

55th ABBF ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS & ANNUAL CONGRESS

1ST TO 7TH SEPTEMBER 2023, KATHMANDU, FEDERAL DEMOCRATIC REPUBLIC OF NEPAL

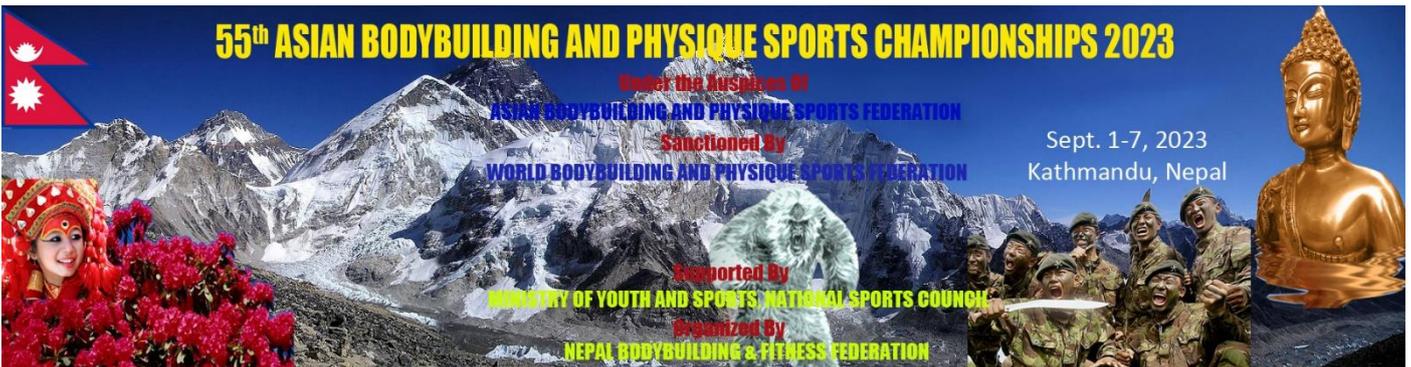
Organized By: Nepal BodyBuilding & Fitness Federation

Under the Auspices of Asian BodyBuilding and Physique Sports Federation

Sanction By: World BodyBuilding and Physique Sports Federation

Recognized By : National Sports Council

Supported by: Ministry of Youth and Sports



Please fill this simplified **PRELIMINARY ENTRY FORM** and send on or before April 31st, 2023 to enable the host country to secure the number of hotels and rooms.

Name of Federation: _____

Email Address: _____

Person to Contact: _____

NUMBER OF DELEGATES:

1. ABBF Officials, Executive Committee Members and Sub-Committee Members:

2. Delegates, Judges, Team Managers and Coaches: _____

3. Number of Male Athletes: _____

4. Number of Female Athletes: _____

Thank you,

Rajesh Babu Shrestha – President/NBBFF, Chairman/ Science and Research Comm. -WBPf and Vice President-ABBF

S.N.	Categories	No. of Athletes
1.	Junior Men's BodyBuilding Up to 75 Kg.	
2.	Junior Men's BodyBuilding Over 75 Kg.	
3.	Senior Men's BodyBuilding Up to 55 Kg.	
4.	Senior Men's BodyBuilding Up to 60 Kg.	
5.	Senior Men's BodyBuilding Up to 65 Kg.	
6.	Senior Men's BodyBuilding Up to 70 Kg.	
7.	Senior Men's BodyBuilding Up to 75 Kg.	
8.	Senior Men's BodyBuilding Up to 80 Kg.	
9.	Senior Men's BodyBuilding Up to 85 Kg.	
10.	Senior Men's BodyBuilding Up to 90 Kg.	
11.	Senior Men's BodyBuilding Up to 100 Kg.	
12.	Senior Men's BodyBuilding Over 100 Kg.	
13.	Men's Master BodyBuilding 40-49 years Old Up to 80 Kg.	
14.	Men's Master BodyBuilding 40-49 years Old Over 80 Kg.	
15.	Men's Master BodyBuilding 50-60 years Old Up to 80 Kg.	
16.	Men's Master BodyBuilding 50-60 years Old Up to 80 Kg.	
17.	Men's Master BodyBuilding Over 60 years Old (One Open Category)	
18.	Men's Fitness Physique Up to 170 cm+0 Kg.	
19.	Men's Fitness Physique Over 170 cm+2 Kg.	
20.	Men's Athletic Physique Up to 160 cm+2 Kg.	
21.	Men's Athletic Physique Up to 167 cm+4 Kg.	
22.	Men's Athletic Physique Up to 175 cm+6 Kg.	
23.	Men's Athletic Physique Up to 182 cm+8 Kg.	
24.	Men's Athletic Physique Over 182 cm+10 Kg.	
25.	Men's Sports Physique Up to 170 cm +2 Kg.	
26.	Men's Sports Physique Up to 170 cm +0 Kg.	
27.	Men's Sports Physique Up to 180 cm +2 Kg.	
28.	Men's Sports Physique Over 180 cm +4 Kg.	
29.	Teenager Athletic Physique (Male) 15-18 Yrs (Open Category)	
30.	Teenager Athletic Physique (Female) 15-18 Yrs (Open Category)	
31.	Women's BodyBuilding (Open Category)	
32.	Women's Junior Fitness Physique 21 Yrs. & below (One Open Category)	
33.	Women's Junior Model Physique 21 Yrs. And below (Open Category)	
34.	Senior Women's Fitness Physique Up to 160 cm	

S.N.	Categories	No. of Athletes
35.	Senior Women's Fitness Physique Up to 165 cm	
36.	Senior Women's Fitness Physique Over 165 cm	
37.	Senior Women's Athletic Physique Up to 165 cm	
38.	Senior Women's Athletic Physique Over 165 cm	
39.	Senior Women's Sports Physique Up to 165 cm	
40.	Senior Women's Sports Physique Over 165 cm	
41.	Senior Women's Model Physique Up to 155 cm	
42.	Senior Women's Model Physique Up to 160 cm	
43.	Senior Women's Model Physique Up to 165 cm	
44.	Senior Women's Model Physique Up to 170 cm	
45.	Senior Women's Model Physique Over 170 cm	
46.	Women's Swimsuit Model Physique (Open Category)	
47.	Mixed Pairs	
48.	Mr. Asia (Overall Champion – Men's BodyBuilding)	

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 expense 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 three (3) or more participating athletes will be permitted to register only two (2) official delegates.

<p>Attn: Mr. Dinesh Rajbhandari Vice-President/Spokesperson Nepal BodyBuilding & Fitness Federation Kathmandu, Nepal Mobile: +977-9851047368 Email: dinesh.rajbhandari@gmail.com rajesh00@icloud.com</p>	<p>Please c.c. to Sugree Supawarikul at abbf.secretary@yahoo.com Chetan Pathare at wbpfssecgeneral@gmail.com Christina Kam at abbf.adm@hotmail.com</p>
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