

Federation Cup (Mezn & Women)
Classic & Equipped Powerlifting Championships
to be held @ Govt. Senior Secondary School, Rait Himachal Pradesh
from 02nd to 06th November 2025

PROVISIONAL PROGRAMME

CLASSIC POWERLIFTING

02/11/2025 (SUNDAY)

10.00 AM	TECHNICAL COMMITTEE MEETING/ REFEREE CLINIC		
12.00 to 1.30 PM	WEIGH IN	59 & 66 KG	MEN
01.00 PM	OPENING CEREMONY		
02.00 PM	COMPETITION	59 & 66 KG	MEN
02.00 PM	WEIGH IN	47 & 52 KG	WOMEN
04.00 PM	COMPETITION	47 & 52 KG	WOMEN
04.00 PM	WEIGH IN	57 & 63 KG	WOMEN
06.00 PM	COMPETITION	57 & 63 KG	WOMEN

03/11/2025 (MONDAY)

07.00 AM	WEIGH IN	74 & 83 KG	MEN
09.00 AM	COMPETITION	74 & 83 KG	MEN
10.00 AM	WEIGH IN	69 & 76 KG	WOMEN
12.00 NOON	COMPETITION	69 & 76 KG	WOMEN
01.00 PM	WEIGH IN	93 & 105 KG	MEN
03.00 PM	COMPETITION	93 & 105 KG	MEN

04/11/2025 (TUESDAY)

07.00 AM	WEIGH IN	84 & 84+ KG	WOMEN
09.00 AM	COMPETITION	84 & 84+ KG	WOMEN
10.00 AM	WEIGH IN	120 & 120+ KG	MEN
12.00 NOON	COMPETITION	120 & 120+ KG	MEN

EQIPPED POWERLIFTING

01.00 PM	WEIGH IN	59 & 66 KG	WOMEN
03.00 PM	COMPETITION	59 & 66 KG	WOMEN

05/11/2025 (WEDNESDAY)

07.00 AM	WEIGH IN	74 & 83 KG	MEN
09.00 AM	COMPETITION	74 & 83 KG	MEN
10.00 AM	WEIGH IN	47 & 52 KG	WOMEN
12.00 NOON	COMPETITION	47 & 52 KG	WOMEN
01.00 PM	WEIGH IN	57 & 63 KG	WOMEN
03.00 PM	COMPETITION	57 & 63 KG	WOMEN
04.00 PM	WEIGH IN	69 & 76 KG	WOMEN
06.00 PM	COMPETITION	69 & 76 KG	WOMEN

06/11/2025 (THURSDAY)

07.00 AM	WEIGH IN	93 & 105 KG	MEN
09.00 AM	COMPETITION	93 & 105 KG	MEN
10.00 AM	WEIGH IN	120 & 120+ KG	MEN
12.00 NOON	COMPETITION	120 & 120+ KG	MEN
01.00 PM	WEIGH IN	84 & 84+ KG	WOMEN
03.00 PM	COMPETITION	84 & 84+ KG	WOMEN
05.00 PM	CLOSING CEREMONY		

Programme subject to change at the discretion of the Organizers.



P. J. Joseph (Arjuna)
Secretary General