



AFRICAN CHAMPIONSHIP

IN ANGOLA



INSPECTION REPORT
AMATEUR BODYBUILDING
16-17 AUG 2019



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SUPLEMENTOS

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**The ANGFBB proudly invites all
IFBB- affiliated National Federations from
Africa to visit Angola and participate in the
2019 AFRICAN CHAMPIONSHIP.**

THE EVENT WILL INCLUDE THE FOLLOWING CATEGORIES:

MEN'S BODYBUILDING

Junior Open Category

Senior 65 kg, 70 kg, 75 kg, 80 kg, 85 kg, 90 kg,
100 kg, + 100 kg **Masters** Open category

CLASSIC PHYSIQUE

Up to 171 cm, 175 cm, + 175 cm

CLASSIC BODYBUILDING

Up to 171 cm, 175 cm, + 175 cm,
Masters Open category

MUSCULAR MEN'S PHYSIQUE

Open Category

MEN'S PHYSIQUE

Junior Open Category

Senior Up to 170 cm, 173 cm, 176 cm, + 176 cm
Masters +40 years Open category

BIKINI FITNESS

Junior Open Category

Senior Up to 163 cm, + 163 cm

WELLNESS FITNESS

Senior Up to 163 cm, + 163 cm

OVERALLS

MEN'S BODYBUILDING
MEN'S CLASSIC PHYSIQUE
MEN'S CLASSIC BODYBUILDING
MEN'S PHYSIQUE
WOMEN'S BIKINI FITNESS
WOMEN'S WELLNESS FITNESS

WELCOME MESSAGE:

Dear Friends and IFBB AFRICA Family,

On behalf of the ANGFBB, I am pleased to invite you and our IFBB International President Dr. Rafael Santonja to participate in this year's edition of the AFRICAN CHAMPIONSHIPS to be held on 16th - 17th August, 2019, in Luanda, Angola. This will be a exclusive opportunity for most of you to discover our beautiful and welcoming country.

Enclosed, please kindly find the regulations of the competition and the other necessary information. We hope that many of you will be able to join us for this history event and make it a more successful than ever before. We are looking forward to welcome you all.

Sincerely yours,
Bráulio Martins,
ANGFBB
President



HOST CITY : LUANDA



Luanda, is the capital and largest city in Angola, and the country's most populous and important city, primary port and major industrial, cultural and urban centre. Located on Angola's coast with the Atlantic Ocean, Luanda is both Angola's chief seaport and its administrative centre. It is also the capital city of Luanda Province and the second most populous Portuguese-speaking capital city in the world, after Brasília.

Luanda is divided into two parts, the Baixa de Luanda (lower Luanda, the old city) and the Cidade Alta (upper city or the new part). The Baixa de Luanda is situated next to the port, and has narrow streets and old colonial buildings. However, vast new constructions have by now covered large areas beyond these traditional limits, and a number of previously independent nuclei — like Viana — were incorporated into the city.



CLIMATE



Luanda has a hot semi-arid climate (Köppen climate classification: BSh). The climate is warm to hot but surprisingly dry, owing to the cool Benguela Current, which prevents moisture from easily condensing into rain. Frequent fog prevents temperatures from falling at night even during the completely dry months from June to October. Luanda has an annual rainfall of 405 millimetres (15.9 in), but the variability is among the highest in the world, with a co-efficient of variation above 40 percent. The short rainy season in March and April depends on a northerly counter current bringing moisture to the city.

