

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

FINAL PROGRAMME

14.10.2024 (Monday)		
01.00 PM	Technical Committee	
03.00 PM	Anti Doping Seminar	
04.00 PM	Opening Ceremony	
WEIGH IN TIME	PLATFORM 1	PLATFORM 2
CLASSIC BENCH PRESS		
03.00 PM – 04.30 PM Weigh in 53 & 59 Kg - Men All Age Group	05.00 PM – Competition 53 Kg Sub Junior & Junior (38)	05.00 PM – Competition 59 Kg All age group (69)
15.10.2024 (Tuesday)		
07.00 AM – 08.30 AM Weigh in 66 Kg - Men All Age Group	09.00 AM – Competition 66 Kg Sub junior & Junior & Open (55)	09.00 AM – Competition 66 Kg All Masters (35)
09.00 AM -10.30 AM Weigh in 43, 47& 52 Kg -Women All Age Group	11.00 AM – Competition 43 & 47 Kg All Age group (39)	11.00 AM - Competition 52 Kg All Age Group(36)
11.00 AM – 12.30 PM Weigh in 74 Kg - Men All Age Group	01.00 PM – Competition 74 Kg Sub Junior, Junior & Open (60)	01.00 PM – Competition 74 Kg All Masters (42)
01.00 PM – 02.30 PM Weigh in 57 & 63 Kg -Women All Age Group	03.00 PM - Competition 57 Kg All Age Group (54)	03.00 PM - Competition 63 Kg All Age Group (53)
04.00 PM -05.30 PM Weigh in 83 Kg Men All Age Group	06.00 PM – Competition 83 Kg Sub Junior, Junior, Open (55)	06.00 PM – Competition 83 Kg All Masters (38)

16.10.2024 - Wednesday

07.00 AM – 08.30 AM Weigh in 93 Kg -Men All Age Group	09.00 AM – Competition 93 Kg Junior & Open (47)	09.00 AM – Competition 93 Kg Sub Junior & All Masters (49)
09.00 AM -10.30 AM Weigh in 105 Kg - Men All Age Group	11.00 AM – Competition 105 Kg Junior & Open (38)	11.00 AM – Competition 105 Kg Sub Junior & All Masters (40)
11.00 AM -12.30 PM Weigh in 69 & 76 Kg - Women All Age Group	01.00 PM – Competition 69 Kg All Age Group (53)	01.00 PM – Competition 76 Kg All Age Group (49)
01.00 PM - 02.30 PM Weigh in 84 & 84+ Kg –Women All Age Group	03.00 PM – Competition 84 Kg All Age Group (45)	03.00 PM – Competition 84 + Kg All Age Group (43)
03.00 PM - 04.30 PM Weigh in 120 & 120 + Kg – Men All Age Group	05.00 PM – Competition 120 Kg All Age Group (49)	05.00 PM – Competition 120 + Kg All Age Group (31)

EQUIPPED BENCH PRESS

05.00 PM -06.30 PM Weigh in 53 & 59 Kg - Men	07.00 PM – Competition 53 Kg Sub Junior & Junior 59 Kg Masters (37)	07.00 PM – Competition 59 Kg Sub Junior, Junior & open All age group (31)
--	---	--


17.10.2024 (Thursday)

07.00 AM – 08.30 AM Weigh in 66 Kg - Men All Age Group	09.00 AM – Competition 66 Kg Sub Junior, Junior & Open (36)	09.00 AM – Competition 66 Kg All Masters (20)
09.00 AM -10.30 AM Weigh in 43, 47 & 52 Kg - Women All Age Group	11.00 AM – Competition 43 & 47 Kg All Age Group (32)	11.00 AM – Competition 52 Kg All Age Group (27)
11.00 AM -12.30 PM Weigh in 74 & 83 Kg - Men All Age Group	01.00 PM – Competition 74 Kg All Age Group (73)	01.00 PM – Competition 83 Kg All Age Group (65)

02.00 PM -03.30 PM Weigh in 57 & 63 Kg - Women All Age Group	04.00 PM – Competition 57 Kg All Age Group (47)	04.00 PM – Competition 63 Kg All Age Group (39)
04.00 PM -05.30 PM Weigh in 69 & 76 Kg All Age Group	06.00 PM – Competition 69 Kg All Age Group (43)	06.00 PM – Competition 76 Kg All Age Group (36)
18.10.2024 (Friday)		
07.00 AM – 08.30 AM Weigh in 93 Kg - Men All Age Group	09.00 AM – Competition 93 Kg Sub Junior, Junior & Open (41)	09.00 AM – Competition 93 Kg All Masters (23)
08.30 AM -10.00 AM Weigh in Specially abled children	-	10.30 AM - Competition Specially abled children
10.00 AM -11.30 AM Weigh in 105 Kg All Age Group	12.00 PM – Competition 105 Kg All Age Group (47)	-
11.00 AM -12.30 PM Weigh in 84 & 84 + Kg - Women All Age Group	01.00 PM – Competition 84 Kg All Age Group (30)	01.00 PM – Competition 84 + Kg All Age Group (34)
12.30 PM -02.00 PM Weigh in 120 & 120 + Kg - Men All Age Group	02.30 PM – Competition 120 Kg All Age Group (42)	02.30 PM – Competition 120 + Kg All Age Group (24)
05.00 PM	Closing Ceremony	

Programme subject to change at the discretion of the Organizers.




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