



Maharaja Ranjit Singh Punjab Technical University

Badal Road, Bathinda -151001

(Established by Govt. of Punjab vide Punjab Act No. 5 of 2015)

ਮਹਾਰਾਜਾ ਰਣਜੀਤ ਸਿੰਘ ਪੰਜਾਬ ਟੈਕਨੀਕਲ ਯੂਨੀਵਰਸਿਟੀ, ਬਾਦਲ ਰੋਡ, ਬਠਿੰਡਾ।

Ref No MRSPTU/SPORTS/395

Date 18/10/16

IMPORTANT INSTRUCTIONS REGARDING INTER-COLLEGE COMPETITION OF WEIGHTLIFTING, POWERLIFTING & BESTPHYSIQUE (MEN)

1. The Inter-College competition will be conducted in accordance with the rules of concerned INDIAN FEDERATIONS and MRSPTU, Bathinda.
2. An institute will be permitted to enter two competitors for each weight category with one reserve.
3. For the purpose of championship, three places will be awarded in each weight category. The 1st, 2nd, & 3rd places getting 5, 3 & 1 points respectively.
4. Competition will be held in weight categories as given in detailed entry form.
5. Minimum number of competitors in each weight category shall be at least three to conduct the competition.

1

18/10/16

**Director Sports & Youth Welfare
MRSPTU, Bathinda.**



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DETAILED ENTRY FORM FOR BESTPHYSIQUE (MEN)

NAME OF INSTITUTION _____

WEIGHT CATEGORY	NAME OF COMPETITORS	NAME OF RESERVE PLAYER
UPTO 60 kg.		
UPTO 65 kg.		
UPTO 70 kg.		
UPTO 75 kg.		
UPTO 80 kg.		
UPTO 85 kg.		
UPTO 90 kg.		
+90 kg.		

Signature of Physical Education teacher

Date:

Signature of Director/Principal



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DETAILED ENTRY FORM FOR POWERLIFTING (MEN)

NAME OF INSTITUTION _____

WEIGHT CATEGORY	NAME OF COMPETITORS	NAME OF RESERVE PLAYER
UPTO 59 kg.		
UPTO 66 kg.		
UPTO 74 kg.		
UPTO 83 kg.		
UPTO 93 kg.		
UPTO 105 kg.		
UPTO 120 kg.		
+120 kg.		

Signature of Physical Education teacher

Date:

Signature of Director/Principal



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DETAILED ENTRY FORM FOR WEIGHTLIFTING (MEN)

NAME OF INSTITUTION _____

WEIGHT CATEGORY	NAME OF COMPETITORS	NAME OF RESERVE PLAYER
UPTO 56 kg.		
UPTO 62 kg.		
UPTO 69 kg.		
UPTO 77 kg.		
UPTO 85 kg.		
UPTO 94 kg.		
UPTO 105 kg.		
+105 kg.		

Signature of Physical Education teacher

Date:

Signature of Director/Principal