



Recognized by Ministry of Education and Sports

LAO, P.D.R.

Date: 9th March, 2020

To: All affiliated Federation of SEABPF

Dear President / Secretary

On behalf of the Lao Bodybuilding Federation, it is with great honor to host the 17th South East Asian Bodybuilding and Physique Sports Championships 2020 in Vientiane, Lao P.D.R. under the umbrella of the World Bodybuilding and Physique Sports Federation (WBPF) which is sanctioned by the South East Asian Bodybuilding Federation (SEABBF).

The 17th South East Asian Bodybuilding and Physique Sports Championships 2020 will take place from 11th to 16th June 2020 at Convention Hall, Don Chan Palace Hotel & Convention, Vientiane, Lao P.D.R.

All participants will be accommodated at "Don Chan Palace Hotel". As host country, we shall be providing full meals (breakfast, lunch and dinner) as per the competition rules and all transportation to and from the Wattai International Airport to Don Chan Palace Hotel.

This International competition will be the first time hosting by Lao Bodybuilding Federation under the patronage of the Ministry of Education and Sports.

We warmly welcome all SEABPF members to participate in this great event and we assure you the finest hospitality and rich traditional culture of Laos during your stay in our country.

We look forward to receiving your delegates and team of athletes to the 17th South East Asian Bodybuilding and Physique Sports Championships.

Yours sincerely,

Khamphaphayvan VONGXAY

Acting President

Lao PDR Bodybuilding Federation



MESSAGE FROM DATUK PAUL CHUA, PRESIDENT OF WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION (WBPf) AND ASIAN BODYBUILDING & PHYSIQUE SPORTS FEDERATION (ABBF)

I am happy to send my kind regards and warm greetings to the Acting President Mr Khamphaphayvah Vongxay, Secretary-General Aphisath Phanthally and their Executive Committee of the Lao Bodybuilding Federation and the entire Organising Committee of the 17th South East Asian Bodybuilding and Physique Sports Championships/Congress in the city of Vientiane, Lao P.D.R to be held from 11 to 16 June 2020 at the Don Chan Convention Hall situated in the Palace Hotel.

This competition is officially recognised by the Ministry of Education and Sports of Lao P.D.R and graced under the patronage of His Excellency Boualane Sylipanya, Deputy Minister of Education and Sports of Lao P.D.R. We wish to thank His Excellency for his support and the government of Lao P.D.R and the people of this beautiful country which I will be visiting for the first time in June this year.

Staging a regional competition like the SEA Championships will generate goodwill and understanding among the participating countries. It will expand the concept of ASEAN unity and co-operation among the peoples of the member countries.

I also wish to thank the President and Secretary-General of SEABBF, Mr Phumvarin Chuhawongvarij and Mr Sugree Supawarikul for their untiring efforts in promoting our sport in the South East Asian region.

I wish the Organisers success, as well as the competitors and officials and spectators, will have an enjoyable championship and great time in Lao.



**MESSAGE FROM MR PHUMVARIN CHUNHAWONGVARI
PRESIDENT, SOUTHEAST ASIAN BODYBUILDING AND PHYSIQUE SPORTS
FEDERATION (SEABBF)**

I wish to thank the Lao Bodybuilding Federation and all members of their Executive Committee for putting great effort in organising the 17th South East Asian Bodybuilding and Physique Sports Championships and Meetings in their beautiful city of Vientiane, Lao P.D.R from 11 - 16 June 2020.

Though this is their first attempt in hosting a regional competition of this magnitude in Lao P.D.R, I am confident that they will be doing an excellent job in taking care of all officials and competitors during our stay in their country in the true spirit of the ASEAN solidarity.

Our Secretary-General Mr Sugree Supawarikul of SEABBF has done his inspection and submitted a very comprehensive report of the venue, hotel and other facilities provided by the Lao Bodybuilding Federation. My sincere thanks to Mr Supawarikul for a job well done.

My warmest wishes to all officials and competitors participating in this event, and may the spirit of friendship dominate the championships. As President of SEABBF, I call upon all South-East Asian countries to support and participate in this great regional championships.



