

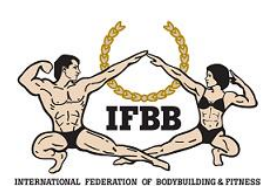
2015 EBFF BODYBUILDING AND FITNESS CHAMPIONSHIPS AND CONGRESS



**DETAILED RUNNING ORDER
MEN, WOMEN, JUNIORS AND MASTERS**



2015 EBFF **BODYBUILDING AND FITNESS** **CHAMPIONSHIPS AND CONGRESS**



WEDNESDAY, MAY 13TH, 2015

10:00 – 17:00 – Continuous Registration of arriving National Teams - Caprici Verd Hotel

THURSDAY, MAY 14TH, 2015

08:30 – 11:00 - EBFF CONGRESS – Ona Brava Hotel

16.00 Nicole Wilkins BodyFitness and Bikini Fitness Seminar

THURSDAY, MAY 14TH, 2015

NOON SESSION – DURATION: 11:30-14.00; LUNCH: 14:00-15:00
(CLASSIC BODYBUILDING: JUNIORS + MASTERS)

(If there are 6 or less athletes in a category, there will be no prejudging round)

- | | | |
|--|----------------------------|---------|
| 1. Junior Men Classic Bodybuilding open | Elimination Round (if >15) | |
| (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | | |
| 2. Master Men Classic Bodybuilding age 40-49 years | Elimination Round (if >15) | |
| (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | | |
| 3. Master Men Classic Bodybuilding age +50 years | Elimination Round (if >15) | |
| (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | | |
| 4. Junior Men Classic Bodybuilding open | Semifinals | Round 1 |
| (4 Quarter Turns + 4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | | |
| 5. Master Men Classic Bodybuilding age 40-49 years | Semifinals | Round 1 |
| (4 Quarter Turns + 4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | | |
| 6. Master Men Classic Bodybuilding age +50 years | Semifinals | Round 1 |
| (4 Quarter Turns + 4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | | |
| 7. Junior Men Classic Bodybuilding open | Finals | Round 2 |
| (7 Compulsory Poses x 2 + Posedown) | | |
| 8. Junior Men Classic Bodybuilding open | Finals | Round 3 |
| (Posing Routines – 60 sec.) | | |
| 9. Master Men Classic Bodybuilding age 40-49 | Finals | Round 2 |
| (7 Compulsory Poses x 2 + Posedown) | | |
| 10. Master Men Classic Bodybuilding age 40-49 | Finals | Round 3 |
| (Posing Routines – 60 sec.) | | |
| 11. Master Men Classic Bodybuilding age over 50 | Finals | Round 2 |
| (7 Compulsory Poses x 2 + Posedown) | | |
| 12. Master Men Classic Bodybuilding age over 50 | Finals | Round 3 |
| (Posing Routines – 60 sec.) | | |

VICTORY CEREMONY: JUNIOR MEN CLASSIC BODYBUILDING, MASTER MEN CLASSIC BODYBUILDING 40-49 AND +50

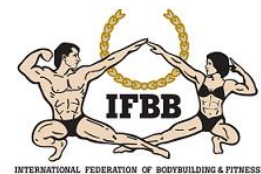
13. **MASTER MEN CLASSIC BODYBUILDING OVERALL + VICTORY CEREMONY**

(7 Compulsory Poses + Posedown)

– 2:50 h or 2:10 h



2015 EBFF **BODYBUILDING AND FITNESS** **CHAMPIONSHIPS AND CONGRESS**

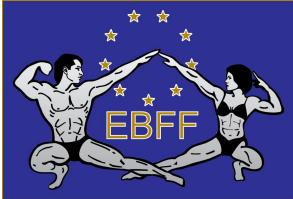


THURSDAY, MAY 14TH, 2015

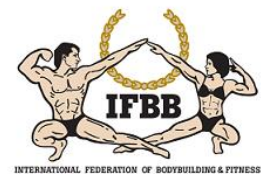
AFTERNOON SESSION – DURATION: 15:00-20:30

(CLASSIC BODYBUILDING: MEN 168 CM, 171 CM, 175 CM, 180 CM, +180 CM; MIXED PAIRS; MASTER MEN BODYBUILDING 50-59: 80 KG, +80 KG; age 60-65, +65) If there are 6 or less athletes in a category, there will be no prejudging round

