RUNNING ORDER OF THE 2018 IFBB DIAMOND CUP KATOWICE

FRIDAY, OCTOBER 05th, 2018

14:00 - 18:00 - Athlete Registration at the International Conference Center (MCK)

18:15 – Team Managers and Judges Meeting (MCK)

SATURDAY, OCTOBER 06th, 2018

10:00 - ONE CONTINUOUS SESSION

(JUNIOR MEN CLASSIC BODYBUILDING; JUNIOR MEN BODYBUILDING OPEN; MASTER MEN BODYBUILDING OPEN; WOMEN BODYFITNESS 163 CM, 168 CM, +168 CM; MEN CLASSIC BODYBUILDING 175 CM, 180 CM, +`180 CM; MASTER WOMEN BIKINI FITNESS OPEN; WOMEN WELLNESS FITNESS OPEN; JUNIOR WOMEN BIKINI FITNESS OPEN; JUNIOR MEN PHYSIQUE 176 CM; +176 CM, WOMEN PHYSIQUE OPEN)

(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

1. Junior Men Classic Bodybuilding open Elimination Round (if >15) (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage

2. Junior Men Bodybuilding open Elimination Round (if >15) (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage

3. Master Men Bodybuilding open Elimination Round (if >15) (4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage

4. Master Women Bodyfitness open Elimination Rounds (if >15) (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage

5. Junior Men Classic Bodybuilding open Semifinals Round 1
(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage

6. Junior Men Bodybuilding open Semifinals Round 1
(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage

7. Master Men Bodybuilding open

(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage

8. Master Women Bodyfitness open Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage

9.	Junior Men Classic Bodybuilding open	Finals	Round 2
40	(7 Compulsory poses x 2 + Posedown)	⊏io e le	Danial O
10.	Junior Men Classic Bodybuilding open (Posing Routines – 60 sec.)	Finals	Round 3
11.	Junior Men Bodybuilding open	Finals	Round 2
40	(7 Compulsory poses x 2 + Posedown)	= '	D
12.	Junior Men Bodybuilding open	Finals	Round 3
4.0	(Posing Routines – 60 sec.)		D 10
13.	Master Men Bodybuilding open	Finals	Round 2
	(7 Compulsory poses x 2 + Posedown)		
14.	Master Men Bodybuilding open	Finals	Round 3
	(Posing Routines – 60 sec.)		
15.	Master Women Bodyfitness open	Finals	Round 2
	(I-walking + 4 Quarter Turns x 2)		

VICTORY CEREMONY:

- JUNIOR MEN CLASSIC BODYBUILDING OPEN

- JUNIOR MEN BODYBUILDING OPEN
- MASTER MEN BODYBUILDING OPEN
- MASTER WOMEN BODYFITNESS OPEN

16. Women Bodyfitness 163 cm	Elimination Rounds (if >15)	
(4 Quarter Turns in groups of 5) > List of the Ser	nifinalists backstage	
17. Women Bodyfitness 168 cm	Elimination Rounds (if >15)	
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage		
18 Women Rodyfitness +168 cm	Flimination Rounds (if >15)	

18. Women Bodyfitness +168 cm Elimination Rounds (if >15) (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage

19. Men Classic Physique open Elimination Rounds (if >15) (4 Mandatory Poses in groups of 5) > List of the Semifinalists backstage

20. Women Bodyfitness up to 163 cm Semifinals Round 1 (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage

21. Women Bodyfitness up to 168 cm Semifinals Round 1 (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage

22. Women Bodyfitness up to +168 cm Semifinals Round 1 (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage

23. Men Classic Physique open Semifinals Round 1 (4 Mandatory Poses in groups of 5, Comparisons) > List of the Finalists backstage

24. Women Bodyfitness up to 163 cm Finals Round 2 (I-walking + 4 Quarter Turns x 2)

25. Women Bodyfitness up to 168 cm Finals Round 2 (I-walking + 4 Quarter Turns x 2)

26. Women Bodyfitness +168 cm Finals Round 2

(I-walking + 4 Quarter Turns x 2)

