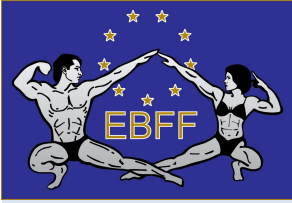


**2015 EBFF
BODYBUILDING AND FITNESS
CHAMPIONSHIPS AND CONGRESS**



**DETAILED RUNNING ORDER
MEN, WOMEN, JUNIORS AND MASTERS**



**2015 EBFF
BODYBUILDING AND FITNESS
CHAMPIONSHIPS AND CONGRESS**



WEDNESDAY, MAY 13TH, 2015
10:00 – 17:00 – Continuous Registration of arriving National Teams - Caprici Verd Hotel

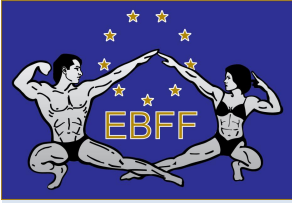
THURSDAY, MAY 14TH, 2015
08:30 – 11:00 - EBFF CONGRESS – Ona Brava Hotel
16.00 Nicole Wilkins BodyFitness and Bikini Fitness Seminar

THURSDAY, MAY 14TH, 2015
NOON SESSION – DURATION: 11:30-14.00; LUNCH: 14:00-15:00
(CLASSIC BODYBUILDING: JUNIORS + MASTERS)
(If there are 6 or less athletes in a category, there will be no prejudging round)

- | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------|
| 1. Junior Men Classic Bodybuilding open
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 2. Master Men Classic Bodybuilding age 40-49 years
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 3. Master Men Classic Bodybuilding age +50 years
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 4. Junior Men Classic Bodybuilding open
(4 Quarter Turns + 4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 5. Master Men Classic Bodybuilding age 40-49 years
(4 Quarter Turns + 4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 6. Master Men Classic Bodybuilding age +50 years
(4 Quarter Turns + 4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 7. Junior Men Classic Bodybuilding open
(7 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 8. Junior Men Classic Bodybuilding open
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 9. Master Men Classic Bodybuilding age 40-49
(7 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 10. Master Men Classic Bodybuilding age 40-49
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 11. Master Men Classic Bodybuilding age over 50
(7 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 12. Master Men Classic Bodybuilding age over 50
(Posing Routines – 60 sec.) | Finals | Round 3 |

VICTORY CEREMONY: JUNIOR MEN CLASSIC BODYBUILDING, MASTER MEN CLASSIC BODYBUILDING 40-49 AND +50

13. **MASTER MEN CLASSIC BODYBUILDING OVERALL + VICTORY CEREMONY**
(7 Compulsory Poses + Posedown) **– 2:50 h or 2:10 h**



2015 EBFF BODYBUILDING AND FITNESS CHAMPIONSHIPS AND CONGRESS

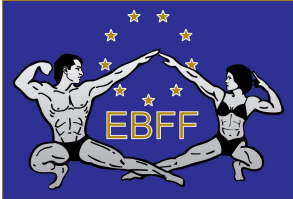


THURSDAY, MAY 14TH, 2015

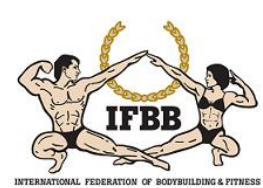
AFTERNOON SESSION – DURATION: 15:00-20:30

(CLASSIC BODYBUILDING: MEN 168 CM, 171 CM, 175 CM, 180 CM, +180 CM; MIXED PAIRS; MASTER MEN BODYBUILDING 50-59: 80 KG, +80 KG; age 60-65, +65) *If there are 6 or less athletes in a category, there will be no prejudging round*

- | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|
| 14. Men Classic Bodybuilding 168 cm
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 15. Men Classic Bodybuilding 171 cm
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 16. Men Classic Bodybuilding 175 cm
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 17. Men Classic Bodybuilding up to 168 cm
(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 18. Men Classic Bodybuilding up to 171 cm
(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 19. 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 |
| 20. Men Classic Bodybuilding up to 168
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 21. Men Classic Bodybuilding up to 168
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 22. Men Classic Bodybuilding up to 171 cm
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 23. Men Classic Bodybuilding up to 171 cm
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 24. Men Classic Bodybuilding up to 175 cm
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 25. Men Classic Bodybuilding up to 175 cm
(Posing Routines – 60 sec.) | Finals | Round 3
-2:00 h |
| Men Classic Bodybuilding 180 cm
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 26. Men Classic Bodybuilding +180 cm
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 27. 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 |
| 28. 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 |
| 29. Men Classic Bodybuilding up to 180 cm
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 30. Men Classic Bodybuilding up to 180 cm
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 31. Men Classic Bodybuilding +180 cm
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 32. Men Classic Bodybuilding +180 cm
(Posing Routines – 60 sec.) | Finals | Round 3 |



2015 EBFF BODYBUILDING AND FITNESS CHAMPIONSHIPS AND CONGRESS

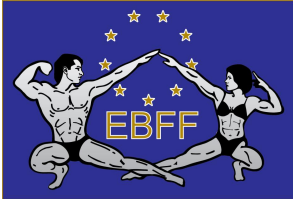


VICTORY CEREMONY: MEN CLASSIC BODYBUILDING 168 CM, 171 CM, 175 CM, 180 CM, +180 CM

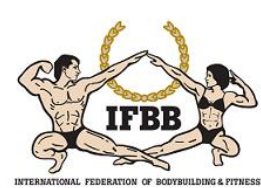
33. **MEN CLASSIC BODYBUILDING OVERALL + VICTORY CEREMONY– 2:20 h > 4:20**
(4 quarter turns + 7 Compulsory Poses x 2 + Posedown)
34. Mixed Pairs Elimination Round (if >15)
(5 Compulsory poses in groups of 3) > List of the Semifinalists backstage
35. Mixed Pairs Semifinals Round 1
(5 Compulsory Poses in groups of 3, Comparisons) > List of the Finalists backstage
36. Mixed Pairs Finals Round 2
(5 Compulsory Poses x 2 + Posedown)
37. Mixed Pairs Finals Round 3
(Posing Routines – 90 sec.)

VICTORY CEREMONY: MIXED PAIRS - 1:05 or 0:50 h > 5:10

38. Master Men Bodybuilding age 50-59, up to 80 kg Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
39. Master Men Bodybuilding age 50-59, +80 kg Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
40. Master Men Bodybuilding age 50-59, up to 80 kg Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
41. Master Men Bodybuilding age 50-59, +80 kg Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
42. Master Men Bodybuilding age 50-59, up to 80 kg Finals Round 2
(7 Compulsory Poses x 2 + Posedown)
43. Master Men Bodybuilding age 50-59, up to 80 kg Finals Round 3
(Posing Routines – 60 sec.)
44. Master Men Bodybuilding age 50-59, +80 kg Finals Round 2
(7 Compulsory Poses x 2 + Posedown)
45. Master Men Bodybuilding age 50-59, +80 kg Finals Round 3
(Posing Routines – 60 sec.)
46. Master Men Bodybuilding age 60-65 Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
47. Master Men Bodybuilding age +65 Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
48. Master Men Bodybuilding age 60-65, open Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
49. Master Men Bodybuilding age +65, open Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
50. Master Men Bodybuilding age 60-65, open Finals Round 2
(7 Compulsory Poses x 2 + Posedown)
51. Master Men Bodybuilding age 60-65, open Finals Round 3
(Posing Routines – 60 sec.)



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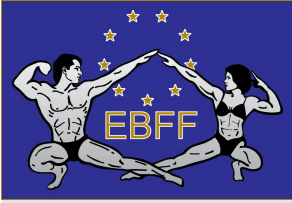
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|----------------------------------------------------------------------------------|--------|---------|
| 52. Master Men Bodybuilding age +65, open
(7 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 53. Master Men Bodybuilding age + 65, open
(Posing Routines – 60 sec.) | Finals | Round 3 |
| VICTORY CEREMONY: MASTER MEN BODYBUILDING 50-59; 60-65 and +65 | | |
| -- 2:30 h > 7:40 h | | |

