

WEIGHTLIFTING

Venue	Jawaharlal Nehru Sports Complex
Seating Capacity	2,500
Distance from the Games Village	12 kilometres
Competition dates	4-12 October 2010
Technical Delegate	Dr Tamas Ajan
Competition Manager	Mr. K. Subramanya



Weight Categories

Men (8)	56 kg
	62 kg
	69 kg
	77 kg
	85 kg
	94 kg
	105 kg
	+105 kg
Women (7)	48 kg
	53 kg
	58 kg
	63 kg
	69 kg
	75 kg
	+75 kg

Para-Sports (Powerlifting)

Men (1)	Bench Press Open
Women (1)	Bench Press Open

Medal Ceremonies including Para-Sports (17)

Monday, 4 October	2
Tuesday, 5 October	2
Wednesday, 6 October	2
Thursday, 7 October	2
Friday, 8 October	2
Saturday, 9 October	2
Sunday, 10 October	2
Monday, 11 October	1
Tuesday, 12 October	2
Total	17

Day	Date	Session	Start Time	End Time	Event		
					F	W	Event
1	Monday, 4 October	Afternoon	14:00		F	W	48 kg Category
				16:30	C	W	Medal Ceremony – 48 kg Category
		Evening	18:30		F	M	56 kg Category
				21:00	C	M	Medal Ceremony – 56 kg Category
2	Tuesday, 5 October	Afternoon	14:00		F	M	62 kg Category
				16:30	C	M	Medal Ceremony – 62 kg Category
		Evening	18:30		F	W	53 kg Category
				21:00	C	W	Medal Ceremony – 53 kg Category
3	Wednesday, 6 October	Afternoon	14:00		F	W	58 kg Category
				16:30	C	W	Medal Ceremony – 58 kg Category
		Evening	18:30		F	M	69kg Category
				21:00	C	M	Medal Ceremony – 69 kg Category
4	Thursday, 7 October	Afternoon	14:00		F	M	77 kg Category
				16:30	C	M	Medal Ceremony – 77 kg Category
		Evening	18:30		F	W	63 kg Category
				21:00	C	W	Medal Ceremony – 63 kg Category
5	Friday, 8 October	Afternoon	14:00		F	W	69 kg Category
				16:30	C	W	Medal Ceremony – 69 kg Category
		Evening	18:30		F	M	85 kg Category
				21:00	C	M	Medal Ceremony – 85 kg Category
6	Saturday, 9 October	Afternoon	14:00		F	M	94 kg Category
				16:30	C	M	Medal Ceremony – 94 kg Category
		Evening	18:30		F	W	75 kg Category
				21:00	C	W	Medal Ceremony – 75 kg Category
7	Sunday, 10 October	Afternoon	14:00		F	W	+75 kg Category
				16:30	C	W	Medal Ceremony - +75 kg Category
		Evening	18:30		F	M	105 kg Category
				21:00	C	M	Medal Ceremony – 105 kg Category
8	Monday, 11 October	Evening	18:30		F	M	+105 kg Category
			20:50	21:00	C	M	Medal Ceremony - +105 kg Category
9	Tuesday, 12 October	Afternoon	14:00		F	W	Para-Sport – Powerlifting Bench Press Open
				16:30	C	W	Medal Ceremony – Para-Sport Bench Press Open
		Evening	18:00		F	M	Para-Sport – Powerlifting Bench Press Open
				20:30	C	M	Medal Ceremony – Bench Press Open

Note: Schedule is subject to adjustment based on the final entries.