

# **RUNNING ORDER OF THE 2018 IFBB DIAMOND CUP ESPINHO, PORTUGAL**

**FRIDAY, JUNE 08<sup>th</sup>, 2018**

**10:00 – 13:00 – Official Athlete Registration – Nave Polivalente, Espinho**

**15:00 – 18:00 – Official Athlete Registration – Nave Polivalente, Espinho**

**19:00 – Team Managers and Judges Meeting - Nave Polivalente**

**SATURDAY, JUNE 09<sup>th</sup>, 2018 - Nave Polivalente**

**10:00 - 13:00**

(If there are 5 or less athletes in a category, there will be joined categories - because the points of World Elite Ranking)

**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's Physique up to 170 cm  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage Elimination Round (if >15)
2. Men's Physique up to 173 cm  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage Elimination Round (if >15)
3. Men's Physique up to 176 cm  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage Elimination Round (if >15)
4. Men's Physique up to 170 cm  
(4 Quarter Turns + Comparisons) > List of the Finalists backstage Semifinals Round 1
5. Men's Physique up to 173 cm  
(4 Quarter Turns + Comparisons) > List of the Finalists backstage Semifinals Round 1
6. Men's Physique up to 176 cm  
(4 Quarter Turns + Comparisons) > List of the Finalists backstage Semifinals Round 1
7. Men's Physique up to 170 cm  
(Individual Presentations + 4 Quarter Turns x 2) Finals Round 2
8. Men's Physique up to 173 cm  
(Individual Presentations + 4 Quarter Turns x 2) Finals Round 2
9. Men's Physique up to 176 cm  
(Individual Presentations + 4 Quarter Turns x 2) Finals Round 2
- VICTORY CEREMONY:**
  - MEN PHYSIQUE UP TO 170 CM**
  - MEN PHYSIQUE UP TO 173 CM**
  - MEN PHYSIQUE UP TO 176 CM**
10. Men's Physique up to 179 cm  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage Elimination Round (if >15)
11. Men's Physique up to 182 cm  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage Elimination Round (if >15)
12. Men's Physique over 182 cm  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage Elimination Round (if >15)
13. Men's Physique up to 179 cm  
(4 Quarter Turns + Comparisons) > List of the Finalists backstage Semifinals Round 1
14. Men's Physique up to 182 cm  
(4 Quarter Turns + Comparisons) > List of the Finalists backstage Semifinals Round 1

15. Men Physique over 182 cm Semifinals Round 1  
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
16. Men's Physique up to 179 cm Finals Round 2  
(Individual Presentations + 4 Quarter Turns x 2)
17. Men's Physique up to 182 cm Finals Round 2  
(Individual Presentations + 4 Quarter Turns x 2)
18. Men's Physique over 182 cm Finals Round 2  
(Individual Presentations + 4 Quarter Turns x 2)
- VICTORY CEREMONY:**  
**- MEN'S PHYSIQUE UP TO 179 CM**  
**- MEN'S PHYSIQUE UP TO 182 CM**  
**- MEN'S PHYSIQUE OVER 182 CM**
19. **MEN'S PHYSIQUE OVERALL + VICTORY CEREMONY - 3 ELITE PRO CARD**  
(4 Quarter Turns x 2)
20. Women's Bikini Fitness up to 160 cm Elimination Rounds (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
21. Women's Bikini Fitness up to 164 cm Elimination Rounds (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
22. Women's Bikini Fitness up to 169 cm Elimination Round (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
23. Women's Bikini Fitness up to 172 cm Elimination Rounds (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
24. Women's Bikini Fitness over 172 cm Elimination Rounds (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
25. Women's Bikini Fitness up to 160 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
26. Women's Bikini Fitness up to 164 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
27. Women's Bikini Fitness up to 169 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
28. Women's Bikini Fitness up to 172 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
29. Women's Bikini Fitness over 172 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
30. Women's Bikini Fitness up to 160 cm Finals Round 2  
(I-walking + 4 Quarter Turns x 2)
31. Women's Bikini Fitness up to 164 cm Finals Round 2  
(I-walking + 4 Quarter Turns x 2)
32. Women's Bikini Fitness up to 169 cm Finals Round 2  
(I-walking + 4 Quarter Turns x 2)
33. Women's Bikini Fitness up to 172 cm Finals Round 2  
(I-walking + 4 Quarter Turns x 2)
34. Women's Bikini Fitness up over 172 cm Finals Round 2  
(I-walking + 4 Quarter Turns x 2)
- VICTORY CEREMONY:**  
**- WOMEN BIKINI FITNESS UP TO 160 CM**  
**- WOMEN BIKINI FITNESS UP TO 164 CM**  
**- WOMEN BIKINI FITNESS UP TO 169 CM**

