



53RD ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

27TH SEPTEMBER – 03RD OCTOBER 2019

BATAM, INDONESIA

DAY TO DAY PROGRAM

27TH SEPTEMBER, 2019: FRIDAY

	The arrival of the Executive Committee Members of ABBF, all participating teams, judges, officials together with ABBF Standing Sub-Committee members.
	Check-in at the Pacific Palace Hotel, Batam, Indonesia
07:00 PM - 10:00 PM	Welcome Dinner for all the Executive Committee Members of ABBF. (The name of the restaurant will be notified upon arrival) Dinner for all the officials and athletes at Pacific Palace Hotel, Batam

28TH SEPTEMBER, 2019: SATURDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at Pacific Palace Hotel, Batam (Athena Coffee Shop)
09:00 AM - 10:00 AM	Team Managers Meeting - Hotel Batam (Maco Polo)
10:00 AM - 11:00 AM	Judges Meeting – Pacific Palace Hotel Batam (Maco Polo)
12:00 PM - 02:00 PM	Lunch for all the officials and athletes at Pacific Palace Hotel, Batam (Athena Coffee Shop)
02:30 PM - 05:00 PM	ABBF Executive Council Meeting – Pacific Palace Hotel Batam (Vaso-Da-Gama)
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at Pacific Palace Hotel, Batam (Athena Coffee Shop)

29TH SEPTEMBER 2019: SUNDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at Pacific Palace Hotel, Batam (Athena Coffee Shop)
10:00 AM - 01:00 PM	ABBF ELECTORAL CONGRESS – Pacific Palace Hotel Batam (Olympus)
12:00 PM - 02:00 PM	Lunch for all the officials and athletes at Pacific Palace Hotel, Batam (Athena Coffee Shop)
03:00 PM - Onwards	Weigh In of all Body Weight Categories and Height Measurements and Checking of Age Groups – Pacific Palace Hotel Batam (Napoleon)
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at Pacific Palace Hotel, Batam (Athena Coffee Shop)

: Organiser:

ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION

: Supported by :

PERSATUAN ANGKAT BESI, BINARAGA, ANGKAT BERAT SELURUH INDONESIA



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30TH SEPTEMBER, 2019: MONDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at Pacific Palace Hotel, Batam (Athena Coffee Shop)
09:00 AM - 07:00 PM	Commencement of the Pre-judging and finals at Pacific Palace Hotel, Batam (Auditorium with 3500 seating capacity) TOTAL OF 18 EVENTS : 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 up to 55kg, over 55kg (2 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)
01:00 PM - 02:00 PM	Lunch for all athletes (Packet lunch will be served)(Grand Ball Room)
02:00 PM	Opening Ceremony and speeches and cultural shows.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at Pacific Palace Hotel, Batam (Athena Coffee Shop)

01ST OCTOBER, 2019: TUESDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at Pacific Palace Hotel, Batam (Athena Coffee Shop)
09:00 AM - 06:00 PM	Pre-judging and finals at Pacific Palace Hotel, Batam (Auditorium with 3500 seating capacity) TOTAL OF 19 EVENTS : Men's Bodybuilding 75kg, 80kg, 85kg (3 categories) 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 Sport 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)
01:00 PM - 02:00 PM	Lunch for all athletes (Grand Ball Room)
07:00 PM - 10:00 PM	Dinner for for all the officials and athletes at Pacific Palace Hotel, Batam (Athena Coffee Shop)

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02ND OCTOBER, 2019: WEDNESDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at Pacific Palace Hotel, Batam (Athena Coffee Shop)
09:00 AM - 06:00 PM	Pre-judging at Pacific Palace Hotel, Batam (Auditorium with 3500 seating capacity) TOTAL OF 15 EVENT : Men's Para Body Building (1 category) 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) Women's Lady Model Physique age 30-40 yrs and age over 40 yrs (2 categories) Asian Mixed Pairs Championships open (1category)
01:00 PM - 02:00 PM	Lunch for all athletes (Grand Ball Room)
04:00 PM - Onwards	Closing Ceremony & Finals Overall Champion - MR. ASIA 2019 Men's Team Championship Women's Team Championship
09:00 PM - Onwards	Farewell Dinner at the Pacific Palace Hotel Batam Olympus

03RD OCTOBER, 2019: THURSDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at Pacific Palace Hotel, Batam (Athena Coffee Shop)
12:00 PM - Onwards	Check out Departure of all the Executive Committee Members of ABBF, all participating teams, judges, officials together with ABBF Standing Sub-Committee members.

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