



20TH SOUTH EAST ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2026

14th to 18th May, 2026 @ Yangon, Myanmar

TENTATIVE DAILY PROGRAM

14TH MAY, 2026: THURSDAY

	Arrival of the Executive Committee, Delegates and Athletes.
From 12.00 PM	Check-in to the Hotel Yangon.
12.00 PM - 02.00 PM	Those who arrive early before 12 pm, lunch will be provided at the hotel.
07.00 PM - 10.00 PM	Special Welcome dinner for Executive Committee members and Team Managers only.

15TH MAY, 2026: FRIDAY

06.00 AM - 09.00 AM	Breakfast for officials and athletes at the Hotel Yangon, Cafe' Yangon Restaurant, Ground floor.
09.00 AM - 10.00 AM	Team Managers Meeting and Judges Meeting at the Hotel Yangon 2nd Floor Royal Grand ball Room.
10.00 AM - 11.30 AM	SEABPF Executive Committee Meeting at the Hotel Yangon, 1st Floor Meeting Room.
12.00 PM - 02.00 PM	Lunch for all officials and athletes at the Hotel Yangon, Cafe' Yangon Restaurant, Ground Floor.
03.00 PM - 05.00 PM	Weigh-in of all Body Weight Categories and Height Measurements and Checking of Age Groups at Hotel Yangon,2nd Floor Royal Grand Ball Room.
07.00 PM - 10.00 PM	Dinner for officials and athletes at the Hotel Yangon, Cafe' Yangon Restaurant, Ground floor.

16TH MAY, 2026: SATURDAY

06.00 AM - 08.30 AM	Breakfast for officials and athletes at the Hotel Yangon, Cafe' Yangon Restaurant, Ground floor.
09.00 AM	Prejudging & Finals at the Myanmar Convention Centre Junior Men's Bodybuilding -(Under 21 year- One open category) Senior Men's Bodybuilding 55kg, 60kg, 65kg , 70kg (4 categories) Master Men's Bodybuilding – (Over 45 years- One open category) Men's Sport Physique up to 170 and Over 170 cm (2 categories) Men's Fitness Physique (One open category) Women's Fitness Physique (One open category)





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TOTAL OF 10 EVENTS

01:00 PM	Packet Lunch shall be provided at MCC Hall, Championship Venue.
02:00 PM	Opening Ceremony / Speeches / Cultural Show and Special Award Presentation.
03:00 PM	Continuation of the Competition (Finals)
07.00 PM - 10.00 PM	Dinner for officials and athletes at the Hotel Yangon, Cafe' Yangon Restaurant, Ground floor.

17TH MAY, 2026: SUNDAY

06.00 AM - 08.30 AM	Breakfast for the officials and athletes at the Hotel.
09.00 AM	Prejudging & Finals at the Myanmar Convention Centre Men's Bodybuilding 75kg, 80kg, Over 80 kg (3 categories) Men's Athletic Physique Up to 160, 167 & Over 167 cm (3 categories) Women's Athletic Physique up to 160 & Over 160 cm (2 categories) Women's Model Physique up to 160, 165 & Over 165 cm (3 categories) Mixed Pairs (One open category)
TOTAL OF 12 EVENTS	
01:00 PM	Lunch will be provided at MCC Hall, Championship Venue.
02:00 PM	Continuation of the Competition (Finals) Overall Championship – Mr. South East Asia 2026 Men's Team Championship Women's Team Championship

06.00 PM	Final Prize Distribution
07.00 PM - 10.00 PM	Fare well Dinner for officials and athletes at the Hotel.

18TH MAY, 2026: MONDAY

06.00 AM - 09.00 AM	Breakfast for officials and athletes at the Hotel Yangon Cafe' Yangon Restaurant, Ground floor.
12.00 PM	Departure

NOTE: All those who are departing must inform the Organizer for transport arrangements to the Airport on 17th May 2026, and those who are staying some more days in Myanmar should also inform the Organizing Committee, and they will be responsible for all their expenses on their own, transportation to airport etc.

