



POWERLIFTING INDIA

Affiliated to : International Powerlifting Federation
Affiliated to : Asian Powerlifting Federation
Affiliated to : Commonwealth Powerlifting Federation

F4/130/PI/2023

17.02.2023

The Secretary,

_____ State Powerlifting Association.

Dear Sir,

National Senior (Men & Women)
Classic Powerlifting Championship 2023

Happy to inform you all that the National Senior (Men & Women) Classic Powerlifting Championship 2023 has been finally decided to be held in V. K. Krishna Menon Indoor Stadium, Kozhikode, Kerala with the help and support of Kerala State Powerlifting Association and Kozhikode District Powerlifting Association during 1 – 5 April 2023. Please gear up for participation.

The Indian team for the World Open (Men & Women) Classic Powerlifting Championship to be held in Valetta City of Malta from 11th to 17th June 2023 will be selected from the above national meet.

Please bear in mind the following too:

1. The Venue of the National Championship is **V. K. Krishna Menon Indoor Stadium, Kozhikode, Kerala.**
2. The date of the Championship is from **1st to 5th of April 2023**, as per competition schedule enclosed.
3. There are so many hotels available nearby the venue which can be booked online. You may seek the help of organizers for any help.
4. The accommodation and food for the officials will be provided by the organizers.
5. Accommodation and food for the competitors is the responsibility of the arriving teams.
6. The last date for preliminary entry is **10.03.2023.**
7. The last date for final entry is **15.03.2023.**

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8. The competitions will commence at 5 PM on 1st April and will conclude at 5 PM on 5th April 2023.
9. The teams shall report at 10 AM on 1st April 2023 for registration of teams.
10. All the teams shall report in Indoor Stadium at 4 PM on 1st April and participate in the opening ceremony in their state uniform.
11. All technical arrangements will be of International standard with live streaming.
12. Minimum qualification 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.
13. Application for new ID Cards shall be given at least 30 days before the championship through the website www.powerliftingindia.net (along with preliminary entry).
14. 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.
15. Officials from NADA and Powerlifting India will be present in the venue and any lifter can be subjected to anti-doping test.
16. 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. Direct payment of cash in the championship venue will not be accepted.
17. Minimum starting poundage for ensuing Senior National shall be as under :

SENIOR MEN

Category	Squat	Benchpress	Deadlift
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

Category	Squat	Benchpress	Deadlift
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. VENU G NAIR

Hony. Secretary, Kerala State Powerlifting Association

Phone : 9447539688

Mr. PRABHAKARAN K

Organizing Secretary

Phone : 9495784299

We seek your kind co-operation for the success of the National Championship.

Wishing you Best of Luck.

Thanking you,

Yours faithfully,



P. J. Joseph (Arjuna)
Secretary General

