

## **DETAILED RUNNING ORDER OF THE 2018 IFBB WORLD MASTERS CHAMPIONSHIPS**

### **and IFBB JUNIOR WORLD CUP – TARRAGONA, SPAIN**

#### **FRIDAY, DECEMBER 07<sup>th</sup>, 2018**

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

**16:00 - 16:30** – Team Managers and Judges Meeting – 4R GRAN REGINA HOTEL

**16:30 - 21:00** – Official Athlete Registration – 4R GRAN REGINA HOTEL

#### **SATURDAY, DECEMBER 08<sup>th</sup>, 2018**

**10:00 – ONE CONTINUOUS SESSION** - Tarragona Trade Fair & Congress Centre

(If there are 6 or less athletes in a category, there will be no prejudging round)

It's athletes responsibility to be backstage before their category starts Pleas be aware that some categories might run very fast, so athletes must be long in advance ready at the venue

- |   |            |         |
|---|------------|---------|
| 1. Junior Men Physique open<br>(Individual Presentations + 4 Quarter Turns x 2)   | Finals     | Round 2 |
| 2. Junior Women Bikini Fitness open<br>(I-walking + 4 Quarter Turns x 2)  | Finals     | Round 2 |
| 3. Master Men Physique 40-44 years<br>(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage                                | Semifinals | Round 1 |
| 4. Master Men Physique 45-49 years<br>(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage                                | Semifinals | Round 1 |
| 5. Master Men Physique 40-44 years<br>(Individual Presentations + 4 Quarter Turns x 2)  | Finals     | Round 2 |
| 6. Master Men Physique 45-49 years<br>(Individual Presentations + 4 Quarter Turns x 2)  | Finals     | Round 2 |
| 7. Master Men Physique over 50 years<br>(Individual Presentations + 4 Quarter Turns x 2)  | Finals     | Round 2 |
| <b>VICTORY CEREMONY:</b>  |            |         |
| <b>- JUNIOR MEN PHYSIQUE OPEN</b>   |            |         |
| <b>- JUNIOR WOMEN BIKINI FITNESS OPEN</b>   |            |         |
| <b>- MASTER MEN'S PHYSIQUE 40-44</b>  |            |         |
| <b>- MASTER MEN'S PHYSIQUE 45-49</b>  |            |         |
| <b>- MASTER MEN'S PHYSIQUE +50 YEARS</b>  |            |         |
| 8. <b>MASTER MEN'S PHYSIQUE OVERALL + VICTORY CEREMONY</b><br>(4 Quarter Turns)   |            |         |
| 9. Master Women Physique over 35 years, open<br>(4 Quarter Turns + 4 Compulsory Poses in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 10. Master Women Wellness Fitness over 35 years, open<br>(I-walking + 4 Quarter Turns x 2)  | Finals     | Round 2 |
| 11. Masters Men Classic Physique 40-44 years<br>(4 Quarter Turns + 7 Compulsory poses x 2 + Posedown)   | Finals     | Round 2 |
| 12. Masters Men Classic Physique 40-44 years<br>(Posing Routines – 60 sec.)   | Finals     | Round 3 |
| 13. Master Women Physique over 35 years, open<br>(4 Compulsory Poses x 2 + Posedown)  | Finals     | Round 2 |
| 14. Master Women Physique over 35 years, open<br>(Posing Routines – 30 sec.)  | Finals     | Round 3 |

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|---|--------|---------|
| 15. Masters Men Classic Physique 45-49 years<br>(4 Quarter Turns + 7 Compulsory poses x 2 + Posedown)   | Finals | Round 2 |
| 16. Masters Men Classic Physique 45-49 years<br>(Posing Routines – 60 sec.)                             | Finals | Round 3 |
| 17. Masters Men Classic Physique over 50 years<br>(4 Quarter Turns + 7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 18. Masters Men Classic Physique over 50 years<br>(Posing Routines – 60 sec.)                           | Finals | Round 3 |

**VICTORY CEREMONY:**

- **MASTER WOMEN PHYSIQUE +35 YEARS, OPEN**
- **MASTER WOMEN WELLNESS FITNESS +35 YEARS, OPEN**
- **MASTERS MEN CLASSIC PHYSIQUE 40-44 YEARS**
- **MASTERS MEN CLASSIC PHYSIQUE 45-49 YEARS**
- **MASTERS MEN CLASSIC PHYSIQUE +50 YEARS**

19. **MASTER MEN CLASSIC PHYSIQUE OVERALL + VICTORY CEREMONY**  
(4 Quarter Turns + 7 Compulsory poses x 2 + Posedown)

