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F4/4370/PI/2026

08/01/2026

The Secretary,  
\_\_\_\_\_  
State Powerlifting Association.

Dear Sir,

**National Open (Senior) Men & Women  
Classic Powerlifting Championship 2026**  
**to be held at Mangalore, Karnataka from 24<sup>th</sup> to 28<sup>th</sup> March 2026.**

We are pleased to inform all concerned that National Open (Men & Women) Classic Powerlifting Championship is scheduled to be held in **T.V.Raman Pai Convention Centre, Navabharath Circle, Opp. Kasharp Fitness Kodialbail, Mangalore -575003, Karnataka during 24<sup>th</sup> to 28<sup>th</sup> March 2026.**

From this Championship jointly being conducted under the aegis of Powerlifting India, Karnataka Powerlifting Association & Kasharp Fitness Kodialbail will select the national (Men & Women) team for World Open Classic Powerlifting Championship to be held in UAE, Dubai during 13-26 June 2026.

The salient features of the National Open Classic Powerlifting Championship 2026 will be as follows-

1. Date of the Championship : **24 – 28 March 2026.**
2. Venue : **T.V.Raman Pai Convention Centre, Navabharath Circle, Opp. Kasharp Fitness Kodialbail, Mangalore -575003.**
3. Competitions will be conducted as per time schedule attached.
4. The food for the competitors and officials will be provided by the organizers but accommodation will be restricted to the invited officials. However, organizers will help the teams to find hotels for accommodating competitors.
5. The last date for submission of **preliminary entry is 25/02/2026.**
6. The last date for submission of **final entry is 10/03/2026.**

7. All the teams shall report at the venue at 09.00 AM on 24<sup>th</sup> March and participate in the opening ceremony at 10.30 AM in their state uniform.
8. Minimum qualifying mark for the first attempt weight of Squat, Bench Press and Deadlift are given for the State team selection and this minimum poundage should be insisted upon and complied with.
9. On completion of competition in each weight category, the medal awarding ceremony will take place immediately, for which the Technical Controller will instruct the competitors for line-up on the stage. Medals will be given away then and there itself. The absentees will forfeit the medals and certificates. Winners shall be on the victory stand strictly with **tracksuit and shoes**.
10. Officials from NADA and Powerlifting India will be present in the venue and any lifter can be subjected to anti-doping test.
11. After submission of final entry by States, federation will be sending invoices indicating entry fee to be paid by each team, and the amount as per invoice shall be remitted to the bank account of the federation on or before the date mentioned for the same. Payment by cash in the championship/venue will not be accepted.
12. Minimum starting poundage for ensuing National Open (Senior) Championship shall be as under :

#### **SENIOR MEN**

<b>Category</b>	<b>Squat</b>	<b>Benchpress</b>	<b>Deadlift</b>
59 Kg	110 Kg	65 Kg	120 Kg
66 Kg	115 Kg	70 Kg	125 Kg
74 Kg	120 Kg	75 Kg	130 Kg
83 Kg	125 Kg	80 Kg	130 Kg
93 Kg	130 Kg	85 Kg	135 Kg
105 Kg	130 Kg	85 Kg	130 Kg
120 Kg	125 Kg	80 Kg	130 Kg
+120 Kg	120 Kg	70 Kg	120 Kg

## **SENIOR WOMEN**

<b>Category</b>	<b>Squat</b>	<b>Benchpress</b>	<b>Deadlift</b>
47 Kg	60 Kg	30 Kg	70 Kg
52 Kg	65 Kg	35 Kg	75 Kg
57 Kg	70 Kg	37.5 Kg	80 Kg
63 Kg	75 Kg	40 Kg	85 Kg
69 Kg	80 Kg	40 Kg	85 Kg
76 Kg	80 Kg	40 Kg	85 Kg
84 Kg	80 Kg	40 Kg	85 Kg
+84 Kg	70 Kg	35 Kg	80 Kg

### **For any information :**

Mr. Sathish Kumar  
Secretary  
Karnataka Powerlifting Assn.  
Mob: **9448893344**

Mr. Pradeep Kumar  
Organizing Secretary  
Mob : **9663034824**

We seek your kind co-operation for the success of the National Classic Powerlifting Championship to be held in Mangalore, Karnataka.

Wishing you Best of Luck.

Thanking you,

Yours faithfully,

P. J. Joseph (Arjuna)  
Secretary General

