

57TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS AND 19TH SEABPF CHAMPIONSHIPS 2025

18TH TO 25TH AUGUST 2025

BANGKOK, KINGDOM OF THAILAND

Organized By: Thailand Bodybuilding & Physique Sports Association

TENTATIVE DAILY PROGRAM

18 TH AUGUST, 2025 (MONDAY)	
	Arrival of the Executive Committee members of ABBF & SEABPF, all participating teams, officials together with ABBF Standing Sub-Committee members. Transportation shall be provided for those who have submitted their ARRIVAL DETAILS by 01st July, 2025.
12.00 PM ONWARDS	Check-in to the Official Hotel : Alexander Hotel for all Executive Council Members, teams and athletes. You will pay the registration fees at the ALEXANDER HOTEL REGISTRATION DESK to the officials appointed by the ABBF.
12.00 PM - 02.00 PM	Lunch for all will be served at 2 nd floor (lobby floor) Charinthorn Dining Room, Alexander Hotel on 18 th August 2025, provided the number of athletes & officials are informed in advance by 1st July 2025, and reach hotel before 2:00 pm otherwise, there will be no lunch served for those who fail to abide by this rule.
06:30 PM – 08:30 PM	Dinner will be served at the 2 nd floor (Lobby floor) Charinthorn Dining Room at Alexander Hotel.
08:00 PM	SEABPF EXECUTIVE COUNCIL MEETING for the Southeast Asian Bodybuilding & Physique Sports Federation Executive Members at 3 rd floor, Executive Conference Room, Alexander Hotel.
19 TH AUGUST (TUESDAY)	
06.30 AM - 08.00 AM	Breakfast for officials and athletes at the 2 nd floor (Lobby Floor) Alexander Hotel
09.00 AM - 10.30 AM	Team Managers Meeting and Judges Meeting for both ABBF & SEABPF at 18 th floor, Sky Room, Alexander Hotel
10:30 AM - 12.00 PM	Anti-Doping Seminar for all Officials and athletes at the 18 th floor, SkyRoom, Alexander Hotel.



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12.00 PM - 02.00 PM	Lunch will be served at the 2 nd floor (Lobby Floor) Charinthorn Dining Room , Alexander Hotel.
03.00 PM ONWARDS	ABBF Executive Council Meeting at 3 rd floor, Busara Room, Alexandra Hotel. Only ABBF Executive Members are required to attend, including Chairman & Secretary of each Committee.
05:00 PM - 06.30 PM	ABBF Annual Congress at 18 th floor, Sky Room, Alexander Hotel <i>ALL DELEGATES MUST ATTEND THE CONGRESS. IT IS COMPULOSRY.</i>
07:30 PM - 09.30 PM	Welcome Dinner at the 5 th floor, Executive Lounge, Alexander Hotel. For Executive Council Members and Invited Guests ONLY. Delegates and athletes will have dinner at the 2 nd floor (Lobby Floor) Charinthorn Dinging Room, Alexandra Hotel
20TH AUGUST (WEDNESDAY)	
06.30 AM - 08.30 AM	Breakfast for officials and athletes at the Alexandra Hotel
09:00 AM - 12.00 PM	Weigh-in of all Body Weight Categories and Height Measurements and Checking of Age Groups (Athletes compete in Junior and Master Category must bring along their passport) for ABBF and SEABPF events at 5 th floor, Evergreen Room, Alexander Hotel.
12.00 PM - 02.00 PM	Lunch for all officials and athletes at the 2 nd floor (Lobby Floor) Clarinthorn Dining Room, Alexnder Hotel .
07:00 PM – 09:00 PM	Dinner for officials and athletes at the 2 nd floor (Lobby Floor) Charinthorn Dining Room, Alexander Hotel.
21st AUGUST (THURSDAY)	
06.30 AM - 08.30 AM	Breakfast for the officials and athletes at the 2 nd floor (Lobby Floor) Charinthorn Dining Room, Alexander Hotel.
09:30 AM	Pre-judging & Finals for the Southeast Bodybuilding and Physique Sports Championships (SEABPF) at 3 rd floor Supannahong Ballroom, Alexander Hotel.



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	<p>TOTAL OF 17 EVENTS FOR THE SEABPF CHAMPIONSHIPS</p> <ul style="list-style-type: none"> • Men’s Bodybuilding 55kg, 60kg, 65kg, 70kg (4 Categories) • Men’s Bodybuilding 75kg, 80kg and Over 80kg (3 Categories) • Men’s Athletic Physique up to 160cm, 167cm and Over 167cm (3 Categories) • Men’s Sports Physique up to 170cm, up to 175cm and Over 175cm (3 Categories) • Senior Women’s Model Physique up to 160cm, up to 165cm and Over 165cm (3 Categories) <p>(Lunch will be provided at the 2nd floor (Lobby Floor) Charinthorn Dining Room, Alexander Hotel from 12 pm to 2.30 pm.)</p>
03.00 PM	Opening Ceremony and March-Past Parade for the SEABPF Championships.
04.00 PM	Final Round & Prize Distribution <ul style="list-style-type: none"> • Men’s Team Championships • Women’s Team Championships • Overall Championships – MR. SOUTHEAST ASIA 2025
07.00 PM - 09.00 PM	Dinner for officials and athletes at the the 2 nd floor (Lobby Floor) Charinthorn Dining Room, Alexander Hotel.
22nd AUGUST (FRIDAY)	
06.30 AM - 08.30 AM	Breakfast for the officials and athletes at the 2 nd floor (Lobby Floor) Charinthorn Dining Room, Alexander Hotel.



