



**THE NEW COLLEGE (AUTONOMOUS), CHENNAI - 14.**

**DEPARTMENT OF PHYSICAL EDUCATION & SPORTS**

**SHIFT - I & SHIFT - II**

Date: 14/03/2022

**CIRCULAR**  
**ANNUAL SPORTS - 2021 -22**

**POWER LIFTING COMPETITIONS**

DATE: 27 / 03 / 2022 (Sunday), TIME: 9.30 a.m. (Shift I & II)

**WEIGHT LIFTING COMPETITIONS**

DATE: 31 / 03 / 2022(Thursday), TIME: 9.30 a.m. (Shift I & II)

VENUE: SPORTS PAVILION

**POWER LIFTING:-**

Competition Lifts	Weight Classes (Body Weight)
1. Bench Press	Below 59 Kg.                      59 Kg. to 66 Kg.
2. Squat	66 Kg. to 74 Kg.                      74 Kg. to 83 Kg.
3. Deadlift	83 Kg. to 93 Kg.                      93 Kg. and above.

**WEIGHT LIFTING:-**

Competition Lifts	Weight Classes (Body Weight)
1. Snatch	Below 56 Kg.                      56 Kg. to 62 Kg.
2. Clean and Jerk	62 Kg. to 69 Kg.                      69 Kg. to 77 Kg.
	77 Kg. to 85 Kg.                      85 Kg. and above.

**Note:**

- Participants must report with proper uniform (Shorts & Banians) 30 minutes before scheduled time.
- Participants must bring their College I.D. card.

**DIRECTOR OF  
PHYSICAL EDUCATION**

**PRINCIPAL**

**Copy to:**

1. Professor In-Charge (Shift - I & Shift - II).
2. H.O.Ds (Shift - I & Shift - II).
3. Students' Union Vice - President. (Shift - I & Shift - II).
4. Deputy Warden.
5. All Notice Board.
6. File.