



# 17TH WORLD BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS 2026

3RD TO 9TH DECEMBER 2026, DONCHAN PALACE HOTEL, VIENTIANE, LAO PEOPLE'S DEMOCRATIC REPUBLIC

Organised by

**LAO BODYBUILDING FEDERATION**

Under the Umbrella of The

**WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION**

Recognised by

**MINISTRY OF EDUCATION AND SPORTS, NATIONAL OLYMPIC COMMITTEE OF LAO**

## TENTATIVE DAILY PROGRAM

### 03 RD DECEMBER, 2026 (THURSDAY)

	Arrival of the Executive Committee members of WBPF, all participating teams, officials together with WBPF Standing Sub- Committee members. Transportation shall be provided for those who have submitted their ARRIVAL DETAILS by 15 <sup>th</sup> October, 2026
12.00 PM ONWARDS	Check-in at any time on 3 <sup>rd</sup> December, 2026 to the Official Hotel. Official Hotel: DON CHAN PALACE HOTEL & CONVENTION IN VIENTIANE (Address: Unit 6, Plawat Village, Sisattanak District, Vientiane Capital, Lao PDR 1000. Tel: +856 21 226 666) - for all Executive Council Members, teams and athletes. You will pay the registration fees at the DON CHAN PALACE HOTEL REGISTRATION DESK located at the hotel lobby, to the officials appointed by the WBPF.
12.00 PM - 02.00 PM	Lunch for all will be served at Don Chan Palace Hotel on 3rd December 2026, Provided the number of athletes & officials are informed in advance by 15 <sup>th</sup> October, 2026 and reach the hotel before 3:00 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 Don Chan Palace Hotel – River Land Cafe, Ground Floor FOR EVERYONE.

### 04TH December, 2026 (FRIDAY)

06.30 AM - 08.00 AM	Breakfast for officials and athletes at the River Land Café, Ground Floor, Don Chan Palace Hotels
09.00 AM - 10.30 AM	Team Managers Meeting and Judges Meeting at Luangprobang Room No. 6, Ground Floor, Convention & Meeting Centre, Don Chan Palace Hotel.
12.00 PM - 02.00 PM	Lunch will be served at the Don Chan Palace Hotel – River Land Cafe, Ground Floor FOR EVERYONE.
03.00 PM ONWARDS	WBPF Executive Council Meeting at Luangprobang Room No. 6, Ground Floor, Convention & Meeting Centre, Don Chan Palace Hotel. Only WBPF Executive Members are required to attend, including the Chairman & Secretary of each Committee of WBPF.





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05:00 PM - 06.30 PM	WBPF Annual Congress at 14 <sup>th</sup> Floor, Multi - Function Room, Convention & Meeting Centre, Don Chan Palace Hotel.  <b>ALL DELEGATES MUST ATTEND THE CONGRESS. IT IS COMPULSORY.</b>
07:30 PM - 09.30 PM	Executive Dinner at the 2 <sup>nd</sup> Floor, Sichuan Chinese Restaurant, Don Chan Palace Hotel. <b>For Executive Council Members and Invited Guests ONLY.</b> Delegates and athletes will have dinner at the River Land Café, Ground Floor, Don Chan Palace Hotel.
<b>05TH DECEMBER, 2026 (SATURDAY)</b>	
06.30 AM - 08.30 AM	Breakfast for officials and athletes at the River Land Café, Ground Floor, Don Chan Palace Hotel.
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 Luangprobang Room No. 6, Ground Floor, Convention & Meeting Centre, Don Chan Palace Hotel.
12.00 PM - 02.00 PM	Lunch for all officials and athletes at the River Land Café, Ground Floor, Don Chan Palace Hotel FOR EVERYONE.
07:00 PM – 09:00 PM	Dinner for officials and athletes at the River Land Café, Ground Floor, Don Chan Palace Hotel FOR EVERYONE.
<b>06TH DECEMBER, 2026 (SUNDAY)</b>	
06.30 AM - 08.30 AM	Breakfast for the officials and athletes at the River Land Café, Ground Floor, Don Chan Palace Hotel FOR EVERYONE.





