

DEPARTMENT OF PHYSICAL EDUCATION
RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY NAGPUR

No. Phy.Edu.35/ 2018-2019/295

Date : 10-10-2018

To,
The Principal of all concerned Colleges

Subject :- Conduct of Inter Collegiate Weight Lifting (Men), Best Physique (Men) Power Lifting (Men/Women) Championship 2018-2019.

01. Date of Competition :- 15th to 17th OCTOBER 2018

02. Venue of the Competition :- Nasikrao Tripude College of Physical Education, Sadar, Nagpur

03. Reporting Date & Time :- 15th OCTOBER 2018 at 9.00 a.m.
Weighing in and Medical Exam.

04. Teacher Incharge :- DR. AVINASH SAHARE
Nasikrao Tripude College of Physical Education, Nagpur
(mobile No. 9422121360)

05. Enclosure attached :- Detail Entry Form, Medical Form & Weight Categories Details.

NOTE :-

01. Rules of Weight Lifting Best Physique Power Lifting Federation of India as approved by Association of Indian universities New Delhi will be followed. The competition will commence immediately after weighing in of players.
02. Proper Weight Lifting Power lifting best physique (Costumes) is must No players will be allowed to participate without valid college identity card.
03. Eligibility Form, Detail Entry Form, Medical Certificate must reach the undersigned office on the before **14TH OCTOBER 2018**.

WEIGHT CATEGORIES- 2018-2019

Weightlifting Starting Poundage [MEN]

<i>Body Wt. Category</i>	<i>Snatch</i>	<i>Clean & Jark</i>
56 kg	45 kg	55 kg
62 kg	50 kg	60 kg
69 kg	55 kg	65 kg
77 kg	60 kg	70 kg
85 kg	65 kg	75 kg
94 kg	70 kg	80 kg
105 kg	75 kg	85 kg
+105 kg	80 kg	95 kg

Power lifting Starting Poundage [MEN]

<i>Body Wt. Category</i>	<i>Squat</i>	<i>Bench Press</i>	<i>Dead lift</i>
59 kg	75 kg	65 kg	95 kg
66 kg	85 kg	75 kg	105 kg
74 kg	95 kg	80 kg	120 kg
83 kg	105 kg	95 kg	130 kg
93 kg	120 kg	100 kg	140 kg
105 kg	130 kg	105 kg	150 kg
120 kg	140 kg	110 kg	160 kg
+120 kg	140 kg	110 kg	160 kg

Power lifting Starting Poundage [WOMEN]

<i>Body Wt. Category</i>	<i>Squat</i>	<i>Bench Press</i>	<i>Dead lift</i>
47kg	35kg	25 kg	60 kg
52kg	45 kg	25 kg	65 kg
57kg	50 kg	27.5 kg	70 kg
63 Kg	60 kg	30 kg	75 kg
72 kg	65 kg	30 kg	80 kg
84 kg	65 kg	32.5 kg	85 kg
+84 .5kg	65 kg	32.5 kg	85 kg

**N.B. :- COMPETITION POUNDAGE IS MENTIONED ABOVE
STUDENTS WHO CAN LIFT THE POUNDAGE WILL ONLY
BE ALLOWED TO PARTICIPATE IN THE MEET**

COPY TO :-

- 01. The Principals of all participation college for information.
- 02. Dr. Avinash Sahare, Teacher Incharge, Nasikrao Tripude College of Physical Education, Nagpur. Kindly submit the accounts and details of remuneration to be paid to the Referee / Officials with 7 days from the conclusion of the championships.
- 03. Principal, Nasikrao Tripude College of Physical Education, Nagpur for information.
- 04. Members of Weight Lifting, Power Lifting, Best Physique (Men/Women) Selection Committee for information.
- 05. Shri. Mohd. Salim, Head Clerk, Department of Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur. For information and necessary arrangement
- 06. Chairman/Member, Special Task Committee of Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.
- 07. The Warden, Girls Hostel & Estate Officer, Vidhrtibhavan, Rashtrasant Tukdoji Maharaj Nagpur University for information.
- 08. The Editors of all LOCAL NEWS PAPER for information and wide publicity in their esteemed papers.



