

ALL INDIA CIVIL SERVICE WEIGHTLIFTING AND POWERLIFTING
(MEN & WOMEN) CHAMPIONSHIP 2025-26 FROM 5TH TO 10TH MARCH 2026
TO BE HELD AT CHANDIGARH
PROVISIONAL COMPETITION PROGRAMME

DATE 05-03-2026 (THURSDAY)			
MANAGER MEETING		11:00 AM	
OPENING CEREMONY		03:00 PM	
<u>WEIGHTLIFTING</u>			
WEIGH-IN	48KG & 53KG	WOMEN	01:30 PM
COMPETITION	48KG & 53KG	WOMEN	03:30 PM
WEIGH-IN	60KG & 65KG	MEN	03:30 PM
COMPETITION	60KG & 65KG	MEN	05:30 PM
DATE 06-03-2026 (FRIDAY)			
WEIGH-IN	58KG	WOMEN	07:00 AM
COMPETITION	58KG	WOMEN	09:00 AM
WEIGH-IN	71KG	MEN	09:00 AM
COMPETITION	71KG	MEN	11:00 AM
WEIGH-IN	63KG	WOMEN	11:00 AM
COMPETITION	63KG	WOMEN	01:00 PM
WEIGH-IN	79KG	MEN	01:00 PM
COMPETITION	79KG	MEN	03:00 PM
WEIGH-IN	69KG	WOMEN	03:00 PM
COMPETITION	69KG	WOMEN	05:00 PM
DATE 07-03-2026 (SATURDAY)			
WEIGH-IN	88KG	MEN	07:00 AM
COMPETITION	88KG	MEN	09:00 AM
WEIGH-IN	77KG	WOMEN	09:00 AM
COMPETITION	77KG	WOMEN	11:00 AM
WEIGH-IN	94KG	MEN	11:00 AM
COMPETITION	94KG	MEN	01:00 PM
WEIGH-IN	86KG & +86KG	WOMEN	01:00 PM
COMPETITION	86KG & +86KG	WOMEN	03:00 PM
WEIGH-IN	110KG & +110KG	MEN	03:00 PM
COMPETITION	110KG & +110KG	MEN	05:00 PM

<u>POWERLIFTING</u>			
DATE 08-03-2026 (SUNDAY)			
WEIGH-IN	47KG & 52KG	WOMEN	07:00 AM
COMPETITION	47KG & 52KG	WOMEN	09:00 AM
WEIGH-IN	59KG & 66KG	MEN	09:00 AM
COMPETITION	59KG & 66KG	MEN	11:00 AM
WEIGH-IN	57KG & 63KG	WOMEN	11:00 AM
COMPETITION	57KG & 63KG	WOMEN	01:00 PM
WEIGH-IN	74KG	MEN	01:00 PM
COMPETITION	74KG	MEN	03:00 PM
WEIGH-IN	69KG & 76KG	WOMEN	03:00 PM
COMPETITION	69KG & 76KG	WOMEN	05:00 PM
DATE 09-03-2026 (MONDAY)			
WEIGH-IN	83KG	MEN	07:00 AM
COMPETITION	83KG	MEN	09:00 AM
WEIGH-IN	84KG	WOMEN	09:00 AM
COMPETITION	84KG	WOMEN	11:00 AM
WEIGH-IN	93KG	MEN	11:00 AM
COMPETITION	93KG	MEN	01:00 PM
WEIGH-IN	+ 84KG	WOMEN	01:00 PM
COMPETITION	+ 84KG	WOMEN	03:00 PM
WEIGH-IN	105KG	MEN	03:00 PM
COMPETITION	105KG	MEN	05:00 PM
DATE 10-03-2026 (TUESDAY)			
WEIGH-IN	120KG	MEN	07:00 AM
COMPETITION	120KG	MEN	09:00 AM
WEIGH-IN	+ 120KG	MEN	09:00 AM
COMPETITION	+ 120KG	MEN	11:00 AM
CLOSING CEREMONY		02:00 PM	

PROGRAMME SUBJECT TO CHANGE AT THE DISCRETION OF THE ORGANIZERS.