

**DETAILED RUNNING ORDER OF THE 2016 WORLD FITNESS CHAMPIONSHIPS**  
**Bialystok, Poland**

**FRIDAY, NOVEMBER 11<sup>TH</sup>, 2016**

**10:00 – 21:00 – Continuous Athlete Registration** of arriving National Teams –  
Golebiewski Hotel

**SATURDAY, NOVEMBER 12<sup>TH</sup>, 2016**

**10:00 - ONE CONTINUOUS SESSION**

**(WOMEN & MEN FITNESS SEMIFINALS, WOMEN BODYFITNESS, WOMEN'S  
PHYSIQUE, MEN'S PHYSIQUE, ELITE CUP 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 Pleas be aware that some categories  
might run very fast hat is why the day of your competition athletes must be long in advance ready at the  
venue

- |  |                             |         |
|--|-----------------------------|---------|
| 1. Women Fitness up to 163 cm<br>(Fitness Routines - 90 sec.)  | Semifinals                  | Round 1 |
| 2. Women Fitness +163 cm<br>(Fitness Routines - 90 sec.)   | Semifinals                  | Round 1 |
| 3. Men Fitness open<br>(Fitness Routines - 90 sec.)  | Semifinals                  | Round 1 |
| 4. Women Bodyfitness 158 cm<br>(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage                  | Elimination Rounds (if >15) |         |
| 5. Women Bodyfitness 163 cm<br>(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage                  | Elimination Rounds (if >15) |         |
| 6. Women Bodyfitness up to 158 cm<br>(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage  | Semifinals                  | Round 1 |
| 7. Women Bodyfitness up to 163 cm<br>(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage  | Semifinals                  | Round 1 |
| 8. Women Bodyfitness up to 158 cm<br>(I-walking + 4 Quarter Turns x 2)   | Finals                      | Round 2 |
| 9. Women Bodyfitness up to 163 cm<br>(I-walking + 4 Quarter Turns x 2)   | Finals                      | Round 2 |
| 10. Women Fitness up to 163 cm<br>(4 Quarter Turns + Comparisons) > List of the Finalists                              | Semifinals                  | Round 2 |
| 11. Women Fitness over 163 cm<br>(4 Quarter Turns + Comparisons) > List of the Finalists                               | Semifinals                  | Round 2 |
| 12. Men Fitness open<br>(4 Quarter Turns + Comparisons) > List of the Finalists  | Semifinals                  | Round 2 |
| 13. Women Bodyfitness 168 cm<br>(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage                 | Elimination Rounds (if >15) |         |
| 14. Women Bodyfitness +168 cm<br>(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage                | Elimination Rounds (if >15) |         |
| 15. Women Bodyfitness up to 168 cm<br>(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals                  | Round 1 |
| 16. Women Bodyfitness +168 cm<br>(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage      | Semifinals                  | Round 1 |
| 17. Women Bodyfitness up to 168 cm<br>(T-walking + 4 Quarter Turns x 2)  | Finals                      | Round 2 |

18. Women Bodyfitness +168 cm Finals Round 2  
(T-walking + 4 Quarter Turns x 2)  
**VICTORY CEREMONY: WOMEN BODYFITNESS 158 CM, 163 CM, 168 CM, +168 CM**

19. **WOMEN BODYFITNESS OVERALL + VICTORY CEREMONY**  
(4 Quarter Turns x 2)

20. Women Physique up to 163 cm Elimination Round (if >15)  
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage

21. Women Physique +163 cm Elimination Round (if >15)  
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage

22. 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

23. Women Physique +163 cm Semifinals Round 1  
(4 Quarter Turns + 4 Compulsory Poses in groups of 5 + Comparisons) > List of the Finalists backstage

24. Women Physique up to 163 cm Finals Round 2  
(4 Compulsory Poses x 2 + Posedown)

25. Women Physique up to 163 cm Finals Round 3  
(Posing Routines – 30 sec.)

26. Women Physique +163 cm Finals Round 2  
(4 Compulsory Poses x 2 + Posedown)

27. Women Physique +163 cm Finals Round 3  
(Posing Routines – 30 sec.)

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

28. **WOMEN PHYSIQUE OVERALL + VICTORY CEREMONY**  
(4 Compulsory Poses)

29. Men Physique 170 cm Elimination Round (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage

30. Men Physique 174 cm Elimination Round (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage

31. Men Physique up to 170 cm Semifinals Round 1  
(4 Quarter Turns + Comparisons) > List of the Finalists backstage

32. Men Physique up to 174 cm Semifinals Round 1  
(4 Quarter Turns + Comparisons) > List of the Finalists backstage

33. Men Physique up to 170 cm Finals Round 2  
(Individual Presentations + 4 Quarter Turns x 2)

34. Men Physique up to 174 cm Finals Round 2  
(Individual Presentations + 4 Quarter Turns x 2)

35. Men Physique 178 cm Elimination Round (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage)

36. Men Physique +178 cm Elimination Round (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage

37. Men Physique up to 178 cm Semifinals Round 1  
(4 Quarter Turns + Comparisons) > List of the Finalists backstage

38. Men Physique +178 cm Semifinals Round 1  
(4 Quarter Turns + Comparisons) > List of the Finalists backstage

39. Men Physique up to 178 cm Finals Round 2  
(Individual Presentations + 4 Quarter Turns x 2)

40. Men Physique +178 cm Finals Round 2:  
(Individual Presentations + 4 Quarter Turns x 2)

**VICTORY CEREMONY: MEN PHYSIQUE 170 CM, 174 CM, 178 CM, +178 CM**

**41. MEN PHYSIQUE OVERALL + VICTORY CEREMONY**

(4 Quarter Turns x 2)

