

Federation Cup (Men & Women) Equipped Powerlifting Championship 2024
to be held at Multi Purpose Hall at Karnali Singh Stadium, New Delhi Railway
Station, Railway Colony, Paharganj, New Delhi – 110055
from 16th to 19th December 2024

PROVISIONAL PROGRAMME

16/12/2024 (Monday)

02.00 pm	-	Reporting
03.00 pm	-	Technical Committee Meeting
04.00 pm	-	Assemble of All Lifters & Officials
04.30 pm	-	Anti doping Seminar
05.30 pm	-	Opening Ceremony

17/12/2024 (Tuesday)

08.00 am	Weigh in	59 & 66 Kg	Men
10.00 am	Competition	59 & 66 Kg	Men
11.00 am	Weigh in	47 & 52 Kg	Women
01.00 pm	Competition	47 & 52 Kg	Women
02.00 pm	Weigh in	74 & 83 Kg	Men
04.00 pm	Competition	74 & 83 Kg	Men

18/12/2024 (Wednesday)

08.00 am	Weigh in	57 & 63 Kg	Women
10.00 am	Competition	57 & 63 Kg	Women
11.00 am	Weigh in	93 & 105 Kg	Men
01.00 pm	Competition	93 & 105 Kg	Men
02.00 pm	Weigh in	69 & 76 Kg	Women
04.00 pm	Competition	69 & 76Kg	Women

19/12/2024 (Thursday)

08.00 am	Weigh in	84 & 84+ Kg	Women
10.00 pm	Competition	84 & 84+ Kg	Women
11.00 am	Weigh in	120 & 120+ Kg	Men
01.00 pm	Competition	120 & 120+ Kg	Men
04.00 pm		Closing Ceremony	

Programme subject to change at the discretion of the Organizers.



P. J. Joseph (Arjuna)
Secretary General