

2021 IFBB WORLD CHAMPIONSHIPS

Santa Susanna, Spain – November 03-08, 2021

SATURDAY, NOVEMBER 6th, 2021

09:00 – (20:00?) – ONE CONTINUOUS SESSION

1. Junior Women Acrobatic Fitness 16-20 Years Up To 163 cm	Semifinals	Round 1 (Routines)
2. Junior Women Acrobatic Fitness 16-20 Years Over 163 cm	Semifinals	Round 1 (Routines)
3. Junior Women Acrobatic Fitness 21-23 Years Up To 163 cm	Semifinals	Round 1 (Routines)
4. Junior Women Acrobatic Fitness 21-23 Years Over 163 cm	Semifinals	Round 1 (Routines)
5. Junior Men Fitness 16-20 Years Open	Semifinals	Round 1 (Routines)
6. Junior Men Fitness 21-23 Years Open	Semifinals	Round 1 (Routines)
7. Beginner Men Bodybuilding Up To 70 kg	Semifinals	Round 1
8. Beginner Men Bodybuilding Up To 80 kg	Semifinals	Round 1
9. Beginner Men Bodybuilding Up To 90 kg	Semifinals	Round 1
10. Beginner Men Bodybuilding Over 90 kg	Semifinals	Round 1
11. Beginner Men Bodybuilding Up To 70 kg	Finals	Round 2
12. Beginner Men Bodybuilding Up To 70 kg	Finals	Round 3
13. Beginner Men Bodybuilding Up To 80 kg	Finals	Round 2
14. Beginner Men Bodybuilding Up To 80 kg	Finals	Round 3
15. Beginner Men Bodybuilding Up To 90 kg	Finals	Round 2
16. Beginner Men Bodybuilding Up To 90 kg	Finals	Round 3
17. Beginner Men Bodybuilding Over 90 kg	Finals	Round 2
18. Beginner Men Bodybuilding Over 90 kg	Finals	Round 3
19. Junior Men Bodybuilding 16-20 Years Up To 75 kg	Semifinals	Round 1
20. Junior Men Bodybuilding 16-20 Years Over 75 kg	Semifinals	Round 1
21. Junior Men Bodybuilding 21-23 Years Up To 75 kg	Semifinals	Round 1
22. Junior Men Bodybuilding 21-30 Years Over 75 kg	Semifinals	Round 1
23. Junior Men Bodybuilding 16-20 Years Up To 75 kg	Finals	Round 2
24. Junior Men Bodybuilding 16-20 Years Up To 75 kg	Finals	Round 3
25. Junior Men Bodybuilding 16-20 Years Over 75 kg	Finals	Round 2
26. Junior Men Bodybuilding 16-20 Years Over 75 kg	Finals	Round 3
27. Junior Men Bodybuilding 21-23 Years Up To 75 kg	Finals	Round 2
28. Junior Men Bodybuilding 21-23 Years Up To 75 kg	Finals	Round 3
29. Junior Men Bodybuilding 21-30 Years Over 75 kg	Finals	Round 2
30. Junior Men Bodybuilding 21-30 Years Over 75 kg	Finals	Round 3

VICTORY CEREMONY:

- BEGINNER MEN BODYBUILDING 70 KG, 80 KG, 90 KG, +90 KG
- JUNIOR MEN BODYBUILDING 16-20 YEARS 75 KG & +75 KG
- JUNIOR MEN BODYBUILDING 21-23 YEARS 75 KG & +75 KG
- BEGINNER MEN BODYBUILDING OVERALL + AWARDING
- JUNIOR MEN BODYBUILDING OVERALL + AWARDING

31. THE OPENING CEREMONY

- Parade of Nations: all participating National Federations will appear onstage in alphabetical order, with the host National Federation appearing last.
- Speeches by officials:
 - a. President of the host National Federation; and/or
 - b. Senior Special Guest; and/or
 - c. President of the IFBB
- IFBB awards
- Selected competitors, one female and one male, the younger and the oldest, if possible, will swear the competitor's oath.
- IFBB President will declare the Championships open.
- National anthem of the Host Country will be played.
- Officials and the National Federation delegates leave the stage.

