

Delhi University Sports Council
Inter-College Power-lifting/Weight lifting (M&W) & Best Physique (M)
Championship 2015-16

DUSC/2015/IC/ 571
Dated:12.11.15

Dates of Championship : 5th January, 2015 Power Lifting (W)
6th January, 2015 Power Lifting (M)
7th January, 2015 Weight Lifting (W)
7th January, 2015 Best Physique (M)
8th January, 2015 Weight Lifting (M)

Venue : Ramanujan College, University of Delhi

Reporting Time : 9:00am daily

Important Documents : **Eligibility** Performa duly signed by the Competent Authority.
Players must bring their College Identity Card failing which they will not be allowed to participate.
Team Manager must be present at the time of Competition.

Weight Categories:

Weightlifting
Women : Upto 48kg, 53kg, 58kg, 63kg, 69kg, 75kg, +75kg

Power lifting
Women : 47kg, 52kg, 57kg, 63kg, 72kg, 84kg, +84kg

Best Physique
Men : Upto 60kg, 65kg, 70kg, 75kg, 80kg, 85kg, 90kg, +90kg

Power lifting
Men : Upto 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg, +120kg


Weightlifting
Men : Upto 56kg, 62kg, 69kg, 77kg, 85kg, 94kg, 105kg, +105kg

- Delhi University team will be selected during competition.
- Players who attains minimum qualifying standards will accompany the University team.

Tournament Committee:

Dr. K.S. Mann (9899511518)
Dr. Vivek Choudhary
Dr. Parmod Sethi
Dr. Sunita Arora
Dr. Parveen Saroha
Dr. Shipra Verma

Convenor Deshbandhu College
Sri Aurobindo College (E)
PGDAV College (E)
Lakshmi Bai College
NSIT
Maitreyi College


Dr. Anil Kumar Kalkal
Director, Physical Education

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REVISED

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Director, Physical Education