



fitnINTERNATIONAL BODYBUILDING & FITNESS FEDERATION



**AFRICAN JUNIORS, MEN AND MASTERS  
BODYBUILDING, CLASSIC BODYBUILDING,  
CLASSIC PHYSIQUE, MEN'S PHYSIQUE AND  
FITNESS CHALLENGE  
CHAMPIONSHIPS**

**October 13<sup>th</sup> to 15<sup>th</sup>, 2022**

**SPONSORED BY**

**Youth and Sport Ministry**

# INSPECTION REPORT

## Algerian Bodybuilding, Fitness and Powerlifting Federation organizes the “2022 AFRICAN CHAMPIONSHIPS”

To be held  
in the city of Constantine,  
from APRIL 13<sup>th</sup> to 15<sup>th</sup>, 2022



The Algerian Bodybuilding, Fitness & Powerlifting Federation proudly invites IFBB-affiliated National Federations from Africa to visit Algeria and participate in these Championships.

### The event will include:

Men's Bodybuilding, Men's Physique ,classic Physique Men's Classic Bodybuilding and **Fitness challenge**

### WELCOME MESSAGE:

Dear Friends,

On behalf of the AFBBFPL Algerian Federation, our IFBB International President Dr. Rafael Santonja and the AFBBF African Federation President Dr Adel Fahim, I am pleased to invite you, to take part in the 2022 AFRICAN CHAMPIONSHIPS to be held from 13<sup>th</sup> - 15<sup>th</sup> October, 2022, in Constantine, Algeria. This will be the 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 event and make it a more successful than the former one. We are looking forward to welcome you in one of the old city in the world **CONSTANTINE**.

Sincerely yours,

**A.Kamel . E . NEDJAH ,**

**Algerian Bodybuilding, Fitness & Powerlifting Federation President,  
IFBB- affiliated**

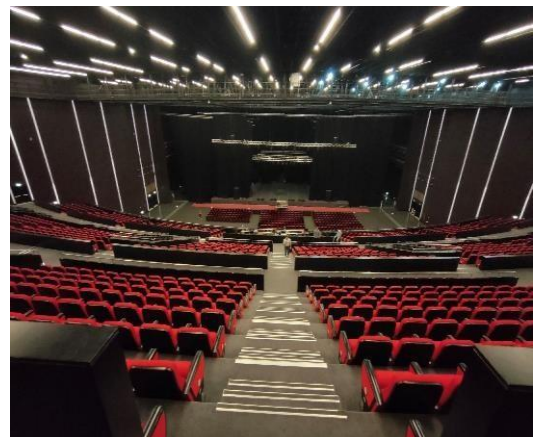
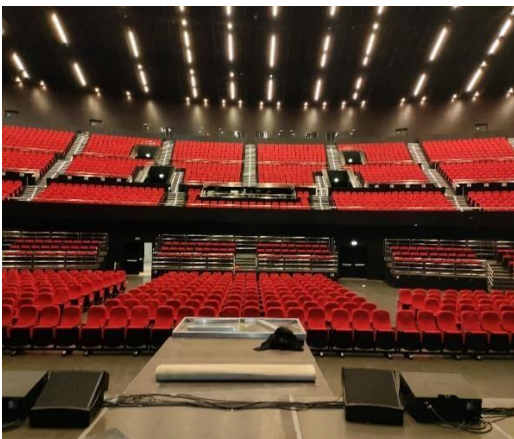
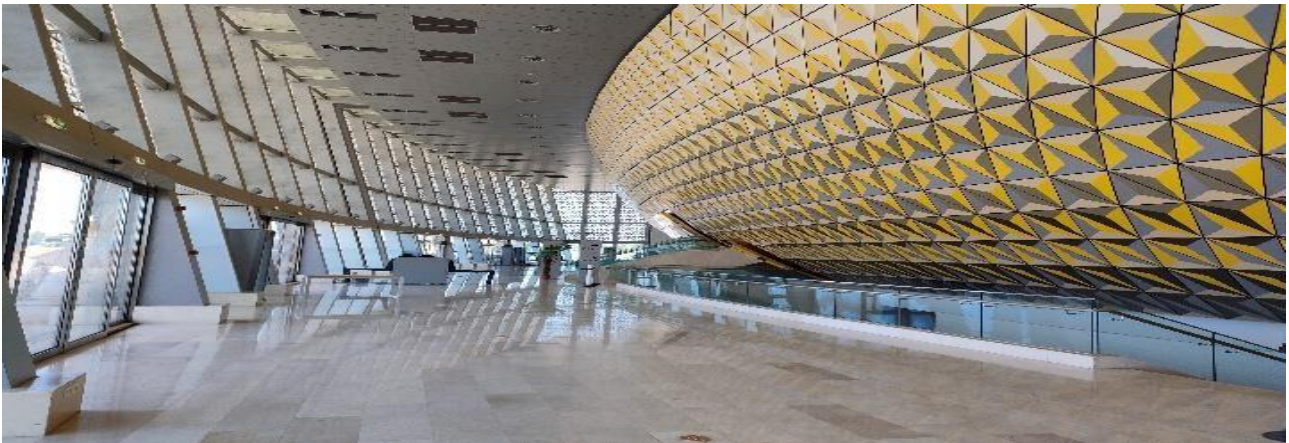
## **THE VENUE:**

