

Federation Cup (Men & Women)
Classic & Equipped Powerlifting Championships
to be held @ Himachal Pradesh from 02nd to 05th November 2025

FINAL PROGRAMME

CLASSIC POWERLIFTING

02/11/2025 (SUNDAY)

08.00 AM	TECHNICAL COMMITTEE MEETING/ REFEREE CLINIC		
10.00 AM	WEIGH IN	59 & 66, 74KG	MEN
11.00 AM	OPENING CEREMONY		
12.00 NOON	COMPETITION	59 , 66 & 74KG	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 KG	WOMEN
06.00 PM	COMPETITION	63 & 69 KG	WOMEN

03/11/2025 (MONDAY)

07.00 AM	WEIGH IN	83, 93 & 105 KG	MEN
09.00 AM	COMPETITION	83, 93 & 105 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	120 & 120+ KG	MEN
03.00 PM	COMPETITION	120 & 120+ KG	MEN

EQUIPPED POWERLIFTING

04/11/2025 (TUESDAY)

07.00 AM	WEIGH IN	59, 66 & 74 KG	MEN
09.00 AM	COMPETITION	59, 66 & 74 KG	MEN
11.00 AM	WEIGH IN	47 to 69 KG	WOMEN
01.00 PM	COMPETITION	47 to 69 KG	WOMEN
03.00 PM	WEIGH IN	83, 93 & 105 KG	MEN
05.00 PM	COMPETITION	83, 93 & 105 KG	MEN

05/11/2025 (WEDNESDAY)

07.00 AM	WEIGH IN	76, 84 & 84+ KG	WOMEN
09.00 AM	COMPETITION	76, 84 & 84+ KG	WOMEN
09.00 AM	WEIGH IN	120 & 120+ KG	MEN
11.00 AM	COMPETITION	120 & 120+ KG	MEN

02.30 PM CLOSING CEREMONY

Programme subject to change at the discretion of the Organizers.




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