

**42nd ASIAN MEN AND 25th ASIAN WOMEN'S, 21st ASIAN MEN'S JUNIORS, 10th
ASIAN MEN'S MASTERS BODYBUILDING CHAMPIONSHIPS TOGETHER
WITH 10th MS. FITNESS & 5th BODYFITNESS, 2nd ASIAN MEN'S FITNESS**

July 16th - 21st, 2008 - HONG KONG

TIME	DESCRIPTION	LOCATION
16th July 2008, Wednesday		
16 th Jul 2008	Arrivals of Delegates and Athletes	
12:00pm – 2:00pm	Lunch	The Forum (1 st Floor)
6:00pm – 9:30pm	Dinner	The Forum (1 st Floor)
7:00pm – 10:00pm	Special Dinner for All ABBF Executive Members & VIP's by invitation only	Venue – To Be Announced (TBA)
17th July 2008, Thursday		
6:30am – 9:30am	Breakfast	The Forum (1 st Floor)
9:30am – 11:00am	Team manager / Judges Meeting	Bauhinia Room (3 rd Floor)
12:00pm – 2:00pm	Lunch	The Forum (1 st Floor)
2:30pm – 5:00pm	Executive Committee Meeting	Bauhinia Room (3 rd Floor)
7:00pm – 10:00pm	Dinner	The Forum (1 st Floor)
7:00pm – 10:00pm	Special Dinner for All ABBF Executive Members & VIP's by invitation only (Special celebration for Executive Director)	Venue – To Be Announced (TBA)
18th July 2008, Friday		
6:30am – 9:30am	Breakfast	The Forum (1 st Floor)
10:00am – 1:00pm	Weigh-in	Riverside Ballroom (1 st Floor)
12:00pm – 2:00pm	Lunch	The Forum (1 st Floor)
3:00pm – 6:00pm	ABBF Congress	Riverside Ballroom (1 st Floor)
6:00pm – 9:00pm	Dinner	The Forum (1 st Floor)

19th July 2008, Saturday		
6:30am – 9:30am	Breakfast	The Forum (1 st Floor)
9:30am	Assembling at the hotel lobby	
10:00am	Prejudging (for all competitions)	Tseung Kwan O Sports Centre
7:30pm – 10:00pm	Dinner	The Forum (1 st Floor)
20th July 2008, Sunday		
6:30am – 9:30am	Breakfast	The Forum (1 st Floor)
9:30am	Assembling at the hotel lobby	
10:00am	Finals (for all competitions)	Tseung Kwan O Sports Centre
9:00pm	Farewell Party	The Forum (1 st Floor)
21st July 2008, Monday		
6:30am – 10:30am	Breakfast	The Forum (1 st Floor)
12:00pm	Check out for all delegates, officials and athletes	

Note: Packet lunch will be served on 19th and 20th July at the venue of the competition for all officials, athletes and supporters.

* The schedule is tentative and is therefore subject to change