SUBRATA CLASSIC INTERNATIONAL

POWERLIFTING BENCHPRESS & DEADLIFT

CHAMPIONSHIP - 2016

26th to 30th December, 2016

Venue :

"THE MILANEE"

J-Road, Bistupur, Jamshedpur -831001, INDIA

INDIAN POWERLIFTING FEDERATION

Recognised by : Ministry of Youth Affairs & Sports, Govt. of India, New Delhi
&
INDIAN OLYMPIC ASSOCIATION

Member Of International Powerlifting Federation
Commonwealth Powerlifting Federation
Asian Powerlifting Federation

3rd SUBRATA CLASSIC INTERNATIONAL POWERLIFTING BENCHPRESS & DEADLIFT CHAMPIONSHIP-2016

OFFICIAL INVITATION

Date: 26th to 30th December 2016

Venue

THE MILANEE, J Road ,Bistupur,Jamshedpur-1

Organised by:

Indian Powerlifting Federation

3/3, Meghmallhar Appartment, 86, M.Road, Bistupur, Jamshedpur-831001.

Phone: 0657-2320431, Mobile: 09810859374 / 09430720988

E-mail: indianpowerlifting@gmail.com / sdutta21@yahoo.co.in.

Website : www: indianpowerliftingfederation.com

EVENT

UNEQUIPPED POWERLIFTING ,BENCHPRESS & DEADLIFT CHAMPIONSHIP

CATEGORY

SUB-JR/JUNIOR/SENIOR/MASTERS (Men & Women)

MEET DIRECTOR

Rajesh Tiwari

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Phone (M): 09431301965

Phone (L/L): 0657-2320431

ORGANISING SECRETARY

SUBRATA DUTTA

Email id: sdutta21@yahoo.co.in

Phone (M):09810859374 / 09431301965

ACCOMMODATION

Hotel B.S Residency, Bistupur, Jamshedpur-831001.

Hotel BS Park Plaza, Bistupur, Jamshedpur-831001.

Hotel Ginger, Bistupur, Jamshedpur-831001.

Hotel Booking only done by Indian Powerlifting Federation on Receipt of final nomination

BANQUET

Hotel RAMADA INN

Bistupur ,Jamshedpur on 30th December ,2016 at 7:00 p.m.

AGE DIVISION

Sub-Jr (Women /Men), Junior (Women /Men), Senior (Women /Men),

Master I,II,III,IV&V (Men) & Master I,II,III,IV (Women)

Age Categories are as per IPF rule

PARTICIPATION FEE

Rs30,000/- each (Rupees thirty thousand only).

ENTRY FEES

Rs6,000/- Powerlifting

Rs3,000/- Benchpress

Rs 3,000/- Deadlift.

Candidate can participate in all the three events in that case total entry fees will be Rs.42,000/- (i.e.participation + Entry fees)

DRUG TESTING: WILL BE CARRIED OUT

DRESS CODE

1) Every state or National Team must have their TRACK SUIT of same colour & Design For all team members

2) Track Pant (Lower) & "T" Shirts may be worn but should be of same colour & Design For all team members

3) Sports shoes & socks is compulsory should be same brand & colour & Design For all team members

MULTIPLE CLASS ENTRIES

1) A lifter may not be entertained in more than one designated class i.e. M-III Lifter cannot take part in M-I,M-II,M-IV,M-V but they can take part in Open Category.
2) Sub Junior Lifter can take part in Sub Junior & Open Category.
3) Junior Lifter can take part in Junior & Open Category. If any candidate wants to take part in both then they have to pay separate entry fees.
4) A State or Office Board Team can nominate their best candidates in every age group division As per IPF Rules (8 Girl, 9 Boys, Sub-Jr, Junior,) (7 Girl, & 8 Boys Senior & Master Men & Women).
5) Apart from the State entry life members of IPF can take part in this championships. All other rules will be applicable same as State & Office Board/ Unit entries.

MEDALS

Medals will be presented daily after conclusion of the event.

Apart from 1st ,2nd ,3rd place holder of overall medals, individual medals also will be awarded for powerlifting only.

Every International lifter & official will get participation medals with Certificates.

Overall Team championships Trophies for Powerlifting , Benchpress, & Deadlift will also be Awarded

Best lifters Trophies for Powerlifting, Benchpress, Deadlift for Men & women will also be Awarded with cash award.

IN THE AWARD CEREMONY PRIZE WINNERS MUST BE WITH PROPER UNIFORM, OTHERWISE THEY CANNOT RECEIVE THEIR MEDALS.

RECORD : All National Records will be carried out and updated.

SCALES : Will be available in the Venue ,Warm up Area & Official Hotel.

COMPETITION 'T' SHIRT :

Will be sold at the Venue during the Championship Period.

