



POWERLIFTING INDIA

Affiliated to : International Powerlifting Federation
Affiliated to : Asian Powerlifting Federation
Affiliated to : Commonwealth Powerlifting Federation

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F4/1790/PI/2024

18/06/2024

The Secretary

_____ Powerlifting Association.

Dear Sir,

49th National Senior (Men & Women)
Equipped Powerlifting Championship 2024 &
Powerlifting Special Olympics for Special Children
to be held in Kolkata, West Bengal from 20th to 25th August 2024

Happy to inform you all that the 49th National Senior (Men & Women) Equipped Powerlifting Championship & Special Olympics for Special Children Powerlifting Championship 2024 has been decided to be held in Sports Center just beside Great Eden Garden Cricket Stadium & Netaji Indoor Stadium, Kshudiram Anushilan Kendra, Kolkata, West Bengal with the help and support of West Bengal State Powerlifting Association during 20 – 25 August 2024. Please gear up for participation.

The Indian team for the World Special Olympics (Men & Women) Powerlifting Championship to be held in Reykjavik, Iceland from 11th to 17th November 2024 will be selected from the above national meet.

Please bear in mind the following too:

1. The Venue of the National Championship is Sports Center just beside great Eden Garden Cricket Stadium & Netaji Indoor Stadium, Kshudiram Anushilan Kendra, Kolkata, West Bengal.
2. The date of the Championship is from **20th to 25th of August 2024**, as per competition schedule enclosed.
3. State teams shall be formed by conducting State Championships. Conducting special selection trials shall be the last option for formation of the state team.

7. The Selected team members shall be able to perform at least the minimum qualifying mark fixed by the federation.
8. There are so many hotels available nearby the venue which can be booked online. You may seek the help of organizers for any help.
9. We welcome participants with the assurance for serving food for all competitors and Officials from 20th - 25th August 2024. Accommodation will be restricted to officials only. So, competitors have to find accommodation on their own expense but we are ready to help in finding accommodation.
10. Nearest Railway Station & Airport : The Venue is 3.8 KM from Sealdah & Howrah Rail Station and 24.2 KM from Kolkata Airport by Road.
11. The last date for preliminary entry is **20/07/2024**.
12. The last date for final entry is **05/08/2024**.
13. The teams shall report at 10 AM on 20th August 2024 for registration of teams.
14. All the teams shall report in venue at 04.00 PM on 20th August and participate in the opening ceremony in their state uniform.
15. All technical arrangements will be of International standard with live streaming.
16. 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.
17. Application for new ID Cards shall be given at least 30 days before the championship through the website www.powerliftingindia.net (along with preliminary entry).
18. 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.
19. Officials from NADA and Powerlifting India will be present in the venue and any lifter can be subjected to anti-doping test.
20. 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.

21. Minimum starting poundage for ensuing Senior National shall be as under :

SENIOR MEN

Category	Squat	Benchpress	Deadlift
59 Kg	135	85	135
66 Kg	145	85	145
74 Kg	150	90	150
83 Kg	155	95	155
93 Kg	160	95	160
105 Kg	165	97.5	160
120 Kg	160	95	160
+120 Kg	155	90	150

SENIOR WOMEN

Category	Squat	Benchpress	Deadlift
47 Kg	80	37.5	80
52 Kg	85	40	85
57 Kg	90	42.5	90
63 Kg	95	45	90
69 Kg	95	45	90
76 Kg	100	47.5	95
84 Kg	100	45	95
+84 Kg	90	40	90

For any information :

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And Shri Rongon Majumder, Meet Director & Event Manager - +91 6289172689 / 9836050606

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

