



POWERLIFTING INDIA

Recognized by : Ministry of Youth Affairs and Sports, Govt. of India
Affiliated to : International Powerlifting Federation & Asian Powerlifting Federation
Registered under Registration of Societies Act, West Bengal

23.09.2019

CHIEF PATRON

Sri. K.C.SINGH BABA

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Sri. PRAKASH MEHTA
Sri. SADANAND SHETTY

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ZONAL SECRETARIES :

Sri. GOPAL KRISHAN (N)
Sri. S. KOTESHWAR RAO (S)
Sri. C. SWAIN (E)
Sri. SACHIN MATHANE (W)

Dear All,

FEDERATION CUP POWERLIFTING CHAMPIONSHIP 2019

**Sri Ram Gym, Sri Ram Sports Group Campus, Robot Square, MR-9,
Indore, Madhya Pradesh during 20 – 22 December, 2019.**

Happy to inform you all that Madhya Pradesh State Powerlifting Association will be hosting the Federation Cup Powerlifting Championship of 2019 during 20 – 22 December, 2019 in Sri Ram Gym, Sri Ram Sports Group Campus, Robot Square, MR-9, Indore.

In this connection, please note the following –

1. The winners of the first three places of the Sub Junior, Junior, Senior and Masters Powerlifting Championships of 2019 shall be eligible to participate in this meet.
2. List of eligible lifters are enclosed.
3. **Entry of teams shall be submitted before 01.12.2019.** Late entries will be summarily rejected. **Final entry : 10.12.2019**
4. Important details of Federation Cup Powerlifting Championship 2019 :

Venue	:	Sri Ram Gym, Sri Ram Sports Group Campus, Robot Square, MR-9, Indore
Reporting Time	:	19 th December After 2.00 PM
Competition Time Schedule	:	As per Programme enclosed
Entry Fee	:	Rs. 1000/- per competitor
ID Card Fee	:	Rs. 400/-
Meet Director	:	Mr. DINESH PALLIWAL Secretary, Madhya Pradesh Powerlifting Association. 745, Hanuman Gali, Sitamata Mandir ke pass, Khajrana, Indore - 452 016 Mob : 9425125489

5. Indian team for the following international meets will be selected from this Championship.
 - a) Asian Powerlifting Championship 2020 to be held at Dubai from 1st to 5th May 2020.
 - b) Asia Pacific Classic Equipped Sub Junior, Junior, Open & Masters Powerlifting & Benchpress Championship to be held at Kaohsiung City from 22nd to 29th February 2020.
6. The reigning National Champions who would like to be considered for selection to Indian team for International meets shall bring their passports.
7. The organizers will provide accommodation to the participants from 20.12.2019 to 22.12.2019 on. All the teams may plan their travel arrangements accordingly and details of arrival and departure may be intimated to the Meet Director well in advance.

Wish you All The Best,

Thanking you,

Yours faithfully,



P.J. Joseph (Arjuna)
Secretary General





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FEDERATION CUP POWERLIFTING CHAMPIONSHIP

REVISED PROGRAMME

20.12.2019

12.00 noon	-	Reporting		
02.00pm	-	Technical Committee Meeting		
04.00 pm	-	Opening Ceremony		
03.00 pm	-	Weigh in	59 & 66 Kg	Men
05.00 pm	-	Competition	59 & 66 Kg	Men

21.12.2019

07.00 am	-	Weigh in	74 & 83 Kg	Men
09.00 am	-	Competition	74 & 83 Kg	Men
09.00 am	-	Weigh in	All Women category	
11.00 am	-	Competition	All Women category	
01.00 pm	-	Weigh in	93 & 105 Kg	Men
03.00 pm	-	Competition	93 & 105 Kg	Men

22.12.2019

07.00 am	-	Weigh in	120 & 120+ Kg	Men
09.00 am	-	Competition	120 & 120+ Kg	Men
11.00 am	-	Closing Ceremony		

Programme is subject to change at the discretion of the Management

P.J. Joseph (Arjuna)
Secretary General

