**DETAILED RUNNING ORDER OF THE 2016 ARNOLD CLASSIC EUROPE**

**(TWO STAGES)**

**THURSDAY, SEPTEMBER 22nd, 2016**

**10:00 – 20:00 - OFFICAL ATHLETE REGISTRATION AT ????**

**20:15 - TEAM MANAGERS AND JUDGES MEETING AT ????**

**FRIDAY, SEPTEMBER 23rd, 2016**

**EXPO STAGE**

**10:00 - 20:00 ONE CONTINUOUS SESSION**

**(JUNIOR MEN BODYBUILDING, MASTER MEN BODYBUILDING 50-59, OVER 60,**

**WOMEN BIKINI-FITNESS 160 CM, 163 CM, 166 CM,**

**WOMEN BODYFITNESS, MEN CLASSIC BODYBUILDING)**

(If there are 6 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.

1. Master Men Bodybuilding age 50-59, open Elimination Round (if >15)   
   (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
2. Master Men Bodybuilding age +60 Elimination Round (if >15)   
   (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
3. Junior Men Bodybuilding open Elimination Round (if >15)   
   (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
4. Master Men Bodybuilding age 50-59, open Semifinals Round 1  
   (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
5. Master Men Bodybuilding age +60, open Semifinals Round 1  
   (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
6. Junior Men Bodybuilding open Semifinals Round 1   
   (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
7. Master Men Bodybuilding age 50-59, open Finals Round 2  
   (7 Compulsory Poses x 2 + Posedown)
8. Master Men Bodybuilding age 50-59, open Finals Round 3  
   (Posing Routines – 60 sec.)
9. Master Men Bodybuilding age +60, open Finals Round 2  
   (7 Compulsory Poses x 2 + Posedown)
10. Master Men Bodybuilding age + 60, open Finals Round 3  
    (Posing Routines – 60 sec.)
11. Junior Men Bodybuilding open Finals Round 2  
    (7 Compulsory poses x 2 + Posedown)
12. Junior Men Bodybuilding open Finals Round 3  
    (Posing Routines – 60 sec,)

**VICTORY CEREMONY: MASTER MEN BODYBUILDING 50-59; +60, JUNIOR MEN BODYBUILDING OPEN**

*(Junior & Masters may take part in Men Bodybuilding open classes held on Sunday on Expo Stage)*

1. Women Bikini-Fitness up to 160 cm Elimination Rounds (if >15)   
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
2. Women Bikini-Fitness up to 163 cm Elimination Rounds (if >15)   
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
3. Women Bikini-Fitness up to 166 cm Elimination Rounds (if >15)   
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
4. Women Bikini-Fitness up to 160 cm Semifinals Round 1   
   (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
5. Women Bikini-Fitness up to 163 cm Semifinals Round 1   
   (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
6. Women Bikini-Fitness up to 166 cm Semifinals Round 1   
   (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
7. Women Bikini-Fitness up to 160 cm Finals Round 2   
   (I-walking+ 4 Quarter Turns x 2)
8. Women Bikini-Fitness up to 163 cm Finals Round 2   
   (I-walking+ 4 Quarter Turns x 2)
9. Women Bikini-Fitness up to 166 cm Finals Round 2   
   (I-walking+ 4 Quarter Turns x 2)

**VICTORY CEREMONY: WOMEN BIKINI-FITNESS 160 CM, 163 CM, 166 CM**

*(Winners will take part in the overall category held Saturday afternoon on Expo Stage)*

