



55TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS & ELECTORAL CONGRESS

1ST TO 7TH SEPTEMBER 2023 - KATHMANDU, FEDERAL DEMOCRATIC REPUBLIC OF NEPAL

Organized by: Nepal Bodybuilding & Fitness Federation

Under The Auspices of: Asian Bodybuilding and Physique Sports Federation

Sanctioned by: World Bodybuilding And Physique Sports Federation

Supported by National Sports Council, Nepal

TENTATIVE DAILY PROGRAM

01TH SEPTEMBER, 2023 (FRIDAY)	
	The arrival of the Executive Committee members of ABBF, all participating teams, officials together with ABBF Standing Sub-Committee members. Transportation shall be provided for those who have submitted their FLIGHT DETAILS by 20th July, 2023.
12.00 PM ONWARDS	Check-in at Two (2) hotels : Yak & Yeti Hotel for all Executive Council Members and Teams are allocated to stay at this hotel. You will pay the registration fees at this hotel to the staff of the Nepal Bodybuilding & Fitness Federation (NBBFF), assisted by ABBF official. The Radisson Hotel for all other teams. Registration fees to be paid to the staff of the Nepal Bodybuilding & Fitness Federation (NBBFF), assisted by an ABBF official at the Registration Desk stationed at this hotel. (You will be notified in which hotel you shall be accommodated upon receipt of your Final Entry Form.)
12.00 PM - 02.00 PM	Lunch for all will be served at their respective Hotels on 1st September 2023, provided the number of athletes & officials are informed in advance by 20th July 2023, otherwise, there will be no lunch served for those who fail to abide by this rule.
07:00 PM – 09:00 PM	Dinner for all will be served at their respective Hotels: Yak & Yeti Hotel - Crystal Ball Room, Ground Floor, Lal Durbar Convention Centre. Raddison Hotel -
02nd SEPTEMBER, 2023 (SATURDAY)	
06.30 AM - 09.30 AM	Breakfast for officials and athletes at the respective Hotels
08:30 AM	The Buses will leave from Raddison Hotel to Yak & Yeti Hotel for the Judges and Team Managers Meeting at Yak & Yeti Hotel. Those who are staying at Raddison Hotel please assemble at the hotel lobby at 8:30 am for transfer.
09.30 AM - 10.30 AM	Team Managers Meeting and Judges Meeting at Yak & Yeti Hotel, Durbar Hall, 1st floor.

11.00 AM - 01.00 PM	Doping Seminar for all Officials and Delegates at Yak & Yeti Hotel, Durbar Hall, 1st floor.
12.00 PM - 02.00 PM	Lunch will be served at their respective hotel. Buses will leave from Yak & Yeti Hotel to Raddison Hotel for those who are staying at Raddison Hotel.
03.00 PM ONWARDS	ABBF Executive Council Meeting at Yak & Yeti Hotel, Darbur Hall, 1st floor. Only WBPF Executive Members are required to attend including the Chairman & Secretary of each Committee.
06.30 PM - 08.30 PM	Welcome Dinner at Raddison Hotel for Executive Council Members and officials ONLY. All Executive Members and officials please assemble at Yak & Yeti Hotel for transportation. Delegates and athletes will have dinner at their respective Hotels.

03RD SEPTEMBER, 2023 (SUNDAY)

06.30 AM - 09.30 AM	Breakfast for officials and athletes at the respective Hotels
08.30 AM - 12.00 PM	ABBF Annual Congress at Yak & Yeti Hotel, Durbar Hall, 1st floor. Buses will pick up those who are staying at Raddison Hotel at 8.30 am to Yak & Yeti Hotel. ALL DELEGATES MUST ATTEND THE CONGRESS. IT IS COMPULOSRY.
12.00 PM - 02.00 PM	Lunch for all officials and athletes at the respective Hotels. Buses will transfer those who are staying at Raddison Hotel for lunch.
2.00 PM	Buses will leave for delegates & athletes who are staying at Raddison Hotel to Yak & Yeti Hotel for Weigh-in.
03.00 PM ONWARDS	Weigh-in of all Body Weight Categories and Height Measurements and Checking of Age Groups at Yak & Yeti Hotel, Platinum Hall, Ground floor.
07:00 PM – 09:00 PM	Dinner for officials and athletes at the respective Hotels

04TH SEPTEMBER, 2023 (MONDAY)

06.30 AM - 09.30 AM	Breakfast for the officials and athletes at the respective Hotels
08.30 AM	Buses will bring delegates and athletes from Raddison Hotel to the Competition Venue at Yak & Yeti Hotel, Regal Ball Room, 1st floor for Pre-
09.30 AM	Prejudging & Finals at Yak & Yeti Hotel, Regal Ball Room, 1st floor.

