

**TIME TABLE FOR KHELO INDIA YOUTH, JUNIOR AND SENIOR NATIONAL RANKING WOMEN'S
WEIGHTLIFTING TOURNAMENT AT SRIKANTIREEVA STADIUM, BANGALORE
FROM 23-29 MARCH 2023**

Day	Date	Program	Time		
1	23-03-2023	Technical Officials Meeting	1600 hours		
		Weight Categories	Weigh-in Time	Competition Time	Competitors
2	24-03-2023	Youth Girls - 40 kg Group A	0730 hrs	0930 hrs	16
		Youth, Junior & Senior Girls - 45 kg Group C	0930 hrs	1130 hrs	18
		Youth, Junior & Senior Girls - 45 kg Group B	1100 hrs	1300 hrs	16
		Youth, Junior & Senior Girls - 45 kg Group A	1300 hrs	1500 hrs	12
		Youth, Junior & Senior Girls - 49 kg Group C	1500 hrs	1700 hrs	14
3	25-03-2023	Youth, Junior & Senior Girls - 49 kg Group B	0730 hrs	0930 hrs	15
		Youth, Junior & Senior Girls - 49 kg Group A	0930 hrs	1130 hrs	10
		Youth, Junior & Senior Girls - 55 kg Group C	1100 hrs	1300 hrs	18
		Youth, Junior & Senior Girls - 55 kg Group B	1330 hrs	1530 hrs	17
		Youth, Junior & Senior Girls - 55 kg Group A	1600 hrs	1800 hrs	15
4	26-03-2023	Youth, Junior & Senior Girls - 59 kg Group C	0700 hrs	0900 hrs	17
		Youth, Junior & Senior Girls - 59 kg Group B	0930 hrs	1130 hrs	18
		Youth, Junior & Senior Girls - 59 kg Group A	1200 hrs	1400 hrs	14
		Youth, Junior & Senior Girls - 64 kg Group C	1300 hrs	1500 hrs	18
		Youth, Junior & Senior Girls - 64 kg Group B	1530 hrs	1730 hrs	16
5	27-03-2023	Youth, Junior & Senior Girls - 64 kg Group A	0700 hrs	0900 hrs	16
		Youth, Junior & Senior Girls - 71 kg Group C	0830 hrs	1030 hrs	18
		Youth, Junior & Senior Girls - 71 kg Group B	1100 hrs	1300 hrs	17
		Youth, Junior & Senior Girls - 71 kg Group A	1300 hrs	1500 hrs	14
		Youth, Junior & Senior Girls - 76 kg Group C	1430 hrs	1630 hrs	16
		Youth, Junior & Senior Girls - 76 kg Group B	1630 hrs	1830 hrs	16
6	28-03-2023	Youth, Junior & Senior Girls - 76 kg Group A	0700 hrs	0900 hrs	10
		Youth, Junior & Senior Girls - 81 kg Group B	0800 hrs	1000 hrs	16
		Youth, Junior & Senior Girls - 81 kg Group A	1000 hrs	1200 hrs	13
		Youth, Junior & Senior Girls - 87 kg Group B	1130 hrs	1330 hrs	15
		Youth, Junior & Senior Girls - 87 kg Group A	1330 hrs	1530 hrs	11
		Youth Girls - +81 kg, Junior & Senior Girls - +87 kg Group B	1500 hrs	1700 hrs	18
7	29-03-2023	Youth Girls - +81 kg, Junior & Senior Girls - +87 kg Group A	0730 hrs	0930 hrs	13
		Departure of teams	1300 hrs		

TIME TABLE MAY BE SUBJECT TO CHANGE