



THAILAND INTERNATIONAL
SPORT EXPO
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**13TH SOUTH EAST ASIAN BODYBUILDING AND PHYSIQUE SPORTS
CHAMPIONSHIPS AND ANNUAL CONGRESS**

21st June – 25th June 2016

Bangkok Thailand

INFORMATION, RULES AND REGULATIONS OF THE FOLLOWING EVENTS:

1. MEN'S BODYBUILDING (6 categories)

- a) up to 60 kg
- c) up to 65 kg
- d) up to 70 kg
- e) up to 75 kg
- f) up to 80 kg
- g) over 80 kg

2. WOMEN'S BODYBUILDING (1 category)

- a) open category

3. WOMEN'S ATHLETIC PHYSIQUE (1 category)

- a) open category

4. WOMEN'S MODEL PHYSIQUE (2 categories)

- a) up to 160 cm
- b) over 160 cm

5. MEN'S ATHLETIC PHYSIQUE (2 categories)

- a) up to 170 cm - 100 + 2 kg = body weight
- b) over 170 cm – 100 +4 kg = body weight

6. MEN'S SPORTS PHYSIQUE (2 categories)

- a) up to 175 cm - 100 = body weight
- b) over 175 cm - 100 = body weight

(Total number of Events: 14)

Note (1): At least 2 (two) countries should be competing and represented in any one category and if there are less than 2 (two) competitors, the event will be cancelled. And the competitor will be moved to the next category.

Note (2): Top 3 placing will be awarded medals, trophies and certificates and 4 & 5 placing will receive trophies and certificates in all categories form men and women.

Note (3): All Participants will be issued the Certificate of Participation



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Tentative Schedule

21st June (Tuesday)

Arrival of all participating teams, officials together with ABBF and SEABPF committee members.
(Note: Those who arrive early before 12 pm. shall be provided lunch in the hotel)

22nd June (Wednesday)

7.00 am : Morning breakfast in the hotel room
9.00 am : Team managers meeting, Judges meeting in the TK Hotel and
10.00 am : SEABPF Annual Congress in the TK Hotel
12.00 pm: Lunch in the TK Hotel
3.00 pm : Weigh- in for Weight categories and Height Measurements in the TK Hotel
7.00 pm Dinner for Athletes and officials in the TK Hotel

23rd June (Thursday)

7.00 am : Morning breakfast in the hotel room
8.00 am : Bus will depart to the Competition Venue (IMPACT Challenger)
10.00 am : Pre Judging for the first 7 categories
MEN'S BODYBUILDING (3 categories) up to 60 kg, up to 65 kg and up to 70 kg
WOMEN'S BODYBUILDING open category
WOMEN'S MODEL PHYSIQUE up to 165 cm
MEN'S ATHLETIC PHYSIQUE up to 170 cm - 100 + 2 kg = body weight
MEN'S SPORTS PHYSIQUE up to 175 cm - 100 = body weight
12.00 pm : Lunch package will be served at the venue
2.00 pm : Opening Ceremony of the 13th South East Asian Bodybuilding and Physique Sports Championships and continue with the Final of the first 7 categories.
7.00 pm : Dinner for Athletes and officials in the TK Hotel

24th June (Friday)

7.00 am : Morning breakfast in the hotel room
8.00 am : Bus will depart to the Competition Venue (IMPACT Challenger)
10.00 am : Pre Judging for the last 7 categories
MEN'S BODYBUILDING (3 categories) up to 75 kg, up to 80 kg and over 80 kg
WOMEN'S ATHLETIC PHYSIQUE open category
WOMEN'S MODEL PHYSIQUE OVER 165 cm
MEN'S ATHLETIC PHYSIQUE OVER 170 cm - 100 + 4 kg = body weight
MEN'S SPORTS PHYSIQUE OVER 175 cm - 100 = body weight
12.00 pm : Lunch package will be served at the venue
2.00 pm : continue with the Final of the last 7 categories.
7.30 pm : Farewell Party for all Athletes and officials in the TK Hotel

25th June (Saturday)

7.00 am : Morning breakfast in the hotel room
12.00 pm : Check Out, Departure of all participants.