



**CENTRAL AND EAST ASIAN
BODYBUILDING AND FITNESS
CHAMPIONSHIPS – 2018
INAUGURAL CONGRESS AND ELECTION**

ELITE PRO QUALIFIER

INSPECTION REPORT



ULAANBAATAR MONGOLIA

SEPTEMBER 1-3, 2018

WELCOME

ASIAN FEDERATION OF BODYBUILDING AND FITNESS AND THE LAND OF BLUE SKY EXTENDS THE WARMEST WELCOME TO ALL AFBF-AFFILIATED NATIONAL FEDERATIONS FROM CENTRAL AND EAST ASIAN REGIONS, WISHING TO PARTICIPATE IN THE CENTRAL AND EAST ASIAN CHAMPIONSHIPS IN ULAANBAATAR MONGOLIA, SEPTEMBER 1-3, 2018.

ABOUT MONGOLIA

MONGOLIA IS A LANDLOCKED COUNTRY LOCATED BETWEEN CHINA AND RUSSIA. IT IS A VAST EMPTINESS THAT LINKS LAND AND SKY, AND IS ONE OF THE LAST FEW PLACES ON THE PLANET WHERE NOMADIC LIFE IS STILL A LIVING TRADITION. ITS REMARKABLE VARIETY OF SCENERY CONSISTS LARGELY OF UPLAND STEPPES, SEMIDESERTS AND DESERTS, ALTHOUGH IN THE WEST AND NORTH FORESTED HIGH MOUNTAIN RANGES ALTERNATE WITH LAKE-DOTTED BASINS.

AT 1.564.116 SQUARE KILOMETERS, MONGOLIA IS THE 18TH LARGEST AND THE MOST SPARSELY POPULATED WITH A POPULATION OF AROUND 3 MILLION PEOPLE. ULAANBAATAR, THE CAPITAL AND LARGEST CITY, IS HOME TO ABOUT 45% OF THE COUNTRY'S POPULATION.

BECAUSE OF A BOOM IN THE MINING SECTOR, MONGOLIA HAD HIGH GROWTH RATES ECONOMICALLY AND IT MADE A SIGNIFICANT IMPROVEMENT ON THE EASE OF DOING BUSINESS IN THE RECENT YEARS AND IS CONSIDERED ONE OF THE COUNTRIES WITH A MOST PROMISING GROWTH PROSPECTS FOR 2010 – 2050.

LANGUAGE

THE OFFICIAL LANGUAGE IS MONGOLIAN. ENGLISH IS WIDELY SPOKEN IN HOTELS, RESTAURANTS, SHOPPING CENTERS AND TOURIST AREAS.

TIME DIFFERENCE

ULAANBAATAR IS LOCATED IN THE GREENWICH MEAN TIME (GMT) +8 ZONE.

WEATHER

DURING THE MONTH OF SEPTEMBER, THE AVERAGE TEMPERATURE IS 10-15°C.

CURRENCY

THE NATIONAL CURRENCY IS TUGRUGS. 1 USD ≈ 2462 ₮ (AS OF JULY, 2018)

ELECTRICAL CURRENT

THE STANDART VOLTAGE IS 220V, 50Hz.

MONGOLIA – WWW.YOUTUBE.COM/WATCH?V=TA2OEN50FHS



OFFICIAL HOTEL ☆☆☆☆

THE OFFICIAL HOTEL OF THE CENTRAL AND EAST ASIAN CHAMPIONSHIP 2018 WILL BE SUNJIN GRAND HOTEL.

ONLY THE ORGANIZING COMMITTEE IS AUTHORIZED TO ARRANGE HOTEL RESERVATIONS, INCLUDING ACCOMMODATIONS BEFORE AND AFTER THE OFFICIAL DATES AND DURING THE CHAMPIONSHIPS, FOR ALL OFFICIAL PARTICIPANTS (ATHLETES AND DELEGATES), EXTRA DELEGATES, SUPPORTERS, MEDIA AND OTHERS.



