



54TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

15TH - 21ST JULY 2022

REPUBLIC OF MALDIVES

DAY TO DAY PROGRAM

15TH JULY, 2022: FRIDAY

	Upon arrival at the Velana International Airport in the Maldives, you will be received by members of the Organizing Committee and straight-away transferred to the boat to fetch you to the Maafushi Island.
FROM 12.00 PM ONWARDS	The arrival of the Executive Committee Members of ABBF, all participating teams, judges, officials together with ABBF Standing Sub-Committee members. Check-in for registration at Kaani Grand Hotel The Executive Committee, VIP's and appointed delegates after the registration will check in at Kaani Grand Seaview Hotel. Others will check-in at the, 1) Kaani Palm Beach Hotel 2) Kaani Beach Hotel 3) Kaani Village Hotel 4) Arena Beach Hotel 5) Triton Beach Hotel and Spa
07:00 PM - 09:00 PM	Welcome Dinner for all the Executive Committee Members, Sub-Committee Members, Team Managers, Judges, Coaches, Delegates and Invited Guests of ABBF. (The name of the restaurant will be notified upon arrival)

16TH JULY, 2022: SATURDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
09:00 AM - 10:00 AM	Team Managers Meeting at Conference Room on 2nd floor, Kaani Grand Hotel.
10:00 AM - 11:00 AM	Judges Meeting at Conference Room on 2nd floor, Kaani Grand Hotel.
12:00 PM - 02:00 PM	Lunch for all the officials and athletes at their respective hotel.
01:30 PM - 03:00 PM	ABBF Executive Council Meeting at Conference Room on 2nd floor, Kaani Grand Hotel.

:Organiser:

BODYBUILDING ASSOCIATION OF MALDIVES

:Supported by:

MINISTRY OF YOUTH, SPORTS AND COMMUNITY EMPOWERMENT REPUBLIC OF MALDIVES

:In collaboration with:

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03:30 PM – 05:30 PM	Anti-Doping Seminar followed by ABBF ANNUAL CONGRESS at School Hall venue.
05:30 PM - 07:00 PM	Dinner for all the officials and athletes at their respective hotel.
08.30 PM ONWARDS	<p>Opening Ceremony March Past of Nation's Speech by Datuk Paul Chua – ABBF & WBPf President Speech by Mr. Ahmed Mahloof, Minister of Sports Community Empowerment and Chairman of the 54th Asian Championship Organising Committee. Speech by His Excellency the Honorable Mr. Ibrahim Mohamed Solih, President of the Republic of Maldives Presentation of Awards to the President and the Minister of Sports Variety Show Departure of VIP Guests</p> <p>All Participants, Officials and other Delegates must attend the same. Note: Special T shirts will be provided and all must wear the same during the Opening ceremony</p>

17TH JULY, 2022: SUNDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
09:00 AM - 12:00 PM	Weigh In of all Body Weight Categories and Height Measurements and Checking of Age Groups – at Conference Room on 2nd floor, Kaani Grand Hotel.
12:00 PM - 02:00 PM	Lunch for all the officials and athletes at their respective hotel.
03:30 PM – Onwards	<p>Commencement of the Pre-judging and finals at the Arena Beach, Maafushi Island, Maldives.</p> <p>TOTAL OF 11 EVENTS: Men's Para Body Building (1 category) Junior Women's Fitness Physique – 21 yrs. And below – (1 Category)</p>

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	<p>Senior Women's Fitness Physique up to 165cm, over 165cm (2 categories)</p> <p>Men's Fitness Physique up to 170 cm, over 170 cm (2 categories)</p> <p>Junior Men's Body Building up to 75 Kg and over 75 Kg (2 categories)</p> <p>Women's Bodybuilding up to 55kg, over 55kg (2 categories)</p> <p>Ladies Women's Bodybuilding age over 30 yrs (1 category)</p>
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at their respective hotel.