27. Men Classic Physique open
(6 Mandatory Poses x 2 + Posedown)

Finals

Round 2

28. Men Classic Physique open Finals Round 3

(Posing Routines – 60 sec.) **VICTORY CEREMONY:**

- WOMEN BODYFITNESS 163 CM
- WOMEN BODYFITNESS 168 CM
- WOMEN BODYFITNESS +168 CM
- MEN CLASSIC PHYSIQUE OPEN

29. WOMEN BODYFITNESS OVERALL + VICTORY CEREMONY

30. Men Classic Bodybuilding up to 175 cm Elimination Round (if >15) (4 Compulsory poses in groups of 5) > List of the Semifinalists backstage

31. Men Classic Bodybuilding up to 180 cm Elimination Round (if >15) (4 Compulsory poses in groups of 5) > List of the Semifinalists backstage

32. Master Women Bikini Fitness open Elimination Rounds (if >15) (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage

33. Men Classic Bodybuilding over 180 cm Elimination Round (if >15) (4 Compulsory poses in groups of 5) > List of the Semifinalists backstage

34. Women Wellness Fitness open Elimination Rounds (if >15) (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage

35. Men Classic Bodybuilding up to 175 cm Semifinals Round 1 (4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage

36. Master Women Bikini Fitness open Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage

38. 39.	(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparis Women Wellness Fitness open (4 Quarter Turns in groups of 5 + Comparisons) > List of the Fina	Semifinals alists backsta Semifinals	f the Fi	Round 1
	<i>y</i> 5 1	Finals	Rour	nd 2
41.	(7 Compulsory poses x 2 + Posedown) Men Classic Bodybuilding up to 175 cm (Posing Routines – 60 sec.)	Finals	Rour	nd 3
42.	,	Finals	Rour	nd 2
43.	Men Classic Bodybuilding up to 180 cm	Finals	Rour	nd 3
44.		Finals	Rour	nd 2
45.		Finals	Rour	nd 2
46.	, ,	Finals	Rour	nd 3
47.	(Posing Routines – 60 sec.) Women Wellness Fitness open (I-walking + 4 Quarter Turns x 2)	Finals	Rour	nd 2
	- MEN CLASSIC BODYBUILDING 175 CM - MEN CLASSIC BODYBUILDING 180 CM - MEN CLASSIC BODYBUILDING +180 CM - MASTER WOMEN BIKINI FITNESS OPEN - WOMEN WELLNESS FITNESS OPEN			
48.	MEN CLASSIC BODYBUILDING OVERALL + VICTO	ORY CERE	MON	Υ
49.	Junior Women Bikini Fitness open		n Rou	ınds (if >15)
	(4 Quarter Turns in groups of 5) > List of the Semifinalists backst Junior Men Physique up to 176 cm	•	n Poi	
				ınd (if >15)
51.	(4 Quarter Turns in groups of 5) > List of the Semifinalists backst Junior Men Physique over 176 cm	tage		und (if >15) und (if >15)
		tage Eliminatio tage Eliminatio	n Rou	
52. 53.	Junior Men Physique over 176 cm (4 Quarter Turns in groups of 5) > List of the Semifinalists backst Women's Physique open (4 Compulsory Poses in groups of 5) > List of the Semifinalists because of the Semifinalists beca	tage Eliminatio tage Eliminatio packstage Semifinals	n Rou n Rou	und (if >15)
52. 53.	Junior Men Physique over 176 cm (4 Quarter Turns in groups of 5) > List of the Semifinalists backst Women's Physique open (4 Compulsory Poses in groups of 5) > List of the Semifinalists because of 5)	tage Eliminatio tage Eliminatio packstage Semifinals	n Roun Rou	und (if >15) und (if >15)
52.53.54.	Junior Men Physique over 176 cm (4 Quarter Turns in groups of 5) > List of the Semifinalists backst Women's Physique open (4 Compulsory Poses in groups of 5) > List of the Semifinalists b Junior Women Bikini Fitness open (4 Quarter Turns in groups of 5 + Comparisons) > List of the Final	tage Eliminatio tage Eliminatio packstage Semifinals alists backsta Semifinals	n Rou n Rou ge	und (if >15) und (if >15) Round 1
52.53.54.55.56.	Junior Men Physique over 176 cm (4 Quarter Turns in groups of 5) > List of the Semifinalists backst Women's Physique open (4 Compulsory Poses in groups of 5) > List of the Semifinalists b Junior Women Bikini Fitness open (4 Quarter Turns in groups of 5 + Comparisons) > List of the Final Junior Men Physique up to 176 cm (4 Quarter Turns + Comparisons) > List of the Finalists backstag	tage Eliminatio tage Eliminatio backstage Semifinals alists backsta Semifinals e Semifinals e Semifinals	n Rou n Rou ge S	Round 1 Round 1 Round 1 Round 1 Round 1
52.53.54.55.56.57.	Junior Men Physique over 176 cm (4 Quarter Turns in groups of 5) > List of the Semifinalists backst Women's Physique open (4 Compulsory Poses in groups of 5) > List of the Semifinalists b Junior Women Bikini Fitness open (4 Quarter Turns in groups of 5 + Comparisons) > List of the Final Junior Men Physique up to 176 cm (4 Quarter Turns + Comparisons) > List of the Finalists backstag Junior Men Physique over 176 cm (4 Quarter Turns + Comparisons) > List of the Finalists backstag Women's Physique open	tage Eliminatio tage Eliminatio backstage Semifinals alists backsta Semifinals e Semifinals e Semifinals	n Rouge S S of the	Round 1 Round 1 Round 1 Round 1 Round 1