- **WOMEN BIKINI FITNESS UP TO 172 CM**
- **WOMEN BIKINI FITNESS OVER 172 CM**

**35. WOMEN BIKINI FITNESS OVERALL + VICTORY CEREMONY- 3 ELITE PRO CARD**  
(4 Quarter Turns x 2)

**SATURDAY, JUNE 09<sup>th</sup>, 2018 - Nave Polivalente**  
**15:00 - ONE CONTINUOUS SESSION**

- |  |                             |
|--|-----------------------------|
| 36. Junior Men's Physique open<br>(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage                         | Elimination Round (if >15)  |
| 37. Master Men's Physique open<br>(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage                         | Elimination Round (if >15)  |
| 38. Junior Women's Bikini Fitness open<br>(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage                 | Elimination Round (if >15)  |
| 39. Master Women's Bikini Fitness open<br>(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage                 | Elimination Rounds (if >15) |
| 40. Master Women's Bodyfitness 35-44 years<br>(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage             | Elimination Rounds (if >15) |
| 41. Master Women's Bodyfitness over 45 years<br>(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage           | Elimination Rounds (if >15) |
| 42. Junior Men's Physique open<br>(4 Quarter Turns + Comparisons) > List of the Finalists backstage                              | Semifinals Round 1          |
| 43. Master Men's Physique open<br>(4 Quarter Turns + Comparisons) > List of the Finalists backstage                              | Semifinals Round 1          |
| 44. Junior Women's Bikini Fitness open<br>(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage       | Semifinals Round 1          |
| 45. Master Women's Bikini Fitness open<br>(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage       | Semifinals Round 1          |
| 46. Master Women's Bodyfitness 35-44 years<br>(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage   | Semifinals Round 1          |
| 47. Master Women's Bodyfitness over 45 years<br>(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals Round 1          |
| 48. Junior Men's Physique open<br>(4 Quarter Turns x 2)  | Finals Round 2              |
| 49. Master Men's Physique open<br>(4 Quarter Turns x 2)  | Finals Round 2              |
| 50. Junior Women's Bikini Fitness upopen<br>(I-walking + 4 Quarter Turns x 2)  | Finals Round 2              |
| 51. Master Women's Bikini Fitness open<br>(I-walking + 4 Quarter Turns x 2)  | Finals Round 2              |
| 52. Master Women's Bodyfitness 35-44 years<br>(I-walking + 4 Quarter Turns x 2)  | Finals Round 2              |
| 53. Master Women's Bodyfitness over 45 years<br>(I-walking + 4 Quarter Turns x 2)  | Finals Round 2              |

**VICTORY CEREMONY:**

- **JUNIOR MEN'S PHYSIQUE OPEN**
- **MASTER MEN'S PHYSIQUE OPEN**
- **JUNIOR WOMEN'S BIKINI FITNESS OPEN**
- **MASTER WOMEN'S BIKINI FITNESS OPEN**
- **MASTER WOMEN'S BODYFITNESS 35-44 YEARS**

## - MASTER WOMEN'S BODYFITNESS OVER 45 YEARS

54. **MASTER WOMEN'S BODYFITNESS OVERALL + VICTORY CEREMONY**  
(4 Quarter Turns x 2)
55. Muscular Men's Physique open Elimination Round (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
56. Women's Wellness Fitness up to 163 cm Elimination Rounds (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
57. Women's Wellness Fitness up to 168 cm Elimination Rounds (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
58. Women's Wellness Fitness over 168 cm Elimination Rounds (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
59. Muscular Men's Physique open Semifinals Round 1  
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
60. Women's Wellness Fitness up to 163 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
61. Women's Wellness Fitness up to 168 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
62. Women's Wellness Fitness over 168 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
63. Muscular Men's Physique open Finals Round 2  
(4 Quarter Turns x 2)
64. Women's Wellness Fitness up to 163 cm Finals Round 2  
(I-walking + 4 Quarter Turns x 2)
65. Women's Wellness Fitness up to 168 cm Finals Round 2  
(I-walking + 4 Quarter Turns x 2)
66. Women's Wellness Fitness over 168 cm Finals Round 2  
(I-walking + 4 Quarter Turns x 2)
- VICTORY CEREMONY:**
- **MUSCULAR MEN PHYSIQUE OPEN - 1 ELITE PRO CARD**
  - **WOMEN WELLNESS FITNESS UP TO 163 CM**
  - **WOMEN WELLNESS FITNESS UP TO 168 CM**
  - **WOMEN WELLNESS FITNESS OVER 168 CM**
67. **WOMEN WELLNESS FITNESS OVERALL + VICTORY CEREMONY - 3 ELITE PRO CARD**  
(4 Quarter Turns x 2)
68. Women's Bodyfitness up to 163 cm Elimination Rounds (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
69. Women's Bodyfitness up to 168 cm Elimination Rounds (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
70. Women's Bodyfitness over 168 cm Elimination Rounds (if >15)  
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
71. Women's Physique open Elimination Round (if >15)  
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
72. Women's Bodyfitness up to 163 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
73. Women's Bodyfitness up to 168 cm Semifinals Round 1  
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage

