



POWERLIFTING INDIA

(Formerly Indian Powerlifting Federation)

Recognized by : Ministry of Youth Affairs and Sports, Govt. of India

Affiliated to : International Powerlifting Federation & Asian Powerlifting Federation

19.01.2018

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All State Secretaries /
Affiliated Units

Dear Sirs,

FEDERATION CUP POWERLIFTING CHAMPIONSHIP 2017 – 18

It is a matter within the knowledge of all that the Federation Cup Powerlifting Championship 2017 – 18 will be organized under the aegis of the Jammu & Kashmir Powerlifting Association from 16th to 18th February, 2018. The list of eligible Sub-Junior, Junior & Senior Powerlifters for participation in the Championship are given below.

FEDERATION CUP POWERLIFTING CHAMPIONSHIP

Sl No.	Name	State	B.Wt. Category	Division
1	DEVENDRA VYAS	RAJASTHAN	53	Sub Jr. Men
2	V. SAJITH	TAMIL NADU	53	Sub Jr. Men
3	M. ANBARASAN	PONDICHERRY	53	Sub Jr. Men
4	V.S.YOKESHWARAN	TAMIL NADU	59	Sub Jr. Men
5	VISHANT VAID	UTTAR PRADESH	59	Sub Jr. Men
6	AKASH.T.O.	KERALA	59	Sub Jr. Men
7	RAHUL SAJI	KERALA	66	Sub Jr. Men
8	N. AJITH	TAMIL NADU	66	Sub Jr. Men
9	GAURAV KUMAR	UTTAR PRADESH	66	Sub Jr. Men
10	SUNNY DABAS	UTTAR PRADESH	74	Sub Jr. Men
11	D. PRAVEEN YADAV	TELENGANA	74	Sub Jr. Men
12	DIGUIJAY PATIL	MAHARASHTRA	74	Sub Jr. Men
13	MANDEEP KUMAR	DELHI	83	Sub Jr. Men
14	VIPIN KUMAR	UTTAR PRADESH	83	Sub Jr. Men
15	VISHAL	DELHI	83	Sub Jr. Men
16	MOHIT	DELHI	93	Sub Jr. Men
17	RAVI KUMAR	UTTAR PRADESH	93	Sub Jr. Men
18	DEVENDRA KHULE	MAHARASHTRA	93	Sub Jr. Men
19	HITESH YADAV	DELHI	105	Sub Jr. Men
20	ASHWIN SOLANKI	MAHARASHTRA	105	Sub Jr. Men

