

DEPARTMENT OF PHYSICAL EDUCATION
RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY NAGPUR

No. Phy.Edu. 2017-2018/Y-35

Date : 25-10-2017

To,
The Principal of all concerned Colleges

Subject :- Conduct of Inter Collegiate Weight Lifting (Men), Best Physique (Men) Power Lifting (Men/Women) Championship 2017-2018.

01. Date of Competition :- **31 Oct., 2017 to 2 Nov., 2017**

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

03. Reporting Date & Time :- **31 October 2017 at 9.00 a.m.**
Weighing in and Medical Exam.

04. Teacher Incharge :- DR. Mrs. Sunita Sonare
Nasikrao Tripude College of Physical Education, Nagpur
(mobile No. 9372321922)

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 **30 OCTOBER 2017.**

WEIGHT CATEGORIES- 2017-2018

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>
56 kg	75 kg	65 kg	95 kg
60 kg	85 kg	75 kg	105 kg
67.5 kg	95 kg	80 kg	120 kg
75 kg	105 kg	95 kg	130 kg
82.5 kg	120 kg	100 kg	140 kg
90 kg	130 kg	105 kg	150 kg
100 kg	140 kg	110 kg	160 kg
110 kg	140 kg	110 kg	160 kg
125 kg	140 kg	110 kg	160 kg
+125 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>
48kg	35kg	25 kg	60 kg
52kg	45 kg	25 kg	65 kg
56kg	50 kg	27.5 kg	70 kg
60kg	60 kg	30 kg	75 kg
67.5kg	65 kg	30 kg	80 kg
75kg	65 kg	32.5 kg	85 kg
82.5kg	65 kg	32.5 kg	85 kg
90kg	65 kg	32.5 kg	85 kg
+90 kg	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**

DEPARTMENT OF PHYSICAL EDUCATION
RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY NAGPUR

INTER COLLEGIATE WEIGHT LIFTING, POWER LIFTING, BEST PHYSIQUE COMPETITION
2017-2018

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.

COPY TO :-

01. The Principals of all participation college for information.
02. Dr. Mrs. Sunita Sonare, 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. Sanjay Shende, LDC, Department of Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur. For information and necessary arrangement
06. Chairman, Board 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 V. Jadhav
Director
Physical Education
Rashtrasant Tukdoji Maharaj
Nagpur University Nagpur

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 2015-2016 and above particulars are correct.

Signature of
Physical Teacher

Office Seal

Signature of Principal

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>
56 kg		
60 kg		
67.5 kg		
75 kg		
82.5 kg		
90 kg		
100 kg		
110 kg		
125 kg		
+125 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 2015-2016 and above particulars are correct.

Signature of
Physical Teacher

Office Seal

Signature of Principal

INTER COLLEGIATE WEIGHT LIFTING, POWER LIFTING, BEST PHYSIQUE COMPETITION
2017-2018

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>
48kg		
52kg		
56kg		
60kg		
67.5kg		
75kg		
82.5kg		
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 2015-2016 and above particulars are correct.

Signature of
Physical Teacher

Office Seal

Signature of Principal

INTER COLLEGIATE WEIGHT LIFTING, POWER LIFTING, BEST PHYSIQUE COMPETITION
2017-2018

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 2015-2016 and above particulars are correct.

Signature of
Physical Teacher

Office Seal

Signature of Principal