



54TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

15TH - 21ST JULY 2022

REPUBLIC OF MALDIVES

DAY TO DAY PROGRAM

15TH JULY, 2022: FRIDAY

	Upon arrival at the Velana International Airport in the Maldives, you will be received by members of the Organizing Committee and straight-away transferred to the boat to fetch you to the Maafushi Island.
FROM 12.00 PM ONWARDS	The arrival of the Executive Committee Members of ABBF, all participating teams, judges, officials together with ABBF Standing Sub-Committee members. Check-in for registration at Arena Beach Hotel The Executive Committee, VIP's and appointed delegates after the registration will check in at Kaani Grand Seaview Hotel. Others will check-in at the, 1) Kaani Palm Beach Hotel 2) Arena Beach Hotel
07:00 PM - 09:00 PM	Welcome Dinner for all the Executive Committee Members, Sub-Committee Members, Team Managers, Judges, Coaches, Delegates and Invited Guests of ABBF. (The name of the restaurant will be notified upon arrival)

16TH JULY, 2022: SATURDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
09:00 AM - 10:00 AM	Team Managers Meeting at Conference Room on 2nd floor, Kaani Grand Hotel.
10:00 AM - 11:00 AM	Judges Meeting at Conference Room on 2nd floor, Kaani Grand Hotel.
12:00 PM - 02:00 PM	Lunch for all the officials and athletes at their respective hotel.
02:30 PM - 05:00 PM	ABBF Executive Council Meeting at Conference Room on 2nd floor, Kaani Grand Hotel.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at their respective hotel.

17TH JULY, 2022: SUNDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
10:00 AM - 01:00 PM	ABBF ANNUAL CONGRESS at Conference Room on 2nd floor, Kaani Grand Hotel.
12:00 PM - 02:00 PM	Lunch for all the officials and athletes at their respective hotel.
03:00 PM – Onwards	Weigh In of all Body Weight Categories and Height Measurements and Checking of Age Groups – at Conference Room on 2nd floor, Kaani Grand Hotel.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at their respective hotel.

:Organiser:

BODYBUILDING ASSOCIATION OF MALDIVES

:Supported by:

MINISTRY OF YOUTH, SPORTS AND COMMUNITY EMPOWERMENT REPUBLIC OF MALDIVES

:In collaboration with:

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18TH JULY, 2022: MONDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
09:00 AM - 07:00 PM	Commencement of the Pre-judging and finals at the Arena Beach, Maafushi Island, Maldives 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 their respective hotels.
03:00 PM	Opening Ceremony, speeches and cultural shows.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at their respective hotel.

19TH JULY, 2022: TUESDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
09:00 AM - 06:00 PM	Commencement of the Pre-judging and finals Arena Beach, Maafushi Island, Maldives TOTAL OF 20 EVENTS: Junior Women's Model Physique age not over 21 yrs (1 category) Women's Model Physique up to 155cm, 160cm, 165cm, (3 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) 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) Men's Athletic Physique up to 160 cm, 167 cm, 175 cm (3 categories) Asian Mixed Pairs Championships open (1 category)
01:00 PM - 02:00 PM	Lunch for all athletes & officials will be served at their respective hotels.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at their respective hotel.

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20TH JULY, 2022: WEDNESDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
09:00 AM - 05:00 PM	Commencement of the Pre-judging and finals at the at the Arena Beach, Maafushi Island, Maldives TOTAL OF 15 EVENT: Men's Bodybuilding 75kg, 80kg, 85kg 90kg, 100kg, over 100kg (6 categories) Men's Fitness Physique up to 170 cm, over 170 cm (2 categories) Men's Para Body Building (1 category) Men's Athletic Physique up to 182 cm, over 182 cm (2 categories) Men's Sport Physique up to 170cm, 175cm, 180cm over 180cm (4 categories)
01:00 PM - 02:00 PM	Lunch for all athletes & officials will be served at their respective hotels.
05:00 PM - Onwards	Finals Overall, Champion - MR. ASIA 2022 Men's Team Championship Women's Team Championship Closing Ceremony
08:00 PM - Onwards	Farewell Dinner for all at the Arena Beach.

21ST JULY, 2022: THURSDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
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.

HOTEL ADDRESSES AND CONTACT DETAILS:

: KAANI GRAND SEAVIEW HOTEL: AABAADHEE HINGUN ROAD, MAAFUSHI 08090, MALDIVES CONTACT NOS : +960 9533626	: KAANI PALM BEACH HOTEL: ZIYAARAIYA MAGU ROAD, MAAFUSHI 08090, MALDIVES CONTACT NOS : +960 9193626	: ARENA BEACH HOTEL: ZIYAARAIYA MAGU ROAD, MAAFUSHI 08090, MALDIVES CONTACT NOS : +960 7933231
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IMPORANTAT

ABBF RESERVES THE RIGHTS FOR THE ABOVE PROGRAM CHANGES IF ANY.

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