2026 ASIAN CHAMPIONSHIPS RUNNING ORDER

(The final version will be published after the registration)

FRIDAY, NOVEMBER 13th, 2026

10:00 – 19:00 - Continuous Official Athlete Registration -

17:00 – 18:00 - Team Managers & Judges Meeting – TBD

SATURDAY, NOVEMBER 14th, 2026 -

08:00 – ?? ONE CONTINUOUS SESSION

(If there are 7 or less athletes in a category, there will be no pre-judging rounds)

It's athletes responsibility to be backstage before their category starts. Please, be aware that some categories might run very fast, so athletes must be long in advance ready at the venue.

- Women's Acrobatic Fitness - OPEN
- Men's Fitness - OPEN
- Women's Artistic Fitness - OPEN

MEN'S PHYSIQUE

- Junior Men's Physique 15-20 years - OPEN
- Junior Men's Physique 21-23 years - OPEN
- Master Men's Physique >40 years – OPEN
- Men's Physique up to 170 cm
- Men's Physique up to 173 cm
- Men's Physique up to 176 cm
- Men's Physique up to 179 cm
- Men's Physique up to 182 cm
- Men's Physique over 182 cm

MEN'S GAMES CLASSIC BODYBUILDING

- Junior Men's Games Classic Bodybuilding 15-23 years - OPEN
- Master Men's Games Classic Bodybuilding 40 years & Over -OPEN
- Men's Games Classic Bodybuilding up to 175 cm
- Men's Games Classic Bodybuilding over 175 cm

AROUND 12:00 NOON: THE OPENING CEFREMONY

- Parade of Nations: all participating National Federations will appear onstage in alphabetical order, with the host National Federation appearing last. Radetzky march is the music on.

- Speeches by officials:

a. President of the host National Federation; and/or
b. Senior Special Guest; and/or
c. President of the IFBB

- IFBB awards
- Selected competitors, one female and one male, the younger and the oldest, if possible, will swear the competitor's oath.
- IFBB President will declare the Championships open.
- National anthem of the Host Country will be played.
- Officials and the National Federation delegates leave the stage. Radetzky march is the music on.

WOMEN'S BODYFITNESS:

- Junior Women's Bodyfitness 15-23 years - OPEN
- Master Women's Bodyfitness >35 years - OPEN
- Women's Bodyfitness up to 163 cm
- Women's Bodyfitness over 163 cm

MEN'S CLASSIC BODYBUILDING

- Junior Men's Classic Bodybuilding 15-23 years OPEN
- Master Men's Classic Bodybuilding >40 years OPEN
- Men's Classic Bodybuilding up to 168 cm
- Men's Classic Bodybuilding up to 171 cm
- Men's Classic Bodybuilding up to 175 cm
- Men's Classic Bodybuilding up to 180 cm
- Men's Classic Bodybuilding over 180 cm

- Men's Wheelchair Bodybuilding - OPEN
- Men's Para-bodybuilding - OPEN (test)
- Muscular Fit Men's Physique - OPEN
- Fit Women's Physique – OPEN

MEN'S FIT CLASSIC PHYSIQUE

- Junior Men's Fit Classic Physique 15-23 years - OPEN
- Master Men's Fit Classic Physique > 40 years- OPEN
- Men's Fit Classic Physique up to 168 cm
- Men's Fit Classic Physique up to 171 cm
- Men's Fit Classic Physique over 171 cm

MEN'S BODYBUILDING

- Junior Men's Bodybuilding 15-20 years
- Junior Men's Bodybuilding 21-23 yearsç
- Master Men's Bodybuilding 40-49 years- OPEN
- Master Men's Bodybuilding > 50 years – OPEN

- Men's Bodybuilding up to 65KG
- Men's Bodybuilding up to 70KG
- Men's Bodybuilding up to 75 KG
- Men's Bodybuilding up to 80 KG
- Men's Bodybuilding over 80 KG

SUNDAY, NOVEMBER 15th , 2026

08:00 – ?? ONE CONTINUOUS SESSION

(If there are 7 or less athletes in a category, there will be no pre-judging rounds)

It's athletes responsibility to be backstage before their category starts. Please be aware that some categories might run very fast, so athletes must be long in advance ready at the venue.

WOMEN'S BIKINI:

- Junior Women's Bikini 15-23 years - OPEN
- Master Women's Bikini >35 years - OPEN
- Women's Bikini up to 158 cm
- Women's Bikini up to 160 cm
- Women's Bikini up to 164 cm
- Women's Bikini up to 169 cm
- Women's Bikini over 169 cm
- Fit-Pairs – OPEN

WOMEN'S WELLNESS:

- Junior Women's Wellness 15-23 years - OPEN
- Women's Wellness up to 163 cm
- Women's Wellness over 163 cm
- Master Women's Wellness > 35 years – OPEN

- Women's Fit & Beauty - OPEN (new division)
- Men's Fit - OPEN (new division)
- Posing Art (new division)

FIT-MODEL

- Junior Men's Fit Model 15-23 years – OPEN
- Junior Women's Fit-Model 15-23 years OPEN
- Master Women's Fit Model > 35 years - OPEN
- Men's Fit-Model – OPEN
- Women's Fit-Model up to 163 cm
- Women's Fit-Model up to 168 cm
- Women's Fit-Model over 168 cm

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