ACCOMMODATION

OFFICIAL ARRIVAL DATE IS SEPTEMBER 1ST (SATURDAY) AND OFFICIAL DEPARTURE DATE IS APRIL 3RD (MONDAY).

THE ORGANIZING COMMITTEE HAS PROVIDED A FULL SPECIAL PACKAGE RATE, WHICH INCLUDES TWO (2) NIGHTS' ACCOMMODATION WITH THREE (3) MEALS (BREAKFAST, LUNCH AND DINNER) PER DAY, TICKETS TO THE PREJUDGING AND FINALS, TICKETS TO THE FAREWELL BANQUET AND ONSITE TRANSPORTATION.

FULL SPECIAL PACKAGE RATES PER PERSON:

	FULL SPECIAL PACKAGE RATE
SINGLE ROOM	USD 250
DOUBLE/TWIN ROOM	USD 190
TRIPLE-BED ROOM	USD 150

IMPORTANT NOTICE

FULL SPECIAL PACKAGE DOES NOT INCLUDE AFBF REGISTRATION FEE.

THE PACKAGE STARTS WITH DINNER ON SEPTEMBER 1ST (SATURDAY), BREAKFAST, LUNCH AND DINNER ON SEPTEMBER 2ND, AND ENDS WITH BREAKFAST ON SEPTEMBER 3RD (MONDAY).

IMPORTANT NOTICE

ALL NATIONAL TEAM OFFICIAL PARTICIPANTS (ATHLETES AND DELEGATES) MUST CHECK-IN BEFORE THE START OF THE JUDGES AND TEAM MANAGERS' MEETING (SEPTEMBER 1ST, 2018, 14:00).

OFFICIAL DELEGATES PURSUANT TO IFBB RULES:

1. THREE (3) OR MORE COMPETITORS – TWO (2) DELEGATES
2. TWO (2) OR LESS COMPETITORS – ONE (1) DELEGATE
3. NATIONAL FEDERATION WITH NO ATHLETE MAY SEND ONE (1) OFFICIAL DELEGATE, WHO WILL BE RESPONSIBLE FOR ALL HIS/HER EXPENSES.

THE TERM "OFFICIAL PARTICIPANT" MEANS:

1. AN ATHLETE, WHO IS DULY AUTHORIZED BY HIS/HER NATIONAL FEDERATION AND WHO IS RESTERED BY AFBF TO COMPETE IN THE CHAMPIONSHIPS.
2. A DELEGATE, WHO IS DULY AUTHORIZED BY HIS/HER NATIONAL FEDERATION AND WHO IS RESTERED BY AFBF TO COMPETE IN THE CHAMPIONSHIPS PUSUANT TO AFBF AND IFBB RULES.

HOTEL SECURITY DEPOSIT

AN INITIAL SECURITY DEPOSIT OF USD 100 PER PERSON IS REQUIRED UPON CHECK-IN FOR INCIDENTAL AND PERSONAL EXPENSES, WHICH MAY ARISE (TELEPHONE, MINI BAR, LAUNDRY, ROOM SERVICE, ETC.).

EARLY ARRIVALS & LATE DEPARTURES

ANY NATIONAL FEDERATION, INCLUDING ANY OF ITS INDIVIDUAL TEAM MEMBERS, ARRIVING BEFORE THE OFFICIAL ARRIVAL DATE OF SEPTEMBER 1ST (SATURDAY), AND/OR STAYING AFTER THE OFFICIAL DEPARTURE DATE OF SEPTEMBER 3RD (MONDAY) WILL BE RESPONSIBLE FOR ALL OF THEIR EXPENSES, INCLUDING ARRANGING THEIR OWN TRANSPORTATION BETWEEN THE AIRPORT AND THE HOTEL.

