

**South India Sub Junior, Junior & Senior (Men & Women)**  
**Equipped Powerlifting Championship 2025-26**  
**to be held at KEB Engineers Association Silver Jubilee Building,**  
**Race Course Cross Road, Anand Rao Circle, Bangalore -560009**  
**from 07<sup>th</sup> & 08<sup>th</sup> March 2026.**

**PROVISIONAL PROGRAMME**

<b>06/03/2026 -Friday (All age category)</b>			
<b>Technical Committee</b>			<b>08.00 pm</b>
<b>07/03/2026 - Saturday (All age category)</b>			
Weigh in	53, 59 & 66 Kg	Men	07.00 am
Competition	53, 59 & 66 Kg	Men	09.00 am
Weigh in	43, 47 & 52 Kg	Women	10.00 am
<b>Opening Ceremony</b>			<b>11.30 am</b>
Competition	43, 47 & 52 Kg	Women	11.30 am
Weigh in	74, 83 & 93 Kg	Men	01.00 pm
Competition	74, 83 & 93 Kg	Men	03.00 pm
Weigh in	57, 63 & 69 Kg	Women	03.00 pm
Competition	57, 63 & 69 Kg	Women	05.00 pm
<b>08/03/2026 - Sunday (All age category)</b>			
Weigh in	105, 120, 120+ Kg	Men	08.00 am
Competition	105, 120, 120+ Kg	Men	10.00 am
Weigh in	76, 84, 84+ Kg	Women	11.00 am
Competition	76, 84, 84+ Kg	Women	01.00 pm
<b>Closing Ceremony</b>			<b>04.00 pm</b>

Programme subject to change at the discretion of the Organizers.



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