

THE 5TH ABG SPORTS AND EVENTS

No.	Sports	No. Events	Events	Sub total	No. Dates
1	Beach Aquatics:				
1.1	Marathon Swimming	1	Male 5 Km	4	2
		2	Male 10 Km		
		3	Female 5Km		
		4	Female 10Km		
1.2	Water Polo	1	Men's Team	1	7
2	Beach Kabaddi	1	Men' s Team	2	4
		2	Women' s Team		
3	Beach Soccer	1	Men' s Team	1	10
4	Volleyball	1	Men's Team	2	8
		2	Women's Team		
5	Beach Handball	1	Men's Team	2	8
		2	Women's Team		
6	3x3 Basketball	1		2	3
		2			
7	Beach Sepaktakraw	1	Men's Team	6	8
		2	Men's Regu		
		3	Men's Trio		
		4	Women's Team		
		5	Women's Regu		
		6	Women's Trio		
8	Beach Martial Arts:				
8.1	Beach Wrestling	1	Men under 60kg	8	3
		2	Men under 70kg		
		3	Men under 80kg		
		4	Men under 90kg		
		5	Women under 50kg		
		6	Women under 60kg		
		7	Women under 70kg		
		8	Women over 70kg.		
8.2	Sambo	1	Men -62 kg	8	3
		2	Men -74 kg		
		3	Men -90 kg		
		4	Men +90 kg		
		5	WoMen -56kg		
		6	WoMen -64kg		
		7	WoMen -72kg		
		8	WoMen +72kg		

No.	Sports	No. Events	Events	Sub total	No. Dates
8.3	Jujitsu	1	Newaza Men - 56 kg	18	3
		2	Newaza Men - 62 kg		
		3	Newaza Men - 69 kg		
		4	Newaza Men - 77 kg		
		5	Newaza Men - 85 kg		
		6	Newaza Men - 94 kg		
		7	Newaza Men + 94 kg		
		8	KCC		
		9	Newaza Women - 45 kg		
		10	Newaza Women - 49 kg		
		11	Newaza Women - 55 kg		
		12	Newaza Women - 62 kg		
		13	Newaza Women - 70 kg		
		14	Newaza Women + 70 kg		
		15	KCC		
		16	Men (Duo)		
		17	Women (Duo)		
		18	Mixed		
8.4	Kurash	1	Men - 60kg	10	3
		2	Men - 66kg		
		3	Men - 73kg		
		4	Men - 81kg		
		5	Men - 90kg		
		6	Women - 48kg		
		7	Women - 52kg		
		8	Women - 57kg		
		9	Women - 63kg		
		10	Women- 70kg		
8.5	Pencak Silat	1	Tanding Men: 50kg	18	5
		2	Tanding Men: 55kg		
		3	Tanding Men: 60kg		
		4	Tanding Men: 65kg		
		5	Tanding Men: 70kg		
		6	Tanding Men: 75kg		
		7	Tanding Men: 80kg		
		8	Tanding Men: 85kg		
		9	Tanding Women: 50kg		
		10	Tanding Women: 55kg		
		11	Tanding Women: 60kg		
		12	Tanding Women: 65kg		
		13	Tunggal Men		
		14	Ganda Men		
		15	Regu Men		
		16	Tunggal Women		
		17	Ganda Women		

