

SATURDAY 12th OCTOBER - MORNING FROM 10:30AM TILL 12:30PM

MAIN STAGE TOP FLOOR (2 HOURS = 120 min)

	Men's Fitness	Round 3	FINALS – Routine
30	Men Bodybuilding upto & incl 80kg	Round 1	Mandatory Poses + Comparisons
31	Men Bodybuilding upto & incl 85kg	Round 1	Mandatory Poses + Comparisons
TOP 6 ARE CALLED BACK FOR FINALS (except Women's Fitness- Top 6 Sunday morning)			
	Men's Fitness	Round 4	FINALS – Quarter Turns
	Men Bodybuilding upto & incl 80kg	Round 2 and 3	FINALS – Mandatory-Posedown-Routine
	Men Bodybuilding upto & incl 85kg	Round 2 and 3	FINALS – Mandatory-Posedown-Routine
AWARDS CEREMONY			
MEN'S FITNESS and MEN BB 80KG and 85KG			

SATURDAY 12th OCTOBER - AFTERNOON FROM 3:00PM TILL 6:00PM

MAIN STAGE TOP FLOOR (3 HOURS = 180min)

32	Women Bikini – 160cm	Round 1	2-piece Bikini - Quarter turns
33	Women Bikini -163 cm	Round 1	2-piece Bikini - Quarter turns
34	Women Bikini – 166cm	Round 1	2-piece Bikini - Quarter turns
35	Women Bikini -169 cm	Round 1	2-piece Bikini - Quarter turns
36	Women Bikini -172 cm	Round 1	2-piece Bikini - Quarter turns
37	Women Bikini +172 cm	Round 1	2-piece Bikini - Quarter turns
TOP 6 ARE CALLED BACK FOR FINALS			
	Women Bikini – 160cm	Round 2	FINALS – Bikini-own choice- T Walk-¼Turn
	Women Bikini -163 cm	Round 2	FINALS – Bikini-own choice- T Walk-¼Turn
	Women Bikini – 166cm	Round 2	FINALS – Bikini-own choice- T Walk-¼Turn
	Women Bikini -169 cm	Round 2	FINALS – Bikini-own choice- T Walk-¼Turn
	Women Bikini -172 cm	Round 2	FINALS – Bikini-own choice- T Walk-¼Turn
	Women Bikini +172 cm	Round 2	FINALS – Bikini-own choice- T Walk-¼Turn
AWARDS CEREMONY			
WOMEN'S BIKINI			
BIKINI-FITNESS OVERALL			

SUNDAY 13th OCTOBER 10:30AM TILL 2:00PM**MAIN STAGE TOP FLOOR (3½ HOURS = 210 min)**

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