

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

PROVISIONAL PROGRAMME

20/08/2024 (Tuesday)

- 10.00 am - Reporting
- 03.00 pm - Technical Committee Meeting & Referee Clinic
- 04.00 pm - Anti Doping Seminar
- 04.30 pm - Assemble all Participants with proper Uniform
- 04.00 pm - Opening Ceremony**

21/08/2024 (Wednesday)

- | | | | |
|------------|-------------|------------|-------|
| 07.00 am | Weigh in | 59 Kg | Men |
| 09.00 am | Competition | 59 Kg | Men |
| 10.00 am | Weigh in | 47 & 52 Kg | Women |
| 12.00 noon | Competition | 47 & 52 Kg | Women |
| 02.00 pm | Weigh in | 66 Kg | Men |
| 04.00 pm | Competition | 66 Kg | Men |

22/08/2024 (Thursday)

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|----------|-------------|------------|-------|
| 07.00 am | Weigh in | 74 Kg | Men |
| 09.00 am | Competition | 74 Kg | Men |
| 11.00 am | Weigh in | 57 & 63 Kg | Women |
| 01.00 pm | Competition | 57 & 63 Kg | Women |
| 03.00 pm | Weigh in | 83 Kg | Men |
| 05.00 pm | Competition | 83 Kg | Men |

23/08/2024 (Friday)

- | | | | |
|----------|-------------|-------|-------|
| 07.00 am | Weigh in | 93 Kg | Men |
| 09.00 am | Competition | 93 Kg | Men |
| 11.00 am | Weigh in | 69 Kg | Women |
| 01.00 pm | Competition | 69 Kg | Women |

02.00 pm	Weigh in	76 Kg	Women
04.00 pm	Competition	76 Kg	Women

24/08/2024 (Saturday)

07.00 am	Weigh in	105 Kg	Men
09.00 am	Competition	105 Kg	Men

Special Olympics (All Category Men & Women)

10.00 am	Weigh in		
12.00 noon	Competition		

01.00 pm	Weigh in	84 & 84+ Kg	Women
03.00 pm	Competition	84 & 84+ Kg	Women

25/08/2024 (Sunday)

07.00 am	Weigh in	120 Kg	Men
09.00 am	Competition	120 Kg	Men

10.00 am	Weigh in	120+ Kg	Men
12.00 noon	Competition	120+ Kg	Men

04.00 pm - Closing Ceremony

Programme subject to change at the discretion of the Organizers.



P. J. Joseph (Arjuna)
Secretary General
Powerlifting India