Climate data for Luanda (1961–1990, extremes 1879–present)													[hide]
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Record high °C (°F)	33.9 (93.0)	34.1 (93.4)	37.2 (99.0)	36.1 (97.0)	36.1 (97.0)	35.0 (95.0)	28.9 (84.0)	28.3 (82.9)	31.0 (87.8)	31.2 (88.2)	36.1 (97.0)	33.6 (92.5)	37.2 (99.0)
Average high °C (°F)	29.5 (85.1)	30.5 (86.9)	30.7 (87.3)	30.2 (86.4)	28.8 (83.8)	25.7 (78.3)	23.9 (75.0)	24.0 (75.2)	25.4 (77.7)	26.8 (80.2)	28.4 (83.1)	28.6 (83.5)	27.7 (81.9)
Daily mean °C (°F)	26.7 (80.1)	28.5 (83.3)	28.6 (83.5)	28.2 (82.8)	27.0 (80.6)	23.9 (75.0)	22.1 (71.8)	22.1 (71.8)	23.5 (74.3)	25.2 (77.4)	26.7 (80.1)	26.9 (80.4)	25.8 (78.4)
Average low °C (°F)	23.9 (75.0)	24.7 (76.5)	24.6 (76.3)	24.3 (75.7)	23.3 (73.9)	20.3 (68.5)	18.7 (65.7)	18.8 (65.8)	20.2 (68.4)	22.0 (71.6)	23.3 (73.9)	23.5 (74.3)	22.3 (72.1)
Record low °C (°F)	18.0 (64.4)	16.1 (61.0)	20.0 (68.0)	17.8 (64.0)	17.8 (64.0)	12.8 (55.0)	11.0 (51.8)	12.2 (54.0)	15.0 (59.0)	17.8 (64.0)	17.2 (63.0)	17.8 (64.0)	11.0 (51.8)
Average precipitation mm (inches)	30 (1.2)	36 (1.4)	114 (4.5)	136 (5.4)	16 (0.6)	0 (0)	0 (0)	1 (0.0)	2 (0.1)	7 (0.3)	32 (1.3)	31 (1.2)	405 (15.9)
Average precipitation days (≥ 0.1 mm)	4	5	9	11	2	0	0	1	3	5	8	5	53
Average relative humidity (%)	80	78	80	83	83	82	83	85	84	81	82	81	82
Mean monthly sunshine hours	217.0	203.4	207.7	192.0	229.4	207.0	167.4	148.8	150.0	167.4	186.0	201.5	2,277.6
Mean daily sunshine hours	7.0	7.2	6.7	6.4	7.4	6.9	5.4	4.8	5.0	5.4	6.2	6.5	6.2



LANGUAGES

Portuguese is the official language of the country. However most institutions have at least an English and/or Spanish speaking staff.

CULTURE

The substrate of Angolan culture is African, predominantly Bantu, while Portuguese culture has had a significant impact, specifically in terms of language and religion. The diverse ethnic communities – the Ovimbundu, Ambundu, Bakongo, Chokwe, Mbunda and other peoples – to varying degrees maintain their own cultural traits, traditions and languages, but in the cities, where slightly more than half of the population now lives, a mixed culture has been emerging since colonial times; in Luanda, since its foundation in the 16th century.

In this urban culture, the Portuguese heritage has become more and more dominant. African roots are evident in music and dance and is moulding the way in which Portuguese is spoken. This process is well reflected in contemporary Angolan literature, especially in the works of Angolan authors.



SPORTS

Basketball is the most popular sport in Angola. Its national team has won the AfroBasket 11 times and holds the record of most titles. As a top team in Africa, it's a regular competitor at the Summer Olympic Games and the FIBA World Cup. In football, Angola hosted the 2010 Africa Cup of Nations. The Angola national football team qualified for the 2006 FIFA World Cup, as this was their first appearance on the World Cup finals stage. They were eliminated after one defeat and two draws in the group stage. They won 3 COSAFA Cups and finished runner up in 2011 African Nations Championship. Angola has participated in the World Women's Handball Championship for several years. The country has also appeared in the Summer Olympics for seven years and both regularly competes in and once has hosted the FIRS Roller Hockey World Cup, where the best finish is sixth. Angola is also often believed to have historic roots in the martial art "Capoeira Angola" and "Batuque" which were practiced by enslaved African Angolans transported as part of the Atlantic slave trade.



