

34th National Sub Junior, Junior, Senior & Masters
(Men & Women) Classic & Equipped Bench Press Championships
from 07th to 11th January 2026 @ Aggarwal College. Ballabhgarh, Faridabad, Haryana

PROVISIONAL PROGRAMME

07/01/2026 (Wednesday)

10.00 Am	-	Reporting			
01.00 Pm	-	Technical Committee			
03.00 Pm	-	Anti Doping Seminar			
03.00 Pm	-	Weigh in	53 & 59 Kg	Men	All Age Group (Classic Bench Press)
04.00 Pm	-	Opening Ceremony			
05.00 Pm	-	Competition	53 & 59 Kg	Men	All Age Group (Classic Bench Press)

08/01/2026 (Thursday) CLASSIC BENCH PRESS

07.00 Am	-	Weigh in	66 Kg	Men	All Age Group
09.00 Am	-	Competition	66 Kg	Men	All Age Group
09.00 Am	-	Weigh in	43, 47 & 52 Kg	Women	All Age Group
11.00 Am	-	Competition	43, 47 & 52 Kg	Women	All Age Group
11.00 Am	-	Weigh in	74 Kg	Men	All Age Group
01.00 Pm	-	Competition	74 Kg	Men	All Age Group
03.00 Pm	-	Weigh in	57 kg & 63 Kg	Women	All Age Group
05.00Pm	-	Competition	57 kg & 63 Kg	Women	All Age Group
05.00 Pm	-	Weigh in	83 Kg	Men	All Age Group
07.00 Pm	-	Competition	83 Kg	Men	All Age Group

09/01/2026 (Friday) CLASSIC BENCHPRESS

07.00 Am	-	Weigh in	93 & 105 Kg	Men	All Age Group
09.00 Am	-	Competition	93 & 105 Kg	Men	All Age Group
09.00 Am	-	Weigh in	69 & 76 Kg	Women	All Age Group
11.00 Am	-	Competition	69 & 76 Kg	Women	All Age Group
11.00 Am	-	Weigh in	84 & 84+ Kg	Women	All Age Group
01.00 Pm	-	Competition	84 & 84+ Kg	Women	All Age Group
01.00 Pm	-	Weigh in	120 & 120+ Kg	Men	All Age Group
03.00 Pm	-	Competition	120 & 120+ Kg	Men	All Age Group

09/01/2026 (Friday) EQUIPPED BENCHPRESS

03.00 Pm	-	Weigh in	53 & 59 Kg	Men	All Age Group
05.00 Pm	-	Competition	53 & 59 Kg	Men	All Age Group

10/01/2026 (Saturday) EQUIPPED BENCHPRESS

07.00 Am	-	Weigh in	66 Kg	Men	All Age Group
09.00 Am	-	Competition	66 Kg	Men	All Age Group
09.00 Am	-	Weigh in	43, 47 & 52 Kg	Women	All Age Group
11.00 Am	-	Competition	43, 47 & 52 Kg	Women	All Age Group
11.00 Am	-	Weigh in	74 & 83 Kg	Men	All Age Group
01.00 Pm	-	Competition	74 & 83 Kg	Men	All Age Group
01.00 Pm	-	Weigh in	57 & 63 Kg	Women	All Age Group
03.00 Pm	-	Competition	57 & 63 Kg	Women	All Age Group
03.00 Pm	-	Weigh in	69 & 76 Kg	Women	All Age Group
05.00 Pm	-	Competition	69 & 76 Kg	Women	All Age Group

11/01/2026 (Sunday) EQUIPPED BENCHPRESS

07.00 Am	-	Weigh in	93 & 105 Kg	Men	All Age Group
09.00 Am	-	Competition	93 & 105 Kg	Men	All Age Group
10.00 Am	-	Weigh in	84 & 84+ Kg	Women	All Age Group
12.00 Noon	-	Competition	84 & 84+ Kg	Women	All Age Group
12.00 Noon	-	Weigh in	120 & 120 + Kg	Men	All Age Group
02.00 Pm	-	Competition	120 & 120 + Kg	Men	All Age Group
04.00 Pm	-	Closing Ceremony			

Programme subject to change at the discretion of the Organizers.




P. J. Joseph (Arjuna)
Secretary General