1. Women Bodyfitness 158 cm Elimination Rounds (if >15)   
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
2. Women Bodyfitness 163 cm Elimination Rounds (if >15)   
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
3. Women Bodyfitness up to 158 cm Semifinals Round 1   
   (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
4. Women Bodyfitness up to 163 cm Semifinals Round 1 1  
   (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
5. Women Bodyfitness up to 158 cm Finals Round 2   
   (I-walking+ 4 Quarter Turns x 2)
6. Women Bodyfitness up to 163 cm Finals Round 2   
   (I-walking+ 4 Quarter Turns x 2)
7. Women Bodyfitness 168 cm Elimination Rounds (if >15)   
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
8. Women Bodyfitness +168 cm Elimination Rounds (if >15)   
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
9. Women Bodyfitness up to 168 cm Semifinals Round 1   
   (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
10. Women Bodyfitness +168 cm Semifinals Round 1   
    (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
11. Women Bodyfitness up to 168 cm Finals Round 2   
    (I-walking+ 4 Quarter Turns x 2)
12. Women Bodyfitness +168 cm Finals Round 2   
    (I-walking+ 4 Quarter Turns x 2)  
    **VICTORY CEREMONY: WOMEN BODYFITNESS 158 CM, 163 CM, 168 CM, +168 CM**
13. **WOMEN BODYFITNESS OVERALL + VICTORY CEREMONY**(4 Quarter Turns x 2)
14. Men Classic Bodybuilding 175 cm Elimination Round (if >15)   
    (4 Compulsory poses in groups of 5) > List of the Semifinalists backstage
15. Men Classic Bodybuilding 180 cm Elimination Round (if >15)   
    (4 Compulsory poses in groups of 5) > List of the Semifinalists backstage
16. Men Classic Bodybuilding +180 cm Elimination Round (if >15)   
    (4 Compulsory poses in groups of 5) > List of the Semifinalists backstage
17. Men Classic Bodybuilding up to 175 cm Semifinals Round 1   
    (4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage
18. Men Classic Bodybuilding up to 180 cm Semifinals Round 1   
    (4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage
19. Men Classic Bodybuilding up to +180 cm Semifinals Round 1

(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage

1. Men Classic Bodybuilding up to 175 cm Finals Round 2   
   (7 Compulsory poses x 2 + Posedown)
2. Men Classic Bodybuilding up to 175 cm Finals Round 3   
   (Posing Routines – 60 sec.)
3. Men Classic Bodybuilding up to 180 cm Finals Round 2   
   (7 Compulsory poses x 2 + Posedown)
4. Men Classic Bodybuilding up to 180 cm Finals Round 3   
   (Posing Routines – 60 sec.)
5. Men Classic Bodybuilding +180 cm Finals Round 2   
   (7 Compulsory poses x 2 + Posedown)
6. Men Classic Bodybuilding +180 cm Finals Round 3   
   (Posing Routines – 60 sec.)  
   **VICTORY CEREMONY: MEN CLASSIC BODYBUILDING 175 CM, 180 CM, +180 CM**
7. **MEN CLASSIC BODYBUILDING OVERALL + VICTORY CEREMONY**(4 quarter turns + 7 Compulsory Poses x 2 + Posedown)

**Total time needed: 9:50 h, estimated end 19:40**

**FRIDAY, SEPTEMBER 23rd, 2016**

**PRO STAGE**

**10:00 - 20:00 ONE CONTINUOUS SESSION**

**(JUNIOR WOMEN BODYFITNESS, MASTER WOMEN BODYFITNESS, MASTER MEN PHYSIQUE, WOMEN & MEN FITNESS SEMIFINALS, MASTER MEN BODYBUILDING 40-49, JUNIOR** **MEN PHYSIQUE, MASTER WOMEN PHYSIQUE,** **WOMEN PHYSIQUE, JUNIOR WOMEN BIKINI-FITNESS, MASTER WOMEN BIKINI-FITNESS)**

(If there are 6 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.

