



यू०पी० पैरा स्पोर्ट्स एसोसिएशन
U.P. PARA SPORTS ASSOCIATION
(AFFILIATED TO PARALYMPIC COMMITTEE OF INDIA)
Recognised by Govt. of India



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President
Kavinder Chaudhary

Treasurer
Yogesh Mathur

Date: 11/03/2024

CIRCULAR

To,

The President/Secretary
Affiliated District Units of
U.P. Para Sports Association.

Sub.:- 8th U.P. State Para Powerlifting Championship-2024.

We are pleased to inform you that the **8th U.P. State Para Powerlifting Championship-2024** has been scheduled to be held at Meerut, Uttar Pradesh on **20th March 2024**. All the Affiliated District units are advised to go through this circular carefully and ensure that they have Minimum Entry Standards as per eligibility before sending their entry forms. Participation certificates will not be issued to athletes who have not achieved Minimum Qualifying Standards as prescribed. **This Championship will serve as a selection platform for the 21st Senior & 16th Junior National Para Powerlifting Championship 2023-24 at New Delhi on 25th and 26th March 2024 at JLN Stadium, New Delhi.**

All the expenses involved including traveling, lodging & boarding, local conveyance, fees, etc. shall be borne by the participants.

The details about the Championship are as under:-

- Host:-** Dist. Meerut Para Sports Association under the aegis of the U.P. Para Sports Association.
- Competition:-** 20th March 2024, 08:00 a.m. onwards.
- Venue:-** Kailash Prakash Stadium, Civil Lines, Meerut, Uttar Pradesh 250003
- Entry:-** All participants are advised to send their entry by Email (pcup.pci@gmail.com) to us along with required documents in a single folder (PDF file) **latest by 19th March, 2024**. Entries received after this date, will not be considered.
- The Prescribe fee for Entry/Registration is Rs. 500/- per Event.**

Your kind cooperation for the successful conduct of the Championships is solicited.

Thanking You,

For and behalf of UPPSA

Kavinder Chaudhary
President

U.P. Para Sports Association.



Enclosures: Event List.

FOLLOWING CATEGORY WILL BE CONDUCTED IN PARA POWERLIFTING

21st Senior & 16th Junior National Para Powerlifting Championships 2024

25-26 March 2024

WORLD PARA POWERLIFTING COMPETITION RULES

1. World Para Powerlifting General Regulations

World Para Powerlifting Events

The Sport of Para Powerlifting is open to male and female junior & senior athletes with eight (8) eligible physical impairments who compete in one (1) sport class (as defined in Para powerlifting classification Rules & Regulations), but in (10) different weight categories (events) per gender individual and team.

Minimum Qualification Standard (MQS)

1. Body Weight Categories - Men

Up to 49.00 kg Up to 85.00 Kg
Up to 54.00 kg From 85.00 Kg
Up to 59.00 kg From 90.00 Kg
Up to 65.00 kg From 97.00 Kg
Up to 72.00 kg From 105.00 Kg
Up to 80.00 kg From 115.00 Kg
Up to 88.00 kg From 120.00 Kg
Up to 97.00 kg From 127.00 Kg
Up to 107.00 kg From 130.00 Kg
Over 107.00 kg From 130.00 Kg

2. Body Weight Categories - Women

Up to 41.00 kg Up to 40.00 Kg
Up to 45.00 kg From 44.00 Kg
Up to 50.00 kg From 47.00 Kg
Up to 55.00 kg From 50.00 Kg
Up to 61.00 kg From 52.00 Kg
Up to 67.00 kg From 54.00 Kg
Up to 73.00 kg From 57.00 Kg
Up to 79.00 kg From 60.00 Kg
Up to 86.00 kg From 61.00 Kg
Over 86.00 kg From 62.00 Kg

Rahul Prasad
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