

IFBB

EUROPEAN FITNESS
& BODYBUILDING
CHAMPIONSHIPS



2024
MAY, 02 - 06
SANTA SUSANNA
BARCELONA



TENTATIVE 2024 EUROPEAN CHAMPIONSHIPS RUNNING ORDER (SHORT VERSION)

WEDNESDAY, MAY 01st, 2024

| | | |
|---------------|--|-----------------|
| 10:00 – 19:00 | Continuous Official Athlete Registration | Don Angel Hotel |
| 17:00 – 18:00 | Team Managers Technical & Judges Meeting | Don Angel Hotel |
| 19:00 – 21:30 | EFBB ANNUAL CONGRESS | Don Angel Hotel |
| 21:30 – 22:30 | Dinner for the Congress participants | Don Angel Hotel |

THURSDAY, MAY 02nd, 2024

10:00 – ONE CONTINUOUS SESSION

- Junior Women Artistic Fitness Semifinals – Rounds 1 + 2
- Junior Women Acrobatic Fitness Semifinals – Rounds 1 + 2
- Junior Men Fitness Semifinals – Rounds 1 + 2
- Men's Fit-Model Semifinals – Rounds 1 + 2
- Men Games Classic Bodybuilding: Juniors + Masters
- Junior Women Artistic Fitness Finals – Rounds 3 + 4
- Junior Women Acrobatic Fitness Finals – Rounds 3 + 4
- Junior Men Fitness Finals – Rounds 3 + 4
- Men's Fit-Model – Rounds 3 + 4
- Men Games Classic Bodybuilding: Seniors
- Men Classic Bodybuilding: Juniors + Masters
- Men Classic Bodybuilding: Seniors
- Men's Physique: Junior + Masters
- Men's Physique: Seniors

FRIDAY, MAY 03rd, 2024

09:00 – ONE CONTINUOUS SESSION

- Women Acrobatic Fitness Semifinals - Rounds 1 + 2
- Women Artistic Fitness: Seniors – Semifinals, Rounds 1 + 2
- Men Fitness Semifinals - Rounds 1 + 2
- Men Wheelchair Bodybuilding
- Men Bodybuilding: Masters >65 Years
- Women Acrobatic Fitness Finals - Rounds 3 + 4
- Women Artistic Fitness Finals - Rounds 3 + 4
- Men Fitness Finals - Rounds 3 + 4
- Men Bodybuilding: Master 50-54 Years



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- Men Bodybuilding: Masters 50-59 Years
- Men Bodybuilding: Masters 60-65 Years
- Women Bikini: Juniors
- Women Bikini: Masters
- Fit-Pairs
- Women Bikini: Senior

SATURDAY, MAY 04th, 2024

09:00 – ONE CONTINUOUS SESSION

- Master Women Fit-Model – Round 1
- Junior Women Fit-Model – Round 1
- Women Fit-Model – Round 1
- Master Women Fit-Model – Round 2
- Junior Women Fit-Model – Round 2
- Women Fit-Model – Round 2
- **OPENING CEREMONY**
- Master Women Fit-Model – Round 3
- Junior Women Fit-Model – Round 3
- Women Fit-Model – Round 3
- Master Women Fit-Model – Round 4
- Junior Women Fit-Model – Round 4
- Women Fit-Model – Round 4
- Muscular Men's Physique
- Men Classic Physique: Juniors + Masters
- Men Classic Physique: Seniors
- Women Bodyfitness: Masters
- Women Bodyfitness: Seniors
- Women Bodyfitness: Juniors

SUNDAY, MAY 05th, 2024

09:00 – ONE CONTINUOUS SESSION

- Women Wellness: Juniors + Masters
- Women Wellness: Seniors
- Men Bodybuilding: Masters 40-44 Years
- Men Bodybuilding: Masters 45-49 Years
- Women's Physique: Masters
- Men Bodybuilding: Juniors
- Women's Physique: Seniors
- Mixed-Pairs
- Men Bodybuilding: Seniors



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