



14TH SOUTH EAST ASIAN BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS

2017 • VENUE: TERMINAL21 • KORAT, THAILAND

April 21-24, 2017

Nakornratchasima Province, Thailand

INFORMATION, RULES AND REGULATIONS OF THE FOLLOWING EVENTS:

1. MEN'S BODYBUILDING (6 categories)

- a) up to 60 kg
- c) up to 65 kg
- d) up to 70 kg
- e) up to 75 kg
- f) up to 80 kg
- g) over 80 kg

2. WOMEN'S BODYBUILDING (1 category)

- a) open category

3. WOMEN'S ATHLETIC PHYSIQUE (1 category)

- a) open category

4. WOMEN'S MODEL PHYSIQUE (2 categories)

- a) up to 160 cm
- b) over 160 cm

5. MEN'S ATHLETIC PHYSIQUE (2 categories)

- a) up to 170 cm - 100 + 2 kg = body weight
- b) over 170 cm - 100 + 4 kg = body weight

6. MEN'S SPORTS PHYSIQUE (2 categories)

- a) up to 175 cm - 100 = body weight
- b) over 175 cm - 100 = body weight

(Total number of Events: 14)

Note (1): At least 2 (two) countries should be competing and represented in any one category and if there are less than 2 (two) competitors, the event will be cancelled. And the competitor will be moved to the next category.

Note (2): Top 3 placing will be awarded medals, trophies and certificates and 4 & 5 placing will receive trophies and certificates in all categories form men and women.

Note (3): All Participants will be issued the Certificate of Participation



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Tentative Schedule

21st April (Friday)

Arrival of all participating teams, officials together with ABBF and SEABPF committee members.
(Note: Those who arrive early before 12 pm. shall be provided lunch in the hotel)

22nd April (Saturday)

7.00 am : Morning breakfast in the hotel room
9.00 am : Team managers meeting, Judges meeting
10.00 am : SEABPF Annual Congress
12.00 pm: Lunch
3.00 pm : Weigh- in for Weight categories and Height Measurements
7.00 pm Dinner for Athletes and officials

23rd April (Sunday)

7.00 am : Morning breakfast in the hotel room
8.00 am : Bus will depart to the Competition Venue (Terminal 21 Korat)
10.00 am : Pre Judging for all the categories
MEN'S BODYBUILDING (3 categories) up to 60 kg, up to 65 kg and up to 70 kg
WOMEN'S BODYBUILDING open category
WOMEN'S MODEL PHYSIQUE up to 165 cm
MEN'S ATHLETIC PHYSIQUE up to 170 cm - 100 + 2 kg = body weight
MEN'S SPORTS PHYSIQUE up to 175 cm - 100 = body weight
MEN'S BODYBUILDING (3 categories) up to 75 kg, up to 80 kg and over 80 kg
WOMEN'S ATHLETIC PHYSIQUE open category
WOMEN'S MODEL PHYSIQUE OVER 165 cm
MEN'S ATHLETIC PHYSIQUE OVER 170 cm - 100 + 4 kg = body weight
MEN'S SPORTS PHYSIQUE OVER 175 cm - 100 = body weight
12.00 pm : Lunch package will be served at the venue
4.00 pm : Opening Ceremony of the 14th South East Asian Bodybuilding and Physique Sports Championships and continue with the Final of the all categories.
7.00 pm : Farewell Party for Athletes and officials in the Hotel

24th April (Monday)

7.00 am : Morning breakfast in the hotel room
12.00 pm: Check Out, Departure of all participants.