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**TIME SCHEDULE**

**5th GNBF INTERNATIONAL GERMAN CHAMPIONSHIPS 2019**

**Friday, 17th May, 2019:**   
Weser-Ems-Halle; Europaplatz 12; 26123 Oldenburg  
**Athletes Sign in for the Contest 8:00 am to 7:00 pm.**Left side of Hall, watch for „red doors“.

**SATURDAY, 18th May, 2019**Weser-Ems-Halle; Europaplatz 12; 26123 Oldenburg

**SHOW TIME!**

**7:00 am: Athletes Entry** **(look for red doors)**

**8:00 am: Audience Entry**

**9:00 am: Beginning of Contest**

**about 9:00 pm: End of Championships**

**9:00 am: Opening Ceremony:**

* Speech of Berend Breitenstein – FOUNDER AND PRESIDENT GNBF
* Speech of Viliam Rigo – PRESIDENT INBA EUROPE GLOBAL
* Speech of Petr Jurica – Begin of international Championships

**CHRONOLOGY OF CLASSES**

**PNBA Pro Bodybuilding**Symmetry-Round: 4 Quarter-Turns  
Muscularity-Round: 8 Mandatory Poses  
Single/Group-Comparisons  
Posedown (about 1 Minute)  
Individual Posing Routine (max. 90 seconds)  
Winner Ceremony

**Teens-Bodybuilding**  **(15 to 17 years)**  
Symmetry-Round: 4 Quarter-Turns  
Muscularity-Round: 8 Mandatory Poses  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists  
4 Quarter-Turns  
8 Mandatory Poses  
Single/Group-Comparisons

Posedown (about 1 Minute)

Individual Posing Routine (Free to perform or not – max. 60 seconds)

Winner Ceremony – Presentation of Medals

**Junior´s I Bodybuilding (18 to 22 years / up to 175,0 cm Bodyheight)**Symmetry-Round: 4 Quarter-Turns  
Muscularity-Round: 8 Mandatory Poses  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists  
4 Quarter-Turns  
8 Mandatory Poses  
Single/Group-Comparisons

Posedown (about 1 Minute)

Individual Posing Routine (Free to perform or not – max. 60 seconds)

Winner Ceremony – Presentation of Medals

**Junior`s II–Bodybuilding (18 to 22 years / over 175,1 cm Bodyheight)**Elimination Round (if more than 12 athletes compete in class) – 8 Mandatory Poses  
Symmetry-Round: 4 Quarter-Turns  
Muscularity-Round: 8 Mandatory Poses  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists  
4 Quarter-Turns  
8 Mandatory Poses  
Single/Group-Comparisons

Posedown (about 1 Minute)

Individual Posing Routine (Free to perform or not – max. 60 seconds)

Winner Ceremony – Presentation of Medals

**JUNIORS OVERALL WINNER + Interview of the winner onstage**

**Women Fitness-Bikini** **I (up to 170,0 cm Bodyheight)**Elimination Round – 4 Quarterturns **Top 12:**I-Walk (30 seconds)  
4 Quarter-Turns  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists

4 Quarter-Turns

Winner Ceremony – Presentation of Medals

**Mr. Physique I (up to 177,0 cm Bodyheight)**Elimination Round (if more than 12 athletes compete in class) – 4 Quarterturns **Top 12:**

I-Walk (30 seconds)  
4 Quarter-Turns  
Single/Group-Comparisons

Introduction of Top 6 Finalists

4 Quarter-Turns

Winner Ceremony – Presentation of Medals

**Women Fitness-Bikini II (over 170,1 cm Bodyheight)**Elimination Round (if more than 12 athletes compete in class) – 4 Quarterturns **Top 12:**I-Walk (30 seconds)  
4 Quarter-Turns  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists

4 Quarter-Turns

Winner Ceremony – Presentation of Medals

**Mr. Physique II (177, 1 cm to 182,o cm Bodyheight)**Elimination Round (if more than 12 athletes compete in class) – 4 Quarterturns **Top 12:**

