

**North-East India Open (Men & Women)**  
**Classic & Equipped Powerlifting Championship 2025**  
**from 01<sup>st</sup> to 03<sup>rd</sup> May 2025 @ Silchar, Assam**

**PROVISIONAL PROGRAMME**

<b>01/05/2025 (Thursday)</b>			
<b>Reporting</b>		<b>05.00 pm</b>	
<b>Technical Committee</b>		<b>06.00 pm</b>	
<b>Opening Ceremony</b>		<b>07.00 pm</b>	
<b>CLASSIC POWERLIFTING</b>			
<b>02/05/2025 (Friday)</b>			
Weigh in	59, 66, 74 & 83 Kg	Men	07.00 am
Competition	59, 66, 74 & 83 Kg	Men	09.00 am
Weigh in	47, 52, 57 & 63 Kg	Women	11.00 am
Competition	47, 52, 57 & 63 Kg	Women	01.00 pm
Weigh in	93, 105, 120 & 120+ Kg	Men	01.00 pm
Competition	93, 105, 120 & 120+ Kg	Men	03.00 pm
Weigh in	69, 76, 84, 84+ Kg	Women	03.00 pm
Competition	69, 76, 84, 84+ Kg	Women	05.00 pm
<b>EQUIPPED POWERLIFTING</b>			
<b>03/05/2025 (Saturday)</b>			
Weigh in	59, 66, 74 & 83Kg	Men	07.00 am
Competition	59, 66, 74 & 83Kg	Men	09.00 am
Weigh in	47, 52, 57 & 63 Kg	Women	10.00 am
Competition	47, 52, 57 & 63 Kg	Women	12.00 noon
Weigh in	93, 105, 120 & 120+ Kg	Men	12.30 pm
Competition	93, 105, 120 & 120+ Kg	Men	02.30 pm
Weigh in	69 to 84+ Kg	Women	02.00 pm
Competition	69 to 84+ Kg	Women	04.00 pm
<b>Closing Ceremony</b>		<b>06.00 pm</b>	

Programme subject to change at the discretion of the Organizers.



*P.J. Joseph*

P.J. Joseph (Arjuna)  
Secretary General