

## IPF Calendar 2018 - 2019

<b>S.No.</b>	<b>Championship Name</b>	<b>Organizing State/City</b>	<b>Period</b>
1.	Sub-JR NATIONAL EQ & UNEQ P/L Championship 2017.(Boys & Girls )	Kanpur (UP)	27 <sup>th</sup> May to 31 <sup>st</sup> May 2018
2.	SR- NATIONAL EQ & UNEQ , INTERSTATE & West Zone P/L Championship.(Men & Women)	Delli Rajhara Chhattisgarh	4 <sup>th</sup> to 9 <sup>th</sup> September 2018.
3.	North India Powerlifting Championships 2018	Delhi	24 <sup>th</sup> to 26 <sup>th</sup> June - 2018
4.	Subrata Classic Nationals & International Powerlifting Benchpress & Deadlift	Jamshedpur	16 <sup>th</sup> to 20 <sup>th</sup> December 2018
5.	JR. NATIONAL EQ & UNEQ P/L Championship (Boys & Girls)	West Bengal	January 2019
6.	Master NATIONAL P/L Championship Men & Women EQ & UNEQ. M-I to M-IV.	West Bengal	February - 2019
7.	*Federation. Cup & *Selection trail for Asian P/L Championship. (Men & Women ) Sub-Jr to Master IV.	Jamshedpur	March 2 <sup>nd</sup> week – 2019 (Date yet to be finalized )
8.	*National Deadlift(M&W) *Bench Press EQ & UNEQ (Men & Women) NATIONAL Championship all age group (Sub-JR to Master IV)	Lucknow	March 4 <sup>th</sup> week – 2019 (Date yet to be finalized)
9.	Asian, Commonwealth & World P/L Championship	Yet to be finalized.	Venue and Date awaited.

TO TAKE PART IN THE INTERNATIONAL EVENT CANDIDATE HAVE TO PREPARE FOR A SELECTION TRIAL MINIMUM 2-3 MONTHS BEFORE THE CHAMPIONSHIPS. VENUE AND DATES FOR THE TRIALS WILL BE INTIMATED TO THE SECRETARY OF MEMBER STATES ASSOCIATION.