THE AFRICAN CHAMPOINSHIP VENUE: Centro de Conferências de Belas



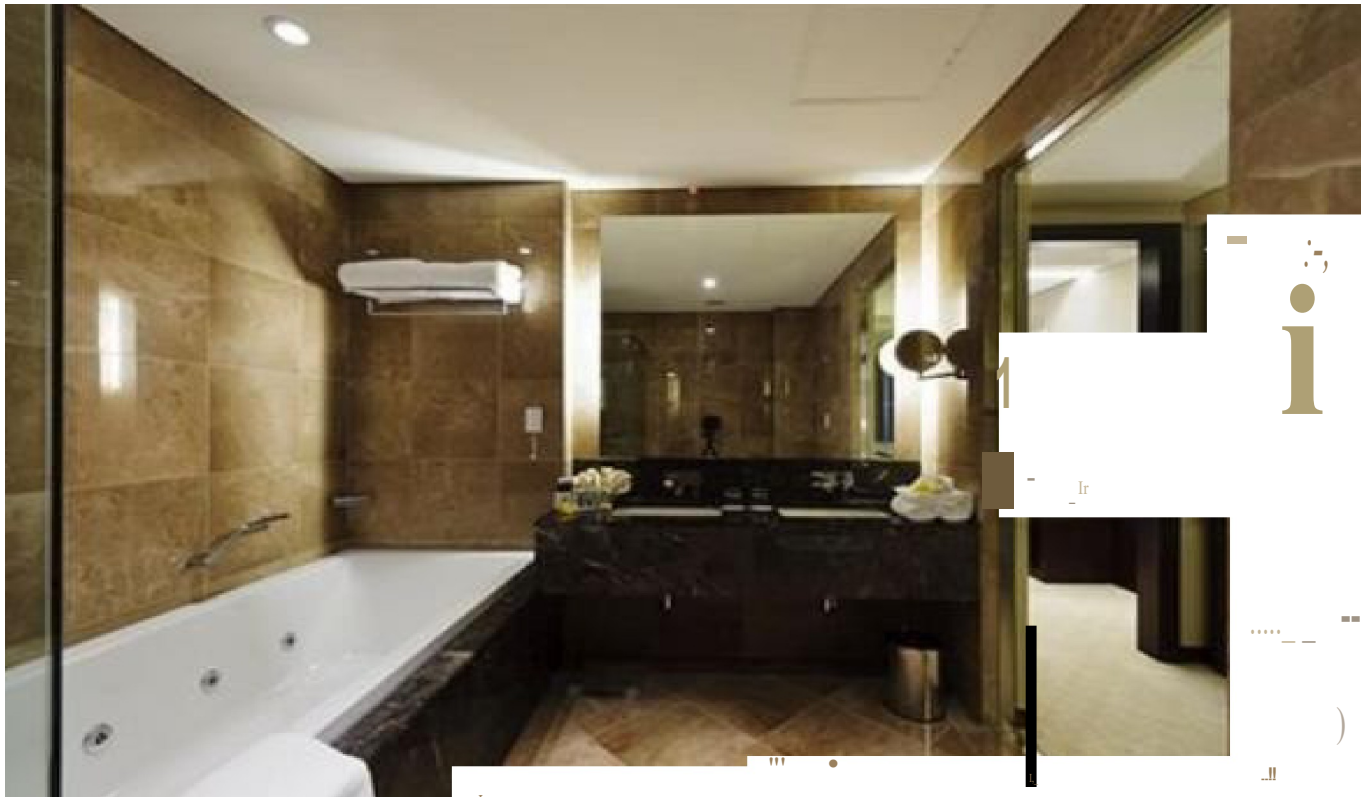
CONTEST INFO

OFFICIAL'S HOTEL:

HCTA Hotel, [Rua Luanda Sul, Talatona, Luanda – Angola](#)

A five-star hotel reserved for IFBB officials and the Organizing Committee.





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ATHLETES AND DELEGATES HOTELS:

Ibis Styles iu Hotel Luanda, [Lote Guo 1, Via S5, Talatona, Luanda, AGO](#)

A three-star hotel reserved for IFBB athletes and delegates



ARRIVALS AND AIRPORTS

The official arrival airports is:

- Aeroporto 4 de Fevereiro (12 km away from the Official Hotel)

The Organizing Committee will pick you up at the airport on the Official Arrival Day (Friday 16th) and drive you to the official hotel and back to the concerning airport on the Official Departure Day (Sunday 18th) free of charge.

It is very important that every National Federation provides to the Organizing Committee the complete information of its team, including the number of persons and the arrival/departure details. Your cooperation is essential to ensure adequate transportation for your

EARLY ARRIVALS & LATE DEPARTURES:

Any National Federation, including any of its individual team members, arriving before the official arrival date of August 16th and/or staying after the official departure date of August 18th, 2018 will be responsible for all of their expenses, including arranging their own transportation between the airport and the hotel. You must notify the Organizing Committee of any early arrivals.