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|---|------------|---------|
| 20. Master Women Bodyfitness 35-39 years<br>(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage                             | Semifinals | Round 1 |
| 21. Master Men Classic Bodybuilding 40-44 years<br>(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round   |
| 22. Master Women Bodyfitness 40-44 years<br>(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage                             | Semifinals | Round 1 |
| 23. Master Women Bodyfitness 35-39 years<br>(I-walking + 4 Quarter Turns x 2)   | Finals     | Round 2 |
| 24. Master Women Bodyfitness 40-44 years<br>(I-walking + 4 Quarter Turns x 2)   | Finals     | Round 2 |
| 25. Master Men Classic Bodybuilding 40-44 years<br>(7 Compulsory poses x 2 + Posedown)  | Finals     | Round 2 |
| 26. Master Men Classic Bodybuilding 40-44 years<br>(Posing Routines – 60 sec.)  | Finals     | Round 3 |

**VICTORY CEREMONY:**

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

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|---|------------|---------|
| 27. Master Women Bodyfitness over 45 years<br>(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 28. Master Men Classic Bodybuilding 45-49 years<br>(7 Compulsory poses x 2 + Posedown)  | Finals     | Round 2 |
| 29. Master Men Classic Bodybuilding 45-49 years<br>(Posing Routines – 60 sec.)  | Finals     | Round 3 |
| 30. Master Women Bodyfitness over 45 years<br>(I-walking + 4 Quarter Turns x 2)   | Finals     | Round 2 |
| 31. Master Men Classic Bodybuilding over 50 years<br>(7 Compulsory poses x 2 + Posedown)                                      | Finals     | Round 2 |
| 32. Master Men Classic Bodybuilding over 50 years<br>(Posing Routines – 60 sec.)  | Finals     | Round 3 |

**VICTORY CEREMONY:**

- **MASTER WOMEN BODYFITNESS +45 YEARS**
- **MASTER MEN CLASSIC BODYBUILDING 45-49 YEARS**

**- MASTER MEN CLASSIC BODYBUILDING +50 YEARS**

**33. MASTER WOMEN BODYFITNESS OVERALL + VICTORY CEREMONY**

(4 Quarter Turns x 2)

**34. MASTER MEN CLASSIC BODYBUILDING OVERALL + VICTORY CEREMONY**

(7 Compulsory poses + Posedown)

**SUNDAY, DECEMBER 09<sup>th</sup>, 2018**

**10:00 – OPENING CEREMONY + PARADE OF NATIONS** - Tarragona Trade Fair & Congress Centre

**10:30 – ONE CONTINUOUS SESSION** - Tarragona Trade Fair & Congress Centre

(If there are 6 or less athletes in a category, there will be no prejudging round)

It's athletes responsibility to be backstage before their category starts Pleas be aware that some categories might run very fast, so athletes must be long in advance ready at the venue

- |   |            |         |
|---|------------|---------|
| 1. Master Men Bodybuilding age over 55, up to 75 kg<br>(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 2. Master Men Bodybuilding age over 55, over 75 kg<br>(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage  | Semifinals | Round 1 |
| 3. Master Women Bikini-Fitness +45 years, open<br>(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage         | Semifinals | Round 1 |
| 4. Master Men Bodybuilding age 50-54, up to 80 kg<br>(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage   | Semifinals | Round 1 |
| 5. Master Men Bodybuilding age over 55, up to 75 kg<br>(7 Compulsory Poses x 2 + Posedown)  | Finals     | Round 2 |
| 6. Master Men Bodybuilding age over 55, up to 75 kg<br>(Posing Routines – 60 sec.)  | Finals     | Round 3 |
| 7. Master Men Bodybuilding age over 55, over 75 kg<br>(7 Compulsory Poses x 2 + Posedown)   | Finals     | Round 2 |
| 8. Master Men Bodybuilding age over 55, over 75 kg<br>(Posing Routines – 60 sec.)   | Finals     | Round 3 |
| 9. Master Women Bikini-Fitness +45 years, open<br>(I-walking + 4 Quarter Turns x 2)   | Finals     | Round 2 |
| 10. Master Men Bodybuilding age 50-54, up to 80 kg<br>(7 Compulsory Poses x 2 + Posedown)   | Finals     | Round 2 |
| 11. Master Men Bodybuilding age 50-54, up to 80 kg<br>(Posing Routines – 60 sec.)   | Finals     | Round 3 |

**VICTORY CEREMONY:**

**- MASTER MEN BODYBUILDING +55 YEARS, UP TO 75 KG**

**- MASTER MEN BODYBUILDING +55 YEARS, OVER 75 KG**

**- MASTER WOMEN BIKINI-FITNESS +45 YEARS, OPEN**

**- MASTER MEN BODYBUILDING 50-54 YEARS; UP TO 80 KG**

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|---|------------|---------|
| 12. Master Men Bodybuilding age 50-54, over 80 kg<br>(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 13. Master Men Bodybuilding 45-49, up to 70 kg<br>(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage    | Semifinals | Round 1 |
| 14. Master Women Bikini-Fitness 40-44 years, open<br>(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage    | Semifinals | Round 1 |

