



56TH ASIAN BODYBUILDING AND PHYSIQUE CHAMPIONSHIPS AND CONGRESS

6TH TO 12TH AUGUST 2024

PACIFIC PALACE HOTEL BATAM ISLAND – REPUBLIC OF INDONESIA

Under The Umbrella Of The

WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

TENTATIVE DAILY PROGRAM

06TH AUGUST, 2024 (TUESDAY)

	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 ARRIVAL DETAILS by 01st June 2024.
12.00 PM ONWARDS	Check-in at Two (2) hotels: a) Pacific Palace or AP Premier Hotel for all Executive Council Members, teams and athletes. You will pay the registration fees at the PACIFIC PALACE HOTEL REGISTRATION DESK to the officials appointed by the ABBF. <i>(You will be notified in which hotel you shall be accommodated upon receipt of your Final Entry Form.)</i>
12.00 PM - 02.00 PM	Lunch for all will be served at Pacific Palace Hotel on 06th August 2024, provided the number of athletes & officials are informed in advance by 01st June 2024, and reach the hotel before 2:00 pm otherwise, there will be no lunch served for those who fail to abide by this rule.
07:00 PM – 09:00 PM	Dinner will be served at the Pacific Palace Hotel – Athena Restaurant, ground floor FOR EVERYONE.

07TH AUGUST (WEDNESDAY)

06.30 AM - 08.00 AM	Breakfast for officials and athletes at their respective Hotels
08:30 AM	Those who are staying at AP Premier Hotel please proceed to Pacific Palace Hotel (5 minutes by walking – Pacific Palace Hotel is located at the opposite of AP Premier Hotel) for the Team Managers & Judges Meeting.
09.00 AM - 10.30 AM	Team Managers Meeting and Judges Meeting at 2nd floor Ferdinand de suex, Function Hall Block, Pacific Palace Hotel.
10:30 AM - 12.00 PM	Anti-Doping Seminar for all Officials and athletes at 2nd floor Ferdinand de Suex, Function Hall Block, Pacific Palace Hotel.
12.00 PM - 02.00 PM	Lunch will be served at the Pacific Palace Hotel – Athena Restaurant, ground floor FOR EVERYONE.





03.00 PM ONWARDS	ABBF Executive Council Meeting at Marco Polo Rooms 2nd floor, Pacific Palace Hotel. Only ABBF Executive Members are required to attend, including the Chairman & Secretary of each Committee.
05:00 PM - 06.30 PM	ABBF Annual Congress at 2nd floor Ferdinand de suex, Function Hall Block, Pacific Palace Hotel. Those who are staying at the AP Premier Hotel please proceed to the Pacific Palace Hotel for the Annual Congress. ALL DELEGATES MUST ATTEND THE CONGRESS. IT IS COMPULSORY.
07:30 PM - 09.30 PM	Welcome Dinner at the Golden Prawn Chinese Restaurant. For Executive Council Members and Invited Guests ONLY. All Executive Members and guests please assemble at the Pacific Palace Hotel for transportation. Delegates and athletes will have dinner at the Pacific Palace Hotel – Athena Restaurant, ground floor FOR EVERYONE. dinner
08TH AUGUST (THURSDAY)	
06.30 AM - 08.30 AM	Breakfast for 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 (Athletes competing in Junior and Master Category must bring along their passport) at Napoleon & Columbus Room, 2nd floor, Pacific Palace Hote.
12.00 PM - 02.00 PM	Lunch for all officials and athletes at the Pacific Palace Hotel – Athena Restaurant, ground floor FOR EVERYONE.
07:00 PM – 09:00 PM	Dinner for officials and athletes at the Pacific Palace Hotel – Athena Restaurant, ground floor FOR EVERYONE.
09TH AUGUST (FRIDAY)	
06.30 AM - 08.30 AM	Breakfast for the officials and athletes at the respective Hotels
08.30 AM	Those who are staying at the AP Premier Hotel please proceed to the Pacific Palace Hotel for the Prejudging and Finals.





09.30 AM	<p>Pre-judging & Finals at Pacific Grand Ballroom on the 4th floor, Pacific Palace 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><i>(Lunch will be provided ONLY at Pacific Palace Hotel 5th floor from 12 pm to 2.30 pm.)</i></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 Pacific Palace Hotel – Athena Restaurant, ground floor FOR EVERYONE.
10TH AUGUST (SATURDAY)	
06.30 AM - 08.30 AM	Breakfast for the officials and athletes at the respective Hotels
08.30 AM	Those who are staying at AP Premier Hotel please proceed to Pacific Palace hotel for the Prejudging and Finals.
09.00 AM	<p>Prejudging & Finals at Pacific Grand Ballroom, 4th floor, Pacific Palace 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><i>(Lunch will be provided ONLY at Pacific Palace Hotel 5th floor 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 Pacific Palace Hotel – Athena Restaurant, ground floor FOR EVERYONE.





11TH AUGUST (SUNDAY)	
06.30 AM - 08.30 AM	Breakfast for the officials and athletes at the respective Hotels
08.30 AM	Those who are staying at AP Premier Hotel please proceed to the Pacific Palace Hotel for the Prejudging and Finals
09.00 AM	<p>Prejudging & Finals at Pacific Grand Ballroom, 4th floor, Pacific Palace 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><i>(Lunch will be provided ONLY at Pacific Palace Hotel 5th floor from 12 pm to 2.30 pm.) Pacific Palace Hotel 5th floor</i></p> <p>PREJUDGING & FINALS (CONTINUATION)</p> <ul style="list-style-type: none">• Overall Championship (MR. ASIA 2024)• 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 Olympus Banquet Hall, 9th floor, Pacific Palace Hotel.
12TH AUGUST (MONDAY)	
06.30 AM - 09.30 AM	Breakfast for officials and athletes at the respective Hotels
12.00 PM	Departure.

