

INBA / PNBA WORLD CHAMPIONSHIPS



		#	Category	No. of Athlts	Discipline	Duration	From	To
BLOCK 1 - BODYBUILDING MASTERS, CHALLENGED, JUNIORS	SEMIFINAL	MAS5	Men's Natural Bodybuilding over 60 years	6	quarterturns & 8 mandatory poses	0:05	7:00	7:05
		MAS4	Men's Natural Bodybuilding 55-60 years	4	quarterturns & 8 mandatory poses	0:05	7:05	7:10
		MAS3	Men's Natural Bodybuilding 50-55 years	4	quarterturns & 8 mandatory poses	0:05	7:10	7:15
		MAS2	Men's Natural Bodybuilding 45-50 years	6	quarterturns & 8 mandatory poses	0:05	7:15	7:20
		MAS1	Men's Natural Bodybuilding 40-45 years	8	quarterturns & 8 mandatory poses	0:05	7:20	7:25
		MPC	Men Physically challenged	2	quarterturns & 8 mandatory poses	0:05	7:25	7:30
		JBB	Junior - Open up to 23 years	12	quarterturns & 8 mandatory poses	0:10	7:30	7:40
	FINAL	MAS5	Men's Natural Bodybuilding over 60 years	6	8 mandatory poses + posedown	0:04	7:40	7:44
		MAS4	Men's Natural Bodybuilding 55-60 years	4	8 mandatory poses + posedown	0:04	7:44	7:48
		MAS3	Men's Natural Bodybuilding 50-55 years	4	8 mandatory poses + posedown	0:04	7:48	7:52
		MAS2	Men's Natural Bodybuilding 45-50 years	6	8 mandatory poses + posedown	0:04	7:52	7:56
		MAS1	Men's Natural Bodybuilding 40-45 years	6	8 mandatory poses + posedown	0:04	7:56	8:00
		MPC	Men Physically challenged	2	8 mandatory poses + posedown	0:04	8:00	8:04
		JBB	Junior - Open up to 23 years	6	8 mandatory poses + posedown	0:04	8:04	8:08
	RESULTS	MAS5	Men's Natural Bodybuilding over 60 years	6	results + winner's posing routine	0:05	8:08	8:13
		MAS4	Men's Natural Bodybuilding 55-60 years	4	results + winner's posing routine	0:05	8:13	8:18
		MAS3	Men's Natural Bodybuilding 50-55 years	4	results + winner's posing routine	0:05	8:18	8:23
		MAS2	Men's Natural Bodybuilding 45-50 years	6	results + winner's posing routine	0:05	8:23	8:28
		MAS1	Men's Natural Bodybuilding 40-45 years	6	results + winner's posing routine	0:05	8:28	8:33
		MPC	Men Physically challenged	2	results + winner's posing routine	0:05	8:33	8:38
		JBB	Junior - Open up to 23 years	6	results + winner's posing routine	0:05	8:38	8:43
Break						0:07	8:43	8:50

		#	Category	No. of Athlts	Discipline	Duration	From	To
BLOCK 2 - FIGURE, PAIRS, MR. PHSQ, FIT CLASSIC, SP MODEL MEN	SEMIFINAL	FCW	Fitness classic - women	4	individual routines	0:07	8:50	8:57
		FCM	Fitness classic - men - Open	4	individual routines	0:07	8:57	9:04
		SMM	Sport model - men - Open	3	i - walks + 30 sec. speech	0:05	9:04	9:09
		FF3	Fitness figure over 35 years	14	quarterturns	0:10	9:09	9:19
		MSP	Ms. physique	11	quarterturns & 5 mandatory poses	0:10	9:19	9:29
		FF1	Fitness figure up to 165cm	10	quarterturns	0:10	9:29	9:39
		FF2	Fitness figure over 165cm	9	quarterturns	0:10	9:39	9:49
		MP	Mixed pairs	7	quarterturns & 5 mandatory poses	0:05	9:49	9:54
		FINAL	FF3	Fitness figure over 35 years	6	l - walks	0:04	9:54
	MSP		Ms. physique	6	5 mandatory poses + posedown	0:03	9:58	10:01
	FF1		Fitness figure up to 165cm	6	l - walks	0:04	10:01	10:05
	FF2		Fitness figure over 165cm	6	l - walks	0:04	10:05	10:09
	MP		Mixed pairs	6	posing routines	0:10	10:09	10:19
	RESULTS	FCW	Fitness classic - women	4	results	0:04	10:19	10:23
		FCM	Fitness classic - men - Open	4	results	0:04	10:23	10:27
		SMM	Sport model - men - Open	3	results	0:03	10:27	10:30
		FF3	Fitness figure over 35 years	6	results	0:05	10:30	10:35
		MSP	Ms. physique	6	results	0:05	10:35	10:40
		FF1	Fitness figure up to 165cm	6	results	0:05	10:40	10:45
		FF2	Fitness figure over 165cm	6	results	0:05	10:45	10:50
	MP	Mixed pairs	6	results	0:05	10:50	10:55	
Break						0:05	10:55	11:00

