

NATIONAL SENIOR (MEN & WOMEN)
CLASSIC POWERLIFTING CHAMPIONSHIP 2023
1st to 5th April 2023 at V. K. Krishna Menon Indoor Stadium, Kozhikode, Kerala

PROGRAMME

01.04.2023 (Saturday)

10.00 am	-	Reporting		
02.00 pm	-	Technical Committee Meeting		
03.00 pm	-	Referee Clinic		
03.30 pm	-	Weigh in	59 kg	Men
04.00 pm	-	Assemble all Participants with proper Uniform		
04.30 pm	-	Opening Ceremony		
05.30 pm	-	Competition	59 Kg	Men

02.04.2023 (Sunday)

07.00 am	Weigh in	66 Kg	Men
09.00 am	Competition	66 Kg	Men
11.00 am	Weigh in	47 & 52 Kg	Women
01.00 pm	Competition	47 & 52 Kg	Women
03.00 pm	Weigh in	74 Kg	Men
05.00 pm	Competition	74 Kg	Men

03.04.2023 (Monday)

07.00 am	Weigh in	83 Kg	Men
09.00 am	Competition	83 Kg	Men
11.00 am	Weigh in	57 & 63 Kg	Women
01.00 pm	Competition	57 & 63 Kg	Women
03.00 pm	Weigh in	93 Kg	Men
05.00 pm	Competition	93 Kg	Men

04.04.2023 (Tuesday)

07.00 am	Weigh in	105 Kg	Men
09.00 am	Competition	105 Kg	Men
11.00 am	Weigh in	69 & 76 Kg	Women
01.00 pm	Competition	69 & 76 Kg	Women

03.00 pm	Weigh in	84 & 84+ Kg	Women
05.00 pm	Competition	84 & 84+ Kg	Women

05.04.2023 (Wednesday)

07.00 am	Weigh in	120 Kg	Men
09.00 am	Competition	120 Kg	Men
10.00 am	Weigh in	120+ Kg	Men
12.00 noon	Competition	120+ Kg	Men
04.00 pm	-	Closing Ceremony	

Programme subject to change at the discretion of the Organizers.



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