

Nordic Championships 2014

Háskólabíó - Iceland - November 1st



Icelandic Bodybuilding
and Fitness Federation

Schedule

Friday, October 31st

- 18:00** **Location: Competition Stage in Háskólabíó.**
Registration/Weigh in for male categories
Competitors bring a CD with music for free posing routines. Please label the disk with name and category before arriving to the registration. All competitors are weighed and/or measured in posing attire. Competitors in Men's Physique classes show up in posing trunks.
- 19:00** **Registration/measurement of women categories**
Height measurement. Competitors should wear posing attire and bring shoes for inspection.
- 20:00** **Judges and delegates meeting - Háskólabíó**

Saturday, November 1st

Est.	Time		
		<i>House opens at 8:00</i>	
	9:00	Prejudging	
	1	Mens Physique	Round 1. Comparisons
9:20	2	Classic Bodybuilding -180	Round 1. Seven mandatory poses and comp.
9:40	3	Women's Physique	Round 1. Comparisons
9:55	4	Bodyfitness - 163	Round 1. Comparisons
10:15	5	Bodyfitness - 168	Round 1. Comparisons
		Backstage opens for Bikinifitness classes at 9:45	
10:35	6	Bikinifitness - 163	Round 1. Bikini - any color.
10:55	7	Bikinifitness - 168	Round 1. Bikini - any color.
11:15	8	Bikinifitness + 168	Round 1. Bikini - any color.
11:30		Prejudging ends	
Est.	18.00	Finals (<i>House opens at 17:00</i>)	
	1	Bodybuilding Men - 80 kg	Round 1+2. Seven mandatory poses and comp.
18:10	2	Bodybuilding Men - 90 kg	Round 1+2. Seven mandatory poses and comp.
18:16	3	Bodybuilding Men -100 kg	Round 1+2. Seven mandatory poses and comp.
18:25	4	Bodybuilding Men +100 kg	Round 1+2. Seven mandatory poses and comp.
18:30	5	Bodybuilding Men - 80 kg	Round 3. Free posing. 60 sec.
18:39	6	Bodybuilding Men - 90 kg	Round 3. Free posing. 60 sec.
18:45	7	Bodybuilding Men -100 kg	Round 3. Free posing. 60 sec.
18:52	8	Bodybuilding Men +100 kg	Round 3. Free posing. 60 sec.
18:58	9	Bodybuilding Men - 80 kg	Results
19:10	10	Bodybuilding Men - 90 kg	Results
19:20	11	Bodybuilding Men -100 kg	Results
19:30	12	Bodybuilding Men +100 kg	Results
19:35	13	Overall Bodybuilding	Winners of all BB categories on stage.
19:40	14	Classic Bodybuilding -180	Round 2. Top six, free posing. 60 sec.
19:50	15	Classic Bodybuilding +180	Round 1+2. Top six, free posing. 60 sec.
20:00	16	Women's Physique	Round 2. Top six, free posing. 30 sec.
20:10	17	Men's Physique	Round 2. Top six - comparisons and results.
20:20	18	Bodyfitness - 163	Round 2. Top six - comparisons and results.
20:30	19	Bodyfitness - 168	Round 2. Top six - comparisons and results.
20:40	20	Bodyfitness + 168	Round 1+2. Top six - comparisons and results.
20:45	21	Overall Bodyfitness champion	Winners of Bodyfitness categories on stage.
20:50	22	Classic Bodybuilding -180	Round 3. Top six - comparisons and results.
21:00	23	Classic Bodybuilding +180	Round 3. Top six - comparisons and results.
21:05	24	Overall Classic Bodybuilding	Winners of all CBB competitions on stage.
21:10	25	Women's Physique	Round 3. Top six - comparisons and results.
21:20	26	Bikinifitness - 163	Round 2. Top six - T-walk, comparisons and results.
21:30	27	Bikinifitness - 168	Round 2. Top six - T-walk, comparisons and results.
21:40	28	Bikinifitness +168	Round 2. Top six - T-walk, comparisons and results.
21:50	29	Overall Bikinifitness champion	Winners of Bikinifitness categories on stage.
22:10		The end	

Schedule might change. Timings are estimated and only for reference. Competitors must be aware that schedule might be later or faster than expected. Please remember that alcohol is prohibited.