

National 47<sup>th</sup> Men & 32<sup>nd</sup> Women Junior,  
26<sup>th</sup> Boys & Girls Sub Junior and 51<sup>th</sup> Men & 43<sup>rd</sup> Women Senior  
Equipped Powerlifting Championship to be held in Davanagere, Karnataka  
from 22<sup>nd</sup> to 30<sup>th</sup> June 2025

**PROVISIONAL PRORAMME**

<b>22/06/2025 (Sunday)</b>		
<b>02.00 PM</b>	Reporting of Teams	
<b>04.00 PM</b>	Technical Committee Meeting, Referee Clinic & Anti Doping Seminar	
<b>06.00 PM</b>	<b>Opening Ceremony</b>	
<b>WEIGH IN TIME</b>	<b>PLATFORM 1</b>	<b>PLATFORM 2</b>
<b>23/06/2025 (Monday)</b>		
07.00 AM – 08.30 AM Weigh in 53 & 59 Kg - Men <b>Sub Junior &amp; Junior</b>	09.00 AM – Competition 53 & 59 Kg Sub junior	09.00 AM – Competition 53 & 59 Kg Junior
10.00 AM - 11.30 AM Weigh in 43 & 47 Kg -Women <b>Sub Junior &amp; Junior</b>	12.00 AM – Competition 43 & 47 Kg Sub Junior	12.00 Noon - Competition 43 & 47 Kg Junior
02.00 PM – 03.30 PM Weigh in 66 Kg - Men <b>Sub Junior &amp; Junior</b>	04.00 PM – Competition 66 Kg Sub Junior	04.00 PM – Competition 66 Kg Junior
<b>24/06/2025 (Tuesday)</b>		
07.00 AM – 08.30 AM Weigh in 74 Kg - Men <b>Sub Junior &amp; Junior</b>	09.00 AM – Competition 74 Kg Sub junior	09.00 AM – Competition 74 Kg Junior
10.00 AM - 11.30 AM Weigh in 83 Kg -Men <b>Sub Junior &amp; Junior</b>	12.00 AM – Competition 83 Kg Sub Junior	12.00 Noon - Competition 83 Kg Junior
02.00 PM – 03.30 PM Weigh in 52 Kg - Women <b>Sub Junior &amp; Junior</b>	04.00 PM – Competition 52 Kg Sub Junior	04.00 PM – Competition 52 Kg Junior

## 25/06/2025 (Wednesday)

07.00 AM – 08.30 AM Weigh in 93 Kg - Men Sub Junior & Junior	09.00 AM – Competition 93 Kg Sub junior	09.00 AM – Competition 93Kg Junior
10.00 AM -11.30 AM Weigh in 57 Kg -Women Sub Junior & Junior	12.00 AM – Competition 57 Kg Sub Junior	12.00 Noon - Competition 57 Kg Junior
02.00 PM – 03.30 PM Weigh in 63 Kg - Women Sub Junior & Junior	04.00 PM – Competition 63 Kg Sub Junior	04.00 PM – Competition 63 Kg Junior

## 26/06/2025 (Thursday)

08.00 AM – 09.30 AM Weigh in 105 Kg - Men Sub Junior & Junior	10.00 AM – Competition 105 Kg Sub junior	10.00 AM – Competition 105 Kg Junior
11.00 AM – 12.30 PM Weigh in 69 Kg - Women Sub Junior & Junior	01.00 PM – Competition 69 Kg Sub junior	01.00 PM – Competition 69 Kg Junior
02.00 PM – 03.30 PM Weigh in 76 Kg - Women Sub Junior & Junior	04.00 PM – Competition 76 Kg Sub Junior	04.00 PM – Competition 76 Kg Junior

## 27/06/2025 (Friday)

07.00 AM – 08.30 AM Weigh in 84 & 84+ Kg - Women Sub Junior & Junior	09.00 AM – Competition 84 Kg Sub Junior & Junior	09.00 AM – Competition 84+ Kg Sub Junior & Junior
10.00 AM -11.30 AM Weigh in 120 & 120+ Kg -Men Sub Junior & Junior	12.00 AM – Competition 120 Kg Sub Junior & Junior	12.00 Noon - Competition 120+ Kg Sub Junior & Junior
05.00 PM	Closing Ceremony (Sub Junior & Junior)	

# OPEN

## 28/06/2025 – (Saturday)

<b>WEIGH IN TIME</b>	<b>PLATFORM 1</b>	<b>PLATFORM 2</b>
07.00 AM – 08.30 AM Weigh in 59 Kg -Men <b>Open</b>	09.00 AM – Competition 59 Kg Open	-
08.00 AM – 09.30 AM Weigh in 47 - Women <b>Open</b>	-	10.00 AM – Competition 47 Kg Open
10.00 AM – 11.30 AM Weigh in 66 Kg - Men <b>Open</b>	12.00 NOON – Competition 66 Kg Open	-
11.00 AM – 12.30 AM Weigh in 52 Kg -Women <b>Open</b>	-	01.00 PM – Competition 52 Kg Open
01.00 PM – 02.30 PM Weigh in 74 Kg - Men <b>Open</b>	03.00 PM – Competition 74 Kg Open	-
02.00 PM – 03.30 PM Weigh in 57 Kg - Women <b>Open</b>		04.00 PM – Competition 57 Kg Open


## 29/06/2025 (Sunday)

07.00 AM – 08.30 AM Weigh in 83 Kg -Men <b>Open</b>	09.00 AM – Competition 83 Kg Open	-
08.00 AM – 09.30 AM Weigh in 63 - Women <b>Open</b>	-	10.00 AM – Competition 63 Kg Open
10.00 AM – 11.30 AM Weigh in 93 Kg - Men <b>Open</b>	12.00 NOON – Competition 93 Kg Open	-

11.00 AM – 12.30 AM Weigh in 69 Kg -Women <b>Open</b>	-	01.00 PM – Competition 69 Kg Open
01.00 PM – 02.30 PM Weigh in 105 Kg - Men <b>Open</b>	03.00 PM – Competition 105 Kg Open	-
02.00 PM – 03.30 PM Weigh in 76 Kg - Women <b>Open</b>		04.00 PM – Competition 76 Kg Open
<b>30/05/2025 (Monday)</b>		
07.00 AM – 08.30 AM Weigh in 120 Kg - Men <b>Open</b>	09.00 AM – Competition 120 Kg Open	-
08.00 AM – 09.30 AM Weigh in 84 Kg - Women <b>Open</b>	-	10.00 AM – Competition 84 Kg Open
10.00 AM – 11.30 AM Weigh in 120+ Kg - Men <b>Open</b>	12.00 NOON – Competition 120+Kg Open	-
11.00 AM – 12.30 AM Weigh in 84+ Kg -Women <b>Open</b>	-	01.00 PM – Competition 84+ Kg Open
05.00 PM	<b>Closing Ceremony (Open)</b>	

Programme subject to change at the discretion of the Organizers.



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