



# POWERLIFTING INDIA

Recognized by : Ministry of Youth Affairs and Sports, Govt. of India  
Affiliated to : International Powerlifting Federation & Asian Powerlifting Federation  
Registered under Registration of Societies Act, West Bengal

25.09.2019

## 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)

All Affiliated States / Units

Dear Sirs,

### **NATIONAL EQUIPPED & CLASSIC SUB-JUNIOR, JUNIOR, SENIOR & MASTERS MEN & WOMEN BENCHPRESS CHAMPIONSHIP 2019**

We are glad to inform you that Powerlifting Sports Association (Delhi) will be hosting the captioned Benchpress Championship at Grih Kalyan Kendra, Samaj Sadan, Raja Bazar DIZ Area, Sector-4, Goal Market, New Delhi-110001 during 24<sup>th</sup> –27<sup>th</sup> November, 2019.

Entry Fee - Rs.1000/-per Competitor  
New ID Card Fee - Rs. 400/- per Competitor  
Date of Submission of Preliminary Entry - 01.11.2019  
Date of Submission of Final Entry - 15.11.2019

The entry fees shall be submitted to the bank account of Powerlifting India. **Identity card fee shall be submitted along with the application at the venue, before the technical committee meeting. Original certificate to prove age & original ID card must be produced at the time of weighing.**

Reporting Date/time : 23.11.2019 at 02.00 pm  
Technical Committee Meeting : 23.11.2019 at 07.00 pm  
Inauguration : 24.11.2019 at 09.00 pm  
Competitions : 24.11.2019 at 09.00 am onwards  
Closing Ceremony : 27.11.2019 at 04.00 pm

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 resort 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 Hotel 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. Sunil Kumar**, State Secretary Powerlifting Sports Association (Delhi) and Meet Director of this Championship. Will be available for all information and help @ **9911400844**

**Wish you All the Best**

Thanking you,

Yours faithfully,



P.J. Joseph (Arjuna)  
Secretary General





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## NATIONAL EQUIPPED & CLASSIC SUB-JUNIOR, JUNIOR, SENIOR & MASTERS MEN & WOMEN BENCHPRESS CHAMPIONSHIP 2019

Venue : Grih Kalyan Kendra, Samaj Sadan, Raja Bazar DIZ Area, Sector-4, Goal Market, New Delhi-110001

Date	Time	Programme	
23.11.2019	02.00pm	Reporting	
23.11.2019	07.00pm	Technical Meeting	
24.11.2019	09.00am	Opening Ceremony	
Date	Weigh-in time	Classes	Competition Start
24.11.2019	08.00 am	Weighin 53kg, 59kg Men All Division Equipped	10.00 am
	10.30 am	Weighin 66kg, 74kg Men All Division Equipped	12.30 pm
	01.00 pm	Weighin 43kg, 47kg, 52kg Women All Division Equipped	03.00 pm
25.11.2019	03.30 pm	Weighin 83kg, 93kg Men All Division Equipped	05.30 pm
	08.00 am	Weighin 57kg, 63kg Women All Division Equipped	10.00 am
	10.30 am	Weighin 72kg, 84kg, 84+kg Women All Division Equipped	12.30 pm
26.11.2019	01.00 pm	Weighin 105kg, 120kg, 120+kg Men All Division Equipped	03.00 pm
	08.00 am	Weighin 53kg, 59kg Men All Division Classic	10.00 am
	10.30 am	Weighin 66kg, 74kg Men All Division Classic	12.30 pm
27.11.2019	01.00 pm	Weighin 43kg, 47kg, 52kg Women All Division Classic	03.00 pm
	03.00 pm	Weighin 83kg, 93kg Men All Division Classic	05.00 pm
	05.00 pm	Weighin 57kg, 63kg Women All Division Classic	07.00 pm
27.11.2019	08.00 am	Weighin 72kg, 84kg, 84+kg Women All Division Classic	10.00 am
	10.30 am	Weighin 105kg, 120kg, 120+kg Men All Division Classic	12.30 pm
	04.00 pm	Closing Ceremony	

\* Programmes are subject to change according to the discretion of organizing committee.