MANGALORE UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

University Qualifying Standards for the year 2017-18
WEIGHT LIFTING (MEN & WOMEN)

Men					Women			
Sl.No	Weight Category	Snatch	Clean & jerk	Total	Category	Snatch	Clean & jerk	Total
1.	56 KG	89	114	203	48 KG	63	71	134
2.	62 KG	95	121	216	53 KG	60	80	140
3.	69 KG	103	136	239	58 KG	63	82	145
4.	77 KG	110	140	250	63 KG	67	84	151
5.	85 KG	115	143	258	69 KG	68	85	153
6.	94 KG	121	149	270	75 KG	64	87	151
7.	105 KG	120	151	271	+ 75 KG	71	94	165
8.	+ 105 KG	120	142	262				

POWER LIFTING (MEN & WOMEN): 2017-18

Men						Women				
Sl.No	Category	Squat	Bench press	Dead Lift	Total	Category	Squat	Bench press	Dead lift	Total
1.	59 KG	187	113	183	483	47 KG	119	54	120	293
2.	66 KG	221	111	220	552	52 KG	129	60	1325	321
3.	74 KG	233	145	229	607	57 KG	121	60	140	321
4.	83 KG	263	147	232	642	63 KG	149	54	141	344
5.	93 KG	244	154	252	650	72 KG	141	59	136	336
6.	105 KG	242	152	212	606	84 KG	155	54	137	346
7.	120 KG	300	153	248	701	+ 84 KG	173	84	143	400
8.	+120 KG	231	117	217	565					

DIRECTOR OF PHYSICAL EDUCATION