1. Junior Women Bodyfitness open Elimination Round (if >15)  
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
2. Master Women Bodyfitness open Elimination Rounds (if >15)  
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
3. Master Men Physique 40-44 years Elimination Round (if >15)  
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
4. Master Men Physique 45-49 years Elimination Round (if >15)  
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
5. Master Men Physique over 50 years Elimination Round (if >15)  
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
6. Junior Women Bodyfitness open Semifinals Round 1   
   (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
7. Master Women Bodyfitness open Semifinals Round 1   
   (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
8. Master Men Physique 40-44 years Semifinals Round 1   
   (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
9. Master Men Physique 45-49 years Semifinals Round 1   
   (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
10. Master Men Physique over 50 years Semifinals Round 1   
    (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
11. Junior Women Bodyfitness open Finals Round 2   
    (I-walking+ 4 Quarter Turns x 2)
12. Master Women Bodyfitness open Finals Round 2   
    (I-walking+ 4 Quarter Turns x 2)
13. Master Men Physique 40-44 year Finals Round 2   
    (Individual Presentations + 4 Quarter Turns x 2)
14. Master Men Physique 45-49 year Finals Round 2   
    (Individual Presentations + 4 Quarter Turns x 2)
15. Master Men Physique over 50 year Finals Round 2   
    (Individual Presentations + 4 Quarter Turns x 2)   
    **VICTORY CEREMONY: JUNIOR WOMEN BODYFITNESS, MASTER WOMEN BODYFITNESS, MASTER MEN’S PHYSIQUE 40-44, 45-40, OVER 50 YEARS***(Juniors & Masters may take part in Women’s Bodyfitness open classes held Friday afternoon on Expo Stage) and Men’s Physique open categories*
16. Women Fitness up to 163 cm Semifinals Round 1  
    (Fitness routines - 90 sec.)
17. Women Fitness +163 cm Semifinals Round 1  
    (Fitness routines - 90 sec.)
18. Men Fitness open Semifinals Round 1  
    (Fitness routines - 90 sec.)
19. Master Men Bodybuilding age 40-49, up to 80 kg Elimination Round (if >15)   
    (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
20. Master Men Bodybuilding age 40-49, up to 90 kg Elimination Round (if >15)   
    (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
21. Master Men Bodybuilding age 40-49, +90 kg Elimination Round (if >15)   
    (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
22. Master Men Bodybuilding 40-49, up to 80 kg Semifinals Round 1   
    (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
23. Master Men Bodybuilding 40-49, up to 90 kg Semifinals Round 1   
    (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
24. Master Men Bodybuilding 40-49, +90 kg Semifinals Round 1   
    (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
25. Women Fitness up to 163 cm Semifinals Round 2  
    (4 Quarter Turns + Comparisons) > List of the Finalists
26. Women Fitness +163 cm Semifinals Round 2  
    (4 Quarter Turns + Comparisons) >List of the finalists
27. Men Fitness open Semifinals Round 2  
    (4 Quarter Turns + Comparisons).) >List of the finalists  
    **(Fitness finals will be held on Sunday, Expo Stage)**
28. Master Men Bodybuilding 40-49, up to 80 kg Finals Round 2  
    (7 Compulsory poses x 2 + Posedown)
29. Master Men Bodybuilding 40-49, up to 80 kg Finals Round 3   
    (Posing Routines – 60 sec.)
30. Master Men Bodybuilding 40-49, up to 90 kg Finals Round 2   
    (7 Compulsory poses x 2 + Posedown)
31. Master Men Bodybuilding 40-49, up to 90 kg Finals Round 3  
    (Posing Routines – 60 sec.)
32. Master Men Bodybuilding 40-49, +90 kg Finals Round 2  
    (7 Compulsory poses x 2 + Posedown)
33. Master Men Bodybuilding 40-49, +90 kg Finals Round 3  
    (Posing Routines – 60 sec.)  
    **VICTORY CEREMONY: MASTER MEN BODYBUILDING 40-49: 80 KG, 90 KG, +90 KG***(Masters may take part in Men Bodybuilding open categories held on Sunday, Expo Stage).*
34. **MASTER MEN BODYBUILDING OVERALL (40-49, 50-59, +60) + VICTORY CEREMONY**(7 Compulsory Poses + Comparisons + Posedown)
35. Master Women Physique open Elimination Round (if >15)   
    (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
36. Junior Men Physique up to 175 cm Elimination Round (if >15)  
    (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
37. Junior Men Physique over 175 cm Elimination Round (if >15)  
    (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
38. Master Women Physique open Semifinals Round 1   
    (4 Quarter Turns + 4 Compulsory Poses in groups of 5 + Comparisons) > List of the Finalists backstage
39. Junior Men Physique up to 175 cm Semifinals Round 1   
    (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
40. Junior Men Physique over 175 cm Semifinals Round 1   
    (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
41. Master Women Physique open Finals Round 2   
    (4 Compulsory Poses x 2 + Posedown)
42. Master Women Physique open Finals Round 3   
    (Posing Routines – 30 sec.)
43. Junior Men Physique up to 175 cm Finals Round 2   
    (Individual Presentations + 4 Quarter Turns x 2)
44. Junior Men Physique over 175 cm Finals Round 2   
    (Individual Presentations + 4 Quarter Turns x 2)  
    **VICTORY CEREMONY: MASTES WOMEN PHYSIQUE, JUNIOR MEN’S PHYSIQUE  
    UP TO 175 CM, OVER 175 CM**