ACCOMMODATION

The Organizer prepared a Special Package Rate for Teams athletes and delegates, which includes: accommodations and five meals during the competition period, starting with Dinner on Friday, August 16th, 21:00 till Sunday , August 18th Breakfast, transport from the airport to the hotel and back.

Special Package Rate for Teams and delegates is:

- USD \$250 for the single room. (from Friday night 16th Aug. to Sunday 18th morning)
- USD \$400 for the double room. (from Friday night 16th Aug. to Sunday 18th morning)
- The Special Package Rate doesn't include the IFBB Registration Fee which is USD \$200 and should be paid separately.

HOTEL RESERVATION MUST BE DONE BY DIRECT COMMUNICATION BETWEEN THE NATIONAL FEDERATION AND THE ORGANIZING COMMITTEE

PARTICIPATION:

The contest is open for IFBB-affiliated National Federations from Africa.



The number of competitors participating in these championships is **unlimited**. Please be aware that it is FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION to verify if each one of the athletes to be registered on this international event are NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level.

It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are actually fulfilling a period of ineligibility due to Anti-Doping Rule Violation or any Disciplinary case, to make sure these athletes WILL NOT REGISTER/COMPETE/OR PARTICIPATE IN ANY CAPACITY in any event either at National or International level, Official or Invitational.

REGISTRATION:

Official Athlete Registration will take place at the athletes and delegates hotel: "Ibis Styles iu Hotel" Luanda.

August 16th, 2019 (Friday), from 17:00 till 20:00.

Registration of athletes will only be considered if they are entered by a National Federation of the athletes by sending the Final Entry Form with their names directly to the Algerian Federation, with a copy to the IFBB Technical Committee and IFBB Head Office in Madrid.

The final decision to allow an athlete to compete in this event rests with the IFBB. All athletes will have to produce their Passports and IFBB International Cards at the Registration. Any athlete who has not yet purchased or renewed his IFBB International Card will have to buy one at registration. IFBB International Cards are EUR €35 or USD \$45 and are mandatory.

All posing music must be on an audio CD only. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

team.

All Athletes must wear their posing attire during the weigh-in. Posing attire must be in accordance to the IFBB Rules.

You will receive your tags for athletes and coaches at the registration.

IFBB REGISTRATION FEE

Each Team athletes and delegate will have to pay the IFBB Registration Fee of **USD 200** per person and will have to be paid in advance by credit/debit card or PayPal at IFBB Website www.ifbb.com/competition-registration/. Please add your name during online payment and bring a copy of your payment confirmation. This fee is separate from the Special Package Rate and have to be paid online.

The deadline date to do the online payment is August 05th, 2019 (Monday). On August 05th, 24:00 hrs (midnight - Central European Time, UTC +1) the online payment system will be switched off.



If paid upon arrival in Luanda, the Registration Fee will be **USD 50** more per person. Registration Fee for the second category ([junior or master in the open category](#)) is additional **USD 100** per athlete.

TANNING NEEDS :

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage.

The use of tans and bronzers that can be wiped off is not allowed. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel.

Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion and/or cream or applied separately, regardless of who applied them on the competitor's body.

HOTEL SECURITY DEPOSIT

A hotel security deposit of **USD 50 PER PERSON** is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, room service, laundry - i.e. soiled sheets or towels with tan, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted. In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash at the check-in, to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any members of his or her team.

PLEASE ADVISE YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES.

JUDGES

All judges who wish to be included in the judging panels at these Championships should be specified in the Final Entry Form. The test judges should be specified there as well.

All international judges must bring their International Judge's Cards. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for [2019](#). This fee may be paid at the Championships.

Test Judges should pay a test fee of EUR €50. This fee may be paid at the Championships. All judges must attend the Judges/Team Managers Meeting.

If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.



