



# LEBANESE POWERLIFTING & BODYBUILDING FEDERATION

Beirut - Lebanon  
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E-mail: [Lebanon\\_bbp@hotmai.com](mailto:Lebanon_bbp@hotmai.com)



## 2021 IFBB ASIAN CHAMPIONSHIP LEBANON November 11<sup>th</sup> - 14<sup>th</sup>, 2021 COMPETITION SCHEDULE

**FRIDAY November 12<sup>th</sup>, 2021**

**Registration / Weight-In  
(9:00 AM – 6:00 PM)**

**HILTON BEIRUT HABTOOR GRAND**

### **SATURDAY November 13<sup>st</sup>, 2021 1<sup>st</sup> SESSION**

JUNIOR MENS PHYSIQUE - OPEN	9:00 AM
MASTERS MENS PHYSIQUE - OPEN	
MENS PHYSIQUE - Up to & Incl. 173 cm	10:00 AM
<b>OPENING CEREMONY RESULTS AND MEDALS</b>	<b>10:00 AM</b>
MENS PHYSIQUE - Up to & Incl. 176 cm	10:30 AM
MENS PHYSIQUE - Up to & Incl. 179 cm	11:10 AM
<b>RESULTS AND MEDALS</b>	<b>11:10 AM</b>
MENS PHYSIQUE - Up to & Incl. 182 cm	11:30 AM 12:30 PM
MENS PHYSIQUE - Over 182 cm	
MUSCULAR MENS PHYSIQUE	
<b>RESULTS AND MEDALS</b>	<b>12:30 PM</b>
JUNIOR MENS CLASSIC BODYBUILDING	1:00 PM
MASTERS MENS CLASSIC BODYBUILDING	
MENS CLASSIC BODYBUILDING Up to & Incl. 168 cm	2:00 PM
<b>RESULTS AND MEDALS</b>	<b>2:00 PM</b>

**BREAK – LUCH TIME**  
**2:00 PM – 3:30 PM**



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## 2021 IFBB ASIAN CHAMPIONSHIP LEBANON November 11<sup>th</sup> - 14<sup>th</sup>, 2021 COMPETITION SCHEDULE

<b>SATURDAY November 13<sup>st</sup>, 2021 2<sup>ND</sup> SESSION</b>	
MENS CLASSIC BODYBUILDING Up to & Incl. 171 cm	3:30 PM
MENS CLASSIC BODYBUILDING Up to & Incl. 175 cm	4:00 PM
<b>RESULTS AND MEDALS</b>	<b>4:00 PM</b>
MENS CLASSIC BODYBUILDING Up to & Incl. 180 cm	4:00 PM
MENS CLASSIC BODYBUILDING Over 180 cm	5:00 PM
MENS FIT MODEL	
<b>RESULTS AND MEDALS</b>	<b>5:00 PM</b>
<b>JUNIOR MENS CLASSIC PHYSIQUE OPEN</b>	<b>5:30 PM</b>
<b>MASTERS MENS CLASSIC PHYSIQUE OPEN</b>	<b>6:00 PM</b>
<b>RESULTS AND MEDALS</b>	<b>6:00 PM</b>
MENS CLASSIC PHYSIQUE Up to & Incl. 171 cm	6:20 PM
MENS CLASSIC PHYSIQUE Up to & Incl. 175 cm	6:40 PM
<b>RESULTS AND MEDALS</b>	<b>6:40 PM</b>
MENS CLASSIC PHYSIQUE Up to & Incl. 180 cm	7:00 PM
MENS CLASSIC PHYSIQUE Over 180 cm	7:30 PM
<b>RESULTS AND MEDALS</b>	<b>7:30 PM</b>



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**2021 IFBB ASIAN CHAMPIONSHIP LEBANON**  
**November 11<sup>th</sup> - 14<sup>th</sup>, 2021**  
**COMPETITION SCHEDULE**

<b>SUNDAY November 14<sup>th</sup>, 2021</b>	
<b>JUNIOR MENS BODYBUILDING - OPEN</b>	9:00 AM
<b>MASTERS MENS BODYBUILDING</b> Up to & Incl. 80 Kg	
<b>MASTERS MENS BODYBUILDING</b> Over 80 Kg	
<b>RESULTS AND MEDALS</b>	<b>10:00 AM</b>
<b>MENS BODYBUILDING – 65 KG</b>	10:30 AM
<b>MENS BODYBUILDING – 70 KG</b>	11:30 AM
<b>MENS BODYBUILDING – 75 KG</b>	
<b>RESULTS AND MEDALS</b>	<b>11:30 AM</b>
<b>MENS BODYBUILDING – 80 KG</b>	12:00 PM
<b>MENS BODYBUILDING – 85 KG</b>	1:00 PM
<b>MENS BODYBUILDING – 90 KG</b>	
<b>RESULTS AND MEDALS</b>	<b>1:00 PM</b>
<b>MENS BODYBUILDING – 100 KG</b>	1:00 PM
<b>MENS BODYBUILDING – Over 100 KG</b>	1:30 PM
<b>RESULTS AND MEDALS</b>	<b>1:30 PM</b>
<b>WOMENS BODYFITNESS</b> Up to & Incl. 163 cm	1:45 PM
<b>WOMENS BODYFITNESS</b> Over 163 cm	
<b>RESULTS AND MEDALS</b>	
<b>JUNIOR WOMENS BIKINI - OPEN</b>	3:45 PM
<b>MASTER WOMENS BIKINI - OPEN</b>	
<b>WOMENS BIKINI - Up to 160 cm</b>	
<b>WOMENS BIKINI - Up to 164 cm</b>	
<b>WOMENS BIKINI - Up to 169 cm</b>	
<b>WOMENS BIKINI - Over 169 cm</b>	
<b>RESULTS AND MEDALS</b>	
<b>WOMENS WELLNESS – OPEN</b>	3:45 PM
<b>WOMENS FIT-MODEL – Up to 163 cm</b>	
<b>WOMENS FIT-MODEL – Up to 168 cm</b>	
<b>WOMENS FIT-MODEL – Over 168 cm</b>	
<b>FIT PAIRS - OPEN</b>	3:45 PM
<b>RESULTS AND MEDALS</b>	