

# The Bombay Presidency Radio Club Limited

Date: - \_\_\_\_\_

## **ENTRY FORM MEMBERS' HEALTH CLUB TOURNAMENT 2026 FROM THURS. 9<sup>th</sup> JULY TO SUN. 12<sup>th</sup> 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: \_\_\_\_\_ Emergency Contact - \_\_\_\_\_

I wish to enter the following Events: - (PLEASE MARK ' X ' FOR MINIMUM TWO EVENTS)

<b><u>EVENTS</u></b>	Above 15 to 30 Yrs. (25/07/2011) till (24/07/1996)	Above 30 to Below 60 Yrs. (25/07/1996) till (24/07/1966)	WEIGHT _____ TIMING	RECORDED BY TRAINER NAME	Date & Time of recording
<b><u>STAMINA</u></b>					
CYCLING 10 MINUTES					
RUNNING ON TREAD MILL 10 MINUTES (DISTANCE BASE)					
ELLIPTICAL 10 MINUTES (DISTANCE BASE)					
ROWING 500 METERS (TIME BASE)					
<b><u>STRENGTH</u></b>					
BENCHPRESS (3 ATTEMPTS ONLY)					
SQUATS (3 ATTEMPTS ONLY)					
BICEP CURL (3 ATTEMPTS ONLY)					
<b><u>FREE HAND EXERCISE</u></b>					
PUSH-UPS (1 MINUTE)					
PULL-UPS (1 MINUTE)					
PLANK (TIME BASE)					
DEAD HANG (TIME BASE)					
TOTAL NO. OF EVENTS					

### **NOTE:**

PARTICIPANTS CAN COME BETWEEN 8.00 AM. TO 12.00 NOON & 4.00 PM. to 9.00 PM. FROM THURS. 9<sup>TH</sup> JULY TO SUN. 12<sup>TH</sup> 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. 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 (MIN 2 EVENTS), ₹. 600/- PLUS TAXES AS APPLICABLE FOR 3 TO 4 EVENTS & FOR UNLIMITED PARTICIPATION WILL BE ₹. 1200/- PLUS TAXES AS APPLICABLE.

LAST DATE FOR ENTRIES IS SUN. 5<sup>TH</sup> 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.

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 AND TOURNAMENT DIRECTORS WILL BE FINAL.

I GIVE MY CONSENT FOR VIDEO RECORDING (ONLY FOR FREE HAND EVENTS) FOR CHECKING OF THE FORM BY THE EVENT JUDGES. INCASE THE FORM IS INCORRECT FOR THE EVENT, THE JUDGE HAS THE RIGHT TO DISQUALIFY THE PARTICIPANT AND VOID THE TIMING.

\_\_\_\_\_  
Participant's / Member's Signature

Name:

Tel:

### **For Office Use Only:**

Total No. of Events:

Total Charges:

Billed to Member:

**P.T.O. FOR THE RULES & DETAILS OF THE HEALTH CLUB TOURNAMENT.**

Each Winner of a Particular Age Group Event Will Receive a **Gold Medal** and The Runner Up a **Silver Medal** for the Tournament (Based on the age category). In case the Event is cancelled due to no Participation (less than 2 entries), then there will be no Medals for that Category of event.

It is advisable to participate in maximum number of events to be eligible to win the Mr. Health Club / Ms. Health Club Title & Mr. Health Club Runner Up / Ms. Health Club Runner up Title. Mr. Health Club & Ms. 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.

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

The Title will be given on the basis of Points.

Each Event will be considered separately and Winner of the particular even (all across age categories from 15 years to 60 years will be Judged by the points.

Each winner of the Event will be given 4 points.

Each Runner up will be given 2 Points.

If the scores are same of Winners (each winner will be given 2 points each for the event).

If the scores are same of Runners up (each runner up will be given 1 points each for the event).

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

Prize Distribution Date & Time will be informed during the Tournament.

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

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

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

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**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)

Date of Entry- \_\_\_\_\_

Billing Voucher number. - \_\_\_\_\_

Date - \_\_\_\_\_