18TH JULY, 2022: MONDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
09:00 AM - 07:00 PM	<p>Commencement of the Pre-judging and finals at the Arena Beach, Maafushi Island, Maldives</p> <p>TOTAL OF 17 EVENTS:</p> <p>Men's Sport Physique up to 170cm, 175cm, 180cm over 180cm (4 categories)</p> <p>Junior Women's Model Physique age not over 21 yrs (1 category)</p> <p>Men's Master Bodybuilding 40-49 yrs up to 80kg and over 80kg (2 categories)</p> <p>Senior Men's Bodybuilding 55kg, 60kg, 65kg (3 categories)</p> <p>Women's Model Physique up to 155cm, 160cm, 165cm, (3 categories)</p> <p>Asian Mixed Pairs Championships open (1 category)</p> <p>Men's Master Bodybuilding 50-60 yrs up to 80kg and over 80kg & Over 60 yrs Open category (3 categories)</p>
01:00 PM - 02:00 PM	Lunch for all athletes & officials will be served at their respective hotels.
03:00 PM	Opening Ceremony, speeches and cultural shows.

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07:00 PM - 10:00 PM	Dinner for all the officials and athletes at their respective hotel.
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19TH JULY, 2022: TUESDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
09:00 AM - 06:00 PM	<p>Commencement of the Pre-judging and finals Arena Beach, Maafushi Island, Maldives</p> <p>TOTAL OF 14 EVENTS: Senior Men's Bodybuilding 70kg, 75kg, 80kg (3 categories) Women's Sport Physique up to 165cm and over 165cm (2 categories) Ladies Women's Sport Physique age 30 to 40 yrs and 40 yrs and above (2 category) Men's Athletic Physique up to 160 cm, 167 cm, 175 cm (3 categories) Women's Model Physique up to 170cm and over 170cm (2 categories) Ladies Women's Model Physique age 30-40 yrs and age over 40 yrs (2 categories)</p>
01:00 PM - 02:00 PM	Lunch for all athletes & officials will be served at their respective hotels.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at their respective hotel.

20TH JULY, 2022: WEDNESDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
09:00 AM - 05:00 PM	<p>Commencement of the Pre-judging and finals at the at the Arena Beach, Maafushi Island, Maldives</p> <p>TOTAL OF 11 EVENT:</p>

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	<p>Women's Athletic Physique up to 165 cm, over 165 cm (2 categories)</p> <p>Men's Athletic Physique up to upto 182 cm, over 182 cm (2 categories)</p> <p>Ladies Women's Athletic Physique age 30-40 yrs and age over 40 yrs (2 categories)</p> <p>Senior Men's Bodybuilding 85kg 90kg, 100kg, over 100kg (4 categories)</p>
01:00 PM - 02:00 PM	Lunch for all athletes & officials will be served at their respective hotels.
04:00 PM - Onwards	<p>Finals</p> <p>Overall, Champion - MR. ASIA 2022</p> <p>Men's Team Championship</p> <p>Women's Team Championship</p> <p>Closing Ceremony</p>
07:00 PM - Onwards	Farewell Dinner for all at the Arena Beach.

21ST JULY, 2022: THURSDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
12:00 PM - Onwards	<p>Check out</p> <p>Departure of all the Executive Committee Members of ABBF, all participating teams, judges, officials together with ABBF Standing Sub-Committee members.</p>

HOTEL ADDRESSES AND CONTACT DETAILS:

<p>: KAANI GRAND SEAVIEW HOTEL:</p> <p>AABAADHEE HINGUN ROAD, MAAFUSHI 08090, MALDIVES</p> <p>CONTACT NOS: +960 9533626</p>	<p>: KAANI PALM BEACH HOTEL:</p> <p>ZIYAARAIYA MAGU ROAD, MAAFUSHI 08090, MALDIVES</p> <p>CONTACT NOS: +960 9193626</p>	<p>: ARENA BEACH HOTEL:</p> <p>ZIYAARAIYA MAGU ROAD, MAAFUSHI 08090, MALDIVES</p> <p>CONTACT NOS: +960 7933231</p>
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IMPORTANT

ABBF RESERVES THE RIGHTS FOR THE ABOVE PROGRAM CHANGES IF ANY.

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