

Provisional Time Table

PROGRAMME

26.12.2016 (Monday)	06:30 p.m.	Reporting for Technical Meeting
	07:30 p.m.	Referee's Clinic & Allotment of Referees
27.12.2016 (Tuesday)	10:30 a.m.	Inauguration of the Championship
	12:00 noon	Weighing in for 53,59,& 66 kg. Class (Men) Powerlifting All age Group
	02:00 p.m.	Competition Start
	03:00 p.m.	Weighing in for 74, 83 kg Class (Men) Powerlifting All age Group
	05:00 p.m.	Competition Start
28.12.2016 (Wednesday)	08:00 a.m.	Weighing in for 93, 105 kg Class (Men) Powerlifting All age Group
	10:00 a.m.	Competition Start
	12:00 noon.	Weighing in for 120, + 120 kg Class (Men) Powerlifting All age Group
	02:00 p.m.	Competition Start
	03:00 p.m.	Weighing in for all women classes (43 to + 84 kg.) Powerlifting All age Group
	05:00 p.m.	Competition Start
29.12.2016 (Thursday)	08:00 a.m.	Weighing in for Benchpress (Men) All Weight Categories (53 Kg. to + 120 Kg.) All age Group
	10:00 a.m.	Competition Start
	01:00 p.m.	Weighing in for Benchpress (Women) All Weight Categories (43Kg to.+ 84Kg.) All age Group
	03:00 p.m.	Competition Start
30.12.2016 (Friday)	08:00 a.m.	Weighing in for Deadlift (Men) All Weight Categories (53 Kg. to + 120 Kg.) All age Group
	10:00 a.m.	Competition Start
	01:00 p.m.	Weighing in for Deadlift (Women) All Weight Categories (43 Kg. to + 84 Kg.) All age Group
	03:00 p.m.	Competition Start
	05:00 p.m.	Prize Distribution & Closing Ceremony
	07:00 p.m.	Farewell Banquet Dinner