**2019 IFBB MASTERS WORLD CHAMPIONSHIPS - TARRAGONA**

**SHORT PROGRAM**

**FRIDAY, DECEMBER 06th, 2019**

**09:00 - 19:00** – **Arrivals, check-in** – 4R GRAN REGINA HOTEL

**10:00 - 20:00** – **Official Athlete Registration** – 4R GRAN REGINA HOTEL

**16:00 - 18:00** – **Team Managers and Judges Meeting** – 4R GRAN REGINA HOTEL

**SATURDAY, DECEMBER 07th, 2019**

**09:00 – ONE CONTINUOUS SESSION -** Tarragona Trade Fair & Congress Centre

**- MASTER MEN’S PHYSIQUE AGE 40-44 YEARS  
- MASTER MEN’S PHYSIQUE AGE 45 YEARS & OVER  
- MASTER WOMEN WELLNESS FITNESS AGE 35 YEARS & OVER, OPEN VICTORY CEREMONY**

**MASTER MEN’S PHYSIQUE OVERALL**

**- MASTER WOMEN PHYSIQUE AGE** 35 **YEARS & OVER, OPEN  
- MASTERS MEN CLASSIC PHYSIQUE AGE 40-44 YEARS  
- MASTERS MEN CLASSIC PHYSIQUE AGE 45-49 YEARS  
- MASTERS MEN CLASSIC PHYSIQUE AGE 50 YEARS & OVER**

**VICTORY CEREMONY**

**MASTERS MEN CLASSIC PHYSIQUE OVERALL**

**OFFICIAL OPENING CEREMONY + PARADE OF NATIONS**

**- MASTER WOMEN BODYFITNESS AGE 35-39 YEARS  
- MASTER WOMEN BODYFITNESS AGE 40-44 YEARS  
- MASTER MEN CLASSIC BODYBUILDING AGE 40-44 YEARS**

**VICTORY CEREMONY**

**- MASTER WOMEN BODYFITNESS AGE 45 YEARS & OVER  
- MASTER MEN CLASSIC BODYBUILDING AGE 45-49 YEARS  
- MASTER MEN CLASSIC BODYBUILDING AGE 50 YEARS & OVER**

**VICTORY CEREMONY**

**MASTER MEN CLASSIC BODYBUILDING OVERALL**

**MASTER WOMEN BODYFITNESS OVERALL**

**SUNDAY, DECEMBER 08th, 2019**

**09:00 – ONE CONTINUOUS SESSION -** Tarragona Trade Fair & Congress Centre

**- MASTER MEN BODYBUILDING AGE 55 YEARS & OVER, UP TO 75 KG  
- MASTER MEN BODYBUILDING AGE 55 YEARS & OVER, OVER 75 KG  
- MASTER WOMEN BIKINI-FITNESS 45 YEARS & OVER, OPEN**  **- MASTER MEN BODYBUILDING AGE 50-54 YEARS; UP TO 80 KG**

**VICTORY CEREMONY**

**- MASTER MEN BODYBUILDING AGE 50-54, OVER 80 KG  
- MASTER MEN BODYBUILDING AGE 45-49, UP TO 70 KG  
- MASTER WOMEN BIKINI-FITNESS AGE 40-44 YEARS  
- MASTER MEN BODYBUILDING AGE 45-49, UP TO 80 KG**

**VICTORY CEREMONY**

**- MASTER MEN BODYBUILDING AGE 45-49, UP TO 90 KG  
- MASTER MEN BODYBUILDING AGE 45-49, OVER 90 KG  
- MASTER WOMEN BIKINI-FITNESS AGE 35-39 YEARS, UP TO 164 CM  
- MASTER MEN BODYBUILDING AGE 40-44 YEARS, UP TO 70 KG  
VICTORY CEREMONY**

**- MASTER MEN BODYBUILDING AGE 40-44 YEARS, UP TO 80 KG  
- MASTER MEN BODYBUILDING AGE 40-44 YEARS, UP TO 90 KG  
- MASTER WOMEN BIKINI-FITNESS AGE 35-39 YEARS, OVER 163 CM  
- MASTER MEN BODYBUILDING AGE 40-44 YEARS, OVER 90 KG  
VICTORY CEREMONY**

**MASTER WOMEN BIKINI-FITNESS OVERALL**

**MASTER MEN BODYBUILDING OVERALL**