



**Bhutan Bodybuilding & Weightlifting Federation**

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**50<sup>th</sup> ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS  
AND ANNUAL CONGRESS**

**02<sup>nd</sup> September - 08<sup>th</sup> September 2016**

**Thimphu, Bhutan**

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**Final Entry Form to be returned to the Organizing Committee  
Not later than 31<sup>st</sup> July, 2016**

**FINAL ENTRY FORM**

(PLEASE ENTER NAME AS WRITTEN IN THE PASSPORT)

**Name of Federation:** \_\_\_\_\_

**Name of contact person:** \_\_\_\_\_

**Fax:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**1st Delegate: Name** \_\_\_\_\_ **Passport No:** \_\_\_\_\_

**2nd Delegate: Name** \_\_\_\_\_ **Passport No:** \_\_\_\_\_

**Judge No.1 : Name** \_\_\_\_\_ **Passport No:** \_\_\_\_\_

**Judge No.2 : Name** \_\_\_\_\_ **Passport No:** \_\_\_\_\_

**1. Asian Men's Bodybuilding Championships(10 categories):**

Competitor <55 kg - Light-Fly weight

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

Competitor <60 kg - Fly weight

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

Competitor <65 kg - Bantam weight

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

Competitor <70 kg - Light weight

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

Competitor <75 kg - Welter weight

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

Competitor <80 kg - Light middle weight

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

Competitor <85 kg - Middle weight

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

Competitor <90 kg - Light heavy weight

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

Competitor <100 kg - Heavy weight

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

Competitor >100 kg - Super heavy weight

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

**2. Asian Men's Fitness Championships (2 categories):**

Up to and include 165 cm (Name): \_\_\_\_\_ Passport No: \_\_\_\_\_

Above 165 cm (Name): \_\_\_\_\_ Passport No: \_\_\_\_\_

**3. Asian Men's Athletic Physique Championships (4 categories):**

Up to 160cm +1Kg (Name): \_\_\_\_\_ Passport No: \_\_\_\_\_

Up to 165cm +2Kg (Name): \_\_\_\_\_ Passport No: \_\_\_\_\_

Up to 170cm +3Kg (Name): \_\_\_\_\_ Passport No: \_\_\_\_\_

Over 170cm +4Kg (Name): \_\_\_\_\_ Passport No: \_\_\_\_\_

**4. Asian Women's Athletic Physique Championships (2 categories):**

Up to 160 cm +1Kg (Name) \_\_\_\_\_ Passport No: \_\_\_\_\_

Over 160 cm +2Kg (Name) \_\_\_\_\_ Passport No: \_\_\_\_\_

**5. Asian Women's Bodybuilding Championships (2 categories):**

Up to 52 Kg (Name): \_\_\_\_\_ Passport No: \_\_\_\_\_

Over 52 Kg (Name): \_\_\_\_\_ Passport No: \_\_\_\_\_

**6. Asian Women's Fitness Physique Championships (2 categories):**

Class A – Up to and include 160cm

(Name) \_\_\_\_\_ Passport No: \_\_\_\_\_

Class B – Over 160cm

(Name) \_\_\_\_\_ Passport No: \_\_\_\_\_

**7. Asian Women’s Model Physique Championships (3 categories):**

Class A – Up to 160cm

(Name) \_\_\_\_\_ Passport No: \_\_\_\_\_

Class B – Up to 165cm

(Name) \_\_\_\_\_ Passport No: \_\_\_\_\_

Class C – Over 165cm

(Name) \_\_\_\_\_ Passport No: \_\_\_\_\_

**8. Asian Men’s Master Championships ( 2 categories ):**

40 – 50yrs of age inclusive - Open category

(Name) \_\_\_\_\_ Passport No: \_\_\_\_\_

Over 50yrs - Open category

(Name) \_\_\_\_\_ Passport No: \_\_\_\_\_

**9. Asian Men’s Junior Championships ( 2 categories ):**

Up to 70kg (Name) \_\_\_\_\_ Passport No: \_\_\_\_\_

Over 70kg (Name) \_\_\_\_\_ Passport No: \_\_\_\_\_

**10. Asian Men’s Sports Physique Championships ( 2 categories ):**

Up to & include 170 cm (Name) \_\_\_\_\_ Passport No: \_\_\_\_\_

Above 170 cm (Name) \_\_\_\_\_ Passport No: \_\_\_\_\_

**Name and Passport Number of extra delegates & supporters:**

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

Name \_\_\_\_\_ Passport No: \_\_\_\_\_

## Flight details :

Arrival date & time \_\_\_\_\_ Airline & flight no. \_\_\_\_\_

Departure date & time \_\_\_\_\_ Airline & flight no. \_\_\_\_\_

**NOTE: 1:** Each national federation may enter a maximum of ten (10) competitors, with a maximum of two competitors allowed to compete in any one category for the Men's Senior.

**NOTE: 2:** Each national federation may send (2) two delegates, Judges, Trainers /Coaches who are not in the delegates list will be responsible for all of their expenses.

**NOTE: 3:** If a country participate with female athletes, they may send one extra female delegate who will enjoy all the privileges stated in the Rules & Regulations.

**NOTE: 4:** Supporters or spouses must pay for all their expenses, the host country will not be responsible for their accommodation, food, transportation's and tickets for the Championships. Full package charges for supporters are published in the Rules & Regulations.

**Due to time constraint FINAL ENTRY FORMS must be sent to the Organising Committee on or before 31<sup>st</sup> July, 2016.**

**Attn : Mr. Pema Dorji**  
**Organizing Committee**  
**Bhutan Body Building and Weightlifting**  
**Federation**  
**Phone: +975 17620500**  
**email: [asianchampionship2016@gmail.com](mailto:asianchampionship2016@gmail.com)**

**cc to the General Secretary,**  
**Mr. Wangchuk**  
**General Secretary**  
**Bhutan Body Building & Weightlifting**  
**Federation**  
**Phone: +975 17615590/77788020**  
**email: [wangchukrec@gmail.com](mailto:wangchukrec@gmail.com)**

**c.c.**  
**Attn: Mr. Paul Chua**  
**Secretary General – ABBF & WBPF**  
**35 Tannery Road, Tannery Block,**  
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