TYPICAL ROOM CHARGE (INCLUSIVE OF BREAKFAST) FOR EARLY ARRIVALS AND LATE DEPARTURES WILL BE APPROXIMATELY USD 100 FOR A SINGLE ROOM PER DAY OR USD 80 FOR A TWIN ROOM PER DAY.

YOU MUST NOTIFY THE ORGANIZING COMMITTEE OF ANY EARLY ARRIVALS AND LATE DEPARTURES NO LATER THAN **AUGUST 20TH, 2018.**

AIRPORT

THE OFFICIAL ARRIVAL AIRPORT IS CHINGGIS KHAN INTERNATIONAL AIRPORT. THE ORGANIZING COMMITTEE WILL PICK YOU UP AT THE AIRPORT ON ARRIVAL AND TRANSPORT YOU TO THE OFFICIAL HOTEL.

IT IS VERY IMPORTANT THAT EVERY NATIONAL FEDERATION PROVIDE TO THE ORGANIZING COMMITTEE THE COMPLETE ARRIVAL & DEPARTURE DETAILS OF ITS TEAM, INCLUDING THE NUMBER OF PEOPLE IN THE DELEGATION.

YOUR COOPERATION IS ESSENTIAL FOR ENSURING ADEQUATE TRANSPORTATION FOR YOUR TEAM.

VISA & INVITATION

- ANY FOREIGN VISITOR WISHING TO ENTER MONGOLIA MUST HAVE A VALID PASSPORT AND VISA.
- MONGOLIAN VISAS ARE ISSUED BY MONGOLIAN DIPLOMATIC MISSIONS ABROAD OR UPON ARRIVAL AT A SPECIAL REQUEST.
- MONGOLIAN EMBASSY AND HONORED CONSUL IN FOREIGN COUNTRIES WILL ISSUE A VISA. PLEASE CONSULT THE MONGOLIAN EMBASSY AND HONORED CONSUL IN YOUR COUNTRY TO DETERMINE IF YOU NEED A VISA.
- AN OFFICIAL LETTER OF INVITATION WILL BE MADE AVAILABLE IF REQUIRED.

CITIZENS OF BELOW MENTIONED COUNTRIES VISIT MONGOLIA WITHOUT A VISA:

- HONG KONG CHINA (UP TO 14 DAYS)
- MACAU CHINA
- JAPAN
- KAZAKHSTAN
- KYRGYZSTAN

DETAILED INFORMATION AT: [HTTP://CONSUL.MN/02VISAE.PHP](http://consul.mn/02visae.php)

THE VENUE

“JANJIN CLUB” CULTURAL CENTER, ULAANBAATAR, MONGOLIA.



PARTICIPATION

THE COMPETITION IS OPEN FOR THE AFBF-AFFILIATED NATIONAL FEDERATIONS FROM ALL CENTRAL AND EAST ASIAN COUNTRIES. PARTICIPATION OF ATHLETES IS UNLIMITED. CENTRAL AND EAST ASIAN COUNTRIES ARE AS FOLLOWS:

- CHINA
- CHINESE TAIPEI
- HONG KONG OF CHINA
- JAPAN
- KAZAKHSTAN
- KYRGYZSTAN
- MACAU OF CHINA
- MONGOLIA
- SOUTH KOREA
- TAJIKISTAN
- TURKMENISTAN
- UZBEKISTAN

REGISTRATION OF ATHLETES WILL ONLY BE ACCEPTED IF THEY ARE ENTERED BY THE NATIONAL FEDERATION OF THE ATHLETE BY SENDING THE FINAL ENTRY FORM VIA EMAIL DIRECTLY TO INFO@IFBBASIA.COM, COPY TO THE AFBF GENERAL SECRETARY AT IBBF_SANJAYMORE@LIVE.COM WITH A PASSPORT-SIZED PHOTOS FOR ACCREDITATION!

