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

2 1	Date 14-06-2022 15-06-2022	Verification of final entries meeting Technical Officials Meeting Weight Categories Girls - 40 kg (Youth) Women - 45 kg (Youth, Junior & Senior) Group C Women - 45 kg (Youth, Junior & Senior) Group B Women - 45 kg (Youth, Junior & Senior) Group A Women - 49 kg (Youth, Junior & Senior) Group C	Time 1500 hours 1600 hours Weigh-in Time 0700 hours 0930 hours 1200 hours 1330 hours	Competition Time 0900 hours 1130 hours 1400 hours	Competitors 15 15
2 1	15-06-2022	Technical Officials Meeting Weight Categories Girls - 40 kg (Youth) Women - 45 kg (Youth, Junior & Senior) Group C Women - 45 kg (Youth, Junior & Senior) Group B Women - 45 kg (Youth, Junior & Senior) Group A	Weigh-in Time 0700 hours 0930 hours 1200 hours	Time 0900 hours 1130 hours	15
2 1	15-06-2022	Weight Categories Girls - 40 kg (Youth) Women - 45 kg (Youth, Junior & Senior) Group C Women - 45 kg (Youth, Junior & Senior) Group B Women - 45 kg (Youth, Junior & Senior) Group A	Weigh-in Time 0700 hours 0930 hours 1200 hours	Time 0900 hours 1130 hours	15
		Weight Categories Girls - 40 kg (Youth) Women - 45 kg (Youth, Junior & Senior) Group C Women - 45 kg (Youth, Junior & Senior) Group B Women - 45 kg (Youth, Junior & Senior) Group A	Time 0700 hours 0930 hours 1200 hours	Time 0900 hours 1130 hours	15
		Girls - 40 kg (Youth) Women - 45 kg (Youth, Junior & Senior) Group C Women - 45 kg (Youth, Junior & Senior) Group B Women - 45 kg (Youth, Junior & Senior) Group A	Time 0700 hours 0930 hours 1200 hours	Time 0900 hours 1130 hours	15
		Girls - 40 kg (Youth) Women - 45 kg (Youth, Junior & Senior) Group C Women - 45 kg (Youth, Junior & Senior) Group B Women - 45 kg (Youth, Junior & Senior) Group A	0930 hours 1200 hours	1130 hours	
		Women - 45 kg (Youth, Junior & Senior) Group C Women - 45 kg (Youth, Junior & Senior) Group B Women - 45 kg (Youth, Junior & Senior) Group A	0930 hours 1200 hours	1130 hours	
		Women - 45 kg (Youth, Junior & Senior) Group B Women - 45 kg (Youth, Junior & Senior) Group A	1200 hours		15
	16-06-2022	Women - 45 kg (Youth, Junior & Senior) Group A	1330 hours	1400 110013	15
	16-06-2022	Women - 49 kg (Youth, Junior & Senior) Group C		1530 hours	15
	16-06-2022	I vonich - 45 kg (routh, buillor & ochlor) Group C	0700 hours	0900 hours	15
	16-06-2022	Women - 49 kg (Youth, Junior & Senior) Group B	0930 hours	1130 hours	15
3 1	16-06-2022	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
		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
4	17-06-2022	Women - 59 kg (Youth, Junior & Senior) Group B	1330 hours	1530 hours	15
		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
5	18-06-2022	Women - 64 kg (Youth, Junior & Senior) Group A	1330 hours	1530 hours	15
		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
6	19-06-2022	Women - 76 kg (Youth, Junior & Senior) Group C	1330 hours	1530 hours	14
		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
7 2	20-06-2022	Women - 81 kg (Youth, Junior & Senior) Group B	1330 hours	1530 hours	14
		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
8 2	21-06-2022	Girls - +81 kg (Youth) Group A	1330 hours	1530 hours	7
		Women - +87 kg (Junior) Group A	0700 hours	0900 hours	12
		Women - +87 kg (Senior) Group A	0930 hours	1130 hours	14
9 2	22-06-2022	Closing Ceremony		1400 hours	