Sugree Supawarikul, Secretary General had an audience with His Excellency Boualane SYLIPANYA, Deputy Minister of Education and Sports of Lao PDR, at the Ministry of Education and Sports Office, he was warmly received by his Excellency and had a good discussion with him and thanked him for his full support for his patron-ship for this event. He was pleased and happy that the WBPF, ABBF & SEABBF has chosen Vientiane city to host this regional event.





17TH S.E.A. BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2020

VIENTIANE, LAO P.D.R.

(11TH-16TH JUNE 2020)

EVENTS

MEN (14 Categories)

MEN'S BODYBUILDING CHAMPIONSHIPS

SENIOR MEN'S BODYBUILDING CHAMPIONSHIPS (7 CATEGORIES)

1. Up to 55 kg
2. Up to 60 kg
3. Up to 65 kg
4. Up to 70 kg
5. Up to 75 kg
6. Up to 80 kg
7. Over 80 kg

MEN'S MASTER BODYBUILDING CHAMPIONSHIPS (ONE OPEN CATEGORY)

1. Over 50 years

MEN'S ATHLETIC PHYSIQUE CHAMPIONSHIPS (3 CATEGORIES)

1. Up to 165 cm + 2 kg
2. Up to 170 cm + 4 kg
3. Over 170 cm + 6 kg

MEN'S SPORTS PHYSIQUE CHAMPIONSHIPS (3 CATEGORIES)

1. Up to 165 cm - 100 = Body weight
2. Up to 170 cm - 100 = Body weight
3. Over 170 cm - 100 = Body weight

MEN'S FITNESS PHYSIQUE CHAMPIONSHIPS (ONE CATEGORY)

1. Open

WOMEN (6 Categories)

WOMEN'S ATHLETIC PHYSIQUE CHAMPIONSHIPS (2 CATEGORIES)

1. Up to 165 cm
2. Over 165 cm



WOMEN'S MODEL PHYSIQUE CHAMPIONSHIPS (3 CATEGORIES)

1. Up to 160 cm
2. UP to 165 cm
3. Over 165 cm

WOMEN'S SPORT PHYSIQUE CHAMPIONSHIPS (ONE CATEGORY)

1. Open

WOMEN'S FITNESS PHYSIQUE CHAMPIONSHIPS (ONE CATEGORY)

1. Open

MIXED PAIRS (ONE OPEN CATEGORY)

OVER ALL CHAMPIONSHIPS - MR SOUTH EAST ASIA 2020

1. MEN	15 Categories
2. WOMEN	7 Categories
3. MIXED PAIRS	1 Category
Total	23 Categories
4. Overall Champion 2020	1 Category
Grand Total	24 Categories



17TH S.E.A. BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2020

VIENTIANE, LAO P.D.R.

(11TH-16TH JUNE 2020)

PRELIMINARY ENTRY FORM

To be returned to the Organizing Committee as soon as possible, but not later than 5th April, 2020.

FEDERATION NAME _____

CONTACT PERSON _____

FAX: _____

EMAIL ID: _____

Our Federation is planning to participate in the 17th S.E.A. Bodybuilding and Physique Sports Championships 2020 in Vientiane, Lao PDR from 11th to 16th June, 2020.

PLEASE INDICATE "YES" OR "NO": _____

NUMBER OF DELEGATES: _____

NUMBER OF ATHLETES: _____

NUMBER OF EXTRA DELEGATES & SUPPORTERS: _____

MEN (15 Categories)

Men's Bodybuilding Championships

Senior Men's Bodybuilding Championships (7 Categories)

1. Up to 55 kg
2. Up to 60 kg
3. Up to 65 kg
4. Up to 70 kg
5. Up to 75 kg
6. Up to 80 kg
7. Over 80 kg



Master Men's Bodybuilding Championships (One open category)

1. Over 50 years

Men's Athletic Physique Championships (3 Categories)

1. Up to 160 cm + 2 kg
2. Up to 170 cm + 4 kg
3. Over 170 cm + 6 kg

Men's Sports Physique Championships (3 Categories)