(Dr. Ms. Kalpana Vasant Jadhav)

Director
Physical Education
Rashtrasant Tukdoji Maharaj
Nagpur University, Nagpur

DEPARTMENT OF PHYSICAL EDUCATION
RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY NAGPUR

INTER COLLEGIATE WEIGHT LIFTING, POWER LIFTING, BEST PHYSIQUE COMPETITION
2018-2019

MEDICAL FORM (MEN/WOMEN)

I hereby certify that the following athletes belonging to college have been examined by me and found that they are PHYSICALLY FIT to participate in the University Inter Collegiate athletes Championship to be held in

NAME OF PLAYERS

- 01.....
- 02.....
- 03.....
- 04.....
- 05.....
- 06.....
- 07.....
- 08.....
- 09.....
- 10.....
- 11.....
- 12.....

Principal

Office Seal

Medical Officer of the College

Copy to :- The Director, Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University Nagpur.

INTER COLLEGIATE WEIGHT LIFTING, POWER LIFTING, BEST PHYSIQUE COMPETITION
2018-2019

DETAILED ENTRY FORM (MEN / WOMEN)

NAME OF COLLEGE

Weightlifting [MEN]

<i>Body Wt. Category</i>	<i>Name of Players</i>	<i>Reserve Player</i>
56 kg		
62 kg		
69 kg		
77 kg		
85 kg		
94 kg		
105 kg		
+105 kg		

N.B.:-

01. No. Change in the detailed entry form will be permitted after the last date.
02. All entries must be in block letters.

I certify that the above mentioned competitors are bonfide students of students our college during the year 2018-2019 and above particulars are correct.

Signature of
Physical Teacher

Office Seal

Signature of Principal

INTER COLLEGIATE WEIGHT LIFTING, POWER LIFTING, BEST PHYSIQUE COMPETITION
2018-2019

DETAILED ENTRY FORM (MEN / WOMEN)

NAME OF COLLEGE

Power lifting [MEN]

<i>Body Wt. Category</i>	<i>Name of Players</i>	<i>Reserve Player</i>
59 kg		
66 kg		
74 kg		
83 kg		
93 kg		
105 kg		
120 kg		
+120 kg		

N.B.:-

01. No. Change in the detailed entry form will be permitted after the last date.
02. All entries must be in block letters.

I certify that the above mentioned competitors are bonfide students of students our college during the year 2018-2019 and above particulars are correct.

Signature of
Physical Teacher

Office Seal

Signature of Principal

INTER COLLEGIATE WEIGHT LIFTING, POWER LIFTING, BEST PHYSIQUE COMPETITION
2018-2019

DETAILED ENTRY FORM (MEN / WOMEN)

NAME OF COLLEGE

Power lifting [WOMEN]

<i>Body Wt. Category</i>	<i>Name of Players</i>	<i>Reserve Player</i>
47kg		
52kg		
57kg		
63 Kg		
72 kg		
84 kg		
+84 .5kg		

N.B.:-

01. No. Change in the detailed entry form will be permitted after the last date.
02. All entries must be in block letters.

I certify that the above mentioned competitors are bonfide students of students our college during the year 2018-2019 and above particulars are correct.

Signature of
Physical Teacher

Office Seal

Signature of Principal

INTER COLLEGIATE WEIGHT LIFTING, POWER LIFTING, BEST PHYSIQUE COMPETITION
2018-2019

DETAILED ENTRY FORM (MEN / WOMEN)

NAME OF COLLEGE

Best Physique [MEN]

<i>Body Wt. Category</i>	<i>Name of Players</i>	<i>Reserve Player</i>
60 kg		
65 kg		
70 kg		
75 kg		
80 kg		
85 kg		
90kg		
+90 kg		

N.B.:-

01. No. Change in the detailed entry form will be permitted after the last date.
02. All entries must be in block letters.

I certify that the above mentioned competitors are bonfide students of students our college during the year 2018-2019 and above particulars are correct.

Signature of
Physical Teacher

Office Seal

Signature of Principal