

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

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File No.: IWLF-95-2022-IWLF YJS-Nagercoil

Date: 25 October 2022

*All affiliated States & Departmental Boards
And Athlete Commission of Indian Weightlifting Federation*

Sub.: Invitation for participation of your teams during IWLF Senior (Men & Women), Junior (Men & Women) and Youth (Sub-Junior Boys & Girls) National Weightlifting Championships-2022-23 held at Nagercoil, Tamilnadu from 27 December 2022 - 7 January 2023.

Dear All,


We are pleased to invite you to participate during IWLF Senior (Men & Women), Junior (Men & Women) and Youth (Sub-Junior Boys & Girls) National Weightlifting Championships-2022-23 held at Ponjesly College of Engineering, Nagercoil from 27 December 2022 to 7 January 2023.

TERMS AND CONDITIONS FOR PARTICIPATION, UNDERTAKING (DOPE DECLARATION FORM) ARE APPENDED SEPARATELY. ENTRIES ARE TO BE SUBMITTED VIA EXCEL SHEET ATTACHED SEPARATELY.

You are invited to participate in the Championships. Kindly go through the terms and conditions for participation carefully. Entries of those States whose lifters have not paid the administrative dope penalty charges / other dues to the Federation will not be allowed to participate in above Championships. **In case of any Department / State wanted to transfer the fees in the Savings bank account of Indian Weightlifting Federation, the entry has to be made from the bank account of State Association / Department only. No personal account transfers are allowed.**

All participating States are requested to intimate their arrival / departure details to the Indian Weightlifting Federation via google form. **In compliance with the resolutions adopted in Annual General Council Meeting dated 20th January 2021, all departmental boards have to arrange for their own boarding & lodging at Nagercoil.**

Yours Sincerely,


[S.H. Anande Gowda]
Secretary General

Encl. as above

INDIAN WEIGHTLIFTING FEDERATION

NOIDA

TERMS AND CONDITIONS FOR PARTICIPATION IN IWLF SENIOR (MEN & WOMEN), JUNIOR (MEN & WOMEN) AND YOUTH (SUB- JUNIOR BOYS & GIRLS) NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23 AT NAGERCOIL, TAMILNADU FROM 27 DECEMBER 2022 TO 7 JANUARY 2023

1.	Dates	:	27 December 2022 to 7 January 2023												
2.	Arrival at Nagercoil	:	27-12-2022 afternoon												
3.	Departure from Nagercoil	:	7-1-2023 night / 8-1-2023 morning No Boarding & Lodging facilities will be provided to Departmental Boards (namely FCI, AIPSCB, RSPB & SSCB) at Nagercoil.												
4.	Verification of final entries and meeting of Technical Officials	:	3:00 p.m. on 28-12-2022 5:00 p.m. on 28-12-2022												
5.	Last date of receipt of entries and fees	:	Upto 30-11-2022 @ Rs. 1,000/- per athlete for Senior, Rs. 700/- per athlete for Youth and Junior, Team officials @Rs. 1,000/- per person From 1-12-2022 to 10-12-2022 @Rs. 2,000/- per athlete for Senior, Rs. 1400/- per athlete for Youth and Junior, Team officials @Rs. 2,000/- per person. ID Card fee – Rs. 800 per card Inter-State transfer fee – Rs. 200 per athlete Anti-Doping fee – Rs. 300 per athlete per event (Those athletes participating in multiple events have to pay Anti-Doping fee for each event)												
6.	Annual renewal fee	:	Rs. 15,000/- (Rupees Fifteen Thousand only) for States and Rs. 50,000/- (Rupees Fifty Thousand only) for Departmental Boards with surcharge of Rs. 500/- per month from 1 st July 2022 onwards for those States who have not paid the annual renewal fee for the year 2022-23 upto 30.06.2022.												
7.	Weight Categories	:	<table border="1"> <tr> <td>Youth (Sub-Jr. Boys)</td> <td>49 kg, 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg and +102 kg</td> </tr> <tr> <td>Youth (Sub-Jr. Girls)</td> <td>40 kg, 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg and +81 kg</td> </tr> <tr> <td>Jr. (Men)</td> <td>55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, 109 kg and +109 kg</td> </tr> <tr> <td>Jr. (Women)</td> <td>45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg and +87 kg</td> </tr> <tr> <td>Sr. (Men)</td> <td>55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, 109 kg and +109 kg</td> </tr> <tr> <td>Sr. (Women)</td> <td>45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg and +87 kg</td> </tr> </table>	Youth (Sub-Jr. Boys)	49 kg, 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg and +102 kg	Youth (Sub-Jr. Girls)	40 kg, 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg and +81 kg	Jr. (Men)	55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, 109 kg and +109 kg	Jr. (Women)	45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg and +87 kg	Sr. (Men)	55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, 109 kg and +109 kg	Sr. (Women)	45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg and +87 kg
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8.	Athlete's age for participation Youth (Sub-Jr. Boys & Girls) Junior (Men & Women) Senior (Men & Women)	:	Athletes born between 1 st January 2005 and 31 st December 2009 along with Medical Age parameters between 13 to 17 years. Athletes born between 1 st January 2002 and 31 st December 2007 along with Medical Age parameters between 15 to 20 years. Athletes born on or before 31 st December 2007.												