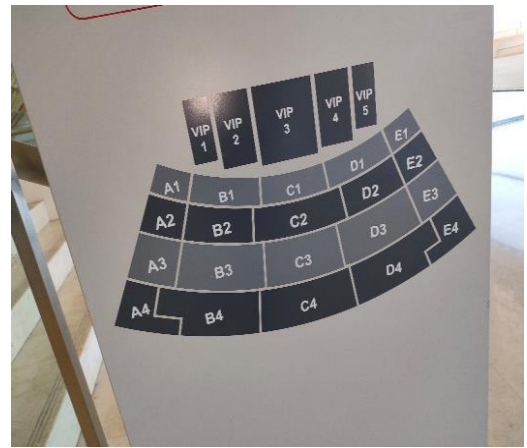
**Bodybuilding ;  
SALLE ZENITH , Constantine .**

**Specifications:**



**THEATRE: floor space : 3000 sq. m. Max.  
capacity: 3000 view**





## Fitness challenge Venue:

## WELCOME TO Constantine

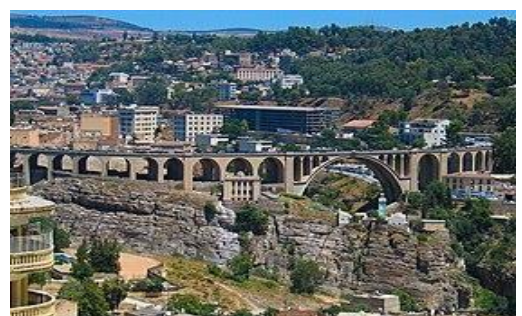


### Constantine or **Cirta** :

Constantine or formerly called "Cirta" or as its fans like to call it the city of suspended bridges, **sidi Rached** among the several suspended bridges was the longest stone bridges worldwide , the city of science and scientists, city of "Malouf" and the old rock , is considered among the oldest world's cities embracing many civilisations.

Currently , Constantine is the capital of eastern Algeria with one of the highest population densities.

Constantine is situated on a plateau at an elevation 640 metres (2,100 ft) above sea level. It is very picturesque with a number of bridges over Rhumel River and a viaduct crossing the ravine. Constantine has a Mediterranean climate , with hot, dry summers and mild, moist winters.



# CONTEST INFO

## OFFICIAL HOTELS:

### EL KHIYAME:





A four-star hotel **reserved** for IFBB officials , athletes, delegates, extra delegates .

### **El Khayem Hotel:**

A four-star hotel . This hotel will be the official hotel for the Official Participants (athletes, delegates, extra delegates).

## ARRIVALS AND AIRPORTS

The official arrival airports are:

- **Constantine “Mohamed Boudiaf “** ( 12 km to the Hotel, 20 Mn drive ) **For Free**
- **Annaba “Rabah Bitat”** ( 185 km to the Hotel ,2h24Mn drive) **50 EUROS 2 ways/person**
- **Algiers “Houari Boumedién Airport** (377 km to Constantine 4h00 drive) **70 EUROS 2ways/pers**

The Organizing Committee will pick you up at the airport on the Official Arrival Day (Thursday) and drive you to the official hotel and back to the concerning airport on the Official Departure Day (Sunday) .

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 times and details.

Your cooperation is essential to ensure adequate transportation for your team.

**Early arrivals & late departures:** any National Federation, including any of its individual team members, arriving before the official arrival date of 13<sup>th</sup> October and/or staying after the official departure date of October 16<sup>th</sup>, 2022 will be charged of 150 EUROS/DOLLARS per person for each additional day, I a single or double romm, in this case You must notify the Organizing Committee of any additional day.

## ACCOMMODATION

The Organizer prepared a **Special Package Rate** for athletes and delegates, which includes: accommodations and three meals per day, starting with Diner on October 13<sup>th</sup>, 20:00 night till breakfast on sunday October 16<sup>h</sup>, tickets for semi-finals and finals, closing banquet and transport from the airport to the hotel and back.

