**RUNNING ORDER OF THE 2018 IFBB DIAMOND CUP MALTA
*The final Running Order will be publsihed after the Regsitartion Friday evening***

**FRIDAY, APRIL 06th, 2018**

**10:00 – 18:00** – **Continuous Athlete Registration** - Dolmen Resort Hotel

**18:30** **Team Managers and Judges Meeting** - Dolmen Resort Hotel

**SATURDAY, APRIL 07th, 2018**

**10:00 – ONE CONTINUOUS SESSION**

**18:00 – NATIONAL CHAMPIONSHIPS**

**(JUNIOR MEN’S PHYSIQUE; JUNIOR BIKINI FITNESS; MASTER MEN’S PHYSIQUE;**

**WOMEN’S PHYSIQUE; MASTER BIKINI FITNESS; MASTER BODYFITNESS; MASTER BODYBUILDING; CLASSIC BODYBUILDING; WOMEN WELLNESS FITNESS)**

 (If there are 6 or less athletes in a category, there will be no prejudging round.
If there are less than 5 athletes in a category, categories will be combined)

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

1. Junior Men’s Physique open (6 athletes?) Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
2. Junior Bikini Fitness open (8 athletes) Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
3. Junior Men’s Physique open Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
4. Junior Bikini Fitness open Finals Round 2
(I-walking + 4 Quarter Turns x 2)
5. Master Men’s Physique open (3 athletes) Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
6. Women’s Physique open (1 athlete) Finals Round 2
(4 Quarter Turns x 2 + mandatory poses)
7. Women’s Physique open (1 athlete) Finals Round 3
(Posing routine 60 sec.)
***VICTORY CEREMONY:*- JUNIOR MEN’S PHYSIQUE
- JUNIOR BIKINI FITNESS**

**- MASTER MEN’S PHYSIQUE**

**- WOMEN’S PHYSIQUE**

1. Master Bikini Fitness open (6 athletes?) Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
2. Master Bodybuilding 40-49 years (6 athletes?) Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
3. Master Bikini Fitness open Finals Round 2
(I-walking + 4 Quarter Turns x 2)
4. Master Bodyfitness open (2 athletes) Finals Round 2
(I-walking + 4 Quarter Turns x 2)
5. Master Men Bodybuilding 40-49 years Finals Round 2
(7 Compulsory Poses x 2 + Posedown)
6. Master Men Bodybuilding 40-49 years Finals Round 3
(Posing Routines – 60 sec.)
7. Master Men Bodybuilding +55 years (1 athlete) Finals Round 2
(7 Compulsory Poses x 2 + Posedown)
8. Master Men Bodybuilding +55 years Finals Round 3
(Posing Routines – 60 sec.)

***VICTORY CEREMONY:*- MASTER BIKINI FITNESS OPEN**

**- MASTER BODYFITNESS OPEN**

**- MASTER MEN BODYBUILDING 40-49 YEARS**

**- MASTER MEN BODYBUILDING +55 YEARS**

1. Men Classic Bodybuilding open (10 athletes) Semifinals Round 1
(4 Compulsory poses in groups of 5, Comparisons: turns + 7 poses) > List of the Finalists backstage
2. Women Wellness Fitness open (8 athletes) Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
3. Men Classic Bodybuilding open Finals Round 2
(4 Quarter Turns + 7 Compulsory poses x 2 + Posedown)
4. Men Classic Bodybuilding open Finals Round 3
(Posing Routines – 60 sec.)
5. Women Wellness Fitness open Finals Round 2
(I-walking + 4 Quarter Turns x 2)
***VICTORY CEREMONY:*- MEN CLASSIC BODYBUILDING OPEN
- WOMEN WELLNESS FITNESS OPEN**

**SUNDAY, APRIL 08th, 2018**

**10:00 – ONE CONTINUOUS SESSION**

**18:00 – IFBB ELITE PRO SHOW**

**(MEN’S PHYSIQUE 170 CM; 173 CM; 176 CM; 179 CM; 182; +179 CM;
MUSCULAR MEN’S PHYSIQUE OPEN; BODYFITNESS OPEN;
WOMEN’S BIKINI-FITNESS 158 CM; 160 CM, 162 CM; 164 CM; 166 CM; 169 CM 172 CM; +172 CM**