- | | |
|--|--|
| 14. Men Classic Bodybuilding 168 cm
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) |
| 15. Men Classic Bodybuilding 171 cm
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) |
| 16. Men Classic Bodybuilding 175 cm
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) |
| 17. Men Classic Bodybuilding up to 168 cm
(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals Round 1 |
| 18. Men Classic Bodybuilding up to 171 cm
(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals Round 1 |
| 19. 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 |
| 20. Men Classic Bodybuilding up to 168
(7 Compulsory poses x 2 + Posedown) | Finals Round 2 |
| 21. Men Classic Bodybuilding up to 168
(Posing Routines – 60 sec.) | Finals Round 3 |
| 22. Men Classic Bodybuilding up to 171 cm
(7 Compulsory poses x 2 + Posedown) | Finals Round 2 |
| 23. Men Classic Bodybuilding up to 171 cm
(Posing Routines – 60 sec.) | Finals Round 3 |
| 24. Men Classic Bodybuilding up to 175 cm
(7 Compulsory poses x 2 + Posedown) | Finals Round 2 |
| 25. Men Classic Bodybuilding up to 175 cm
(Posing Routines – 60 sec.) | Finals Round 3 |
| Men Classic Bodybuilding 180 cm
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | -2:00 h
Elimination Round (if >15) |
| 26. Men Classic Bodybuilding +180 cm
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) |
| 27. 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 |
| 28. 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 |
| 29. Men Classic Bodybuilding up to 180 cm
(7 Compulsory poses x 2 + Posedown) | Finals Round 2 |
| 30. Men Classic Bodybuilding up to 180 cm
(Posing Routines – 60 sec.) | Finals Round 3 |
| 31. Men Classic Bodybuilding +180 cm
(7 Compulsory poses x 2 + Posedown) | Finals Round 2 |
| 32. Men Classic Bodybuilding +180 cm
(Posing Routines – 60 sec.) | Finals Round 3 |



2015 EBFF **BODYBUILDING AND FITNESS** **CHAMPIONSHIPS AND CONGRESS**



VICTORY CEREMONY: MEN CLASSIC BODYBUILDING 168 CM, 171 CM, 175 CM, 180 CM, +180 CM

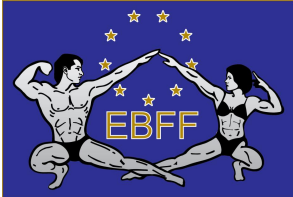
33. MEN CLASSIC BODYBUILDING OVERALL + VICTORY CEREMONY– 2:20 h > 4:20

(4 quarter turns + 7 Compulsory Poses x 2 + Posedown)

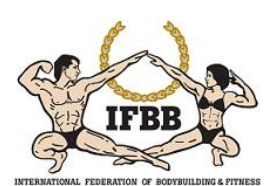
34. Mixed Pairs	Elimination Round (if >15)	
(5 Compulsory poses in groups of 3) > List of the Semifinalists backstage		
35. Mixed Pairs	Semifinals	Round 1
(5 Compulsory Poses in groups of 3, Comparisons) > List of the Finalists backstage		
36. Mixed Pairs	Finals	Round 2
(5 Compulsory Poses x 2 + Posedown)		
37. Mixed Pairs	Finals	Round 3
(Posing Routines – 90 sec.)		

