

F4/2000/PI/2024

06/05/2024

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Sri. DEBIPRASAD CHATTERJEE (E)  
Sri. SACHIN MATHANE (W)

The Secretary

\_\_\_\_\_ Powerlifting Association.

Dear Sir,

**33<sup>rd</sup> National Sub Junior, Junior, Senior & Masters  
(Men & Women) Classic & Equipped  
Bench Press Championships to be held in Madgaon, Goa  
during 14<sup>th</sup> to 18<sup>th</sup> October 2024**

As you are already, aware the National Bench Press Championships, both Classic & Equipped are scheduled to be held in Madgaon, Goa during 14 – 18 October 2024.

At the request of various states, the preliminary and final entry dates stand revised as under:

**Preliminary Entry (revised) date : 20/09/2024**

**Final Entry (revised) date : 30/09/2024**

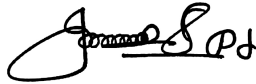
Please note the changes and co-operate.

In the Open (Senior) Category competitions, Minimum poundage will apply. (Minimum Poundage separately given).

Wishing you All the Best.

Thanking you,

Yours Sincerely,

  
P. J. Joseph (Arjuna)  
Secretary General.



**Minimum starting poundage for seniors for National Bench Press Championship 2024**

**CLASSIC BENCH PRESS**

<b>MEN</b>		<b>WOMEN</b>	
<b>Category</b>	<b>Bench Press</b>	<b>Category</b>	<b>Bench Press</b>
59 Kg	60	47 Kg	30
66 Kg	70	52 Kg	30
74 Kg	80	57 Kg	40
83 Kg	90	63 Kg	40
93 Kg	100	69 Kg	40
105 Kg	110	76 Kg	40
120 Kg	100	84 Kg	35
120+ Kg	100	84+ Kg	35

**EQUIPPED BENCH PRESS**

<b>MEN</b>		<b>WOMEN</b>	
<b>Category</b>	<b>Bench Press</b>	<b>Category</b>	<b>Bench Press</b>
59 Kg	70	47 Kg	30
66 Kg	80	52 Kg	30
74 Kg	90	57 Kg	35
83 Kg	100	63 Kg	40
93 Kg	110	69 Kg	40
105 Kg	120	76 Kg	40
120 Kg	130	84 Kg	35
120+ Kg	120	84+ Kg	35