Student's performnace in Power Lifting and Bench Press Competition - Aug 12, 2018

Sl no.	Event	Category	Award
1	Bench Press		Gold medal and selection for Nationals
1	Deficit Press	Jullion Category(00-74 kg wt.)	
2	Power Lifting	lupior Cotogon (66, 74 kg ut)	Selection for Nationals
a.	Bench Press		
b.	Squat	Junior Category(66-74 kg wt.)	Selection for Nationals
с.	Dead Lift		





