

National Masters (Men & Women)
Equipped & Classic Powerlifting Championship 2024
to be held from 21st to 26th July 2024 @ Waghela JI Marriage Garden, MR 10 Road,
Star Square, Scheme 134, Nipania, Indore, Madhya Pradesh – 452010


FINAL PROGRAMME

21/07/2024 (SUNDAY)		
07.00 PM	Technical Committee Meeting/ Referees Clinic	
WEIGH IN TIME	PLATFORM 1	PLATFORM 2
CLASSIC POWERLIFTING		
22/07/2024 (MONDAY)		
08.30 AM	Opening Ceremony	
07.00 AM - Weigh in 59 & 66 Kg Men (Masters)	09.00 AM – Competition 59 Kg All Age Group	09.00 PM – Competition 66 Kg All Age Group
10.00 AM - Weigh in 47,52&57 Kg Women (Masters)	12.00 NOON – Competition 47Kg All Age Group	12.00 NOON – Competition 52 & 57 Kg All Age Group
01.00 PM - Weigh in 63 & 69 Kg Women (Masters)	03.00 PM – Competition 63 Kg All Age Group	03.00 PM - Competition 69 Kg All Age Group
04.00 PM - Weigh in 74 Kg Men (Masters)	06.00 PM – Competition 74 Kg Master 1 & Master 2	06.00 PM – Competition 74 Kg Master 3 & Master 4
23/07/2024 (TUESDAY)		
07.00 AM - Weigh in 83 Kg Men (Masters)	09.00 AM – Competition 83 Kg Masters 1	09.00 AM – Competition 83 Kg Masters 2 , 3 & 4
10.00 AM - Weigh in 76,84&84+ Kg Women (Masters)	12.00 NOON – Competition 76 Kg All Age Group	12.00 PM – Competition 84 & 84+ Kg All Age Group

01.00 PM - Weigh in 93 & 105 Kg Men (Masters)	03.00 PM – Competition 93 Kg All Age Group	03.00 PM – Competition 105 Kg All Age Group
24/07/2024 (WEDNESDAY)		
07.00 AM - Weigh in 120 & 120+ Kg Men (Masters)	09.00 AM – Competition 120 & 120+ Kg All Age Group	-
EQUIPPED POWERLIFTING		
09.00 AM - Weigh in 59 & 66 Kg Men (Masters)	11.00 AM – Competition 59 Kg All Age Group	11.00 AM – Competition 66 Kg All Age Group
01.00 PM - Weigh in 47, 52 & 57 Kg Women 63, 69 & 76 Kg Women (Masters)	03.00 PM – Competition 47, 52 & 57 Kg All Age Group	03.00 pm – Competition 63, 69 & 76 Kg All Age Group
25/07/2024 (THURSDAY)		
07.00 AM - Weigh in 74 & 83 Kg Men (Masters)	09.00 AM – Competition 74 Kg All Age Group	09.00 AM – Competition 83Kg All Age Group
10.00 AM - Weigh in 84 & 84+ Kg Women (Masters)	12.00 Noon – Competition 84 & 84+ Kg All Age Group	-
12.00 Noon - Weigh in 93 & 105 Kg Men (Masters)	02.00 PM – Competition 93 Kg All Age Group	02.00 PM – Competition 105 Kg All Age Group
26/07/2024 (FRIDAY)		
07.00 AM - Weigh in 120 & 120+ Kg Men (Masters)	09.00 AM – Competition 120 & 120+ Kg All Age Group	-
11.00 AM	Closing Ceremony	

Programme subject to change at the discretion of the Organizers.




 P. J. Joseph (Arjuna)
 Secretary General