



**Asia Pacific Bodybuilding Championship 2019**  
by  
**Thailand Bodybuilding and Physique Sports Association**  
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Venue

The Nine Shopping Complex Bangkok

Date

August 17 - 18, 2019

Event and Categories

1. Women's Model Physique 2 categories
  - 1.1. Height up to 160 CM.
  - 1.2. Height over 160 CM.
2. Men's Sport Physique 3 categories
  - 2.1. Height up to 170 CM. – 100 = Body weight
  - 2.2. Height up to 175 CM. – 100 = Body weight
  - 2.3. Height over 175 CM. – 100 = Body weight
3. Men's Athletic Physique 3 categories
  - 3.1. Height up to 170 CM. -100 + 2 KG = Body weight
  - 3.2. Height up to 175 CM. -100 + 3 KG = Body weight
  - 3.3. Height over 175 CM. – 100 +4 KG = Body weight
4. Women's Model Physique Master Age over 30 years
5. Women's Model Physique Student open category  
(Studying in the university Age not over 28 years)
6. Men's Bodybuilding 6 categories
  - 3.4. Weight up to 65 KG
  - 3.5. Weight up to 70 KG
  - 3.6. Weight up to 75 KG
  - 3.7. Weight up to 80 KG
  - 3.8. Weight over 80 KG
  - 3.9. Master age over 45 years
7. Men's Fitness Physique open category
8. Women's Fitness Physique Open



### Requirements

1. Have a good health condition and willing to follow the rules and regulation of the competition
2. Any Nationalities are accepted
3. For Bodybuilding and Athletic Physique events, the competitors please bring along a music CD (length up to 60 seconds) for posing. If not, the organizer will use their own music for performing.

### How to Apply

1. Complete Application Form with a copy of ID card or a copy of passport with a 2 inches photo. Send all these documents to Thailand Bodybuilding and Physique Sports Association
2. Or registration through the online system

### Contact us

Thailand Bodybuilding and Physique Sports Association  
Floor 19<sup>th</sup>, Chalermprakiet Building,  
Sports Authority of Thailand  
286 Ramkhamhaeng Road,  
Huamark, Bangkok,  
Bangkok 10240  
Thailand  
Email: reg.tbpa@gmail.com  
Phone: 02-170-9601

**\* Final Entry date: August 10, 2019**



### Rules and Regulations

1. The competition Rules and Regulation of TBPA will be applied to this Championship
2. Each Participant can attend only one category of the championships

### Attires of the competitors

Men's Bodybuilding – TBPA Rules and Regulations (Only Black Bodybuilding Trunk allowed)

Men's Athletic Physique – TBPA Rules and Regulations  
(Full Swimming Short not Bodybuilding Trunk allowed)

Women's Model Physique – TBPA Rules and Regulations  
(Any colors of Two Piece Bikini with High Heels Shoes)

Men's Sports Physique – TBPA Rules and Regulations  
(Any short pants, no shoes)

**All the final decision will be made by the Judges Committee; any protest will be not accepted!!!!**



**Asia Pacific Bodybuilding Championship 2019  
Tentative Program**

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17<sup>th</sup> August 2019

09.30 – 10.30 AM.	Registration
10.30 – 11.30 AM.	Rules and Regulations assemble
11.30 AM. - 12.30 PM.	Warming Up
13.00 PM.	Pre judging for the first 9 categories
	Men's Bodybuilding up to 65 KG
	Men's Bodybuilding up to 70 KG
	Men's Bodybuilding up to 75 KG
	Men's Bodybuilding up to 80 KG
	Men's Bodybuilding over 80 KG
	Women's Model Physique 2 categories
	Height up to 160 CM.
	Height over 160 CM.
	Women's Model Physique Student
	Women's Model Physique Master
18.00 PM.	Final Round for the first 9 categories
	Men's Bodybuilding up to 65 KG
	Men's Bodybuilding up to 70 KG
	Men's Bodybuilding up to 75 KG
	Men's Bodybuilding up to 80 KG
	Men's Bodybuilding over 80 KG
	Women's Model Physique 2 categories
	Height up to 160 CM.
	Height over 160 CM.
	Women's Model Physique Student
	Women's Model Physique Master

# ASIA PACIFIC BODYBUILDING CHAMPIONSHIPS

## 亞太健美錦標賽

18<sup>th</sup> August 2019

09.30 – 10.30 AM.

Registration

10.30 – 11.30 AM.

Rules and Regulations assemble

11.30 AM. - 12.30 PM.

Warming Up

13.00 PM.

Pre Judging for the last 9 categories

Women Fitness Physique Open

Men's Bodybuilding Master age over 45 years

Men's Fitness Physique Open

Men's Athletic Physique 3 categories

Height up to 170 CM.-100 + 2 KG = Body W.

Height up to 175 CM.-100 + 3 KG = Body W.

Height over 175 CM. – 100 +4 KG = Body W.

Men's Sport Physique 3 categories

Height up to 170 CM. – 100 = Body weight

Height up to 175 CM. – 100 = Body weight

Height over 175 CM. – 100 = Body weight

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