The number of A-Team delegates is limited according to the IFBB Rules:

Three (3) or more competitors = two (2) delegates

Two (2) competitors or less = one (1) delegate

Special Package Rate for **athletes** and **delegates** is:

- **EUR €300** in a double room , and 350 **EUR €350** in a single.

The Special Package Rate doesn't include the IFBB Registration Fee which is EUR €200and should be paid separately.

**The Official Arrival Date is Thursday, October 13<sup>th</sup>, 2022.**

**The Official Departure Date is Sunday, October 16<sup>th</sup>, 2022.**

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

## ADDITIONAL DELEGATES, SUPPORTERS AND MEDIA

The Organizing Committee has established a Full Package Rate including: accommodations (3 nights) and three meals per day, starting with Diner on Thursday, October 13<sup>th</sup>, 20:00, till breakfast of Sunday, October 16<sup>h</sup>, 10:00 o'clock, tickets for semi-finals and finals, closing banquet and transport from the airport to the hotel and back at: **EUR €350** for each person single room , and **EUR €300** in a double room. For more information ask the Organizing Committee, please.

## **PARTICIPATION:**

The contest is open for IFBB-affiliated National Federations from Africa. Participation of athletes in is unlimited.

## **REGISTRATION:**

**Official Athlete Registration** will take place at the KHIYAM Hotel on

**October 13<sup>th</sup>, 2022 (Wednesday), from 10:00 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 €40** and are mandatory.

All posing music must be on an audio USB drive only. The posing music in the MP3 format must also be the only file on USB. Each competitor must affix his/her name on the USB for easy identification. Each competitor must affix his name on the USB for easy identification. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

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 **A-Team and B-Team athlete** and official A-Team delegate will have to pay the IFBB Registration Fee of **EUR €200** per person and will have to be paid **in advance** by credit/debit card or PayPal at IFBB Web site [www.ifbb.com/competition-registration/](http://www.ifbb.com/competition-registration/). Please add your name during online payment and bring a copy of your payment confirmation to Oran. This fee is separate from the Special Package Rate and have to be paid online.

**CROSSOVERS: 100 EUROS per each of the additional categories**

If paid upon arrival in Oran, the Registration Fee will be EUR €50 more per person.

**Fitness Challenge FEE: 100€**

## CATEGORIES OPEN FOR COMPETITION

| SENIORS                            |                            |                      |               |               |
|------------------------------------|----------------------------|----------------------|---------------|---------------|
|                                    | <i>DISCIPLINE</i>          | <i>CATEGORY</i>      | <i>A-TEAM</i> | <i>B-TEAM</i> |
| 1                                  | Men Bodybuilding           | Up to & incl. 65 kg  | 7             | unlimited     |
| 2                                  | Men Bodybuilding           | Up to & incl. 70 kg  |               |               |
| 3                                  | Men Bodybuilding           | Up to & incl. 75 kg  |               |               |
| 4                                  | Men Bodybuilding           | Up to & incl. 80 kg  |               |               |
| 5                                  | Men Bodybuilding           | Up to & incl. 90 kg  |               |               |
| 6                                  | Men Bodybuilding           | Up to & incl. 100 kg |               |               |
| 7                                  | Men Bodybuilding           | Over. 100 kg         |               |               |
| 8                                  | Men Classic Bodybuilding * | Up to & incl. 168 cm |               | unlimited     |
| 9                                  | Men Classic Bodybuilding * | Up to & incl. 171 cm |               |               |
| 10                                 | Men Classic Bodybuilding * | Up to & incl. 175 cm |               |               |
| 11                                 | Men Classic Bodybuilding * | Up to & incl. 180 cm |               |               |
| 12                                 | Men Classic Bodybuilding * | Over 180 cm          |               |               |
| 13                                 | Men Physique               | Up to & incl. 170 cm |               | unlimited     |
| 14                                 | Men Physique               | Up to & incl. 173 cm |               |               |
| 15                                 | Men Physique               | Up to & incl. 176 cm |               |               |
| 16                                 | Men Physique               | Up to & incl. 179 cm |               |               |
| 17                                 | Men Physique               | Up to & incl. 182cm  |               |               |
| 18                                 | Men Physique               | Over 182cm           |               |               |
| 19                                 | Men Classic physique *     | Up to & incl. 168 cm |               | unlimited     |
| 20                                 | Men Classic physique *     | Up to & incl. 171 cm |               |               |
| 21                                 | Men Classic physique *     | Up to & incl. 175 cm |               |               |
| 22                                 | Men Classic physique *     | Up to & incl. 180 cm |               |               |
| 23                                 | Men Classic physique *     | Over 180 cm          |               |               |
| <b>JUNIORS (16-23 YEARS OLD)</b>   |                            |                      |               |               |
| 18                                 | Men Bodybuilding           | open                 |               | unlimited     |
| 19                                 | Men's Physique             | open                 |               |               |
| <b>MASTERS (OVER 40 YEARS OLD)</b> |                            |                      |               |               |
| 20                                 | Men Bodybuilding           | Up to & incl. 70 kg  |               | unlimited     |
| 21                                 | Men Bodybuilding           | Up to & incl. 80 kg  |               |               |
| 22                                 | Men Bodybuilding           | Over. 80 kg          |               |               |