21	MOHIT TOMAR	UTTAR PRADESH	105	Sub Jr. Men
22	PRATHMESH SAKORE	MAHARASHTRA	120	Sub Jr. Men
23	BIJAY JOHN	KERALA	120	Sub Jr. Men
24	MURSHID HUSSAIN C P	KERALA	120	Sub Jr. Men
25	PARITESH PAUL	MADHYA PRADESH	120+	Sub Jr. Men
26	PRANAV KHULE	VIDARBHA	120+	Sub Jr. Men
27	CHIMMAV JADHAV	MAHARASHTRA	120+	Sub Jr. Men
28	VIMAL THAPA	MAHARASHTRA	53	Jr. Men
29	NOBLE P S	KERALA	53	Jr. Men
30	GULTAN RABANI	JHARKHAND	53	Jr. Men
31	KANNAN VIJAYAN	KERALA	59	Jr. Men
32	DHARMENDRA YADAV	MAHARASHTRA	59	Jr. Men
33	SHARAD YADAV	MAHARASHTRA	59	Jr. Men
34	BIBIN JOY	KERALA	66	Jr. Men
35	SHAILENDRA SEVETIYA	MADHYA PRADESH	66	Jr. Men
36	TRAILUKYA GOGOI	ASSAM	66	Jr. Men
37	VINOTH KUMAR	TAMIL NADU	74	Jr. Men
38	M JANAKI RAM	TELENGANA	74	Jr. Men
39	DURAI K	TAMIL NADU	74	Jr. Men
40	THIYAGARAJAN .	TAMIL NADU	83	Jr. Men
41	LAKVEER SINGH	UTTARAKHAND	83	Jr. Men
42	DILSHAD HUSSAIN	UTTARAKHAND	83	Jr. Men
43	RAKESH KC	TELENGANA	93	Jr. Men
44	MADYAM SINGH	MADHYA PRADESH	93	Jr. Men
45	R ARUN SAI KUMAR	ANDHRA PRADESH	93	Jr. Men
46	RAMAN MATHUR	DELHI	105	Jr. Men
47	VIKAS .	DELHI	105	Jr. Men
48	INDERJIT SINGH	PUNJAB	105	Jr. Men
49	MUKESH TRIPATHI	MADHYA PRADESH	120	Jr. Men
50	SREERAJ PS	KERALA	120	Jr. Men
51	PRADEEP SHARMA	UTTAR PRADESH	120	Jr. Men
52	ASHRAF ALI KITTUR	KARNATAKA	120+	Jr. Men
53	GAGANKWATRA .	PUNJAB	120+	Jr. Men
54	ANKIT KHATRI	DELHI	120+	Jr. Men
55	P. SURESH	RSPB	59	Sr. Men
56	KANNAN VIJAYAN	KERALA	59	Sr. Men
57	SACHIN BERKAR	MAHARASHTRA	59	Sr. Men
58	NAVEEN	DELHI	59	Sr. Men
59	NAVEEN KUMAR	HARYANA	66	Sr. Men
60	ABHIJEET GURAV	MAHARASHTRA	66	Sr. Men
61	BALAMURUGAN	TAMIL NADU	66	Sr. Men
62	RAJESH KUMAR	DELHI	74	Sr. Men
63	ARUN	TAMIL NADU	74	Sr. Men
64	S. TAMILARASAN	PONDICHERRY	74	Sr. Men
65	MAHENDRAN	TAMIL NADU	74	Sr. Men
66	V. VIMAL RAJ	RSPB	83	Sr. Men
67	NILESH GARATE	MAHARASHTRA	83	Sr. Men

68	JAYADEEP KRISHNA	KERALA	83	Sr. Men
69	SUBHASH PRAJAP	UTTER PRADESH	83	Sr. Men
70	MAHIP KUMAR	DELHI	93	Sr. Men
71	SATWANT SINGH	PUNJAB	93	Sr. Men
72	MOHAN KUMAR.C.	CHATTISGARGH	93	Sr. Men
73	ANGREJ SINGH	RSPB	105	Sr. Men
74	SANDEEP SINGH	UTTARAKHAND	105	Sr. Men
75	RAGVENDRA GOUD	TELENGANA	105	Sr. Men
76	SUMIT KUMAR	RAJASTHAN	105	Sr. Men
77	JAGADESH KRISHNA	RSPB	120	Sr. Men
78	PRABHJEET SINGH	RAJASTHAN	120	Sr. Men
79	MANOJ MORE	MAHARASHTRA	120	Sr. Men
80	PANKAJ TYAGI	DELHI	120	Sr. Men
81	AMANPREET SINGH	RSPB	120+	Sr. Men
82	VINOD RAJ	KARNATAKA	120+	Sr. Men
83	SARAVANAKUMAR.M	TAMIL NADU	120+	Sr. Men
84	AMIT MAURIYA	UTTER PRADESH	120+	Sr. Men

