

F4 /103/ZC/PI/2021

18.04.2022

**CHIEF PATRON**

Sri. K.C.SINGH BABA

**PATRONS :**

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Sri. PRAKASH MEHTA  
Sri. SADANAND SHETTY

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Sri. VINOD SAHU  
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Sri. P J JOSEPH (Arjuna)

**SECRETARY :**

Sri. NARESH DHAWAN

**TREASURER :**

Sri. SATHISH KUMAR

**JOINT SECRETARIES :**

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Sri. FAYYAZ AHMED

**EXECUTIVE MEMBERS :**

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Sri. S. NAGARAJAN  
Sri. NAGARAJ. M  
Sri. ANUJ TIWARI  
Ms. RAKSHA MAHARAO

**ZONAL SECRETARIES :**

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

The secretary,  
\_\_\_\_\_ Powerlifting Association.

**South India Sub Junior, Junior & Senior (Men & Women)**  
**Powerlifting Championship 2022**

Glad to inform that the Andhra Pradesh Powerlifting Association will be hosting the captioned championship in Rao Gopal Rao Auditorium, Anakapalli, Visakhapatnam District, Andhra Pradesh from 20<sup>th</sup> to 22<sup>nd</sup> May 2022. (nearest railway station Anakapalli Jn. -2 km).

The Sub Junior and Junior competitors will be classified as per the following age norms :

Sub Junior : Born between 01.01.2004 & 31.12.2010

Junior : Born between 01.01.1999 & 31.12.2003

The entries shall be uploaded online as follows:

**Preliminary – On or before 30.04.2022**

**Final – On or before 10.05.2022**

**Entry fee – @ Rs. 800/- per competitor**

The Contact address are given below:

Meet Director : Sri. GLVV Nagaraju, Phone - 7799255233

Zonal Secretary : Sri. Koteswar Rao, Phone – 7032577878

Detailed competition program attached.

Soliciting the co-operation of all concerned to make the championship a resounding success.

With thanks and regards.

Thanking You,

Yours faithfully,



P.J. Joseph (Arjuna)  
Secretary General



**South India Sub Junior, Junior & Senior (Men & Women)**  
**Powerlifting Championship 2022**  
**from 20<sup>th</sup> to 22<sup>nd</sup> May 2022 @ Visakhapattanam, Andhra Pradesh**

**COMPETITION PROGRAMME**

<b>20.05.2022 Friday (All age category)</b>			
<b>Reporting</b>		<b>10.00 am</b>	
<b>Technical Committee</b>		<b>02.00 pm</b>	
<b>Opening Ceremony</b>		<b>04.00 pm</b>	
Weigh in	53 & 59 Kg	Men	03.00 pm
Competition	53 & 59 Kg	Men	05.00 pm
<b>21.05.2022 Saturday (All age category)</b>			
Weigh in	66 & 74 Kg	Men	08.00 am
Competition	66 & 74 Kg	Men	10.00 am
Weigh in	43, 47 & 52 Kg	Women	10.00 am
Competition	43, 47 & 52 Kg	Women	12.00 noon
Weigh in	83 & 93 Kg	Men	01.00 pm
Competition	83 & 93 Kg	Men	03.00 pm
Weigh in	57, 63 & 69 Kg	Women	03.00 pm
Competition	57, 63 & 69 Kg	Women	05.00 pm
<b>22.05.2022 Sunday (All age category)</b>			
Weigh in	105, 120, 120+ Kg	Men	08.00 am
Competition	105, 120, 120+ Kg	Men	10.00 am
Weigh in	76, 84, 84+ Kg	Women	11.00 am
Competition	76, 84, 84+ Kg	Women	01.00 pm
<b>Closing Ceremony</b>		<b>04.00 pm</b>	

Programme subject to change at the discretion of the Organizers.



P.J. Joseph (Arjuna)  
Secretary General