**As decided at the last IFBB congress, organizers may require long trunk for contest exhibitions if needed.**

**The trunk required for bodybuilding and classic bodybuilding will be the same as for classic physique**



### \*- Men's Classic

#### Bodybuilding bodyweight limits:

- a. Class A: Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] - 100) + 0 [kg]
- b. Class B: Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] - 100) + 2 [kg]
- c. Class C: Up to & incl. 175 cm: Max Weight [kg] = (Height [cm] - 100) + 4 [kg]
- d. Class D: Up to & incl. 180 cm: Max Weight [kg] = (Height [cm] - 100) + 7 [kg]
- e. Class E: Over 180 cm:
  - a) over 180 cm up to & incl. 188 cm: Max Weight [kg] = (Height [cm] - 100) + 9 [kg]
  - b) over 188 cm up to & incl. 196 cm: Max Weight [kg] = (Height [cm] - 100) + 11 [kg]
  - c) over 196 cm: Max Weight [kg] = (Height [cm] - 100) + 13 [kg]

#### **TANNING NEEDS :**

The IFBB has banned all tans that can be wiped off. An official tanning team will present at the back stage, warming area, to tan the competitors, the cost for the tanning is ;

**75 EUROS** for each athlete

#### **HOTEL SECURITY DEPOSIT**

A hotel security deposit of **EUR €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 to Constantine. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR **€50** paid for 2022. This fee may be paid at the Championships.

**Test judges** should pay a test fee of **€50 EUROS**. 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](mailto: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 competitions.

## **AWARDS**

Men's Bodybuilding and Men's Physique overall winners will be eligible to apply for the IFBB Pro Cards.

Category winners who fulfilled the IFBB Requirements\* to obtain Pro Cards will also be able to apply for Pro Cards through their National

Federations.

\*- According to the “*Rules for an IFBB Athlete to Apply for the Pro Card*”– January 2023 edition.

## **PARADE OF NATION**

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, signed and with at least six months validity is required to start the visa granting procedure. Citizens of the following countries don't need a visa to enter Algeria: Sahrawi, Libya, Mali, Mauretania, Morocco, Seychelles and Tunisia. Citizens of other countries need a visa. Detailed information can be found at:

[http://algeriavisacenter.com/Visa\\_Requirement.html](http://algeriavisacenter.com/Visa_Requirement.html)

Please, be aware that the visa processing takes at least 10 days. Invitation Letter is required. For more information contact the Algerian Embassy in your country, please.

It is National Federation's responsibility to obtain an entry visa to the country organizing the championships. All National Federations could ask for an official Invitation Letter either to the Competition Organizer or from 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 Registrar 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. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

## **MEDIA ACCREDITATION**

All media accreditation, except local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing and IFBB Media Accreditation Form, said form which must be remitted to the IFBB by e-mail at [info@ifbb.com](mailto:info@ifbb.com) no later than October 5, 2022

## **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 Algeria is Dinar (DZD).

EUR €1.00 = 150.00 DZD (as for August 2<sup>nd</sup> 2022)

USD \$1.00 = 150.00 DZD (as for August 2<sup>nd</sup> 2022)

Current rates available at: <http://www.xe.com/currency/dzd-algerian-dinar>

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

## **TIME DIFFERENCE**

Time zone: CET (UTC +1)

## **CLIMATE**

During the month of October the daily mean temperature is 15.8<sup>o</sup>C. Average high is 21.5<sup>o</sup>C. Average relative humidity: 71%.

## **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/>

## **LANGUAGE**

The Official language in Algeria is Arabic. French is widely spoken at restaurants, banks, shopping centers and tourist areas and English in hotels as well.

## **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 person involved.

## **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 **August 20th, 2022**. 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 intent 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 who will participate in the Championships.