	#	Category	No. of Athlts	Discipline	Duration	From	To	
BLOCK 3 - CHILDREN	ROUTINES	CH1	Fitness children 6-7 years	3	individual routines	0:05	11:00	11:05
		CH2	Fitness children 8-9 years	4	individual routines	0:07	11:05	11:12
		CH3	Fitness children 10-11 years	12	individual routines	0:20	11:12	11:32
		CH4	Fitness children 12-13 years	7	individual routines	0:10	11:32	11:42
		CH5	Fitness children 14-15 years	6	individual routines	0:10	11:42	11:52
	RESULTS	CH1	Fitness children 6-7 years	3	results	0:03	11:52	11:55
		CH2	Fitness children 8-9 years	4	results	0:04	11:55	11:59
		CH3	Fitness children 10-11 years	12	results	0:07	11:59	12:06
		CH4	Fitness children 12-13 years	7	results	0:04	12:06	12:10
		CH5	Fitness children 14-15 years	6	results	0:04	12:10	12:14
Break					0:46	12:14	13:00	

Afternoon opening ceremony - INBA leaders						0:20	13:00	13:20
BLOCK 4 - SPORT MODEL & MR. PHYSIQUE	SEMIFINAL	MP1	Junior physique - Open up to 23 years	7	quarterturns & 5 mandatory poses	0:08	13:20	13:28
		SM1	Sport model up to 167cm	14	quarterturns	0:10	13:28	13:38
		SM2	Sport model over 167cm	7	quarterturns	0:05	13:38	13:43
		MP2	Mr. physique up to 182cm	16	quarterturns & 5 mandatory poses	0:15	13:43	13:58
		MP3	Mr. physique over 182cm	12	quarterturns	0:10	13:58	14:08
		SM3	Sport model over 35 years	12	quarterturns	0:10	14:08	14:18
		MP4	Mr. physique over 35 years	7	quarterturns & 5 mandatory poses	0:05	14:18	14:23
		FINAL	MP1	Junior physique - Open up to 23 years	6	I - walks	0:04	14:23
	SM1		Sport model up to 167cm	6	I - walks	0:04	14:27	14:31
	SM2		Sport model over 167cm	6	I - walks	0:04	14:31	14:35
	MP2		Mr. physique up to 182cm	6	I - walks	0:04	14:35	14:39
	MP3		Mr. physique over 182cm	6	I - walks	0:04	14:39	14:43
	SM3		Sport model over 35 years	6	I - walks	0:04	14:43	14:47
	MP4		Mr. physique over 35 years	6	I - walks	0:04	14:47	14:51
	RESULTS		MP1	Junior physique - Open up to 23 years	6	results	0:05	14:51
		SM1	Sport model up to 167cm	6	results	0:05	14:56	15:01
		SM2	Sport model over 167cm	6	results	0:05	15:01	15:06
		MP2	Mr. physique up to 182cm	6	results	0:05	15:06	15:11
		MP3	Mr. physique over 182cm	6	results	0:05	15:11	15:16
		SM3	Sport model over 35 years	6	results	0:05	15:16	15:21
MP4		Mr. physique over 35 years	6	results	0:05	15:21	15:26	
Break					0:04	15:26	15:30	

BLOCK 5 - BODYBUILDING MEN	SEMIFINAL	BB1	Men's Natural Bodybuilding up to 170cm	10	quarterturns & 8 mandatory poses	0:10	15:30	15:40
		BB2	Men's Natural Bodybuilding up to 175cm	15	quarterturns & 8 mandatory poses	0:20	15:40	16:00
		BB3	Men's Natural Bodybuilding up to 180cm	9	quarterturns & 8 mandatory poses	0:10	16:00	16:10
		BB4	Men's Natural Bodybuilding over 180cm	13	quarterturns & 8 mandatory poses	0:15	16:10	16:25
	FINAL	BB1	Men's Natural Bodybuilding up to 170cm	6	8 mandatory poses + posedown	0:04	16:25	16:29
		BB2	Men's Natural Bodybuilding up to 175cm	6	8 mandatory poses + posedown	0:04	16:29	16:33
		BB3	Men's Natural Bodybuilding up to 180cm	6	8 mandatory poses + posedown	0:04	16:33	16:37
		BB4	Men's Natural Bodybuilding over 180cm	6	8 mandatory poses + posedown	0:04	16:37	16:41
	RESULTS	BB1	Men's Natural Bodybuilding up to 170cm	6	results + winner's posing routine	0:05	16:41	16:46
		BB2	Men's Natural Bodybuilding up to 175cm	6	results + winner's posing routine	0:05	16:46	16:51
		BB3	Men's Natural Bodybuilding up to 180cm	6	results + winner's posing routine	0:05	16:51	16:56
		BB4	Men's Natural Bodybuilding over 180cm	6	results + winner's posing routine	0:05	16:56	17:01
Break					0:09	17:01	17:10	

