

RUNNING ORDER OF THE 2018 IFBB DIAMOND CUP ESPINHO, PORTUGAL

SATURDAY, JUNE 09th, 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 Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
2. Men's Physique up to 176 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
3. Men's Physique up to 170 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
4. Men's Physique up to 173 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
5. Men's Physique up to 176 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
- VICTORY CEREMONY:**
 - **MEN PHYSIQUE UP TO 170 CM**
 - **MEN PHYSIQUE UP TO 173 CM**
 - **MEN PHYSIQUE UP TO 176 CM**
6. Men's Physique up to 179 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
7. Men Physique over 179 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
8. Men's Physique up to 179 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
9. Men's Physique over 179 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
- VICTORY CEREMONY:**
 - **MEN'S PHYSIQUE UP TO 179 CM**
 - **MEN'S PHYSIQUE OVER 179 CM**
10. **MEN'S PHYSIQUE OVERALL + VICTORY CEREMONY - 3 ELITE PRO CARD**
(4 Quarter Turns x 2)
11. Women's Bikini Fitness up to 160 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
12. Women's Bikini Fitness up to 164 cm Semifinals Round 1
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
13. Women's Bikini Fitness up to 160 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
14. Women's Bikini Fitness up to 164 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)
15. Women's Bikini Fitness up to 169 cm Finals Round 2
(I-walking + 4 Quarter Turns x 2)

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| 16. Women's Bikini Fitness up to 172 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 17. Women's Bikini Fitness up over 172 cm
(I-walking + 4 Quarter Turns x 2) | Finals | Round 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**

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

SATURDAY, JUNE 09th, 2018 - Nave Polivalente
15:00 - ONE CONTINUOUS SESSION

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| 19. Junior Men's Physique open
(4 Quarter Turns x 2) | Finals | Round 2 |
| 20. Master Men's Physique open
(4 Quarter Turns x 2) | Finals | Round 2 |
| 21. Junior Women's Bikini Fitness open
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 22. Master Women's Bikini Fitness open
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 23. Master Women's Bodyfitness over 45 years
(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 OVER 45 YEARS**

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| 24. Muscular Men's Physique open
(4 Quarter Turns + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 25. Women's Bodyfitness Open
(4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage | Semifinals | Round 1 |
| 26. Muscular Men's Physique open
(4 Quarter Turns x 2) | Finals | Round 2 |
| 27. Women's Wellness open
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 28. Women's Bodyfitness open
(I-walking + 4 Quarter Turns x 2) | Finals | Round 2 |
| 29. Women's Physique open
(Posing Routines – 60 sec.) | Finals | Round 3 |

VICTORY CEREMONY:

- **MUSCULAR MEN PHYSIQUE OPEN - 1 ELITE PRO CARD**
- **WOMEN WELLNESS FITNESS OPEN - 1 ELITE PRO CARD**
- **WOMEN BODYFITNESS UP TO 163 CM - 1 ELITE PRO CARD**