

10th WBPF

WORLD BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

11 - 17 DECEMBER 2018
Chiang Mai, Thailand



Tentative Daily Program (page 1)

11th December, 2018: Tuesday

Arrival of the Executive Committee members of WBPF, all participating teams, officials together with WBPF Standing Sub-Committee members.

- From 12.00 PM : Check-in at the Lotus Hotel Pang Suan Kaew, Chiang Mai
12.00 PM - 2.00 PM : Those who arrive early, will be provided lunch at Dining Room, 6th Floor Lotus Hotel PSK from 12.00 noon to 2.00 PM
7.00 PM - 10.00 PM : Dinner for all will be served at Dining Room, 6th Floor Lotus Hotel PSK
For athletes special diet food will be served

12th December, 2018: Wednesday

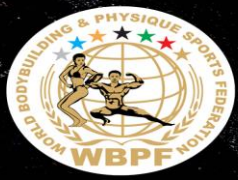
- 6.00 AM - 9.00 AM : Breakfast for officials and athletes at Dining Room, 6th Floor Lotus Hotel PSK
9.00 AM - 10.00 AM : Team Managers Meeting at Pasak Noy Room, 6th Floor Lotus Hotel PSK
10.00 AM - 11.00 AM : Judges Meeting at Pasak Noy Room, 6th Floor Lotus Hotel PSK
12.00 PM - 2.00 PM : Lunch for all officials and athletes at Dining Room, 6th Floor Lotus Hotel PSK
2.00 PM : WBPF Executive Council Meeting at San Patong Room, 6th Floor Lotus Hotel PSK
7.00 PM - 10.00 PM : Dinner for all will be served at Dining Room, 6th Floor Lotus Hotel PSK
7.00 PM - 10.00 PM : Special Dinner only for the WBPF Executive members and invited guests (T.B.A.)

13th December, 2018: Thursday

- 6.00 AM - 9.00 AM : Breakfast for officials and athletes at Dining Room, 6th Floor Lotus Hotel PSK
9.00 AM - 12.00 PM : WBPF Annual Congress at Baan Santong Room, 6th Floor Lotus Hotel PSK
12.00 PM - 2.00 PM : Lunch for all officials and athletes at Dining Room, 6th Floor Lotus Hotel PSK
3.00 PM : Weigh-in of all Body Weight Categories and Height Measurements and Checking of Age Groups at Pasak Noy Room, 6th Floor Lotus Hotel PSK
7.00 PM - 9.00 PM : Dinner for officials and athletes at Dining Room, 6th Floor Lotus Hotel PSK

14th December, 2018: Friday

- 6.00 AM - 9.00 AM : Breakfast for the officials and athletes at Dining Room, 6th Floor Lotus Hotel PSK
09.30.00 AM : **Prejudging & Finals at Pasak Luang Convention Hall, 6th Floor Lotus Hotel PSK**
Men's Junior Bodybuilding up to 75kg, over 75kg (2 categories)
Men's Bodybuilding 55kg, 60kg, 65kg, 70kg (4 categories)
Women's Junior Fitness Physique age not over 21yrs (1 category)
Women's Fitness Physique up to 160cm, up to 165cm, over 165cm (3 categories)
Women's Bodybuilding up to 55kg, over 55kg (2 categories)
World Lady Women's Bodybuilding age over 30 yrs (1 category)
Men's Master Bodybuilding 40-49 yrs (weight 80kg and over 80kg),
50-60 yrs (weight 80kg and over 80kg), Over 60 yrs (all Men Master 5 categories)
TOTAL OF 18 EVENTS
Lunch will be provided at Dining Room, 6th Floor Lotus Hotel PSK
04.00 PM : **OPENING CEREMONY and Finals Round (continuation)**
7.00 PM - 10.00 PM : Dinner for officials and athletes at Dining Room, 6th Floor Lotus Hotel PSK



10th WBPF

WORLD BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

11- 17 DECEMBER 2018
Chiang Mai, Thailand



Tentative Daily Program (page2)

15th December, 2018: Saturday

- 6.00 AM - 9.00 AM : Breakfast for the officials and athletes at Dining Room, 6th Floor Lotus Hotel PSK
- 09.30 AM : **Prejudging & Finals at Pasak Luang Convention Hall, 6th Floor Lotus Hotel PSK**
- Men's Bodybuilding 75kg, 80kg, 85kg (3categories)**
 - Women's Junior Model Physique age not over 21 yrs (1 category)**
 - Women's Model Physique up to 155cm, 160cm, 165cm, (3 categories)**
 - Men's Sport Physique up to 170cm, 175cm, 180cm over 180cm (4 categories)**
 - Women's Sport Physique up to 165cm and over 165cm (2 category)**
 - Women's Lady Sport Physique age 30 yrs and above (1 category)**
 - Men's Fitness Physique up to 170 cm, over 170 cm (2 categories)**
 - Men's Athletic Physique up to 160 cm, 167 cm, 175 (3 categories)**
- TOTAL OF 19 EVENTS**
- Lunch will be provided at Dining Room, 6th Floor Lotus Hotel PSK
- 7.00 PM - 10.00 PM : Dinner for officials and athletes at Dining Room, 6th Floor Lotus Hotel PSK

16th December, 2018: Sunday

- 6.00 AM - 9.00 AM : Breakfast for the officials and athletes at Dining Room, 6th Floor Lotus Hotel PSK
- 09.30 AM : **Pre-judging & Finals at Pasak Luang Convention Hall, 6th Floor Lotus Hotel PSK**
- Men's Bodybuilding 90kg, 100kg, over 100kg (3 categories)**
 - Men's Athletic Physique up to 182 cm, over 182 cm (2 categories)**
 - Women's Athletic Physique up to 165 cm, over 165 cm (2 categories)**
 - Women's Lady Athletic Physique age 30-40 yrs and age over 40 yrs (2 categories)**
 - Women's Model Physique up to 170cm and over 170cm (2 categories)**
 - World Women's Lady Model Physique age 30-40 yrs and age over 40 yrs (2 categories)**
 - World Mixed Pairs Championships open (1category)**
- TOTAL OF 14 EVENTS**
- Lunch will be provided at Dining Room, 6th Floor Lotus Hotel PSK
- Prejudging & Finals (continuation)**
- Overall Championship**
 - Men's Team Championship**
 - Women's Team Championship**
- 05.00 PM : **Closing Ceremony & Final Prize Distribution**
- 7.30 PM - 10.00 PM : **Farewell Party for all the Athletes, Officials, Delegate & Supporters at Pool Lounge, 6th Floor Lotus Hotel PSK**

17th December, 2018: Monday

- 6.00 AM - 10.00 AM : Breakfast for officials and athletes at Dining Room, 6th Floor Lotus Hotel PSK
- 12.00 PM : Departure