FACEBOOK & WEBPAGE

Keep Update, Visit Facebook & Webpage

PRELIMINARY NOMINATION

To be sent to IPF latest by 26th October ,2016
As per Technical Rules(i.e.60 days prior to the event)

FINAL NOMINATION

Must be sent to IPF latest by 5th December ,2016 (i.e.21 days prior to the event)

TRAINING, VENUE & WARM UP AREA

THE MILANEE HALL, J.Road, Bistupur, Jamshedpur-831001.

SECURITY

Identity Card will be issued to all Lifters ,Coaches & Officials at the Technical Meeting to be held at THE MILANEE Hall on 26th December ,2016 at 6:30 pm. Identity card must be worn during the Championship period (IN & OUT side of the auditorium & Hotel). Every team members should deposit their Colour passport size Photographs along with their final nomination.

LODGING & BOARDING

Buffet Breakfast & Dinner will be available at the Hotel and Lunch packets will be served at the Venue (Milanee Hall).

PROGRAMME

26.12 .2016 (Saturday)	**06:30 p.m.**	**Reporting for Technical Meeting**
	07:30 p.m.	**Referee's Clinic & Allotment of Referees**
27.12.2016 (Sunday)	**10:30 a.m.**	**Inauguration of the Championship**
	12:00 noon	**Weighing in for 53,59,& 66 kg. Class (Men) Powerlifting All age Group**
	02:00 p.m.	**Competition Start**
	03:00 p.m.	**Weighing in for 74, 83, kg Class (Men) Powerlifting All age Group**
	05:00 p.m.	**Competition Start**
28.12.2016 (Monday)	**08:00 a.m.**	**Weighing in for 93, 105, kg Class (Men) Powerlifting All age Group**
	10:00 a.m.	**Competition Start**
	12:00 noon.	**Weighing in for 120 + 120, kg Class (Men) Powerlifting All age Group**
	02:00 p.m.	**Competition Start**
	03:00 p.m.	**Weighing in for all women classes (43 to + 84 kg.) Powerlifting All age Group**
	05:00 p.m.	**Competition Start**
29.12.2016 (Tuesday)	**08:00 a.m.**	**Weighing in for Benchpress (Men) All Weight Categories (53 Kg. + 120 Kg.) All age Group**
	10:00 a.m.	**Competition Start**
	01:00 p.m.	**Weighing in for Benchpress (Women) All Weight Categories (43Kg. to +84Kg.) All age Group**
	03:00 p.m.	**Competition Start**
30.12.2016 (Wednesday)	**08:00 a.m.**	**Weighing in for Deadlift (Men) All Weight Categories (53 Kg. to + 120 Kg.) All age Group**
	10:00 a.m.	**Competition Start**
	01:00 p.m.	**Weighing in for Deadlift (Women) All Weight Categories (43 Kg. to + 84 Kg.) All age Group**
	03:00 p.m.	**Competition Start**
	07:00 p.m.	**Farewell Banquet Dinner**

N.B. – Programme is Subject to change by the Amount of Participants Reported at theTechnical Meeting & by the Discretion of Management

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& 4.00 p.m. to 9.00 p.m.

SHRI SUBRATA DUTTA, Managing Director
Arjuna & Hall of Fame Awardee
Mobile : 09810859374

Contact :
SHRI BHASKAR MITRA, Manager
Ph : 0657- 2320431, Mobile : 9430720988 / 9234781348

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CASH PRIZES

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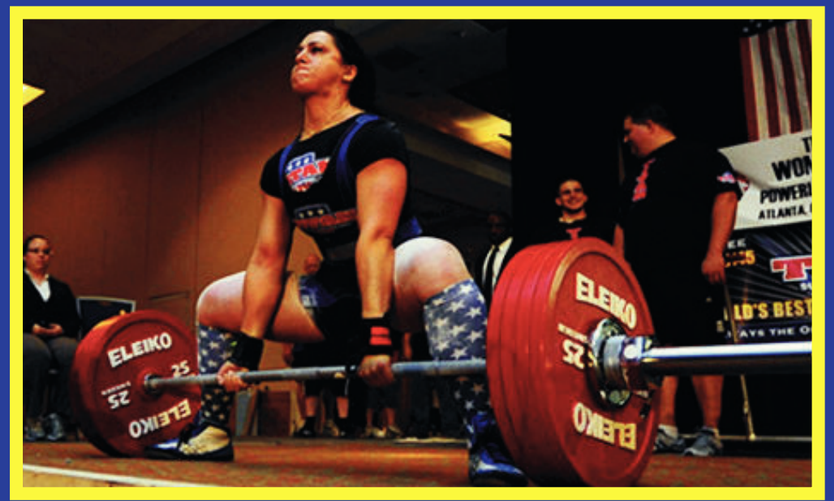
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