

2022 IFBB EUROPEAN CHAMPIONSHIPS
Bodybuilding, Fitness & Fitness Challenge - Senior, Junior and Master
_ Santa Susanna (Spain) 5-/-9 May _

THURSDAY	MAY ,5TH, 2022
10:00 - 20:00	Arrival of officials and delegates
10:00 - 20:00	Athletes Weight in (Hotel Don Angel)
19:00 - 21:30	EBFF Annual Congress (Hotel Don Angel)/Team Managers & Judges Meeting (Polisportiu Parc del Colomer - Outdoor)
19:00 - 22:00	Dinner (At your corresponding hotel)
FRYDAY	MAY ,6TH, 2022
07:00 - 10:00	Breakfast (At your corresponding hotel)
9:00	Prejudging and Finals part 1 (one continous session) Polisportiu Parc del Colomer
12:00 - 13:00	<u>TECHNICAL MEETING FOR JUDGES AND ATHLETES - FITNESS CHALLENGE (Hotel Don Angel)</u> Lunch (At your
13:00 -14:30	corresponding hotel)
15:00 - 19:00	<u>FITNESS CHALLENGE COMPETITION (INDIVIDUAL COMPETITION) at Polisportiu Parc del Colomer - Outdoor</u>
19:00 - 22:00	Dinner (At your corresponding hotel)
SATURDAY	MAY ,7TH, 2022
07:00 - 10:00	Breakfast (At your corresponding hotel)
9:00	Prejudging and Finals part 2 (one continous session) Polisportiu Parc del Colomer
10:00 - 14:00	<u>FITNESS CHALLENGE COMPETITION (COMPETITION BY COUPLES) at Polisportiu Parc del Colomer - Outdoor</u>
13:00 -14:30	Lunch (At your corresponding hotel)
19:00 - 22:00	Dinner (At your corresponding hotel)
SUNDAY	MAY ,8TH, 2022
07:00 - 10:00	Breakfast (At your corresponding hotel)
9:00	Prejudging and Finals part 3 (one continous session) Polisportiu Parc del Colomer
10:00 - 14:00	<u>FITNESS CHALLENGE COMPETITION (COMPETITION BY TEAMS) at Polisportiu Parc del Colomer - Outdoor</u>
13:00 -14:30	Lunch (At your corresponding hotel)
19:00 - 22:00	Dinner (At your corresponding hotel)
MONDAY	MAY ,9TH, 2022
07:00 - 10:00	Breakfast (At your corresponding hotel)
Till 12:00	Departures of delegations