

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

FINAL PROGRAMME

19/02/2025 (Wednesday)

09.00 am	-	Technical Committee Meeting & Referee Clinic	
10.00 am	-	Weigh in	59 kg Men (20)
10.30 am	-	Opening Ceremony	
12.00 noon	-	Competition	59 Kg Men
02.30 pm	-	Weigh in	47 & 52 Kg Women (24)
04.30 pm	-	Competition	47 & 52 Kg Women

20/02/2025 (Thursday)

07.00 am	Weigh in	66 Kg	Men (20)
09.00 am	Competition	66 Kg	Men
10.30 am	Weigh in	57 & 63 Kg	Women (36)
12.30 pm	Competition	57 & 63 Kg	Women

04.00 pm **Anti Doping Seminar.**

04.00 pm	Weigh in	74 Kg	Men (21)
06.00 pm	Competition	74 Kg	Men

21/02/2025 (Friday)

07.00 am	Weigh in	83 Kg	Men (20)
09.00 am	Competition	83 Kg	Men
10.30 am	Weigh in	69 Kg	Women (22)
12.30 pm	Competition	69 Kg	Women
02.30 pm	Weigh in	93 Kg	Men (28)
04.30 pm	Competition	93 Kg	Men

22/02/2025 (Saturday)

07.00 am	Weigh in	105 Kg	Men (22)
09.00 am	Competition	105 Kg	Men
10.30 am	Weigh in	76 Kg	Women (16)
12.30 pm	Competition	76 Kg	Women
02.00 pm	Weigh in	84 & 84+ Kg	Women (28)
04.00 pm	Competition	84 & 84+ Kg	Women

23/02/2025 (Sunday)

07.00 am	Weigh in	120 Kg	Men (17)
09.00 am	Competition	120 Kg	Men
10.00 am	Weigh in	120+ Kg	Men (11)
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