

**XV National Sub Junior & Junior (Men & Women) Classic Powerlifting Championship**

**XV National Sub Junior & Junior (Men & Women)**

**Classic Powerlifting Championship to be held at KIMS, Amalapuram,**

**Andhra Pradesh from 15<sup>th</sup> to 20<sup>th</sup> May 2026**

**PROVISIONAL PROGRAMME**

**15/05/2026 (Friday)**

|                 |                             |  |  |
|-----------------|-----------------------------|--|--|
| <b>05.00 PM</b> | Technical Committee Meeting |  |  |
| <b>06.30 PM</b> | Referee Clinic              |  |  |

|                      |                   |                   |              |
|----------------------|-------------------|-------------------|--------------|
| <b>WEIGH IN TIME</b> | <b>PLATFORM 1</b> | <b>PLATFORM 2</b> | <b>COMP.</b> |
|----------------------|-------------------|-------------------|--------------|

**16/05/2026 (Saturday)**

|                                    |                    |                |          |
|------------------------------------|--------------------|----------------|----------|
| 08.00 AM – 09.30 AM<br>53 Kg - Men | 53 Kg - Sub junior | 53 Kg - Junior | 10.00 AM |
|------------------------------------|--------------------|----------------|----------|

|                 |                         |  |  |
|-----------------|-------------------------|--|--|
| <b>09.30 AM</b> | <b>Opening Ceremony</b> |  |  |
|-----------------|-------------------------|--|--|

|                                          |                             |                             |          |
|------------------------------------------|-----------------------------|-----------------------------|----------|
| 11.30 AM -01.00 PM<br>43 & 47 Kg - Women | 43 Kg - Sub junior & Junior | 47 Kg - Sub junior & Junior | 01.30 PM |
|------------------------------------------|-----------------------------|-----------------------------|----------|

|                                    |                    |                |          |
|------------------------------------|--------------------|----------------|----------|
| 03.00 Pm – 04.30 PM<br>59 Kg - Men | 59 Kg - Sub junior | 59 Kg - Junior | 05.00 PM |
|------------------------------------|--------------------|----------------|----------|

**17/05/2025 (Sunday)**

|                                    |                   |                |          |
|------------------------------------|-------------------|----------------|----------|
| 07.00 AM – 08.30 AM<br>66 Kg – Men | 66 Kg -Sub junior | 66 Kg - Junior | 09.00 AM |
|------------------------------------|-------------------|----------------|----------|

|                                         |                             |                             |          |
|-----------------------------------------|-----------------------------|-----------------------------|----------|
| 11.00 AM -12.30 AM<br>52 & 57 Kg –Women | 52 Kg - Sub junior & Junior | 57 Kg - Sub junior & Junior | 01.00 PM |
|-----------------------------------------|-----------------------------|-----------------------------|----------|

|                                    |                    |                |          |
|------------------------------------|--------------------|----------------|----------|
| 03.00 PM – 04.30 PM<br>74 Kg – Men | 74 Kg - Sub junior | 74 Kg - Junior | 05.00 PM |
|------------------------------------|--------------------|----------------|----------|

**18/05/2026 (Monday)**

|                                    |                    |                |          |
|------------------------------------|--------------------|----------------|----------|
| 07.00 AM – 08.30 AM<br>83 Kg – Men | 83 Kg - Sub junior | 83 Kg - Junior | 09.00 AM |
|------------------------------------|--------------------|----------------|----------|

|                                   |                    |                |          |
|-----------------------------------|--------------------|----------------|----------|
| 11.00AM -12.30 PM<br>63 Kg –Women | 63 Kg - Sub junior | 63 Kg - Junior | 01.00 PM |
|-----------------------------------|--------------------|----------------|----------|

|                                    |                    |                |          |
|------------------------------------|--------------------|----------------|----------|
| 02.00 PM – 03.30 PM<br>93 Kg - Men | 93 Kg - Sub junior | 93 Kg - Junior | 04.00 PM |
|------------------------------------|--------------------|----------------|----------|

**19/05/2026 (Tuesday)**

|                                     |                     |                 |          |
|-------------------------------------|---------------------|-----------------|----------|
| 07.00 AM – 08.30 AM<br>105 Kg - Men | 105 Kg - Sub junior | 105 Kg - Junior | 09.00 AM |
|-------------------------------------|---------------------|-----------------|----------|

|                                           |                             |                             |          |
|-------------------------------------------|-----------------------------|-----------------------------|----------|
| 11.00 AM – 12.30 PM<br>69 & 76 Kg - Women | 69 Kg - Sub junior & Junior | 76 Kg - Sub junior & Junior | 01.00 PM |
|-------------------------------------------|-----------------------------|-----------------------------|----------|

**20/05/2026 (Wednesday)**

|                                            |                             |                              |          |
|--------------------------------------------|-----------------------------|------------------------------|----------|
| 07.00 AM – 08.30 AM<br>84 & 84+ Kg – Women | 84 Kg - Sub junior & Junior | 84+ Kg - Sub junior & Junior | 09.00 AM |
|--------------------------------------------|-----------------------------|------------------------------|----------|

|                                            |                              |                              |          |
|--------------------------------------------|------------------------------|------------------------------|----------|
| 11.00 AM – 12.30 PM<br>120 & 120+ Kg – Men | 120 Kg - Sub Junior & Junior | 120+Kg - Sub Junior & Junior | 01.00 PM |
|--------------------------------------------|------------------------------|------------------------------|----------|

|                 |                         |  |  |
|-----------------|-------------------------|--|--|
| <b>05.00 PM</b> | <b>Closing Ceremony</b> |  |  |
|-----------------|-------------------------|--|--|

*Programme subject to change at the discretion of the Organizers.*



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