

## **TENTATIVE**

# **2024 WORLD FITNESS CHAMPIONSHIPS & WORLD CUP RUNNING ORDER**

## **(SHORT VERSION)**

*Note: This Running Order was modified after the Entry Form sending deadline (09.12.2024) and may be modified after the Registration on Monday in Tokyo (16.12.2024).*

### **MONDAY, DECEMBER 16<sup>th</sup>, 2024**

**10:00 – 19:00 – Continuous Official Athlete Registration – Ariake Coliseum**

**18:00 – 19:00 – Team Managers and Judges Meeting – Ariake Coliseum**

**19:00 – 22:00 – Dinner – Ariake Coliseum**

### **TUESDAY, DECEMBER 17<sup>th</sup>, 2024**

**09:00 – 21:00 - ONE CONTINUOUS SESSION**

- Juniors Women Acrobatic Fitness 16-20 yrs. (2 categories): 163, +163 cm
- Juniors Women Acrobatic Fitness 21-23 yrs. (2 categories): 163, +163 cm
- Juniors Men Fitness (2 Categories): 16-20 yrs, 21-23 yrs.
- Women Acrobatic Fitness (2 categories): 163, +163 cm
- Men Fitness (1 open category)
- Juniors Women Artistic Fitness (2 categories): 16-20 yrs, 21-23 yrs.
- Women Artistic Fitness (3 categories): 163, 168, +168 cm
- Juniors Men's Physique 15-23 yrs. (1 open category)
- Men's Physique (4 categories): 170, 173, 179, +179 cm
- Master Men's Physique >40 yrs. (1 open category)
- Master Women's Physique >35 yrs. (1 open category)
- Junior Men Games Classic Bodybuilding 16-23 yrs. (1 open category)
- Women's Physique (2 categories): 163, +163 cm
- Fit-Pairs (1 open category)
- Men Games Classic Bodybuilding (2 categories): 175, +175 cm
- Master Men Games Classic Bodybuilding >40 yrs. (1 open category)
- Juniors Men Classic Bodybuilding 16-23 yrs. (1 open category)
- Men Classic Bodybuilding (4 categories): 171, 175, 180, +180 cm
- Master Men Classic Bodybuilding >40 yrs. (1 open category)
- Muscular Men's Physique (2 categories): 176, +176 cm
- Men Fit-Model (1 open category)

### **WEDNESDAY, DECEMBER 18<sup>th</sup>, 2024**

**09:00 – 21:00 - ONE CONTINUOUS SESSION**

- Juniors Women Fit-Model 16-23 yrs: (1 open category)
- Master Women Fit-Model >35 yrs. (1 open category)
- Women Fit-Model (3 categories): 160, 168, +168 cm

**~ 13:00 OPENING CEREMONY**

- Junior Women Bikini 16-20 yrs. (3 categories): 160, 166, +166 cm
- Junior Women Bikini 21-23 yrs. (3 categories): 160, 166, +166 cm
- Master Women Bikini 35-39 yrs. (2 categories): 164, +164 cm
- Master Women Bikini >40 yrs (3 categories): 40-44, 45-49, >50 yrs.
- Junior Men Classic Physique 16-23 yrs. (1 open category)
- Master Men Classic Physique >40 yrs. (1 open category)
- Women Bikini (8 categories): 158, 160, 162, 164, 166, 169, 172, +172 cm
- Men Classic Physique (4 categories): 171, 175, 180, +180 cm

**THURSDAY, DECEMBER 19<sup>th</sup>, 2024**  
**09:00 – 18:00 ONE CONTINUOUS SESSION**

- Men Wheelchair Bodybuilding (1 open category)
- Juniors Women Bodyfitness (2 categories): 16-20 yrs, 21-23 yrs.
- Women Bodyfitness (4 categories): 158, 163, 168, +168 cm
- Master Women Bodyfitness (4 categories): 35-39; 40-44; 45-49; >50 yrs.
- Master Men Bodybuilding (3 categories): 40-49; 50-59; >60 yrs.
- Junior Men's Bodybuilding 16-23 yrs. (1 open category)
- Mixed-Pairs (1 open category)
- Junior Women Wellness 16-20 yrs. (1 open category)
- Junior Women Wellness 21-23 yrs. (2 categories): 163 cm; +163 cm
- Women Wellness (4 categories): 158, 163, 168, +168 cm
- Master Women Wellness (4 categories): 35-39; 40-44; 45-49; >50 yrs
- Men's Bodybuilding (8 categories): 60, 65, 70, 75, 80, 85, 90, +90 kg

**FRIDAY, DECEMBER 20<sup>th</sup>, 2024**

- Departures

**Note 2: World Men's Cup:** if there are 15 or more athletes in any open category, this category will be divided to more categories.