

SANGRAM 2016 WEIGHTLIFTING SCHEDULE

Weightlifting:

2nd April , Saturday

8am : Weighing off all categories

10am to 1pm : Competition (Under 56kg and Under 62kg)

2pm to 7pm : Competition(Under 69kg , Under 77kg and Above 77kg)

Powerlifting:

3rd April , Sunday

8am : Weighing off all categories

10am to 1pm : Competition(Under 56kg ,Under 62kg,Under 69kg)

2pm to 5pm : Competition (Under 77kg and Above 77kg)

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