**2016 FITNESS EXPO DUBAI RUNNING ORDER**

**WEDNESDAY, NOVEMBER 23rd, 2016**

**10:00 – 14:00** – **Official Athlete Registration** – **Dubai International Marine Club (DIMC)** *Mina Seyahi, Al Sofouh Road, Al Seyahi Street*

14:00 – 15:00 – Break

**15:00 – 20:00** – **Athletes weigh-in / measurement** – **DIMC**

**20:15** **- Team Managers and Judges Meeting** – **DIMC**

**THURSDAY, NOVEMBER 24th, 2016**

 **10:00 – PREJUDGING and FINALS - Dubai International Marine Club (DIMC)**

 **(MEN PHYSIQUE: 170 CM, 174 CM, 178 CM, +178 CM**

**MEN BODYBUILDING: 70 KG, 80 KG, 90 KG, +90 KG)**

 (If there are 6 or less athletes in a category, there will be no prejudging round)

1. Men Physique 170 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
2. Men Physique 174 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
3. Men Physique up to 170 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
4. Men Physique up to 174 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
5. Men Physique up to 170 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
6. Men Physique up to 174 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)

 **VICTORY CEREMONY: MEN PHYSIQUE: 170 CM, 174 CM**

1. Men Physique 178 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
2. Men Physique +178 cm Elimination Round (if >15)
(4 Quarter Turns in groups of 5) > List of the Semifinalists backstage
3. Men Physique up to 178 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
4. Men Physique +178 cm Semifinals Round 1
(4 Quarter Turns + Comparisons) > List of the Finalists backstage
5. Men Physique up to 178 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
6. Men Physique +178 cm Finals Round 2
(Individual Presentations + 4 Quarter Turns x 2)
**VICTORY CEREMONY: MEN PHYSIQUE 178 CM, +178 CM**
7. **MEN PHYSIQUE OVERALL + VICTORY CEREMONY**(4 Quarter Turns x 2)
8. Men Bodybuilding up to 70 kg Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
9. Men Bodybuilding up to 80 kg Elimination Round (if >15)
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
10. Men Bodybuilding up to 70 kg Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
11. Men Bodybuilding up to 80 kg Semifinals Round 1

(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage

1. Men Bodybuilding up to 70 kg Finals Round 2

 (7 Compulsory Poses x 2 + Posedown)

1. Men Bodybuilding up to 70 kg Finals Round 3
(Posing Routines – 60 sec.)
2. Men Bodybuilding up to 80 kg Finals Round 2
(7 Compulsory Poses x 2 + Posedown)
3. Men Bodybuilding up to 80 kg Finals Round 3
(Posing Routines – 60 sec.)

 **VICTORY CEREMONY: MEN BODYBUILDING 70 KG, 80 KG**

1. Men Bodybuilding up to 90 kg Elimination Round (if >15)
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage
2. Men Bodybuilding +90 kg Elimination Round (if >15)
(4 Compulsory poses in groups of 5) > List of the Semifinalists backstage
3. Men Bodybuilding up to 90 kg Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
4. Men Bodybuilding +90 kg Semifinals Round 1
(4 Compulsory Poses in groups of 5, Comparisons) > List of the Finalists backstage
5. Men Bodybuilding up to 90 Finals Round 2

(7 Compulsory Poses x 2 + Posedown)

1. Men Bodybuilding up to 90 Finals Round 3
(Posing Routines – 60 sec.)
2. Men Bodybuilding +90 kg Finals Round 2

(7 Compulsory Poses x 2 + Posedown)

1. Men Bodybuilding +90 kg Finals Round 3
(Posing Routines – 60 sec.)

**VICTORY CEREMONY: MEN BODYBUILDING 90 KG, +90 KG**

1. **MEN BODYBUILDING OVERALL + VICTORY CEREMONY**(7 Compulsory Poses x 2 + Comparisons + Posedown)