59. Junior Men Physique over 176 cm (Individual Presentations + 4 Quarter Turns x 2)
60. Women's Physique open (4 Compulsory Poses x 2 + Posedown)
61. Women's Physique open Finals Round 3

61. Women's Physique open (Posing Routines – 30 sec.)

VICTORY CEREMONY:

- JUNIOR WOMEN BIKINI FITNESS OPEN
- JUNIOR MEN PHYSIQUE 176 CM
- JUNIOR MEN PHYSIQUE +176 CM
- WOMEN'S PHYSIQUE OPEN

SUNDAY, OCTOBER 07st, 2018 10:00 – ONE CONTINUOUS SESSION

(MEN'S PHYSIQUE 173 CM, 176 CM, 179 CM, 182 CM, +182 CM; MUSCULAR MEN'S PHYSIQUE 175 CM, +175 CM; WOMEN'S BIKINI-FITNESS 158 CM, 162 CM, 166 CM, 169 CM, 172 CM, +172 CM; MEN'S BODYBUILDING 75 KG, 80 KG, 85 KG, 90 KG, 100 KG, +100 KG)

(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

1. Men Physique up to 173 cm Elimination Round (if >15) (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage 2. Men Physique up to 176 cm Elimination Round (if >15) (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage 3. Men Physique up to 179 cm Elimination Round (if >15) (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage 4. Men Physique up to 173 cm Semifinals Round 1 (4 Quarter Turns + Comparisons) > List of the Finalists backstage 5. Men Physique up to 176 cm Semifinals Round 1 (4 Quarter Turns + Comparisons) > List of the Finalists backstage Semifinals Round 1 6. Men Physique up to 179 cm

(4 Quarter Turns + Comparisons) > List of the Finalists backstage
7. Men Physique up to 173 cm Finals (Individual Presentations + 4 Quarter Turns x 2)
8. Men Physique up to 176 cm Finals Round 2 (Individual Presentations + 4 Quarter Turns x 2)
9. Men Physique up to 179 cm Finals Round 2 (Individual Presentations + 4 Quarter Turns x 2)

VICTORY CEREMONY:

- MEN PHYSIQUE 173 CM
- MEN PHYSIQUE 176 CM
- MEN PHYSIQUE 179 CM
- 10. Men Physique up to 182 cm Elimination Round (if >15) (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
- 11. Men Physique over 182 cm Elimination Round (if >15) (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
- 12. Muscular Men Physique up to 175 cm Elimination Round (if >15) (4 Quarter Turns in groups of 5) > List of the Semifinalists backstage

