


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 07th & 08th March 2026.

PROVISIONAL PROGRAMME

06/03/2026 -Friday (All age category)			
Technical Committee		08.00 pm	
07/03/2026 - Saturday (All age category)			
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
Opening Ceremony			11.30 am
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
08/03/2026 - Sunday (All age category)			
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
Closing Ceremony			04.00 pm

Programme subject to change at the discretion of the Organizers.




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