



INDIAN POWERLIFTING FEDERATION

Affiliated to : International & Asian Powerlifting Federation
Recognised by : Min. of Youth Affairs & Sports, Govt. of India
Recognised by : Indian Olympic Association.
(Regd. Under Societies Act XXVI of 1961)

Ref. No. :

Date : 08. 07. 2016

President :

Sri Hemant Pitty

Vice-Presidents :

Sri Satish Kumar
Sri Manik Toshre
Sri Anwar Hussain
Sri T. S. Mohan Sankar
Sri Baba Daware
Sri Parveen Singh

Hony. Genl. Secretary:

Sri Bhaskar Kumar Mitra

Hony. Jt. Secretaries :

Sri E. Sajeevan Bhaskaran
Sri Krishna Sahu

Hony. Treasurer :

Sri Dilip Dey

Zonal Org. Secretaries :

Sri Chaman Lal (North)
Ms. Sampa Guha (East)
Sri Vinod Sahu (West)
Sri V. R. Srikumar (South)

To
The Secretary

INVITATION-CUM-CIRCULAR

Sub: **Senior Benchpress National (Equipped) for Men & Women Championship-2016.**

Sir,

The above championship will be held at Jamshedpur (Jharkhand) organized by IPF alongwith (M&W) (Open) during 7th & 8th September,2016.

You are requested to select your best teams for Men & Women and send the entries separately for BENCHPRESS TEAM latest by 17th August,2016 (Equipped only).

Salient Points :

- 1) Dates : 7th & 8th September,2016
- 2) Venue : Jamshedpur (The Milanee)
- 3) Reporting : 6th September, before evening at THE MILANEE.
- 4) Technical Meeting: On 6th September,2016 at 6:30 p.m.
- 5) Identity Card : MUST & to be produced at the Weigh-in room.
Renewal - Rs.400/-
New I/Card - Rs.500/-
(2 copies of Coloured P.P.Photo
+ Age Proof Certificate required)
Duplicate I/Card - May be made with a fine of
(if not brought) Rs.1100/- (2 copies Col. Photo &
Age proof Certificate
Require).
- 6) Accommodation : Will be intimated on arrival (Report at The Milanee).
- 7) Last Date of : 17th August,2016
Receiving entries

Contd...P/2.

Office Address :

3/3, MEGHMALLAR APARTMENT, 86 'M' ROAD, BISTUPUR, JAMSHEDPUR-831001 (JHARKHAND), INDIA

Ph: +91-657-2220431 +91-9430720988 Fax: +91-657-2222125



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- 8) Entry Fees : Rs.800/- each (Spot entry may be accepted on payment of Rs.1800/- per lifter i.e. Rs.1000/- Late fine - Rs.800/- entry fees).
- 9) Officials : Not more than 3(three) Officials are allowed which includes International Referee + National Referee CAT-I.

You are requested to co-operate for the success of the meet.

NB :

- 1) Facilities for Lodging Boarding will be provided to Benchpress candidates only upto the end of their event & Prize Distribution (8th night).
- 2) One separate Rly Concession Form is enclosed for making separate tickets for Benchpress candidate. Reporting Rly. Station is "TATANAGAR"
- 3) Entries received by 17th August, 2016 will be treated as **FINAL ENTRY.**
- 4) You may delete the names only before 7(seven) days **BUT YOU CAN NOT ADD ANY NAMES.**

Thanking you,



Yours faithfully,

BK Mitra

Hony. Genl. Secy.
IPF

Office Address :

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Phone : +91-657-2320431, +91 9430720888, Fax : +91-657-222125
E-mail : bhaskarkumarmitra@gmail.com / website : www.indianpowerliftingfederation.com

**SENIOR NATIONAL (OPEN) BENCHPRESS (M&W) CHAMPIONSHIP-2016
AT JAMSHEDPUR DURING 7TH & 8TH SEPTEMBER, 2016.**

--- PROGRAMME ---

- | | | | | |
|----------|---|------------|---|---|
| 06.09.16 | - | 5:30 PM | - | Technical Meeting |
| | | 8:00 PM | - | Referee's Clinic & Allotment of Referees. |
| | | 8:30 PM | - | Dope Awareness Clinic |
| 07.09.16 | - | 9:00 AM | - | Line-up for In-auguration |
| | | 9:30 AM | - | IN-AUGURATION |
| | | 10:00 AM | - | Weigh-in for Women (47,52,57 & 63 Kg. Class). |
| | | 12:00 Noon | - | Competition starts for above classes. |
| | | 12:30 PM | - | Weigh-in for Women remaining classes. |
| | | 2:30 PM | - | Competition starts for all remaining classes. |
| | | 3:00 PM | - | Weigh-in for Men (59,66, 74 & 83 Kg. Class) |
| | | 5:00 PM | - | Competition starts. |
| | | 5:30 PM | - | Weigh-in for Men remaining classes
(i.e. 93, 105, 120 & --120 Kg Classes). |
| 08.09.16 | - | 8:00 AM | - | Referees Clinic |
| | | 9:00 AM | - | Competition for MEN BENCHPRESS. |
| | | 3:00 PM | - | PRIZE DISTRIBUTION. |

NOTE :

PROGRAMME IS SUBJECT TO CHANGE AT THE DISCRETION OF MANAGEMENT.

ISSUED BY IPF