- |  |                            |         |
|--|----------------------------|---------|
| 42. <b>Elite Cup</b> Men's Physique open<br>(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) |         |
| 43. <b>Elite Cup</b> Men's Physique open<br>(4 Quarter Turns + Comparisons) > List of the Finalists backstage      | Semifinals                 | Round 1 |
| 44. <b>Elite Cup</b> Men's Physique open<br>(Individual Presentations + 4 Quarter Turns x 2)                       | Finals                     | Round 2 |

**VICTORY CEREMONY: ELITE CUP MEN'S PHYSIQUE OPEN**

**END ~19:00**

**SUNDAY, NOVEMBER 13<sup>TH</sup>, 2016**

**10:00 - ONE CONTINUOUS SESSION**

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

(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 Pleas be aware that some categories might run very fast that is why the day of your competition athletes must be long in advance ready at the venue

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

- |   |            |         |
|---|------------|---------|
| 46. Women Fitness up to 163 cm<br>(Fitness Routines - 90 sec.)  | Finals     | Round 3 |
| 47. Women Fitness +163 cm<br>(Fitness Routines - 90 sec.)   | Finals     | Round 3 |
| 48. Men Fitness open<br>(Fitness Routines - 90 sec.)  | Finals     | Round 3 |
| 49. Mixed Pairs<br>(5 Compulsory Poses in groups of 3, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 50. Mixed Pairs<br>(5 Compulsory Poses x 2 + Posedown)  | Finals     | Round 2 |
| 51. Mixed Pairs<br>(Posing Routines – 90 sec.)  | Finals     | Round 3 |

**VICTORY CEREMONY: MIXED PAIRS**

- |   |        |         |
|---|--------|---------|
| 52. Women Fitness up to 163 cm<br>(4 Quarter Turns x 2) | Finals | Round 4 |
| 53. Women Fitness +163 cm<br>(4 Quarter Turns x 2)      | Finals | Round 4 |
| 54. Men Fitness open<br>(4 Quarter Turns x 2)           | Finals | Round 4 |

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

**55. WOMEN FITNESS OVERALL + VICTORY CEREMONY**

(4 Quarter Turns)

56. Women Bikini Fitness up to 160 cm Elimination Rounds (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
57. Women Bikini Fitness up to 163 cm Elimination Rounds (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
58. Women Bikini Fitness up to 160 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
59. Women Bikini Fitness up to 163 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
60. Women Bikini Fitness up to 160 cm Finals Round 2  
(I-walking + 4 Quarter Turns x 2)
61. Women Bikini Fitness up to 163 cm Finals Round 2  
(I-walking + 4 Quarter Turns x 2)
62. Women Bikini Fitness up to 166 cm Elimination Round (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
63. Women Bikini Fitness up to 169 cm Elimination Round (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
64. Women Bikini Fitness up to 166 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
65. Women Bikini Fitness up to 169 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
66. Women Bikini Fitness up to 166 cm Finals Round 2  
(I-walking + 4 Quarter Turns x 2)
67. Women Bikini Fitness up to 169 cm Finals Round 2  
(I-walking + 4 Quarter Turns x 2)
68. Muscular Men's Physique open Elimination Round (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
69. Women Bikini Fitness up to 172 cm Elimination Round (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
70. Women Bikini Fitness +172 cm Elimination Round (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
71. Women Bikini Fitness up to 172 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
72. Women Bikini Fitness +172 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
73. Women Bikini Fitness up to 172 cm Finals Round 2  
(I-walking + 4 Quarter Turns x 2)
74. Women Bikini Fitness +172 cm Finals Round 2  
(I-walking + 4 Quarter Turns x 2)
75. Muscular Men's Physique open Semifinals Round 1  
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
- VICTORY CEREMONY: WOMEN BIKINI FITNESS 160 CM, 163 CM, 166 CM, 169 CM, 172 CM, +172 CM**
76. Muscular Men's Physique open Finals Round 2  
(Individual Presentations + 4 Quarter Turns x 2)
77. **WOMEN BIKINI FITNESS OVERALL + VICTORY CEREMONY**  
(4 Quarter Turns x 2)

**VICTORY CEREMONY: MUSCULAR MEN'S PHYSIQUE**

- 78. **Elite Cup Bikini Fitness open** Elimination Round (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
- 79. **Elite Cup Bikini Fitness open** Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
- 80. **Elite Cup Bikini Fitness open** Finals Round 2  
(1-walking + 4 Quarter Turns x 2)

**VICTORY CEREMONY: ELITE CUP BIKINI FITNESS OPEN**

**END ~18:00**