

**DEPARTMENT OF PHYSICAL EDUCATION, GONDWANA UNIVERSITY GADCHIROLI
VENUE : RAJIV GANDHI MAHAVIDYALAYA, CHANDRAPUR**

Ref. No.DPE/ 321/2016

Date : 03/12/2016

To,
The Principals of Participating colleges
weight Lfting(Men), Best Physique(Men) and
Power Lifting (Men & Women) Championship 2016-2017

Subject : conduct of inter collegiate weight Lifting (Men) Best
Physique (Men and Power Lifting (Men & Women))

- | | |
|-------------------------------|---|
| 1 Date of competition | 10th to 11th December 2016 |
| 2 Reporting Date & Time | 10th December 2016 at 7.30 a.m. |
| 3 Weight & Medical Examinatio | 10th December 2016 at 8.00 a.m. |
| 4 Venue of Competition | Rajiv Gandhi Mahavidyalaya,
Chandrapur |
| 5 Teacher Incharge | Dr. Girish Sakure |
| 6 Enclosed attached herewith | Detailed Entry Form, Medical Certificate
Weight Categories Form. |

NOTE

- 1 Without proper kits participate will not be allowed to participate in the tournament
- 2 One can participate in one Event only.

01. WEIGHT LIFTING (MEN)

Classification of Lifters shall be made according to their body weight as per table below.

- | | | |
|-----------------|-------------------------|-----------------|
| 01. Upto 56kg. | 02 Upto 62 kg | 03. Upto 69 kg. |
| 04. Upto 77kg. | 05. Upto 85kg. | 06. Upto 96kg. |
| 07. Upto 100kg. | 08. Over & Above 105Kg. | |

02. BEST PHYSIQUE (MEN)

The inter Collegiate Best Physique compeition will be held as per following weight catagories.

- | | | |
|-------------------|-------------|------------|
| 01. Bottom weight | Upto 65Kg. | |
| 02. Light Weight | Upto 65Kg. | Upto 70Kg |
| 03 Middle weight | Over 70 Kg. | Upto 80Kg |
| 04. Light weight | Over 80 Kg. | Upto 90Kg. |
| 05. Heavy Weight | Over 90 Kg. | |




Director
Department & Sports & Physical
Education Gondwana
University, Gadchiroli

DEPARTMENT OF PHYSICAL EDUCATION, GONDWANA UNIVERSITY GACHIROLI
VENUE : RAJIV GANDHI MAHAVIDYALAYA, CHANDRAPUR

NAME OF COLLEGE :

01. POWER LIFTING [MEN]

SR.	NAME OF PLAYER	WEIGHT
1		Upto 52 Kg.
2		Upto 56 Kg.
3		Upto 60 Kg.
4		Upto 67.5 Kg.
5		Upto 75 Kg.
6		Upto 82.5 Kg.
7		Upto 100 Kg.
8		Upto 110 Kg.
9		Upto 125 Kg.
10		Upto 125 Kg.

Signature of physical Education Teacher

Signature of Principal

office Seal

NAME OF COLLEGE :

01. POWER LIFTING [WOMEN]

SR.	NAME OF PLAYER	WEIGHT
1		Upto 44 K
2		Upto 48 K
3		Upto 52 K
4		Upto 56 K
5		Upto 60 K
6		Upto 67.5
7		Upto 75 K
8		Upto 82.5
9		Upto 90 K
10		Upto 90 K

Signature of physical Education Teacher

Signature of Principal

office Seal

**DEPARTMENT OF PHYSICAL EDUCATION, RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR
VENUE : RAJIV GANDHI MAHAVIDYALAYA, CHANDRAPUR**

NAME OF COLLEGE :

01. WEIGHT LIFTING [MEN]

SR.	NAME OF PLAYER	WEIGHT
1	Upto 56 Kg.
2	Upto 62 Kg.
3	Upto 69 Kg.
4	Upto 77 Kg.
5	Upto 85 Kg.
6	Upto 94 Kg.
7	Upto 105 Kg.
8	Above 105 Kg.

Signature of physical Education Teacher

Signature of Principal

office Seal

NAME OF COLLEGE :

01. BEST PHYSIQUE [MEN]

SR.	NAME OF PLAYER	WEIGHT
1	Upto 65Kg. Bottom We Upto 44 K
2	Upto 65Kg-Upto 70Kg. Light wt.
3	Upto 70kg-Upto 80Kg Middle
4	Upto 80kg-upto90kg Light Heavy Weight
5	Upto 90Kg.-Upto Heavy Weight

Signature of physical Education Teacher

Signature of Principal

office Seal

MEDICAL FORM

Hereby certify that the following weight Lifting/Best Physique (Men) and Power Lifting (Men & Women) belonging to College have been examined by me and found the they are Physically Fit to participate in he inter Collegiate Tournament to be held

SR.	NAME OF PLAYER	WEIGHT CAT
1
2
3
4
5
6
7
8
9
10

Signature of physical Education Teacher Signature of Principal

Copy to : Director, Physical Education, Gondwana University Gadchiroli