		#	Category	No. of Athlts	Discipline	Duration	From	To
BLOCK 6 - FITNESS BIKINI & CLASSIC PHYSIQUE	SEMIFINAL	BIK1	Fitness bikini up to 23 years, up to 164cm	8	quarterturns	0:08	17:10	17:18
		BIK2	Fitness bikini up to 23 years, over 164cm	7	quarterturns	0:08	17:18	17:26
		CLP1	Classic physique up to 23 years	3	quarterturns & 8 mandatory + 1 favourite	0:03	17:26	17:29
		BIK3	Fitness bikini up to 164cm	16	quarterturns	0:15	17:29	17:44
		BIK4	Fitness bikini over 164cm	18	quarterturns	0:15	17:44	17:59
		CLP2	Classic physique	16	quarterturns & 8 mandatory + 1 favourite	0:15	17:59	18:14
		BIK5	Fitness bikini over 30 years	11	quarterturns	0:10	18:14	18:24
		BIK6	Fitness bikini over 45 years	5	quarterturns	0:05	18:24	18:29
	FINAL	BIK1	Fitness bikini up to 23 years, up to 164cm	6	l - walks	0:04	18:29	18:33
		BIK2	Fitness bikini up to 23 years, over 164cm	6	l - walks	0:04	18:33	18:37
		CLP1	Classic physique up to 23 years	3	posing routines	0:05	18:37	18:42
		BIK3	Fitness bikini up to 164cm	6	l - walks	0:04	18:42	18:46
		BIK4	Fitness bikini over 164cm	6	l - walks	0:04	18:46	18:50
		CLP2	Classic physique	6	posing routines	0:07	18:50	18:57
		BIK5	Fitness bikini over 30 years	6	l - walks	0:04	18:57	19:01
		BIK6	Fitness bikini over 45 years	5	l - walks	0:04	19:01	19:05
	RESULTS	BIK1	Fitness bikini up to 23 years, up to 164cm	6	results	0:05	19:05	19:10
		BIK2	Fitness bikini up to 23 years, over 164cm	6	results	0:05	19:10	19:15
		CLP1	Classic physique up to 23 years	3	results	0:04	19:15	19:19
		BIK3	Fitness bikini up to 164cm	6	results	0:05	19:19	19:24
		BIK4	Fitness bikini over 164cm	6	results	0:05	19:24	19:29
		CLP2	Classic physique	6	results	0:05	19:29	19:34
		BIK5	Fitness bikini over 30 years	6	results	0:05	19:34	19:39
		BIK6	Fitness bikini over 45 years	5	results	0:04	19:39	19:43
Break						0:07	19:43	19:50

BLOCK 7 - PNBA	SEMIFINAL	P1	PNBA Ms. Physique	2	quarterturns & 5 mandatory poses	0:04	19:50	19:54
		P2	PNBA Mr. Physique	4	quarterturns & 5 mandatory poses	0:04	19:54	19:58
		P3	PNBA Figure	5	quarterturns	0:04	19:58	20:02
		P4	PNBA Mr. Physique classic	3	quarterturns & 8 mandatory + 1 favourite	0:04	20:02	20:06
		P5	PNBA Bikini Divas	4	quarterturns	0:04	20:06	20:10
		P6	PNBA Bodybuilding	8	quarterturns & 8 mandatory poses	0:10	20:10	20:20
	FINAL	P1	PNBA Ms. Physique	2	posing routines	0:05	20:20	20:25
		P2	PNBA Mr. Physique	4	l - walks	0:04	20:25	20:29
		P3	PNBA Figure	5	l - walks	0:04	20:29	20:33
		P4	PNBA Mr. Physique classic	3	posing routines	0:05	20:33	20:38
		P5	PNBA Bikini Divas	4	l - walks	0:04	20:38	20:42
		P6	PNBA Bodybuilding	6	posing routines	0:10	20:42	20:52
	RESULTS	P1	PNBA Ms. Physique	2	results	0:03	20:52	20:55
		P2	PNBA Mr. Physique	4	results	0:04	20:55	20:59
		P3	PNBA Figure	5	results	0:04	20:59	21:03
		P4	PNBA Mr. Physique classic	3	results	0:04	21:03	21:07
		P5	PNBA Bikini Divas	4	results	0:04	21:07	21:11
		P6	PNBA Bodybuilding	6	results	0:05	21:11	21:16

Miss Sympathy	0:04	21:16	21:20
Bodybuilding Absolute	0:10	21:20	21:30

