

Pakistan Weightlifting Federation	
S/No	International Event
1	Asian Youth & Junior Championships from 4th-10th July, 2025 at Astana, Kazakhstan
2	Commonwealth Senior, Junior and Youth Championships from 24th-30th Aug, 2025 at Ahmedabad, India
3	BRICS Games from 15th-20th Sep, 2025 at Russia
4	IWF World Championships from 2nd-11th Oct, 2025 at Forde, Norway
5	3rd Asian Youth Games from 22nd-31st Oct, 2025 at Manama, Bahrain
6	6th International Men Fajr Cup from 26th-30th Nov, 2025 at Tehran, Iran
7	Asian Weightlifting Championships in May, 2026 at India
8	IWF World Youth Championships in May, 2026 at Buenos Aires, Argentina
9	IWF Junior Championships in June, 2026 at Ismailia, Egypt
10	South Asian Games in Jan, 2026 at Lahore/Islamabad

Pakistan Weightlifting Federation	
S/No	National Event
1	National Training Camp for Juniors, Youth (Men & Women) for South Asian Games and other International Events from 1st July, 2025 to 30th June, 2026 at Islamabad
2	Training & Coaching Course for Coaches (Level-I) and Independence Day Weightlifting Cup from 10th-14th Aug, 2025 at Lahore
3	Technical Officials Course and Quaid-e-Azam National Weightlifting Championships from 20th-27th Dec, 2025 at Lahore/Islamabad
4	National Inter Club Weightlifting Championship for Youth & Juniors and Doping Awareness Course for all in April, 2026 at Peshawar/Quetta
5	Doping Awareness Course for TOs, Coaches and Players (Level III) from 19th-20th June 2026 at Islamabad/ Lahore
6	National Junior & Youth Weightlifting Championship (Men & Women) from 20th-23rd June, 2026 at Islamabad/Lahore


FARMAN KHAN
 Assistant Director (NF)