



# 11TH WORLD BODY BUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS 2019

05TH NOV - 11TH NOV, 2019, ISLAND CASTLE HOTEL, SOUTH KOREA

## TENTATIVE DAILY PROGRAM

### 05TH NOVEMBER, 2019 (TUESDAY)

Arrival of the Executive Committee members of WBPF, all participating teams, officials together with WBPF Standing Sub-Committee members.

- From 12.00 PM : Check-in to the ISLAND CASTLE HOTEL & RESORT  
12.00 PM - 02.00 PM : Those who arrive early, will be provided lunch.  
07.00 PM - 10.00 PM : Dinner for all will be served at Island Castle Hotel for athlete's special diet food Will be served

### 06TH NOVEMBER, 2019 (WEDNESDAY)

- 06.00 AM - 09.00 AM : Breakfast for officials and athletes at Island Castle Hotel  
09.00 AM - 10.00 AM : Team Managers Meeting at Diamond Room, 3rd Floor, Island Castle Hotel  
10.00 AM - 11.00 AM : Judges Meeting at Diamond Room, 3rd Floor, Island Castle Hotel  
12.00 PM - 02.00 PM : Lunch for all officials and athletes at Island Castle Hotel  
02.00 PM : WBPF Executive Council Meeting at Sapphire Room, 3rd Floor Island Castle Hotel  
07.00 PM - 10.00 PM : Dinner for all will be served at Island Castle Hotel  
07.00 PM - 10.00 PM : Special Dinner only for the WBPF Executive members and invited guests (T.B.A.)

### 07TH NOVEMBER, 2019: (THURSDAY)

- 06.00 AM - 09.00 AM : Breakfast for officials and athletes at Island Castle Hotel  
09.00 AM - 12.00 PM : WBPF Annual Congress at Grand Ball Room, 2nd Floor Island Castle Hotel  
12.00 PM - 02.00 PM : Lunch for all officials and athletes at Island Castle Hotel  
03.00 PM : Weigh-in of all Body Weight Categories and Height Measurements and Checking Of Age Groups at Diamond Room, 3rd Floor, Island Castle Hotel  
07.00 PM - 09.00 PM : Dinner for officials and athletes at Island Castle Hotel

### 08TH NOVEMBER, 2019: (FRIDAY)

- 06.00 AM - 09.00 AM : Breakfast for the officials and athletes at Island Castle Hotel  
09.30.00 AM : Prejudging & Finals at Grand Ball Room, Island Castle Hotel
- Men's Junior Bodybuilding up to 75kg, over 75kg (2 categories)
  - Men's Bodybuilding 55kg, 60kg, 65kg, 70kg (4 categories)
  - Women's Junior Fitness Physique age not over 21yrs (1 category)
  - Women's Fitness Physique up to 160cm, up to 165cm, over 165cm (3 categories)
  - Women's Bodybuilding Open categories
  - World Lady Women's Bodybuilding age over 30 yrs (1 category)
  - Men's Master Bodybuilding 40-49 yrs (weight 80kg and over 80kg),  
50-60 yrs (weight 80kg and over 80kg), Over 60 yrs (all Men Master 5 categories)
- TOTAL OF 17 EVENTS (Lunch will be provided at Island Castle Hotel)





## 11TH WORLD BODY BUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS 2019

05TH NOV - 11TH NOV, 2019, ISLAND CASTLE HOTEL, SOUTH KOREA

03.00 PM : OPENING CEREMONY and Finals Round (continuation)  
07.00 PM - 10.00 PM : Dinner for officials and athletes at Island Castle Hotel

### 09 TH NOVEMBER, 2019: (SATURDAY)

06.00 AM - 09.00 AM : Breakfast for the officials and athletes at Island Castle Hotel  
09.30 AM : Prejudging & Finals at Grand Ball Room, Island Castle Hotel

- Men's Bodybuilding 75kg, 80kg, 85kg (3categories)
- Women's Junior Model Physique age not over 21 yrs (1 category)
- Women's Model Physique up to 155cm, 160cm, 165cm, (3 categories)
- Men's Sport Physique up to 170cm, 175cm, 180cm over 180cm (4 categories)
- Women's Sport Physique up to 165cm and over 165cm (2 categories)
- Women's Lady Sports Physique age 30 yrs and above (1 category)
- Men's Fitness Physique up to 170 cm, over 170 cm (2 categories)
- Men's Athletic Physique up to 160 cm, 167 cm, 175 (3 categories)

TOTAL OF 19 EVENTS (Lunch will be provided at the Island Castle Hotel)

07.00 PM - 10.00 PM : Dinner for officials and athletes at Island Castle Hotel

### 10TH NOVEMBER, 2019: (SUNDAY)

06.00 AM - 09.00 AM : Breakfast for the officials and athletes at Island Castle Hotel  
09.30 AM : Pre-judging & Finals at Grand Ball Room, Island Castle Hotel

- Men's Bodybuilding 90kg, 100kg, over 100kg (3 categories)
- Men's Athletic Physique up to 182 cm, over 182 cm (2 categories)
- Women's Athletic Physique up to 165 cm, over 165 cm (2 categories)
- Women's Lady Athletic Physique age 30-40 yrs and age over 40 yrs (2 categories)
- Women's Model Physique up to 170cm and over 170cm (2 categories)
- World Women's Lady Model Physique age 30-40 yrs and age over 40 yrs (2 categories)
- World Mixed Pairs Championships open (1category)

TOTAL OF 14 EVENTS (Lunch will be provided at the Island Castle Hotel)

- Prejudging & Finals (continuation)
- Overall Championship
- Men's Team Championship
- Women's Team Championship

05.00 PM : Closing Ceremony & Final Prize Distribution

07.30 PM - 10.00 PM : Farewell Party for all the Athletes, Officials, Delegate & Supporters.

### 11TH NOVEMBER, 2019: (MONDAY)

06.00 AM - 10.00 AM : Breakfast for officials and athletes at Island Castle Hotel  
12.00 PM : Departure.

