

KURKSHETRA UNIVERSITY KURUKSHETRA

(Established by the State Legislature Act XII of 1956)

('A+' Grade, NAAC Accredited)

Directorate of Sports

No.Sports/23/ 2111

Dated 16/10/23

To

The Principals/Directors
of all the affiliated Colleges/Institutions &
Dean Students Welfare, Kurukshetra University.

Subject: **K.U. Inter Collegiate Weight Lifting (Men & Women) Championships 2023-24.**

Sir/Madam,

Kurukshetra University Inter Collegiate Weight Lifting (Men & Women) Championships 2023-24 will be held as per schedule given below:-

Women Section: Venue:- New Multi Purpose Hall, KUK

Date

1. **Weight Lifting (Women)**

15th November, 2023

- Weighing-in on 15.11.23 from 08:00 - 10:00 A.M. only (No Weighing will be allowed after 10:00 AM.)
- Competition will start at 10:00 A.M.

Men Section: Venue:- New Multi Purpose Hall, KUK

2. **Weight Lifting (Men)**

16th & 17th November, 2023

- Weighing-in on 21.12.22 from 08:00 - 10:00 A.M. (No Weighing will be allowed after 10:00 AM.)
- Competition will start at 10:00 A.M.

WEIGHT CATEGORIES ARE:- AS PER LATEST RULES CIRCULATED BY AIU.

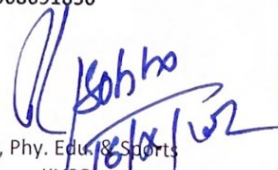
MEN : 55 kg. 61 kg. 67 kg. 73 kg. 81 kg. 89 kg. 96 kg. 102kg. 109 kg. & +109 kg.

WOMEN : 45 kg. 49 kg. 55 kg. 59 kg. 64 kg. 71 kg. 76 kg. 81 kg. 87 kg. & +87 kg.

Note- i) Detailed Entry & Starting Poundages of the participants will be submitted half an hour before the weighing-in & after that no change will be allowed.

Note-ii) Trials for the selection of University teams will be held alongwith competition.

- Organizers of the All India Inter University Weight Lifting (M&W) Champ. 2023-24 have informed that Dope test will be conducted by NADA at the time of competition. In case any player is found +ve during these tests, the player(s)/ college(s) concerned will be held responsible. As such, all the athletes of your college be informed to avoid the use of drugs.
- Teams must be accompanied by Managers along with player's eligibility particulars Identity Cards (meant for sports purposes), authority letter, copies of D.M.C. of Matric & 10+2 duly signed/attested from the Principal/Head of the College/Institution. The teams shall not be allowed to participate in the Tournament without above said documents.
- The Championships and points will be awarded as per latest rules of W.L.F.I as adopted by the A.I.U., New Delhi and KUSC. Organizing Secretary is authorized to change the timing (s) of the events, if needed in view of local situation, under intimation to this office.
- In case of any protest during the tournament against any player (s)/Team (s) of a College, the Organizing Secretary of the Tournament will arrange a photograph of the Player (s)/Team (s), in addition to other procedure followed in case of a protest.
- Contact for accommodation in female **MS. Monika (Football Coach) Mob. No. 8930516263** & for Male **Mr. Ramesh Kumar (Wrestling Coach) Mob. No. 9416833605** & **Mr. Vikram Singh (Weight Lifting Coach) Mob. No. 9068691850**


Director, Phy. Edu. & Sports
& Secretary, KUSC

Copy of the above forwarded to the following for their kind information/necessary action:-

- President & Vice-President, K.U. Sports Council.
- Members of the K.U. Weight Lifting Club Committee.
- Principals of the Colleges concerned.
- Director, Public Relations, K.U.K.
- Internal distribution in the Department.