9. MINIMUM QUALIFYING STANDARDS:-

Youth Boys	49	55	61	67	73	81	89	96	102	+102
Snatch	62	66	80	85	88	85	90	85	90	90
Clean & Jerk	85	96	103	118	115	110	110	110	115	116
Total	147	162	183	203	203	195	200	195	205	206
Youth Girls	40	45	49	55	59	64	71	76	81	+81
Snatch	27	35	50	52	50	45	43	46	48	48
Clean & Jerk	37	47	62	63	60	55	55	58	57	58
Total	64	82	112	115	110	100	98	104	105	106
Junior Men	55	61	67	73	81	89	96	102	109	+109
Snatch	84	90	95	100	105	106	106	100	100	100
Clean & Jerk	112	120	130	130	135	136	137	135	132	133
Total	196	210	225	230	240	242	243	235	232	233
Junior Women	45	49	55	59	64	71	76	81	87	+87
Snatch	47	51	55	58	60	58	59	61	55	57
Clean & Jerk	64	69	75	76	79	79	79	78	78	78
Total	111	120	130	134	139	137	138	139	133	135
Senior Men	55	61	67	73	81	89	96	102	109	+109
Snatch	89	95	102	108	117	120	123	126	130	132
Clean & Jerk	113	123	133	137	146	150	152	154	152	162
Total	202	218	235	245	263	270	275	280	282	294
Senior Women	45	49	55	59	64	71	76	81	87	+87
Snatch	55	60	62	70	72	74	76	78	79	80
Clean & Jerk	75	80	83	90	93	94	96	97	98	99
Total	130	140	145	160	165	168	172	175	177	179

Please note that 20 kg rule will be applicable above the minimum qualifying standard in each body weight category.

N.B.:- If any State Association does not qualify with the minimum starting weight in any weight category whatsoever, such State Associations will be allowed with 1 WILD Card Entry – 1 athlete in Senior Men, 1 athlete in Senior Women, 1 athlete in Junior Men, 1 athlete in Junior Women, 1 athletes in Youth Boys and 1 athlete in Youth Girls.

Maximum no. of entries from a participating State

Youth Boys	-	10 athletes + 2 Reserves
Youth Girls	-	10 athletes + 2 Reserves
Junior Men	-	10 athletes + 2 Reserves
Junior Women	-	10 athletes + 2 Reserves
Senior Men	-	10 athletes + 2 Reserves
Senior Women	-	10 athletes + 2 Reserves

Team Officials - Quota of maximum 6 team officials per team are allowed.



10. Arrival / departure details to be submitted online via https://docs.google.com/forms/d/e/1FAIpQLSdDneBfO-ADLIKBqfAw9ameNK6Sq16USmYkslrR7xChq9zZIA/viewform?usp=sf_link.

11.	Venue of Championships	:	Ponjesly College of Engineering, 694X+XM6, Ponjesly, College Rd, Parvathipuram, Nagercoil, Tamil Nadu 629003
12.	Accommodation	:	
	For Women	:	Hostels and guest houses at Nagercoil
	For Men	:	Hostels and guest houses at Nagercoil
	For Officials	:	Hotels
13.	Catering	:	Central catering at the venue of the Competition
14.	Whereabout Information	:	To be submitted before 30-11-2022
15.	ID Cards	:	Possession of athlete ID cards are mandatory for participation during the Championships at Nagercoil
16.	DOPE TEST	:	The National Anti-Doping Agency (NADA) team will collect the samples for Dope Test
17.	UNDERTAKING / DOPE DECLARATION FORM	:	Undertaking / Dope Declaration form signed by the lifter mentioning I.D. Card no., complete address with pin code, telephone, email, fax, duly countersigned by the Coach & the State Secretary to be submitted at the time of weigh-in at the Competition.
18.	WEATHER / CLIMATE	:	Pleasant weather. Temperature ranging between 25 to 30 degrees.

