



NMAMIT/Sports/2019/11

Date: 16-10-2019

To

The Principals  
All Affiliated Colleges of V.T.U

Sir/Madam,

Sub: V.T.U Inter Collegiate Single Zone Power Lifting competitions for  
Men & Women 2019 – 20.

It is our pleasure to inform you that V.T.U has given us responsibility of conducting VTU Inter Collegiate Single Zone Power Lifting completions (Men & Women) for the year 2019 - 20 in our institution. We invite your team to participate in the competition and make it a grand success.

Date of Competition : 30<sup>th</sup> & 31<sup>st</sup> October 2019  
Last date to receive the entries : 26<sup>th</sup> October 2019  
Teams should report before 6.00 pm at NMAMIT, Nitte on 29<sup>th</sup> October 2019.

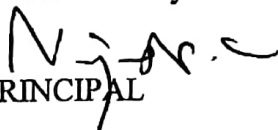
**Note:**

1. Participating teams should be accompanied by P.E.D/Manager/Coach.
2. Participants should bring their college identity card and eligibility particulars in prescribed format of VTU duly signed by the Principal.
3. Entry fee 75/- rupees per head to be paid at the time of registration.
4. Kindly intimate probable time of arrival to NMAMIT campus, Karkala.
5. Only **unfurnished** accommodation will be provided on prior request.
6. Two competitors in each category are allowed, however maximum of 8 participants in men section & 7 participants in women section from each institution is permitted.
7. The competition will be conducted in accordance with the technical rules of International Power Lifting Federation.
8. All the competitors shall wear the standard lifting outfits (Lifting costume, shoes and socks) compulsory without which they will not be permitted to compete.
9. The weighing for 59 & 66 kg. classes will commence at 8.00 am. on 30<sup>th</sup> October 2019.
10. For any further details contact Physical Education Directors Mobile Numbers:  
9482132079, 9964319830 & 8722950457.

The organizers reserve the right to adjust the programme to their convenience. Co operation is solicited from all the participating Institutions.

Thanking you

Yours faithfully

  
PRINCIPAL

Note: Detailed Entry Form enclosed.