

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

TENTATIVE AGENDA

Friday November 17, 2023

07:00 - 20:00 Arrival of official delegations (Athletes and delegates)
09:00 - 20:00 Athletes Weigh-in (**Sheraton Montazah Hotel**) **Team Managers & Judges Meeting (Weigh-in area)**
20:00 - 21:00 Dinner (for all participants)

Saturday November 18, 2023

07:00 -10:00 Breakfast (**Sheraton Montazah Hotel**)
09:00 - 19:00 Prejudging and Finals - part 1 (one continuous session) **Sheraton Montazah Hotel**
14:00 - 15:30 Lunch (**Sheraton Montazah Hotel**)
19:30 - 21:00 Arab Annual Congress (**Sheraton Montazah Hotel**)
19:00 - 22:00 Dinner Out Side **Sheraton Montazah Hotel**

Sunday November 19, 2023

07:00 -10:00 Breakfast (At your corresponding hotel)
09:00 - 19:00 Prejudging and Finals - part 2 (one continuous session) **Sheraton Montazah Hotel**
14:00 - 15:30 Lunch (**Sheraton Montazah Hotel**)
19:00 - 22:00 Dinner (At your corresponding hotel)

Monday November 20, 2023

07:00 -10:00 Breakfast (**Sheraton Montazah Hotel**)
Till 12:00 Departures of delegations