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09.00 AM	<p>Prejudging & Finals for the ABBF Championships at Alexandra Hotel.</p> <p>TOTAL OF 18 EVENTS</p> <ul style="list-style-type: none"> • Men’s Junior Bodybuilding up to 75kg, over 75kg (2 Categories) • Men’s Bodybuilding 55kg, 60kg, 65kg, 70kg (4 Categories) • Women’s Junior Fitness Physique age up to 21years (Open Category) • Women’s Senior Fitness Physique up to 165cm, over 165cm (2 Categories) • Women’s Junior Model Physique 21 years or below (Open Category) • Women’s Swimsuit Model Physique up to 165 & over 165 cm (2 Categories) • Men’s Master Bodybuilding 40-49 years Up to & Over 80 kg (2 Categories) • Men’s Master Bodybuilding 50-60 years Up to & Over 80 kg (2 Categories) • Men’s Master Bodybuilding Over 60 years (Open Category) • Mixed Pairs (Free Posing and Quarter Turns only) <p>(Lunch will be provided at the 2nd floor (Lobby Floor) Charinthorn Dining Room, Alexander Hotel from 12 pm to 2.30 pm.)</p>
03.00 PM	Opening Ceremony and March-Past Parade for Asian Championships.
04:00 PM	Final Round and Prize Distribution
07:00 PM – 09:00 PM	Dinner for officials and athletes at the 2 nd floor (Lobby Floor) Charinthorn Dining Room, Alexander Hotel.
23rd AUGUST (SATURDAY)	
06.30 AM - 08.30 AM	Breakfast for the officials and athletes at the 2 nd floor (Lobby Floor) Charinthorn Dining Room, Alexander Hotel.



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09.00 AM	<p>Prejudging & Finals for the ABBF Championships at the Alexandra Hotel.</p> <p>TOTAL OF 23 EVENTS</p> <ul style="list-style-type: none"> • Men's Fitness Physique up to 170 cm, over 170 cm (2 Categories) • Men's Bodybuilding 75kg, 80kg, 85kg (3 Categories) • Women's Bodybuilding up to 55 & over 55 kg (2 Categories) • 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 & over 165cm (2 Categories) • Women's Ladies Sports Physique over 35 years (Open Category) • Men's Athletic Physique up to 160 cm, 167 cm, 175 (3 Categories) • Women's Athletic Physique up to and over 165 cm (2 Categories) • Women's Ladies Athletic Physique over 35 years old (Open Category) <p align="center"><i>(Lunch will be provided at the Alexandra Hotel from 12 pm to 2.30 pm.)</i></p>
03:00 PM	Final Round & Prize Distribution
07.00 PM - 09.00 PM	Dinner for officials and athletes at the 2 nd floor (Lobby Floor) Charinthorn Dining Room, Alexander Hotel.
24th AUGUST (SUNDAY)	
06.30 AM - 08.30 AM	Breakfast for the officials and athletes at the 2 nd floor (Lobby Floor) Charinthorn Dining Room, Alexander Hotel.



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09.00 AM	<p>Prejudging & Finals for the ABBF Championships at the Alexandra Hotel.</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 & over 182 cm (2 Categories) • Women's Wellness Physique (Open Category) • Women's Model Physique up to 170cm and over 170cm (2 Categories) • Women's Ladies Model Physique over 35 years old (Open Category) <p style="text-align: center;">(Lunch will be provided at the 2nd floor (Lobby Floor) Charinthorn Dining Room, Alexander Hotel from 12 pm to 2.30 pm.)</p> <p>Prejudging & Finals (continuation)</p> <ul style="list-style-type: none"> • Overall Championship (MR. ASIA 2025) • Men's Team Championship • Women's Team Championship
05:00 PM	Closing Ceremony & Final Prize Distribution
	Farewell Party for all the Athletes, Officials, Delegates and Supporters at the Pool side (outdoor) 5 th floor or 18 th floor Sky and Cloud Room, Alexander Hotel.
25th AUGUST (MONDAY)	
06.30 AM - 09.30 AM	Breakfast for officials and athletes at the 2 nd floor (Lobby Floor) Clarinthorn Dining Room, Alexander Hotel.
12.00 PM	Departure.



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SPECIAL NOTICE

- (A) Make sure that you apply the digital arrival Card (TDAC system) to enter Thailand (<http://search.app/tRmn9BorTMmEBhNY6>)**
- (B) For those who require a visa, you need to apply from the Embassy of Thailand in your own country. The Organizer or the Sports Ministry will not be able to assist you.**
- (C) An Approval Letter from the Sports Authority of Thailand is available upon request which was issued to the Thailand Bodybuilding and Physique Sports Association.**

