

XIII National Sub Junior & Junior (Men & Women)
Classic Powerlifting Championship to be held at S.D. Bihani Shiksha Trust,
Sri Ganganagar, Rajasthan- 335001 from 06th to 09th June 2024

PROVISIONAL PROGRAMME

06/06/2024 (Thursday)			
10.00 AM	Reporting		
12 NOON	Technical Committee Meeting		
01.00 PM	Referees Clinic		
03.00 PM	Weigh in	53 & 59 Kg	Men
04.00 PM	Opening Ceremony		
05.00 PM	Competition	53 & 59 Kg	Men
07/06/2024 (Friday)			
07.00 AM	Weigh in	66 Kg	Men
09.00 AM	Competition	66 Kg	Men
10.00 AM	Weigh in	43 & 47 Kg	Women
12.00 PM	Competition	43 & 47 Kg	Women
01.00 PM	Weigh in	74 Kg	Men
03.00 PM	Competition	74 Kg	Men
04.00 PM	Weigh in	83 Kg	Men
06.00 PM	Competition	83 Kg	Men
08/06/2024 (Saturday)			
07.00 AM	Weigh in	52 & 57 Kg	Women
09.00 AM	Competition	52 & 57 Kg	Women
10.00 AM	Weigh in	63 & 69 Kg	Women
12.00 PM	Competition	63 & 69 Kg	Women
02.00 PM	Weigh in	93 & 105 Kg	Men
04.00 PM	Competition	93 & 105 Kg	Men
09/06/2024 (Sunday)			
07.00 AM	Weigh in	76, 84 & 84+ Kg	Women
09.00 AM	Competition	76, 84 & 84+ Kg	Women
11.00 AM	Weigh in	120 & 120+ Kg	Men
01.00 PM	Competition	120 & 120+ Kg	Men
05.00 PM	Closing Ceremony		

Programme subject to change at the discretion of the Organizers.



P. J. Joseph (Arjuna)
Secretary General