VICTORY CEREMONY: MIXED PAIRS - 1:05 or 0:50 h > 5:10

38. Master Men Bodybuilding age 50-59, up to 80 kg	Elimination Round (if >15)	
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage		
39. Master Men Bodybuilding age 50-59, +80 kg	Elimination Round (if >15)	
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage		
40. Master Men Bodybuilding age 50-59, up to 80 kg	Semifinals	Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage		
41. Master Men Bodybuilding age 50-59, +80 kg	Semifinals	Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage		
42. Master Men Bodybuilding age 50-59, up to 80 kg	Finals	Round 2
(7 Compulsory Poses x 2 + Posedown)		
43. Master Men Bodybuilding age 50-59, up to 80 kg	Finals	Round 3
(Posing Routines – 60 sec.)		
44. Master Men Bodybuilding age 50-59, +80 kg	Finals	Round 2
(7 Compulsory Poses x 2 + Posedown)		
45. Master Men Bodybuilding age 50-59, +80 kg	Finals	Round 3
(Posing Routines – 60 sec.)		
46. Master Men Bodybuilding age 60-65	Elimination Round (if >15)	
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage		
47. Master Men Bodybuilding age +65	Elimination Round (if >15)	
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage		
48. Master Men Bodybuilding age 60-65, open	Semifinals	Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage		
49. Master Men Bodybuilding age +65, open	Semifinals	Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage		
50. Master Men Bodybuilding age 60-65, open	Finals	Round 2
(7 Compulsory Poses x 2 + Posedown)		
51. Master Men Bodybuilding age 60-65, open	Finals	Round 3
(Posing Routines – 60 sec.)		



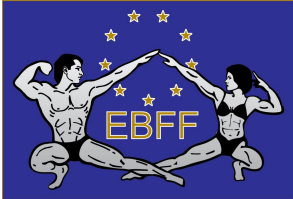
2015 EBFF **BODYBUILDING AND FITNESS** **CHAMPIONSHIPS AND CONGRESS**



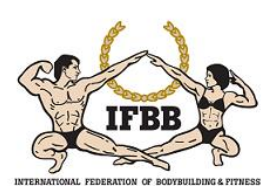
17. MASTER MEN BODYBUILDING OVERALL (40-49, 50-59, 60-65, +65) + VICTORY CEREMONY – 2:00 h

(7 Compulsory Poses + Comparisons + Posedown)

- | | |
|--|----------------------------|
| 18. Men Bodybuilding 70 kg | Elimination Round (if >15) |
| (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | |
| 19. Men Bodybuilding 75 kg | Elimination Round (if >15) |
| (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | |
| 20. Men Bodybuilding up to 70 kg | Semifinals Round 1 |
| (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | |
| 21. Men Bodybuilding up to 75 kg | Semifinals Round 1 |
| (4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | |
| 22. Men Bodybuilding up to 70 kg | Finals Round 2 |
| (7 Compulsory Poses x 2 + Posedown) | |
| 23. Men Bodybuilding up to 70 kg | Finals Round 3 |
| (Posing Routines – 60 sec.) | |
| 24. Men Bodybuilding up to 75 kg | Finals Round 2 |
| (7 Compulsory Poses x 2 + Posedown) | |
| 25. Men Bodybuilding up to 75 kg | Finals Round 3 |
| (Posing Routines – 60 sec.) | -1:00 h > 4:20 |



2015 EBFF BODYBUILDING AND FITNESS CHAMPIONSHIPS AND CONGRESS



FRIDAY, MAY 15TH, 2015

AFTERNOON SESSION – DURATION: 15:00 – 20:30

**(MEN BODYBUILDING: 80 KG, 85 KG, 90 KG, 95 KG, 100, KG, +100 KG
JUNIOR MEN BODYBUILDING 75, KG +75 KG)**

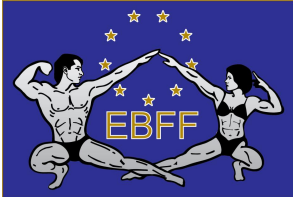
(If there are 6 or less athletes in a category, there will be no pre-judging rounds)

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|--|----------------------------|
| 26. Men Bodybuilding 80 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) |
| 27. Men Bodybuilding 85 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) |
| 28. Men Bodybuilding up to 80 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals Round 1 |
| 29. Men Bodybuilding up to 85 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals Round 1 |
| 30. Men Bodybuilding up to 80 kg
(7 Compulsory poses x 2 + Posedown) | Finals Round 2 |
| 31. Men Bodybuilding up to 80 kg
(Posing Routines – 60 sec.) | Finals Round 3 |
| 32. Men Bodybuilding up to 85 kg
(7 Compulsory Poses x 2 + Posedown) | Finals Round 2 |
| 33. Men Bodybuilding up to 85 kg
(Posing Routines – 60 sec.) | Finals Round 3 |

