



**CIRCULAR :**

**Sub: Inter Collegiate Weight Lifting (M & W) Competition 2019-20.**

**Venue: J.S.S.P.'s College of Arts, Com. & Sci., At - Khardi,**  
**Tal.- Shahapur, Dist.: Thane – 421 601.**

Dear Sir/Madam,

The Principals of colleges participating in the Inter-Collegiate **Weight Lifting (Men & Women) Competition 2019-20** are hereby informed that the said Competition will be held on **07<sup>th</sup> December, 2019** onwards **the above Venue at 8.00 am.**

Further, informed that as per directives of Association of Indian Universities and NADA; Dope Test will be conducted for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> position holder and other two competitors randomly. The starting poundage for the Weightlifting Competition and qualifying standard for Inter-University Selection will be put up on the notice board before the championship.

**The program of the Competition will be as under:**

<u>Date</u>	<u>Section</u>	<u>Weighing</u>	<u>Championship Start</u>
07/12/2019	Men	8.30 am. to 9.30 am.	10.30 am. Onwards
07/12/2019	Women	10.30 am. to 11.30 am.	12.30 pm. Onwards

**Instruction:**

1. The Management reserves the right to change the programme of fixtures as and when it deemed fit.
2. Postponement will under no circumstances be granted.
3. All colleges must see that their players are accompanied by a STAFF MEMBER of the college. Without managers players will not allow to participate
4. All competitors must carry with them their College Identity Card and produce the same whenever demanded. Without College I.D. players will not allow to participate.
5. Team/Individual should report on time with a copy of the Entry/Eligibility proforma with required documents mention in the circular No.SP./06 of 2019-20 dated 17<sup>th</sup> July, 2019.
6. The expenses on the TA/DA of the participants/team manager will have to be borne by the respective colleges.

**Contact No: Office No. – 02527-244 522**

**Shri Navnath Gaikar – 92842 97593 / 88880 86652**

Sd/-

**Director of Sports & Phy. Edun.**

To,  
The Principals of Colleges participating in  
the Inter-Collegiate Weight Lifting (M & W)  
Competition 2019-20.

P.T.O.

**UNIVERSITY OF MUMBAI**



(Sports Department)

**Inter-Collegiate Weight Lifting (M & W) Competition 2019-20**

**Starting Weight for Weight Lifting (M & W)**

<b>Men</b>				<b>Women</b>			
<b>Weight Category</b>	<b>Snatch</b>	<b>C &amp; Jerk</b>	<b>Total</b>	<b>Weight Category</b>	<b>Snatch</b>	<b>C &amp; Jerk</b>	<b>Total</b>
<b>55 Kg.</b>	<b>93</b>	<b>121</b>	<b>214</b>	<b>45 Kg.</b>	<b>45</b>	<b>59</b>	<b>104</b>
<b>61 Kg.</b>	<b>94</b>	<b>120</b>	<b>214</b>	<b>49 Kg.</b>	<b>57</b>	<b>74</b>	<b>131</b>
<b>67 Kg.</b>	<b>107</b>	<b>135</b>	<b>242</b>	<b>55 Kg.</b>	<b>64</b>	<b>83</b>	<b>147</b>
<b>73 Kg.</b>	<b>114</b>	<b>142</b>	<b>256</b>	<b>59 Kg.</b>	<b>64</b>	<b>82</b>	<b>146</b>
<b>81 Kg.</b>	<b>115</b>	<b>144</b>	<b>259</b>	<b>64 Kg.</b>	<b>64</b>	<b>70</b>	<b>134</b>
<b>89 Kg.</b>	<b>120</b>	<b>147</b>	<b>267</b>	<b>71 Kg.</b>	<b>66</b>	<b>83</b>	<b>149</b>
<b>96 Kg.</b>	<b>115</b>	<b>151</b>	<b>266</b>	<b>76 Kg.</b>	<b>72</b>	<b>99</b>	<b>171</b>
<b>102 Kg.</b>	<b>125</b>	<b>152</b>	<b>277</b>	<b>81 Kg.</b>	<b>64</b>	<b>71</b>	<b>135</b>
<b>109 Kg.</b>	<b>115</b>	<b>141</b>	<b>256</b>	<b>87 Kg.</b>	<b>45</b>	<b>60</b>	<b>105</b>
<b>+109 Kg.</b>	<b>100</b>	<b>124</b>	<b>224</b>	<b>+87 Kg.</b>	<b>71</b>	<b>80</b>	<b>151</b>

**N.B.**

**Qualifying Weight for Inter-University Weight Lifting (Men & Women)**  
**Selection will be place on board at competition venue on competition day.**

Sd/-  
Director of Sports & Phy. Edun.