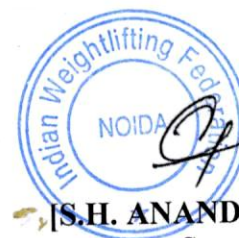
19. MISCELLANEOUS CONDITIONS:-

- (i) Those athletes with age between 18-20 years have won GOLD medals in Both Gaya, Patiala and Bhubaneswar Junior National Weightlifting Championships are not eligible to participate in IWL Junior (Men & Women) National Weightlifting Championships-2022-23, list attached separately.
- (ii) Entries to be submitted online via EXCEL SHEET – file attached separately.
- (iii) It will be mandatory to mention in the Entry form the name of **COACH** of each lifter who has been training a lifter atleast for last 3 months. Remarks as “*Self training*” are untenable.
- (iv) The **20 kg rule** will apply for both Men & Women. It is mandatory to mention minimum entry total in the Entry Forms.
- (v) Wherever the athletes will participate in all 3 events, the minimum qualifying standard of Senior will apply whereas if the athlete will participate in both Senior & Junior, the minimum qualifying standard of Senior section will apply and if the athlete will participate in both Junior & Youth, the minimum qualifying standard of Junior section will apply.
- (vi) Incomplete entry forms in any regard will not be entertained.
- (vii) It is the **responsibility of the Secretary** of each affiliated unit **to educate their respective lifters** about consequences of use of **banned / prohibited drugs** and the **sanctions set forth in the Anti-Doping Policy of Indian Weightlifting Federation**. The NADA / WADA rules for BAN are applicable for both out-of-competition and in-competition. BAN on **first offence is 4 years** and for **second offence – 8 years / LIFE BAN**.
- (viii) For **re-admission to National Championships / activities** after the first offence, a lifter who has tested positive and has completed suspension period will have to submit his / her Whereabout Information to Indian Weightlifting Federation for 3 months immediately preceding and succeeding the expiry of suspension date, atleast 45 days in advance preceding the expiry period of suspension date. No such provision for the second offence.
- (ix) **Cash Award Prizes** will be distributed to the medal winners after confirmation of dope test results by National Anti-Doping Agency, New Delhi. The medal winners have to deposit copy of cancelled cheque / passbook of their bank account during the competition at Nagercoil.

Medal	Senior	Junior	Youth
Gold	6000	5000	4000
Silver	4000	3000	2000
Bronze	2000	1500	1000



- (x) The **MEDALS** will be distributed for TOTAL event only.
- (xi) The **DIPLOMA** for first 3 places in total in each body weight category will only be distributed after the results and completion of dope test and Appeals by National Anti-Doping Agency, New Delhi is informed to the Federation.
- (xii) The **PARTICIPATION CERTIFICATE** will be awarded only to those athletes who will pass atleast 1 lift within 3 attempts of Snatch during the Championships and who are in possession of Athlete ID Cards of the Federation. Athletes failing all the lifts of Snatch will not be given the Participation Certificates for the Championships.
- (xiii) No **Inter-State transfers** are allowed except for competitors residing / employed in other States in above Championships, the name of the competitor must be registered with the Federation also from his / her native State or from the State where he / she has been residing / working for a period of atleast six months prior to the start of the Championships, along with stipulated fee otherwise he / she will not be eligible to participate. Application for such cases may be applied to office of the Federation latest by 31-10-2022 with transfer fee of Rs. 200/- in each case accompanied by "**No Objection Certificate**" from affiliated departmental Sports Boards. There will be no exception on this.
- (xiv) **NO ATHLETE WILL BE ALLOWED TO PARTICIPATE WITHOUT POSSESSION OF ATHLETE ID CARDS ISSUED BY THE FEDERATION AT THE TIME OF BODY WEIGHT.**
- (xv) Any participant who has not competed from his earlier registered State for 2 years or more is entitled to seek affiliation from a new State with due process of registration and application for the adopting State Association without the formality of NOC from the previous State. All such registration will be entertained only if the concerned lifter is bonafide / employees in the borrowing State for more than 6 months before start of the Championships or his adopting State have NO OUTSTANDINGS.
- (xvi) **AFFILIATE UNITS WITH ANY OUTSTANDING ON DOPE PENALTY OR OTHERWISE WILL NOT BE ELIGIBLE FOR PARTICIPATION.**
- (xvii) **All affiliated units are advised to send the requisite fees through bank transfer from the designated bank accounts of their State Associations, no personal account transaction will be allowed and will be treated as NULL and VOID for participation during the Championships.**
- (xviii) **Time table of the competition is attached separately. All teams have to strictly follow the arrival and departure of athletes as per circular no. 185 dated 15th October 2022 published by Indian Weightlifting Federation.**



[S.H. ANANDE GOWDA]
Secretary General
Indian Weightlifting Federation

Encl. as above.

