

Eastern India Senior Men & Women
Classic & Equipped Powerlifting Championship 2024
from 09th to 13th December 2025
@ Puiliaya Kishore Bayam Samity Howrah, West Bengal

PROVISIONAL PROGRAMME

09/12/2025 (TUESDAY)

09.00 am	-	Reporting	
10.00	-	Technical Committee Meeting	
10.30 am	-	Opening Ceremony	
11.00 am	Weigh in	59 kg	Men
01.00 pm	Competition	59 Kg	Men
02.00 pm	Weigh in	47 & 52 Kg	Women
04.00 pm	Competition	47 & 52 Kg	Women

10/12/2025 (WEDNESDAY)

07.00 am	Weigh in	66 Kg	Men
09.00 am	Competition	66 Kg	Men
10.30 am	Weigh in	57 & 63 Kg	Women
12.30 pm	Competition	57 & 63 Kg	Women
04.00 pm	Weigh in	74 Kg	Men
06.00 pm	Competition	74 Kg	Men

11/12/2025 (THURSDAY)

07.00 am	Weigh in	83 Kg	Men
09.00 am	Competition	83 Kg	Men
10.30 am	Weigh in	69 Kg	Women
12.30 pm	Competition	69 Kg	Women
02.30 pm	Weigh in	93 Kg	Men
04.30 pm	Competition	93 Kg	Men