FEDERATION CUP POWERLIFTING CHAMPIONSHIP

SI No.	Name	State	B.Wt. Category	Dvision
1	ALEENA JOSEPH	KERALA	43	Sub Jr. Women
2	V NEVETHA	TAMIL NADU	43	Sub Jr. Women
3	PALAK SINGH	UTTER PRADESH	43	Sub Jr. Women
4	ANEESHA.M	KERALA	47	Sub Jr. Women
5	R. RANJANE	TAMIL NADU	47	Sub Jr. Women
6	ANJALI.P.SANGLE	GUJARAT	47	Sub Jr. Women
7	MAMTA RAJAK	CHATTISGARGH	52	Sub Jr. Women
8	BHAGYALEKSHMI	KERALA	52	Sub Jr. Women
9	SHAIK SADIYA ALMAS	ANDHRA PRADESH	52	Sub Jr. Women
10	S. LOGAPREYA	TAMIL NADU	57	Sub Jr. Women
11	ANJALI SHARMA	RAJASTHAN	57	Sub Jr. Women
12	CVENIZEIA ANNIE	KARNATAKA	57	Sub Jr. Women
13	ASWATHI.C	KERALA	63	Sub Jr. Women
14	HRIJVIKA JARDESAI	MAHARASHTRA	63	Sub Jr. Women
15	RITU	RAJASTHAN	63	Sub Jr. Women
16	AJEESHA	KERALA	72	Sub Jr. Women
17	S. SHANMUGA PREETHI	TAMIL NADU	72	Sub Jr. Women
18	M. SAIDURGA	TELENGANA	72	Sub Jr. Women
19	ABHIRAMI.M.V.	KERALA	84	Sub Jr. Women
20	R. PRIYANKA	TAMIL NADU	84	Sub Jr. Women
21	J. SUPRIYA	TELENGANA	84	Sub Jr. Women
22	P. NISHANTHI	TAMIL NADU	84+	Sub Jr. Women
23	LEPHINA.D'SOUZA	KERALA	84+	Sub Jr. Women
24	NEHA MISHRA	MADHYA PRADESH	84+	Sub Jr. Women
25	DIVYA JYOTI FRANCIS	KARNATAKA	43	Jr. Women
26	SREE LAKSHMI K	ANDHRA PRADESH	43	Jr. Women

27	ROHINI MODAK	MAHARASHTRA	43	Jr. Women
28	KAMALI M	TAMIL NADU	47	Jr. Women
29	SAVITHA KUMARI	HARYANA	47	Jr. Women
30	ANITTA JOSEPH	KERALA	47	Jr. Women
31	DEVI SINGH	ORISSA	52	Jr. Women
32	SUMAN DEVI	HARYANA	52	Jr. Women
33	DIPALI PAWAR	MAHARASHTRA	52	Jr. Women
34	ASWINI SURESH	KERALA	57	Jr. Women
35	MONALI PAWAR	MAHARASHTRA	57	Jr. Women
36	SONAL SAWANT	MAHARASHTRA	57	Jr. Women
37	RIYA T C	KERALA	63	Jr. Women
38	V LAVANYA GOUD	TELENGANA	63	Jr. Women
39	ANNU .	DELHI	63	Jr. Women
40	RASHMI .	HARYANA	72	Jr. Women
41	PRIYADARSHINI BISOI	ORISSA	72	Jr. Women
42	SANA MALGI	KARNATAKA	72	Jr. Women
43	ABHIRAMI M V	KERALA	84	Jr. Women
44	RAMYA P	TAMIL NADU	84	Jr. Women
45	VASUKI N	TAMIL NADU	84	Jr. Women
46	REVATHI PRAKASH	KERALA	84+	Jr. Women
47	RAJPREET KAUR	PUNJAB	84+	Jr. Women
48	NISHANTHI P	TAMIL NADU	84+	Jr. Women
49	NAJUKA TATU	RSPB	47	Sr. Women
50	KAMALI KALLYAPPAN	TAMIL NADU	47	Sr. Women
51	REEMA KUMARI	PUNJAB	47	Sr. Women
52	AMEEA JOSEPH	KERALA	47	Sr. Women
53	ANJALI KUMARI	RSPB	52	Sr. Women
54	GURAU KAJOL ASHOK	TAMIL NADU	52	Sr. Women
55	TEJASHRI BHAGAT	MAHARASHTRA	52	Sr. Women
56	ANIJ RAJU.M.K.	GOA	52	Sr. Women
57	SUMI GEORGE	TAMIL NADU	57	Sr. Women
58	LAXMI THANEKAR	MAHARASHTRA	57	Sr. Women
59	P. ANANTHI	TAMIL NADU	57	Sr. Women
60	ASWINI ASHOK JADHAV	RSPB	63	Sr. Women
61	V. LAVANYA GOUD	TELENGANA	63	Sr. Women
62	USHA	DELHI	63	Sr. Women
63	RENU	HARYANA	72	Sr. Women
64	PRIYADARSINI	ORISSA	72	Sr. Women
65	DEEPALI JALGASAR	RSPB	72	Sr. Women
66	BHAKTI AMBRE	MAHARASHTRA	72	Sr. Women
67	SONALI GITE	RSPB	84	Sr. Women
68	PREETI	TAMIL NADU	84	Sr. Women
69	ZEBA	CHATTISGARGH	84	Sr. Women
70	ABHIRAMI	KERALA	84	Sr. Women
71	REENA KUMARI	HARYANA	84+	Sr. Women
72	APARNA GHATE	RSPB	84+	Sr. Women
73	SIMRAN PREET KAUR B RAO	PUNJAB	84+	Sr. Women
74	RAJPREET KAUR	PUNJAB	84+	Sr. Women