UNDERTAKING DOPE DECLARATION FORM

I, _____ representing _____ participating in _____ kg weight category in **IWLF Senior (Men & Women), Junior (Men & Women) and Youth (Sub-Junior Boys & Girls) National Weightlifting Championships-2022-23 held at Nagercoil, Tamilnadu from 27 December 2022 to 7 January 2023** hereby declare and certify on oath that I am aware of names of banned drugs under LATEST WADA / NADA code and state with full responsibility that I have not consumed any banned substance and that I am absolutely free from banned drugs.

In case of my positive dope test at the above Championships I shall solely be responsible for the same and shall be liable for all consequences arising out of my positive dope test as provided in the Anti-Doping Rules / Policy of Indian Weightlifting Federation and National Anti-Doping Agency.

It is my personal duty to ensure that no Prohibited Substance enters my body. I am responsible for any Prohibited Substance or its Metabolites or Markers found to be present in my sample. Accordingly, it is not necessary that intent, fault, negligence or knowing Use on my part be demonstrated in order to establish an anti-doping violation.

I certify that I understand the contents of this undertaking which has been explained to me by my Coach / Manager / Secretary of my State Association in the language known to me.

Name (in Block letters)	Address	IWLF ID Card No.	Mobile / Tel / Fax	Email
?				

Aadhar Card no.
(Enclose copy)

Signature of Athlete:

State / Unit:

Certified by:-

I, _____, coach of above athlete agree to abide by rules and regulations of Anti-Doping Policy of Indian Weightlifting Federation / National Anti-Doping Agency and is aware of the consequences of use of banned drug(s) by my above trainee. I support and abide by the sanctions imposed on me by Indian Weightlifting Federation / National Anti-Doping Agency in case of above athlete being testing positive.

Countersigned:

Name of Coach:

Mobile no.

Verified & Certified by:-

I hereby certify that information provided in this Undertaking / Dope Declaration form is true and correct. I will be responsible for any discrepancy found in this form and actions thereof. I undertake to pay the administrative dope penalty charges of Rs. 50,000/- per positive dope test case as the State / Unit liability within 30 days and accept the suspension of the State Association / forfeiture of participation in any future Championship(s) as an affiliate Unit / as individual lifter till such time this financial outstanding is cleared.

.....
[Secretary]

State / Unit

With seal

Dated:

PAYMENT FORM

(To be filled in as per actual)

ANNUAL RENEWAL FEE (2022-23) [STATES] Rs. 15,000/-
 ANNUAL RENEWAL FEE (2022-23) [BOARDS] Rs. 50,000/-
 SURCHARGE Rs.

NAME OF STATE ASSOCIATION / DEPARTMENTAL BOARD _____

S.No.	Details	No. of Entries	Entry fee upto 30.11.22 @	Late Entry fee upto 10.12.22 @	Anti-Doping fee @	I. Card fee @	Inter-State transfer fee @
1	YOUTH BOYS	x	Rs. 700	Rs. 1,400	Rs. 300	Rs. 800	Rs. 200
2	YOUTH GIRLS	x	Rs. 700	Rs. 1,400	Rs. 300	Rs. 800	Rs. 200
3	JUNIOR MEN	x	Rs. 700	Rs. 1,400	Rs. 300	Rs. 800	Rs. 200
4	JUNIOR WOMEN	x	Rs. 700	Rs. 1,400	Rs. 300	Rs. 800	Rs. 200
5	SENIOR MEN	x	Rs. 1,000	Rs. 2,000	Rs. 300	Rs. 800	Rs. 200
6	SENIOR WOMEN	x	Rs. 1,000	Rs. 2,000	Rs. 300	Rs. 800	Rs. 200
7	OFFICIALS	x	Rs. 1,000	Rs. 2,000			

PAYMENT DETAILS

A	Total entry fee deposited	
B	Total Anti-Doping fee deposited	
C	Total I. Card / Duplicate I. Card fee deposited	
D	Annual renewal fee deposited	
E	Surcharge on Annual renewal fee deposited	
F	Inter-State Transfer fee deposited	

Total Amount (A+B+C+D+E+F)

MODE OF PAYMENT

DEMAND DRAFT NO.	DRAWN ON
	DATE

Name of General Secretary

Signature & Seal

Ineligible athletes for participation during IWLF Junior National Weightlifting Championships-2022-23 at Nagercoil from 27 December 2022 to 7 January 2023