## **FINAL ENTRY FORM**

The deadline date for the Final Entry Form is **October 02nd, 2022**. 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, Finals and Farewell Banquet.

### **CORRESPONDENCE AND ENTRY FORMS SENDING DETAILS**

**EACH PARTICIPATING NATIONAL FEDERATION IS ASKED TO SEND:  
YOUR PRELIMINARY AND FINAL ENTRY FORMS**

- Requests for official Invitation Letter for visa purposes (if applicable)  
[sg.fedalgbbfpl@gmail.com](mailto:sg.fedalgbbfpl@gmail.com)

**COPY TO : [algeria.powerfitbody21@gmail.com](mailto:algeria.powerfitbody21@gmail.com)**

Requests for accommodation to: [sg.fedalgbbfpl@gmail.com](mailto:sg.fedalgbbfpl@gmail.com)

**COPY TO : [algeria.powerfitbody21@gmail.com](mailto:algeria.powerfitbody21@gmail.com)**

**Algerian Organizing Committee of the Championships**

**Phone: 00 213 552 852 154**

**00 213 192 377 981**

**E-mail: [algeria.powerfitbody21@gmail.com](mailto:algeria.powerfitbody21@gmail.com)**

**[sg.fedalgbbfpl@gmail.com](mailto:sg.fedalgbbfpl@gmail.com)**

- **COPY ALL CORRESPONDENCE TO:**  
**IFBB Head Office: Ms. Celia de la Rosa:**  
**E-mail: [headquarters@ifbb.com](mailto:headquarters@ifbb.com)**

*And*

**IFBB Technical Committee: Eng. Andrew Michalak:**

**E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)**

**SECRETARIAT**

You may obtain information and assistance from the IFBB Secretariat at the venue, when required.

**COVID-19 conditions may be applied, following the authorities instructions by the time of the event .**

## TENTATIVE SCHEDULE

| Thursday, October 13 <sup>rd</sup> , 2022                      |  |   |
|--|--|---|
| 09:00 - 14:00  | National Team Arrivals Official  | 1- Constantine<br>2- Annaba<br>3- Algiers<br><span style="color: red;">Int. Airports</span> |
| 10:00-20:00<br><br>20:00 – 21:30                               | <ul style="list-style-type: none"> <li>- Registration and Weigh-in. Each competitor must provide his passport, IFBB International Card and music at registration</li> <li>- Team Managers and Judges Meeting</li> </ul> <span style="color: red;"><b>Fitness challenge registration included</b></span><br>Diner | El khayem Hotel   |
| FRIDAY, October 14 <sup>th</sup> , 2022– AFRICAN CHAMPIONSHIPS |  |   |
| 07:00 - 09:00  | Breakfast Buffet   | Corresponding hotel   |
| 09:00  | <b>Masters Championships</b><br>1- Men's physique<br>2- Bodybuilding   | Salle Zenith  |
|  | <b>Juniors Championships</b><br>1- Men's physique<br>2- Bodybuilding   | Salle Zenith  |
|  | <b>open Championships</b><br>1- Men's physique<br>2- Classic physique<br>3- Classic bodybuilding<br>4- Bodybuilding<br><b>Overall after each disciplines</b><br>* Men's physique.<br>*Classique physique<br>* bodybuilding classic<br>* bodybuilding.  | Salle Zenith  |
| 20:30  | Dinner Buffet  | Corresponding hotel   |
| Saturday ,October 15 <sup>th</sup> , 2022                      |  |   |
| 07:00 - 08:00  | Breakfast Buffet   | Corresponding hotel   |
| 08:00 – 09:00  | <span style="color: red;"><b>fitness challenge categories:</b></span><br>- Juniors / seniors women<br>- Juniors / seniors Men  | Salle OMS Constantine   |

|       |   |                       |
|-------|---|-----------------------|
| 09:30 | <b style="color: red;">Fitness challenge Championships</b><br><b>Juniors</b><br>1- Individual<br>2- Pair<br>3- Mixed pair( men and Woman)<br>4- Team<br><b>seniors</b><br>1- Individual<br>2- Pair<br>3- Mixed pair( men and Woman) | Salle OMS Constantine |
|-------|---|-----------------------|

|  |                         |                        |
|--|-------------------------|------------------------|
|  | <b>4- Team</b>          |                        |
| <b>21:00</b>                                 | <b>Farewell banquet</b> | <b>El khayem Hotel</b> |
| <b>Sunday ,October 16<sup>th</sup>, 2022</b> |                         |                        |
| 07:30 - 09:00                                | Breakfast buffet        | Corresponding hotels   |
|  | <b>DEPARTURES</b>       |                        |