FRIDAY, MAY 15TH, 2015

MORNING SESSION – DURATION: 09:00 – 14:00. LUNCH: 14:00 – 15:00
(MASTER MEN BODYBUILDING 40-49, MEN BODYBUILDING 70 KG, 75 KG)
(If there are 6 or less athletes in a category, there will be no pre-judging rounds)

- | | | |
|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|
| 1. Master Men Bodybuilding age 40-49, up to 70 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 2. Master Men Bodybuilding age 40-49, up to 80 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 3. Master Men Bodybuilding 40-49, up to 70 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 4. Master Men Bodybuilding 40-49, up to 80 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 5. Master Men Bodybuilding 40-49, up to 70 kg
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 6. Master Men Bodybuilding 40-49, up to 70 kg
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 7. Master Men Bodybuilding 40-49, up to 80 kg
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 8. Master Men Bodybuilding 40-49, up to 80 kg
(Posing Routines – 60 sec.) | Finals | Round 3
-1:20 h |
| 9. Master Men Bodybuilding age 40-49, up to 90 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 10. Master Men Bodybuilding age 40-49, +90 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 11. Master Men Bodybuilding 40-49, up to 90 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 12. Master Men Bodybuilding 40-49, +90 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 13. Master Men Bodybuilding 40-49, up to 90 kg
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 14. Master Men Bodybuilding 40-49, up to 90 kg
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 15. Master Men Bodybuilding 40-49, +90 kg
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 16. Master Men Bodybuilding 40-49, +90 kg
(Posing Routines – 60 sec.) | Finals | Round 3 |

VICTORY CEREMONY: MASTER MEN BODYBUILDING 40-49: 70 KG, 80 KG, 90 KG, +90 KG



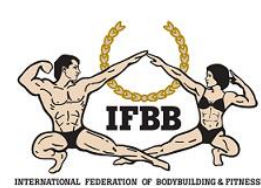
2015 EBFF BODYBUILDING AND FITNESS CHAMPIONSHIPS AND CONGRESS



17. **MASTER MEN BODYBUILDING OVERALL (40-49, 50-59, 60-65, +65) + VICTORY CEREMONY – 2:00 h**
(7 Compulsory Poses + Comparisons + Posedown)
18. Men Bodybuilding 70 kg Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
19. Men Bodybuilding 75 kg Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
20. Men Bodybuilding up to 70 kg Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
21. Men Bodybuilding up to 75 kg Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
22. Men Bodybuilding up to 70 kg Finals Round 2
(7 Compulsory Poses x 2 + Posedown)
23. Men Bodybuilding up to 70 kg Finals Round 3
(Posing Routines – 60 sec.)
24. Men Bodybuilding up to 75 kg Finals Round 2
(7 Compulsory Poses x 2 + Posedown)
25. Men Bodybuilding up to 75 kg Finals Round 3
(Posing Routines – 60 sec.)
- 1:00 h > 4:20**



2015 EBFF BODYBUILDING AND FITNESS CHAMPIONSHIPS AND CONGRESS



FRIDAY, MAY 15TH, 2015

AFTERNOON SESSION – DURATION: 15:00 – 20:30

**(MEN BODYBUILDING: 80 KG, 85 KG, 90 KG, 95 KG, 100, KG, +100 KG
JUNIOR MEN BODYBUILDING 75, KG +75 KG)**

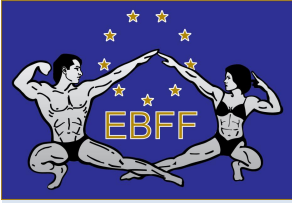
(If there are 6 or less athletes in a category, there will be no pre-judging rounds)

- | | | |
|------------------------------------------------------------------------------------------------------------------------|----------------------------|---------|
| 26. Men Bodybuilding 80 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 27. Men Bodybuilding 85 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 28. Men Bodybuilding up to 80 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 29. Men Bodybuilding up to 85 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 30. Men Bodybuilding up to 80 kg
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 31. Men Bodybuilding up to 80 kg
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 32. Men Bodybuilding up to 85 kg
(7 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 33. Men Bodybuilding up to 85 kg
(Posing Routines – 60 sec.) | Finals | Round 3 |

