 3

**Symmetry Conditioning - lowest number is best**

Front / Upper Matches Lower - 7

Back / Upper Matches Lower - 6

Front Upper Matches Back Upper - 6

Front Lower Matches Back Lower - 5

Identical Vertical Halves - 3

**X-Frame Ratios - lowest number is best**

Front - 3

Side - 5

Rear - 4

**Posing - lowest number is best**

Front - 3

Side 1 - 6

Rear - 4

Side 2- 4

Transitions - 5

Walk Front to Back - 4

**Presentation - lowest number is best**

Suit Color and Fit - 6

Makeup/Hair - 8

Tan - 5

Video Presentation - 3

**Walk/ Routines - lowest number is best**

Following Instructions - 3

Style/Flow - 6

Posing Execution - 6

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Athletes 2 Name - Melissa Argiro

Height - 5 ft 3

Weight - 105 Lbs

Age - 45 years

Round 1 - Higher the score the better

Round 1 total score - 662.43 out of 750

Muscularity score - 24 out of 30

Conditioning score - 28.5 out of 30

Symmetry score - 25.5 out of 30

X Frame score - 25.5 out of 30

Posing score - 27 out of 30

Presentation score - 28.5 out of 30

Walk Routine score - 28.5 out of 30

Round 1 Feedback :

Judge 1

Incredible conditioning with excellent back detail and a well-defined ham/glute tie-in—conditioning is your strength, so keep building on it. Overall muscularity needs improvement, particularly adding more quad size in the front pose and a bit more calf size to complete the rear pose. Increasing arm size to match your lat flare will further balance your physique. Presentation was outstanding, with flawless tan, suit color, hair, and makeup. Posing and transitions are very strong, but the front pose, while executed well, slightly impacts your X-frame score. Small adjustments here can make a big difference. Great work overall!

Judge 2

Incredible conditioning with excellent back detail and a well-defined ham/glute tie-in—conditioning is your strength, so keep building on it. Overall muscularity needs improvement, particularly adding more quad size in the front pose and a bit more calf size to complete the rear pose. Increasing arm size to match your lat flare will further balance your physique. Presentation was outstanding, with flawless tan, suit color, hair, and makeup. Posing and transitions are very strong, but the front pose, while executed well, slightly impacts your X-frame score. Small adjustments here can make a big difference. Great work overall!

Judge 3

Incredible conditioning with excellent back detail and a well-defined ham/glute tie-in—conditioning is your strength, so keep building on it. Overall muscularity needs improvement, particularly adding more quad size in the front pose and a bit more calf size to complete the rear pose. Increasing arm size to match your lat flare will further balance your physique. Presentation was outstanding, with flawless tan, suit color, hair, and makeup. Posing and transitions are very strong, but the front pose, while executed well, slightly impacts your X-frame score. Small adjustments here can make a big difference. Great work overall!

Judge 4

Incredible conditioning with excellent back detail and a well-defined ham/glute tie-in—conditioning is your strength, so keep building on it. Overall muscularity needs improvement, particularly adding more quad size in the front pose and a bit more calf size to complete the rear pose. Increasing arm size to match your lat flare will further balance your physique. Presentation was outstanding, with flawless tan, suit color, hair, and makeup. Posing and transitions are very strong, but the front pose, while executed well, slightly impacts your X-frame score. Small adjustments here can make a big difference. Great work overall!

Round 2

Final Placing - 2nd

Round 2 Total Score - 556.26 Out of 750. Higher the score the better

Round 2 Scoring - This is a ranking system. It combines the rankings for all the judges. Lowest score is the best. For example, if an athlete gets three 1st place votes, the total number will be a 3. This is the best it can be. Where as three 3rd place votes will yield a 9.

**Muscularity Front - lowest number is best**

Arms - 9

Shoulders - 9

Midsection - 6

Quads - 9

Calves - 8

**Muscularity Side - lowest number is best**

Quad/Ham - 9

Midsection - 7

Shoulders - 9

Lats - 6

Arms - 9

Calves - 9

**Muscularity Rear - lowest number is best**

Delts - 9

Back - 5

Glutes - 8

Hams - 7

Calves - 8

**Conditioning Front - lowest number is best**

Quads - 4

Midsection - 3

Upper Body - 3

**Conditioning Side - lowest number is best**

Quad/Ham - 3

Midsection - 3

Upper Body - 4

**Conditioning Rear - lowest number is best**

Back - 3

Hams - 3

Glutes - 3

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 9

Back / Upper Matches Lower - 7

Front Upper Matches Back Upper - 6

Front Lower Matches Back Lower - 9

Identical Vertical Halves - 3

**Symmetry Conditioning - lowest number is best**

Front / Upper Matches Lower - 3

Back / Upper Matches Lower - 3

Front Upper Matches Back Upper - 4

Front Lower Matches Back Lower - 4

Identical Vertical Halves - 3

**X-Frame Ratios - lowest number is best**

Front - 7

Side - 5

Rear - 5

**Posing - lowest number is best**

Front - 6

Side 1 - 3

Rear - 5

Side 2- 5

Transitions - 4

Walk Front to Back - 5

**Presentation - lowest number is best**

Suit Color and Fit - 4

Makeup/Hair - 3

Tan - 4

Video Presentation - 3

**Walk/ Routines - lowest number is best**

Following Instructions - 3

Style/Flow - 3

Posing Execution - 3

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Athletes 3 Name - MaryBeth Turner

