

**National Sub Junior & Junior (Men & Women)**  
**Equipped Powerlifting Championship 2023**  
**From 12 – 17 May 2023 at Courtallam, Tenkasi, Tamil Nadu**

**PROVISIONAL PROGRAMME**

<b>12.05.2023 - Friday</b>		
10.00 AM	Reporting	
02.00 PM	Technical Committee Meeting	
03.00 PM	Referees Clinic	
04.00 PM	Dope Awareness Clinic	
05.00 PM	<b>Opening Ceremony</b>	
08.00 PM	Special Dinner to All Competitor & Officials	
<b>WEIGH IN TIME</b>	<b>PLATFORM 1</b>	<b>PLATFORM 2</b>
<b>13.05.2023 – Saturday</b>		
07.00 AM - Weigh in 53 & 59 Kg Men (All Age Group)	09.00 AM – Competition 53 Kg Sub Junior & Junior	09.00 AM – Competition 59 Kg Sub Junior & Junior
11.00 AM - Weigh in 43 & 47 Kg Women (All Age Group)	01.00 PM – Competition 43 Kg Sub Junior & Junior	01.00 PM – Competition 47 Kg Sub Junior & Junior
03.00 PM - Weigh in 66 Kg Men (All Age Group)	05.00 PM – Competition 66 Kg Sub Junior	05.00 PM – Competition 66 Kg Junior
<b>14.05.2023 – Sunday</b>		
07.00 AM - Weigh in 74 Kg Men (All Age Group)	09.00 AM – Competition 74 Kg Men Sub Junior	09.00 AM – Competition 74 Kg Junior
11.00 AM - Weigh in 52 Kg Women (All Age Group)	01.00 PM – Competition 52 Kg Sub Junior	01.0 PM- Competition 52 Kg Junior
02.00 PM - Weigh in 83 Kg Men (All Age Group)	04.00 PM – Competition 83 Kg Sub Junior	04.00 PM – Competition 83 Kg Junior

<b>15.05.2023 - Monday</b>		
07.00 AM - Weigh in 93 Kg Men (All Age Group)	09.00 AM – Competition 93 Kg Sub Junior	09.00 AM – Competition 93 Kg Junior
11.00 AM - Weigh in 57 Kg Women (All Age Group)	01.00 PM – Competition 57 Kg Sub Junior	01.00 PM – Competition 57 Kg Junior
02.00 PM - Weigh in 63 Kg Women (All Age Group)	04.00 PM – Competition 63 Kg Sub Junior	04.00 PM – Competition 63 Kg Junior
<b>16.05.2023 – Tuesday</b>		
07.00 AM - Weigh in 69 & 76 Kg Women (All Age Group)	09.00 AM – Competition 69 Kg Sub Junior & Junior	09.00 AM – Competition 76 Kg Sub Junior & Junior
11.00 AM - Weigh in 84 & 84+ Kg Women (All Age Group)	01.00 PM – Competition 84 Kg Sub Junior & Junior	01.00 PM – Competition 84+ Kg Sub Junior & Junior
03.00 PM - Weigh in 105 Kg Men (All Age Group)	05.00 PM – Competition 105 Kg Sub Junior	05.00 PM – Competition 105 Kg Junior
<b>17.05.2023 – Wednesday</b>		
07.00 AM - Weigh in 120 & 120+ Kg Men (All Age Group)	09.00 AM – Competition 120 Kg Sub Junior & Junior	09.00 AM – Competition 120+ Kg Sub Junior & Junior
02.00 PM	<b>Closing Ceremony</b>	

Programme subject to change at the discretion of the Organizers.



P. J. Joseph (Arjuna)  
Secretary General