VICTORY CEREMONY: MEN BODYBUILDING 70 KG, 75 KG, 80 KG, 85 KG – 2:00 h

In the meantime: sandwich + coffee for the judges + secretariat + backstage

- | | | |
|------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|
| 34. Men Bodybuilding 90 kg
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 35. Men Bodybuilding 95 kg
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 36. Men Bodybuilding up to 90 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 37. Men Bodybuilding up to 95 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 38. Men Bodybuilding up to 90
(7 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 39. Men Bodybuilding up to 90
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 40. Men Bodybuilding up to 95
(7 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 41. Men Bodybuilding up to 95
(Posing Routines – 60 sec.) | Finals | Round 3
-2:00 h |
| 42. Men Bodybuilding 100 kg
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 43. Men Bodybuilding +100 kg
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |



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|---------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------|
| 44. Men Bodybuilding up to 100 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 45. Men Bodybuilding +100 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 46. Men Bodybuilding up to 100
(7 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 47. Men Bodybuilding up to 100
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 48. Men Bodybuilding +100
(7 Compulsory Poses x 2 + Posedown) | Finals | Round 2 |
| 49. Men Bodybuilding +100
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 50. VICTORY CEREMONY: MEN BODYBUILDING 90 KG, 95 KG, 100 KG, +100 KG | | |
| 51. MEN BODYBUILDING OVERALL + VICTORY CEREMONY –2:00 h > 6:00 h
(7 Compulsory Poses x 2 + Comparisons + Posedown) | | |
| 52. Junior Men Bodybuilding up to 75 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 53. Junior Men Bodybuilding +75 kg
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 54. Junior Men Bodybuilding up to 75 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 55. Junior Men Bodybuilding +75 kg
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 56. Junior Men Bodybuilding up to 75 kg
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 57. Junior Men Bodybuilding up to 75 kg
(Posing Routines – 60 sec.) | Finals | Round 3 |
| 58. Junior Men Bodybuilding +75 kg
(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 59. Junior Men Bodybuilding +75 kg
(Posing Routines – 60 sec.) | Finals | Round 3 |
| VICTORY CEREMONY: JUNIOR MEN BODYBUILDING 75 KG, +75 KG | | |
| 60. JUNIOR MEN BODYBUILDING OVERALL + VICTORY CEREMONY –1:40 h > 7:40 h
(7 Compulsory poses + Posedown) | | |



2015 EBFF BODYBUILDING AND FITNESS CHAMPIONSHIPS AND CONGRESS



SATURDAY, MAY 16TH, 2015

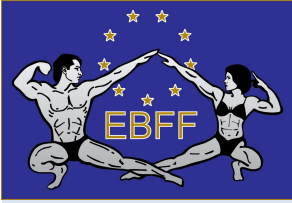
MORNING SESSION – DURATION: 09:00 – 14:00 (JUNIOR WOMEN & MEN FITNESS SEMIFINALS, WOMEN & MEN FITNESS SEMIFINALS, JUNIOR WOMEN BODYFITNESS). LUNCH: 14:00 – 15:00

1. Junior Women Fitness up to 163 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
2. Junior Women Fitness +163 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
3. Junior Men Fitness open Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
4. Women Fitness up to 163 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
5. Women Fitness +163 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
6. Men Fitness open Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
7. Junior Women Fitness up to 163 cm Semifinals Round 1
(Fitness Routines - 90 sec.)
8. Junior Women Fitness +163 cm Semifinals Round 1
(Fitness Routines - 90 sec.)
9. Junior Men Fitness open Semifinals Round 1
(Fitness Routines - 90 sec.)

10. Junior Women Bodyfitness up to 163 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
11. Junior Women Bodyfitness +163 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
12. Junior Women Bodyfitness up to 163 cm Semifinals Round 1
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage
13. Junior Women Bodyfitness +163 cm Semifinals Round 1
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage

14. Women Fitness up to 163 cm Semifinals Round 1
(Fitness Routines - 90 sec.)
15. Women Fitness +163 cm Semifinals Round 1
(Fitness Routines - 90 sec.)
16. Men Fitness open Semifinals Round 1
(Fitness Routines - 90 sec.)

