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F4/1458/PI/2024

12/02/2024

The Secretary,

State Powerlifting Association.

Dear Sir,

**National Senior (Men & Women)**  
**Classic Powerlifting Championship 2024**  
**to be held at Hyderabad, Telangana from 08<sup>th</sup> to 12<sup>th</sup> April 2024**

Happy to inform you all that the National Senior (Men & Women) Classic Powerlifting Championship 2024 has been decided to be held in Hyderabad, Telangana with the help and support of Telangana Powerlifting Association during **08 - 12 April 2024**.

The Indian team for the World Open (Men & Women) Classic Powerlifting Championship to be held in Druskininkai, Lithuania from 16 to 23 June 2024 will be selected from the above national meet.

**Points to remember :**

1. The Place of the National Championship is **Hyderabad, Telangana** (this is in cancellation of the venue decided in Odisha earlier).
2. The date of the Championship is from **08<sup>th</sup> to 12<sup>th</sup> of April 2024**, as per competition schedule enclosed.
3. The Organizers confirm food and accommodation for Officials. However they are trying to provide food and accommodations all the competitors also (confirmation to this effect from the Organizers are expected and will be communicated later). Besides there are so many hotels available nearby the venue which can be booked online or with the help of organizers.
4. The last date for preliminary entry is **25.03.2024**.
5. The last date for final entry is **30.03.2024**.

6. The competitions will commence at 05.00 PM on 08<sup>th</sup> April and will conclude at 05.00 PM on 12<sup>th</sup> April 2024.
7. The teams shall report at 10.00 AM on 08<sup>th</sup> April 2024 for registration of teams.
8. All the teams shall report at 04.00 PM on 08<sup>th</sup> April and participate in the opening ceremony in their state uniform.
9. All technical arrangements will be of International standard with live streaming.
10. 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.
11. Application for new ID Cards shall be given at least 30 days before the championship through the website [www.powerliftingindia.net](http://www.powerliftingindia.net) (along with preliminary entry).
12. 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.
13. Officials from NADA and Powerlifting India will be present in the venue and any lifter can be subjected to anti-doping test.
14. 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.
15. 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**

<b>Category</b>	<b>Squat</b>	<b>Benchpress</b>	<b>Deadlift</b>
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. JOSEPH JAMES**

**Secretary**

**Phone : 7032152973**

**Mr. K. RAMESH GOUD**

**President**

**Phone : 9394128129**

**(Telangana Powerlifting Association)**

Please note the change of venue Odisha to Telangana.

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**

