

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

FRIDAY, OCTOBER 26th, 2018

10:00 – 20:00 – Continuous Athlete Registration of arriving National Teams –
Golebiewski Hotel

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

18. Women Bodyfitness +168 cm Finals Round 2
 (I-walking + 4 Quarter Turns x 2)
VICTORY CEREMONY:
 - **WOMEN BODYFITNESS 158 CM**
 - **WOMEN BODYFITNESS 163 CM**
 - **WOMEN BODYFITNESS 168 CM**
 - **WOMEN BODYFITNESS +168 CM**
19. **WOMEN BODYFITNESS OVERALL + AWARDING 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 – 60 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 – 60 sec.)
VICTORY CEREMONY:
 - **WOMEN PHYSIQUE 163 CM**
 - **WOMEN PHYSIQUE +163 CM**
28. **WOMEN PHYSIQUE OVERALL + AWARDING 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 173 cm Elimination Round (if >15)
 (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
31. Men Physique 176 cm Elimination Round (if >15)
 (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
32. Men Physique up to 170 cm Semifinals Round 1
 (4 Quarter Turns + Comparisons) > List of the Finalists backstage
33. Men Physique up to 173 cm Semifinals Round 1
 (4 Quarter Turns + Comparisons) > List of the Finalists backstage
34. Men Physique up to 176 cm Semifinals Round 1
 (4 Quarter Turns + Comparisons) > List of the Finalists backstage
35. Men Physique up to 170 cm Finals Round 2
 (Individual Presentations + 4 Quarter Turns x 2)
36. Men Physique up to 173 cm Finals Round 2
 (Individual Presentations + 4 Quarter Turns x 2)
37. Men Physique up to 176 cm Finals Round 2
 (Individual Presentations + 4 Quarter Turns x 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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| 38. | Women Wellness Fitness up to 163 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 39. | Women Wellness Fitness over 163 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 40. | Women Wellness Fitness up to 163 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 41. | Women Wellness Fitness over 163 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 42. | Women Wellness Fitness up to 163 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 43. | 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

44. WOMEN WELLNESS FITNESS OVERALL + AWARDING CEREMONY
(4 Quarter Turns x 2)

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| 45. | Men Physique up to 179 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 46. | Men Physique up to 182 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 47. | Men Physique over 182 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 48. | Men Physique up to 179 cm
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 49. | Men Physique up to 182 cm
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 50. | Men Physique over 182 cm
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 51. | Men Physique up to 179 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |
| 52. | Men Physique up to 182 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2: |
| 53. | Men Physique over 182 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |

VICTORY CEREMONY:

- MEN PHYSIQUE UP TO 179 CM
- MEN PHYSIQUE UP TO 182 CM
- MEN PHYSIQUE OVER 182 CM

54. 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

55. OPENING CEREMONY + PARADE OF NATIONS

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|---|------------|---------|
| 56. Women Fitness up to 163 cm
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 57. Women Fitness +163 cm
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 58. Men Fitness open
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 59. Mixed Pairs
(5 Compulsory Poses in groups of 3, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 60. Mixed Pairs
(5 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 61. Mixed Pairs
(Posing Routines – 90 sec.) | Finals | Round 3 |
| 62. Women Fitness up to 163 cm
(4 Quarter Turns x 2) | Finals | Round 4 |
| 63. Women Fitness +163 cm
(4 Quarter Turns x 2) | Finals | Round 4 |
| 64. 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

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

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|---|-----------------------------|---------|
| 66. Women Bikini Fitness up to 158 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 67. Women Bikini Fitness up to 160 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 68. Women Bikini Fitness up to 158 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 69. Women Bikini Fitness up to 160 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 70. Women Bikini Fitness up to 158 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 71. Women Bikini Fitness up to 160 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |

72. Women Bikini Fitness up to 162 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
73. Women Bikini Fitness up to 164 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
74. Women Bikini Fitness up to 162 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
75. Women Bikini Fitness up to 164 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
76. Women Bikini Fitness up to 162 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
77. Women Bikini Fitness up to 164 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
- VICTORY CEREMONY:**
- WOMEN BIKINI FITNESS 158 CM
- WOMEN BIKINI FITNESS 160 CM
- WOMEN BIKINI FITNESS 162 CM
- WOMEN BIKINI FITNESS 164 CM
78. Muscular Men's Physique open Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
79. Women Bikini Fitness up to 166 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
80. Women Bikini Fitness up to 169 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
81. Women Bikini Fitness up to 166 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
82. Women Bikini Fitness up to 169 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
83. Women Bikini Fitness up to 166 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
84. Women Bikini Fitness up to 169 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
85. Muscular Men's Physique open Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
86. Women Bikini Fitness up to 172 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
87. Women Bikini Fitness +172 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
88. Women Bikini Fitness up to 172 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
89. Women Bikini Fitness +172 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
90. Women Bikini Fitness up to 172 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
91. Women Bikini Fitness +172 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)

92. 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**

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

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

SUNADAY, 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

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

ELITE PRO MEN PHYSIQUE AWARDING CEREMONY