

33rd National Sub Junior, Junior, Senior & Masters
(Men & Women) Classic & Equipped Bench Press Championships 2024
from 14 – 18 October 2024 @ Ravindra Bhavan, Baina Beach, Murmugao,
Vasco DA Gama, Goa - 403802

PROVISIONAL PROGRAMME

14/10/2024 (Monday)

| | | | | |
|-----------------|---|-------------------------|------------|---|
| 10.00 Am | - | Reporting | | |
| 01.00 Pm | - | Technical Committee | | |
| 03.00 Pm | - | Anti Doping Seminar | | |
| 03.00 Pm | - | Weigh in | 53 & 59 Kg | Men All Age Group (Classic Bench Press) |
| 04.00 Pm | - | Opening Ceremony | | |
| 05.00 Pm | - | Competition | 53 & 59 Kg | Men All Age Group (Classic Bench Press) |

15/10/2024 (Tuesday) CLASSIC BENCH PRESS

| | | | | | |
|----------|---|-------------|----------------|-------|---------------|
| 07.00 Am | - | Weigh in | 66 Kg | Men | All Age Group |
| 09.00 Am | - | Competition | 66 Kg | Men | All Age Group |
| 09.00 Am | - | Weigh in | 43, 47 & 52 Kg | Women | All Age Group |
| 11.00 Am | - | Competition | 43, 47 & 52 Kg | Women | All Age Group |
| 11.00 Am | - | Weigh in | 74 Kg | Men | All Age Group |
| 01.00 Pm | - | Competition | 74 Kg | Men | All Age Group |
| 03.00 Pm | - | Weigh in | 57 kg & 63 Kg | Women | All Age Group |
| 05.00Pm | - | Competition | 57 kg & 63 Kg | Women | All Age Group |
| 05.00 Pm | - | Weigh in | 83 Kg | Men | All Age Group |
| 07.00 Pm | - | Competition | 83 Kg | Men | All Age Group |

16/10/2024 (Wednesday) CLASSIC BENCHPRESS

| | | | | | |
|----------|---|-------------|---------------|-------|---------------|
| 07.00 Am | - | Weigh in | 93 & 105 Kg | Men | All Age Group |
| 09.00 Am | - | Competition | 93 & 105 Kg | Men | All Age Group |
| 09.00 Am | - | Weigh in | 69 & 76 Kg | Women | All Age Group |
| 11.00 Am | - | Competition | 69 & 76 Kg | Women | All Age Group |
| 11.00 Am | - | Weigh in | 84 & 84+ Kg | Women | All Age Group |
| 01.00 Pm | - | Competition | 84 & 84+ Kg | Women | All Age Group |
| 01.00 Pm | - | Competition | 120 & 120+ Kg | Men | All Age Group |
| 03.00 Pm | - | Weigh in | 120 & 120+ Kg | Men | All Age Group |

16/10/2024 (Wednesday) EQUIPPED BENCHPRESS

| | | | | | |
|----------|---|-------------|------------|-----|---------------|
| 03.00 Pm | - | Weigh in | 53 & 59 Kg | Men | All Age Group |
| 05.00 Pm | - | Competition | 53 & 59 Kg | Men | All Age Group |

17/10/2024 (Thursday) EQUIPPED BENCHPRESS


| | | | | | |
|----------|---|-------------|----------------|-------|---------------|
| 07.00 Am | - | Weigh in | 66 Kg | Men | All Age Group |
| 09.00 Am | - | Competition | 66 Kg | Men | All Age Group |
| 09.00 Am | - | Weigh in | 43, 47 & 52 Kg | Women | All Age Group |
| 11.00 Am | - | Competition | 43, 47 & 52 Kg | Women | All Age Group |
| 11.00 Am | - | Weigh in | 74 & 83 Kg | Men | All Age Group |
| 01.00 Pm | - | Competition | 74 & 83 Kg | Men | All Age Group |
| 01.00 Pm | - | Weigh in | 57 & 63 Kg | Women | All Age Group |
| 03.00 Pm | - | Competition | 57 & 63 Kg | Women | All Age Group |
| 03.00 Pm | - | Weigh in | 69 & 76 Kg | Women | All Age Group |
| 05.00 Pm | - | Competition | 69 & 76 Kg | Women | All Age Group |

18/10/2024 (Friday) EQUIPPED BENCHPRESS

| | | | | | |
|------------|---|-------------------------|----------------|-------|---------------|
| 07.00 Am | - | Weigh in | 93 & 105 Kg | Men | All Age Group |
| 09.00 Am | - | Competition | 93 & 105 Kg | Men | All Age Group |
| 10.00 Am | - | Weigh in | 84 & 84+ Kg | Women | All Age Group |
| 12.00 Noon | - | Competition | 84 & 84+ Kg | Women | All Age Group |
| 12.00 Noon | - | Weigh in | 120 & 120 + Kg | Men | All Age Group |
| 02.00 Pm | - | Competition | 120 & 120 + Kg | Men | All Age Group |
| 04.00 Pm | - | Closing Ceremony | | | |

Programme subject to change at the discretion of the Organizers.




P. J. Joseph (Arjuna)
Secretary General