	<p>TOTAL OF 16 EVENTS</p> <p>Men's Junior Bodybuilding up to 75kg, over 75kg (2 Categories)</p> <p>Men's Bodybuilding 55kg, 60kg, 65kg, 70kg (4 Categories)</p> <p>Women's Junior Fitness Physique age up to 21years (Open Category)</p> <p>Women's Senior Fitness Physique up to 165cm, over 165cm (2 Categories)</p> <p>Teenager Athletic Physique (Male) 15-18 yrs (Open Category)</p> <p>Teenager Athletic Physique (Female) 15-18 yrs (Open Category)</p> <p>Women's Swimsuit Model Physique (Open Category)</p> <p>Women's Junior Model Physique age not over 21 years (Open Category)</p> <p>Men's Master Bodybuilding 40-49 years - (Open Category)</p> <p>Men's Master Bodybuilding 50-60 years (Open Category)</p> <p>Men's Master Bodybuilding Over 60 years (Open Category)</p> <p>(Lunch will be provided ONLY at Yak & Yeti hotel from 12 pm to 2.30 pm.)</p>
03.00 PM	Opening Ceremony and March-Past Parade
04.00 PM	Final Round & Prize Distribution
07.00 PM - 09.00 PM	Dinner for officials and athletes at the respective Hotels
05TH SEPTEMBER, 2023 (TUESDAY)	
06.30 AM - 09.30 AM	Breakfast for the officials and athletes at the respective Hotels
08.30 AM	Buses will bring delegates and athletes from Raddison Hotel to the Competition Venue at Yak & Yeti Hotel, Regal Ball Room, 1st floor for Pre-
09.30 AM	<p>Prejudging & Finals at Yak & Yeti Hotel, Regal Ball Room, 1st floor.</p> <p>TOTAL OF 20 EVENTS</p> <p>Men's Fitness Physique up to 170 cm, over 170 cm (2 Categories)</p> <p>Men's Bodybuilding 75kg, 80kg, 85kg (3 Categories)</p> <p>Women's Bodybuilding up to 55 & over 55 kg (2 Categories)</p> <p>Women's Model Physique up to 155cm, 160cm, 165cm, (3 Categories)</p> <p>Men's Sport Physique up to 170cm, 175cm, 180cm over 180cm (4 categories)</p> <p>Women's Sport Physique up to 165cm & over 165cm (2 Categories)</p> <p>Men's Athletic Physique up to 160 cm, 167 cm, 175 (3 Categories)</p> <p>Mixed Pairs (Open Category)</p> <p>(Lunch will be provided ONLY at Yak & Yeti hotel from 12 pm to 2.30 pm.)</p>
03.00 PM	Final Round & Prize Distribution
07:00 PM – 09:00 PM	Dinner for officials and athletes at the respective Hotels
06TH SEPTEMBER, 2023 (WEDNESDAY)	
06.30 AM - 09.30 AM	Breakfast for the officials and athletes at the respective Hotels
08.30 AM	Buses will bring delegates and athletes from Raddison Hotel to the Competition Venue at Yak & Yeti Hotel, Regal Ball Room, 1st floor for Pre-judging & Finals.

09.30 AM	<p>Prejudging & Finals at Yak & Yeti Hotel, Regal Ball Room, 1st floor.</p> <p>TOTAL OF 9 EVENTS</p> <ul style="list-style-type: none"> • 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 Model Physique up to 170cm and over 170cm (2 Categories) <p>(Lunch will be provided ONLY at Yak & Yeti hotel from 12 pm to 2.30 pm.)</p> <p>Prejudging & Finals (continuation)</p> <ul style="list-style-type: none"> • Overall Championship (MR. ASIA 2023) • Men's Team Championship • Women's Team Championship
05.00 PM	Closing Ceremony & Final Prize Distribution
	Farewell Party for all the Athletes, Officials, Delegate & Supporters at Yak & Yeti Hotel, Regal Ball Room, 1st floor.
07TH SEPTEMBER, 2023 (THURSDAY)	
06.30 AM - 09.30 AM	Breakfast for officials and athletes at the respective Hotels
12.00 PM	Departure.