All the Master I/ Master II/ Master III/ Master IV who have secured First, Second & Third place in Coimbatore Master National Powerlifting Championship 2018 shall be allowed to take part in the Federation Cup Championship.

One best lifter Men and one best lifter Women from each states can be allowed to participate in Federation Cup Powerlifting Championship provided the minimum poundages shall be adopted.

Sub Junior, Junior and Masters shall carry original birth certificate/ passport/ driving license or school certificate as proof of age, without which participation is not permitted.

The selection of Indian Team for the Asian Powerlifting Championship to be held at Udaipur from 1st to 6th May 2018 will be based on the performance at this Federation Cup Championship. The minimum bar load for each weight categories of competition shall be as follows.

1. For Federation Cup as well as Selection Trials for Senior Men

Categories	Squat(Kg)	Benchpress(Kg)	Deadlift(Kg)
59kg	190	105	190
66kg	220	125	220
74kg	240	145	240
83kg	255	155	250
93kg	260	165	260
105kg	270	170	260
120kg	270	160	250
+120kg	280	160	250

Senior Women

Categories	Squat(Kg)	Benchpress(Kg)	Deadlift(Kg)
47kg	115	42.5	120
52kg	130	50	125
57kg	140	55	125
63kg	155	55	135
72kg	155	60	135
84kg	160	70	140
+84kg	165	70	140

2. Minimum poundage for selection trials for Junior Men

Categories	Squat(Kg)	Benchpress(Kg)	Deadlift(Kg)
53KG	130	55	140
59kg	140	60	160
66kg	180	100	190
74kg	220	120	220
83kg	230	130	230
93kg	250	135	235
105kg	240	140	230
120kg	240	120	210
+120kg	240	120	200

Junior Women

Categories	Squat(Kg)	Benchpress(Kg)	Deadlift(Kg)
43KG	55	25	85
47kg	90	35	100
52kg	100	40	110
57kg	120	55	130
63kg	140	60	130
72kg	140	60	120
84kg	150	55	120
+84kg	140	55	120

WORLD BENCHPRESS CHAMPIONSHIP

It is proposed to select Indian team for World Benchpress Championship from the ensuing Federation Cup Powerlifting Championship. The performance criteria shall be the 8th place of the immediate previous World Benchpress Championship. The participants of the selection trials shall bring their original passports.

The nominations for Federation Cup and Benchpress selection trials for World meet shall be made by 31.01.2018 and entries given thereafter will not be considered. Applications for ID Cards may be submitted soon.

WISH YOU ALL THE BEST



P.J. Joseph (Arjuna)
Secretary General