*(Junior Men Physique may take part in Men Physique open classes held Saturday morning on Expo Stage,   
Master Women Physique may take part in Women Physique open classes held Friday evening on Pro Stage).*

1. **JUNIOR MEN’S PHYSIQUE OVERALL + VICTORY CEREMONY**
2. Junior Women Bikini-Fitness up to 163 cm Elimination Round (if >15)   
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
3. Junior Women Bikini-Fitness over 163 cm Elimination Round (if >15)   
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
4. Master Women Bikini-Fitness age over 35 Elimination Rounds (if >15)   
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
5. Junior Women Bikini-Fitness up to 163 cm Semifinals Round 1   
   (4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage
6. Junior Women Bikini-Fitness over 163 cm Semifinals Round 1   
   (4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage
7. Master Women Bikini-Fitness age over 35 Semifinals Round 1   
   (4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage
8. Junior Women Bikini-Fitness up to 163 cm Finals Round 2   
   (I-walking+ 4 Quarter Turns x 2)
9. Junior Women Bikini-Fitness over 163 cm Finals Round 2   
   (I-walking+ 4 Quarter Turns x 2)
10. Master Women Bikini-Fitness age over 35 Finals Round 2   
    (I-walking+ 4 Quarter Turns x 2)  
    **VICTORY CEREMONY: JUNIOR WOMEN BIKINI-FITNESS 163 CM, +163 CM,  
    MASTER WOMEN BIKINI-FITNESS   
    *(****Juniors and Masters may take part in Women Bikini-Fitness open classes held on Friday morning on Expo Stage*

*[categories 160, 163 and 166 cm] or Saturday evening on Expo Stage [categories 169, 172 and +172 cm])*

1. **JUNIOR WOMEN BIKINI-FITNESS OVERALL + VICTORY CEREMONY**
2. Women Physique up to 163 cm Elimination Round (if >15)  
   (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
3. Women Physique +163 cm Elimination Round (if >15)  
   (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
4. Women Physique up to 163 cm Semifinals Round 1   
   (4 Quarter Turns + 4 Compulsory Poses in groups of 5 + Comparisons) > List of the Finalists backstage
5. Women Physique +163 cm Semifinals Round 1   
   (4 Quarter Turns + 4 Compulsory Poses in groups of 5 + Comparisons) > List of the Finalists backstage
6. Women Physique up to 163 cm Finals Round 2   
   (4 Compulsory Poses x 2 + Posedown)
7. Women Physique up to 163 cm Finals Round 3   
   (Posing Routines – 30 sec.)
8. Women Physique +163 cm Finals Round 2   
   (4 Compulsory Poses x 2 + Posedown)
9. Women Physique +163 cm Finals Round 3  
   (Posing Routines – 30 sec.)