I-Walk (30 seconds)  
4 Quarter-Turns  
Single/Group-Comparisons

Introduction of Top 6 Finalists

4 Quarter-Turns

Winner Ceremony – Presentation of Medals

**Women Fitness-Bikini** **40+ years**Elimination Round (if more than 12 athletes compete in class) – 4 Quarterturns **Top 12:**I-Walk (30 seconds)  
4 Quarter-Turns  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists

4 Quarter-Turns

Winner Ceremony – Presentation of Medals

**FITNESS-BIKINI OVERALL WINNER + Interview of winner onstage**

**Mr. Physique III\_(over 182,1 cm Bodyheight)**Elimination Round (if more than 12 athletes compete in class) – 4 Quarterturns **Top 12:**

I-Walk (30 seconds)  
4 Quarter-Turns  
Single/Group-Comparisons

Introduction of Top 6 Finalists

4 Quarter-Turns

Winner Ceremony – Presentation of Medals

**Mr. PHYSIQUE OVERALL WINNER + interview of winner onstage**

**Women`s Sport Model – Round 1 – Bikini and high heel shoes as stage wear**Elimination Round (if more than 12 athletes compete in class) – 4 Quarterturns  
**Top 12**

I-Walk (30 seconds)   
4 Quarter-Turns  
Single/Group-Comparisons

Introduction of Top 6 Finalists

**INTERMISSION – 30 MINUTES**

**Introduction of Judges by Daniel Gildner**

**Women`s Sport Model – Round 2 – Shorts, Sport Bra and sport shoes**Top 6 Finalists:  
4 Quarter-Turns  
Winner Ceremony – Presentation of Medals

**Men`s Classic Physique**Elimination Round (if more than 12 athletes compete in class) – 5 Mandatory Poses  
Symmetry-Round: 4 Quarter-Turns  
Muscularity-Round:5 Mandatory Poses  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists  
4 Quarter-Turns  
5 Mandatory Poses  
Single/Group-Comparisons

Posedown (about 1 Minute)  
Individual Posing Routine (Free to perform or not – max. 60 seconds)

Winner Ceremony – Presentation of Medals

**Women`s Fitness-Figure**Elimination Round (if more than 12 athletes compete in class) – 4 Quarterturns **Top 12:**I-Walk (30 seconds)  
4 Quarter-Turns  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists

4 Quarter-Turns

Winner Ceremony – Presentation of Medals

**Women`s Fitness-Figure 35+ years**Elimination Round (if more than 12 athletes compete in class) – 4 Quarterturns **Top 12:**I-Walk (30 seconds)  
4 Quarter-Turns  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists

4 Quarter-Turns

Winner Ceremony – Presentation of Medals

**WOMEN`s FITNESS FIGURE OVERALL WINNER + interview of winner onstage**

**Masters Men Bodybuilding 40 to 49 years**Elimination Round (if more than 12 athletes compete in class) – 8 Mandatory Poses  
Symmetry-Round: 4 Quarter-Turns  
Muscularity-Round: 8 Mandatory Poses  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists  
4 Quarter-Turns  
8 Mandatory Poses  
Single/Group-Comparisons

Posedown (about 1 Minute)

Individual Posing Routine (Free to perform or not – max. 60 seconds)

Winner Ceremony – Presentation of Medals

**Masters Men Bodybuilding 50 to 59 years**Elimination Round (if more than 12 athletes compete in class) – 8 Mandatory Poses  
Symmetry-Round: 4 Quarter-Turns  
Muscularity-Round: 8 Mandatory Poses  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists  
4 Quarter-Turns  
8 Mandatory Poses  
Single/Group-Comparisons

Posedown (about 1 Minute)

Individual Posing Routine (Free to perform or not – max. 60 seconds)

Winner Ceremony – Presentation of Medals

**Masters Men Bodybuilding 60+ years**Elimination Round (if more than 12 athletes compete in class) – 8 Mandatory Poses  
Symmetry-Round: 4 Quarter-Turns  
Muscularity-Round: 8 Mandatory Poses  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists  
4 Quarter-Turns  
8 Mandatory Poses  
Single/Group-Comparisons

Posedown (about 1 Minute)

Individual Posing Routine (Free to perform or not – max. 60 seconds)

