



2016奧林匹克先生亞洲香港賽 - 程序表

12月5日 (星期一)

03:00pm - 6:00pm	運動員報到 - 運動員過磅及領取號碼牌 - 繳交報名費, 比賽音樂光碟 (九龍灣國際展貿中心 - 636 / 637室)
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12月6日 (星期二)

10:00am - 12:00nn	女子Physique, Fitness - Bikini及 Bodyfitness 綵排
11:00 am	運動員報到及綵排-九龍灣國際展貿中心三樓 - “匯星” 大堂
12:30 pm	司儀介紹節目開始及運動員進場
12:45pm	男子型體健美錦標賽-預賽(本地賽) - 170厘米或以下 - 175厘米或以下 - 175厘米以上
	女子比基尼-健體美-預賽 (本地賽) - 163厘米或以下 - 163厘米以上
	男子古典健美-預賽(奧林匹克先生賽) - 171厘米或以下 - 175厘米或以下 -180厘米或以下 - 180厘米以上
	女子型體健美-預賽(奧林匹克先生賽) - 163 厘米或以下 -163 厘米以上
	女子型體美-預賽(奧林匹克先生賽) - 163 厘米或以下 - 168 厘米或以下 -168 厘米以上
4:00pm	預賽賽事結束
5:00pm	開放公眾入場
5:45pm	嘉賓進場就坐
6:00pm	司儀介紹節目開始及運動員進場 國際健美總會會長 - Dr Rafael Santonja致演講詞
6:15pm	男子型體健美錦標賽 (本地賽) - 170厘米或以下 - 175厘米或以下 - 175厘米以上
	女子比基尼-健體美(本地賽) - 163厘米或以下 - 163厘米以上
	男子古典健美 (奧林匹克先生賽) 全場總冠軍+IFBB精英世界盃獎杯 - 171厘米或以下 - 175厘米或以下 -180厘米或以下- 180厘米以上
	女子型體健美 (奧林匹克先生賽) 全場總冠軍 - 163 厘米或以下 -163 厘米以上
	女子型體美 (奧林匹克先生賽) 全場總冠軍 - 163 厘米或以下 - 168 厘米或以下 -168 厘米以上
11:00pm	是晚比賽結束

12月7日 (星期三)

10:00am-12:00noon	女子Bikini - Fitness (奧林匹克先生賽)綵排
11:00 am	運動員報到及綵排 - 九龍灣國際展貿中心三樓 - “匯星”大堂
12:30 pm	司儀介紹節目開始及運動員進場
12:45 pm	男子型體健美 - 預賽 (奧林匹克先生賽) - 170厘米或以下 - 174厘米或以下 - 178厘米或以下 - 178厘米以上
	女子比基尼-健體美 -預賽 (奧林匹克先生賽) - 158 厘米或以下 - 163 厘米或以下 - 168 厘米或以下 - 168 厘米以上
	男子公開賽- 預賽 (奧林匹克先生賽) - 70 公斤或以下 -75 公斤或以下 - 80 公斤或以下 - 85 公斤或以下 -90 公斤或以下 - 100 公斤或以下 - 100 公斤以上
4:00 pm	預賽賽事結束
5:00 pm	開放公眾入場
5:45 pm	嘉賓進場就坐
6:00 pm	司儀介紹節目開始及運動員進場 國際健美總會會長 - Dr Rafael Santonja致演講詞 中國香港健美健身總會會長 - 陳宇光先生致演講詞
6:15 pm	男子型體健美 (奧林匹克先生賽) 全場總冠軍 - 170厘米或以下 - 174厘米或以下 - 178厘米或以下 - 178厘米以上
	女子比基尼-健體美 (奧林匹克先生賽) 全場總冠軍 - 158 厘米或以下 - 163 厘米或以下 - 168 厘米或以下 - 168 厘米以上
	IFBB 精英世界盃獎杯 男子型體健美 女子比基尼-健體美
	男子公開賽 (奧林匹克先生賽) 全場總冠軍 - 70 公斤或以下 -75 公斤或以下 - 80 公斤或以下 - 85 公斤或以下 -90 公斤或以下 - 100 公斤或以下 - 100 公斤以上
11:00pm	賽事完滿結束



Mr. Olympia Amateur Asia Hong Kong 2016 – Athletes Schedule

5th December 2016 (Monday)

03:00pm - 6:00pm	All Athletes Weigh-In and receive Athlete Number (Kowloon Bay International Trade & Exhibition Centre – Room 636 / 637) <u>Please bring along your Competition Music CD and Payment</u>
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6th December 2016 (Tuesday)

