

- WOMEN WELLNESS FITNESS OPEN

- JUNIOR MEN CLASSIC BODYBUILDING OPEN

14. JUNIOR MEN'S PHYSIQUE OVERALL + AWARDING CEREMONY

(4 Quarter Turns x 2)

15. **Women Fitness open** Semifinals Round 1
(Fitness Routines - 90 sec.)
16. **Men Physique up to 173 cm** Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
17. **Men Physique up to 176 cm** Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
18. **Men Physique up to 179 cm** Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
19. **Women Bodyfitness up to 163 cm** Elimination Rounds (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
20. **Men Physique up to 173 cm** Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
21. **Men Physique up to 176 cm** Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
22. **Women Bodyfitness up to 163 cm** Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
23. **Men Physique up to 179 cm** Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
24. **Men Physique up to 173 cm** Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
25. **Men Physique up to 176 cm** Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
26. **Women Bodyfitness up to 163 cm** Finals Round 2
(I-walking + 4 Quarter Turns x 2)
27. **Men Physique up to 179 cm** Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
28. **Women Fitness open** Semifinals Round 2
(4 Quarter Turns + Comparisons) > Finals will be run on Sunday

VICTORY CEREMONY:

- MEN PHYSIQUE UP TO 173 CM

- MEN PHYSIQUE UP TO 176 CM

- MEN PHYSIQUE UP TO 179 CM

- WOMEN BODYFITNESS UP TO 163 CM

29. **Men Physique up to 182 cm** Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
30. **Men Physique over 182 cm** Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
31. **Women Bodyfitness over 163 cm** Elimination Rounds (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
32. **Men Physique up to 182 cm** Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
33. **Women Bodyfitness over 163 cm** Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage

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| 34. Men Physique over 182 cm
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 35. Men Physique up to 182 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |
| 36. Women Bodyfitness over 163 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 37. Men Physique over 182 cm
(Individual Presentations + 4 Quarter Turns x 2)
VICTORY CEREMONY:
- MEN PHYSIQUE UP TO 182 CM
- MEN PHYSIQUE OVER 182 CM
- WOMEN BODYFITNESS OVER 163 CM | Finals | Round 2 |
| 38. MEN PHYSIQUE OVERALL + AWARDING CEREMONY (2 PRO CARDS)
(4 Quarter Turns x 2) | | |
| 39. WOMEN BODYFITNESS OVERALL + AWARDING CEREMONY (2 PRO CARDS)
(4 Quarter Turns x 2) | | |
| 40. Men Classic Bodybuilding up to 175 cm
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 41. Men Classic Bodybuilding up to 180 cm
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 42. Men Classic Bodybuilding up to 175 cm
(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 43. Men Classic Bodybuilding up to 180 cm
(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 44. Men Classic Bodybuilding up to 175 cm
(4 Quarter Turns + 7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 45. Men Classic Bodybuilding up to 175 cm
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 46. Men Classic Bodybuilding up to 180 cm
(4 Quarter Turns + 7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 47. Men Classic Bodybuilding up to 180 cm
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 48. Women Physique open
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 49. Men Classic Bodybuilding over 180 cm
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 50. Women Physique open
(4 Quarter Turns + 4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 51. Men Classic Bodybuilding over 180 cm
(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 52. Women Physique open
(4 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 53. Women Physique open
(Posing Routines – 60 sec.) | Finals | Round 3 |

54. Men Classic Bodybuilding over 180 cm (7 Compulsory poses x 2 + Posedown) Finals Round 2
55. Men Classic Bodybuilding over 180 cm (Posing Routines – 60 sec.) Finals Round 3
- VICTORY CEREMONY:**
- MEN CLASSIC BODYBUILDING 175 CM
- MEN CLASSIC BODYBUILDING 180 CM
- MEN CLASSIC BODYBUILDING +180 CM
- WOMEN PHYSIQUE OPEN
56. **CLASSIC BODYBUILDING OVERALL + AWARDING CEREMONY (2 PRO CARDS)**
(7 Compulsory poses x 2 + Posedown)
57. Muscular Men Physique up to 175 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
58. Muscular Men Physique over 175 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
59. Muscular Men Physique up to 175 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
60. Muscular Men Physique over 175 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
61. Muscular Men Physique up to 175 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
- Muscular Men Physique over 175 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
- VICTORY CEREMONY:**
- MUSCULAR MEN PHYSIQUE UP TO 175 CM
- MUSCULAR MEN PHYSIQUE OVER 175 CM
62. **MUSCULAR MEN PHYSIQUE OVERALL + AWARDING CEREMONY (2 PRO CARDS)**
(4 Quarter Turns x 2)

SUNDAY, SEPTEMBER 23rd, 2018 – EXPO XXI

10:00 - 17:00 - ONE CONTINUOUS SESSION

(JUNIOR WOMEN BIKINI FITNESS OPEN; MASTER WOMEN BIKINI FITNESS OPEN; WOMEN FITNESS FINALS; JUNIOR MEN BODYBUILDING OPEN; MASTER MEN BODYBUILDING 40-49, +50 YEARS; MEN BODYBUILDING 75 KG, 80 KG, 85 KG, 90 KG, 100 KG, +100 KG; WOMEN BIKINI FITNESS 158 CM, 162 CM, 166 CM, 169 CM, 172 CM, +172 CM)

(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. Please be aware that some categories might run very fast, so athletes must be long in advance ready at the venue

