

2026 WORLD CHAMPIONSHIPS RUNNING ORDER

(The final version will be published after the registration, Thursday night)

THURSDAY, OCTOBER 29th, 2026

- 10:00 – 19:00 - Continuous Official Athlete Registration - HOTEL**
CAPRICI VERDI HOTEL & SPA
- 10:00 – 19:00 - Official Weigh-in: Fitness Challenge Area - Parc Del**
Colomer
- 17:00 – 18:00 - Team Managers & Judges Meeting – Caprici Verd**
- 19:00 – 21:30 - IFBB ANNUAL CONGRESS – La Masia**

FRIDAY, OCTOBER 30th, 2026 - PARC COLOMER

09:00 ONE CONTINUOUS SESSION

(WOMEN ACROBATIC & ARTISTIC FITNESS: JUNIORS + SENIORS; MEN FITNESS: JUNIORS + SENIORS; MEN'S PHYSIQUE: JUNIORS + SENIORS + MASTERS; MEN FIT-MODEL: JUNIORS + SENIORS + MASTERS; WOMEN FIT-MODEL: JUNIOR + SENIORS +MASTERS)

(If there are 7 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.

- JUNIOR WOMEN ACROBATIC FITNESS 15-20 YEARS, UP TO 163 CM
- JUNIOR WOMEN ACROBATIC FITNESS 15-20 YEARS, OVER 163 CM
- JUNIOR WOMEN ACROBATIC FITNESS 21-23 YEARS, UP TO 163 CM
- JUNIOR WOMEN ACROBATIC FITNESS 21-23 YEARS, OVER 163 CM
- JUNIOR WOMEN ARTISTIC FITNESS 15-20 YEARS, OPEN
- JUNIOR WOMEN ARTISTIC FITNESS 21-23 YEARS, OPEN

- SUB JUNIOR MEN'S PHYSIQUE 15-17 YEARS OPEN
- JUNIOR MEN'S PHYSIQUE 18-20 YEARS OPEN
- JUNIOR MEN'S PHYSIQUE 21-23 YEARS UP TO 174 CM
- JUNIOR MEN'S PHYSIQUE 21-23 YEARS UP TO 178 CM
- JUNIOR MEN'S PHYSIQUE 21-23 YEARS UP OVER 178 CM
- MASTER MEN'S PHYSIQUE 40 YEARS+ OPEN

- JUNIOR MEN FITNESS 15-20 YEARS, OPEN
- JUNIOR MEN FITNESS 21-23 YEARS, OPEN

- MEN PHYSIQUE 170 CM
- MEN PHYSIQUE 173 CM
- MEN PHYSIQUE 176 CM
- MEN PHYSIQUE 179 CM
- MEN PHYSIQUE 182 CM
- MEN PHYSIQUE +182 CM

- WOMEN ACROBATIC FITNESS UP TO 163 CM
- WOMEN ACROBATIC FITNESS OVER 163 CM

- MEN FITNESS OPEN
- WOMEN ARTISTIC FITNESS UP TO 163 CM
- WOMEN ARTISTIC FITNESS UP TO 168 CM
- WOMEN ARTISTIC FITNESS OVER 168 CM

- JUNIOR WOMEN FIT-MODEL 15-20 YEARS OPEN
- JUNIOR WOMEN FIT-MODEL 21-23 YEARS OPEN
- JUNIOR MEN FIT MODEL 15-23 YEARS OPEN

- MASTER WOMEN FIT-MODEL +35 YEARS OPEN
- MASTER MEN FIT MODEL +40 YEARS OPEN

- WOMEN FIT-MODEL 162 CM
- WOMEN FIT-MODEL 166 CM
- WOMEN FIT-MODEL 169 CM
- WOMEN FIT-MODEL +169 CM
- MEN FIT MODEL OPEN

SATURDAY, OCTOBER 31st , 2026 - PARC COLOMER

09:00 ONE CONTINUOUS SESSION

(WOMEN BIKINI: JUNIORS + SENIORS + MASTERS)

(If there are 7 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.

- MASTER WOMEN BIKINI 35-39 YEARS UP TO 164 CM
- MASTER WOMEN BIKINI 35-39 YEARS OVER 164 CM
- MASTER WOMEN BIKINI 40-44 YEARS, OPEN
- MASTER WOMEN BIKINI 45-49 YEARS, OPEN
- MASTER WOMEN BIKINI +50 YEARS, OPEN
- FIT-PAIRS

AROUND 12:00 NOON: THE OPENING CEFREMONY

- Parade of Nations: all participating National Federations should be present.
- Speeches by officials:
 - a. President of the host National Federation; and/or
 - b. Senior Special Guest; and/or
 - c. President of the IFBB
- IFBB awards
- IFBB President will declare the Championships open.
- National anthem of the Host Country will be played.

- JUNIOR WOMEN BIKINI 15-20 YEARS UP TO 160 CM
- JUNIOR WOMEN BIKINI 15-20 YEARS UP TO 166 CM
- JUNIOR WOMEN BIKINI 15-20 YEARS OVER 166 CM
- JUNIOR WOMEN BIKINI 21-23 YEARS UP TO 160 CM
- JUNIOR WOMEN BIKINI 21-23 YEARS UP TO 166 CM
- JUNIOR WOMEN BIKINI 21-23 YEARS OVER 166 CM

- WOMEN BIKINI 158 CM
- WOMEN BIKINI 160 CM
- WOMEN BIKINI 162 CM
- WOMEN BIKINI 164 CM
- WOMEN BIKINI 166 CM
- WOMEN BIKINI 169 CM
- WOMEN BIKINI 172 CM
- WOMEN BIKINI +172 CM

- WORLD BODYBUILDING CHAMPIONSHIPS – THE BEST TEAMS AWARDS
- WORLD FITNESS CHAMPIONSHIPS – THE BEST TEAMS AWARDS
- WORLD JUNIORS & MASTERS CHAMPIONSHIPS – THE BEST TEAMS AWARDS