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|--|------------|---------|
| 74. Women's Bodyfitness up to over 168 cm<br>(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage      | Semifinals | Round 1 |
| 75. Women's Physique open<br>(4 Quarter Turns + 4 Compulsory Poses in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 76. Women's Bodyfitness up to 163 cm<br>(I-walking + 4 Quarter Turns x 2)  | Finals     | Round 2 |
| 77. Women's Bodyfitness up to 168 cm<br>(I-walking + 4 Quarter Turns x 2)  | Finals     | Round 2 |
| 78. Women's Bodyfitness over 168 cm<br>(I-walking + 4 Quarter Turns x 2)   | Finals     | Round 2 |
| 79. Women's Physique open<br>(4 Compulsory Poses x 2 + Posedown)   | Finals     | Round 2 |
| 80. Women's Physique open<br>(Posing Routines – 60 sec.)   | Finals     | Round 3 |

**VICTORY CEREMONY:**

- **WOMEN BODYFITNESS UP TO 163 CM**
- **WOMEN BODYFITNESS UP TO 168 CM**
- **WOMEN BODYFITNESS OVER 168 CM**
- **WOMEN'S PHYSIQUE OPEN**

81. **WOMEN'S BODYFITNESS OVERALL + VICTORY CEREMONY- 3 ELITE PRO CARD**  
(4 Quarter Turns x 2)

**SUNDAY, JUNE 10<sup>th</sup>, 2018 - Nave Polivalente**  
**10:00 - 14:00**

(If there are 5 or less athletes in a category, there will be joined categories - because the points of World Elite Ranking)

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 Bodybuilding open<br>(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage                                     | Elimination Round (if >15) |
| 2. Master Men's Classic Bodybuilding open<br>(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage                             | Elimination Round (if >15) |
| 3. Master Men's Bodybuilding 40-49 years<br>(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage                              | Elimination Round (if >15) |
| 4. Master Men's Bodybuilding over 50 years<br>(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage                            | Elimination Round (if >15) |
| 5. Junior Men's Bodybuilding open<br>(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage          | Semifinals Round 1         |
| 6. Master Men's Classic Bodybuilding open<br>(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage  | Semifinals Round 1         |
| 7. Master Men's Bodybuilding 40-49 years<br>(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage   | Semifinals Round 1         |
| 8. Master Men's Bodybuilding over 50 years<br>(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals Round 1         |
| 9. Junior Men's Bodybuilding open<br>(7 Compulsory poses x 2 + Posedown)   | Finals Round 2             |

- |  |        |         |
|--|--------|---------|
| 10. Junior Men's Bodybuilding open<br>(Posing Routines – 60 sec.)                  | Finals | Round 3 |
| 11. Master Men's Classic Bodybuilding open<br>(7 Compulsory poses x 2 + Posedown)  | Finals | Round 2 |
| 12. Master Men's Classic Bodybuilding open<br>(Posing Routines – 60 sec.)          | Finals | Round 3 |
| 13. Master Men's Bodybuilding 40-49 years<br>(7 Compulsory poses x 2 + Posedown)   | Finals | Round 2 |
| 14. Master Men's Bodybuilding 40-49 years<br>(Posing Routines – 60 sec.)           | Finals | Round 3 |
| 15. Master Men's Bodybuilding over 50 years<br>(7 Compulsory poses x 2 + Posedown) | Finals | Round 2 |
| 16. Master Men's Bodybuilding over 50 years<br>(Posing Routines – 60 sec.)         | Finals | Round 3 |

**VICTORY CEREMONY:**

- JUNIOR MEN'S BODYBUILDING OPEN
- MASTER MEN'S CLASSIC BODYBUILDING OPEN
- MASTER MEN'S BODYBUILDING 40-49 YEARS
- MASTER MEN'S BODYBUILDING OVER 50 YEARS

**17. MASTER MEN'S BODYBUILDING OVERALL + VICTORY CEREMONY**

(7 Compulsory poses x 2 + Posedown)

