



**DIBRUGARH UNIVERSITY INTER-COLLEGE
WEIGHT LIFTING (M/W) POWER LIFTING (M/W) &
BEST PHYSIQUE(M) TOURNAMENT 2024-25**



Organised By: Jhanji Hemnath Sarma College, Sivasagar

Date: 20th, 21st & 22nd December 2024

Tournament Schedule

20th December 2024

- 3.00 PM: Registration & Documents Verification
- 5.00 PM: Meeting of Teacher-in-Charge with Officials
- 8.00 PM: Dinner

21st December 2024

- 8.00 AM: Breakfast
- 8.30AM: Flag Hoisting
- 9.00 AM: Inauguration Programme
- 10.00 AM: Weight Lifting Events
- 2.00 PM: Lunch
- 2.30PM: Continuation of Weight Lifting Events
- 6.00PM: Best Physique Competition
- 8.30PM: Dinner

22nd December 2024

- 8.00 AM: Breakfast
- 9.00 AM: Power Lifting Competition
- 2.00 PM: Lunch
- 2.30PM: Continuation of Power Lifting Competition
- 4.00PM: Prize Distribution & Closing Ceremony



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Rules and Regulations

1. The Participants must arrive at host college at 3PM on 20th December 2024.
2. The participating Colleges must bring their respective College Flags.
3. Accommodation shall only be provided for Teacher-in-Charge, Registered Participants and Match Officials.
4. Only mattress shall be provided to the participants for lodging. Relevant materials are to bring by the participants.
5. Registration fees Rs. 1000/- per event for each participant.
6. Caution Money to be deposited by participating Colleges of Rs. 1,000/- which shall be refundable on scrutiny.
7. The decision of Match Officials and Organising Committee shall be the final and binding on the participants.

Dr. Manjit Gogoi
President/ Principal

Dr. Basanta Handique
Secretary

Organising Committee

Dibrugarh University Inter-College Weight Lifting (M/W), Power Lifting (M/W) & Best Physique
(M) Tournament 2024-25

Contact No: 70028-00275/ 93656-67630/ 95773-25661/ 99540-45935