



POWERLIFTING INDIA

Affiliated to : International Powerlifting Federation
Affiliated to : Asian Powerlifting Federation
Affiliated to : Commonwealth Powerlifting Federation

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The Secretary,

_____ State Powerlifting Association.

Dear Sir,

SBD National Open (Men & Women)
Classic Powerlifting Championship 2025
to be held at Phagwara, Punjab from 19th to 23rd February 2025

We are pleased to inform all concerned that National Open (Men & Women) Classic Powerlifting Championship is scheduled to be held in **Pentaomnia, Lovely Professional University (LPU) Jalandhar, Phagwara, Punjab during 19 – 23 February 2025.** The championship is being sponsored by M/s. SBD, the official presenting partner of the International Powerlifting Federation.

From this Championship jointly being conducted under the aegis of Powerlifting India and Punjab Powerlifting Association will select the national (Men & Women) team for World Open Classic Powerlifting Championship to be held in Chemnitz, Germany during 08-15 June 2025.

The salient features of the National Open Classic Powerlifting Championship 2025 will be as follows-

1. Date of the Championship : **19 – 23 February 2025.**
2. Venue : **Pentaomnia Lovely Professional University, Phagwara, Punjab.**
3. Competitions will be conducted as per time schedule attached.
4. The food for the competitors and officials will be provided by the organizers but accommodation will be restricted to the invited officials. But organizers will help teams to find hotels for accommodating competitors.
5. The last date for submission of preliminary entry is **28/01/2025.**
6. The last date for submission of final entry is **08/02/2025.**

7. All the competitors shall use only International Powerlifting Federation approved personal gears only.
8. All the teams shall report at the venue 10.00 AM on 19th February and participate in the opening ceremony in their state uniform.
9. All technical arrangements will be of international standard with live streaming led by SBD.
10. Minimum qualifying mark for the first attempt weight of Squat, Bench Press and Deadlift are given for the State team selection and this minimum poundage should be insisted upon and complied with.
11. Application for new ID Cards shall be given at least 30 days before the championship through the website www.powerliftingindia.net (along with preliminary entry).
12. On completion of competition in each weight category, the medal awarding ceremony will take place immediately, for which the Technical Controller will instruct the competitors for line-up on the stage. Medals will be given away then and there itself. The absentees will forfeit the medals and certificates. Winners shall be on the victory stand strictly with tracksuit and shoes.
13. Officials from NADA and Powerlifting India will be present in the venue and any lifter can be subjected to anti-doping test.
14. After submission of final entry by States, federation will be sending invoices indicating entry fee to be paid by each team, and the amount as per invoice shall be remitted to the bank account of the federation on or before the date mentioned for the same. Direct payment of cash in the championship venue will not be accepted.
15. Minimum starting poundage for ensuing National Open Championship shall be as under :

SENIOR MEN

Category	Squat	Benchpress	Deadlift
59 Kg	110 Kg	65 Kg	120 Kg
66 Kg	115 Kg	70 Kg	125 Kg
74 Kg	120 Kg	75 Kg	130 Kg
83 Kg	125 Kg	80 Kg	130 Kg
93 Kg	130 Kg	85 Kg	135 Kg
105 Kg	130 Kg	85 Kg	130 Kg
120 Kg	125 Kg	80 Kg	130 Kg
+120 Kg	120 Kg	70 Kg	120 Kg

SENIOR WOMEN

Category	Squat	Benchpress	Deadlift
47 Kg	60 Kg	30 Kg	70 Kg
52 Kg	65 Kg	35 Kg	75 Kg
57 Kg	70 Kg	37.5 Kg	80 Kg
63 Kg	75 Kg	40 Kg	85 Kg
69 Kg	80 Kg	40 Kg	85 Kg
76 Kg	80 Kg	40 Kg	85 Kg
84 Kg	80 Kg	40 Kg	85 Kg
+84 Kg	70 Kg	35 Kg	80 Kg

For any information :

Mr. Devinder S. Malhi
President
Punjab Powerlifting Association.
Mob : 98723 77977

We seek your kind co-operation for the success of the SBD National Classic Powerlifting Championship to be held in Phagwara, Punjab.

Wishing you Best of Luck.

Thanking you,

Yours faithfully,



P. J. Joseph (Arjuna)
Secretary General

