

DETAILED RUNNING ORDER OF THE 2018 WORLD FITNESS CHAMPIONSHIPS
Bialystok, Poland

SATURDAY, OCTOBER 27th, 2018

ONE CONTINUOUS SESSION

(WOMEN & MEN FITNESS SEMIFINALS, WOMEN BODYFITNESS, WOMEN'S PHYSIQUE, WOMEN WELLNESS FITNESS, MEN'S PHYSIQUE)

(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

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| 1. Women Fitness up to 163 cm
(Fitness Routines - 90 sec.) | Semifinals | Round 1 |
| 2. Women Fitness +163 cm
(Fitness Routines - 90 sec.) | Semifinals | Round 1 |
| 3. Men Fitness open
(Fitness Routines - 90 sec.) | Semifinals | Round 1 |
| 4. Women Bodyfitness 163 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 5. Women Bodyfitness up to 158 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 6. Women Bodyfitness up to 163 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 7. Women Bodyfitness up to 158 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 8. Women Bodyfitness up to 163 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 9. Women Fitness up to 163 cm
(4 Quarter Turns + Comparisons) > List of the Finalists | Semifinals | Round 2 |
| 10. Women Fitness over 163 cm
(4 Quarter Turns + Comparisons) > List of the Finalists | Semifinals | Round 2 |
| 11. Men Fitness open
(4 Quarter Turns + Comparisons) > List of the Finalists | Semifinals | Round 2 |
| 12. Women Bodyfitness up to 168 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 13. Women Bodyfitness +168 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 14. Women Bodyfitness up to 168 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 15. Women Bodyfitness +168 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| VICTORY CEREMONY: | | |
| - WOMEN BODYFITNESS 158 CM | | |
| - WOMEN BODYFITNESS 163 CM | | |
| - WOMEN BODYFITNESS 168 CM | | |
| - WOMEN BODYFITNESS +168 CM | | |
| 16. WOMEN BODYFITNESS OVERALL + AWARDING CEREMONY
(4 Quarter Turns x 2) | | |

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| 17. Women Physique up to 163 cm
(4 Quarter Turns + 4 Compulsory Poses in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 18. Women Physique +163 cm
(4 Quarter Turns + 4 Compulsory Poses in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 19. Women Physique up to 163 cm
(4 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 20. Women Physique up to 163 cm
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 21. Women Physique +163 cm
(4 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 22. Women Physique +163 cm
(Posing Routines – 60 sec.) | Finals | Round 3 |

VICTORY CEREMONY:

- WOMEN PHYSIQUE 163 CM

- WOMEN PHYSIQUE +163 CM

23. WOMEN PHYSIQUE OVERALL + AWARDING CEREMONY
(4 Compulsory Poses)

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| 24. Men Physique up to 170 cm
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 25. Men Physique up to 173 cm
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 26. Men Physique up to 176 cm
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |

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| 27. Men Physique up to 170 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |
| 28. Men Physique up to 173 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |
| 29. Men Physique up to 176 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |

VICTORY CEREMONY:

- MEN PHYSIQUE UP TO 170 CM

- MEN PHYSIQUE UP TO 173 CM

- MEN PHYSIQUE UP TO 176 CM

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| 30. Women Wellness Fitness up to 163 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 31. Women Wellness Fitness up to 163 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 32. Women Wellness Fitness over 163 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 33. Women Wellness Fitness up to 163 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 34. Women Wellness Fitness over 163 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |

VICTORY CEREMONY:

- WOMEN WELLNESS FITNESS UP TO 163 CM

- WOMEN WELLNESS FITNESS OVER 163 CM

35. **WOMEN WELLNESS FITNESS OVERALL + AWARDING CEREMONY**

(4 Quarter Turns x 2)

36. Men Physique up to 182 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
37. Men Physique up to 179 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
38. Men Physique up to 182 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
39. Men Physique over 182 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
40. Men Physique up to 179 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
41. Men Physique up to 182 cm Finals Round 2:
(Individual Presentations + 4 Quarter Turns x 2)
42. Men Physique over 182 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
- VICTORY CEREMONY:**
- MEN PHYSIQUE UP TO 179 CM
- MEN PHYSIQUE UP TO 182 CM
- MEN PHYSIQUE OVER 182 CM