**VICTORY CEREMONY: WOMEN PHYSIQUE 163 CM, +163 CM**

1. **WOMEN PHYSIQUE OVERALL + VICTORY CEREMONY**(4 Compulsory Poses)   
    **Total time needed: 9:20 h, estimated end: 19:20**

**SATURDAY, SEPTEMBER 24th, 2016**

**EXPO STAGE**

**10:00 – 18:30 ONE CONTINUOUS SESSION  
(MEN PHYSIQUE, MUSCULAR MEN’S PHYSIQUE,**

**WOMEN BIKINI-FITNESS 169 CM, 172 CM, +172 CM)**

(If there are 6 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 your athletes must be long in advance ready at the venue

1. Men Physique 170 cm Elimination Round (if >15)  
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
2. Men Physique 174 cm Elimination Round (if >15)   
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
3. Men Physique 178 cm Elimination Round (if >15)   
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
4. Men Physique up to 170 cm Semifinals Round 1  
   (4 Quarter Turns + Comparisons) > List of the Finalists backstage
5. Men Physique up to 174 cm Semifinals Round 1  
   (4 Quarter Turns + Comparisons) > List of the Finalists backstage
6. Men Physique up to 178 cm Semifinals Round 1  
   (4 Quarter Turns + Comparisons) > List of the Finalists backstage
7. Men Physique up to 170 cm Finals Round 2   
   (Individual Presentations + 4 Quarter Turns x 2)
8. Men Physique up to 174 cm Finals Round 2   
   (Individual Presentations + 4 Quarter Turns x 2)
9. Men Physique up to 178 cm Finals Round 2   
   (Individual Presentations + 4 Quarter Turns x 2)  
   **VICTORY CEREMONY: MEN PHYSIQUE 170 CM, 174 CM, 178 CM**
10. Men Physique 181 cm Elimination Round (if >15)  
    (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
11. Men Physique 184 cm Elimination Round (if >15)   
    (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
12. Men Physique +184 cm Elimination Round (if >15)   
    (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
13. Men Physique up to 181 cm Semifinals Round 1   
    (4 Quarter Turns + Comparisons) > List of the Finalists backstage
14. Men Physique up to 184 cm Semifinals Round 1   
    (4 Quarter Turns + Comparisons) > List of the Finalists backstage
15. Men Physique +184 cm Semifinals Round 1   
    (4 Quarter Turns + Comparisons) > List of the Finalists backstage
16. Men Physique up to 181 cm Finals Round 2   
    (Individual Presentations + 4 Quarter Turns x 2)
17. Men Physique up to 184 cm Finals Round 2   
    (Individual Presentations + 4 Quarter Turns x 2)
18. Men Physique +184 cm Finals Round 2   
    (Individual Presentations + 4 Quarter Turns x 2)  
    **VICTORY CEREMONY: MEN PHYSIQUE 181 CM, 184 CM, +184 CM**
19. **AROUND 12:00 - OPENING CEREMONY**
20. **MEN PHYSIQUE OVERALL + VICTORY CEREMONY**(4 Quarter Turns x 2)
21. Muscular Men Physique open Elimination Round (if >15)  
    (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
22. Women Bikini-Fitness up to 169 cm Elimination Rounds (if >15)   
    (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
23. Women Bikini-Fitness up to 172 cm Elimination Rounds (if >15)   
    (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
24. Women Bikini-Fitness +172 cm Elimination Rounds (if >15)   
    (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
25. Women Bikini-Fitness up to 169 cm Semifinals Round 1   
    (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
26. Women Bikini-Fitness up to 172 cm Semifinals Round 1   
    (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
27. Women Bikini-Fitness +172 cm Semifinals Round 1   
    (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
28. Muscular Men Physique open Semifinals Round 1   
    (4 Quarter Turns + Comparisons) > List of the Finalists backstage
29. Women Bikini-Fitness up to 169 cm Finals Round 2   
    (I-walking+ 4 Quarter Turns x 2)
30. Women Bikini-Fitness up to 172 cm Finals Round 2   
    (I-walking+ 4 Quarter Turns x 2)
31. Women Bikini-Fitness +172 cm Finals Round 2   
    (I-walking+ 4 Quarter Turns x 2)

