

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

PROVISIONAL PROGRAMME

19/02/2025 (Wednesday)

09.00 am	-	Technical Committee Meeting & Referee Clinic		
10.00 am	-	Weigh in	59 kg	Men
10.30 am	-	Opening Ceremony		
12.00 noon	-	Competition	59 Kg	Men
02.00 pm	-	Weigh in	47 & 52 Kg	Women
04.00 pm	-	Competition	47 & 52 Kg	Women

20/02/2025 (Thursday)

07.00 am	Weigh in	66 Kg	Men
09.00 am	Competition	66 Kg	Men
11.00 am	Weigh in	57 & 63 Kg	Women
01.00 pm	Competition	57 & 63 Kg	Women

04.00 pm **Anti Doping Seminar.**

03.00 pm	Weigh in	74 Kg	Men
05.00 pm	Competition	74 Kg	Men

21/02/2025 (Friday)

07.00 am	Weigh in	83 Kg	Men
09.00 am	Competition	83 Kg	Men
11.00 am	Weigh in	69 Kg	Women
01.00 pm	Competition	69 Kg	Women
03.00 pm	Weigh in	93 Kg	Men
05.00 pm	Competition	93 Kg	Men

22/02/2025 (Saturday)

07.00 am	Weigh in	105 Kg	Men
09.00 am	Competition	105 Kg	Men
11.00 am	Weigh in	76 Kg	Women
01.00 pm	Competition	76 Kg	Women
03.00 pm	Weigh in	84 & 84+ Kg	Women
05.00 pm	Competition	84 & 84+ Kg	Women

23/02/2025 (Sunday)

07.00 am	Weigh in	120 Kg	Men
09.00 am	Competition	120 Kg	Men
10.00 am	Weigh in	120+ Kg	Men
12.00 noon	Competition	120+ Kg	Men

04.00 pm - **Closing Ceremony**

Programme subject to change at the discretion of the Organizers.



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