VICTORY CEREMONY: MEN BODYBUILDING 70 KG, 75 KG, 80 KG, 85 KG – 2:00 h

In the meantime: sandwich + coffee for the judges + secretariat + backstage

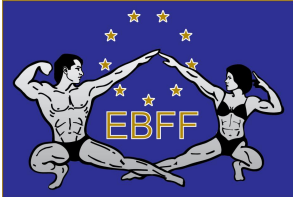
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|--|----------------------------------|
| 34. Men Bodybuilding 90 kg
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) |
| 35. Men Bodybuilding 95 kg
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) |
| 36. Men Bodybuilding up to 90 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals Round 1 |
| 37. Men Bodybuilding up to 95 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals Round 1 |
| 38. Men Bodybuilding up to 90
(7 Compulsory Poses x 2 + Posedown) | Finals Round 2 |
| 39. Men Bodybuilding up to 90
(Posing Routines – 60 sec.) | Finals Round 3 |
| 40. Men Bodybuilding up to 95
(7 Compulsory Poses x 2 + Posedown) | Finals Round 2 |
| 41. Men Bodybuilding up to 95
(Posing Routines – 60 sec.) | Finals Round 3
-2:00 h |
| | |
| 42. Men Bodybuilding 100 kg
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) |
| 43. Men Bodybuilding +100 kg
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) |



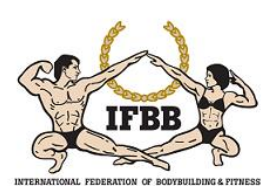
2015 EBFF BODYBUILDING AND FITNESS CHAMPIONSHIPS AND CONGRESS



- | | | |
|--|--------------------------------------|----------------|
| <p>44. Men Bodybuilding up to 100 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage</p> | <p>Semifinals</p> | <p>Round 1</p> |
| <p>45. Men Bodybuilding +100 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage</p> | <p>Semifinals</p> | <p>Round 1</p> |
| <p>46. Men Bodybuilding up to 100
(7 Compulsory Poses x 2 + Posedown)</p> | <p>Finals</p> | <p>Round 2</p> |
| <p>47. Men Bodybuilding up to 100
(Posing Routines – 60 sec.)</p> | <p>Finals</p> | <p>Round 3</p> |
| <p>48. Men Bodybuilding +100
(7 Compulsory Poses x 2 + Posedown)</p> | <p>Finals</p> | <p>Round 2</p> |
| <p>49. Men Bodybuilding +100
(Posing Routines – 60 sec.)</p> | <p>Finals</p> | <p>Round 3</p> |
| <p>50. VICTORY CEREMONY: MEN BODYBUILDING 90 KG, 95 KG, 100 KG, +100 KG</p> | | |
| <p>51. MEN BODYBUILDING OVERALL + VICTORY CEREMONY –2:00 h > 6:00 h
(7 Compulsory Poses x 2 + Comparisons + Posedown)</p> | | |
| <p>52. Junior Men Bodybuilding up to 75 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage</p> | <p>Elimination Round (if >15)</p> | |
| <p>53. Junior Men Bodybuilding +75 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage</p> | <p>Elimination Round (if >15)</p> | |
| <p>54. Junior Men Bodybuilding up to 75 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage</p> | <p>Semifinals</p> | <p>Round 1</p> |
| <p>55. Junior Men Bodybuilding +75 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage</p> | <p>Semifinals</p> | <p>Round 1</p> |
| <p>56. Junior Men Bodybuilding up to 75 kg
(7 Compulsory poses x 2 + Posedown)</p> | <p>Finals</p> | <p>Round 2</p> |
| <p>57. Junior Men Bodybuilding up to 75 kg
(Posing Routines – 60 sec.)</p> | <p>Finals</p> | <p>Round 3</p> |
| <p>58. Junior Men Bodybuilding +75 kg
(7 Compulsory poses x 2 + Posedown)</p> | <p>Finals</p> | <p>Round 2</p> |
| <p>59. Junior Men Bodybuilding +75 kg
(Posing Routines – 60 sec.)</p> | <p>Finals</p> | <p>Round 3</p> |
| <p>VICTORY CEREMONY: JUNIOR MEN BODYBUILDING 75 KG, +75 KG</p> | | |
| <p>60. JUNIOR MEN BODYBUILDING OVERALL + VICTORY CEREMONY –1:40 h > 7:40 h
(7 Compulsory poses + Posedown)</p> | | |