1. Up to 165 cm – 100 = Body weight
2. Up to 170 cm - 100 = Body weight
3. Over 170 cm - 100 = Body weight

Men's Fitness Physique Championships

1. One open category
-

WOMEN (7 Categories)

Women's Fitness Physique Championships

1. One open category

Women's Sport Physique Championships

1. One open category

Women's Athletic Physique Championships (2 Categories)

1. Up to 165 cm
2. Over 165 cm

Women's Model Physique Championships (3 Categories)

1. Up to 160 cm
2. UP to 165 cm
3. Over 165 cm

Mixed Pairs

1. One open category
-

Over all Championships

1. Overall Champion 2020
-



IMPORTANT

1. Any National Federation officials do not meet the official delegate criteria as stipulated Below (2.) and (3.) shall be responsible for all their own expenses incurred under the extra delegate package;
2. National Federation with up to two (02) participating athlete will be permitted to registered only one (01) official delegate.
3. National Federation with three (03) or more participating athletes will be permitted to register only two (02) official delegates.
4. Participating National Federation with women athletes may send one (01) Extra female official and she need to pay only the official registration fee.

Attn: Aphisath PHANTHALY
Secretary General
Lao Bodybuilding Federation.
Mobile : +(856)20-22-499-998
Email ID : Nathan-na@hotmail.com

Attn: Mr.Sugree Supawarikul
Secretary-General/ Treasurer, ABBF
Asian Bodybuilding and Physique Sports Federation.
Tel ; +66 81-819-5003, Fax ; +66 21709602
Email ID : abbf.secretary@ yahoo.com
Cc to ; abfb.admin@hotmail.com.



17TH S.E.A. BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2020

VIENTIANE, LAO P.D.R.

(11TH-16TH JUNE 2020)

FINAL ENTRY FORM

In order to assist in the planning and organization of these championships, please complete the Final Entry Form and return it to the Organizing Committee as soon as possible, but not later than **5th May, 2020**.

PLEASE TYPE IN CAPITAL FONT

FEDERATION NAME _____

FAX: _____

EMAIL ID: _____

1ST DELEGATE: _____

PASSPORT NUMBER: _____

2ND DELEGATE: _____

PASSPORT NUMBER: _____

MEN'S BODYBUILDING CHAMPIONSHIPS

SENIOR MEN'S BODYBUILDING (7 CATEGORIES)

UP TO 55 KG

1. NAME _____ PASSPORT NO. _____

2. NAME _____ PASSPORT NO. _____

UP TO 60 KG

1. NAME _____ 2. PASSPORT NO. _____

2. NAME _____ PASSPORT NO. _____

UP TO 65 KG

1. NAME _____ PASSPORT NO. _____

2. NAME _____ PASSPORT NO. _____



UP TO 70 KG

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

UP TO 75 KG

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

UP TO 80 KG

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

OVER 80 KG

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

MASTER MEN'S BODYBUILDING (AGE OVER 50 YEARS - ONE OPEN CATEGORY)

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

MEN'S ATHLETIC PHYSIQUE CHAMPIONSHIPS

UP TO 165CM + 2KG

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

UP TO 170CM + 4KG

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

OVER 170CM + 6KG

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

MEN'S SPORTS PHYSIQUE CHAMPIONSHIPS

UP TO 165CM - 100 = BODYWEIGHT

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____



UP TO 170CM - 100 = BODYWEIGHT

3. NAME _____ PASSPORT NO. _____
4. NAME _____ PASSPORT NO. _____

OVER 170CM - 100 = BODYWEIGHT

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

MEN'S FITNESS PHYSIQUE CHAMPIONSHIPS (ONE OPEN CATEGORY)

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

WOMEN'S SPORT PHYSIQUE CHAMPIONSHIPS (ONE OPEN CATEGORY)

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

WOMEN'S FITNESS PHYSIQUE CHAMPIONSHIPS (ONE OPEN CATEGORY)