15. Master Men Bodybuilding 45-49, up to 80 kg (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage	Semifinals	Round 1
16. Master Men Bodybuilding age 50-54, over 80 kg (7 Compulsory Poses x 2 + Posedown)	Finals	Round 2
17. Master Men Bodybuilding age 50-54, over 80 kg (Posing Routines – 60 sec.)	Finals	Round 3
18. Master Men Bodybuilding 45-49, up to 70 kg (7 Compulsory poses x 2 + Posedown)	Finals	Round 2
19. Master Men Bodybuilding 45-49, up to 70 kg (Posing Routines – 60 sec.)	Finals	Round 3
20. <b>Master Women Bikini-Fitness 40-44 years, open</b> (I-walking + 4 Quarter Turns x 2)	<b>Finals</b>	<b>Round 2</b>
21. Master Men Bodybuilding 45-49, up to 80 kg (7 Compulsory poses x 2 + Posedown)	Finals	Round 2
22. Master Men Bodybuilding 45-49, up to 80 kg (Posing Routines – 60 sec.)	Finals	Round 3
23. <b>VICTORY CEREMONY:</b> - <b>MASTER MEN BODYBUILDING AGE 50-54, OVER 80 KG</b> - <b>MASTER MEN BODYBUILDING 45-49, UP TO 70 KG</b> - <b>MASTER WOMEN BIKINI-FITNESS 40-44 YEARS</b> - <b>MASTER MEN BODYBUILDING 45-49, UP TO 80 KG</b>		
24. Master Men Bodybuilding 45-49, up to 90 kg (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage	Semifinals	Round 1
25. Master Men Bodybuilding 45-49, over 90 kg (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage	Semifinals	Round 1
26. <b>Master Women Bikini-Fitness 35-39 years, up to 163 cm</b> (4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage	<b>Semifinals</b>	<b>Round 1</b>
27. Master Men Bodybuilding 40-44, up to 70 kg (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage	Semifinals	Round 1
28. Master Men Bodybuilding 45-49, up to 90 kg (7 Compulsory poses x 2 + Posedown)	Finals	Round 2
29. Master Men Bodybuilding 45-49, up to 90 kg (Posing Routines – 60 sec.)	Finals	Round 3
30. Master Men Bodybuilding 45-49, over 90 kg (7 Compulsory poses x 2 + Posedown)	Finals	Round 2
31. Master Men Bodybuilding 45-49, over 90 kg (Posing Routines – 60 sec.)	Finals	Round 3
32. <b>Master Women Bikini-Fitness 35-39 years, up to 163 cm</b> (I-walking + 4 Quarter Turns x 2)	<b>Finals</b>	<b>Round 2</b>
33. Master Men Bodybuilding 40-44, up to 70 kg (7 Compulsory poses x 2 + Posedown)	Finals	Round 2
34. Master Men Bodybuilding 40-44, up to 70 kg (Posing Routines – 60 sec.)	Finals	Round 3
<b>VICTORY CEREMONY:</b> - <b>MASTER MEN BODYBUILDING 45-49, UP TO 90 KG</b> - <b>MASTER MEN BODYBUILDING 45-49, OVER 90 KG</b> - <b>MASTER WOMEN BIKINI-FITNESS 35-39 YEARS, UP TO 163 CM</b> - <b>MASTER MEN BODYBUILDING 40-44 YEARS, UP TO 70 KG</b>		
35. Master Men Bodybuilding 40-44, up to 80 kg (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage	Semifinals	Round 1

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|--|-------------------|----------------|
| 36. Master Men Bodybuilding 40-44, up to 90 kg<br>(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage               | Semifinals        | Round 1        |
| 37. <b>Master Women Bikini-Fitness 35-39 years, over 163 cm</b><br>(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage | <b>Semifinals</b> | <b>Round 1</b> |
| 38. Master Men Bodybuilding 40-44, +90 kg<br>(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage                    | Semifinals        | Round 1        |
| 39. Master Men Bodybuilding 40-44, up to 80 kg<br>(7 Compulsory poses x 2 + Posedown)  | Finals            | Round 2        |
| 40. Master Men Bodybuilding 40-44, up to 80 kg<br>(Posing Routines – 60 sec.)  | Finals            | Round 3        |
| 41. Master Men Bodybuilding 40-44, up to 90 kg<br>(7 Compulsory poses x 2 + Posedown)  | Finals            | Round 2        |
| 42. Master Men Bodybuilding 40-44, up to 90 kg<br>(Posing Routines – 60 sec.)  | Finals            | Round 3        |
| 43. <b>Master Women Bikini-Fitness 35-39 years, over 163 cm</b><br>(I-walking + 4 Quarter Turns x 2)   | <b>Finals</b>     | <b>Round 2</b> |
| 44. Master Men Bodybuilding 40-44, over 90 kg<br>(7 Compulsory poses x 2 + Posedown)   | Finals            | Round 2        |
| 45. Master Men Bodybuilding 40-44, over 90 kg<br>(Posing Routines – 60 sec.)   | Finals            | Round 3        |

**VICTORY CEREMONY:**

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

46. **MASTER WOMEN BIKINI-FITNESS OVERALL + AWARDING CEREMONY**  
(4 Quarter Turns x 2)
47. **MASTER MEN BODYBUILDING OVERALL + AWARDING CEREMONY**  
(7 Compulsory Poses + Comparisons + Posedown)