1. Junior Women Bikini Fitness open Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
2. Junior Men Bodybuilding open Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
3. Junior Women Bikini Fitness open Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage

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| 4. Junior Men Bodybuilding open
(4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 5. Junior Women Bikini Fitness open
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 6. Junior Men Bodybuilding open
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 7. Junior Men Bodybuilding open
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 8. Women Fitness open
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 9. Master Women Bikini Fitness open
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 10. Master Men Bodybuilding 40-49 years
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 11. Master Men Bodybuilding over 50 years
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 12. Master Women Bikini Fitness open
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 13. Master Men Bodybuilding 40-49 years
(4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 14. Master Men Bodybuilding over 50 years
(4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 15. Master Women Bikini Fitness open
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 16. Master Men Bodybuilding 40-49 years
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 17. Master Men Bodybuilding 40-49 years
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 18. Master Men Bodybuilding over 50 years
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 19. Master Men Bodybuilding over 50 years
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 20. Women Fitness open
(4 Quarter Turns x 2) | Finals | Round 4 |
- VICTORY CEREMONY:**
- JUNIOR WOMEN BIKINI FITNESS OPEN
 - JUNIOR MEN BODYBUILDING OPEN
 - MASTER WOMEN BIKINI FITNESS OPEN
 - MASTER MEN BODYBUILDING 40-49 YEARS
 - MASTER MEN BODYBUILDING OVER 50 YEARS
 - WOMEN FITNESS OPEN
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| 21. MASTER MEN BODYBUILDING OVERALL + AWARDING CEREMONY
(7 Compulsory poses x 2 + Posedown) | | |
| 22. Men Bodybuilding up to 75 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 23. Men Bodybuilding up to 80 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |

24. Women Bikini Fitness up to 158 cm Elimination Rounds (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
25. Women Bikini Fitness up to 162 cm Elimination Rounds (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
26. Men Bodybuilding up to 75 kg Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
27. Women Bikini Fitness up to 158 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
28. Men Bodybuilding up to 80 kg Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
29. Women Bikini Fitness up to 162 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
30. Men Bodybuilding up to 75 kg Finals Round 2
(7 Compulsory Poses x 2 + Posedown)
31. Men Bodybuilding up to 75 kg Finals Round 3
(Posing Routines – 60 sec.)
63. Women Bikini Fitness up to 158 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
32. Men Bodybuilding up to 80 kg Finals Round 2
(7 Compulsory Poses x 2 + Posedown)
33. Men Bodybuilding up to 80 kg Finals Round 3
(Posing Routines – 60 sec.)
34. Women Bikini Fitness up to 162 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
- VICTORY CEREMONY:**
- MEN BODYBUILDING UP TO 75 KG
- MEN BODYBUILDING UP TO 80 KG
- WOMEN BIKINI FITNESS UP TO 158 CM
- WOMEN BIKINI FITNESS UP TO 162 CM
35. Men Bodybuilding up to 85 kg Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
36. Men Bodybuilding up to 90 kg Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
37. Women Bikini Fitness up to 166 cm Elimination Rounds (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
38. Women Bikini Fitness up to 169 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
39. Men Bodybuilding up to 85 kg Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
40. Women Bikini Fitness up to 166 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
41. Men Bodybuilding up to 90 kg Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
42. Women Bikini Fitness up to 169 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
43. Men Bodybuilding up to 85 kg Finals Round 2
(7 Compulsory Poses x 2 + Posedown)
44. Men Bodybuilding up to 85 kg Finals Round 3
(Posing Routines – 60 sec.)

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| 45. Women Bikini Fitness up to 166 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 46. Men Bodybuilding up to 90 kg
(7 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 47. Men Bodybuilding up to 90 kg
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 48. Women Bikini Fitness up to 169 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| VICTORY CEREMONY: | | |
| - MEN BODYBUILDING UP TO 85 KG | | |
| - MEN BODYBUILDING UP TO 90 KG | | |
| - WOMEN BIKINI FITNESS UP TO 166 CM | | |
| - WOMEN BIKINI FITNESS UP TO 169 CM | | |
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| 49. Men Bodybuilding up to 100 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 50. Men Bodybuilding over 100 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 51. Women Bikini Fitness up to 172 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 52. Women Bikini Fitness over 172 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
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| 53. Men Bodybuilding up to 100 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 54. Women Bikini Fitness up to 172 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 55. Men Bodybuilding over 100 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 56. Women Bikini Fitness over 172 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
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| 57. Men Bodybuilding up to 100 kg
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 58. Men Bodybuilding up to 100 kg
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 59. Women Bikini Fitness up to 172 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 60. Men Bodybuilding over 100 kg
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 61. Men Bodybuilding over 100 kg
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 62. Women Bikini Fitness over 172 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| VICTORY CEREMONY: | | |
| - MEN BODYBUILDING UP TO 100 KG | | |
| - MEN BODYBUILDING OVER 100 KG | | |
| - WOMEN BIKINI FITNESS UP TO 172 CM | | |
| - WOMEN BIKINI FITNESS OVER 172 CM | | |
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| 63. WOMEN BIKINI FITNESS OVERALL + VICTORY CEREMONY (2 PRO CARDS)
(4 Quarter Turns x 2) | | |

64. **MEN BODYBUILDING OVERALL + VICTORY CEREMONY (2 PRO CARDS)**
(7 Compulsory poses x 2 + Posedown)

MONDAY, SEPTEMBER 24th, 2018

UP TO 12:00 - DEPARTURES