

**SENIOR NATIONAL MEN & WOMEN (EQUIPPED / UNEQUIPPED) POWERLIFTING  
CHAMPIONSHIP-2018 & INTERSTATE & WEST ZONE (EQUIPPED)  
AT DALHI – RAJHARA DISTT., CHHATTISGARH  
DURING 4<sup>TH</sup> TO 9<sup>TH</sup> SEPTEMBER, 2018**

--- **PROGRAMME** ---

04.09.18	-	6:30 PM	-	Technical Meeting.
	-	7:30 PM	-	Referees Clinic & Allotment of Referee
	-	8:00 PM	-	Dope Awareness Clinic
05.09.18	-	9:00 AM	-	Line-up for In-auguration
	-	9:30 AM	-	IN-AUGURATION
	-	10:00 AM	-	Weigh-in for Men (59,66 & 74 Kg. Kg. Classes) Unequipped
	-	12:00 Noon-	-	Competition Start
	-	2:00 PM	-	Weigh-in for Women (47,52 & 57 Kg. Class) Unequipped
	-	4:00 PM	-	Competition Start
06.09.18	-	9:00 AM	-	Referees Clinic
	-	9:00 AM	-	Weigh-in for Men (83 & 93 Kg. Class) Unequipped
	-	11:00 AM	-	Competition Starts.
	-	11:30 AM	-	Weigh-in for Women (63, 72, 84 & +84 Kg Class) Unequipped
	-	1:30 AM	-	Competition start.
	-	3:00 AM	-	Weigh-in for Men (105,120 & +120 Kg. Class) Unequipped
	-	5:00 PM	-	Competition start.
07.09.18	-	9:00 AM	-	Referees Clinic
	-	9:00 AM	-	Weigh-in for Men (59, & 66 Kg. Class) Equipped N/L, Interstate & W/Z
	-	11:00 AM	-	Competition start.
	-	11:30 AM	-	Weigh-in for Women (47,52 & 57 Kg. Class) Equipped N/L, Interstate & W/Z
	-	1:30 AM	-	Competition start.
	-	4:00 PM	-	Weigh-in for Men (74, & 83 Kg. Class) Equipped N/L, Interstate & W/Z
	-	6:00 PM	-	Competition start.
08.09.18	-	8:00 AM	-	Weigh-in for Men (93 & 105 Kg. Class) Equipped N/L, Interstate & W/Z
	-	9:00 AM	-	Referees Clinic
	-	10:00 AM	-	Competition starts
	-	2:00 PM	-	Weigh-in for Women (63 & 72 Kg.) Equipped N/L, Interstate & W/Z
	-	4:00 PM	-	Competition start.
09.09.18	-	8:00 AM	-	Weigh-m for Women (84 & +84 Kg Class) Equipped N/L, Interstate & W/Z
	-	9:00 AM	-	Referees Clinic
	-	10:00 AM	-	Competition Starts
	-	10:30 AM	-	Weigh-in for Men (120 & +120 Kg. Class) Equipped N/L, Interstate & W/Z
	-	12:30 Noon-	-	Competition Starts
	-	4:00 PM	-	PRIZE DISTRIBUTION & CLOSING CEREMONY

**PROGRAMME IS SUBJECT TO CHANGE AT THE DISCRETION OF MANAGEMENT.**

**ISSUED BY IPF**