43. **MEN PHYSIQUE OVERALL + AWARDING CEREMONY**

(4 Quarter Turns x 2)

SUNDAY, OCTOBER 28th, 2018

09:00 - ONE CONTINUOUS SESSION

**(WOMEN & MEN FITNESS FINALS; MIXED PAIRS, BIKINI FITNESS,
MUSCULAR MEN PHYSIQUE)**

(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

44. **OPENING CEREMONY + PARADE OF NATIONS**

45. Women Fitness up to 163 cm Finals Round 3
(Fitness Routines - 90 sec.)
46. Women Fitness +163 cm Finals Round 3
(Fitness Routines - 90 sec.)
47. Men Fitness open Finals Round 3
(Fitness Routines - 90 sec.)
48. Mixed Pairs Semifinals Round 1
(5 Compulsory Poses in groups of 3, Comparisons) > List of the Finalists backstage
49. Mixed Pairs Finals Round 2
(5 Compulsory Poses x 2 + Posedown)
50. Mixed Pairs Finals Round 3
(Posing Routines – 90 sec.)

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| 51. Women Fitness up to 163 cm
(4 Quarter Turns x 2) | Finals | Round 4 |
| 52. Women Fitness +163 cm
(4 Quarter Turns x 2) | Finals | Round 4 |
| 53. Men Fitness open
(4 Quarter Turns x 2) | Finals | Round 4 |

VICTORY CEREMONY:

- MIXED PAIRS
- WOMEN FITNESS 163 CM
- WOMEN FITNESS +163 CM
- MEN FITNESS OPEN

54. **WOMEN FITNESS OVERALL + AWARDING CEREMONY**
(4 Quarter Turns)

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| 55. Women Bikini Fitness up to 160 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 56. Women Bikini Fitness up to 158 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 57. Women Bikini Fitness up to 160 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 58. Women Bikini Fitness up to 158 cm
(l-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 59. Women Bikini Fitness up to 160 cm
(l-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 60. Women Bikini Fitness up to 162 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 61. Women Bikini Fitness up to 164 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 62. Women Bikini Fitness up to 162 cm
(l-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 63. Women Bikini Fitness up to 164 cm
(l-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| VICTORY CEREMONY: | | |
| - WOMEN BIKINI FITNESS 158 CM | | |
| - WOMEN BIKINI FITNESS 160 CM | | |
| - WOMEN BIKINI FITNESS 162 CM | | |
| - WOMEN BIKINI FITNESS 164 CM | | |
| 64. Women Bikini Fitness up to 166 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 65. Women Bikini Fitness up to 169 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 66. Women Bikini Fitness up to 166 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 67. Women Bikini Fitness up to 169 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 68. Women Bikini Fitness up to 166 cm
(l-walking + 4 Quarter Turns x 2) | Finals | Round 2 |

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| 69. Women Bikini Fitness up to 169 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 70. Muscular Men's Physique open
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 71. Women Bikini Fitness up to 172 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 72. Women Bikini Fitness +172 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 73. Women Bikini Fitness up to 172 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 74. Women Bikini Fitness +172 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 75. Women Bikini Fitness up to 172 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 76. Women Bikini Fitness +172 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 77. Muscular Men's Physique open
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |

VICTORY CEREMONY:

- WOMEN BIKINI FITNESS 166 CM
- WOMEN BIKINI FITNESS 169 CM
- WOMEN BIKINI FITNESS 172 CM
- WOMEN BIKINI FITNESS +172 CM
- MUSCULAR MEN'S PHYSIQUE

78. **WOMEN BIKINI FITNESS OVERALL + AWARDING CEREMONY**
(4 Quarter Turns x 2)

20:00 - IFBB WORLD RANKING GALA DINNER (RESULTS + AWARDS) - Podlasie Opera

SUNDAY, OCTOBER 28th, 2018
IFBB ELITE PRO WORLD MEN'S PHYSIQUE CHAMPIONSHIPS

14:00 - Professional Athletes Meeting and Registration – Podlasie Opera
Around 17:00 – Elite Pro Men's Physique competition

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| 79. Elite Pro Men Physique open
(4 Quarter Turns) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 80. Elite Pro Men Physique open
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 81. Elite Pro Men Physique open
(Individual Presentations + 4 Quarter Turns) | Finals | Round 2 |

ELITE PRO MEN PHYSIQUE AWARDING CEREMONY