



14TH WORLD BODYBUILDING AND PHYSIQUE CHAMPIONSHIPS AND ANNUAL CONGRESS

6TH TO 12TH NOVEMBER 2023

OAK VALLEY RESORT, WONJU CITY, GANGWON PROVINCE, SOUTH KOREA

Under The Umbrella Of The

WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

TENTATIVE DAILY PROGRAM FROM 6TH TO 12TH NOVEMBER 2023

6TH NOVEMBER (MONDAY)

The arrival of all Executive Council and Sub-Committee Members, Participating teams, delegates and officials.

Check into the Oak Valley Resort Hotel. Prior to the allocation of rooms, all officials and athletes need to pay their registration fee to the officers in charge at the lobby's registration desk. You will be issued the I.D. card and other relevant information. Executive Council members and their spouses are exempted from paying the registration fees.

12:00 PM to 02.30 PM

Lunch at the dining hall provided that the organizer is informed in advance of the number of people having their lunch on 6th November 2023, failing which there will be no lunch for those who fail to notify the organizer.

06:30 PM to 08:30 PM

Dinner for all will be served at the dining hall.

7TH NOVEMBER (TUESDAY)

06:30 AM to 09:30 AM

Breakfast for all officials and athletes at the dining hall.

09:30 AM to 10:30 AM

Team Managers Meeting at the lobby level meeting room.

10:30 AM to 11:30 AM

Judges Meeting at the lobby level meeting room

12:00 PM to 02:30 PM

Lunch at the dining hall.

03:00 PM Onwards

WBPF Executive Council meeting at the lobby level meeting room.
(NOTE: ONLY WBPF EXECUTIVE COUNCIL MEMBERS & SUB-COMMITTEE CHAIRMAN AND SECRETARY ARE REQUIRED TO ATTEND.)

06:30 PM to 08:30 PM

Dinner for all will be served at the dining hall.

8TH NOVEMBER (WEDNESDAY)

06:30 AM to 09:30 AM

Breakfast for officials and athletes at the dining hall.

09:00 AM Onwards

WBPF Annual Congress at the meeting hall of the lobby. **(NOTE: ALL DELEGATES MUST ATTEND THE CONGRESS. IT IS COMPULSORY.)**





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12:00 PM to 02:30 PM	Lunch at the dining hall
03:00 PM Onwards	Weigh-in of all weight categories and Height measurements and checking of age groups at the hall of the lobby.
06:30 PM to 08:30 PM	Dinner for all will be served at the dining hall.
9TH NOVEMBER (THURSDAY)	
06:30 AM to 09:30 AM	Breakfast for all will be served at the dining hall.
10:00 AM Onwards	<p>Pre-judging and finals at the competition hall in the hotel lobby.</p> <p>Total: 19 events</p> <ul style="list-style-type: none"> • Men's Junior Bodybuilding up to 75kg • Men's Junior Bodybuilding over 75kg • Men's Bodybuilding up to 55kg • Men's Bodybuilding up to 60kg • Men's Bodybuilding up to 65kg • Men's Bodybuilding up to 70kg • Men's Master Bodybuilding 40-49 yrs. up to 80kg • Men's Master Bodybuilding 40-49 yrs. over 80kg • Men's Master Bodybuilding 50-60 yrs. up to 80kg • Men's Master Bodybuilding 50-60 yrs. over 80kg • Men's Master Bodybuilding over 60 yrs. • Men's Fitness Physique up to 170 cm • Men's Fitness Physique over 170 cm • Women's Bodybuilding up to 55 kg • Women's Bodybuilding over 55 kg • Women's Fitness Physique up to 165 cm • Women's Fitness Physique over 165 cm • Women's Junior Model Physique 21 yrs. and under • Women's Junior Fitness Physique 21 yrs. and under
12:00 PM to 02:30 PM	Lunch will be served at the dining hall
03:00 PM	Opening Ceremony and Parade of the Nation's (march-past)





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04:00 PM Onwards	Final Round and prize distribution
07:30 PM to 10:00 PM	Dinner for all at the dining hall
10TH NOVEMBER (FRIDAY)	
06:30 AM to 09:30 AM	Breakfast for all will be served at the dining hall
10:00 AM Onwards	<p>Pre-judging and finals at the competition hall.</p> <p>Total 20 events</p> <ul style="list-style-type: none"> • Men's Bodybuilding up to 75kg • Men's Bodybuilding up to 80kg • Men's Bodybuilding up to 85kg • Teenager Athletic Physique (Male) 15-18 yrs. - Open Category • Teenager Athletic Physique Female) 15-18 yrs. - Open Category • Men's Athletic Physique up to 160 cm • Men's Athletic Physique up to 167 cm • Men's Athletic Physique up to 175 cm • Men's Sports Physique up to 170 cm • Men's Sports Physique up to 175 cm • Men's Sports Physique up to 180 cm • Men's Sports Physique over 180 cm • Women's Sports Physique up to 165 cm • Women's Sports Physique over 165 cm • Women's Ladies Sports Physique over 35 yrs. • Women's One Piece Swimsuit • Women's Model Physique up to 155 cm • Women's Model Physique up to 160 cm • Women's Model Physique up to 165 cm • Mixed Pairs
12:00 PM to 02:30 PM	Lunch will be served at the dining hall
03:00 PM Onwards	Final Round and prize presentation
07:00 PM to 10:00 PM	Dinner for all at the dining hall





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11TH NOVEMBER (SATURDAY)

06:30 AM to 09:30 AM

Breakfast for all will be served at the dining hall

10:00 AM Onwards

pre-judging and finals at the competition hall.

Total: 11 Events

- Men's Bodybuilding up to 90kg
- Men's Bodybuilding up to 100kg
- Men's Bodybuilding over 100kg
- Men's Athletic Physique up to 182 cm
- Men's Athletic Physique over 182 cm
- Women's Athletic Physique up to 165 cm
- Women's Athletic Physique over 165 cm
- Women's Ladies Athletic Physique over 35 yrs. - open category
- Women's Model Physique up to 170 cm
- Women's Model Physique over 170 cm
- Women's Ladies Model Physique over 35 yrs.

PREJUDGING & FINALS (CONTINUATION)

- Overall Championship
- Men's Team Championship
- Women's Team Championship

12:00 PM to 02:30 PM

Lunch will be served at the dining hall

05:00 PM Onwards

Closing Ceremony & Final Prize Distribution

07:30 PM Onwards

Grand Farewell Party For All At The Competition Venue

12TH NOVEMBER (SUNDAY)

06:30 AM to 10:00 AM

Breakfast for all will be served at the dining hall.

12:00 PM

Departure.