32.	Junior Women Acrobatic Fitness 16-20 Years Up To 163 cm	Semifinal	Round 2 (Turns)
33.	Junior Women Acrobatic Fitness 16-20 Years Over 163 cm	Semifinal	Round 2 (Turns)
34.	Junior Women Acrobatic Fitness 21-23 Years Up To 163 cm	Semifinal	Round 2 (Turns)
35.	Junior Women Acrobatic Fitness 21-23 Years Over 163 cm	Semifinal	Round 2 (Turns)
36.	Junior Men Fitness 16-20 Years Open – Round 2 (Turns)	Semifinal	Round 2 (Turns)
37.	Junior Men Fitness 21-23 Years Open – Round 2 (Turns)	Semifinal	Round 2 (Turns)
38.	Junior Women Wellness 16-20 Years	Semifinal	Round 1
39.	Junior Women Wellness 21-23 Years Up To 163 cm	Semifinal	Round 1
40.	Junior Women Wellness 21-23 Years Over 163 cm	Semifinal	Round 1
41.	Junior Women Wellness 16-20 Years	Finals	Round 2
42.	Junior Women Wellness 21-23 Years Up To 163 cm	Finals	Round 2
43.	Junior Women Wellness 21-23 Years Over 163 cm	Finals	Round 2
44.	Master Women Wellness 35-39 Years	Semifinal	Round 1
45.	Master Women Wellness 40-44 Years	Semifinal	Round 1
46.	Master Women Wellness >45 Years	Semifinal	Round 1
47.	Master Women Wellness 35-39 Years	Finals	Round 2
48.	Master Women Wellness 40-44 Years	Finals	Round 2
49.	Master Women Wellness >45 Years	Finals	Round 2

VICTORY CEREMONY:

- JUNIOR WOMEN WELLNESS 16-20 YEARS
- JUNIOR WOMEN WELLNESS 21-23 YEARS 163 CM & +163 CM
- MASTER WOMEN WELLNESS 35-39, 40-44 & >45 YEARS
- JUNIOR WOMEN WELLNESS OVERALL + AWARDING
- MASTER WOMEN WELLNESS OVERALL + AWARDING

50.	Junior Women Acrobatic Fitness 16-20 Years Up To 163 cm	Final	Round 3 (Routines)
51.	Junior Women Acrobatic Fitness 16-20 Years Over 163 cm	Final	Round 3 (Routines)
52.	Junior Women Acrobatic Fitness 21-23 Years Up To 163 cm	Final	Round 3 (Routines)
53.	Junior Women Acrobatic Fitness 21-23 Years Over 163 cm	Final	Round 3 (Routines)
54.	Junior Men Fitness 16-20 Years Open	Final	Round 3 (Routines)
55.	Junior Men Fitness 21-23 Years Open	Final	Round 3 (Routines)

56. Men Bodybuilding 65 kg	Semifinal	Round 1
57. Men Bodybuilding 70 kg	Semifinal	Round 1
58. Men Bodybuilding 75 kg	Semifinal	Round 1
59. Men Bodybuilding 65 kg	Final	Round 2
60. Men Bodybuilding 65 kg	Final	Round 3
61. Men Bodybuilding 70 kg	Final	Round 2
62. Men Bodybuilding 70 kg	Final	Round 3
63. Men Bodybuilding 75 kg	Final	Round 2
64. Men Bodybuilding 75 kg	Final	Round 3
65. Men Bodybuilding 80 kg	Semifinal	Round 1
66. Men Bodybuilding 85 kg	Semifinal	Round 1
67. Men Bodybuilding 80 kg	Final	Round 2
68. Men Bodybuilding 80 kg	Final	Round 3
69. Men Bodybuilding 85 kg	Final	Round 2
70. Men Bodybuilding 85 kg	Final	Round 3

VICTORY CEREMONY:

- MEN BODYBUILDING 65 KG, 70 KG, 75 KG, 80 KG, 85 KG

71. Women Wellness 158 cm	Semifinal	Round 1
72. Women Wellness 163 cm	Semifinal	Round 1
73. Women Wellness 158 cm	Final	Round 2
74. Women Wellness 163 cm	Final	Round 2
75. Women Wellness 168 cm	Semifinal	Round 1
76. Women Wellness +168 cm	Semifinal	Round 1
77. Women Wellness 168 cm	Final	Round 2
78. Women Wellness +168 cm	Final	Round 2

