



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	DMS1903702	 CHEST NO:
Name	AJAHAR ALI	
Gender	Male	
Father's / Guardian's Name	ABBAS ALI	
Category	General	
Address	VILL-KAMARDANGA,PO-RADHANAGAR ,PS-ITAHAR,DIST-UTTAR DINAJPUR,PIN-733128, Uttar Dinajpur,733128	
Mobile No	7838083793	
Best 5 Aggregate	234	
Signature of Candidate with Date :		

To be filled by the Candidate

Height	Weight	Blood Group
--------	--------	-------------

PHYSICAL FITNESS TEST SCORE SHEET

1 50 Meter Sprint (Seconds)										
Score	10	09	08	07	06	05	04	03	02	01
Boys	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
Girls	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:					
2 Modified Shot Put /Backward direction (Meter)										
Score	10	09	08	07	06	05	04	03	02	01
Boys	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
Girls	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:					
3 Sports Achievements										
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:					
4 Physical Education subject at H.S. Level=10 Marks										
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										

Signature of H.O.D.

Signature of Vice Principal