

भारतीय भारोत्तोलन संघ Indian Weightlifting Federation



Affiliated to: International Weightlifting Federation, Asian Weightlifting Federation,
Commonwealth Weightlifting Federation and Indian Olympic Association
Recognised by: Ministry of Youth Affairs & Sports, Govt. of India

File No.: IWLF-Cir./2022-23/ **185**

Date: 15 October 2022

All affiliated States / Units
and Executive Members
of Indian Weightlifting Federation

Sub.: Competition Time table for the forthcoming IWLF Youth (Boys & Girls), Junior (Men & Women) and Senior (Men & Women) National Weightlifting Championships-2022-23 being held at Ponjesly College of Engineering, Nagercoil (Tamilnadu) from 27 December 2022 to 8 January 2023.

Dear All,

The competition time table for the forthcoming IWLF Youth (Boys & Girls), Junior (Men & Women) and Senior (Men & Women) National Weightlifting Championships-2022-23 being held at Ponjesly College of Engineering, Nagercoil (Tamilnadu) from 27 December 2022 to 8 January 2023 is enclosed separately for your kind reference.

Please be informed that the teams have to travel in 2 groups, first group will be provided Boarding & Lodging w.e.f. 27th December 2022 to 2nd January 2023 whereas second group w.e.f. 1-7th January 2023. The verification of final entries meeting will be held for all the weight categories contested during the competition on 28th December 2022. Although the athletes are free to go back to their hometown stations immediately after their competition.

Only State teams will be provide free boarding & lodging by the Host Organization at Nagercoil whereas the athletes and team officials of Departmental Boards (AIPSCB, RSPB and SSCB) have to arrange for their own boarding & lodging at Nagercoil.

Kindly take a note of it and book tickets accordingly.

Yours Sincerely,


[S.H. Anande Gowda]
Secretary General



Encl. as above.

**TIME TABLE FOR IWLF YOUTH, JUNIOR & SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23
AT PONJESLY COLLEGE OF ENGINEERING, NAGERCOIL (TAMILNADU)**

Day	Date	Program	Time	Expected Groups
1	27-12-2022	Arrival of teams and technical officials	All day	
2	28-12-2022	Verification of final entries Meeting	1200 hrs	
	28-12-2022	Technical Officials Meeting	1500 hrs	
3	29-12-2022	Youth Girls - 40 kg	TBD	1
		Youth Boys - 49 kg	TBD	1
		Youth, Junior & Senior Women - 45 kg	TBD	3
4	30-12-2022	Youth, Junior & Senior Men - 55 kg	TBD	3
		Youth, Junior & Senior Women - 49 kg	TBD	2
5	31-12-2022	Youth, Junior & Senior Men - 61 kg	TBD	3
		Youth, Junior & Senior Women - 55 kg	TBD	2
6	01-01-2023	Youth, Junior & Senior Men - 67 kg	TBD	3
		Youth, Junior & Senior Women - 59 kg	TBD	2
7	02-01-2023	Youth, Junior & Senior Men - 73 kg	TBD	3
		Youth, Junior & Senior Women - 64 kg	TBD	2
8	03-01-2023	Youth, Junior & Senior Men - 81 kg	TBD	3
		Youth, Junior & Senior Women - 71 kg	TBD	2
			TBD	3
9	04-01-2023	Youth, Junior & Senior Men - 89 kg	TBD	3
		Youth, Junior & Senior Women - 76 kg	TBD	2
10	05-01-2023	Youth, Junior & Senior Men - 96 kg	TBD	3
		Youth, Junior & Senior Women - 81 kg	TBD	2
11	06-01-2023	Youth, Junior & Senior Men - 102 kg	TBD	2
		Junior & Senior Women - 87 kg	TBD	1
		Junior & Senior Men - 109 kg	TBD	1
		Youth Girls - +81 kg	TBD	1
12	07-01-2023	Youth Boys - +102 kg	TBD	1
		Junior & Senior Women - +87 kg	TBD	1
		Junior & Senior Men - +109 kg	TBD	1
13	08-01-2023	Departure of teams	0800 hrs	48

FINAL TIMINGS OF THE DAYS AND GROUPS WILL BE PUBLISHED ON 28-12-2022 AT THE VENUE ITSELF

ATHLETES AND TEAM OFFICIALS ALLOWED AT NAGERCOIL FROM STATE TEAMS WILL BE AS UNDER:-

FIRST GROUP OF ATHLETES AND TEAM OFFICIALS ARE ALLOWED TO STAY WEF 27-12-2022 TO 02-01-2023 AT NAGERCOIL FOR FOLLOWING WEIGHT CATEGORIES

- Youth Girls - 40 kg
- Youth Boys - 49 kg
- Youth, Junior & Senior Women - 45 kg
- Youth, Junior & Senior Men - 55 kg
- Youth, Junior & Senior Women - 49 kg
- Youth, Junior & Senior Men - 61 kg



Youth, Junior & Senior Women - 55 kg
Youth, Junior & Senior Men - 67 kg
Youth, Junior & Senior Women - 59 kg
Youth, Junior & Senior Men - 73 kg
Youth, Junior & Senior Women - 64 kg

SECOND GROUP OF ATHLETES AND TEAM OFFICIALS ARE ALLOWED TO STAY WEF 01-01-2023 TO 07-01-2023 AT NAGERCOIL FOR FOLLOWING WEIGHT CATEGORIES

Youth, Junior & Senior Men - 81 kg
Youth, Junior & Senior Women - 71 kg
Youth, Junior & Senior Men - 89 kg
Youth, Junior & Senior Women - 76 kg
Youth, Junior & Senior Men - 96 kg
Youth, Junior & Senior Women - 81 kg
Youth, Junior & Senior Men - 102 kg
Junior & Senior Women - 87 kg
Junior & Senior Men - 109 kg
Youth Girls - +81 kg
Youth Boys - +102 kg
Junior & Senior Women - +87 kg
Junior & Senior Men - +109 kg

THOSE ATHLETES AND TEAM OFFICIALS WHO WILL STAY BACK AFTER THE ABOVE PERIOD WILL HAVE TO BORNE THEIR OWN BOARDING & LODGING AT NAGERCOIL (TAMIL NADU)

