



ASIAN POWERLIFTING CHAMPIONSHIP 2023
Alappuzha, INDIA - 1st to 6th MAY 2023

Final Time Table

01/05/2023 Monday	14.00	Accreditation	
	17.00	Opening Ceremony	
	18.00	APF Congress	
	20.00	Technical Meeting	
Date	Weigh-in time	Weight Class	Start
02/05/2023 Tuesday	07:00 - 08:30	Men 53Kg/ 59 Kg (All Age Categories) (22)	09.00
	11.30 - 13.00	Men 66 Kg (All Age Categories) (19)	13.30
	15.30 - 17.00	Women 43 Kg/ 47 Kg (All Age Categories) (14)	17.30
03/05/2023 Wednesday	07.00 - 08.30	Men 74 Kg (All Age Categories) (17)	09.00
	10.30 - 12.00	Women 52 Kg (All Age Categories) (9)	12.30
	13.00 - 14.30	Men 83 Kg (All Age Categories) (24)	15.00
04/05/2023 Thursday	07:00 - 08:30	Women 57Kg/ 63 Kg (All Age Categories) (31)	09.00
	12.30 - 14.00	Men 93 Kg (All Age Categories) (20)	14.30
	16.30 - 18.00	Women 69 Kg (All Age Categories) (13)	18.30
05/05/2023 Friday	07:00 - 08.30	Women 76kg (All Age Categories) (14)	09.00
	10.30 - 12.00	Men 105 Kg (All Age Categories) (16)	12.30
	14.00 - 15.30	Women 84 Kg/ 84+kg (All Age Categories) (23)	16.00
06/05/2023 Saturday	08.00 - 09.30	Men 120 Kg/ +120 Kg (All Age Categories) (23)	10.00
	19:00	Banquet	

Asian Powerlifting Federation

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