

XIV National Sub Junior & Junior (Men & Women) Classic Powerlifting Championship
to be held at Rajmata Jijau Convocation Hall, Shivaji University Kolhapur,
Kolhapur, Maharashtra – 416004 from 20th to 25th May 2025

PROVISIONAL PROGRAMME

20/05/2025 (Tuesday)

- 02.00 pm - Technical Committee Meeting & Referee Clinic
03.00 pm - Referee Clinic
03.30 pm - Anti Doping Seminar
04.30 pm - Assemble of Lifters & Officials
05.00 pm - Opening Ceremony

21/05/2025 (Wednesday)

- | | | | |
|----------|-------------|------------|-----------------------------|
| 07.00 am | Weigh in | 53 Kg | Sub Junior and Junior Men |
| 09.00 am | Competition | 53 Kg | Sub Junior and Junior Men |
| 11.00 am | Weigh in | 43 & 47 Kg | Sub Junior and Junior Women |
| 01.00 pm | Competition | 43 & 47 Kg | Sub Junior and Junior Women |
| 02.00 pm | Weigh in | 59 Kg | Sub Junior and Junior Men |
| 04.00 pm | Competition | 59 Kg | Sub Junior and Junior Men |

22/05/2025 (Thursday)

- | | | | |
|----------|-------------|------------|-----------------------------|
| 07.00 am | Weigh in | 66 Kg | Sub Junior and Junior Men |
| 09.00 am | Competition | 66 Kg | Sub Junior and Junior Men |
| 11.00 am | Weigh in | 52 & 57 Kg | Sub Junior and Junior Women |
| 01.00 pm | Competition | 52 & 57 Kg | Sub Junior and Junior Women |
| 02.00 pm | Weigh in | 74 Kg | Sub Junior and Junior Men |
| 04.00 pm | Competition | 74 Kg | Sub Junior and Junior Men |

23/05/2025 (Friday)

- | | | | |
|----------|-------------|------------|-----------------------------|
| 07.00 am | Weigh in | 83 Kg | Sub Junior and Junior Men |
| 09.00 am | Competition | 83 Kg | Sub Junior and Junior Men |
| 11.00 am | Weigh in | 63 & 69 Kg | Sub Junior and Junior Women |
| 01.00 pm | Competition | 63 & 69 Kg | Sub Junior and Junior Women |
| 02.00 pm | Weigh in | 93 Kg | Sub Junior and Junior Men |
| 04.00 pm | Competition | 93 Kg | Sub Junior and Junior Men |

24/05/2025 (Saturday)

07.00 am	Weigh in	76 Kg	Sub Junior and Junior Women
09.00 am	Competition	76 Kg	Sub Junior and Junior Women
10.00 am	Weigh in	84 & 84+ Kg	Sub Junior and Junior Women
12.00 pm	Competition	84 & 84+ Kg	Sub Junior and Junior Women
02.00 pm	Weigh in	105 Kg	Sub Junior and Junior Men
04.00 pm	Competition	105 Kg	Sub Junior and Junior Men

25/05/2025 (Sunday)

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

04.00 pm - **Closing Ceremony**

Programme subject to change at the discretion of the Organizers.



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