PLEASE BE AWARE THAT IT IS THE FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION TO VERIFY AND MONITOR IF EACH ONE OF THE ATHLETES TO BE REGISTERED ON THIS INTERNATIONAL EVENT ARE NOT SUSPENDED OR FULFILLING ANY PERIOD OF INELIGIBILITY DUE TO AN ANTI-DOPING RULE VIOLATION OR ANY DISCIPLINARY CASE AT NATIONAL OR INTERNATIONAL LEVEL.

OFFICIAL REGISTRATION

THE OFFICIAL ATHLETES REGISTRATION WILL BE AT 16:00 ON SATURDAY, SEPTEMBER 1TH, 2018 AT THE OFFICIAL HOTEL.

ALL ATHLETES WILL HAVE TO PRODUCE THEIR PASSPORTS OR IDENTITY CARDS AND IFBB INTERNATIONAL CARDS AT THE OFFICIAL REGISTRATION. ANY ATHLETE WHO HAS NOT YET OBTAINED THE IFBB INTERNATIONAL CARD OR NEED TO RENEW HIS/HER CARD WILL HAVE TO DO IT AT THE REGISTRATION. IFBB INTERNATIONAL CARDS ARE €30 OR \$40 PER YEAR AND ARE MANDATORY.

ALL POSING MUSIC WITH 60 SECONDS FOR BODYBUILDING AND FOR WOMEN'S PHYSIQUE, 90 SECONDS FRO FITNESS COMPETITORS MUST BE ON AN AUDIO CD OR USB DISC ONLY. THE POSING MUSIC MUST BE THE ONLY TRACK ON THE CD OR USB. EACH COMPETITOR MUST AFFIX HIS/HER NAME ON THE CD OR USB FOR AN EASY IDENTIFICATION. THE USE OF PROFANE, VULGAR AND OFFENSIVE LANGUAGE IS STRICTLY PROHIBITED IN THE POSING MUSIC.

AFBF REGISTRATION FEE

EACH ATHLETE AND OFFICIAL DELEGATE MUST PAY THE AFBF REGISTRATION FEE OF USD 100. THIS FEE IS PAYABLE TO THE AFBF AT THE OFFICIAL REGISTRATION.

AWARDS

- TOP THREE ATHLETES IN EACH CATEGORY WILL BE AWARDED WITH MEDALS.
- TOP SIX ATHLETES IN EACH CATEGORY WILL BE AWARDED WITH CERTIFICATE OF EXCELLENCE.
- OVERALL IN EACH DISCIPLINE WILL HAVE A TROPHY.
- TOP THREE NATIONAL TEAMS WILL RECEIVE A TROPHY.
- THE OVERALL WINNER IN MEN'S PHYSIQUE CATEGORY WILL BE AWARDED WITH ONE IFBB ELITE PRO CARD.
- THE OVERALL WINNER IN WOMEN'S BIKINI FITNESS CATEGORY WILL BE AWARDED WITH ONE IFBB ELITE PRO CARD
- THE OVERALL WINNER AND THE RUNNER-UP IN MEN'S BODYBUILDING CATEGORY WILL EACH BE AWARDED WITH ONE IFBB ELITE PRO CARD.

JUDGES

ONLY INTERNATIONAL JUDGES HOLDING THE IFBB/AFBF JUDGING CARDS WILL BE ALLOWED TO JUDGE IN THESE CHAMPIONSHIPS. IN ORDER TO ASSIST THE JUDGES COMMITTEE IN THEIR SELECTION OF THE JUDGES AT THESE CHAMPIONSHIPS, PLEASE FORWARD YOUR INFORMATION OF JUDGES TO MR. GU QIAO AT CBBA_CN@126.COM AND COPY TO THE AFBF HEADQUARTERS. THE NAMES OF THOSE JUDGES SUBMITTED IN ADVANCE WILL RECEIVE PRIORITY CONSIDERATION. ALL INTERNATIONAL JUDGES MUST BRING THEIR INTERNATIONAL CARDS TO ULAANBAATAR.

