

**TIME TABLE FOR 1ST KHELO INDIA NATIONAL RANKING WEIGHTLIFTING COMPETITION**  
**RAINBOW INTERNATIONAL SCHOOL - NAGROTA BAGWAN, HIMACHAL PRADESH**  
**FROM 14-22 JUNE 2022**

Day	Date	Program	Time		
1	14-06-2022	Verification of final entries meeting	1500 hours		
		Technical Officials Meeting	1600 hours		
		Weight Categories	Weigh-in Time	Competition Time	Competitors
2	15-06-2022	Girls - 40 kg (Youth)	0700 hours	0900 hours	15
		Women - 45 kg (Youth, Junior & Senior) Group C	0930 hours	1130 hours	15
		Women - 45 kg (Youth, Junior & Senior) Group B	1200 hours	1400 hours	15
		Women - 45 kg (Youth, Junior & Senior) Group A	1330 hours	1530 hours	15
3	16-06-2022	Women - 49 kg (Youth, Junior & Senior) Group C	0700 hours	0900 hours	15
		Women - 49 kg (Youth, Junior & Senior) Group B	0930 hours	1130 hours	15
		Women - 49 kg (Youth, Junior & Senior) Group A	1200 hours	1400 hours	15
		Women - 55 kg (Youth, Junior & Senior) Group C	1330 hours	1530 hours	15
4	17-06-2022	Women - 55 kg (Youth, Junior & Senior) Group B	0700 hours	0900 hours	15
		Women - 55 kg (Youth, Junior & Senior) Group A	0930 hours	1130 hours	15
		Women - 59 kg (Youth, Junior & Senior) Group C	1200 hours	1400 hours	15
		Women - 59 kg (Youth, Junior & Senior) Group B	1330 hours	1530 hours	15
5	18-06-2022	Women - 59 kg (Youth, Junior & Senior) Group A	0700 hours	0900 hours	15
		Women - 64 kg (Youth, Junior & Senior) Group C	0930 hours	1130 hours	15
		Women - 64 kg (Youth, Junior & Senior) Group B	1200 hours	1400 hours	15
		Women - 64 kg (Youth, Junior & Senior) Group A	1330 hours	1530 hours	15
6	19-06-2022	Women - 71 kg (Youth, Junior & Senior) Group C	0700 hours	0900 hours	15
		Women - 71 kg (Youth, Junior & Senior) Group B	0930 hours	1130 hours	15
		Women - 71 kg (Youth, Junior & Senior) Group A	1200 hours	1400 hours	15
		Women - 76 kg (Youth, Junior & Senior) Group C	1330 hours	1530 hours	14
7	20-06-2022	Women - 76 kg (Youth, Junior & Senior) Group B	0700 hours	0900 hours	14
		Women - 76 kg (Youth, Junior & Senior) Group A	0930 hours	1130 hours	14
		Women - 81 kg (Youth, Junior & Senior) Group C	1200 hours	1400 hours	14
		Women - 81 kg (Youth, Junior & Senior) Group B	1330 hours	1530 hours	14
8	21-06-2022	Women - 81 kg (Youth, Junior & Senior) Group A	0700 hours	0900 hours	14
		Women - 87 kg (Junior) Group A	0930 hours	1130 hours	11
		Women - 87 kg (Senior) Group A	1200 hours	1400 hours	15
		Girls - +81 kg (Youth) Group A	1330 hours	1530 hours	7
9	22-06-2022	Women - +87 kg (Junior) Group A	0700 hours	0900 hours	12
		Women - +87 kg (Senior) Group A	0930 hours	1130 hours	14
		Closing Ceremony		1400 hours	