17. Junior Women Fitness up to 163 cm Semifinals Round 2
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists
18. Junior Women Fitness +163 cm Semifinals Round 2
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists
19. Junior Men Fitness open Semifinals Round 2
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists



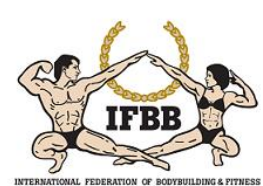
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20. Women Fitness up to 163 cm (4 Quarter Turns + Comparisons) > List of the Finalists	Semifinals	Round 2
21. Women Fitness over 163 cm (4 Quarter Turns + Comparisons) > List of the Finalists	Semifinals	Round 2
22. Men Fitness open (4 Quarter Turns + Comparisons) > List of the Finalists	Semifinals	Round 2
23. Junior Women Bodyfitness up to 163 cm (T-walking + 4 Quarter Turns x 2)	Finals	Round 2
24. Junior Women Bodyfitness +163 cm (T-walking + 4 Quarter Turns x 2)	Finals	Round 2
25. VICTORY CEREMONY: JUNIOR WOMEN BODYFITNESS 163 CM, +163 CM		
26. JUNIOR WOMEN BODYFITNESS OVERALL + VICTORY CEREMONY – 4:00 h (4 Quarter Turns)		



2015 EBFF BODYBUILDING AND FITNESS CHAMPIONSHIPS AND CONGRESS



SATURDAY, MAY 16TH, 2015

AFTERNOON SESSION – DURATION: 15:00 – 20:30 (WHEELCHAIR, MASTER WOMEN BODYFITNESS, WOMEN BODYFITNESS, JUNIOR WOMEN PHYSIQUE, MASTER WOMEN PHYSIQUE, WOMEN PHYSIQUE; JUNIOR MEN PHYSIQUE, MEN PHYSIQUE) If there are 6 or less athletes in a category, there will be no pre-judging rounds

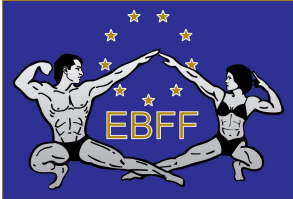
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| 27. Wheelchair Bodybuilding open
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage) | Semifinals | Round 1 |
| 28. Wheelchair Bodybuilding open
(7 Compulsory Poses) | Finals | Round 2 |
| 29. Wheelchair Bodybuilding open
(Posing Routines – 60 sec.) | Finals | Round 3 |

VICTORY CEREMONY: WHEELCHAIR BODYBUILDING - 0:20 h

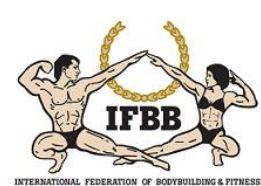
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| 30. Master Women Bodyfitness age 35-44
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 31. Master Women Bodyfitness age over 45
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 32. Master Women Bodyfitness age 35-44
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 33. Master Women Bodyfitness age over 45
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 34. Master Women Bodyfitness age 35-44
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 35. Master Women Bodyfitness age over 45
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 36. VICTORY CEREMONY: MASTER WOMEN BODYFITNESS AGE 35-44, +45
<i>Sandwich + cold drinks for judges</i> | | |

MASTER WOMEN BODYFITNESS OVERALL + VICTORY CEREMONY – 1:20 h > 1:40
(4 Quarter Turns)

- | | | |
|------------------------------------------------------------------------------------------------------------------------|-----------------------------|---------|
| 37. Women Bodyfitness 158 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 38. Women Bodyfitness 163 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |
| 39. Women Bodyfitness up to 158 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 40. Women Bodyfitness up to 163 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 41. Women Bodyfitness up to 158 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 42. Women Bodyfitness up to 163 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 43. Women Bodyfitness 168 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Rounds (if >15) | |