IMPORTANT NOTICE

ALL JUDGES WHO WISH TO BE INCLUDED IN THE JUDGES' PANELS AT THESE CHAMPIONSHIPS SHOULD BE SPECIFIED ON THE FINAL ENTRY FORM. THE TEST JUDGES SHOULD ALSO BE SPECIFIED ON THE FINAL ENTRY FORM.

IFBB INTERNATIONAL JUDGES MUST HAVE A VALID IFBB JUDGE'S CARD WITH THE IFBB YEARLY JUDGES FEE OF EUR 50 PAID FOR 2018. THIS FEE MAY ALSO BE PAID AT THE CHAMPIONSHIPS IN ULAANBAATAR. ALL JUDGES MUST BE PRESENT AT THE JUDGES/TEAM MANAGERS' MEETING. ANY JUDGE ABSENT AT THIS MEETING WILL NOT BE ALLOWED TO JUDGE AT THIS EVENT.

CATEGORIES

MEN'S BODYBUILDING

UP TO 55 KG
UP TO 60 KG
UP TO 65 KG
UP TO 70 KG
UP TO 75 KG
UP TO 80 KG
UP TO 85 KG
UP TO 90 KG
UP TO 95 KG
UP TO 100 KG
OVER 100 KG

JUNIOR MEN'S BODYBUILDING AGE 16 - 23

UP TO 75 KG
OVER 75 KG

MASTER MEN'S BODYBUILDING AGE 40 - 49

UP TO 70 KG
UP TO 80 KG
UP TO 90 KG
OVER 90 KG

MASTER MEN'S BODYBUILDING AGE 50 - 54

UP TO 80 KG
OVER 80 KG

MASTER MEN'S BODYBUILDING AGE >55

OPEN

MEN'S CLASSIC BODYBUILDING

UP TO & INCL. 168 CM
UP TO & INCL. 171 CM
UP TO & INCL. 175 CM
UP TO & INCL. 180 CM
OVER 180 CM

MEN'S PHYSIQUE

UP TO & INCL. 162 CM
UP TO & INCL. 166 CM
UP TO & INCL. 170 CM
UP TO & INCL. 174 CM
UP TO & INCL. 178 CM
UP TO & INCL. 182 CM
OVER 182 CM

JUNIOR MEN'S PHYSIQUE AGE 16 - 23

OPEN

MEN'S FITNESS

OPEN

JUNIOR MEN'S FITNESS AGE 16 - 23

OPEN

MASTER WOMEN'S BODYFITNESS AGE >35

OPEN

JUNIOR BODYFITNESS AGE 16 - 23

OPEN

WOMEN'S BODYFITNESS

UP TO & INCL. 163 CM
OVER 163 CM

JUNIOR WOMEN'S FITNESS AGE 16 - 23

OPEN

WOMEN'S FITNESS

OPEN

MASTER WOMEN'S PHYSIQUE AGE >35

OPEN

WOMEN'S PHYSIQUE

UP TO & INCL. 163 CM
OVER 163 CM

WOMEN'S BIKINI FITNESS

UP TO & INCL. 163 CM
OVER 163 CM

JUNIOR BIKINI FITNESS AGE 16 - 23

OPEN

PARADE OF NATIONS

THE DRESS CODE FOR ALL DELEGATES AND/OR OFFICIALS TAKING PART IN THE PARADE OF NATIONS IS THE IFBB/AFBF OFFICIAL UNIFORM. ONE DELEGATE PER COUNTRY MUST TAKE PART IN THE PARADE OF NATIONS

NATIONAL ANTHEM

ALL NATIONAL FEDERATIONS MUST BRING WITH THEM TO ULAANBAATAR THE MUSIC OF THEIR NATIONAL ANTHEM (SHORTENED VERSION UP TO 60 SECONDS ONLY) ON CD OR USB DISC. THIS MUST BE ON A SEPARATE CD OR USB DISC TO ANY POSING MUSIC.

