



UNIVERSITY OF MYSORE

Department of Physical Education, Sports Pavilion, Mysore-5

No. DPE/UIT/ 285 /2015-2016

Date: 17th Aug. 2015

To

The Principals of Affiliated
and Constituent Colleges of
University of Mysore

Sir/Madam,

Sub : Mysore University Inter-Collegiate competitions-cum-selection trials in Gymnastics, Best Physique, Weight Lifting, Swimming & Diving, Wrestling and Yogasana for the year 2015-2016

I Write to inform you that the Mysore University Final Selection Trials-cum-Inter-Collegiate Competitions in Gymnastics (M&W), Swimming & Diving (M&W), Best Physique (Men), Wrestling (M&W), Weight Lifting (Men) and Yogasana (M&W) will be held on 28th, 29th & 30th Sept. 2015 at 8-00 A.M. at the Department of Physical Education, University of Mysore, Sports Pavilion, Mysore-5.

You are requested to send the entry of two Competitors in Best Physique Simming & Diving, Weight Lifting and Wrestling for each Event/Weight Class and Team/Individual for Gymnastics & Yogasana along with eligibility particulars on or before 15th Sept. 2015. Without entries, no competitors will be allowed to take part in the above competitions. All competitors should bring the identification certificates duly signed by the Principal of concerned Institution in the Identification Certificate proforma as circulated by the Department of Physical Education Compulsorily during competitions.

The timing of weighing-in and competition-cum-selection trials of the above activities will be informed to the competitors on 28th Sept. 2015 at 8-00 A.M. at Sports Pavilion Mysore.

The qualifying standards to select Mysore University Teams fixed for Swimming & Diving and for Weight Lifting are mentioned below.

Kindly direct your college students who are participating in the above competitions to report by wearing college uniforms on 28th Sept. 2015 at 8-00 A.M. at the University Gymnasium Hall, Sports Pavilion, Mysore for the Inaugural Function.

SWIMMING QUALIFYING TIMINGS FOR THE YEAR 2015-2016

Sl.No.	Event	Men	Women
1.	50 Mtrs Free Style	00:25.41 Secs.	00:30.37 Secs
2.	100 Mtrs Free Style	00:59.09 Secs.	01:04.55 Secs
3.	200 Mtrs Free Style	02:08.72 Secs.	02:23.68 Secs
4.	400 Mtrs Free Style	04:26.90 Secs.	05:07.60 Secs
5.	800 Mtrs Free Style	--	11:00.52 Secs
6.	1500 Mtrs Free Style	15:54.91 Secs	--
7.	50 Mtrs Back stroke	00:29.90 Secs.	00:35.15 Secs
8.	100 Mtrs Back stroke	01:07.41 Secs.	01:16.66 Secs
9.	200 Mtrs Back stroke	02:24.37 Secs.	03:00.63 Secs
10.	50 Mtrs Breast stroke	00:32.53 Secs.	00:40.85 Secs
11.	100 Mtrs Breast stroke	01:12.18 Secs.	01:28.73 Secs
12.	200 Mtrs Breast stroke	02:48 31 Secs	03:11 40 Secs

14.	100 Mtrs Butter Fly	00:59.79 Secs.	01:13.40 Secs
15.	200 Mtrs Butter Fly	02:20.07 Secs.	02:42.53 Secs
16.	200 Mtrs Ind. Medlay	02:24.63 Secs.	02.46.65 Secs
17.	400 Mtrs Ind. Medlay	5:39.75 Secs	6:18.29 Secs

Following are the body weight categories in Weight-Lifting, Best Physique & Wrestling competitions. The entries may please be given according to be below pattern.

WEIGHT-LIFTING QUALIFYING STANDARD

(Based on 2012-13 Inter University Competition Results)

Sl.No.	Body Wt. Category	Snatch	+Clean & Jerk	Total
	Kgs.	Kgs.	Kgs.	Kgs.
1.	Upto	56	85	190
2.	"	62	90	200
3.	"	69	105	230
4.	"	77	110	245
5.	"	85	105	240
6.	"	94	115	250
7.	"	105	109	239
8.	Above	105	116	261

Note: Qualifying standard fixed is subject to modification after getting 2014-15 results from A.I.U

BEST PHYSIQUE WEIGHT CATEGORY

WRESTLING WEIGHT CATEGORY

		Men Section		Women Section		Greco Roman Men	
						(Only Selection Trails)	
1.	Upto & Inclusive	60 Kgs.	1. Upto	57 Kgs.	1. Upto	48 Kgs.	59 kgs
2.	"	65 "	2. "	61 "	2. "	53 "	66 "
3.	"	70 "	3. "	65 "	3. "	55 "	71 "
4.	"	75 "	4. "	70 "	4. "	58 "	75 "
5.	"	80 "	5. "	74 "	5. "	60 "	80 "
6.	"	85 "	6. "	86 "	6. "	63 "	85 "
7.	"	90 "	7. "	97 "	7. "	69 "	98 "
8.	Above	90 "	8. + 97 upto	125 "	8. "	75 Kgs	130 "

Kindly extend your co-operation for the successful conduct of above meet.

Thanking you,

Yours faithfully,

(Dr. P. KRISHNAIAH)
DIRECTOR (I/c)

Note: 1. For Yogasana (M&W) competitions, a team may consist of maximum six competitors (including one reserve). A team consisting less than fiive competitors, shall not be eligible for team championship but the performance will be considered for individual position. For team championship marks of the best five will be counted

2. Competitors who have been called for unversity selection trials in Gymnastics (M&W) & Wrestling (M&W) have to undergo Physical Fitness Tests (introduced from the year 2002-2003 for Men & from 2010-2011 for Women) in order to qualify for final Selection trials by securing minimum points prescribed as per the PFT Norms (PFT detils already circulated)

Copy : Forwarded with Compliments to the Press Corespondent/Editor.....
Mysore for kind publicity.