Winner Ceremony – Presentation of Medals

**MASTERS MEN OVERALL WINNER + interview of winner onstage**

**Ms. Physique**Elimination Round (if more than 12 athletes compete in class) – 5 Mandatory Poses  
Symmetry-Round: 4 Quarter-Turns  
Muscularity-Round:5 Mandatory Poses  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists  
4 Quarter-Turns  
5 Mandatory Poses  
Single/Group-Comparisons

Posedown (about 1 Minute)

Individual Posing Routine (Free to perform or not – max. 60 seconds)

Winner Ceremony – Presentation of Medals

**INTERMISSION – 30 MINUTES**

**Men Bodybuilding I\_(up to 170,0 cm Bodyheight)**  
Elimination Round (if more than 12 athletes compete in class) – 8 Mandatory Poses  
Symmetry-Round: 4 Quarter-Turns  
Muscularity-Round: 8 Mandatory Poses  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists  
4 Quarter-Turns  
8 Mandatory Poses  
Single/Group-Comparisons  
  
Posedown (about 1 Minute)  
  
Individual Posing Routine (Free to perform or not – max. 60 seconds)  
Winner Ceremony – Presentation of Medals

**Men Bodybuilding II\_(170,1 cm to 175,0 cm Bodyheight)**  
Elimination Round (if more than 12 athletes compete in class) – 8 Mandatory Poses  
Symmetry-Round: 4 Quarter-Turns  
Muscularity-Round: 8 Mandatory Poses  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists  
4 Quarter-Turns  
8 Mandatory Poses  
Single/Group-Comparisons

Posedown (about 1 Minute)

Individual Posing Routine (Free to perform or not – max. 60 seconds)  
Winner Ceremony – Presentation of Medals

**Men Bodybuilding III\_(175,1 cm to 180,0 cm Bodyheight)**  
Elimination Round (if more than 12 athletes compete in class) – 8 Mandatory Poses  
Symmetry-Round: 4 Quarter-Turns  
Muscularity-Round: 8 Mandatory Poses  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists  
4 Quarter-Turns  
8 Mandatory Poses  
Single/Group-Comparisons

Posedown (about 1 Minute)

Individual Posing Routine (Free to perform or not – max. 60 seconds  
Winner Ceremony – Presentation of Medals

**Men Bodybuilding IV\_(180,1 to 185,0 cm Bodyheight)**  
Elimination Round (if more than 12 athletes compete in class) – 8 Mandatory Poses  
Symmetry-Round: 4 Quarter-Turns  
Muscularity-Round: 8 Mandatory Poses  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists  
4 Quarter-Turns  
8 Mandatory Poses  
Single/Group-Comparisons

Posedown (about 1 Minute)

Individual Posing Routine (Free to perform or not – max. 60 seconds)

Winner Ceremony – Presentation of Medals

**Men Bodybuilding V\_(over 185,1 cm Bodyheight)**Elimination Round (if more than 12 athletes compete in class) – 8 Mandatory Poses  
Symmetry-Round: 4 Quarter-Turns  
Muscularity-Round: 8 Mandatory Poses  
Single/Group-Comparisons  
  
Introduction of Top 6 Finalists  
4 Quarter-Turns  
8 Mandatory Poses  
Single/Group-Comparisons

Posedown (about 1 Minute)

Individual Posing Routine (Free to perform or not – max. 60 seconds)

Winner Ceremony – Presentation of Medals

**MEN BODYBUILDING OVERALL WINNER  
Participating Athletes - Winner of following classes:**\* Teens   
\* Juniors Overall Champion  
\* Masters Overall Champion  
\* Men I   
\* Men II   
\* Men III   
\* Men IV   
\* Men V

**Round 1:** SYMMETRY-ROUND – 4 Quarter Turns  
 **Round 2:** MUSCULARITY-ROUND – 8 Mandatory Poses  
 **Round 3:** Single/Group-Comparisons  
 **Round 4**: Posedown (about 2 Minutes)

**Interview of Overall Men Bodybuilding Champion on Stage   
Fotoshooting with Overall Men Bodybuilding Champion on Stage**

**END OF CHAMPIONSHIPS**

**COMPETITORS PERSONAL NOTICE:**