

National Masters (Men & Women)  
Equipped & Classic Powerlifting Championship 2024  
to be held from 21<sup>st</sup> to 26<sup>th</sup> July 2024 @ Waghela JI Marriage Garden, MR 10 Road,  
Star Square, Scheme 134, Nipania, Indore, Madhya Pradesh – 452010

**PROVISIONAL PROGRAMME**

**21/07/2024 (SUNDAY)**

07.00 PM TECHNICAL COMMITTEE MEETING/REFEREE CLINIC  
08.00 PM ANTI DOPING SEMINAR

**22/07/2024 (MONDAY)**

**CLASSIC POWERLIFTING**

07.00 AM	WEIGH IN	59 & 66 KG	MEN
08.30 PM	<b>OPENING CEREMONY</b>		
09.00 AM	COMPETITION	59 & 66 KG	MEN
10.00 AM	WEIGH IN	47,52 & 57 KG	WOMEN
12.00 NOON	COMPETITION	47,52 & 57 KG	WOMEN
01.00 PM	WEIGH IN	63 & 69 KG	WOMEN
03.00 PM	COMPETITION	63 & 69 KG	WOMEN
04.00 PM	WEIGH IN	74 KG	MEN
06.00 PM	COMPETITION	74 KG	MEN

**23/07/2024 (TUESDAY)**

07.00 AM	WEIGH IN	83 KG	MEN
09.00 AM	COMPETITION	83 KG	MEN
10.00 AM	WEIGH IN	76, 84 & 84+ KG	WOMEN
12.00 NOON	COMPETITION	76, 84 & 84+ KG	WOMEN
01.00 PM	WEIGH IN	93 & 105 KG	MEN
03.00 PM	COMPETITION	93 & 105 KG	MEN

### 24/07/2024 (WEDNESDAY)

07.00 AM	WEIGH IN	120 & 120+ KG	MEN	CLASSIC
09.00 AM	COMPETITION	120 & 120+ KG	MEN	CLASSIC

### EQUIPPED POWERLIFTING

10.00 AM	WEIGH IN	59 & 66 KG	MEN
12.00 NOON	COMPETITION	59 & 66 KG	MEN
01.00 PM	WEIGH IN	47, 52 & 57 KG	WOMEN
03.00 PM	COMPETITION	47, 52 & 57 KG	WOMEN
04.00 PM	WEIGH IN	63, 69 & 76 KG	WOMEN
06.00 PM	COMPETITION	63, 69 & 76 KG	WOMEN

### 25/07/2024 (THURSDAY)

07.00 AM	WEIGH IN	74 & 83 KG	MEN
09.00 AM	COMPETITION	74 & 83 KG	MEN
10.00 AM	WEIGH IN	84 & 84+ KG	WOMEN
12.00 NOON	COMPETITION	84 & 84+ KG	WOMEN
12.00 NOON	WEIGH IN	93 & 105+ KG	MEN
02.00 PM	COMPETITION	93 & 105+ KG	MEN

### 26/07/2024 (FRIDAY)

07.00 AM	WEIGH IN	120 & 120+ KG	MEN
09.00 AM	COMPETITION	120 & 120+ KG	MEN
11.00 AM	<b>CLOSING CEREMONY</b>		

Programme subject to change at the discretion of the Organizers.



P. J. Joseph (Arjuna)  
Secretary General  
Powerlifting India