2015 EBFF BODYBUILDING AND FITNESS CHAMPIONSHIPS AND CONGRESS



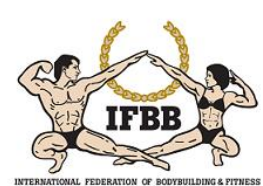
44. Women Bodyfitness +168 cm Elimination Rounds (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
45. Women Bodyfitness up to 168 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
46. Women Bodyfitness +168 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
47. Women Bodyfitness up to 168 cm Finals Round 2
(T-walking + 4 Quarter Turns x 2)
48. 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**
49. **WOMEN BODYFITNESS OVERALL + VICTORY CEREMONY – 1:20 h > 3:00**
(4 Quarter Turns x 2)
50. Junior Women Physique open Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
51. Master Women Physique open Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
52. Junior Women Physique open Semifinals Round 1
(4 Quarter Turns + 4 Compulsory Poses in groups of 5 + Comparisons) > List of the Finalists backstage
53. Master Women Physique open Semifinals Round 1
(4 Quarter Turns + 4 Compulsory Poses in groups of 5 + Comparisons) > List of the Finalists backstage
54. Junior Women Physique open Finals Round 2
(4 Compulsory Poses x 2 + Posedown)
55. Junior Women Physique open Finals Round 3
(Posing routine – 30 sec.)
56. Master Women Physique open Finals Round 2
(4 Compulsory Poses x 2 + Posedown)
57. Master Women Physique open Finals Round 3
(Posing Routines – 30 sec.) **-0:50 h**
58. Women Physique up to 163 cm Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
59. Women Physique +163 cm Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
60. 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
61. Women Physique +163 cm Semifinals Round 1
(4 Quarter Turns + 4 Compulsory Poses in groups of 5 + Comparisons) > List of the Finalists backstage
62. Women Physique up to 163 cm Finals Round 2
(4 Compulsory Poses x 2 + Posedown)
63. Women Physique up to 163 cm Finals Round 3
(Posing Routines – 30 sec.)
64. Women Physique +163 cm Finals Round 2
(4 Compulsory Poses x 2 + Posedown)



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BODYBUILDING AND FITNESS

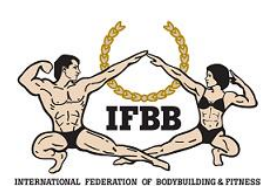
CHAMPIONSHIPS AND CONGRESS



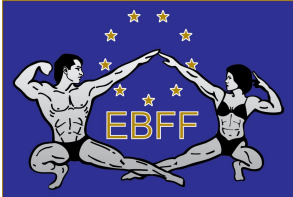
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| <p>65. Women Physique +163 cm
(Posing Routines – 30 sec.)</p> | <p>Finals</p> | <p>Round 3</p> |
| <p>66. VICTORY CEREMONY: JUNIOR WOMEN PHYSIQUE, MASTER WOMEN PHYSIQUE, WOMEN PHYSIQUE 163 CM, +163 CM</p> | | |
| <p>67. WOMEN PHYSIQUE OVERALL (163 CM, +163 CM) + VICTORY CEREMONY – 1:40 h > 5:30
(4 Compulsory Poses)</p> | | |
| <p>68. Junior Men Physique up to 170 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage</p> | <p>Elimination Round (if >15)</p> | |
| <p>69. Junior Men Physique up to 175 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage</p> | <p>Elimination Round (if >15)</p> | |
| <p>70. Junior Men Physique up to 170 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage</p> | <p>Semifinals</p> | <p>Round 1</p> |
| <p>71. Junior Men Physique up to 175 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage</p> | <p>Semifinals</p> | <p>Round 1</p> |
| <p>72. Junior Men Physique up to 170 cm
(Individual Presentations + 4 Quarter Turns x 2)</p> | <p>Finals</p> | <p>Round 2</p> |
| <p>73. Junior Men Physique up to 175 cm
(Individual Presentations + 4 Quarter Turns x 2)</p> | <p>Finals</p> | <p>Round 2
-0:50 h</p> |
| <p>74. Junior Men Physique +175 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage</p> | | |
| <p>75. Master Men Physique open
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage</p> | | |
| <p>76. Junior Men Physique +175 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage</p> | <p>Semifinals</p> | <p>Round 1</p> |
| <p>77. Master Men Physique open
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage</p> | <p>Semifinals</p> | <p>Round 1</p> |
| <p>78. Junior Men Physique +175 cm
(Individual Presentations + 4 Quarter Turns x 2)</p> | <p>Finals</p> | <p>Round 2</p> |
| <p>79. Master Men Physique open
(Individual Presentations + 4 Quarter Turns x 2)</p> | <p>Finals</p> | <p>Round 2</p> |
| <p>VICTORY CEREMONY: JUNIOR MEN PHYSIQUE 170 CM, 175 CM, +175 CM, MASTER MEN PHYSIQUE OPEN
<i>Sandwich + cold drink for judges</i></p> | | |
| <p>80. JUNIOR MEN PHYSIQUE OVERALL - 0:50 h > 7:00 h
(4 Quarter Turns)</p> | | |
| <p>81. Men Physique 170 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage</p> | <p>Elimination Round (if >15)</p> | |
| <p>82. Men Physique 174 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage</p> | <p>Elimination Round (if >15)</p> | |



