

FRIDAY, SEPTEMBER 28th, 2018

EXPO STAGE

10:00 - 20:00 ONE CONTINUOUS SESSION

(MASTER MEN BODYBUILDING 50-54, +55 YEARS; JUNIOR MEN BODYBUILDING 75 KG, +75 KG; JUNIOR WOMEN BODYFITNESS, MASTER MEN'S PHYSIQUE 40-44, +45 YEARS; MASTER WOMEN BODYFITNESS 35-44, +45 YEARS; WOMEN BIKINI-FITNESS 158 CM, 160 CM, 162 CM, 164 CM, JUNIOR MEN CLASSIC BODYBUILDING, MEN CLASSIC BODYBUILDING 168 CM, 171 CM, 175 CM, 180 CM, +180 CM)

(If there are 6 or less athletes in a category, there will be no pre-judging rounds)

It's athletes responsibility to be backstage before their category starts. Please be aware that some categories might run very fast, so athletes must be long in advance ready at the venue.

1. **Master Men Bodybuilding age 50-54, open** Elimination Round
(4 Mandatory Poses in groups of 5) > List of the Semifinalists backstage
2. **Junior Men Bodybuilding up to 75 kg** Elimination Round (if >15)
(4 Mandatory Poses in groups of 5) > List of the Semifinalists backstage
3. **Junior Men Bodybuilding over 75 kg** Elimination Round (if >15)
(4 Mandatory Poses in groups of 5) > List of the Semifinalists backstage
4. **Master Men Bodybuilding age 50-54, open** Semifinals Round 1
(4 Mandatory Poses in groups of 5, Comparisons) > List of the Finalists backstage
5. **Master Men Bodybuilding age +55, open** Semifinals Round 1
(4 Mandatory Poses in groups of 5, Comparisons) > List of the Finalists backstage
6. **Junior Men Bodybuilding, open** Semifinals Round 1
(4 Mandatory Poses in groups of 5, Comparisons) > List of the Finalists backstage
7. **Master Men Bodybuilding age 50-54, open** Finals Round 2
(7 Mandatory Poses x 2 + Posedown)
8. **Master Men Bodybuilding age 50-54, open** Finals Round 3
(Posing Routines – 60 sec.)
9. **Master Men Bodybuilding age +55, open** Finals Round 2
(7 Mandatory Poses x 2 + Posedown)
10. **Master Men Bodybuilding age +55, open** Finals Round 3
(Posing Routines – 60 sec.)
11. **Junior Men Bodybuilding, open** Finals Round 2
(7 Mandatory Poses x 2 + Posedown)
12. **Junior Men Bodybuilding, open** Finals Round 3
(Posing Routines – 60 sec.)

CTORY CEREMONY:

- MASTER MEN BODYBUILDING 50-54, OPEN

- MASTER MEN BODYBUILDING +55, OPEN

- JUNIOR MEN BODYBUILDING, OPEN

(Masters Bodybuilding overall will be conducted the same day on the Pro Stage)

(Juniors & Masters may take part in Men Bodybuilding open classes held on Sunday on Expo Stage)

13. **Master Men's Physique 40-44 years, open** Elimination Round
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
14. **Master Women Bodyfitness 35-44 years, open** Elimination Rounds
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
15. **Master Men's Physique 45 years & over** Elimination Round
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
16. **Master Men's Physique 40-44 years** Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
17. **Master Women Bodyfitness 35-44 years** Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
18. **Master Men's Physique 45 years & over** Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage

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| 19. | Master Women Bodyfitness 45 years & over
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 20. | Junior Women Bodyfitness open
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 21. | Master Men's Physique 40-44 years
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |
| 22. | Master Women Bodyfitness 35-44 years
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 23. | Master Men Physique 45 years & over
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |
| 24. | Master Women Bodyfitness 45 years & over
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |

VICTORY CEREMONY:

- JUNIOR WOMEN BODYFITNESS OPEN
- MASTER WOMEN BODYFITNESS 35-44 YEARS
- MASTER WOMEN BODYFITNESS 45 YEARS & OVER
- MASTER MEN'S PHYSIQUE 40-44 YEARS
- MASTER MEN'S PHYSIQUE 45 YEARS & OVER

