

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 Semifinals Round 1
(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
(7 Compulsory poses x 2 + Posedown)
10. Junior Men Classic Bodybuilding open Finals Round 3
(Posing Routines – 60 sec.)
11. Junior Men Bodybuilding open Finals Round 2
(7 Compulsory poses x 2 + Posedown)
12. Junior Men Bodybuilding open Finals Round 3
(Posing Routines – 60 sec.)
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

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| 16. Women Bodyfitness 163 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 17. Women Bodyfitness 168 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 18. Women Bodyfitness +168 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 19. Men Classic Physique open
(4 Mandatory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 20. Women Bodyfitness up to 163 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 21. Women Bodyfitness up to 168 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 22. Women Bodyfitness up to +168 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 23. Men Classic Physique open
(4 Mandatory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 24. Women Bodyfitness up to 163 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 25. Women Bodyfitness up to 168 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 26. Women Bodyfitness +168 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 27. Men Classic Physique open
(6 Mandatory Poses x 2 + Posedown) | Finals | Round 2 |
| 28. Men Classic Physique open
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 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
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 31. Men Classic Bodybuilding up to 180 cm
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 32. Master Women Bikini Fitness open
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 33. Men Classic Bodybuilding over 180 cm
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 34. Women Wellness Fitness open
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 35. 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 |
| 36. Master Women Bikini Fitness open
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |

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| 37. 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 |
| 38. Women Wellness Fitness open
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 39. Men Classic Bodybuilding over 180 cm
(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 40. Men Classic Bodybuilding up to 175 cm
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 41. Men Classic Bodybuilding up to 175 cm
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 42. Men Classic Bodybuilding up to 180 cm
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 43. Men Classic Bodybuilding up to 180 cm
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 44. Master Women Bikini Fitness open
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 45. Men Classic Bodybuilding over 180 cm
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 46. Men Classic Bodybuilding over 180 cm
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 47. Women Wellness Fitness open
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| VICTORY CEREMONY: | | |
| - MEN CLASSIC BODYBUILDING 175 CM | | |
| - MEN CLASSIC BODYBUILDING 180 CM | | |
| - MEN CLASSIC BODYBUILDING +180 CM | | |
| - MASTER WOMEN BIKINI FITNESS OPEN | | |
| - WOMEN WELLNESS FITNESS OPEN | | |
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| 48. MEN CLASSIC BODYBUILDING OVERALL + VICTORY CEREMONY | | |
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| 49. Junior Women Bikini Fitness open
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 50. Junior Men Physique up to 176 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 51. Junior Men Physique over 176 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 52. Women's Physique open
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
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| 53. Junior Women Bikini Fitness open
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 54. Junior Men Physique up to 176 cm
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 55. Junior Men Physique over 176 cm
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 56. Women's Physique open
(4 Quarter Turns + 4 Compulsory Poses in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
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| 57. Junior Women Bikini Fitness open
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 58. Junior Men Physique up to 176 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |

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| 59. Junior Men Physique over 176 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |
| 60. Women's Physique open
(4 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 61. Women's Physique open
(Posing Routines – 30 sec.) | Finals | Round 3 |

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

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| 1. Men Physique up to 173 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 2. Men Physique up to 176 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 3. Men Physique up to 179 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 4. Men Physique up to 173 cm
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 5. Men Physique up to 176 cm
(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 | Semifinals | Round 1 |
| 7. Men Physique up to 173 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |
| 8. Men Physique up to 176 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |
| 9. Men Physique up to 179 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |
| VICTORY CEREMONY: | | |
| - MEN PHYSIQUE 173 CM | | |
| - MEN PHYSIQUE 176 CM | | |
| - MEN PHYSIQUE 179 CM | | |
| 10. Men Physique up to 182 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 11. Men Physique over 182 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 12. Muscular Men Physique up to 175 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |

13. Muscular Men Physique over 175 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
14. Men Physique up to 182 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
15. Men Physique over 182 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
16. Muscular Men Physique up to 175 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
17. Muscular Men Physique over 175 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
18. Men Physique up to 182 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
19. Men Physique over 182 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
20. Muscular Men's Physique up to 175 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
21. Muscular Men's Physique over 175 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
- VICTORY CEREMONY:**
- MEN PHYSIQUE 182 CM
- MEN PHYSIQUE OVER 182 CM
- MUSCULAR MEN'S PHYSIQUE UP TO 175 CM
- MUSCULAR MEN'S PHYSIQUE OVER 175 CM
22. **MEN PHYSIQUE OVERALL + VICTORY CEREMONY**
(4 Quarter Turns x 2)
23. **MUSCULAR MEN PHYSIQUE OVERALL**
(4 Quarter Turns x 2)
24. Women Bikini Fitness up to 158 cm Elimination Rounds (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
25. Women Bikini Fitness up to 162 cm Elimination Rounds (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
26. Men Bodybuilding up to 75 kg Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
27. Men Bodybuilding up to 80 kg Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
28. Women Bikini Fitness up to 158 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
29. Women Bikini Fitness up to 162 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
30. Men Bodybuilding up to 75 kg Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
31. Men Bodybuilding up to 80 kg Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
32. Women Bikini Fitness up to 158 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
33. Women Bikini Fitness up to 162 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)

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| 34. | Men Bodybuilding up to 75 kg
(7 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 35. | Men Bodybuilding up to 75 kg
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 36. | Men Bodybuilding up to 80 kg
(7 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 37. | Men Bodybuilding up to 80 kg
(Posing Routines – 60 sec.) | Finals | Round 3 |
| VICTORY CEREMONY: | | | |
| - WOMEN BIKINI FITNESS 158 CM | | | |
| - WOMEN BIKINI FITNESS 162 CM | | | |
| - MEN BODYBUILDING 75 KG | | | |
| - MEN BODYBUILDING 80 KG | | | |
| 38. | Women Bikini Fitness up to 166 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 39. | Women Bikini Fitness up to 169 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 40. | Men Bodybuilding up to 85 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 41. | Men Bodybuilding up to 90 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 42. | Women Bikini Fitness up to 166 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 43. | Women Bikini Fitness up to 169 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 44. | Men Bodybuilding up to 85 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 45. | Men Bodybuilding up to 90 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 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
(7 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 49. | Men Bodybuilding up to 85 kg
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 50. | Men Bodybuilding up to 90 kg
(7 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 51. | Men Bodybuilding up to 90 kg
(Posing Routines – 60 sec.) | Finals | Round 3 |
| VICTORY CEREMONY: | | | |
| - WOMEN BIKINI FITNESS 166 CM | | | |
| - WOMEN BIKINI FITNESS 169 CM | | | |
| - MEN BODYBUILDING 85 KG | | | |
| - MEN BODYBUILDING 90 KG | | | |
| 52. | Women Bikini Fitness up to 172 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 53. | Women Bikini Fitness over 172 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |

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