



# DR. MEGHNAD SAHA COLLEGE


## ADMIT CARD FOR PHYSICAL FITNESS TEST: 2019-20

Date :19-06-2019

Time : 9:30 am

Venue : College Campus

Note: Bring (i) All academic credentials and sport achievement certificates in original; (ii) Print-out of the Application Form and (iii) proper uniform and shoes for appearing in the Physical Fitness Test

Form No	DMS1902435	 CHEST NO:
Name	KHAKAN RABIDAS	
Gender	Male	
Father's / Guardian's Name	BABLU RABIDAS	
Category	SC	
Address	VILL- MUSKIPUR(NAYAPARA), PO- BARAGRAM,, DAKSHIN DINAJPUR,733128	
Mobile No	6294717966	
Best 5 Aggregate	276	
Signature of Candidate with Date :		

### To be filled by the Candidate

Height	Weight	Blood Group
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### PHYSICAL FITNESS TEST SCORE SHEET

<b>1 50 Meter Sprint (Seconds)</b>										
Score	10	09	08	07	06	05	04	03	02	01
<b>Boys</b>	Below 5.50	5.50-6.00	6.10-6.30	6.31-6.50	6.51-7.00	7.10-7.50	7.51-8.00	8.10-8.50	8.51-9.00	> 9.00
<b>Girls</b>	Below 6.50	6.51-7.00	7.10-7.50	7.51-8.00	8.10-8.50	8.51-9.00	9.10-9.50	9.51-10.00	10.10-10.50	> 10.51
Score Assigned (Out of 10) =					Official Signature:					
<b>2 Modified Shot Put /Backward direction (Meter)</b>										
Score	10	09	08	07	06	05	04	03	02	01
<b>Boys</b>	12.00 & above	11.50 -11.99	11.00-11.49	10.50-10.99	10.00-10.49	9.50-9.99	8.00-8.49	8.50-8.99	7.00-7.49	Below 7
<b>Girls</b>	12.00 & above	11.50 -11.99	11.00-11.49	10.50-10.99	10.00-10.49	9.50-9.99	8.00-8.49	8.50-8.99	7.00-7.49	Below 7
Weight of the Shot		Boys-7.260KG				Girls- 4KG				
Score Assigned (Out of 10) =					Official Signature:					
<b>3 Sports Achievements</b>										
Score	20	15		10		05		03		
Level of Competitions	National level Competition	State level Competition		District level Competition		Zonal/ Block/Sub-divisional level Competition		School level Competition		
Score Assigned (Out of 20) =					Official Signature:					
<b>4 Physical Education subject at H.S. Level=10 Marks</b>										
Total Score Assigned ( 1 + 2 + 3 + 4 ) =										
NOTE: At the time of Physical Fitness Test, students must bring under the following items (1)Original Sports Certificate; (2) HS Marks Sheet; (3) Proper Sports Uniforms and (4) Admit Card for Physical Fitness Test										

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Signature of H.O.D.

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Signature of Vice Principal