

## CAMPIONATUL NAȚIONAL DE CULTURISM ȘI FITNESS SIBIU, 1 - 5 SEPTEMBRIE 2022

### DESFĂȘURĂTOR COMPETIȚIE VINERI, 02.09.2021

#### **09:00 – o sesiune continuă**

- 1. Senior Women's Artistic Fitness 163 cm**
  - a. Runda 2 ( program liber )
- 2. Senior Women's Artistic Fitness +163 cm**
  - a. Runda 2 ( program liber )
- 3. Senior Women's Acrobatic Fitness 163 cm**
  - b. Runda 2 ( program liber )
- 4. Senior Men's Fitness OPEN**
  - a. Runda 2 ( program liber )
- 5. Senior Women's Artistic Fitness 163 cm**
  - a. Runda 3 ( 4 ¼ 2 )
- 6. Senior Women's Artistic Fitness +163 cm**
  - a. Runda 3 ( 4 ¼ 2 )
- 7. Senior Women's Acrobatic Fitness 163 cm**
  - a. Runda 3 ( 4 ¼ 2 )
- 8. Senior Men's Fitness OPEN**
  - a. Runda 3 ( 4 ¼ 2 )
- 9. Senior Women's Fit Model – OPEN**
  - a. Runda 1 ( 4 ¼ + comparații ) – Costum întreg

**10. Senior Women's Bodyfitness 158 cm**

a. Runda 2 ( Prezentare individuală + 4 ¼ x 2 )

**11. Senior Women's Bodyfitness 163 cm**

a. Runda 2 ( Prezentare individuală + 4 ¼ x 2 )

**12. Senior Women's Bodyfitness 168 cm**

a. Runda 2 ( Prezentare individuală + 4 ¼ x 2 )

**13. Senior Women's Bodyfitness +168 cm**

a. Runda 2 ( Prezentare individuală + 4 ¼ x 2 )

**14. Senior Women's Physique OPEN**

a. Runda 2 ( 4 ¼ x 2 + poziții obligatorii ) + Runda 3 ( programul liber )

**PREMIERE**

**Senior Women's Artistic Fitness 163 cm**

**Senior Women's Artistic Fitness +163 cm**

**Senior Women's Acrobatic Fitness 163 cm**

**Senior Men's Fitness OPEN**

**Senior Women's Physique OPEN**

**Senior Women's Bodyfitness 158 cm**

**Senior Women's Bodyfitness 163 cm**

**Senior Women's Bodyfitness 168 cm**

**OVERALL Women's Artistic Fitness**

**OVERALL Women's Bodyfitness**

**15. Senior Women's Fit Model – OPEN**

a. Runda 2 ( Prezentare individuală + 4 ¼ x 2 ) – Costum întreg

**16. Senior Muscular Men's Physique OPEN**

a. Runda 1 ( 4 ¼ + comparații )

**17. Senior Women's Wellness Fitness 163 cm**

a. Runda 2 ( Prezentare individuală + 4 ¼ x 2 )

**18. Senior Women's Wellness Fitness 168 cm**

- a. Runda 2 ( Prezentare individuală + 4 ¼ x 2 )

**19. Senior Women's Wellness Fitness +168 cm**

- a. Runda 2 ( Prezentare individuală + 4 ¼ x 2 )

**20. Senior Muscular Men's Physique OPEN**

- a. Runda 2 ( Prezentare individuală + 4 ¼ x 2 )

**21. Senior Women's Fit Model OPEN**

- a. Runda 2 ( Prezentare individuală + 4 ¼ x 2 ) – Rochie de seară

**PREMIERE**

**Senior Muscular Men's Physique OPEN**

**Senior Women's Wellness Fitness 163 cm**

**Senior Women's Wellness Fitness 168 cm**

**Senior Women's Wellness Fitness +168 cm**

**Senior Women's Fit Model – OPEN**

**OVERALL Women's Wellness Fitness**

**22. Senior Men's Classic Physique 171 cm**

- a. Runda 2 ( 4 ¼ x 2 + poziții obligatorii ) + Runda 3 ( programul liber )

**23. Senior Men's Classic Physique 175 cm**

- a. Runda 2 ( 4 ¼ x 2 + poziții obligatorii ) + Runda 3 ( programul liber )

**24. Senior Men's Classic Physique 180 cm**

- a. Runda 2 ( 4 ¼ x 2 + poziții obligatorii ) + Runda 3 ( programul liber )