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09.30 AM	<p>Pre-judging &amp; Finals at the 2<sup>nd</sup> Floor, Hall A, Convention &amp; Meeting Centre, Don Chan Palace Hotel</p> <p><b>TOTAL OF 18 EVENTS</b></p> <ul style="list-style-type: none"> <li>Men's Junior Bodybuilding up to 75 kg &amp; Over 75 kg (2 Categories)</li> <li>Men's Bodybuilding 55kg, 60kg, 65kg, 70kg (4 Categories)</li> <li>Women's Junior Fitness Physique up to 21 years (Open Category)</li> <li>Women's Senior Fitness Physique up to 165 cm and over 165 cm (2 categories)</li> <li>Women's Junior Model Physique up to 21 years (Open Category)</li> <li>Women's Swimsuit Model Physique up to 165 &amp; over 165 cm (2 Categories)</li> <li>Men's Master Bodybuilding 40-49 year up to and over 80 kg (2 categories)</li> <li>Men's Master Bodybuilding 50-60 years up to and over 80 kg (2 Categories)</li> <li>Men's Master Bodybuilding Over 60 years (Open Category)</li> <li>Mixed Pairs (Free Posing and Quarter Turns only)</li> </ul>
03.00 PM	Opening Ceremony and LED greeting from all Participating Countries and Speeches.
04.00 PM	Final Round & Prize Distribution
07.00 PM - 09.00 PM	Dinner for officials and athletes at the River Land Café, Ground Floor, Don Chan Palace Hotel for EVERYONE.
<b>07TH DECEMBER, 2026 (MONDAY)</b>	
06.30 AM - 08.30 AM	Breakfast for the officials and athletes at the River Land Café, Ground Floor, Don Chan Palace Hotel.
09.00 AM	<p>Prejudging &amp; Finals at the 2<sup>nd</sup> Floor, Hall A, Convention &amp; Meeting Centre, Don Chan Palace Hotel</p> <p><b>TOTAL OF 23 EVENTS</b></p> <ul style="list-style-type: none"> <li>Men's Fitness Physique up to 170 cm, over 170 cm (2 Categories)</li> <li>Men's Bodybuilding 75kg, 80kg, 85kg (3 Categories)</li> <li>Women's Bodybuilding up to 55 &amp; over 55 kg (2 Categories)</li> <li>Women's Model Physique up to 155cm, 160cm, 165cm, (3 Categories)</li> <li>Men's Sports Physique up to 170cm, 175cm, 180cm &amp; over 180 cm (4 categories)</li> <li>Women's Sport Physique up to 165cm &amp; over 165cm (2 Categories)</li> <li>Women's Ladies Sports Physique over 35 years (Open Category)</li> <li>Men's Athletic Physique up to 160 cm, 167 cm, 175 (3 Categories)</li> <li>Women's Athletic Physique up to and over 165 cm (2 Categories)</li> <li>Women's Ladies Athletic Physique over 35 years old (Open Category)</li> </ul>
03.00 PM	Final Round & Prize Distribution





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07:00 PM – 09:00 PM	Dinner for officials and athletes at the River Land Café, Ground Floor, Don Chan Palace Hotel FOR EVERYONE.
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## 08TH DECEMBER, 2026 (TUESDAY)

06.30 AM - 08.30 AM	Breakfast for the officials and athletes at the River Land Café, Ground Floor, Don Chan Palace Hotel.
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09.00 AM	<p>Prejudging &amp; Finals at the 2<sup>nd</sup> Floor, Hall A, Convention &amp; Meeting Centre, Don Chan Palace Hotel</p> <p><b>TOTAL OF 9 EVENTS</b></p> <ul style="list-style-type: none"> <li>Men's Bodybuilding 90kg, 100kg, over 100kg (3 categories)</li> <li>Men's Athletic Physique up to 182 &amp; over 182 cm (2 Categories)</li> <li>Women's Wellness Physique (Open Category)</li> <li>Women's Model Physique up to 170cm and over 170cm (2 Categories)</li> <li>Women's Ladies Model Physique over 35 years old (Open Category)</li> </ul> <p><b>PREJUDGING &amp; FINALS (CONTINUATION)</b></p> <ul style="list-style-type: none"> <li>Overall Championship (WBPF MR. UNIVERSE 2026)</li> <li>Men's Team Championship</li> <li>Women's Team Championship</li> </ul>
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04.00 PM	Closing Ceremony & Final Prize Distribution
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07:00 PM	Farewell Party for all the Athletes, Officials, Delegate & Supporters at the 2 <sup>nd</sup> Floor, Hall A, Convention & Meeting Centre, Don Chan Palace Hotel
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## 09TH DECEMBER, 2026 (WEDNESDAY)

06.30 AM - 09.30 AM	Breakfast for officials and athletes at the River Land Café, Ground Floor, Don Chan Palace Hotel.
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12.00 PM	Departure.
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