**VICTORY CEREMONY: WOMEN BIKINI-FITNESS 169 CM, 172 CM, +172 CM**

1. **WOMEN BIKINI-FITNESS OVERALL + VICTORY CEREMONY**
2. Muscular Men Physique open Finals Round 2   
   (Individual Presentations + 4 Quarter Turns x 2)

**VICTORY CEREMONY: MUSCULAR MEN PHYSIQUE**

**Total time needed: 7:30 h, estimated end: 17:30**

**SUNDAY, SEPTEMBER 25th,2016**

**EXPO STAGE**

**10:00 - 18:00 ONE CONTINUOUS SESSION  
MEN’S AND WOMEN’S FITNESS FINALS, MEN’S BODYBUILDING ALL ROUNDS, MEN’S AND WOMEN’S FIT-MODEL)**

(If there are 6 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

1. Men Bodybuilding up to 70 kg Elimination Round (if >15)   
   (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
2. Men Bodybuilding up to 75 kg Elimination Round (if >15)   
   (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
3. Men Bodybuilding up to 80 kg Elimination Round (if >15)   
   (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
4. Men Bodybuilding up to 70 kg Semifinals Round 1  
   (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
5. Men Bodybuilding up to 75 kg Semifinals Round 1

(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage

1. Men Bodybuilding up to 80 kg Semifinals Round 1   
   (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
2. Men Bodybuilding up to 70 kg Finals Round 2   
   (7 Compulsory poses x 2 + Posedown)
3. Men Bodybuilding up to 70 kg Finals Round 3   
   (Posing Routines – 60 sec.)
4. Men Bodybuilding up to 75 kg Finals Round 2   
   (7 Compulsory Poses x 2 + Posedown)
5. Men Bodybuilding up to 75 kg Finals Round 3   
   (Posing Routines – 60 sec.)
6. Men Bodybuilding up to 80 kg Finals Round 2   
   (7 Compulsory poses x 2 + Posedown)
7. Men Bodybuilding up to 80 kg Finals Round 3   
   (Posing Routines – 60 sec.)   
   **VICTORY CEREMONY: MEN BODYBUILDING 70 KG, 75 KG, 80 KG**
8. Men Fitness open Finals Round 3   
   (Fitness Routines - 90 sec.)
9. Men Bodybuilding up to 85 kg Elimination Round (if >15)   
   (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
10. Men Bodybuilding 90 kg Elimination Round (if >15)   
    (4 Compulsory poses in groups of 5) > List of the Semifinalists backstage
11. Men Bodybuilding up to 85 kg Semifinals Round 1   
    (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
12. Men Bodybuilding up to 90 kg Semifinals Round 1   
    (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
13. Men Bodybuilding up to 85 kg Finals Round 2  
    (7 Compulsory Poses x 2 + Posedown)
14. Men Bodybuilding up to 85 kg Finals Round 3   
    (Posing Routines – 60 sec.)
15. Men Bodybuilding up to 90 kg Finals Round 2

(7 Compulsory Poses x 2 + Posedown)

1. Men Bodybuilding up to 90 kg Finals Round 3   
   (Posing Routines – 60 sec.)
2. Men Fitness open Finals Round 4   
   (4 Quarter Turns x 2)  
   **VICTORY CEREMONY: MEN BODYBUILDING 85 KG, 90 KG , MEN’S FITNESS**
3. Women Fitness up to 163 cm Finals Round 3   
   (Fitness Routines - 90 sec.)
4. Women Fitness +163 cm Finals Round 3   
   (Fitness Routines - 90 sec.)
5. Men Bodybuilding 95 kg Elimination Round (if >15)   
   (4 Compulsory poses in groups of 5) > List of the Semifinalists backstage
6. Men Bodybuilding 100 kg Elimination Round (if >15)   
   (4 Compulsory poses in groups of 5) > List of the Semifinalists backstage
7. Men Bodybuilding +100 kg Elimination Round (if >15)   
   (4 Compulsory poses in groups of 5) > List of the Semifinalists backstage
8. Men Bodybuilding up to 95 kg Semifinals Round 1   
   (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
9. Men Bodybuilding up to 100 kg Semifinals Round 1   
   (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
10. Men Bodybuilding +100 kg Semifinals Round 1   
    (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
11. Men Bodybuilding up to 95 kg Finals Round 2