13.	Muscular Men Physique over 175 cm (4 Quarter Turns in groups of 5) > List of the Semifinalists		Round (if >15)
14.	Men Physique up to 182 cm	Semifinals	Round 1
15.	(4 Quarter Turns + Comparisons) > List of the Finalists bac Men Physique over 182 cm (4 Quarter Turns + Comparisons) > List of the Finalists bac	Semifinals	Round 1
16.	Muscular Men Physique up to 175 cm (4 Quarter Turns + Comparisons) > List of the Finalists bac (4 Quarter Turns + Comparisons) > List of the Finalists bac	Semifinals	Round 1
17.	Muscular Men Physique over 175 cm (4 Quarter Turns + Comparisons) > List of the Finalists back (4 Quarter Turns + Comparisons) > List of the Finalists back	Semifinals	Round 1
18.	Men Physique up to 182 cm (Individual Presentations + 4 Quarter Turns x 2)	Finals	Round 2
19.	Men Physique over 182 cm (Individual Presentations + 4 Quarter Turns x 2)	Finals	Round 2
20.	Muscular Men's Physique up to 175 cm (Individual Presentations + 4 Quarter Turns x 2)	Finals	Round 2
21.	Muscular Men's Physique over 175 cm (Individual Presentations + 4 Quarter Turns x 2) VICTORY CEREMONY:	Finals	Round 2
	 MEN PHYSIQUE 182 CM MEN PHYSIQUE OVER 182 CM MUSCULAR MEN'S PHYSIQUE UP TO 175 C MUSCULAR MEN'S PHYSIQUE OVER 175 CI 		
22.	MEN PHYSIQUE OVERALL + VICTORY CERE (4 Quarter Turns x 2)	MONY	
23.	MUSCULAR MEN PHYSIQUE OVERALL (4 Quarter Turns x 2)		
24.	Women Bikini Fitness up to 158 cm (4 Quarter Turns in groups of 5) > List of the Semifinalists		Rounds (if >15)
25.	Women Bikini Fitness up to 162 cm (4 Quarter Turns in groups of 5) > List of the Semifinalists	Elimination	Rounds (if >15)
26.	Men Bodybuilding up to 75 kg (4 Compulsory Poses in groups of 5) > List of the Semifina	Round (if >15)	
27.	Men Bodybuilding up to 80 kg (4 Compulsory Poses in groups of 5) > List of the Semifina	Elimination	Round (if >15)
28.	Women Bikini Fitness up to 158 cm	Semifinals	Round 1
29.	$1/1$ () Lighter Litting in aroting of $b \perp 1$ (comparisone) $b = 1$ lef of the		1 4
30.	(4 Quarter Turns in groups of 5 + Comparisons) > List of th Women Bikini Fitness up to 162 cm	Semifinals	Round 1
50.	Women Bikini Fitness up to 162 cm (4 Quarter Turns in groups of 5 + Comparisons) > List of the Men Bodybuilding up to 75 kg	Semifinals be Finalists bac Semifinals	Round 1 kstage Round 1
31.	Women Bikini Fitness up to 162 cm (4 Quarter Turns in groups of 5 + Comparisons) > List of the	Semifinals be Finalists back Semifinals of the Finalists Semifinals	Round 1 kstage Round 1 backstage Round 1
	Women Bikini Fitness up to 162 cm (4 Quarter Turns in groups of 5 + Comparisons) > List of the Men Bodybuilding up to 75 kg (4 Compulsory Poses in groups of 5, Comparisons) > List of the Men Bodybuilding up to 80 kg	Semifinals be Finalists back Semifinals of the Finalists Semifinals	Round 1 kstage Round 1 backstage Round 1