VICTORY CEREMONY:

- WOMEN WELLNESS 158 CM, 163 CM, 168 CM & +168 CM

- WOMEN WELLNESS OVERALL + AWARDING

79. Women Physique 163 cm	Semifinal	Round 1
80. Women Physique +163 cm	Semifinal	Round 1
81. Women Physique 163 cm	Final	Round 2
82. Women Physique 163 cm	Final	Round 3
83. Women Physique +163 cm	Final	Round 2
84. Women Physique +163 cm	Final	Round 3
85. Junior Women Acrobatic Fitness 16-20 Years Up To 163 cm	Finals	Round 4 (Turns)
86. Junior Women Acrobatic Fitness 16-20 Years Over 163 cm	Finals	Round 4 (Turns)
87. Junior Women Acrobatic Fitness 21-23 Years Up To 163 cm	Finals	Round 4 (Turns)
88. Junior Women Acrobatic Fitness 21-23 Years Over 163 cm	Finals	Round 4 (Turns)
89. Junior Men Fitness 16-20 Years Open – Round 4 (Turns)	Finals	Round 4 (Turns)
90. Junior Men Fitness 21-23 Years Open – Round 4 (Turns)	Finals	Round 4 (Turns)

VICTORY CEREMONY:

- WOMEN PHYSIQUE 163 CM & +163 CM

- JUNIOR WOMEN ACROBATIC FITNESS 16-20 YEARS 163 CM & +163 CM

- JUNIOR WOMEN ACROBATIC FITNESS 21-23 YEARS 163 CM & +163 CM

- JUNIOR MEN FITNESS 16-20 YEARS & 21-23 YEARS

- JUNIOR WOMEN ACROBATIC FITNESS OVERALL

- JUNIOR MEN FITNESS OVERALL

- WOMEN PHYSIQUE OVERALL + AWARDING

Quarter Turns

Quarter Turns

91. Men Bodybuilding 90 kg	Semifinals	Round 1
92. Men Bodybuilding 95 kg	Semifinals	Round 1
93. Men Bodybuilding 90 kg	Finals	Round 2
94. Men Bodybuilding 90 kg	Finals	Round 3
95. Men Bodybuilding 95 kg	Finals	Round 2
96. Men Bodybuilding 95 kg	Finals	Round 3
97. Men Bodybuilding 100 kg	Semifinals	Round 1
98. Men Bodybuilding +100 kg	Semifinals	Round 1
99. Master Women Physique Open	Semifinals	Round 1
100. Men Bodybuilding 100 kg	Finals	Round 2
101. Men Bodybuilding 100 kg	Finals	Round 3
102. Men Bodybuilding +100 kg	Finals	Round 2
103. Men Bodybuilding +100 kg	Finals	Round 3
104. Master Women Physique Open	Finals	Round 2
105. Master Women Physique Open	Finals	Round 3
106. JUNIOR WOMEN ACROBATIC FITNESS OVERALL	Routines	
107. JUNIOR MEN FITNESS OVERALL	Routines	

VICTORY CEREMONY:

- MEN BODYBUILDING 90 KG, 95 KG, 100 KG, +100 KG

- MASTER WOMEN PHYSIQUE

- MEN BODYBUILDING OVERALL + AWARDING

- JUNIOR WOMEN ACROBATIC FITNESS OVERALL RESULTS + AWARDING

- JUNIOR MEN FITNESS OVERALL RESULTS + AWARDING

108. Mixed-Pairs	Semifinals	Round 1 (Comparisons)
109. Mixed-Pairs	Semifinals	Round 2 (Routines)
110. Muscular Men Physique	Semifinals	Round 1
111. Mixed-Pairs	Finals	Round 3 (Mandatory Poses + Posedown)
112. Mixed-Pairs	Finals	Round 4 (Routines)
113. Muscular Men Physique	Finals	Round 2

VICTORY CEREMONY:

- MIXED-PAIRS

- MUSCULAR MEN PHYSIQUE