



49TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS AND ANNUAL CONGRESS

29th September – 05th October 2015
Tashkent - Uzbekistan

SCHEDULE OF ACTIVITIES

DATE	TIME	EVENT/ACTIVITY	PLACE
Day Four 2 Oct 2015 (Fri.)	06:30 am - 09:00 am	Breakfast for officials and athletes	In Hotel
	09:00 am	CHAMPIONSHIPS Pre-judging & Finals Commence at 10 a.m. sharp Men's Bodybuilding: 55kg; 60kg;65kg Women's Fitness - 2 categories Women's Bodybuilding – 2 categories Men's Masters - 2 categories Men's Juniors - 1 category Up to 70kg Men's Sports Model Physique - 2 categories 12 Events	Uzbekistan Cultural Centre
	12:00 pm – 14:30 pm	Lunch for officials and athletes	Venue
	18:30 pm – 21:30 pm	Dinner for officials and athletes	In Hotel

Day Five 3 Oct 2015 (Sat.)	06:30 am - 09:00 am	Breakfast for officials and athletes	In Hotel
	09:00 am	<p align="center">CHAMPIONSHIPS Pre-judging & Finals Commence at 10 a.m. sharp</p> <p align="center">Men's Fitness - 1 category Men's Juniors - 1 category Over 70 kg. Men's Bodybuilding: 70kg; 75kg; 80kg Men's Athletic Physique - 2 categories Up to 160cm & 165cm Women's Model Physique - 2 categories Up to 160 cm & 165cm Women's Athletic Physique 1 category Up to 160 cm</p> <p align="right">10 Events</p>	Uzbekistan Cultural Centre
	12:00 pm – 14:30 pm	Lunch for officials and athletes	Venue
	16:00 pm	Opening Ceremony	Uzbekistan Cultural Centre
	17:00 pm	<p align="center">CHAMPIONSHIPS Pre-judging & Finals (continuation)</p>	Uzbekistan Cultural Centre
	18:30 pm – 21:30 pm	Dinner for officials and athletes	In Hotel

Day Six 4 Oct 2015 (Sun.)	06:30 am - 09:00 am	Breakfast for officials and athletes	In Hotel
	09:00 am	CHAMPIONSHIPS Pre-judging & Finals Commence at 10 a.m. sharp Women's Model Physique Over 165 cm. Men's Athletic Physique - 2 categories Up to 170cm and Over 170 cm Women's Athletic Physique - 1 category Over 160 cm. Men's Bodybuilding: 85kg, 90kg, 100 kg & Over 100 kg.	Uzbekistan Cultural Centre
	12:00 am – 14:30 pm	Lunch for officials and athletes	Venue
	14:30 pm – 18:00 pm	Finals for the above categories (continuation) And the Overall Championships of Mr. Asia Team Championships for Women's Event Team Championships for Men's Event	Uzbekistan Cultural Centre
	20:00 pm	Farewell Party for all officials and athletes	1 st Floor, Miran International Hotel