



# INDIAN POWERLIFTING FEDERATION

Registered to : Registrar of Societies Kolkata (West Bengal)  
(Regd. Under Societies Act XXVI of 1961)

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Website : www.indianpowerliftingfederation.com

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Qualifying marks for National Championships w.e 1<sup>st</sup> January, 2024.  
(applicable on equipped category only)

## MEN

<u>Body weight class</u>	<u>Squat</u>	<u>Bench</u>	<u>Dead</u>
52	65	55	80
59	70	60	90
66	80	65	120
74	95	70	130
83	100	72.5	140
93	110	75	150
105	115	77.5	155
120	125	80	165
120+	127.5	85	170

## WOMEN

<u>Body weight class</u>	<u>Squat</u>	<u>Bench</u>	<u>Dead</u>
43	35	20	50
47	45	25	65
52	50	30	70
57	55	35	75
63	60	37.5	75
72	65	40	80
84	70	45	85
84+	65	45	75

### IMPORTANT NOTE :-

- After final nomination body weight class cannot be changed
- Over or Under weight shall be treated as new entry