 **MEN BODYBUILDING 75 KG; 80 KG; 90 KG; +90 KG)**

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

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

1. Women Bodyfitness open (10 athletes) Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
2. Men’s Physique up to 170 cm (4 athletes?) Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
3. Men’s Physique up to 173 cm (5 athletes) Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
4. Women Bodyfitness open Finals Round 2
(I-walking + 4 Quarter Turns x 2)
5. Men’s Physique up to 176 cm (4 athletes?) Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
6. Men’s Physique up to 182 cm (13 athletes) Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
7. Men’s Physique +182 cm (6 athletes?) Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
8. Muscular Men’s Physique open (10 athletes) Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
9. Men’s Physique up to 182 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
10. Men’s Physique +182 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
11. Muscular Men’s Physique open Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
***VICTORY CEREMONY:*- WOMEN BODYFITNESS OPEN
- MEN’S PHYSIQUE 170 CM
- MEN’S PHYSIQUE 173 CM**
**- MEN’S PHYSIQUE 176 CM
- MEN’S PHYSIQUE 182 CM
- MEN’S PHYSIQUE +182 CM
- MUSCULAR MEN’S PHYSIQUE OPEN**
12. **MEN’S PHYSIQUE OVERALL + VICTORY CEREMONY**(4 Quarter turns x 2)
13. Women Bikini Fitness up to 158 cm (8 athletes) Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
14. Women Bikini Fitness up to 160 cm (6 athletes?) Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
15. Men Bodybuilding up to 75 kg (4 athletes?) Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage

Men Bodybuilding up to 80 kg (10 athletes) Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage

1. Women Bikini Fitness up to 162 cm (7 athletes) Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
2. Women Bikini Fitness up to 164 cm (4 athletes?) Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage

1. Women Bikini Fitness up to 158 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
2. Women Bikini Fitness up to 160 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
3. Men Bodybuilding up to 75 kg Finals Round 2
(7 Compulsory Poses x 2 + Posedown)
4. Men Bodybuilding up to 75 kg Finals Round 3
(Posing Routines – 60 sec.)
5. Women Bikini Fitness up to 162 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
6. Men Bodybuilding up to 80 kg Finals Round 2
(7 Compulsory Poses x 2 + Posedown)
7. Men Bodybuilding up to 80 kg Finals Round 3
(Posing Routines – 60 sec.)
8. 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
- MEN BODYBUILDING 75 KG
- MEN BODYBUILDING 80 KG**

1. Women Bikini Fitness up to 166 cm (7 athletes) Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
2. Women Bikini Fitness up to 169 cm (6 athletes?) Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
3. Men Bodybuilding up to 90 kg (6 athletes?) Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
4. Men Bodybuilding over 90 kg (7 athletes) Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
5. Women Bikini Fitness up to 172 cm (7 athletes) Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
6. Women Bikini Fitness over 172 cm (5 athletes?) Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
7. Women Bikini Fitness up to 166 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
8. Women Bikini Fitness up to 169 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
9. Men Bodybuilding up to 90 kg Finals Round 2
(7 Compulsory poses x 2 + Posedown)
10. Men Bodybuilding up to 90 kg Finals Round 3
(7 Compulsory poses x 2 + Posedown
11. Women Bikini Fitness up to 172 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
12. Men Bodybuilding over 90 kg Finals Round 2
(7 Compulsory poses x 2 + Posedown)
13. Men Bodybuilding over 90 kg Finals Round 3
(7 Compulsory poses x 2 + Posedown
14. Women Bikini Fitness over 172 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
***VICTORY CEREMONY:*- WOMEN BIKINI FITNESS 166 CM
- WOMEN BIKINI FITNESS 169 CM
- WOMEN BIKINI FITNESS 172 CM
- WOMEN BIKINI FITNESS +172 CM
- MEN BODYBUILDING 90 KG
- MEN BODYBUILDING +90 KG**
15. **WOMEN BIKINI FITNESS OVERALL + VICTORY CEREMONY**(4 Quarter turns x 2)
16. **MEN BODYBUILDING OVERALL + VICTORY CEREMONY**(7 Compulsory Poses x 2 + Posedown)

***Note:*** *Taking into account the current number of entered competitors, Rounds marked in blue color will not be run, but this situation may change after the Official Athlete Registration in Malta.*