



54TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

05TH - 11TH SEPTEMBER 2020

REPUBLIC OF MALDIVES

DAY TO DAY PROGRAM

05TH SEPTEMBER, 2020: SATURDAY

	The arrival of the Executive Committee Members of ABBF, all participating teams, judges, officials together with ABBF Standing Sub-Committee members.
02.00 PM ONWARDS	Check-in at the Kaani Hotel, Aabaadhee Hingun Road, Maafushi, Maldives
07:00 PM - 09:00 PM	Welcome Dinner for all the Executive Committee Members of ABBF. (The name of the restaurant will be notified upon arrival) Dinner for all the officials and athletes at the Kaani Hotel

06TH SEPTEMBER, 2020: SUNDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the Kaani Hotel
09:00 AM - 10:00 AM	Team Managers Meeting – Conference Hall, 7 th Floor, Sunrise Tower, the Kaani Hotel.
10:00 AM - 11:00 AM	Judges Meeting – Conference Hall, 7 th Floor, Sunrise Tower, the Kaani Hotel.
12:00 PM - 02:00 PM	Lunch for all the officials and athletes at the Kaani Hotel
02:30 PM - 05:00 PM	ABBF Executive Council Meeting – Conference Hall, 2 nd Floor, Hotel Kaani Grand.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at the Kaani Hotel

07TH SEPTEMBER 2020: MONDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the Kaani Hotel
10:00 AM - 01:00 PM	ABBF ANNUAL CONGRESS – Conference Hall, 7 th Floor, Sunrise Tower, the Kaani Hotel.
12:00 PM - 02:00 PM	Lunch for all the officials and athletes at the Kaani Hotel
03:00 PM - Onwards	Weigh In of all Body Weight Categories and Height Measurements and Checking of Age Groups – Conference Hall, 2 nd Floor, Hotel Kaani Grand.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at the Kaani Hotel

:Organiser:

BODYBUILDING ASSOCIATION OF MALDIVES

:Supported by:

Ministry Of Youth, Sports And Community Empowerment Republic Of Republic Of Maldives



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08TH SEPTEMBER, 2020: TUESDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the Kaani Hotel
09:00 AM - 07:00 PM	Commencement of the Pre-judging and finals at the Beach, the Kaani Hotel TOTAL OF 17 EVENTS : Junior Men's Body Building up to 75 Kg and over 75 Kg (2 categories) Men's Bodybuilding 55kg, 60kg, 65kg, 70kg (4 categories) Junior Women's Fitness Physique age not over 21yrs (1 category) Senior Women's Fitness Physique up to 165cm, over 165cm (2 categories) Women's Bodybuilding up to 55kg, over 55kg (2 categories) Ladies Women's Bodybuilding age over 30 yrs (1 category) Men's Master Bodybuilding 40-49 yrs (up to 80kg and over 80kg), 50-60 yrs (up to 80kg and over 80kg), Over 60 yrs (Open category) (all Men Master 5 categories)
01:00 PM - 02:00 PM	Lunch for all athletes & officials will be served at the Beach, the Kaani Hotel
02:00 PM	Opening Ceremony and speeches and cultural shows.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at the Kaani Hotel

09TH SEPTEMBER, 2020: WEDNESDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the Kaani Hotel
09:00 AM - 06:00 PM	Commencement of the Pre-judging and finals at the Beach, the Kaani Hotel TOTAL OF 20 EVENTS : Men's Bodybuilding 75kg, 80kg, 85kg (3categories) Junior Women's Model Physique age not over 21 yrs (1 category) 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 and over 165cm (2 categories) Ladies Women's Sport Physique age 30 to 40 yrs and over 40 yrs (2 category) Men's Fitness Physique up to 170 cm, over 170 cm (2 categories) Men's Athletic Physique up to 160 cm, 167 cm, 175 cm (3 categories)
01:00 PM - 02:00 PM	Lunch for all athletes & officials will be served at the Beach, the Kaani Hotel
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at the Kaani Hotel

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10TH SEPTEMBER, 2020: THURSDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the Kaani Hotel
09:00 AM - 06:00 PM	Commencement of the Pre-judging and finals at the Beach, the Kaani Hotel TOTAL OF 15 EVENT : Men's Para Body Building (1 category) 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) Ladies Women's Athletic Physique age 30-40 yrs and age over 40 yrs (2 categories) Women's Model Physique up to 170cm and over 170cm (2 categories) Ladies Women's Model Physique age 30-40 yrs and age over 40 yrs (2 categories) Asian Mixed Pairs Championships open (1category)
01:00 PM - 02:00 PM	Lunch for all athletes & officials will be served at the Kaani Hotel
02:00 PM - Onwards	Closing Ceremony & Finals Overall Champion - MR. ASIA 2020 Men's Team Championship Women's Team Championship
09:00 PM - Onwards	Farewell Dinner at the Kaani Hotel

11TH SEPTEMBER, 2020: FRIDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the Kaani Hotel
12:00 PM - Onwards	Check out Departure of all the Executive Committee Members of ABBF, all participating teams, judges, officials together with ABBF Standing Sub-Committee members.

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