(7 Compulsory Poses x 2 + Posedown)

1. Men Bodybuilding up to 95 kg Finals Round 3   
   (Posing Routines – 60 sec.)
2. Men Bodybuilding up to 100 kg Finals Round 2

(7 Compulsory Poses x 2 + Posedown)

1. Men Bodybuilding up to 100 kg Finals Round 3   
   (Posing Routines – 60 sec.)
2. Men Bodybuilding +100 kg Finals Round 2

(7 Compulsory Poses x 2 + Posedown)

1. Men Bodybuilding up to 100 kg Finals Round 3   
   (Posing Routines – 60 sec.)
2. Women Fitness up to 163 cm Finals Round 4  
   (4 Quarter Turns x 2)
3. Women Fitness +163 cm Finals Round 4   
   (4 Quarter Turns x 2)

**VICTORY CEREMONY: MEN BODYBUILDING 95 KG, 100 KG , +100 KG  
WOMEN’S FITNESS 163 CM, +163 CM**

1. **WOMEN FITNESS OVERALL + VICTORY CEREMONY**
2. **MEN BODYBUILDING OVERALL + VICTORY CEREMONY**
3. Women’s Fit Model open Elimination Rounds (if >15)  
   (4 Quarter Turns in groups of 5, swimsuit) > List of the Semifinalists backstage
4. Men’s Fit Model open Elimination Rounds (if >15)  
   (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
5. Women’s Fit Model open Semifinals Round 1  
   (4 Quarter Turns in groups of 5 + Comparisons, swimsuit) > List of the Finalists backstage
6. Men’s Fit Model open Semifinals Round 1  
   (4 Quarter Turns in groups of 5 + Comparisons, gymnastic shirt) > List of the Finalists backstage
7. Women’s Fit Model open Finals Round 2  
   (I-walking+ 4 Quarter Turns x 2, swimsuit)
8. Men’s Fit Model open Finals Round 2  
   (Individual presentation + 4 Quarter Turns x 2, gymnastic shirt)
9. Women’s Fit Model open Finals Round 2  
   (Individual presentation, evening gown)
10. Men’s Fit Model open Finals Round 2  
    (Individual presentation, casual sport wear)

**VICTORY CEREMONY: WOMEN’S FIT-MODEL, MEN’S FIT MODEL**

**Total time needed: 8:00 h, estimated end: 18:00**

**MONDAY, SEPTEMBER 26th, 2016**

**DEPARTURES**

**RUNNING ORDER COMMENTS:**

* **Categories are run in blocks:** Elimination – Semifinals – Finals – Awarding – Overall

except Women’s and Men Fitness, where semifinals and finals are separated.

* **Open categories of the same sport division** are run in blocks (whenever possible), except Bikini-Fitness.
* **Juniors and masters** have the possibility to take part also in women and men open categories.
* All **elimination rounds are included**. It is easy to remove one or more elimination rounds if needed. First step of adaptation could be made having a list of nominated athletes.
* Each day starts at **10:00,** so competitors of the first categories should be backstage at **09:15** at least.

**On Friday,** amateur competition will be run on 2 stages: **Expo Stage** and **Pro Stage**. On Saturday and Sunday on the Expo Stage only.

In this very dens program, it is very important that:

* Each session should be start in time, with no longer delay than 5-10 minutes.
* Athletes should enter the stage immediately when the previous category left it.

The program includes all elimination rounds and all rounds are designed as complete rounds (according to the IFBB Rules), so the real schedule may only be faster (shorter) if some rounds are missed or procedure is shortened. In case over 1000 competitors come, some elimination rounds may be a bit longer but not so much.