

The Bombay Presidency Radio Club Limited

157, Arthur Bunder Road, Colaba, Mumbai – 400 005

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Date: - _____

ENTRY FORM MEMBERS HEALTH CLUB TOURNAMENT 2019 FROM SAT. 27TH JULY TO TUE. 30TH JULY

SEPARATE EVENTS FOR GENTS & LADIES

PARTICIPANT MUST PARTICIPATE IN MINIMUM TWO EVENTS TO BE ELIGIBLE TO TAKE PART IN THIS TOURNAMENT

Member's Name Mr. / Mrs. / Ms.: _____ Membership No. _____ M/F

Participant's Name Mr. / Mrs. / Ms.: _____ Date of Birth: _____ Age: _____

Mobile No: _____ Email: _____

I wish to enter the following Events: - (PLEASE TICK MINIMUM TWO EVENTS)

EVENTS	Above 8 to 15 yrs. (27/7/2011) TO (27/7/2004)	Above 15 to 25 yrs. (26/7/2004) TO (27/7/1994)	Above 25 to 40 yrs. (26/7/1994) TO (27/7/1979)	Above 40 to 55 yrs. (26/7/1979) TO (27/7/1964)	Above 55 to 65 yrs. (26/7/1964) TO (27/7/1954)	Above 65 yrs. Before (26/7/1954)
STAMINA						
SWIMMING 5 MINUTES (DISTANCE BASE)						
SWIMMING 100 METERS (TIME BASE)						
CYCLING 15 MINUTES						
RUNNING ON TREAD MILL 15 MINUTES (DISTANCE BASE)						
RUNNING ON TREAD MILL (0.25 MILES) TIME BASE						
ELLIPTICAL 10 MINUTES (DISTANCE BASE)						
ROWING 500 METERS (TIME BASE)						
STRENGTH						
BENCHPRESS (3 ATTEMPTS ONLY)						
SQUATS (3 ATTEMPTS ONLY)						
BICEP CURL (3 ATTEMPTS ONLY)						
FREE HAND EXERCISE						
PUSH-UPS (1 MINUTE) ONLY FROM 7.30 A.M. TO 1.30 P.M.						
PULL-UPS (1 MINUTE) ONLY FROM 7.30 A.M. TO 1.30 P.M.						
PLANK ONLY FROM 7.30 A.M. TO 1.30 P.M.						
TOTAL NO. OF EVENTS						

NOTE:

PARTICIPANTS CAN COME BETWEEN 7.30 A.M. TO 9.00 P.M. FROM SAT. 27TH JULY TO TUE. 30TH JULY & MEET THE TRAINER ON DUTY TO RECORD THEIR TIMINGS / PARTICIPATION IN THE TOURNAMENT EXCEPT FOR EVENTS UNDER FREE HAND EXERCISE WHERE TIMINGS WOULD BE RECORDED ONLY BETWEEN 7.30 A.M. TO 1.30 P.M. IT IS THE RESPONSIBILITY OF THE PARTICIPANT TO ENSURE THEIR TIMING IS PROPERLY RECORDED BY THE TIMEKEEPER. TIMING ONCE GIVEN CANNOT BE GIVEN AGAIN. A PARTICIPANT MUST PARTICIPATE IN MINIMUM TWO EVENTS TO BE ELIGIBLE TO TAKE PART IN THE TOURNAMENT.

ADMISSION: ₹. 200/- PLUS TAXES AS APPLICABLE PER EVENT. IN CASE THE PARTICIPANT PARTICIPATES IN FOUR OR MORE EVENTS, THE ADMISSION WILL BE ₹. 150/- PLUS TAXES AS APPLICABLE PER EVENT.

