



## **SINGAPORE BODYBUILDING AND FITNESS FEDERATION**

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### **LOCAL EVENTS FOR 2010**

- 1) NUS MUSCLE & FITNESS WAR  
23<sup>RD</sup> JANUARY 2010 (2:00 PM TO 6:00 PM)  
NUS MULTI PURPOSE HALL 2
  
- 2) HOME TEAM NS BODYBUILDING CHAMPIONSHIPS  
MARCH 2010 (DATE TO BE CONFIRMED)  
HDB HUB, TOA PAYOH CENTRAL
  
- 3) SBBF NATIONAL MEN SENIOR / JUNIOR & WOMEN FITNESS CHAMPIONSHIPS  
10<sup>TH</sup> APRIL 2010 (9:00 AM TO 6:00 PM)  
KRETA AYER PEOPLES THEATRE
  
- 4) PESTA SUKAN TRIANGULAR CHAMPIONSHIPS  
AUGUST 2010 (DATE TO BE CONFIRMED)
  
- 5) MULTI ASIAN CHAMPIONSHIPS (MEN, WOMEN & JUNIOR)  
29<sup>TH</sup> SEPTEMBER 2010 TO 3<sup>RD</sup> OCTOBER 2010 (9:00 AM TO 6:00 PM)  
KRETA AYER PEOPLES THEATRE
  
- 6) INTER-CLUB CHAMPIONSHIPS  
NOVEMBER 2010 (DATE & VENUE TO BE CONFIRMED)
  
- 7) YOUTH FITNESS & PHYSIQUE SPORTS CHALLENGE  
DECEMBER 2010 (DATE TO BE CONFIRMED)

### **INTERNATIONAL EVENTS FOR 2010**

- 1) 44<sup>TH</sup> ASIAN MEN'S BODYBUILDING & 2<sup>ND</sup> ASIAN MEN'S BODYBUILDING CLASSIC  
CHAMPIONSHIPS  
2<sup>ND</sup> TO 7<sup>TH</sup> AUGUST 2010  
TEHRAN – ISLAMIC REPUBLIC OF IRAN
  
- 2) 2<sup>ND</sup> WBPf WORLD MEN'S & 1<sup>ST</sup> WBPf WORLD WOMEN'S BODYBUILDING CHAMPIONSHIPS  
3<sup>RD</sup> TO 8<sup>TH</sup> NOVEMBER 2010  
BANGKOK – THAILAND
  
- 3) 2<sup>ND</sup> ASIAN BEACH GAMES  
6<sup>TH</sup> TO 14<sup>TH</sup> DECEMBER 2010  
OMAN – MUSCAT

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