



Bhutan Bodybuilding & Weightlifting Federation

**50TH ASIAN BODYBUILDING AND PHYSIQUE
SPORTS CHAMPIONSHIPS
AND ANNUAL CONGRESS**

2nd September - 8th September 2016

Thimphu, Bhutan

**Preliminary Entry Form to be returned to the Organizing Committee
Not later than 31st May, 2016**

FEDERATION NAME: _____

FEDERATION CONTACT PERSON: _____

FAX NUMBER: _____ **EMAIL:** _____

Our Federation is planning to participate in the 50th Asian Bodybuilding and Physique Sports Championships in Thimphu, Bhutan from 2nd – 8th September, 2016

PLEASE INDICATE “YES” or “NO” YES _____ NO _____

NUMBER OF DELEGATES: _____ **NUMBER OF ATHLETES:** _____

NUMBER OF EXTRA DELEGATE AND SUPPORTERS: _____

A) 50th Asian Bodybuilding and Physique Sports Championships will include the following 10 weight categories:

- i. Up to 55kg.....
- ii. Up to 60kg.....
- iii. Up to 65kg.....
- iv. Up to 70kg.....
- v. Up to 75kg.....
- vi. Up to 80kg.....
- vii. Up to 85kg.....
- viii. Up to 90kg.....
- ix. Up to 100kg.....
- x. Over 100kg.....

B) Asian Men’s Fitness Championships will include the following 2 categories

- i. Up to and include 165 cm
- ii. 165cm and above



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<p>C) Asian Men’s Athletic Physique Championships will include the following 4 categories:</p> <p>i. Up-to and include 160cm + 1 Kg..... <input type="checkbox"/></p> <p>ii. Up-to and include 165cm + 2 Kg..... <input type="checkbox"/></p> <p>iii. Up-to and include 170cm + 3 Kg..... <input type="checkbox"/></p> <p>iv. Above 170cm + 4 Kg..... <input type="checkbox"/></p>	
<p>D) Asian Women’s Athletic Physique Championships</p> <p>i. Up-to and include 160cm + 1 Kg..... <input type="checkbox"/></p> <p>ii. Above 160cm + 2 Kg..... <input type="checkbox"/></p>	<p>D) A</p> <p>iii.</p> <p>iv.</p>
<p>E) Asian Women’s Bodybuilding Championships will include the following 2 categories:</p> <p>i. Up-to and include 52 Kg..... <input type="checkbox"/></p> <p>ii. Above 52 Kg..... <input type="checkbox"/></p>	<p>E) A</p> <p>iii.</p> <p>iv.</p>
<p>F) Asian Women’s Fitness Physique Championships will include the following 2 categories:</p> <p>i. Class A – Up-to and include 160cm..... <input type="checkbox"/></p> <p>ii. Class B – Over 160cm..... <input type="checkbox"/></p>	<p>F) A</p> <p>iii.</p> <p>iv.</p>
<p>G) Asian Women’s Models Physique Championships will include the following 3 categories:</p> <p>i. Class A – Up-to and include 160cm..... <input type="checkbox"/></p> <p>ii. Class B – Up-to and include 165cm..... <input type="checkbox"/></p> <p>iii. Class C – Above 165cm..... <input type="checkbox"/></p>	<p>F) A</p> <p>iv.</p> <p>v.</p>



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H) Asian Men's Masters Bodybuilding Championships

- i. 40 - 50 yrs. of age inclusive - Open Category
- ii. Over 50 yrs - Open Category

I) Asian Men's Junior Bodybuilding Championships will include the following 2 categories:

- v. Up-to and include 70 Kg.....
- vi. Above 70 Kg.....

J) Asian Men's Sports Physique will include the following 2 categories:

- vii. Up-to and include 170 cm.....
- viii. Over 170 cm

IMPORTANT:

1. ***Any National Federation officials who do not meet the official delegate criteria as stipulated below in 2) and 3) will be responsible for all their own expenses incurred under the extra delegate package.***
2. ***National Federation with up to two (2) participating athletes will be permitted to register only one (1) official delegate.***
3. ***National Federation with up to three (3) or more participating athletes will be permitted to register only two (2) official delegate.***
4. ***Participating National Federations must register at least one female official as an official delegate in capacity as team manager, coach or judge, if they send female athletes.***



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PLEASE RETURN THE PRELIMINARY FORM NO LATER THAN 31st May, 2016 to :

**Attn : Mr. Pema Dorji
Organizing Committee
Bhutan Body Building and Weightlifting
Federation
Phone: +975 17620500
email:
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**

**c.c.
Attn: Mr. Paul Chua
Secretary General – ABBF & WBPF
35 Tannery Road, Tannery Block,
#04-01 Ruby Industrial Complex,
Singapore 347740
Tel: (+65) 6748-6970
Mobile: (+65) 96163203/(+65) 9645-5466
Fax: (+65) 6747-9846
Email: abbfasia@yahoo.com.sg**