



INDIAN POWERLIFTING FEDERATION

Affiliated to: International Powerlifting League & Asian Powerlifting League

Recognized by : Ministry of Youth Affairs & Sports, Govt. of India
(Regd. Under Societies Act XXVI of 1961)

Admin office : 3 – A/C Green Belt , Gandhi Nagar Jammu-180004 (J&K)

Email Id : rajan_kingsway@rediffmail.com,ph- 9419128283.

Website : www.indianpowerliftingfederation.com

Calendar of National Championships for the year 2019-2020

From 1st April to 31st March,2020

Sub-Junior Powerlifting, Bench-Press & Deadlift (equipped & unequipped)
National Championship to be held in the month of June

Junior Powerlifting, Bench-Press & Deadlift (equipped & unequipped) National
Championship to be held in the month of August

Senior Powerlifting, Bench-Press & Deadlift (equipped & unequipped) National
Championship to be held in the month of October

Federation-Cup & Master Powerlifting, Bench-Press & Deadlift (equipped &
unequipped) National Championship to be held in the month of December

North Zone Powerlifting, Bench-Press & Deadlift (equipped & unequipped)
Championship to be held in the month of January

East Zone Powerlifting, Bench-Press & Deadlift (equipped & unequipped)
Championship to be held in the month of January

West Zone Powerlifting, Bench-Press & Deadlift (equipped & unequipped)
Championship to be held in the month of February

South Zone Powerlifting, Bench-Press & Deadlift (equipped & unequipped)
Championship to be held in the month of February

INTER ZONE Powerlifting, Bench-Press & Deadlift (equipped & unequipped)
Championship to be held in the month of March

Note:- Click on to the link to know exact dates & venue in the (Events of Website)

