

# 10<sup>th</sup> WBPF

## WORLD BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

11 - 17 DECEMBER 2018  
Chiang Mai, Thailand



### Tentative Daily Program (page 1)

#### 11<sup>th</sup> 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, 6<sup>th</sup> 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, 6<sup>th</sup> Floor Lotus Hotel PSK  
For athletes special diet food will be served

#### 12<sup>th</sup> December, 2018: Wednesday

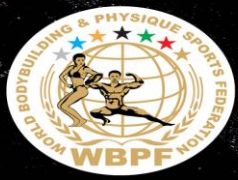
- 6.00 AM - 9.00 AM : Breakfast for officials and athletes at Dining Room, 6<sup>th</sup> Floor Lotus Hotel PSK  
9.00 AM - 10.00 AM : Team Managers Meeting at Pasak Noy Room, 6<sup>th</sup> Floor Lotus Hotel PSK  
10.00 AM - 11.00 AM : Judges Meeting at Pasak Noy Room, 6<sup>th</sup> Floor Lotus Hotel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

#### 13<sup>th</sup> December, 2018: Thursday

- 6.00 AM - 9.00 AM : Breakfast for officials and athletes at Dining Room, 6<sup>th</sup> Floor Lotus Hotel PSK  
9.00 AM - 12.00 PM : WBPF Annual Congress at Baan Santong Room, 6<sup>th</sup> Floor Lotus Hotel PSK  
12.00 PM - 2.00 PM : Lunch for all officials and athletes at Dining Room, 6<sup>th</sup> 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, 6<sup>th</sup> Floor Lotus Hotel PSK  
7.00 PM - 9.00 PM : Dinner for officials and athletes at Dining Room, 6<sup>th</sup> Floor Lotus Hotel PSK

#### 14<sup>th</sup> December, 2018: Friday

- 6.00 AM - 9.00 AM : Breakfast for the officials and athletes at Dining Room, 6<sup>th</sup> Floor Lotus Hotel PSK  
09.30.00 AM : **Prejudging & Finals at Pasak Luang Convention Hall, 6<sup>th</sup> 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, 6<sup>th</sup> 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, 6<sup>th</sup> Floor Lotus Hotel PSK



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### Tentative Daily Program (page2)

#### 15<sup>th</sup> December, 2018: Saturday

- 6.00 AM - 9.00 AM : Breakfast for the officials and athletes at Dining Room, 6<sup>th</sup> Floor Lotus Hotel PSK
- 09.30 AM : **Prejudging & Finals at Pasak Luang Convention Hall, 6<sup>th</sup> 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, 6<sup>th</sup> Floor Lotus Hotel PSK
- 7.00 PM - 10.00 PM : Dinner for officials and athletes at Dining Room, 6<sup>th</sup> Floor Lotus Hotel PSK

#### 16<sup>th</sup> December, 2018: Sunday

- 6.00 AM - 9.00 AM : Breakfast for the officials and athletes at Dining Room, 6<sup>th</sup> Floor Lotus Hotel PSK
- 09.30 AM : **Pre-judging & Finals at Pasak Luang Convention Hall, 6<sup>th</sup> 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, 6<sup>th</sup> 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, 6<sup>th</sup> Floor Lotus Hotel PSK**

#### 17<sup>th</sup> December, 2018: Monday

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