Height - 5 ft 2

Weight - 107 Lbs

Age - 34 years

Round 1 - Higher the score the better

Round 1 total score - 640.89 out of 750

Muscularity score - 25.5 out of 30

Conditioning score - 24 out of 30

Symmetry score - 27 out of 30

X Frame score - 25.5 out of 30

Posing score - 24 out of 30

Presentation score - 27 out of 30

Walk Routine score - 27 out of 30

Round 1 Feedback :

Judge 1

Very good frame and symmetry with impressive muscularity. To advance further, focus on improving conditioning. Opening up the back more in the rear pose will significantly enhance your X-frame score. The side poses appear slightly like figure poses—adopting a softer flow would suit the division better. Additional growth and development in the mid-back would also improve balance. Solid presentation and suit color, paired with great calves and a confident walk, round out a strong performance. Keep building on these strengths!

Judge 2

Very good frame and symmetry with impressive muscularity. To advance further, focus on improving conditioning. Opening up the back more in the rear pose will significantly enhance your X-frame score. The side poses appear slightly like figure poses—adopting a softer flow would suit the division better. Additional growth and development in the mid-back would also improve balance. Solid presentation and suit color, paired with great calves and a confident walk, round out a strong performance. Keep building on these strengths!

Judge 3

Very good frame and symmetry with impressive muscularity. To advance further, focus on improving conditioning. Opening up the back more in the rear pose will significantly enhance your X-frame score. The side poses appear slightly like figure poses—adopting a softer flow would suit the division better. Additional growth and development in the mid-back would also improve balance. Solid presentation and suit color, paired with great calves and a confident walk, round out a strong performance. Keep building on these strengths!

Judge 4

Very good frame and symmetry with impressive muscularity. To advance further, focus on improving conditioning. Opening up the back more in the rear pose will significantly enhance your X-frame score. The side poses appear slightly like figure poses—adopting a softer flow would suit the division better. Additional growth and development in the mid-back would also improve balance. Solid presentation and suit color, paired with great calves and a confident walk, round out a strong performance. Keep building on these strengths!

Round 2

Final Placing - 3rd

Round 2 Total Score - 317.93 Out of 750. Higher the score the better

Round 2 Scoring - This is a ranking system. It combines the rankings for all the judges. Lowest score is the best. For example, if an athlete gets three 1st place votes, the total number will be a 3. This is the best it can be. Where as three 3rd place votes will yield a 9.

**Muscularity Front - lowest number is best**

Arms - 6

Shoulders - 6

Midsection - 4

Quads - 6

Calves - 3

**Muscularity Side - lowest number is best**

Quad/Ham - 6

Midsection - 4

Shoulders - 6

Lats - 7

Arms - 5

Calves - 3

**Muscularity Rear - lowest number is best**

Delts - 4

Back - 7

Glutes - 7

Hams - 5

Calves - 3

**Conditioning Front - lowest number is best**

Quads - 9

Midsection - 6

Upper Body - 8

**Conditioning Side - lowest number is best**

Quad/Ham - 9

Midsection - 9

Upper Body - 9

**Conditioning Rear - lowest number is best**

Back - 8

Hams - 9

Glutes - 9

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 6

Back / Upper Matches Lower - 7

Front Upper Matches Back Upper - 7

Front Lower Matches Back Lower - 5

Identical Vertical Halves - 3

**Symmetry Conditioning - lowest number is best**

Front / Upper Matches Lower - 8

Back / Upper Matches Lower - 9

Front Upper Matches Back Upper - 8

Front Lower Matches Back Lower - 9

Identical Vertical Halves - 3

**X-Frame Ratios - lowest number is best**

Front - 8

Side - 8

Rear - 9

**Posing - lowest number is best**

Front - 9

Side 1 - 9

Rear - 9

Side 2- 9

Transitions - 9

Walk Front to Back - 9

**Presentation - lowest number is best**

Suit Color and Fit - 8

Makeup/Hair - 7

Tan - 9

Video Presentation - 3

**Walk/ Routines - lowest number is best**

Following Instructions - 3

Style/Flow - 9

Posing Execution - 9

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