

National Open (Senior)
(Men & Women) Classic Powerlifting Championship 2026
to be held at T.V.Raman Pai Convention Centre, Navabharath Circle,
Opp. Kasharp Fitness Kodialbail, Mangalore -575003, Karnataka
from 24th to 28th March 2026

PROVISIONAL PROGRAMME

24/03/2026 (Tuesday)

09.00 am	-	Technical Committee Meeting & Referee Clinic		
10.00 am	-	Weigh in	59 kg	Men
10.30 am	-	Opening Ceremony		
12.00 noon	-	Competition	59 Kg	Men
02.00 pm	-	Weigh in		
04.00 pm	-	Competition	47 & 52 Kg	Women
			47 & 52 Kg	Women

25/03/2026 (Wednesday)

07.00 am	Weigh in	66 Kg	Men
09.00 am	Competition	66 Kg	Men
10.30 am	Weigh in	57 & 63 Kg	Women
12.30 pm	Competition	57 & 63 Kg	Women
05.00 pm	Anti Doping Seminar.		
06.00 PM	Cultural Programme.		

26/03/2026 (Thursday)

07.00 am	Weigh in	74 Kg	Men
09.00 am	Competition	74 Kg	Men
10.30 am	Weigh in	69 Kg	Women
12.30 pm	Competition	69 Kg	Women
02.30 pm	Weigh in	83 Kg	Men
04.30 pm	Competition	83 Kg	Men

27/03/2026 (Friday)

07.00 am	Weigh in	93 Kg	Men
09.00 am	Competition	93 Kg	Men
10.30 am	Weigh in	76 Kg	Women
12.30 pm	Competition	76 Kg	Women
02.00 pm	Weigh in	105 Kg	Men
04.00 pm	Competition	105 Kg	Men

28/03/2026 (Saturday)

07.00 am	Weigh in	84 & 84+ Kg	Women
09.00 am	Competition	84 & 84+ Kg	Women
11.00 am	Weigh in	120 & 120+ Kg	Men
01.00 pm	Competition	120 & 120+ Kg	Men
06.00 pm	Closing Ceremony		

Programme subject to change at the discretion of the Organizers.




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