**25. Senior Men's Classic Physique +180 cm**

- a. Runda 2 ( 4 ¼ x 2 + poziții obligatorii ) + Runda 3 ( programul liber )

**26. Senior Men's Games Classic Bodybuilding 175 cm**

a. Runda 2 (4 ¼ x 2 + poziții obligatorii) + Runda 3 (programul liber)

**27. Senior Men's Games Classic Bodybuilding +175 cm**

a. Runda 2 (4 ¼ x 2 + poziții obligatorii) + Runda 3 (programul liber)

**PREMIERE**

**Senior Men's Classic Physique 171 cm**

**Senior Men's Classic Physique 175 cm**

**Senior Men's Classic Physique 180 cm**

**Senior Men's Classic Physique +180 cm**

**Senior Men's Games Classic Bodybuilding 175 cm**

**Senior Men's Games Classic Bodybuilding +175 cm**

**OVERALL Senior Men's Classic Physique**

**OVERALL Senior Men's Games Classic Bodybuilding**

**28. Senior Men's Classic Bodybuilding 175 cm**

a. Runda 1 (4 ¼ + poziții obligatorii + comparații)

**29. Senior Men's Classic Bodybuilding 180 cm**

a. Runda 1 (4 ¼ + poziții obligatorii + comparații)

**30. Senior Men's Classic Bodybuilding 168 cm**

a. Runda 2 (4 ¼ x 2 + poziții obligatorii) + Runda 3 (programul liber)

**31. Senior Men's Classic Bodybuilding 171 cm**

a. Runda 2 (4 ¼ x 2 + poziții obligatorii) + Runda 3 (programul liber)

**32. Senior Men's Classic Bodybuilding 175 cm**

a. Runda 2 (4 ¼ x 2 + poziții obligatorii) + Runda 3 (programul liber)

**33. Senior Men's Classic Bodybuilding 180 cm**

a. Runda 2 (4 ¼ x 2 + poziții obligatorii) + Runda 3 (programul liber)

### **34. Senior Men's Classic Bodybuilding +180 cm**

- a. Runda 2 (4 ¼ x 2 + poziții obligatorii) + Runda 3 (programul liber)

### **35. Senior Mixed Pairs**

- a. Runda 2 (4 ¼ x 2 + poziții obligatorii) + Runda 3 (programul liber)

## **PREMIERE**

### **Senior Mixed Pairs**

### **Senior Men's Classic Bodybuilding 168 cm**

### **Senior Men's Classic Bodybuilding 171 cm**

### **Senior Men's Classic Bodybuilding 175 cm**

### **Senior Men's Classic Bodybuilding 180 cm**

### **Senior Men's Classic Bodybuilding +180 cm**

### **OVERALL Senior Men's Classic Bodybuilding**

### **36. Senior Men's Bodybuilding 65 kg**

- a. Runda 1 (4 ¼ + poziții obligatorii + comparații)

### **37. Senior Men's Bodybuilding 70 kg**

- a. Runda 1 (4 ¼ + poziții obligatorii + comparații)

### **38. Senior Men's Bodybuilding 70 kg**

- a. Runda 1 (4 ¼ + poziții obligatorii + comparații)

### **39. Senior Men's Bodybuilding 65 kg**

- a. Runda 2 (4 ¼ x 2 + poziții obligatorii) + Runda 3 (programul liber)

### **40. Senior Men's Bodybuilding 70 kg**

- a. Runda 2 (4 ¼ x 2 + poziții obligatorii) + Runda 3 (programul liber)

### **41. Senior Men's Bodybuilding 75 kg**

- a. Runda 2 (4 ¼ x 2 + poziții obligatorii) + Runda 3 (programul liber)

## **42. Senior Men's Bodybuilding 80 kg**

a. Runda 2 (4 ¼ x 2 + poziții obligatorii) + Runda 3 (programul liber)

## **43. Senior Men's Bodybuilding 90 kg**

a. Runda 2 (4 ¼ x 2 + poziții obligatorii) + Runda 3 (programul liber)

## **44. Senior Men's Bodybuilding +100 kg**

a. Runda 2 (4 ¼ x 2 + poziții obligatorii) + Runda 3 (programul liber)

### **PREMIERE**

**Senior Men's Bodybuilding 65 kg**

**Senior Men's Bodybuilding 70 kg**

**Senior Men's Bodybuilding 75 kg**

**Senior Men's Bodybuilding 80 kg**

**Senior Men's Bodybuilding 90 kg**

**Senior Men's Bodybuilding +100 kg**

**OVERALL Senior Men's Bodybuilding**