

**THE 23RD ARAB BODYBUILDING CHAMPIONSHIP FOR MEN & THE 19TH FOR JUNIORS
& THE 3RD FOR PHYSIQUE & CLASSIC PHYSIQUE**

RUNNING ORDER

Saturday November 18, 2023

MASTERS CATEGORIES:

**MASTER MEN'S BODYBUILDING 40-49 UP TO 80 KG
MASTER MEN'S BODYBUILDING 40-49 OVER 80 KG**

**MASTER MEN'S BODYBUILDING 50-59 UP TO 80 KG
MASTER MEN'S BODYBUILDING 50-59 OVER 80 KG**

MASTER MEN'S BODYBUILDING 60 YRS - OPEN

JUNIOR CATEGORIES:

**JUNIOR MEN'S BODYBUILDING UP TO 18 YRS UP TO 60 KG
JUNIOR MEN'S BODYBUILDING UP TO 18 YRS UP TO 75 KG
JUNIOR MEN'S BODYBUILDING UP TO 18 YRS OVER 75 KG**

**JUNIOR MEN'S BODYBUILDING UP TO 23 YRS UP TO 75 KG
JUNIOR MEN'S BODYBUILDING UP TO 23 YRS OVER 75 KG**

**JUNIOR MEN'S PHYSIQUE UP TO 18 YRS - OPEN
JUNIOR MEN'S PHYSIQUE UP TO 23 YRS UP TO 176 CM
JUNIOR MEN'S PHYSIQUE UP TO 23 YRS OVER 176 CM**

**JUNIOR MEN'S CLASSIC PHYSIQUE UP TO 23 YRS UP TO 176 CM
JUNIOR MEN'S CLASSIC PHYSIQUE UP TO 23 YRS OVER 176 CM**

Sunday November 19, 2023

SENIOR CATEGORIES:

**MEN'S PHYSIQUE UP TO 173 CM
MEN'S PHYSIQUE UP TO 176 CM
MEN'S PHYSIQUE UP TO 179 CM
MEN'S PHYSIQUE OVER 179 CM**

**MUSCULAR MEN'S PHYSIQUE UP TO 176 CM
MUSCULAR MEN'S PHYSIQUE OVER 176 CM**

**MEN'S CLASSIC PHYSIQUE UP TO 173 CM
MEN'S CLASSIC PHYSIQUE UP TO 176 CM
MEN'S CLASSIC PHYSIQUE OVER 176 CM**

**MEN'S BODYBUILDING UP TO 70 KG
MEN'S BODYBUILDING UP TO 80 KG
MEN'S BODYBUILDING UP TO 90 KG
MEN'S BODYBUILDING UP TO 100 KG
MEN'S BODYBUILDING OVER 100 KG**