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	DMS1904144
Name	RAJESH SOREN
Gender	Male
Father´s / Guardian´s Name	RAMAN SOREN
Category	ST
Address	VILL- BAISTAMDANGA P.O- SALAIDANGA P.S- GAZOLE DIST- MALDA, Malda,732124
Mobile No	8670489659
Best 5 Aggregate	209
Signature of Candidate with Date :	

CHEST NO:

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

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Signature of H.O.D. *Signature of Vice Principal*