



COMITE REGIONAL DES BODYBUILDERS
DE NOUVELLE-CALÉDONIE



25th South Pacific Bodybuilding Championships

Tentative programme Day 1: Wednesday, October 23, 2019

- 12.00 AM – Arrival and check-in of all Teams
- 01.00 PM – 03.00 PM – Lunch for Delegates and Athletes
- 07.00 PM – 08.00 PM – Dinner for Delegates and Athletes

Tentative programme Day 2: Thursday, October 24, 2019

- 06.30 AM – 07.30 AM – Breakfast for Delegates and Athletes
- 09.00 AM – 10.00 AM – Team managers meeting
- 10.00 AM – 11.00 AM – Judges meeting
- 11.00 AM – 01.00 PM – Judges and coaches Seminary
- 11.30 AM – 12.30 AM – Lunch for Delegates and Athletes
- 07.00 PM – 08.00 PM – Dinner for Delegates and Athletes

Tentative programme Day 3: Friday, October 25, 2019

- 06.30 AM – 07.30 AM – Breakfast for Delegates and Athletes
- 09.00 AM – 12.00 AM – Congress
- 11.30 AM – 12.30 AM – Lunch for Delegates and Athletes
- 05.30 PM – 06.30 PM – Weigh-in
- 07.00 PM – 08.00 PM – Dinner for Delegates and Athletes

Tentative programme Day 4: Saturday, October 26, 2019

- 06.30 AM – 07.30 AM – Breakfast for Delegates and Athletes
- 09.30 AM – 12.00 AM – Pre-judging
- 12.30 AM – 02.00 PM – Lunch for Delegates and Athletes



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05.00 PM – Parades of Nations and Finals

09.00 PM – 11.00 PM – Farewell party

Tentative programme Day 5: Sunday, October 27, 2019

06.30 AM – 07.30 AM – Breakfast for Delegates and Athletes

09.00 AM – Check-out departure of Delegates and Athletes