

**IFBB WORLD MEN'S SENIOR AND MASTER CHAMPIONSHIPS & IFBB WOMEN'S WORLD CUP IFBB WORLD CONGRESS
WORLD WOMEN'S FITNESS CHALLENGE CHAMPIONSHIPS**

Santa Susanna (Spain) November , 2nd to 7th

WEDNESDAY NOVEMBER, 2ND, 2022

10:00 -20:00 Arrival of officials delegations (Athletes and delegates)
10:00 - 20:00 Athletes Weight-in (Hotel Don Angel)
19:30 - 21:30 **IFBB Annual Congress and Elections (POLIESPORTIU PARK DEL COLOMER)/Team Managers & Judges Meeting**
19:00 - 22:00 Dinner (At your corresponding hotel)

THURSDAY NOVEMBER, 3RD, 2022

07:00 -10:00 Breakfast (At your corresponding hotel)
9:00 Prejudging and Finals part 1 (one continuous session)Poliesportiu Parc del Colomer
12:00 - 13:00 **TECHNICAL MEETING FOR JUDGES AND ATHLETES - FITNESS CHALLENGE (Poliesportiu Parc del Colomer)**
13:00 - 14:30 Luch (At your corresponding hotel)
16:00 **FITNESS CHALLENGE ATHLETES AND JUGDES COURSE - Poliesportiu Parc del Colomer -Outdoor**
19:00 - 22:00 Dinner (At your corresponding hotel)

FRIDAY NOVEMBER, 4TH, 2022

07:00 -10:00 Breakfast (At your corresponding hotel)
9:00 Prejudging and Finals part 2 (one continuous session)Poliesportiu Parc del Colomer
10:00 - 14:00 **FITNESS CHALLENGE COMPETITION (COMPETITION BY GOLD & SILVER INDIVIDUAL) Poliesportiu Parc del Colomer -Outdoor**
13:00 - 14:30 Luch (At your corresponding hotel)
16:00 **FITNESS CHALLENGE ATHLETES AND JUGDES COURSE - Poliesportiu Parc del Colomer -Outdoor**
19:00 - 22:00 Dinner (At your corresponding hotel)

SATURDAY NOVEMBER, 5TH, 2022

07:00 -10:00 Breakfast (At your corresponding hotel)
9:00 Prejudging and Finals part 2 (one continuous session)Poliesportiu Parc del Colomer
10:00 - 14:00 **FITNESS CHALLENGE COMPETITION (COMPETITION BY GOLD & SILVER MIXED COUPLES) Poliesportiu Parc del Colomer -Outdoor**
13:00 - 14:30 Luch (At your corresponding hotel)
16:00 **FITNESS CHALLENGE ATHLETES AND JUGDES COURSE - Poliesportiu Parc del Colomer -Outdoor**
19:00 - 22:00 Dinner (At your corresponding hotel)

SUNDAY NOVEMBER, 6TH, 2022

07:00 -10:00 Breakfast (At your corresponding hotel)
9:00 Prejudging and Finals part 3 (one continuous session)Poliesportiu Parc del Colomer
10:00 - 14:00 **FITNESS CHALLENGE COMPETITION (COMPETITION BY GOLD & SILVER MIXED TEAMS) Poliesportiu Parc del Colomer -Outdoor**
13:00 - 14:30 Luch (At your corresponding hotel)
19:00 - 22:00 Dinner (At your corresponding hotel)

MONDAY NOVEMBER, 7TH, 2022

07:00 - 10:00 Breakfast (At your corresponding hotel)
Till 12:00 Departures of delegations