For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB
Judges Committee, under address: pawelfilleborn@gmail.com

DOPING CONTROL

Doping control will be conducted by the IFBB Medical Commission pursuant to the IFBB
Anti-Doping Rules, using a WADA accredited laboratory. In order to compete in the



Championships, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form (available in the appendix). Doping control may be conducted using any of the following methods: Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in. Weighted Selection: A number of athletes selected at random from among the finalists in the final. The IFBB reserves the right to monitor an athlete. The IFBB is signatory of the WADA Code. Participating National Federations have a duty and obligation to ensure that their national team athletes are competing drug-free at the IFBB international championships.

AWARDS

- Top three athletes in each category will be awarded with **medals**.
- Top six athletes in each category will be awarded with **Certificates of Excellence**.
- Overall in each discipline will have a trophy.
- Men's Bodybuilding, Men's Physique, Bikini Fitness, Wellness Fitness, Classic Physique, Muscular Men's Physique overall winners will be eligible to apply for the **IFBB Elite Pro Cards**. Category winners who fulfilled the IFBB Requirements* to obtain Elite Pro Cards will also be able to apply for Elite Pro Cards through their National Federations.*- According to the "Rules for an IFBB Athlete to Apply for the Pro Card".
- **Top 6 athletes** in Men's and Women's senior categories will be awarded points to the **2019 IFBB World Ranking** according to the World Ranking Rules. All Overall winners will receive 3 points extra bonus in the Ranking.

PARADE OF NATIONS

The dress code for all delegates and/or officials taking part in the Parade of Nations is the IFBB official uniform. One (1) delegate per country must take part in the Parade of Nations.

VISAS

Original passport, with at least six months validity is required to start the visa granting procedure. Citizens of the following countries who are holders of normal passports can visit Angola without a visa for up to 30 days per visit, up to 90 days per year (unless otherwise noted):



-  [Botswana](#)
-  [Cabo Verde](#)
-  [Mauritius](#)
-  [Mozambique](#)
-  [Namibia](#)
-  [Rwanda](#) (90 days)
- [Seychelles](#)
- [South Africa](#)
-  [Zambia](#) (90 days)
-  [Zimbabwe](#)

ONLINE PRE-VISA/ VISA ON ARRIVAL

From 30 March 2018 Angola started issuing tourist visas valid for 30 days in a simplified procedure to visitors from the following countries. Visitors must first apply for a pre-visa online with the Migration and Foreigners Service and after such pre-visa is granted they can obtain a visa on arrival at Luanda Airport. In order to obtain a pre-visa applicants must submit proof of accommodation and subsistence means, a return ticket and the international certificate of vaccination.



-  All EU citizens
-  Algeria
-  Argentina
-  Australia
-  Brazil
-  Canada
-  Chile
-  China
-  Cuba
-  Eswatini
-  Lesotho
-  Madagascar
-  Malawi
-  Monaco
-  Morocco
-  New Zealand
-  Norway
-  Russia
-  São Tomé and Príncipe
-  Equatorial Guinea
-  Guinea-Bissau
-  Iceland
-  India
-  Indonesia
-  Israel
-  Japan
-  South Korea
-  Switzerland
-  Timor-Leste
-  United Arab Emirates
-  United States
-  Uruguay
-  Vatican City
-  Venezuela

Please, be aware that the visa processing takes an average of 30 days. Invitation Letter is required. For more information, please contact the Angolan Embassy in your country.

It is National Federation's responsibility to obtain an entry visa to the country organizing the championships. All National Federations could ask for an Invitation Letter either to the Competition Organizer or IFBB. The Invitation Letter does not mean you are granted your visa. IFBB and Competition Organizer are not responsible of attendants visas.

To receive an Invitation Letter, the applicant should forward copy (scan) of passport to the IFBB or Competition Organizer (The Algerian Federation). If the visas are not granted, the Cancellation Policies for the championships will still apply.

An athlete, included in an official National Federation team, who request and receive an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes, and uses that visa to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

The relevant National Federation is responsible to carefully control the proper, legal use of the visa by his/her athlete and it will be subjected to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa

COMPETITOR INFORMATION FORM

This form must be completed by each competitor BEFORE the weight-in and must be given to the IFBB Register at the weight-in. This information is used to promote the competitor in the press, on TV, the website and other media.



BACKSTAGE ACCESS/DRESSING ROOM ACCESS

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only.