CAMERA/VIDEOTAPE EQUIPMENT

CAMERA/VIDEOTAPE EQUIPMENT SHALL BE STRICTLY PROHIBITED IN THE BACKSTAGE AND DRESSING ROOM AREAS, EXCEPT WHEN USED BY AFBF AUTHORIZED MEDIA PERSONS, AND IN ANY EVENT, THESE DEVICES SHALL BE STRICTLY PROHIBITED IN THE DRESSING ROOM AREA.

GREEN CARDS

GREEN CARDS ARE USED TO LIMIT ACCESS TO THE WEIGH-IN AND BACKSTAGE AREA DURING THE PREJUDGING AND FINALS. THEY WILL BE DISTRIBUTED AT THE JUDGES/TEAM MANAGERS' MEETING AS FOLLOWS:

- FIVE OR MORE ATHLETES – TWO GREEN CARDS
- LESS THAN FIVE ATHLETES – ONE GREEN CARD

MEDIA ACCREDITATION

ALL MEDIA ACCREDITATION, EXCEPT LOCAL MEDIA, SHALL BE CONTROLLED BY THE AFBF. ALL PERSONS WISHING TO OBTAIN MEDIA ACCREDITATION FOR THIS EVENT MUST REGISTER WITH AFBF BY SENDING AN EMAIL TO INFO@IFBBASIA.COM BEFORE AUGUST 15TH, 2018.

MEDICAL WITHDRAWAL

ONCE OFFICIALLY REGISTERED, NO ATHLETE MAY WITHDRAW FROM COMPETITION WITHOUT THE PRIOR APPROVAL OF THE AFBF CHIEF JUDGE, WHO HAS THE RIGHT TO VERIFY THE REASON FOR THE WITHDRAWAL.

INAUGURAL CONGRESS AND ELECTION OF EAST ASIAN FEDERATION OF BODYBUILDING AND FITNESS

THE FOLLOWING COUNTRIES' NATIONAL FEDERATIONS ARE ELIGIBLE TO PARTICIPATE IN THE CONGRESS AND BE ELECTED TO THE EAST ASIAN FEDERATION OF BODYBUILDING AND FITNESS.

- CHINA
- CHINESE TAIPEI
- HONG KONG OF CHINA
- JAPAN
- MACAU OF CHINA
- MONGOLIA
- SOUTH KOREA

PRELIMINARY ENTRY FORM

THE DEADLINE FOR THE PRELIMINARY ENTRY FORM IS AUGUST 5th, 2018. NATIONAL FEDERATION MUST RETURN THE PRELIMINARY ENTRY FORM TO THE ORGANIZING COMMITTEE AS SOON AS POSSIBLE BUT NOT LATER THAN THE DEADLINE DATE, CONFIRMING YOUR FEDERATION'S INTENT TO PARTICIPATE.

IF AT THIS TIME YOU DO NOT KNOW THE ACTUAL NAMES OF THE OFFICIAL PARTICIPANTS, PLEASE INDICATE THE TOTAL NUMBER OF INDIVIDUALS FROM YOUR NATIONAL FEDERATIONS WHO WILL PARTICIPATE IN THE CHAMPIONSHIPS.

FINAL ENTRY FORM

THE DEADLINE FOR THE FINAL ENTRY FORM IS AUGUST 20TH, 2018. NATIONAL FEDERATION MUST RETURN THE FINAL ENTRY FORM TO THE ORGANIZING COMMITTEE AS SOON AS POSSIBLE BUT NOT LATER THAN THE DEADLINE DATE.

ALL NAMES OF THE NATIONAL TEAM HAVE TO BE INCLUDED. FLIGHT ARRIVAL AND DEPARTURE DETAILS WITH FLIGHT NUMBER AND TIMES MUST BE FORWARDED TO ENSURE TRANSPORTATION FOR YOUR TEAM.

