


**South India Sub Junior, Junior & Senior (Men & Women)**  
**Equipped Powerlifting Championship 2023**  
**from 8<sup>th</sup> to 10<sup>th</sup> December 2023 @ Tenali, Andhra Pradesh**

**PROGRAMME**

<b>08.12.2023 Friday (All age category)</b>			
<b>Reporting</b>		<b>10.00 am</b>	
<b>Technical Committee</b>		<b>02.00 pm</b>	
<b>Opening Ceremony</b>		<b>04.00 pm</b>	
Weigh in	53 & 59 Kg	Men	03.00 pm
Competition	53 & 59 Kg	Men	05.00 pm
<b>09.12.2023 Saturday (All age category)</b>			
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
<b>10.12.2023 Sunday (All age category)</b>			
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
<b>Closing Ceremony</b>		<b>04.00 pm</b>	

Programme subject to change at the discretion of the Organizers.



  
P.J. Joseph (Arjuna)  
Secretary General