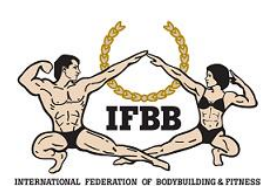
2015 EBFF BODYBUILDING AND FITNESS CHAMPIONSHIPS AND CONGRESS



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| 83. Men Physique up to 170 cm
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 84. Men Physique up to 174 cm
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 85. Men Physique up to 170 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |
| 86. Men Physique up to 174 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |
| 87. Men Physique 178 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 88. Men Physique +178 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | Elimination Round (if >15) | |
| 89. Men Physique up to 178 cm
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 90. Men Physique +178 cm
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 91. Men Physique up to 178 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |
| 92. Men Physique +178 cm
(Individual Presentations + 4 Quarter Turns x 2) | Finals | Round 2 |
| VICTORY CEREMONY: MEN PHYSIQUE 170 CM, 174 CM, 178 CM, +178 CM | | |
| 93. MEN PHYSIQUE OVERALL + VICTORY CEREMONY – 2:00 h > 9:00
(4 Quarter Turns x 2) | | |



2015 EBFF
BODYBUILDING AND FITNESS
CHAMPIONSHIPS AND CONGRESS



SUNDAY, MAY 17TH, 2015

MORNING SESSION – DURATION: 09:00 – 14:00 (JUNIOR WOMEN & MEN FITNESS FINALS, WOMEN & MEN FITNESS FINALS)

(If there are 6 or less athletes in a category, there will be no pre-judging rounds)

- | | | |
|----------------------------------------------------------------------|--------|---------|
| 1. Junior Women Fitness up to 163 cm
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 2. Junior Women Fitness +163 cm
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 3. Junior Men Fitness open
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 4. Junior Women Fitness up to 163 cm
(4 Quarter Turns x 2) | Finals | Round 4 |
| 5. Junior Women Fitness +163 cm
(4 Quarter Turns x 2) | Finals | Round 4 |
| 6. Junior Men Fitness open
(4 Quarter Turns x 2) | Finals | Round 4 |

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

7. **JUNIOR WOMEN FITNESS OVERALL + VICTORY CEREMONY– 2:30 h**
(4 Quarter Turns)

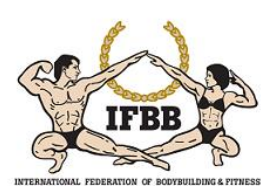
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| 8. Women Fitness up to 163 cm
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 9. Women Fitness +163 cm
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 10. Men Fitness open
(Fitness Routines - 90 sec.) | Finals | Round 3 |
| 11. Women Fitness up to 163 cm
(4 Quarter Turns x 2) | Finals | Round 4 |
| 12. Women Fitness +163 cm
(4 Quarter Turns x 2) | Finals | Round 4 |
| 13. Men Fitness open
(4 Quarter Turns x 2) | Finals | Round 4 |

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

14. **WOMEN FITNESS OVERALL + VICTORY CEREMONY - 2:30 h > 5:00 h**
(4 Quarter Turns)