3. NAME _____ PASSPORT NO. _____
4. NAME _____ PASSPORT NO. _____

WOMEN'S ATHLETIC PHYSIQUE CHAMPIONSHIPS

UP TO 165CM

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

OVER 165CM

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

WOMEN'S MODEL PHYSIQUE CHAMPIONSHIPS

UP TO 160CM

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____



UP TO 165CM

1. NAME _____ ⁴ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

OVER 165CM

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

MIXED PAIRS

1. NAME _____ PASSPORT NO. _____
- NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____
- NAME _____ PASSPORT NO. _____

JUDGE

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____

TEST JUDGE

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____
3. NAME _____ PASSPORT NO. _____

EXTRA DELEGATES AND SUPPORTERS

1. NAME _____ PASSPORT NO. _____
2. NAME _____ PASSPORT NO. _____
3. NAME _____ PASSPORT NO. _____
4. NAME _____ PASSPORT NO. _____
5. NAME _____ PASSPORT NO. _____
6. NAME _____ PASSPORT NO. _____

ARRIVAL DATE, TIME& FLIGHT NO _____

DEPARTURE DATE, TIME & FLIGHT NO _____



IMPORTANT

PLEASE RETURN THE FINAL ENTRY FORM ALONG WITH PASSPORT COPIES AND PASSPORT SIZE COLOR PHOTOGRAPH, CONFIRMING YOUR PARTICIPATION WITH NAMES OF ALL PARTICIPANTS (DELEGATES, ATHLETES, SUPPORTER, ETC..) **NO LATER THAN 5TH MAY 2020.**

Attn: Aphisath PHANTHALY
Secretary General
Lao Bodybuilding Federation.
Mobile : +(856)20-22-499-998
Email ID : Nathan-na@hotmail.com

Attn: Mr.Sugree Supawarikul
Secretary-General/ Treasurer, ABBF
Asian Bodybuilding and Physique Sports Federation.
Tel ; +66 81-819-5003, Fax ; +66 21709602
Email ID : abbf.secretary@ yahoo.com
Cc to ; abfb.admin@hotmail.com



Tentative Daily Program

11th JUNE, 2020: Thursday

Arrival of the Executive Committee, Delegates and Athletes.

- From 12.00 PM : Check-in to the Donchan Hotel.
- 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.

12th June, 2020: Friday

- 06.00 AM - 09.00 AM : Breakfast for officials and athletes at the Donchan Hotel, River Land Restaurant.
- 09.00 AM - 10.00 AM : Team Managers Meeting and Judges Meeting at the Donchan Hotel
2nd Floor Conference Room.
- 10.00 AM - 11.30 AM : SEABPF Executive Committee Meeting at Donchan Hotel
2nd Floor Conference Room.
- 12.00 PM -02.00 PM : Lunch for all officials and athletes at the Donchan Hotel, River Land Restaurant.
- 03.00 PM -05.00 PM : Weigh-in of all Body Weight Categories and Height Measurements and
Checking of Age Groups at Donchan Hotel 2nd Floor Conference Room.
- 07.00 PM - 10.00 PM : Dinner for officials and athletes at the Donchan Hotel, River Land Restaurant.



13th June, 2020: Saturday

06.00 AM - 08.30 AM : Breakfast for officials and athletes at the Donchan Hotel, River Land Restaurant.

09.00 AM : **Prejudging & Finals at the Don Chan Hotel Convention Centre**
Senior Men's Bodybuilding 55kg, 60kg, 65kg, 70kg (4 categories)

Master Men's Bodybuilding – (Over 50 years- One open category)

Men's Sport Physique up to 170 and Over 170 cm (2 categories)

Women's Sport Physique (One open category)

Men's Fitness Physique (One open category)

Women's Fitness Physique (One open category)

TOTAL OF 10 EVENTS

01:00 PM : Lunch shall be provided at Don Chan Hotel.

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 Donchan Hotel, River Land Restaurant.



14th June, 2020: Sunday

- 06.00 AM - 08.30 AM : Breakfast for the officials and athletes at the Donchan Hotel, River Land Restaurant.
- 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 165, 170 & Over 170 cm (3 categories)
Women's Athletic Physique up to 165 & Over 165 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 shall be provided at Don Chan Hotel.
- 02:00 PM : **Continuation of the Competition (Finals)**
Overall Championship - 2020
Men's Team Championship
Women's Team Championship
- 06.00 PM : **Closing Ceremony & Final Prize Distribution**
- 07.00 PM - 10.00 PM : Dinner for officials and athletes at the Hotel.

