



18TH SOUTH EAST ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

16TH TO 20TH MAY 2024

VIENTIANE CITY, LAO PEOPLE'S DEMOCRATIC REPUBLIC

Under The Umbrella Of The

WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

TENTATIVE DAILY PROGRAM

16TH MAY, 2024: THURSDAY	
	Arrival of Executive Committee, Delegates and Athletes
12:00 PM	Check-in to Donchan Palace Hotel, Vientiane Lao PDR
12:00 PM - 02:00 PM	For those who arrive early before 2:00 p.m., lunch will be provided at the hotel lobby, Riverland Coffee Shop.
07:00 PM - 10:00 PM	Welcome dinner for Executive Committee members and their spouses, and special invited guests only at the 14th floor, Top Club, Donchan Palace Hotel.
17TH MAY, 2024: FRIDAY	
06:00 AM - 09:00 AM	Breakfast for officials and athletes at the 2nd floor, Ballroom Chinese Restaurant, Donchan Palace Hotel.
09:00 AM - 10:00 AM	Team Managers and Judges Meeting at the 14th floor, Multi-function hall, Donchan Palace Hotel.
10:00 AM - 11:30 AM	SEABPF Executive Committee Meeting at the 14th floor, Multi-function hall, Donchan Palace Hotel.
12:00 PM - 02:00 PM	Lunch for all officials and athletes at the 2nd floor, Ballroom Chinese Restaurant, Donchan Palace Hotel.
03:00 PM - 05:00 PM	Weigh-in of all Body Weight Categories and Height Measurements and checking of Age Groups on the 2nd floor, Convention Hall B, Donchan Palace Hotel.
07:00 PM - 10:00 PM	Dinner for all officials and athletes at the 2nd floor, Ballroom Chinese Restaurant, Donchan Palace Hotel.
18TH MAY, 2024: SATURDAY	
06:00 AM - 08:30 AM	Breakfast for all officials and athletes at the 2nd floor, Ballroom Chinese Restaurant, Donchan Palace Hotel.
09:00 AM - ONWARDS	<p>Prejudging & Finals at the 2nd floor, Convention Hall A, Donchan Palace Hotel.</p> <ul style="list-style-type: none"> Men's Bodybuilding 55kg, 60kg, 65kg, 70kg, 75kg & Over 75kg (6 categories) Men's Master Bodybuilding 50 – 60 yrs up to 70kg and Over 70kg (2 categories) Men's Fitness Physique (One open category) Women's Athletic Physique (One open category) Men's Athletic Physique Up to 160cm and Up to 167cm (2 categories)





	<ul style="list-style-type: none"> TOTAL OF 12 EVENTS
01:00 PM	Lunch for all officials and athletes at the 2nd floor, Ballroom Chinese Restaurant, Donchan Palace Hotel.
02:00 PM	Opening Ceremony – Speeches, Culture Show and Special Award Presentation.
03:00 PM	Continuation of the Competition and Finals
07:00 PM - 10:00 PM	Dinner for all officials and athletes at the 2nd floor, Ballroom Chinese Restaurant, Donchan Palace Hotel.
19TH MAY, 2024: SUNDAY	
06:00 PM - 08:30 PM	Breakfast for all officials and athletes at the 2nd floor, Ballroom Chinese Restaurant, Donchan Palace Hotel.
09:00 AM - ONWARDS	<p>Prejudging & Finals on the 2nd floor, Convention Hall A, Donchan Palace Hotel.</p> <ul style="list-style-type: none"> Men’s Athletic Physique Up to 175cm and Over 175cm (2 categories) Men’s Sports Physique Up to 165cm, 170cm, 175cm & Over 175cm (4 categories) Women’s Model Physique Up to 155cm, 160cm, 165cm & Over 165cm (4 categories) Ladies Women Model Physique Over 35 years (One Open category) Mixed Pairs (One open category) TOTAL OF 13 EVENTS
01:00 PM	Lunch for all officials and athletes on the 2nd floor, Ballroom Chinese Restaurant, Donchan Palace Hotel.
02:00 PM	<p>Continuation of the Competition and Finals</p> <ul style="list-style-type: none"> Overall Championship – Mr. Southeast Asian 2024 Men’s Team Championship Women’s Team Championship
06:00 PM	Closing Ceremony & Final Prize Distribution.
07:00 PM - 10:00 PM	Farewell Party for all the Officials, Athletes, Delegates and Supporters at the 2nd floor, Convention Hall A, Donchan Palace Hotel.
20TH MAY, 2024: MONDAY	
06:00 PM - 08:30 PM	Breakfast for all officials and athletes at the 2nd floor, Ballroom Chinese Restaurant, Donchan Palace Hotel.
12:00 PM	Departure of all teams.

