

FRIDAY 11th OCTOBER - AFTERNOON FROM 2:00PM TILL 8:00PM

MAIN STAGE TOP FLOOR

15	Men's Fitness	Round 1	Routine
16	Junior BodyFitness (Open)	Round 1	Quarter Turns + Comparisons Bikini Own choice
17	Master Men 50-59 Years	Round 1	Mandatory Poses + Comparisons
18	Masters Men Over 60 Years	Round 1	Mandatory Poses + Comparisons
	Men's Fitness	Round 2	Quarter Turns + Comparisons
TOP 6 ARE CALLED BACK FOR FINALS (EXCEPT MEN'S FITNESS FINALS WILL BE ON SATURDAY AFTERNOON)			
	Junior BodyFitness (Open)	Round 2	FINALS – Bikini-own choice- T Walk ¼Turn
	Master Men 50-59 Years	Round 2 and 3	FINALS – Mandatory-Posedown-Routine
	Masters Men Over 60 Years	Round 2 and 3	FINALS – Mandatory-Posedown-Routine
AWARDS CEREMONY JUNIOR BODY-FITNESS and MASTER MEN'S 50-59 YRS AND OVER 60 YRS			
19	Masters Men 40-49 Years up to 80 kg	Round 1	Mandatory Poses + Comparisons
20	Masters Men 40-49 Years up to 90 kg	Round 1	Mandatory Poses + Comparisons
21	Masters Men 40-49 Years over 90 kg	Round 1	Mandatory Poses + Comparisons
TOP 6 ARE CALLED BACK FOR FINALS			
	Masters Men 40-49 Years up to 80 kg	Round 2 and 3	FINALS – Mandatory-Posedown-Routine
	Masters Men 40-49 Years up to 90 kg	Round 2 and 3	FINALS – Mandatory-Posedown-Routine
	Masters Men 40-49 Years over 90 kg	Round 2 and 3	FINALS – Mandatory-Posedown-Routine
AWARDS CEREMONY MASTER MEN'S 40-49 YRS AND OVERALL MASTERS MEN			
22	BodyFitness up to 158cm	Round 1	Quarter Turns + Comparisons Bikini Own choice
23	BodyFitness up to 163cm	Round 1	Quarter Turns + Comparisons Bikini Own choice
24	BodyFitness up to 168cm	Round 1	Quarter Turns + Comparisons Bikini Own choice
25	BodyFitness Over 168cm	Round 1	Quarter Turns + Comparisons Bikini Own choice
TOP 6 ARE CALLED BACK FOR FINALS			
	BodyFitness up to 158cm	Round 2	FINALS – Bikini-own choice- T Walk-¼Turn
	BodyFitness up to 163cm	Round 2	FINALS – Bikini-own choice- T Walk-¼Turn
	BodyFitness up to 168cm	Round 2	FINALS – Bikini-own choice- T Walk-¼Turn
	BodyFitness Over 168cm	Round 2	FINALS – Bikini-own choice- T Walk-¼Turn
AWARDS CEREMONY BODY-FITNESS AND OVERALL			
26	Men Bodybuilding upto & incl 70kg	Round 1	Mandatory Poses + Comparisons
27	Men Bodybuilding upto & incl 75kg	Round 1	Mandatory Poses + Comparisons
TOP 6 ARE CALLED BACK FOR FINALS			
	Men Bodybuilding upto & incl 70kg	Round 2 and 3	FINALS – Mandatory-Posedown-Routine
	Men Bodybuilding upto & incl 75kg	Round 2 and 3	FINALS – Mandatory-Posedown-Routine
AWARDS CEREMONY MEN BB 70KG AND 75KG			

SUNDAY 13th OCTOBER 10:30AM TILL 1:00PM**MAIN STAGE TOP FLOOR**

38	Men Bodybuilding upto & incl 90kg	Round 1	Mandatory Poses + Comparisons
39	Men Bodybuilding up to 100kg	Round 1	Mandatory Poses + Comparisons
40	Men Bodybuilding Over 100kg	Round 1	Mandatory Poses + Comparisons
TOP 6 ARE CALLED BACK FOR FINALS			
	Men Bodybuilding upto & incl 90kg	Round 2 and 3	FINALS – Mandatory-Posedown-Routine
	Men Bodybuilding up to 100kg	Round 2 and 3	FINALS – Mandatory-Posedown-Routine
	Men Bodybuilding Over 100kg	Round 2 and 3	FINALS – Mandatory-Posedown-Routine
AWARDS CEREMONY			
MEN'S BB 90KG, 100KG and OVER 100KG			
OVERALL MEN 'S BODYBUILDING			
	Women's Fitness – 163cm	Round 3	FINALS –Routine
	Women's Fitness + 163cm	Round 3	FINALS – Routine
	Women's Fitness – 163cm	Round 4	FINALS – Quarter Turns
	Women's Fitness + 163cm	Round 4	FINALS – Quarter Turns
AWARDS CEREMONY WOMEN'S FITNESS AND OVERALL			