



INDIAN POWERLIFTING FEDERATION

Affiliated to: International Powerlifting League & Asian Powerlifting League
Recognized by: Ministry of Youth Affairs & Sports, Govt. of India
(Regd. Under Societies Act XXVI of 1961)
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To
All Affiliated Members
Indian Powerlifting Federation

09-04-2019

Sub:- Selection Trial for ASIAN BENCH-PRESS POWERLIFTING CHAMPIONSHIP-2019 in INDIA for Sub-Junior, Junior, Senior, Master-I,II, III & IV (Men & Women) equipped & unequipped.

This is to inform you that a final selection trial for the above championships will be held at Scorpio Gym & Sports, E-45, Rajiv nagar near Pal hospital, Begampur opposite rohini sector-22, Delhi from 2nd - 4th June, 2019 along with Sub-Junior National Championship.

Please note the total participation fees for Asian championship is Rs. 110000/- (includes Hotel accommodation, food, participation fee, Blazer, Pant, Coat, Shirt, Tracksuit, T-shirt, Bags, Shoes alongwith airport transfers, sight scene & city tour).

Sub-Junior Powerlifting, Bench-Press & Deadlift (equipped & unequipped) National Championship will be held at E-45, Rajiv nagar near Pal hospital, Begampur opposite rohini sector-22, Delhi from 2nd - 4th June, 2019.

You are requested to select your best teams for men & women and send the entries separately for Powerlifting, Bench-Press & Deadlift (equipped & unequipped) latest by 20th may, 2019.

Points to be noted:-

- Technical meeting on 2nd june at 5pm at same venue.
- No identity card charges will be there.
- last date of receiving entries is 20th, may, 2019
- Entry fees is Rs. 2000/- per event (spot entry may be accepted as payment of Rs 2000/- per lifter (i.e 2000+2000= 4000/-) late fine entry fees.
- Not more than 2 officials per state are allowed in championship.

Organisers Details:-

Sh. Rakesh Yadav (delhi state secretary)
Address:- Scorpio Gym & Sports, E-45, Rajiv nagar near Pal hospital, Begampur
opposite rohini sector-22, Delhi.
Mobile:- 09212719478

Yours Faithfully
For Indian Powerlifting Federation

Rajan Jain
(General Secretary)