2015 EBFF **BODYBUILDING AND FITNESS** **CHAMPIONSHIPS AND CONGRESS**



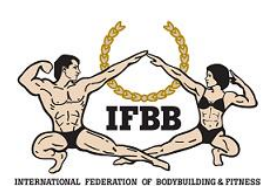
SATURDAY, MAY 16TH, 2015

MORNING SESSION – DURATION: 09:00 – 14:00 (JUNIOR WOMEN & MEN FITNESS SEMIFINALS, WOMEN & MEN FITNESS SEMIFINALS, JUNIOR WOMEN BODYFITNESS). LUNCH: 14:00 – 15:00

- | | | |
|--|----------------------------|---------|
| 1. Junior Women Fitness up to 163 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 2. Junior Women Fitness +163 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 3. Junior Men Fitness open
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 4. Women Fitness up to 163 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 5. Women Fitness +163 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 6. Men Fitness open
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 7. Junior Women Fitness up to 163 cm
(Fitness Routines - 90 sec.) | Semifinals | Round 1 |
| 8. Junior Women Fitness +163 cm
(Fitness Routines - 90 sec.) | Semifinals | Round 1 |
| 9. Junior Men Fitness open
(Fitness Routines - 90 sec.) | Semifinals | Round 1 |
| | | |
| 10. Junior Women Bodyfitness up to 163 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 11. Junior Women Bodyfitness +163 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 12. Junior Women Bodyfitness up to 163 cm
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 13. Junior Women Bodyfitness +163 cm
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| | | |
| 14. Women Fitness up to 163 cm
(Fitness Routines - 90 sec.) | Semifinals | Round 1 |
| 15. Women Fitness +163 cm
(Fitness Routines - 90 sec.) | Semifinals | Round 1 |
| 16. Men Fitness open
(Fitness Routines - 90 sec.) | Semifinals | Round 1 |
| | | |
| 17. Junior Women Fitness up to 163 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists | Semifinals | Round 2 |
| 18. Junior Women Fitness +163 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists | Semifinals | Round 2 |
| 19. Junior Men Fitness open
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists | Semifinals | Round 2 |



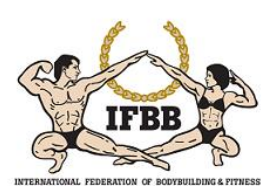
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- | | | |
|--|------------|---------|
| 20. Women Fitness up to 163 cm
(4 Quarter Turns + Comparisons) > List of the Finalists | Semifinals | Round 2 |
| 21. Women Fitness over 163 cm
(4 Quarter Turns + Comparisons) > List of the Finalists | Semifinals | Round 2 |
| 22. Men Fitness open
(4 Quarter Turns + Comparisons) > List of the Finalists | Semifinals | Round 2 |
| 23. Junior Women Bodyfitness up to 163 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 24. Junior Women Bodyfitness +163 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 25. VICTORY CEREMONY: JUNIOR WOMEN BODYFITNESS 163 CM, +163 CM | | |
| 26. JUNIOR WOMEN BODYFITNESS OVERALL + VICTORY CEREMONY – 4:00 h
(4 Quarter Turns) | | |



2015 EBFF **BODYBUILDING AND FITNESS** **CHAMPIONSHIPS AND CONGRESS**



SATURDAY, MAY 16TH, 2015

AFTERNOON SESSION – DURATION: 15:00 – 20:30 (WHEELCHAIR, MASTER WOMEN BODYFITNESS, WOMEN BODYFITNESS, JUNIOR WOMEN PHYSIQUE, MASTER WOMEN PHYSIQUE, WOMEN PHYSIQUE; JUNIOR MEN PHYSIQUE, MEN PHYSIQUE) If there are 6 or less athletes in a category, there will be no pre-judging rounds

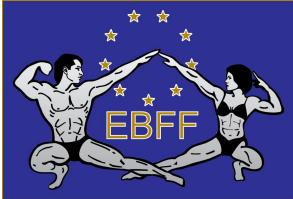
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|---|------------|---------|
| 27. Wheelchair Bodybuilding open
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage) | Semifinals | Round 1 |
| 28. Wheelchair Bodybuilding open
(7 Compulsory Poses) | Finals | Round 2 |
| 29. Wheelchair Bodybuilding open
(Posing Routines – 60 sec.) | Finals | Round 3 |