FAILURE TO HONOR FINAL ENTRY FORM DEADLINE

DEADLINES ARE SET TO ASSIST THE ORGANIZER WITH ARRANGING ACCOMMODATIONS, MEALS, ONSITE TRANSPORTATION AND OTHER CHAMPIONSHIP ACTIVITIES. A FAILURE TO RESPECT THESE DEADLINES IS A BREACH OF IFBB RULES. THE ABFF RESERVES THE RIGHT TO DENY PARTICIPATION TO ANY NATIONAL FEDERATION THAT DOES NOT RESPECT THE DEADLINES FOR SUBMITTING THE FINAL ENTRY FORM.

FAILURE TO COOPERATE

FAILURE TO COOPERATE WITH THE ORGANIZING COMMITTEE IS CONTRARY TO THE IFBB CODE OF ETHICS AND MAY RESULT IN DISCIPLINARY MEASURES BEING TAKEN BY THE IFBB AGAINST THE OFFENDING NATIONAL FEDERATION.

IMPORTANT NOTICE

IT IS THE RESPONSIBILITY OF THE PRESIDENT OR GENERAL SECRETARY OF EACH PARTICIPATING NATIONAL FEDERATION TO ENSURE THAT ALL NATIONAL TEAM MEMBERS (ATHLETES, DELEGATES, EXTRA DELEGATES) ARE FULLY AWARE OF THE RULES AND REGULATIONS GOVERNING PARTICIPATION AT THESE CHAMPIONSHIPS, TO INCLUDE THE STATEMENTS CONTAINED WITHIN THIS INSPECTION REPORT.

IF ANY OF YOUR ATHLETES AND DELEGATES ARE TRAVELLING AND ARRIVING SEPARATE FROM YOUR TEAM MANAGER OR CHIEF DELEGATE, YOU MUST ENSURE THEY ARE FAMILIAR WITH THE RULES AND REGULATIONS CONTAINED WITHIN THE INSPECTION REPORT.

CORRESPONDENCE AND ENTRY FORM SENDING DETAILS

PLEASE SEND YOUR ENTRY FORMS WITH PHOTOS TO:

AFBF HEADQUARTERS:
NOMINTSETSEG BAYAR
EMAIL: INFO@IFBBASIA.COM
TELEPHONE: +976 99902535

PLEASE SEND A COPY TO:

GENERAL SECRETARY OF AFBF:
SANJAY MORE
EMAIL: IBBF_SANJAYMORE@LIVE.COM

TENTATIVE SCHEDULE

THE FOLLOWING SCHEDULE OF ACTIVITIES IS TENTATIVE AND THEREFORE SUBJECT TO CHANGE.

SATURDAY, SEPTEMBER 1ST

ARRIVAL

14:00-16:00	JUDGES AND TEAM MANAGERS' MEETING	SUNJIN GRAND HOTEL
16:00-18:00	OFFICIAL ATHLETES REGISTRATION	SUNJIN GRAND HOTEL
18:00-20:00	INAUGURAL CONGRESS AND ELECTION OF EAST ASIAN BODYBUILDING AND FITNESS FEDERATION	SUNJIN GRAND HOTEL
20:00-21:00	DINNER	SUNJIN GRAND HOTEL

SUNDAY, SEPTEMBER 2ND

07:00-08.30	BREAKFAST	SUNJIN GRAND HOTEL
09:00-09:30	BUS TO THE VENUE SITE	
10:00-19:00	PREJUDGING & FINALS	VENUE SITE
13:00-14:00	LUNCH	VENUE SITE
19:00-20:00	BUS TO THE HOTEL	
20:30-23:00	FAREWELL BANQUET	SUNJIN GRAND HOTEL

MONDAY, SEPTEMBER 3RD

07:00-08:30	BREAKFAST	SUNJIN GRAND HOTEL
DEPARTURE		