(Juniors & Masters may take part in Women's Bodyfitness open classes held on Saturday on Pro Stage)

(Men's Physique Masters may take part in Men's Physique open classes held on Saturday on Expo Stage)

25. MASTER WOMEN BODYFITNESS OVERALL + AWARDING CEREMONY

(4 Quarter Turns x 2)

26. MASTER MEN'S PHYSIQUE OVERALL + AWARDING CEREMONY

(4 Quarter Turns x 2)

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| 27. | Women Bikini-Fitness up to 158 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds | |
| 28. | Women Bikini-Fitness up to 160 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds | |
| 29. | Women Bikini-Fitness up to 158 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 30. | Women Bikini-Fitness up to 160 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 31. | Women Bikini-Fitness up to 158 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 32. | Women Bikini-Fitness up to 160 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |

VICTORY CEREMONY:

- WOMEN BIKINI-FITNESS UP TO 158 CM
- WOMEN BIKINI-FITNESS UP TO 160 CM

(Winners will take part in the Bikini Fitness overall category held Sunday afternoon on Expo stage)

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| 33. | Men Classic Bodybuilding up to 175 cm
(4 Mandatory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 34. | Men Classic Bodybuilding up to 168 cm
(4 Quarter Turns + 7 Mandatory Poses x 2 + Posedown) | Finals | Round 2 |
| 35. | Men Classic Bodybuilding up to 168 cm
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 36. | Men Classic Bodybuilding up to 175 cm
(4 Mandatory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 37. | Men Classic Bodybuilding up to 171 cm
(4 Quarter Turns + 7 Mandatory Poses x 2 + Posedown) | Finals | Round 2 |

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| 38. Men Classic Bodybuilding up to 171 cm
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 39. Men Classic Bodybuilding up to 175 cm
(4 Quarter Turns + 7 Mandatory Poses x 2 + Posedown) | Finals | Round 2 |
| 40. Men Classic Bodybuilding up to 175 cm
(Posing Routines – 60 sec.) | Finals | Round 3 |

VICTORY CEREMONY:

- MEN CLASSIC BODYBUILDING UP TO 168 CM
- MEN CLASSIC BODYBUILDING UP TO 171 CM
- MEN CLASSIC BODYBUILDING UP TO 175 CM

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| 41. Women Bikini-Fitness up to 162 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds | |
| 42. Women Bikini-Fitness up to 164 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds | |
| 43. Women Bikini-Fitness up to 162 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 44. Women Bikini-Fitness up to 164 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 45. Women Bikini-Fitness up to 162 cm
(l-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 46. Women Bikini-Fitness up to 164 cm
(l-walking + 4 Quarter Turns x 2) | Finals | Round 2 |

VICTORY CEREMONY:

- WOMEN BIKINI-FITNESS UP TO 162 CM
- WOMEN BIKINI-FITNESS UP TO 164 CM

(Winners will take part in the Bikini Fitness overall category held Sunday afternoon on Expo stage)

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| 47. Men Classic Bodybuilding up to 180 cm
(4 Mandatory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round | |
| 48. Men Classic Bodybuilding over 180 cm
(4 Mandatory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round | |
| 49. Men Classic Bodybuilding up to 180 cm
(4 Mandatory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 50. Men Classic Bodybuilding over 180 cm
(4 Mandatory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 51. Men Classic Bodybuilding up to 180 cm
(7 Mandatory Poses x 2 + Posedown) | Finals | Round 2 |
| 52. Men Classic Bodybuilding up to 180 cm
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 53. Men Classic Bodybuilding over 180 cm
(7 Mandatory Poses x 2 + Posedown) | Finals | Round 2 |
| 54. Men Classic Bodybuilding over 180 cm
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 55. Junior Men Classic Bodybuilding open
(7 Mandatory Poses x 2 + Posedown) | Finals | Round 2 |
| 56. Junior Men Classic Bodybuilding open
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 57. Master Men Classic Bodybuilding open
(7 Mandatory Poses x 2 + Posedown) | Finals | Round 2 |
| 58. Master Men Classic Bodybuilding open
(Posing Routines – 60 sec.) | Finals | Round 3 |