15th June, 2020 : Monday

- 06.00 AM - 09.00 AM : Breakfast for officials and athletes at the Don Chan Hotel River Land Restaurant.
- From 08:00 AM : Sight Seeing (Bus shall be provided by Organizing Committee)
- 12.00 PM - 02.00 PM : Lunch for all officials and athletes at the Donchan Hotel, River Land Restaurant.
- 07.00 PM - 10.30 PM : **Farewell Party** for all the Athletes, Officials, Delegate & Supporters at the Donchan Hotel Grand Ball Room.



16th June, 2020 : Tuesday

06.00 AM - 09.00 AM : Breakfast for officials and athletes at the Don Chan
Hotel River Land Restaurant.

12.00 PM : Departure

NOTE: All those who are departing must inform the Organizer for transport arrangements to the Airport on 16th June, 2020 and those who are staying behind to do sight-seeing the country should also inform the Organizing Committee, and they will be responsible for all their expenses on their own, transportation to airport etc.



REGISTRATION FEES

OFFICIAL AND ATHLETES REGISTRATION FEES

The total amount is 450 USD for each person for the duration of 5 nights stay in a twin bedded sharing room. We have package price only. This fee includes hotel accommodation, 3 meals per day, (from June 11 to 16, 2020) shuttle to and from airport to hotel and farewell party.

Single room price 800 USD/5 nights, these prices are available for the officials and delegates as well.

EXTRA DELEGATES, OFFICIALS AND SUPPORTERS

All extra delegates, extra officials, family and supporters are required to pay as follows for accommodation:

SINGLE ROOM : 800 USD per person Cash payment

TWIN SHARING ROOM : 450 USD (5 nights twin bedded sharing room.)

The above charges include airport transfers, 3 meals and farewell party, 5 nights hotel accommodation, Invitee Pass for the Pre-judging and Finals.

EARLY ARRIVALS AND LATE DEPARTURES

Any team of officials arriving early and departing late are required to pay for the extra days per day for a Standard double of twin room 150 USD each day Inclusive only of breakfast per 2 pax.

Other meals on your own, this is excluded on the rate quoted to you.

PAYMENTS

Only cash payments in USD-United States Dollars will be accepted for Registration Fees. You may use Credit Card payment in large departmental stores. The Secretariat may arrange for the Currency Exchange depending of the availability. The rate of exchange may differ at the time of Registration.

SECRETARIAT

The Organizing Committee will maintain a Secretariat at the Reception of the Hotel from 8:00 AM to 11:00 PM from 10th to 16th June, 2020.



INSPECTION REPORT OF THE 17TH S.E.A. BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS IN VIENTIANE, LAO PDR.

The inspection of the 17th S.E.A. Bodybuilding & Physique Sports Championships 2020 organized by the Lao Bodybuilding Federation from June 11 to 16, 2020 in Vientiane, Lao PDR. was conducted by Sugree Supawarikul Secretary General of SEABBF and ABBF from 26th to 28th February, 2020.



A Welcome Lunch was hosted by the Lao Bodybuilding Federation on 27th February, 2020 at the Traditional restaurant in Vientiane.



The Don Chan Palace Convention will be the competition venue for this 17th SEA. Bodybuilding and Physique Sports Championships. The seating capacity of the convention is about 3000 people. In the past there were many international events held here including the ASEAN Trade Show.





Group photo of the Lao Bodybuilding Federation Executive Committee together with His Excellency Boualane SYLIPANYA, Deputy Minister of Education and Sports of Lao PDR and Sugree Supawarikul SEABPF & ABBF Secretary General at the Ministry of Education and Sports Office.



The most famous Tourist attraction places in Vientiane, which the organizing committee recommends all the participants to visit are these historical places.





Don Chan Palace Hotel and Convention has been chosen as the official hotel for this event. All athletes and officials will be housed at this hotel.





The Executive Suite Room will be reserved for the VVIP of this event



