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)

<u>01/01/2020 (Wednesday)</u>								
-	Reporting							
-	Technical Committee							
-	Anti Doping Seminar							
-	Weigh in	53 & 59 Kg	Men	All Age Gr	oup (Classic Bench Press)			
_	Opening Ceremony							
-	Competition	53 & 59 Kg	Men	All Age Group (Classic Bench Press)				
08/01/2026 (Thursday) CLASSIC BENCH PRESS								
-	Weigh in	66 Ka		Men	All Age Group			
-	_	_		Men	All Age Group			
-	Weigh in	43, 47 & 52 Kg		Women	All Age Group			
-	Competition	43, 47 & 52 Kg		Women	All Age Group			
-	Weigh in	74 Kg		Men	All Age Group			
-	Competition	74 Kg		Men	All Age Group			
-	Weigh in	57 kg & 63 Kg		Women	All Age Group			
-	Competition	57 kg & 63 Kg		Women	All Age Group			
-	Weigh in	83 Kg		Men	All Age Group			
-	Competition	83 Kg		Men	All Age Group			
09/01/2026 (Friday) CLASSIC BENCHPRESS								
-	Weigh in	93 & 105 Kg		Men	All Age Group			
-	Competition	93 & 105 Kg		Men	All Age Group			
-	Weigh in	69 & 76 Kg		Women	All Age Group			
-	Competition	69 & 76 Kg		Women	All Age Group			
-	Weigh in	84 & 84+ Kg		Women	All Age Group			
-	Competition	84 & 84+ Kg		Women	All Age Group			
-	Weigh in	120 & 120+ Kg	ļ	Men	All Age Group			
-	Competition	120 & 120+ Kg		Men	All Age Group			
09/01/2026 (Friday) EQUIPPED BENCHPRESS								
-	Weigh in	53 & 59 Kg		Men	All Age Group			
-	_			Men	All Age Group			
	-	- Technical Co - Anti Doping S - Weigh in - Opening Cere - Competition - Weigh in - Competition	- Reporting - Technical Committee - Anti Doping Seminar - Weigh in 53 & 59 Kg - Opening Ceremony - Competition 53 & 59 Kg - Weigh in 66 Kg - Weigh in 43, 47 & 52 Kg - Competition 66 Kg - Weigh in 74 Kg - Competition 74 Kg - Weigh in 57 kg & 63 Kg - Weigh in 57 kg & 63 Kg - Weigh in 83 Kg - Competition 83 Kg - Weigh in 83 Kg - Weigh in 93 & 105 Kg - Weigh in 93 & 105 Kg - Weigh in 69 & 76 Kg - Weigh in 69 & 76 Kg - Weigh in 84 & 84+ Kg - Weigh in 120 & 120+ Kg - Weigh in 120 & 120+ Kg - Weigh in 120 & 120+ Kg - Competition 120 & 120+ Kg - Og/01/2026 (Friday) E0	- Reporting - Technical Committee - Anti Doping Seminar - Weigh in 53 & 59 Kg Men - Opening Ceremony - Competition 53 & 59 Kg Men - 08/01/2026 (Thursday) CLAS - Weigh in 66 Kg - Competition 66 Kg - Weigh in 43, 47 & 52 Kg - Competition 74 Kg - Competition 74 Kg - Weigh in 57 kg & 63 Kg - Competition 57 kg & 63 Kg - Competition 57 kg & 63 Kg - Competition 83 Kg - Weigh in 83 Kg - Competition 83 Kg - Weigh in 93 & 105 Kg - Weigh in 93 & 105 Kg - Weigh in 69 & 76 Kg - Weigh in 69 & 76 Kg - Weigh in 84 & 84+ Kg - Weigh in 84 & 84+ Kg - Competition 84 & 84+ Kg - Weigh in 120 & 120+ Kg - Weigh in 120 & 120+ Kg - O9/01/2026 (Friday) EQUIPF - Weigh in 53 & 59 Kg	- Reporting - Technical Committee - Anti Doping Seminar - Weigh in 53 & 59 Kg Men All Age Green Competition 53 & 59 Kg Men All Age Green Competition 53 & 59 Kg Men All Age Green Competition 65 Kg Men Competition 66 Kg Men - Weigh in 43, 47 & 52 Kg Women Competition 43, 47 & 52 Kg Women Competition 74 Kg Men - Weigh in 74 Kg Men - Competition 75 Kg & 63 Kg Women Competition 75 Kg & 63 Kg Women Competition 75 Kg & 63 Kg Women Competition 83 Kg Men - Weigh in 83 Kg Men - Weigh in 83 Kg Men - Competition 83 Kg Men - Weigh in 93 & 105 Kg Men - Weigh in 93 & 105 Kg Men - Weigh in 69 & 76 Kg Women Competition 69 & 76 Kg Women Competition 69 & 76 Kg Women Competition 84 & 84+ Kg Women Competition 84 & 84+ Kg Women Competition 120 & 120+ Kg Men - Weigh in 120 & 120+ Kg Men - Weigh in 120 & 120+ Kg Men - Og/01/2026 (Friday) EQUIPPED BENCH			

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.

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P. J. Joseph (Arjuna) Secretary General