



Presents



MR. INDIA

SENIOR NATIONAL BODY BUILDING CHAMPIONSHIP

25th – 27th February 2011

LUDHIANA, PUNJAB

Under the auspices of:

PUNJAB AMATEUR BODY BUILDING ASSOCIATION



Slimwell Gymnasium, Behind Victoria Church, Shitladevi Temple Road, Mahim, Mumbai-400 016. Maharashtra.
Tel.: 022-24466805 - Mobile:09417013405 / 09967971970 / 09820309972 Telefax:022-24466805 Email: ibbf_mumbai@yahoo.in

Date: 1st January 2011

To,
The Secretaries / Executive Committee Members / Life Members
State Body Building Associations
Affiliated to Indian Body Builders Federation

Sub.: **MUSCLEMANIA MR. INDIA**
(Senior National Body Building Championship)

Dear Sir,

We are pleased to announce that **Punjab Amateur Body Building Association** has taken the initiative under the patronage of Indian Body Builders Federation to organise "**1st Musclemania Mr. India 2011**", Senior National Body Building Championship on & from 25th to 27th February 2011 at Ludhiana, Punjab. The said championship has been sanctioned by Musclemania, USA.

We congratulate Mr. Premchand Degra (Mr. Universe, Padmashree, Arjun Awardee), Mr. Ramesh Bangar, Mr. Navneet Singh, Mr. Pardeep Kumar & Mr. Sukhdev Singh, who are working hard to make this championship one of the memorable one in the history of Body Building.

We are confident that all the affiliated state units of Indian Body Builders Federation will participate with best of their body builders to make this championship a grand success.

Thanking you.
Yours sincerely

Premchand Degra
Hon. Gen. Secretary



MUSCLEMANIA MR. INDIA 2011

SCHEDULE

Friday 25th February 2011

11.00 AM : Arrival of all competitors, officials & judges.
05.00 PM : Judges & Team Manager Meeting
06.00 PM : Weighing in
08.00 PM : Welcome Dinner

Saturday 26th February 2011

09.00 AM : Pre-Judging
07.00 PM : Executive Committee Meeting

Sunday 28th February 2011

06.00 PM : Finals & Prize Distribution

Venue : Guru Nanak Stadium Multy Purpose Hall, Ludhiana, Punjab.

Entry Fee : Rs.200/- Per competitor & Rs. 500/- for Best Posing competition

Weight Groups : Total nine weight groups
Up to & inclusive 55 kgs; Up to & inclusive 60 kgs; Up to & inclusive 65 kgs
Up to & inclusive 70 kgs; Up to & inclusive 75 kgs; Up to & inclusive 80 kgs
Up to & inclusive 85 kgs; Up to & inclusive 90 kgs; Above 90 kgs

Prizes : In each weight category first five winners will be awarded Rs.10,000/- + attractive gifts, Rs.7,000/- + attractive gifts, Rs.5,000/- + attractive gifts, Rs.3,000/- + attractive gifts, Rs.2,000/- + attractive gift.
The Overall Champion will receive Musclemania Mr. India Trophy along with cash prize of Rs.50,000/-.
The Best Poser will receive Rs. 10,000/- along with Trophy.
All participants and Officials will receive Participation Certificates.

Rules & Regulations

- Fourteen Competitors / Officials & Judges as per the attached list will be provided with the lodging, boarding, conveyance and entry to pre-judging and finals. No other extra officials / judges / team managers / coaches / relatives, etc. will be entertained.
- Please note: All the officials are requested to remain present with proper uniform for pre judging and finals. Officials without proper uniform will not be permitted for any official activities.
- All the participants are requested to get their own Music CD for the free posing performances to make this show a grand success.
- Participants are requested to use proper trunks and tanning cream (No Gold, Silver or Bronze colour allowed).

Contact : Mr. Premchand Degra – 09417013405
Mr. Navneet Singh – 09888320009
Mr. Pardeep Kumar – 09814480965
Mr. Ramesh Bangar – 09814813589
Mr. Sukhdev Singh - 09988857733

IBBF Secretariat : Mr. Chetan Pathare - 09967971970



MUSCLEMANIA MR. INDIA 2011 OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 25th February 2011

Please complete with name of competitors, team manager, coach & judges.

SR.	NAME	DATE OF BIRTH	WEIGHT
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

TEAM MANAGER: _____

COACH: _____

JUDGE: _____

JUDGE: _____

UNIT NAME: _____

TRAIN No. & ARRIVAL TIME: _____

SEAL

SIGNATURE OF PRESIDENT/SECRETARY



Indian Body Builders Federation

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Date: 1st January 2011

To,
The Executive Committee Members
Indian Body Builders Federation
Mumbai

EXECUTIVE COMMITTEE MEETING

NOTICE

Notice is hereby given to all the members of the Executive Committee of the Indian Body Builders federation, that a Meeting of the Executive Committee will be held on Saturday 26th February 2011 at Ludhiana, Punjab during 1st Musclemania Mr. India 2011, to discuss the following Agenda.

All the Executive Members are requested to attend the same in proper uniform.

AGENDA

1. To confirm the minutes of the last Executive Committee Meeting held in Vadodara, Gujrat.
2. To discuss the matter for forming Asian Body Building Federation.
3. Any other matter with the permission of chair.

For Indian Body Builders Federation

Prem Chand

Premchand Degra
Hon. Gen. Secretary

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