


**National 46th Men & 31st Women Junior & 25th Sub Junior Boys & Girls
Equipped Powerlifting Championship to be held in Patiala, Punjab
from 16th to 21st June 2024**

PROVISIONAL PRORAMME

16/06/2024 (SUNDAY)			
10.00 AM	Reporting & Accreditation		
03.00 PM	Technical Committee Meeting		
04.00 PM	Referees Clinic		
04.30 PM	Anti Doping Seminar		
05.30 PM	Opening Ceremony		
17/06/2024 (MONDAY)			
07.00 AM	Weigh in	53 & 59 Kg	Men
09.00 AM	Competition	53 & 59 Kg	Men
11.00 AM	Weigh in	43 & 47 Kg	Women
01.00 PM	Competition	43 & 47 Kg	Women
03.00 PM	Weigh in	66 Kg	Men
05.00 PM	Competition	66 Kg	Men
18/06/2024 (TUESDAY)			
07.00 AM	Weigh in	74 Kg	Men
09.00 AM	Competition	74 Kg	Men
11.00 AM	Weigh in	52 Kg	Women
01.00 PM	Competition	52 Kg	Women
03.00 PM	Weigh in	83 Kg	Men
05.00 PM	Competition	83 Kg	Men
19/06/2024 (WEDNESDAY)			
07.00 AM	Weigh in	93 Kg	Men
09.00 AM	Competition	93 Kg	Men
11.00 AM	Weigh in	57 Kg	Women
01.00 PM	Competition	57 Kg	Women
03.00 PM	Weigh in	63 Kg	Women
05.00 PM	Competition	63 Kg	Women
20/06/2024 (THURSDAY)			
07.00 AM	Weigh in	69 & 76 Kg	Women
09.00 AM	Competition	69 & 76 Kg	Women
11.00 AM	Weigh in	105 Kg	Men
01.00 PM	Competition	105 Kg	Men
03.00 PM	Weigh in	84 & 84+ Kg	Women
05.00 PM	Competition	84 & 84+ Kg	Women
21/06/2024 (FRIDAY)			
08.00 AM	Weigh in	120 & 120+ Kg	Men
10.00 AM	Competition	120 & 120+ Kg	Men
04.00 PM	Closing Ceremony		

Programmes are subject to change at the discretion of the Organizers.




P. J. Joseph (Arjuna)
 Secretary General