S.No.	Name of athlete	Section	Gender	Wt. Cat.	State	Nationals
1	Sanket Sargar	Junior	Men	55 kg	MHR	Patiala
2	Muna Nayak	Junior	Men	55 kg	ORS	Bodh Gaya
3	Charu Pesi	Junior	Men	61 kg	ARN	Patiala
4	Sidhanta Gogoi	Junior	Men	61 kg	ASM	Bodh Gaya
5	T. Madhavan	Junior	Men	61 kg	TND	Bhubaneswar
6	Markio Tario	Junior	Men	67 kg	ARN	Bodh Gaya
7	Subhash Lahre	Junior	Men	67 kg	C.G.	Patiala
8	Lalnunthara	Junior	Men	67 kg	MIZ	Bhubaneswar
9	Ragala Varun	Junior	Men	71 kg	A.P.	Bodh Gaya
10	Nitesh Tanwar	Junior	Men	73 kg	HRN	Patiala
11	Abhishek Nipane	Junior	Men	81 kg	MHR	Patiala
12	Valluri Ajaya Babu	Junior	Men	81 kg	M.P.	Bhubaneswar
13	N.Jamaludeen	Junior	Men	89 kg	TND	Patiala
14	S. Lokchand	Junior	Men	89 kg	TND	Bodh Gaya
15	A.S.R.K. Yadav	Junior	Men	89 kg	A.P.	Bhubaneswar
16	Gurmeet	Junior	Men	96 kg	HRN	Bodh Gaya
17	Vaishnav Thakur	Junior	Men	96 kg	MHR	Patiala
18	Chirag Waghawale	Junior	Men	102 kg	MHR	Patiala
19	Pradeep Kumar Yadav	Junior	Men	102 kg	U.P.	Bodh Gaya
20	Gagandeep Gill	Junior	Men	109 kg	PUN	Patiala
21	Abhishek	Junior	Men	109 kg	U.P.	Bodh Gaya
22	Ch. Pushpendra Singh	Junior	Men	109 kg	U.P.	Bhubaneswar
23	Avinash	Junior	Men	+109 kg	PUN	Bodh Gaya
24	S.Rudramayan	Junior	Men	+109 kg	TND	Patiala
25	Ashish	Junior	Men	+109 kg	HRN	Bhubaneswar
26	Komal Kohar	Junior	Women	45 kg	HRN	Patiala
27	K.V.L. Pavani Kumari	Junior	Women	45 kg	A.P.	Bhubaneswar
28	Veerjet Kaur	Junior	Women	49 kg	CHD	Bodh Gaya
29	Sneha Soren	Junior	Women	55 kg	ORS	Patiala
30	Shrabani Das	Junior	Women	55 kg	W.B.	Bodh Gaya
31	Boni Manghkya	Junior	Women	55 kg	ARN	Bhubaneswar
32	Saloni Singh	Junior	Women	59 kg	U.P.	Patiala
33	Sukarna Adak	Junior	Women	59 kg	W.B.	Bhubaneswar
34	Y. Shilheinganbi	Junior	Women	64 kg	MNP	Bodh Gaya
35	Komal Khan	Junior	Women	64 kg	U.P.	Patiala
36	S. Pallavi	Junior	Women	64 kg	A.P.	Bhubaneswar
37	Armandeep Kaur	Junior	Women	71 kg	RAJ	Bhubaneswar
38	Vanshita Verma	Junior	Women	76 kg	CHD	Patiala
39	Anjali Joshi	Junior	Women	76 kg	PUN	Bodh Gaya
40	Jyoti Yadav	Junior	Women	76 kg	HRN	Bhubaneswar
41	Akshata Kamati	Junior	Women	81 kg	KRN	Bodh Gaya
42	Ch. Srilakshmi	Junior	Women	81 kg	A.P.	Bhubaneswar
43	Usha. S.R	Junior	Women	87 kg	KRN	Patiala
44	Shivangi Singh	Junior	Women	87 kg	U.P.	Bodh Gaya
45	Yogita Khedkar	Junior	Women	87 kg	MHR	Bhubaneswar
46	Muskan Singh	Junior	Women	+87 kg	HRN	Patiala
47	Snehal Bhongale	Junior	Women	+87 kg	MHR	Bodh Gaya


[S.H. ANANDE GOWDA]
 SECRETARY GENERAL
 Indian Weightlifting Federation



**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	1500 hrs	
	28-12-2022	Technical Officials Meeting	1700 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
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)



[S.H. ANANDE GOWDA]
SECRETARY GENERAL
Indian Weightlifting Federation