Access control passes (Green Cards) to each National Federation will be distributed at the Team Managers and Judges Meeting, as follows:

- a. Up to 5 competitors - 1 green card
- b. Up to 10 competitors - 2 green cards
- c. Over 10 competitors - 3 green cards

MEDIA ACCREDITATION

All media accreditation, except local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this completing and signing and IFBB Media Accreditation Form, said form which must be remitted to the IFBB by e-mail at info@ifbb.com no later than July 16th, 2019

CAMERA / VIDEOTAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and dressing room areas except when used by IFBB-authorized persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

CURRENCY

The national currency in Angola is Kwanza (AOA).

USD \$1.00 = 319.19 AOA (as for January 30th, 2019)

EUR €1.00 = 364.84 AOA (as for January 30th, 2019)

Current rates available at: www.xe.com

All credit cards are accepted at most major hotels, restaurants.

TIME DIFFERENCE

Time zone: CET (UTC +1)



ELECTRICAL CURRENT



The electric outlet is 220 V, 50 Hz. Plug / socket of type C and F (2 round pins).

Detailed information at:

<http://www.worldstandards.eu/electricity/plugs-and-sockets/>

ATHLETES WITHOUT DELEGATE

All Athletes competing at these Championships must be Members in Good Standing of their National Federations. Any athlete who arrives without a delegate must be nominated by his National Federation by sending the Final Entry Form, failing which the athlete will not be allowed to participate.

MISREPRESENTATION

Misrepresentation is a serious breach of the IFBB Code of Ethics and occurs when an “official” of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, access to the Prejudging, Finals and other amenities at the expense of the Organizer. Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called Athlete fail to officially register as a competitor at the Weigh-in or, once having officially registered, fail to compete. Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Special Package Rate for each

MEDICAL WITHDRAWAL

Once officially registered, no Athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before withdrawing an Athlete shall, for that Athlete’s non-participation, be fined an amount equal to the Special Package Rate.



PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is July 15th, 2019. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline date, confirming your federation's intend to participate. If at this time you do not know the actual names of the Official Participants (Athletes and Delegates, including Judges), please indicate the total number of individuals from your National Federation

FINAL ENTRY FORM

The deadline date for the Final Entry Form is August 01st, 2019. National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including Judges). You must also provide arrival and departure information.

In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline date. Your co-operation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

It is the responsibility of the President or General-secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at these Championships, to include the statements contained within this Inspection Report. If any of your athletes and/or delegates are travelling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection Report.

FAILURE TO HONOR FINAL ENTRY FORM DEADLINE

Deadlines are set to assist the Organizer with arranging accommodations, meals, on site transportation and other Championships activities. A failure to respect these deadline is breach of the IFBB Rules.

If a National Federation fails to respect the deadlines written on the Final Entry Form, each «Official Participant» from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Prejudging .



CORRESPONDENCE AND ENTRY FORMS SENDING DETAILS

EACH PARTICIPATING NATIONAL FEDERATION IS ASKED TO SEND:

- Preliminary and Final Entry Forms
- Requests for official Invitation Letter for visa purposes (if applicable)
- Requests for accommodation to:

Angolan Organizing Committee of the Championship phone: +351937230295/ +244912940700

E-mail: info.ifbbangola@gmail.com

COPY ALL CORRESPONDENCE TO:

IFBB Head Office: Ms. Diana Mozos:

E-mail: info@ifbb.com

And

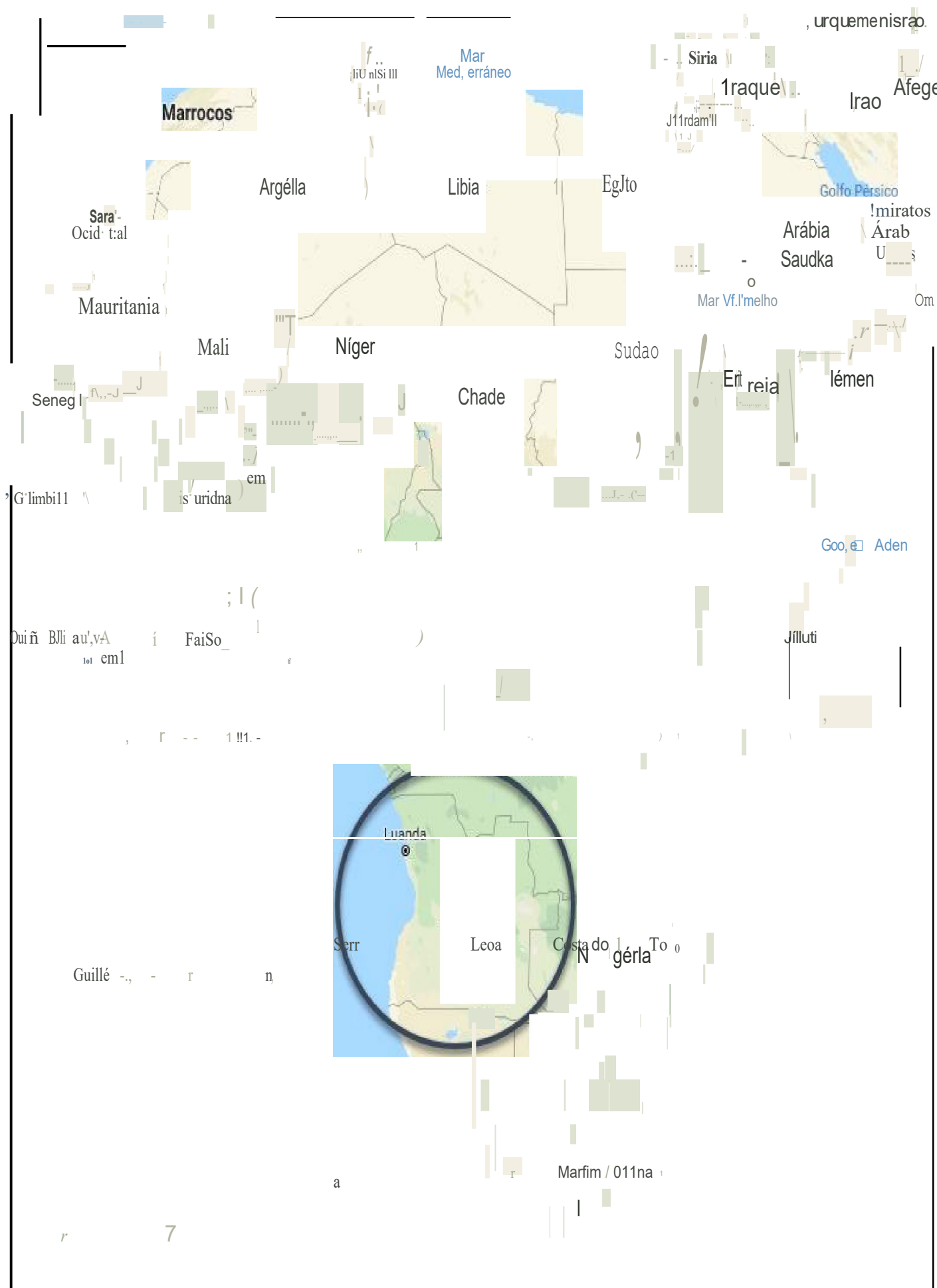
IFBB Vice President Africa: Dr. Eng. Adel Fahim El Sayed

E-mail: ifbbcairo@gmail.com

TENTATIVE SCHEDULE

FRIDAY, August 16th, 2019		
16:00	Team Managers and Judges Meeting	
17:00 - 20:00	Official Registration and Weigh-in. Each competitor must provide his/her Passport, IFBB International Card and music at registration	
20:30	Dinner Buffet	
SATURDAY, August 17th, 2019		
07:00 - 09:00	Breakfast Buffet	
09:30 – 13:00	Prejudgings & Finals: - Bikini Fitness - Wellness Fitness - Muscular Men's Physique - Classic Physique	
14:30 – 15:00	Official Opening Ceremony	
15:00-20:30	Prejudgings & Finals: - Classic Bodybuilding - Men's Physique - Bodybuilding	
21:30	Dinner Buffet	Corresponding hotels
SATURDAY, August 18 th , 2019		
07:30 - 09:00	Breakfast buffet	Corresponding hotels
	DEPARTURES	





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