



澳門健美總會
Associação de Culturismo e Fitness de Macau

48TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS
AND ANNUAL CONGRESS
26th August – 01st September 2014
China - Macau

TENTATIVE SCHEDULE OF ACTIVITIES

DATE	TIME	EVENT/ACTIVITY	PLACE
Day One 26Aug 2014(Tues.)		Arrival of teams including Executive Members of ABBF	
		Note: Lunch will be provided for teams arriving before 1 pm. Those who arrive after 2 pm. they have to eat on their own.	At the hotel you stay
	18.30pm - 21.30pm	Dinner for officials and Athletes	At the hotel you stay
Day Two 27 Aug 2014(Wed.)	06.30am - 09.00am	Breakfast for officials and athletes	At the hotel you stay
	09.00am	Team Managers Meeting	2 nd Floor, Hotel Royal Macau
	10.15am – 10.45am	Judges' Meeting	2 nd Floor, Hotel Royal Macau
	11.15am	Flag-raising ceremony	Outside of Hotel Royal Macau
	12.00pm - 14.00pm	Lunch for officials and athletes	In Hotel
	14.30pm	Macau Tour (for those not involved in the ABBF Executive Committee Meeting e.g. : Team Managers, Judges, Delegates & Competitors)	Out Hotel

Day Three 28 Aug 2014(Wed.)	15.00pm	ABBF Executive Committee Meeting	2 nd Floor, Hotel Royal Macau
	19.00pm-21.30pm	Welcome party for all Official, Delegate, Athletes (diet food) and supporters	Macau's Fisherman's Wharf
	06.30 am - 09.00 am	Breakfast for officials and athletes	At the hotel you stay
	0930 am	ABBF Annual Congress (Note: After Congress, Macau Tour for ABBF)	2 nd Floor, Hotel Royal Macau
	12.00 am - 14.00 pm	Lunch for officials and athletes	In Hotel
	15.00 pm	Weigh-in of all categories & Height measurements and checking of Age Groups	2 nd Floor, Hotel Royal Macau
	18.00 pm - 21.30 pm	Dinner for officials and athletes	In Hotel
Day Four 29Aug 2014 (Fri.)	06.00 am - 09.00 am	Breakfast for officials and athletes	At the hotel you stay
	09.00 am	Pre-judging for : 15 categories Men's BB 55kg - 75kg (5 categories) Women's Fitness – (2 categories) Men's Fitness (1 category) Women's Bodybuilding (2 categories) Masters (2 categories) Juniors (2 categories)	Pavilhão desportivo Tap Seac
	12.00 pm - 14.30 pm	Lunch for officials and athletes	Hotel Royal or Stadium
	17.30 pm - 18.30 pm	Dinner for officials and athletes	In Hotel

Day Five 30 Aug 2014 (Sat.)	06.00 am - 08.00 am	Breakfast for officials and athletes	At the hotel you stay
	09.00 am	Pre-judging for : 14 categories Men's BB (5 categories) 80kg - Over 100kg Women's Athletic Physique (2 categories) Men's Athletic Physique (4 categories) Women's Model Physique (3 categories)	Pavilhão desportivo Tap Seac
	12.00 pm - 14.30 pm	Lunch for officials and athletes	Royal Hotel or Stadium
	17.30 pm - 18.30 pm	Dinner for officials and athletes	Royal Hotel or Stadium
	19.00 pm	Opening Ceremony	Pavilhão desportivo Tap Seac
Day Six 31 Aug 2014(Sun.)	06.00 am - 08.00 am	Breakfast for officials and athletes	At the hotel you stay
	09.00 am	Finals for the above categories	Pavilhão desportivo Tap Seac
	12.00 am - 14.30 pm	Lunch for officials and athletes	Royal Hotel/ Stadium
	16.00 pm - 17.00 pm	Snack for officials and athletes	Stadium
	18.00 pm	Finals for the above categories (continuation)	Pavilhão desportivo Tap Seac
	20.00 pm	Farewell Party for all officials and athletes	Macau's Fisherman's Wharf

Day Seven 1 Sep 2014 (Mon.)	06.30am - 10.30am	Breakfast for officials and athletes	At the hotel you stay
	12.00pm	Departure (Check-out from Hotel.)	