



Bhutan Bodybuilding & Weightlifting Federation

50TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS AND ANNUAL CONGRESS

02nd September - 08th September 2016

Thimphu, Bhutan

DAY TO DAY PROGRAMME

| DATE | TIME | EVENT/ACTIVITY | PLACE |
|-------------------------------------|-----------------------|---|--|
| Day One | | Arrival of teams including Executive Members of ABBF | |
| 02 September 2016 (Fri.) | | Note: Lunch will be provided for all teams | In Hotel |
| | 18.30pm - 21.30pm | Dinner for officials and Athletes | In Hotel |
| Day Two | 06.30am - 09.00am | Breakfast for officials and athletes | In Hotel |
| 03 September 2016 (Sat.) | 10.00am | Team Managers Meeting | Sir Ugyen Dorji hall Taj Hotel Basement |
| | 11:00am – | Judges' Meeting | Sir Ugyen Dorji hall Taj Hotel Basement |
| | 12:00 noon | Lunch for officials and athletes | In Hotel |
| | 14.00 pm | ABBF Executive Committee Meeting | Sir Ugyen Dorji hall Taj Hotel Basement |
| | | Sight-seeing Tour For those not attend the Exe. Meeting | |
| | 19:00 pm – 22:00pm | Welcome Party for all Officials and Athletes (Diet food will be provided for athletes) Exchange of Gifts | Namgay Heritage Hotel |

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| Day Three | 06:30am - 09:00 | Breakfast for all officials and delegates | In Hotel |
| 04 September 2016 (Sun.) | 10.00 am | ABBF Annual Congress (ALL DELEGATES MUST ATTEND) | Sir Ugyen Dorji hall Taj Hotel Basement |
| | 12.00 am - 14.00 pm | Lunch for officials and athletes | In Hotel |
| | 15.00 pm | Weigh-in of all categories & Height measurements & checking of Age Group | Sir Ugyen Dorji hall Taj Hotel Basement |
| | 18.30 pm - 21.30 pm | Dinner for officials and athletes | In Hotel |
| Day Four | 06.00 am - 09.00 am | Breakfast for officials and athletes | In Hotel |
| 05 September 2016 (Mon.) | 09.00 am | Pre-judging & Finals for : 11 categories Men's BB 55kg - 65kg (3 categories) Women's Fitness – (2 categories) Men's Fitness (2 category) Masters (2 categories) Juniors (2 categories) | Royal Institute of Management & Multi Purpose Hall |
| | 12.00 pm - 14.30 pm | Lunch for officials and athletes | Royal Institute of Management & Multi Purpose Hall |
| | 18.30 pm - 21.30 pm | Dinner for officials and athletes | In Hotel |
| Day Five | 06.00 am - 08.00 am | Breakfast for officials and athletes | In Hotel |
| 06 September 2016 (Tue.) | 09.00 am | Pre-judging & Finals for : 13 categories Men's BB 70 kg - 80 kg (3 categories) Women's Athletic Physique (2 categories) Men's Athletic Physique (4 categories) Women's Bodybuilding (2 Categories) Men's Sports Physique (2 Categories) | Royal Institute of Management & Multi Purpose Hall |
| | 12.00 pm - 14.30 pm | Lunch for officials and athletes | Royal Institute of Management & Multi Purpose Hall |
| | 18.30 pm - 21.30 pm | Dinner for officials and athletes | In Hotel |
| Day Six | 06.00 am - 08.00 am | Breakfast for officials and athletes | In Hotel |

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| 07 September 2016(Wed.) | 09.00 am | Pre-judging & Finals for : 7 categories Men's BB 85kg - Over 100kg (4 categories) Women's Model Physique (3 categories) Mr. Asia 2016 (Overall Championship) Team Championships for Men's and Women's | Royal Institute of Management & Multi Purpose Hall |
| | 12.00 am - 14.30 pm | Lunch for officials and athletes | Royal Institute of Management & Multi Purpose Hall |
| | 19.00 pm | Farewell Party for all officials and athletes | Termalinca Hotel |
| Day Seven | 06.30am - 10.30am | Breakfast for officials and athletes (Subject to flight time) | In Hotel |
| 08 September 2016 (Thur.) | 12.00pm | Departure (Check-out from Hotel.) | |