

West India Sub Junior, Junior & Senior (Men & Women)

Classic Powerlifting Championship 2023

from 27 – 29 September 2023 @ Ponda Sports Complex, Sports Authority of Goa, North Goa

PROGRAMME

27.09.2023 (Wednesday)			
Reporting		10.00 am	
Technical Committee		02.00 pm	
Opening Ceremony		04.00 pm	
Weigh in	53 & 59 Kg	Men	03.00 pm
Competition	53 & 59 Kg	Men	05.00 pm
28.09.2023 (Thursday)			
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
29.09.2023 (Friday)			
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
Closing Ceremony		04.00 pm	

Programme subject to change at the discretion of the Organizers.



P.J. Joseph (Arjuna)
Secretary General