No.	Sports	No. Events	Events	Sub total	No. Dates
		18	Regu Women		
8.6	Vovinam	1	Men Leg attack techniques	9	3
		2	Men Five gate form		
		3	Men Dual form number 3		
		4	Men Dual machete form		
		5	Men Weapon self-defense		
		6	Women Dual sword form		
		7	Women Dragon tiger form		
		8	Women Weapon self-defense		
		9	Women Self-defense for		
8.7	Muay	1	Men Light Flyweight weight 45 - 48 kg.	16	5
		2	Men Flyweight weight 48 - 51 kg.		
		3	Men Bantamweight weight 51 - 54 kg.		
		4	Men Featherweight weight 54 - 57 kg.		
		5	Men Lightweight weight 57 - 60 kg.		
		6	Men Light Welterweight weight 60 -63.5kg.		
		7	Men Welterweight weight 63.5 - 67 kg.		
		8	Men Light Middleweight weight 67 - 71 kg.		
		9	Men Middleweight weight 71 - 75 kg.		
		10	Men Light Heavyweight weight 75 - 81 kg.		
		11	Women Light Flyweight weight 45 - 48 kg.		
		12	Women Flyweight weight 48 - 51 kg.		
		13	Women Bantamweight weight 51 - 54 kg.		
		14	Women Featherweight weight 54 - 57 kg.		
		15	Women Lightweight weight 57 - 60 kg.		
		16	Women Light Welterweight weight 60 - 63.5kg.		
8.8	Combat in Traditional Martial Arts	1	Men Under 50kg	11	4
		2	Men From 50kg to 55kg		
		3	Men From 55kg to 60kg		
		4	Men From 60kg to 65kg		
		5	Men From 65kg to 70kg		

No.	Sports	No. Events	Events	Sub total	No. Dates
		6	Men Open		
		7	Women Under 48kg		
		8	Women From 48kg to 52kg		
		9	Women From 52kg to 56kg		
		10	Women From 56kg to 60kg		
		11	Women Open		
9	Beach Shuttlecock	1	Men's Single	07	6
		2	Men's Doubles		
		3	Men's Team		
		4	Women's Single		
		5	Women's Doubles		
		6	Women's Team		
		7	Mixed event		
10	Beach Petanque	1	Men Double	9	6
		2	Women Double		
		3	Mixed double		
		4	Men Single		
		5	Women Single		
		6	Men Shooting		
		7	Women Shooting		
		8	Men Triple		
		9	Women Triple		
11	Beach Body Building	1	Up to & Incl 158cm Max weigh (kg) = Height (cm) – 100 + 0 (kg)	7	2
		2	Up to & Incl 162 cm Max weigh (kg) = Height (cm) – 100 + 0 (kg)		
		3	Up to & Incl 165 cm Max weigh (kg) = Height (cm) – 100 + 1 (kg)		
		4	Up to & Incl 168 cm Max weigh (kg) = Height (cm) – 100 + 2 (kg)		
		5	Up to & Incl 172 cm Max weigh (kg) = Height (cm) – 100 + 3 (kg)		
		6	Up to & Incl 176 cm Max weigh (kg) = Height (cm) – 100 + 4 (kg)		
		7	Up to & Incl 180 cm Max weigh (kg) = Height (cm) – 100 + 5 (kg)		

No.	Sports	No. Events	Events	Sub total	No. Dates
12	Woodball	1	Men sigle fairway	11	8
		2	Women single fairway		
		3	Fairway men team		
		4	Fairway wemen team		
		5	Men Single Stroke		
		6	Stroke wemen single		
		7	Stroke men team		
		8	Mix fairway		
		9	Men double fairway		
		10	Wemen double fairway		
		11	Stroke wemen team		
13	Coastal Rowing	1	Solo (MC1x)	6	5
		2	Double Sculls (MC2x)		
		3	Coxed Quadruple Sculls (MC4x+)		
		4	Solo (WC1x)		
		5	Double Sculls (WC2x)		
		6	Coxed Quadruple Sculls (WC4x+)		
14	Beach Athletics	1	Men 60m	14	4
		2	Men Shot Put		
		3	Men Long Jump		
		4	Men Triple jump		
		5	Men Cross Country Team		
		6	Men Cross Country Individual		
		7	Men 4x60m relay		
		8	Women 60m		
		9	Women Shot Put		
		10	Women Long Jump		
		11	Women Triple jump		
		12	Women Cross Country Team		
		13	Women Cross Country Individual		
		14	Women 4x60m relay		
Total Events		172			