

17.01.2018

All Affiliated States / Units

Dear Sirs,

NATIONAL EQUIPPED & UNEQUIPPED SUB JUNIOR, JUNIOR, SENIOR & MASTERS MEN & WOMEN BENCHPRESS CHAMPIONSHIP 2017 - 18

We are glad to inform you that Jharkhand Powerlifting Association will be hosting the captioned Benchpress Championship at Gurunanak School Auditorium, Ranchi from 16 – 18 March 2018.

AGE CATEGORY

Age Category	Born Between
Sub Junior	01.01.2000 & 31.12.2004
Junior	01.01.1995 & 31.12.1999
Open	Any Age
Maser 1	01.01.1969 & 31.12.1978
Master 2	01.01.1959 & 31.12.1968
Master 3	01.01.1949 & 31.12.1958
Master 4	On or Before 01.01.1948

Maximum Lifters Allowed

	Men	Women
Sub Junior	9	8
Junior	9	8
Senior	8	7
Master 1	8	7
Master 2	8	7
Master 3	8	7
Master 4	8	7

Entry Fee	- Rs. 800/- per Competitor
New ID Card Fee	- Rs. 200/- per Competitor
ID Card Renewal Fee	- Rs. 100/- per Competitor
Date of Submission of Preliminary Entry	- 15.02.2018
Date of Submission of Final Entry	- 01.03.2018

The entry fees shall be submitted to the bank account of Powerlifting India and the scanned photos for ID Cards shall also be submitted along with Final Entry.

CHIEF PATRON

Sri. K.C.SINGH BABA

PATRONS :

Sri. MOHAN SANKER
Sri. PRAKASH MEHTA
Sri. SADANAND SHETTY

PRESIDENT :

Sri. RAJESH TIWARI

VICE PRESIDENTS:

Sri. PURAN SINGH
Sri. INDERJEET SINGH
Sri. D. S. MALHI
Sri. VINOD SAHU
Sri. KAILASH SHARMA
Sri. PRAVIN SINGH
Sri. ANOOP SRIVASTAV

SECRETARY GENERAL :

Sri. P J JOSEPH (Arjuna)

SECRETARY :

Sri. SATHISH KUMAR

TREASURER :

Sri. RATAN BASAK

JOINT SECRETARIES :

Sri. KRISHNA SAHU
Sri. FAYYAZ AHMED

EXECUTIVE MEMBERS :

Sri. SANJAY SARDESAI
Sri. NARESH DHAWAN
Sri. S. NAGARAJAN
Sri. NAGARAJ. M
Sri. ANUJ TIWARI
Ms. RAKSHA MAHARAO

ZONAL SECRETARIES :

Sri. GOPAL KRISHAN (N)
Sri. S. KOTESHWAR RAO (S)
Sri. C. SWAIN (E)
Sri. SACHIN MATHANE (W)



POWERLIFTING INDIA

(Formerly Indian Powerlifting Federation)

Recognized by : Ministry of Youth Affairs and Sports, Govt. of India

Affiliated to : International Powerlifting Federation & Asian Powerlifting Federation

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Entry nomination form, and Identity card application forms are also enclosed herewith. Please note :

Reporting Date	: 16.03.2018 at 10.00am
Technical Committee Meeting	: 16.03.2018 at 03.00pm
Inauguration	: 16.03.2018 at 04.00pm
Competitions	: From 05.00pm onwards
Closing Ceremony	: 18.03.2018 at 04.00pm

This Championship shall be under the surveillance of NADA / International Powerlifting Federation (IPF) and please be sure that the participants from your States are dope free.

As far as possible, teams shall be selected by conducting State Championships. Selection trials may be conducted as a last report only.

The organizers have made arrangements for pick up at Railway Station for arriving teams and they will be taken to their respective places of accommodation.

Hope, you will see that the best possible teams are brought for the Championship.

It is a matter of pride and pleasure that Sri. Inderjith Singh, State Secretary of Jharkhand State Powerlifting Association who has the credit of being National Champion for 14 years and a contender in this Championship will also play the additional role of the Meet Director of this Championship. He shall be available on Mob : 9470191999 & 9835191999

WISH YOU ALL THE BEST

Thanking you,

Yours faithfully,



P.J.Joseph (Arjuna)
Secretary General



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Programme

Date	Weigh-in time	Classes	Competition Start
16/03/2018 Friday	10.00am	Reporting	
	02.00pm	Technical Meeting	
	03.00pm	Referees Clinic	
	04.00pm	Opening Ceremony	
	05.00pm Stage 1	Weigh in 53 Kg, 59 Kg & 66 Kg Men Unequipped (All age category)	07.00pm
	06.00pm Stage 2	Weigh in 43 Kg, 47 Kg & 52 Kg Women Unequipped (All age category)	08.00pm
17/03/2018 Saturday	07.00am Stage 1	Weigh in 74 Kg & 83 Kg Men Unequipped (All age category)	09.00am
	08.00am Stage 2	Weigh in 57 Kg, 63 Kg Women Unequipped (All age category)	10.00am
	09.00am Stage 1	Weigh in 93 Kg, 105 Kg Men Unequipped (All age category)	11.00am
	10.00am Stage 2	Weigh in 72 Kg, 84 Kg & 84+ Kg Women Unequipped (All age category)	12.00 noon
	11.00am Stage 1	Weigh in 120 Kg & 120+ Kg Men Unequipped (All age category)	01.00pm
	01.00pm Stage 1	Weigh in 53 Kg, 59 Kg & 66 Kg Men Equipped (All age category)	03.00pm
	02.00pm Stage 2	Weigh in 43 Kg, 47Kg & 52Kg Women Equipped (All age category)	04.00pm
	03.00pm Stage 1	Weigh in 74 Kg & 83 Kg Men Equipped (All age category)	05.00pm
	04.00pm Stage 2	Weigh in 57 Kg & 63 Kg Women Equipped (All age category)	06.00pm
	08.00am Stage 1	Weigh in 93 Kg & 105 Kg Men Equipped (All age category)	10.00am
18/03/2018 Sunday	10.00am Stage 2	Weigh in 72Kg, 84Kg & 84+Kg Women Equipped (All age category)	12 noon
	12.00 noon	Weigh in 120 Kg & 120+Kg Men Equipped (All age category)	02.00pm
	04.00pm	Closing Ceremony	

