PROVISIONAL TIMETABLE

24.12.2021-TECHNICAL MEETING   06.00 PM

25.12.2021
EQUIPPED POWERLIFTING

Session 1	B/W Category : 53&59 Kg	Men : ALL AGE GROUP CATEGORY
Weigh in time: 07.00 to 08.30 AM		ROOM NO.1
Competition Start 09.00 AM		STAGE NO.1
Session 2	B/W Category : 66&74 Kg	Men : ALL AGE GROUP CATEGORY
Weigh in time: 07.00 to 08.30 AM		ROOM NO.2
Competition Start 09.00 AM		STAGE NO.2
Session 3	B/W Category : 43 TO 57 Kg WOMEN	ALL AGE GROUP CATEGORY
Weigh in time: 12.00 to 01.30 PM		ROOM NO.1
Competition Start 02.00 AM		STAGE NO.1
Session 4	B/W Category : 63 TO 84+ Kg WOMEN	ALL AGE GROUP CATEGORY
Weigh in time: 12.00 to 01.30 PM		ROOM NO.2
Competition Start 02.00 AM		STAGE NO.2
26.12.2021		
Session 1	B/W Category : 83 Kg	Men : ALL AGE GROUP CATEGORY
Weigh in time: 07.00 to 08.30 AM		ROOM NO.1
Competition Start 09.00 AM		STAGE NO.1
Session 2	B/W Category : 93 Kg	Men : ALL AGE GROUP CATEGORY
Weigh in time: 07.00 to 08.30 AM		ROOM NO.2
Competition Start 09.00 AM		STAGE NO.2
Session 3	B/W Category : 105 Kg	Men : ALL AGE GROUP CATEGORY
Weigh in time: 12.00 to 01.30 PM		ROOM NO.1
Competition Start 02.00 PM		STAGE NO.1
Session 4	B/W Category : 120&120+ Kg	Men : ALL AGE GROUP CATEGORY
Weigh in time: 12.00 to 01.30 PM		ROOM NO.2
Competition Start 02.00 PM		STAGE NO.2
27.12.2021 **CLASSIC POWERLIFTING**		
Session 1	B/W Category : 53,59 & 66 Kg	Men : ALL AGE GROUP CATEGORY
Weigh in time: 07.00 to 08.30 AM		ROOM NO.1
Competition Start 09.00 AM		STAGE NO.1
Session 2	B/W Category : 74&83 Kg	Men : ALL AGE GROUP CATEGORY
Weigh in time: 07.00 to 08.30 AM		ROOM NO.1
Competition Start 09.00 AM		STAGE NO.1
Session 3	B/W Category : 43 TO 57 Kg WOMEN	ALL AGE GROUP CATEGORY
Weigh in time: 12.00 to 01.30 PM		ROOM NO.1
Competition Start 02.00 PM		STAGE NO.1
Session 4	B/W Category : 63 TO 84+ Kg WOMEN	ALL AGE GROUP CATEGORY
Weigh in time: 12.00 to 01.30 PM		ROOM NO.1
Competition Start 02.00 PM		STAGE NO.1

28.12.2021		
Session 1	**B/W Category : 83Kg**	**Men : ALL AGE GROUP CATEGORY**
Weigh in time: 07.00 to 08.30 AM		**ROOM NO.1**
Competition Start 09.00 AM		**STAGE NO.1**
Session 2	**B/W Category : 93 Kg**	**Men : ALL AGE GROUP CATEGORY**
Weigh in time: 07.00 to 08.30 AM		**ROOM NO.2**
Competition Start 09.00 AM		**STAGE NO.2**
Session 3	**B/W Category : 105 Kg**	**Men : ALL AGE GROUP CATEGORY**
Weigh in time: 12.00 to 01.30 PM		**ROOM NO.1**
Competition Start 02.00 AM		**STAGE NO.1**
Session 4	**B/W Category : 120 & 120+ Kg**	**Men : ALL AGE GROUP CATEGORY**
Weigh in time: 12.00 to 01.30 PM		**ROOM NO.2**
Competition Start 02.00 AM		**STAGE NO.2**
EQUIPPED BENCH PRESS **29.12.2021**		
Session 1	**B/W Category : 53TO 83 Kg**	**Men : ALL AGE GROUP CATEGORY**
Weigh in time: 07.00 to 08.30 AM		**ROOM NO.1**
Competition Start 09.00 AM		**STAGE NO.1**
Session 2	**B/W Category : 93TO 120+ Kg**	**Men : ALL AGE GROUP CATEGORY**
Weigh in time: 07.00 to 08.30 AM		**ROOM NO.2**
Competition Start 09.00 AM		**STAGE NO.2**
Session 3	**B/W Category : 43 TO 57 Kg WOMEN**	**ALL AGE GROUP CATEGORY**
Weigh in time: 12.00 to 01.30 PM		**ROOM NO.1**
Competition Start 02.00 AM		**STAGE NO.1**
Session 4	**B/W Category : 63 TO 84+ Kg WOMEN**	**ALL AGE GROUP CATEGORY**
Weigh in time: 12.00 to 01.30 PM		**ROOM NO.2**
Competition Start 02.00 AM		**STAGE NO.2**
CLASSIC BENCH PRESS **30.12.2021**		
Session 1	**B/W Category : 53TO 83 Kg**	**Men : ALL AGE GROUP CATEGORY**
Weigh in time: 07.00 to 08.30 AM		**ROOM NO.1**
Competition Start 09.00 AM		**STAGE NO.1**
Session 2	**B/W Category : 93 TO 120+ Kg**	**Men : ALL AGE GROUP CATEGORY**
Weigh in time: 07.00 to 08.30 AM		**ROOM NO.2**
Competition Start 09.00 AM		**STAGE NO.2**
Session 3	**B/W Category : 43 TO 57 Kg WOMEN**	**ALL AGE GROUP CATEGORY**
Weigh in time: 12.00 to 01.30 PM		**ROOM NO.1**
Competition Start 02.00 AM		**STAGE NO.1**
Session 4	**B/W Category : 63 TO 84+ Kg WOMEN**	**ALL AGE GROUP CATEGORY**
Weigh in time: 12.00 to 01.30 PM		**ROOM NO.2**
Competition Start 02.00 AM		**STAGE NO.2**
CLOSING BANQUET 7.00 PM		
Programme subject to change at the discretion of the Federation		
P J JOSEPH-CHAMPIONSHIP SECRETARY		