

Federation Cup (Men & Women) Powerlifting Championship 2022-23
to be held at Indoor Sports Complex, Bhagwati Nagar, Jammu
from 23rd to 26th February 2023

PROVISIONAL PROGRAMME

23.02.2023 (Thursday)

12.00 Noon	-	Reporting
03.00 pm	-	Technical Committee
04.00 pm	-	Referee Clinic
05.00 pm	-	Dope Awareness Seminar
06.00 pm	-	Opening Ceremony

24.02.2023 (Friday)

07.00 am	Weigh in	59 & 66 Kg	Men (53 also included)
09.00 am	Competition	59 & 66 Kg	Men
11.00 am	Weigh in	47 & 52 Kg	Women (43 also included)
01.00 pm	Competition	47 & 52 Kg	Women
02.00 pm	Weigh in	57 & 63 Kg	Women
04.00 pm	Competition	57 & 63 Kg	Women

25.02.2023 (Saturday)


07.00 am	Weigh in	74 & 83 Kg	Men
09.00 am	Competition	74 & 83 Kg	Men
11.00 am	Weigh in	69 & 76 Kg	Women
01.00 pm	Competition	69 & 76 Kg	Women
02.00 pm	Weigh in	93 & 105 Kg	Men
04.00 pm	Competition	93 & 105 Kg	Men

26.02.2023 (Sunday)

08.00 am	Weigh in	84 & 84+ Kg	Women
10.00 am	Competition	84 & 84+ Kg	Women
11.00 am	Weigh in	120 & 120+ Kg	Men
01.00 pm	Competition	120 & 120 Kg	Men
05.00 pm	Closing Ceremony		

Programme subject to change at the discretion of the Organizers.




P. J. Joseph (Arjuna)
Secretary General