VICTORY CEREMONY: WHEELCHAIR BODYBUILDING - 0:20 h

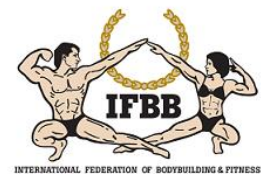
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|---|-----------------------------|---------|
| 30. Master Women Bodyfitness age 35-44
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 31. Master Women Bodyfitness age over 45
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 32. Master Women Bodyfitness age 35-44
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 33. Master Women Bodyfitness age over 45
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 34. Master Women Bodyfitness age 35-44
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 35. Master Women Bodyfitness age over 45
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 36. VICTORY CEREMONY: MASTER WOMEN BODYFITNESS AGE 35-44, +45
<i>Sandwich + cold drinks for judges</i> | | |

MASTER WOMEN BODYFITNESS OVERALL + VICTORY CEREMONY – 1:20 h > 1:40
(4 Quarter Turns)

- | | | |
|--|-----------------------------|---------|
| 37. Women Bodyfitness 158 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 38. Women Bodyfitness 163 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 39. Women Bodyfitness up to 158 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 40. Women Bodyfitness up to 163 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 41. Women Bodyfitness up to 158 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 42. Women Bodyfitness up to 163 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 43. Women Bodyfitness 168 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | | |



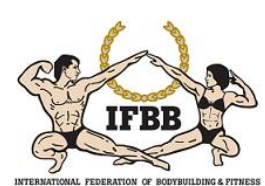
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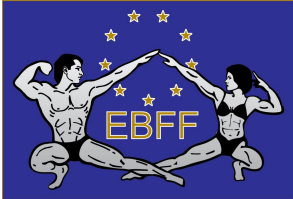
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|--|-----------------------------|---------------------------|
| 44. Women Bodyfitness +168 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 45. Women Bodyfitness up to 168 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 46. Women Bodyfitness +168 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 47. Women Bodyfitness up to 168 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 48. Women Bodyfitness +168 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| VICTORY CEREMONY: WOMEN BODYFITNESS 158 CM, 163 CM, 168 CM, +168 CM | | |
| 49. WOMEN BODYFITNESS OVERALL + VICTORY CEREMONY – 1:20 h > 3:00
(4 Quarter Turns x 2) | | |
| 50. Junior Women Physique open
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 51. Master Women Physique open
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 52. Junior Women Physique open
(4 Quarter Turns + 4 Compulsory Poses in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 53. Master Women Physique open
(4 Quarter Turns + 4 Compulsory Poses in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 54. Junior Women Physique open
(4 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 55. Junior Women Physique open
(Posing routine – 30 sec.) | Finals | Round 3 |
| 56. Master Women Physique open
(4 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 57. Master Women Physique open
(Posing Routines – 30 sec.) | Finals | Round 3
-0:50 h |
| 58. Women Physique up to 163 cm
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | | |
| 59. Women Physique +163 cm
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | | |
| 60. 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 |
| 61. Women Physique +163 cm
(4 Quarter Turns + 4 Compulsory Poses in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 62. Women Physique up to 163 cm
(4 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 63. Women Physique up to 163 cm
(Posing Routines – 30 sec.) | Finals | Round 3 |
| 64. Women Physique +163 cm
(4 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |



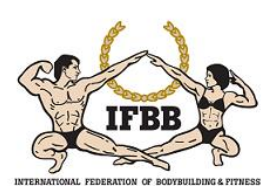
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65. Women Physique +163 cm
(Posing Routines – 30 sec.)
66. **VICTORY CEREMONY: JUNIOR WOMEN PHYSIQUE, MASTER WOMEN PHYSIQUE, WOMEN PHYSIQUE 163 CM, +163 CM**
67. **WOMEN PHYSIQUE OVERALL (163 CM, +163 CM) + VICTORY CEREMONY – 1:40 h > 5:30**
(4 Compulsory Poses)
68. Junior Men Physique up to 170 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
69. Junior Men Physique up to 175 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
70. Junior Men Physique up to 170 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
71. Junior Men Physique up to 175 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
72. Junior Men Physique up to 170 cm
(Individual Presentations + 4 Quarter Turns x 2)
73. Junior Men Physique up to 175 cm
(Individual Presentations + 4 Quarter Turns x 2)
74. Junior Men Physique +175 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
75. Master Men Physique open
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
76. Junior Men Physique +175 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
77. Master Men Physique open
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
78. Junior Men Physique +175 cm
(Individual Presentations + 4 Quarter Turns x 2)
79. Master Men Physique open
(Individual Presentations + 4 Quarter Turns x 2)
- VICTORY CEREMONY: JUNIOR MEN PHYSIQUE 170 CM, 175 CM, +175 CM, MASTER MEN PHYSIQUE OPEN**
Sandwich + cold drink for judges
80. **JUNIOR MEN PHYSIQUE OVERALL - 0:50 h > 7:00 h**
(4 Quarter Turns)
81. Men Physique 170 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
82. Men Physique 174 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage



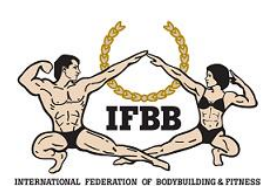
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83. Men Physique up to 170 cm (4 Quarter Turns + Comparisons) > List of the Finalists backstage	Semifinals	Round 1
84. Men Physique up to 174 cm (4 Quarter Turns + Comparisons) > List of the Finalists backstage	Semifinals	Round 1
85. Men Physique up to 170 cm (Individual Presentations + 4 Quarter Turns x 2)	Finals	Round 2
86. Men Physique up to 174 cm (Individual Presentations + 4 Quarter Turns x 2)	Finals	Round 2
87. Men Physique 178 cm (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage	Elimination Round (if >15)	
88. Men Physique +178 cm (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage	Elimination Round (if >15)	
89. Men Physique up to 178 cm (4 Quarter Turns + Comparisons) > List of the Finalists backstage	Semifinals	Round 1
90. Men Physique +178 cm (4 Quarter Turns + Comparisons) > List of the Finalists backstage	Semifinals	Round 1
91. Men Physique up to 178 cm (Individual Presentations + 4 Quarter Turns x 2)	Finals	Round 2
92. Men Physique +178 cm (Individual Presentations + 4 Quarter Turns x 2)	Finals	Round 2
VICTORY CEREMONY: MEN PHYSIQUE 170 CM, 174 CM, 178 CM, +178 CM		
93. MEN PHYSIQUE OVERALL + VICTORY CEREMONY – 2:00 h > 9:00 (4 Quarter Turns x 2)		



2015 EBFF **BODYBUILDING AND FITNESS** **CHAMPIONSHIPS AND CONGRESS**



SUNDAY, MAY 17TH, 2015

MORNING SESSION – DURATION: 09:00 – 14:00 (JUNIOR WOMEN & MEN FITNESS FINALS, WOMEN & MEN FITNESS FINALS)

(If there are 6 or less athletes in a category, there will be no pre-judging rounds)

- | | | |
|--|--------|---------|
| 1. Junior Women Fitness up to 163 cm
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 2. Junior Women Fitness +163 cm
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 3. Junior Men Fitness open
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 4. Junior Women Fitness up to 163 cm
(4 Quarter Turns x 2) | Finals | Round 4 |
| 5. Junior Women Fitness +163 cm
(4 Quarter Turns x 2) | Finals | Round 4 |
| 6. Junior Men Fitness open
(4 Quarter Turns x 2) | Finals | Round 4 |

VICTORY CEREMONY: JUNIOR WOMEN FITNESS 163 CM, +163 CM, JUNIOR MEN FITNESS

7. **JUNIOR WOMEN FITNESS OVERALL + VICTORY CEREMONY– 2:30 h**
(4 Quarter Turns)

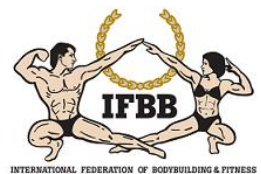
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|---|--------|---------|
| 8. Women Fitness up to 163 cm
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 9. Women Fitness +163 cm
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 10. Men Fitness open
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 11. Women Fitness up to 163 cm
(4 Quarter Turns x 2) | Finals | Round 4 |
| 12. Women Fitness +163 cm
(4 Quarter Turns x 2) | Finals | Round 4 |
| 13. Men Fitness open
(4 Quarter Turns x 2) | Finals | Round 4 |

