

South India Sub Junior, Junior & Senior (Men & Women)
Equipped Powerlifting Championship 2024
from 22nd to 24th November 2024 @ Javarani Arts and Science College
for Women, Nettimedu, Salem – 636002, Tamil Nadu

PROGRAMME

22/11/2024 -Friday (All age category)			
Reporting		10.00 am	
Technical Committee		02.00 pm	
Opening Ceremony		04.00 pm	
Weigh in	53 & 59 Kg	Men	03.00 pm
Competition	53 & 59 Kg	Men	05.00 pm
23/11/2024 - Saturday (All age category)			
Weigh in	66 & 74 Kg	Men	08.00 am
Competition	66 & 74 Kg	Men	10.00 am
Weigh in	43, 47 & 52 Kg	Women	10.00 am
Competition	43, 47 & 52 Kg	Women	12.00 noon
Weigh in	83 & 93 Kg	Men	01.00 pm
Competition	83 & 93 Kg	Men	03.00 pm
Weigh in	57, 63 & 69 Kg	Women	03.00 pm
Competition	57, 63 & 69 Kg	Women	05.00 pm
24/11/2024 - Sunday (All age category)			
Weigh in	105, 120, 120+ Kg	Men	08.00 am
Competition	105, 120, 120+ Kg	Men	10.00 am
Weigh in	76, 84, 84+ Kg	Women	11.00 am
Competition	76, 84, 84+ Kg	Women	01.00 pm
Closing Ceremony		04.00 pm	

Programme subject to change at the discretion of the Organizers.



P.J. Joseph (Arjuna)
Secretary General