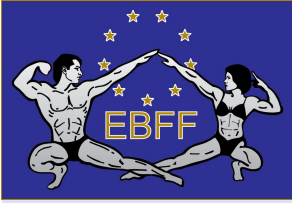


2015 EBFF **BODYBUILDING AND FITNESS** **CHAMPIONSHIPS AND CONGRESS**



SUNDAY, MAY 17TH, 2015
AFTERNOON SESSION – DURATION: 15:00 – 20:30
(BIKINI FITNESS: JUNIORS + MASTER + WOMEN)

15. Junior Women Bikini Fitness up to 160 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
 16. Junior Women Bikini Fitness up to 166 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
 17. Junior Women Bikini Fitness up to 160 cm Semifinals Round 1
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage
 18. Junior Women Bikini Fitness up to 166 cm Semifinals Round 1
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage
 19. Junior Women Bikini Fitness up to 160 cm Finals Round 2
(T-walking + 4 Quarter Turns x 2)
 20. Junior Women Bikini Fitness up to 166 cm Finals Round 2
(T-walking + 4 Quarter Turns x 2)
 21. Junior Women Bikini Fitness +166 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
 22. Master Women Bikini Fitness age over 35 Elimination Rounds (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
 23. Junior Women Bikini Fitness +166 cm Semifinals Round 1
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage
 24. Master Women Bikini Fitness age over 35 Semifinals Round 1
(4 Quarter Turns in groups of 5, Comparisons) > List of the Finalists backstage
 25. Junior Women Bikini Fitness +163 cm Finals Round 2
(T-walking + 4 Quarter Turns x 2)
 26. Master Women Bikini Fitness age over 35 Finals Round 2
(T-walking + 4 Quarter Turns x 2)
- VICTORY CEREMONY: JUNIOR WOMEN BIKINI FITNESS 160 CM, 166 CM, +166 CM, MASTER WOMEN BIKINI FITNESS**
27. **JUNIOR WOMEN BIKINI FITNESS OVERALL + VICTORY CEREMONY– 2:30 h**
(4 Quarter Turns)
 28. Women Bikini Fitness up to 160 cm Elimination Rounds (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
 29. Women Bikini Fitness up to 163 cm Elimination Rounds (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
 30. Women Bikini Fitness up to 160 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
 31. Women Bikini Fitness up to 163 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
 32. Women Bikini Fitness up to 160 cm Finals Round 2
(T-walking + 4 Quarter Turns x 2)



2015 EBFF BODYBUILDING AND FITNESS CHAMPIONSHIPS AND CONGRESS



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| 33. Women Bikini Fitness up to 163 cm
(T-walking + 4 Quarter Turns x 2)
<i>Sandwich and cold drinks for judges</i> | Finals | Round 2 |
| 34. Women Bikini Fitness up to 166 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | | Elimination Rounds (if >15) |
| 35. Women Bikini Fitness up to 169 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | | Elimination Rounds (if >15) |
| 36. Women Bikini Fitness up to 166 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 37. Women Bikini Fitness up to 169 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 38. Women Bikini Fitness up to 166 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 39. Women Bikini Fitness up to 169 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 40. Women Bikini Fitness up to 172 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | | Elimination Rounds (if >15) |
| 41. Women Bikini Fitness +172 cm
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage | | Elimination Rounds (if >15) |
| 42. Women Bikini Fitness up to 172 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 43. Women Bikini Fitness +172 cm
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 44. Women Bikini Fitness up to 172 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 45. Women Bikini Fitness +172 cm
(T-walking + 4 Quarter Turns x 2) | Finals | Round 2 |

VICTORY CEREMONY: WOMEN BIKINI FITNESS 160 CM, 163 CM, 166 CM, 169 CM, 172 CM, +172 CM

46. **WOMEN BIKINI FITNESS OVERALL + VICTORY CEREMONY - 5:00 h > 7:30 h**
(4 Quarter Turns x 2)
- 1. EUROPEAN BODYBUILDING CHAMPIONSHIPS – THE BEST TEAMS AWARDS**
 - 2. EUROPEAN FITNESS CHAMPIONSHIPS – THE BEST TEAMS AWARDS**
 - 3. EUROPEAN JUNIORS AND MASTERS CHAMPIONSHIPS – THE BEST TEAMS AWARDS**

MONDAY, MAY 18TH, 2015

DEPARTURES