







**SATURDAY 12th OCTOBER - AFTERNOON FROM 3:00PM TILL 6:00PM****MAIN STAGE TOP FLOOR (3 HOURS = 180min)**

32	Women Bikini – 160cm	Round 1	2-piece Bikini - Quarter turns
33	Women Bikini -163 cm	Round 1	2-piece Bikini - Quarter turns
34	Women Bikini – 166cm	Round 1	2-piece Bikini - Quarter turns
35	Women Bikini -169 cm	Round 1	2-piece Bikini - Quarter turns
36	Women Bikini -172 cm	Round 1	2-piece Bikini - Quarter turns
37	Women Bikini +172 cm	Round 1	2-piece Bikini - Quarter turns

**TOP 6 ARE CALLED BACK FOR FINALS**

	Women Bikini – 160cm	Round 2	<b>FINALS</b> – Bikini-own choice- T Walk-¼Turn
	Women Bikini -163 cm	Round 2	<b>FINALS</b> – Bikini-own choice- T Walk-¼Turn
	Women Bikini – 166cm	Round 2	<b>FINALS</b> – Bikini-own choice- T Walk-¼Turn
	Women Bikini -169 cm	Round 2	<b>FINALS</b> – Bikini-own choice- T Walk-¼Turn
	Women Bikini -172 cm	Round 2	<b>FINALS</b> – Bikini-own choice- T Walk-¼Turn
	Women Bikini +172 cm	Round 2	<b>FINALS</b> – Bikini-own choice- T Walk-¼Turn

**AWARDS CEREMONY****WOMEN'S BIKINI****BIKINI-FITNESS OVERALL****SUNDAY 13th OCTOBER 10:30AM TILL 2:00PM****MAIN STAGE TOP FLOOR (3½ HOURS = 210 min)**

38	Men Bodybuilding upto & incl 90kg	Round 1	Mandatory Poses + Comparisons
39	Men Bodybuilding up to 100kg	Round 1	Mandatory Poses + Comparisons
40	Men Bodybuilding Over 100kg	Round 1	Mandatory Poses + Comparisons

**TOP 6 ARE CALLED BACK FOR FINALS**

	Men Bodybuilding upto & incl 90kg	Round 2 and 3	<b>FINALS</b> – Mandatory-Posedown-Routine
	Men Bodybuilding up to 100kg	Round 2 and 3	<b>FINALS</b> – Mandatory-Posedown-Routine
	Men Bodybuilding Over 100kg	Round 2 and 3	<b>FINALS</b> – Mandatory-Posedown-Routine

**AWARDS CEREMONY****MEN'S BB 90KG, 100KG and OVER 100KG****OVERALL MEN 'S BODYBUILDING**

	Women's Fitness – 163cm	Round 3	<b>FINALS</b> –Routine
	Women's Fitness + 163cm	Round 3	<b>FINALS</b> – Routine
	Women's Fitness – 163cm	Round 4	<b>FINALS</b> – Quarter Turns
	Women's Fitness + 163cm	Round 4	<b>FINALS</b> – Quarter Turns

**AWARDS CEREMONY WOMEN'S FITNESS AND OVERALL**