10:00am–12:00nn	Rehearsal Time for Women’s Physique , Bikini-Fitness and Bodyfitness
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11:00 am	All athletes assembly – 3/F, Lobby of Star Hall, KITEC
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12:30 pm	Master of Ceremony introduces the program & competitors
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12:45pm	PREJUDGING
	Men’s Physique (HK) – Up to & including 170 cm - Up to & including 175 cm - Over 175 cm
	Women’s Bikini-Fitness (HK) – Up to & including 163 cm - Over 163 cm
	Men’s Classic Bodybuilding (Olympia Amateur) – Up to & including 171 cm - Up to & including 175 cm – Up to & including 180 cm - Over 180 cm
	Women’s Physique (Olympia Amateur) – Up to & including 163 cm - Over 163 cm
	Women’s Bodyfitness (Olympia Amateur) – Up to & including 163 cm - Up to & including 168 cm - Over 168 cm

4:00pm	End of Prejudging
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5:00pm	Open to Guest Admittance
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5:45pm	Guests to be seated
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6:00pm	Master of Ceremony introduces the program & introduces the competitors with opening speech by IFBB President - Dr Rafael Santonja
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6:15pm	FINALS – Trophies Presentation
	Men’s Physique (HK) -Up to & including 170 cm - Up to & including 175 cm - Over 175 cm Men’s Physique Awarding Ceremony
	Ms. Bikini-Fitness (HK) -Up to & including 163 cm - Over 163 cm Bikini-Fitness Awarding Ceremony
	Men’s Classic Bodybuilding (Olympia Amateur) – Up to & including 171 cm - Up to & including 175 cm – Up to & including 180 cm - Over 180 cm Men’s Classic Bodybuilding Awarding Ceremony Men’s Classic Bodybuilding overall + trophy presentation

**IFBB ELITE WORLD CUP QUALIFIER:
Men’s Classic Bodybuilding**

	<p>Women's Physique (Olympia Amateur)</p> <ul style="list-style-type: none"> - Up to & including 163 cm - Over 163 cm <p>- Women's Physique Awarding Ceremony - Women's Physique overall + trophy presentation</p>
	<p>Women's Bodyfitness (Olympia Amateur)</p> <ul style="list-style-type: none"> - Up to & including 163 cm - Up to & including 168 cm - Over 168 cm <p>-Women's Bodyfitness Awarding Ceremony - Women's Bodyfitness overall + trophy presentation</p>
11:00pm	End of the first day of competition
<i>7th December 2016 (Wednesday)</i>	
10:00am–12:00nn	Rehearsal Time for Ms. Bikini-Fitness (Olympia Amateur)
11:00 am	All athletes assembly - 3/F, Lobby of Star Hall, KITEC
12:30 pm	Masters of Ceremony introduces the program & competitors
12:45 pm	PREJUDGING
	<p>Men's Physique (Olympia Amateur)</p> <ul style="list-style-type: none"> - Up to & including 170 cm - Up to & including 174 cm - Up to & including 178 cm - Over 178 cm
	<p>Women's Bikini-Fitness (Olympia Amateur)</p> <ul style="list-style-type: none"> - Up to & including 158 cm - Up to & including 163 cm - Up to & including 168 cm - Over 168 cm
	<p>Men's Bodybuilding (Olympia Amateur)</p> <ul style="list-style-type: none"> - Up to & including 70 kg - Up to & including 75 kg -Up to & including 80 kg - Up to & including 85 kg - Up to & including 90 kg -Up to & including 100 kg - Over 100 kg
4:00 pm	End of Prejudging
5:00 pm	Open to Guest Admittance
5:45 pm	Guest to be seated
6:00 pm	Master of Ceremony introduces the program & competitors with opening remarks by IFBB President - Dr Rafael Santonja and HKFBBF President - Hugo Chan
6:15 pm	FINALS – Trophies Presentation
	<p>Men's Physique (Olympia Amateur)</p> <ul style="list-style-type: none"> - Up to & including 170 cm - Up to & including 174 cm - Up to & including 178 cm - Over 178 cm <p>- Men's Physique Awarding Ceremony -Men's Physique Overall + trophy presentation</p>
	<p>Women's Bikini-Fitness (Olympia Amateur)</p> <ul style="list-style-type: none"> - Up to & including 158 cm - Up to & including 163 cm - Up to & including 168 cm - Over 168 cm <p>-Women's Bikini-Fitness Awarding Ceremony - Women's Bikini-Fitness + trophy presentation</p>
	IFBB ELITE WORLD CUP QUALIFIER:
	- Men's Physique open - Women's Bikini-Fitness open
	<p>Men's Bodybuilding (Olympia Amateur)</p> <ul style="list-style-type: none"> - Up to & including 70 kg - Up to & including 75 kg -Up to & including 80 kg - Up to & including 85 kg - Up to & including 90 kg -Up to & including 100 kg - Over 100 kg <p>-Men's Bodybuilding Awarding Ceremony -Men's Bodybuilding Overall + trophy presentation</p>
11:00pm	End of competition