34.	Men Bodybuilding up to 75 kg (7 Compulsory Poses x 2 + Posedown)	Finals	Round 2
35.	Men Bodybuilding up to 75 kg	Finals	Round 3
36.	(Posing Routines – 60 sec.) Men Bodybuilding up to 80 kg	Finals	Round 2
37.	(7 Compulsory Poses x 2 + Posedown) Men Bodybuilding up to 80 kg	Finals	Round 3
	(Posing Routines – 60 sec.) VICTORY CEREMONY:		
	- WOMEN BIKINI FITNESS 158 CM		
	- WOMEN BIKINI FITNESS 162 CM		
	- MEN BODYBUILDING 75 KG		
	- MEN BODYBUILDING 80 KG		
38.			Rounds (if >15)
39.	(4 Quarter Turns in groups of 5) > List of the Semifinalists Women Bikini Fitness up to 169 cm	Elimination	Rounds (if >15)
40.	(4 Quarter Turns in groups of 5) > List of the Semifinalists Men Bodybuilding up to 85 kg	Elimination	Round (if >15)
41.	(4 Compulsory Poses in groups of 5) > List of the Semifin Men Bodybuilding up to 90 kg		ge Round (if >15)
41.	(4 Compulsory Poses in groups of 5) > List of the Semifin		
42.		Semifinals	
43.	(4 Quarter Turns in groups of 5 + Comparisons) > List of Women Bikini Fitness up to 169 cm	the Finalists ba Semifinals	
40.	(4 Quarter Turns in groups of 5 + Comparisons) > List of		
44.	Men Bodybuilding up to 85 kg	Semifinals	
45.	(4 Compulsory Poses in groups of 5, Comparisons) > List Men Bodybuilding up to 90 kg	Semifinals	
	(4 Compulsory Poses in groups of 5, Comparisons) > Lis		
40	Marana Bibini Fitanana un ta 400 ann	Ein ala	Davis d O
46.	Women Bikini Fitness up to 166 cm (I-walking + 4 Quarter Turns x 2)	Finals	Round 2
47.	Women Bikini Fitness up to 169 cm (I-walking + 4 Quarter Turns x 2)	Finals	Round 2
48.	Men Bodybuilding up to 85 kg	Finals	Round 2
49.	(7 Compulsory Poses x 2 + Posedown) Men Bodybuilding up to 85 kg	Finals	Round 3
43.	(Posing Routines – 60 sec.)	i iliais	Round 5
50.	Men Bodybuilding up to 90 kg	Finals	Round 2
51.	(7 Compulsory Poses x 2 + Posedown) Men Bodybuilding up to 90 kg	Finals	Round 3
0	(Posing Routines – 60 sec.)		rtouria o
	VICTORY CEREMONY:		
	- WOMEN BIKINI FITNESS 166 CM		
	- WOMEN BIKINI FITNESS 169 CM - MEN BODYBUILDING 85 KG		
	- MEN BODYBUILDING 95 KG		
	202 . 2012 00 110		
52.	· · · · · · · · · · · · · · · · · · ·		Round (if >15)
ΕO	(4 Quarter Turns in groups of 5) > List of the Semifinalists		Dound (if > 4E)
53.	Women Bikini Fitness over 172 cm (4 Quarter Turns in groups of 5) > List of the Semifinalists		Round (if >15)
	(. Lastice is all a groups of of a List of the Committation	Jackolago	

 54. Men Bodybuilding up to 100 kg (4 Compulsory Poses in groups of 5) > List of the S 55. Men Bodybuilding over 100 kg (4 Compulsory Poses in groups of 5) > List of the S 	Semifinalists backsta Elimination	Round (if >15)
 56. Women Bikini Fitness up to 172 cm (4 Quarter Turns in groups of 5 + Comparisons) > L 57. Women Bikini Fitness over 172 cm (4 Quarter Turns in groups of 5 + Comparisons) > L 58. Men Bodybuilding up to 100 kg (4 Compulsory Poses in groups of 5, Comparisons) 59. Men Bodybuilding over 100 kg (4 Compulsory Poses in groups of 5, Comparisons) 	List of the Finalists b Semifinals List of the Finalists b Semifinals) > List of the Finalis Semifinals	ackstage Round 1 ackstage Round 1 ts backstage Round 1
 60. Women Bikini Fitness up to 172 cm (I-walking + 4 Quarter Turns x 2) 61. Women Bikini Fitness over 172 cm (I-walking + 4 Quarter Turns x 2) 62. Men Bodybuilding up to 100 kg (7 Compulsory poses x 2 + Posedown) 63. Men Bodybuilding up to 100 kg (7 Compulsory poses x 2 + Posedown) 64. Men Bodybuilding over 100 kg (7 Compulsory poses x 2 + Posedown) 65. Men Bodybuilding over 100 kg (7 Compulsory poses x 2 + Posedown) VICTORY CEREMONY: - WOMEN BIKINI FITNESS 172 CM - WOMEN BIKINI FITNESS OVER 172 CM - MEN BODYBUILDING 100 KG MEN BODYBUILDING OVER 100 KG 	Finals Finals Finals Finals Finals Finals Finals	Round 2 Round 2 Round 3 Round 2 Round 3

- 66. WOMEN BIKINI FITNESS OVERALL + VICTORY CEREMONY
- 67. MEN BODYBUILDING OVERALL + VICTORY CEREMONY