LAST DATE FOR ENTRIES IS WED. 24TH JULY TILL 6.00 P.M. UPON ENROLLING THE PARTICIPANT CONFIRMS THAT HE / SHE IS PHYSICALLY FIT FOR THE TOURNAMENT. THE CLUB IS NOT RESPONSIBLE IN THE EVENT OF ANY INJURY CAUSED TO THE PARTICIPANT OF THE TOURNAMENT. THE EVENTS ARE SUBJECT TO CHANGES | ALTERATIONS | CANCELLATION. TOURNAMENT SUBJECT TO ADEQUATE ENTRIES. IN CASE OF LESS THAN 2 ENTRIES IN ANY EVENT, THE EVENT WILL BE CANCELLED. THIS FORM MUST BE SUBMITTED TO THE ADMIN OFFICE BETWEEN 10.00 A.M. TO 6.00 P.M. OR THE HEALTH CLUB RECEPTION. DECISION OF THE TOURNAMENT DIRECTORS WILL BE FINAL. NO REFUNDS TO ANY PARTICIPANTS FOR ANY CANCELLATION AFTER SUBMISSION OF THE FORM.

PRIZE DISTRIBUTION WILL BE HELD ON SAT. 3RD AUGUST 2019, FOLLOWED BY DRINKS & DINNER FROM 8.00 P.M. ONWARDS.

I UNDERSTAND THAT THE CLUB IS NOT RESPONSIBLE FOR ANY INJURIES TO ME DURING THE TOURNAMENT. I UNDERSTAND THAT THE DECISION OF THE TIME KEEPERS IS FINAL & BINDING.

Participant's Signature:

Member's Signature:

P.T.O.

IN CASE OF LESS THAN 2 ENTRIES IN ANY EVENT, THE EVENT WILL BE CANCELLED

IN CASE AN EVENT OR EVENTS IN THE AGE GROUP OF ABOVE 55 TO 65 YEARS AND ABOVE 65 YEARS IS / ARE CANCELLED DUE TO INADEQUATE ENTRIES THE PARTICIPANT CAN PARTICIPATE IN THE IMMEDIATE LOWER AGE GROUP CATEGORY.

TOURNAMENT IS OPEN FOR MEMBERS OF RADIO CLUB ONLY. MEMBERS ARE REQUESTED TO CARRY THEIR MEMBERSHIP CARD. MEMBERS' GUESTS, SHORT - TERM, TEMPORARY & RECIPROCAL MEMBERS ARE NOT PERMITTED TO PARTICIPATE IN THE TOURNAMENT.

PLEASE REFER NOTICE BOARD / WEBSITE FOR TOURNAMENT NEWS & UPDATES.

ELIGIBILITY TO WIN MS. HEALTH CLUB TITLE / MR. HEALTH CLUB TITLE & RUNNER UP.

1) Medals will be awarded as follows: -

Winner - Gold Medal :-

Runner Up – Silver Medal :-

2) Each Gold Medal carries 2 points :-

Each Silver Medal carries 1 point :-

FEMALE PARTICIPANT getting maximum number of points will be the Winner of **Ms. Health Club Title** & the next best will be the **Runner Up**.

MALE PARTICIPANT getting maximum number of points will be the Winner of **Mr. Health Club Title** & the next best will be the **Runner Up**.

3) It is advisable to participate in maximum number of events to be eligible to win the Ms. Health Club / Mr. Health Club Title & Ms. Health Club Runner up / Mr. Health Club Runner Up Title. Ms. Health Club & Mr. Health Club will be given one year complimentary Membership of the Health Club plus other Prizes & Certificate. Runners Up will be given 6 months complimentary Health Club Membership and other Prizes.

Each Winner of a Particular Age Group Event Will Receive a **Gold Medal** and The Runner Up a **Silver Medal**.

Prize Distribution will be held on Sat. 3rd Aug. 2019, at the Presidency Lounge followed by Drinks & Dinner. The Dinner Charges for Spouse & Children of the Participant and for Members' Guest shall be announced at a later date.

FOR OFFICE USE

It has been verified that the Participant is a Member of the Club & all other details mentioned in the Form including the Age & Age Group has been Verified:
_____ (Signature of Staff).