VICTORY CEREMONY: WOMEN FITNESS 163 CM, +163 CM, MEN FITNESS OPEN

14. **WOMEN FITNESS OVERALL + VICTORY CEREMONY - 2:30 h > 5:00 h**
(4 Quarter Turns)

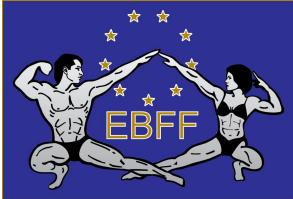


2015 EBFF **BODYBUILDING AND FITNESS** **CHAMPIONSHIPS AND CONGRESS**

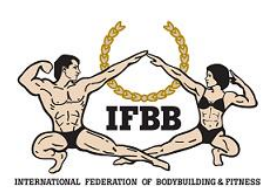


SUNDAY, MAY 17TH, 2015
AFTERNOON SESSION – DURATION: 15:00 – 20:30
(BIKINI FITNESS: JUNIORS + MASTER + WOMEN)

- | | | |
|---|-----------------------------|---------|
| 15. Junior Women Bikini Fitness up to 160 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 16. Junior Women Bikini Fitness up to 166 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 17. Junior Women Bikini Fitness up to 160 cm
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 18. Junior Women Bikini Fitness up to 166 cm
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 19. Junior Women Bikini Fitness up to 160 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 20. Junior Women Bikini Fitness up to 166 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 21. Junior Women Bikini Fitness +166 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 22. Master Women Bikini Fitness age over 35
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 23. Junior Women Bikini Fitness +166 cm
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 24. Master Women Bikini Fitness age over 35
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 25. Junior Women Bikini Fitness +163 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 26. Master Women Bikini Fitness age over 35
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| VICTORY CEREMONY: JUNIOR WOMEN BIKINI FITNESS 160 CM, 166 CM, +166 CM, MASTER WOMEN BIKINI FITNESS | | |
| 27. JUNIOR WOMEN BIKINI FITNESS OVERALL + VICTORY CEREMONY– 2:30 h
(4 Quarter Turns) | | |
| 28. Women Bikini Fitness up to 160 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 29. Women Bikini Fitness up to 163 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 30. Women Bikini Fitness up to 160 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 31. Women Bikini Fitness up to 163 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 32. Women Bikini Fitness up to 160 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |



2015 EBFF **BODYBUILDING AND FITNESS** **CHAMPIONSHIPS AND CONGRESS**



- | | | |
|---|-----------------------------|---------|
| 33. Women Bikini Fitness up to 163 cm
(T-walking + 4 Quarter Turns x 2)
<i>Sandwich and cold drinks for judges</i> | Finals | Round 2 |
| | | |
| 34. Women Bikini Fitness up to 166 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 35. Women Bikini Fitness up to 169 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 36. Women Bikini Fitness up to 166 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 37. Women Bikini Fitness up to 169 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 38. Women Bikini Fitness up to 166 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 39. Women Bikini Fitness up to 169 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| | | |
| 40. Women Bikini Fitness up to 172 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 41. Women Bikini Fitness +172 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 42. Women Bikini Fitness up to 172 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 43. Women Bikini Fitness +172 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 44. Women Bikini Fitness up to 172 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 45. Women Bikini Fitness +172 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |

VICTORY CEREMONY: WOMEN BIKINI FITNESS 160 CM, 163 CM, 166 CM, 169 CM, 172 CM, +172 CM

46. **WOMEN BIKINI FITNESS OVERALL + VICTORY CEREMONY - 5:00 h > 7:30 h**
(4 Quarter Turns x 2)

1. **EUROPEAN BODYBUILDING CHAMPIONSHIPS – THE BEST TEAMS AWARDS**
2. **EUROPEAN FITNESS CHAMPIONSHIPS – THE BEST TEAMS AWARDS**
3. **EUROPEAN JUNIORS AND MASTERS CHAMPIONSHIPS – THE BEST TEAMS AWARDS**

MONDAY, MAY 18TH, 2015

DEPARTURES