- |   |                            |         |
|---|----------------------------|---------|
| 18. Men's Classic Bodybuilding up to 175 cm<br>(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage                            | Elimination Round (if >15) |         |
| 19. Men's Classic Bodybuilding up to 180 cm<br>(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage                            | Elimination Round (if >15) |         |
| 20. Men's Classic Bodybuilding over 180 cm<br>(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage                             | Elimination Round (if >15) |         |
| 21. Men's Classic Bodybuilding up to 175 cm<br>(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals                 | Round 1 |
| 22. Men's Classic Bodybuilding up to 180 cm<br>(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage | Semifinals                 | Round 1 |
| 23. Men's Classic Bodybuilding over 180 cm<br>(4 Quarter Turns + 4 Compulsory poses in groups of 5, Comparisons) > List of the Finalists backstage  | Semifinals                 | Round 1 |
| 24. Men's Classic Bodybuilding up to 175 cm<br>(7 Compulsory poses x 2 + Posedown)  | Finals                     | Round 2 |
| 25. Men's Classic Bodybuilding up to 175 cm<br>(Posing Routines – 60 sec.)  | Finals                     | Round 3 |
| 26. Men's Classic Bodybuilding up to 180 cm<br>(7 Compulsory poses x 2 + Posedown)  | Finals                     | Round 2 |
| 27. Men's Classic Bodybuilding up to 180 cm<br>(Posing Routines – 60 sec.)  | Finals                     | Round 3 |
| 28. Men's Classic Bodybuilding over 180 cm<br>(7 Compulsory poses x 2 + Posedown)   | Finals                     | Round 2 |
| 29. Men's Classic Bodybuilding over 180 cm<br>(Posing Routines – 60 sec.)   | Finals                     | Round 3 |

**VICTORY CEREMONY:**

- MEN'S CLASSIC BODYBUILDING UP TO 175 CM
- MEN'S CLASSIC BODYBUILDING UP TO 180 CM
- MEN'S CLASSIC BODYBUILDING OVER 180 CM



30. **MEN'S CLASSIC BODYBUILDING OVERALL + VICTORY CEREMONY - 3 ELITE PRO CARD**  
(7 Compulsory poses x 2 + Posedown)

31. Men's Bodybuilding up to 75 kg Elimination Round (if >15)  
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage

32. Men's Bodybuilding up to 80 kg Elimination Round (if >15)  
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage

33. Men's Bodybuilding up to 75 kg Semifinals Round 1  
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage

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

35. Men's Bodybuilding up to 75 kg Finals Round 2  
(7 Compulsory Poses x 2 + Posedown)

36. Men's Bodybuilding up to 75 kg Finals Round 3  
(Posing Routines – 60 sec.)

37. Men's Bodybuilding up to 80 kg Finals Round 2  
(7 Compulsory Poses x 2 + Posedown)

38. Men's Bodybuilding up to 80 kg Finals Round 3  
(Posing Routines – 60 sec.)

**VICTORY CEREMONY:**

**- MEN'S BODYBUILDING UP TO 75 KG**

**- MEN'S BODYBUILDING UP TO 80 KG**

39. Men's Bodybuilding up to 90 kg Elimination Round (if >15)  
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage

40. Men's Bodybuilding up to 100 kg Elimination Round (if >15)  
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage

41. Men's Bodybuilding over 100 kg Elimination Round (if >15)  
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage

42. Men's Bodybuilding up to 90 kg Semifinals Round 1  
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage

43. Men's Bodybuilding up to 100 kg Semifinals Round 1  
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage

44. Men's Bodybuilding over 100 kg Semifinals Round 1  
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage

45. Men's Bodybuilding up to 90 kg Finals Round 2  
(7 Compulsory Poses x 2 + Posedown)

46. Men's Bodybuilding up to 90 kg Finals Round 3  
(Posing Routines – 60 sec.)

47. Men's Bodybuilding up to 100 kg Finals Round 2  
(7 Compulsory poses x 2 + Posedown)

48. Men's Bodybuilding up to 100 kg Finals Round 3  
(Posing Routines – 60 sec.)

49. Men's Bodybuilding over 100 kg Finals Round 2  
(7 Compulsory poses x 2 + Posedown)

50. Men's Bodybuilding over 100 kg Finals Round 3  
(Posing Routines – 60 sec.)

**VICTORY CEREMONY:**

**- MEN'S BODYBUILDING UP TO 90 KG**

- MEN'S BODYBUILDING UP TO 100 KG
- MEN'S BODYBUILDING OVER 100 KG

51. **MEN'S BODYBUILDING OVERALL + VICTORY CEREMONY - 3 ELITE PRO CARD**  
(7 Compulsory poses x 2 + Posedown)