VICTORY CEREMONY:

- MEN CLASSIC BODYBUILDING UP TO 180 CM
- MEN CLASSIC BODYBUILDING OVER 180 CM
- JUNIOR MEN CLASSIC BODYBUILDING OPEN

- MASTER MEN CLASSIC BODYBUILDING OPEN

59. **MEN CLASSIC BODYBUILDING OVERALL + AWARDING CEREMONY** (4 quarter turns + 7 Mandatory Poses x 2 + Posedown)

FRIDAY, SEPTEMBER 28th, 2018

PRO STAGE

10:00 - 20:00 ONE CONTINUOUS SESSION

**(MASTER MEN BODYBUILDING 40-44: 70 KG, 80 KG, 90 KG, +90 KG;
MASTER MEN BODYBUILDING 45-49: 70 KG, 80 KG, 90 KG, +90 KG;
MEN & WOMEN FITNESS SEMIFINALS, WOMEN'S PHYSIQUE
MEN CLASSIC PHYSIQUE 168 CM, 171 CM, 175 CM, 180 CM, +180 CM)**

(If there are 6 or less athletes in a category, there will be no pre-judging rounds)

It's athletes responsibility to be backstage before their category starts. Please be aware that some categories might run very fast, so athletes must be long in advance ready at the venue.

1. **Master Men Bodybuilding age 45-49, over 90 kg** Elimination Round (if >15)
(4 Mandatory Poses in groups of 5) > List of the Semifinalists backstage
 2. **Master Men Bodybuilding 45-49, up to 90 kg** Semifinals Round 1
(4 Mandatory Poses in groups of 5, Comparisons) > List of the Finalists backstage
 3. **Master Men Bodybuilding 45-49, over 90 kg** Semifinals Round 1
(4 Mandatory Poses in groups of 5, Comparisons) > List of the Finalists backstage
 4. **Master Men Bodybuilding 45-49, up to 90 kg** Finals Round 2
(7 Mandatory Poses x 2 + Posedown)
 5. **Master Men Bodybuilding 45-49, up to 90 kg** Finals Round 3
(Posing Routines – 60 sec.)
 6. **Master Men Bodybuilding 45-49, over 90 kg** Finals Round 2
(7 Mandatory Poses x 2 + Posedown)
 7. **Master Men Bodybuilding 45-49, over 90 kg** Finals Round 3
(Posing Routines – 60 sec.)
- VICTORY CEREMONY:**
- MASTER MEN BODYBUILDING 45-49: UP TO 90 KG
- MASTER MEN BODYBUILDING 45-49: OVER 90 KG
(Masters Bodybuilding overall will be conducted the same day following the Master Bodybuilding 40-44 years class)
8. **Women Fitness over 163 cm** Semifinals Round 1
(Fitness Routines - 90 sec.)
 9. **Master Men Bodybuilding 40-44, up to 90 kg** Semifinals Round 1
(4 Mandatory Poses in groups of 5, Comparisons) > List of the Finalists backstage
 10. **Master Men Bodybuilding 40-44, over 90 kg** Semifinals Round 1
(4 Mandatory Poses in groups of 5, Comparisons) > List of the Finalists backstage
 11. **Women Fitness over 163 cm** Semifinals Round 2
(4 Quarter Turns + Comparisons) > List of the finalist
*(Women Fitness **FINALS** will be run on Saturday on the Expo Stage)
(Men Fitness **FINALS** will be run on Sunday on the Expo Stage)*
 12. **Master Men Bodybuilding 40-44, up to 90 kg** Finals Round 2
(7 Mandatory Poses x 2 + Posedown)
 13. **Master Men Bodybuilding 40-44, up to 90 kg** Finals Round 3
(Posing Routines – 60 sec.)
 14. **Master Men Bodybuilding 40-44, over 90 kg** Finals Round 2
(7 Mandatory Poses x 2 + Posedown)
 15. **Master Men Bodybuilding 40-44, over 90 kg** Finals Round 3
(Posing Routines – 60 sec.)
- VICTORY CEREMONY:**
- MASTER MEN BODYBUILDING 40-44: UP TO 90 KG
- MASTER MEN BODYBUILDING 40-44: OVER 90 KG

