

Mr. & Ms. Fitness

Hours of strenuous training at the expense of sweat and toil all for the sweet gain of being the fittest amongst the lot. If this sounds familiar, then this ultimate test of fitness is made just for you. Display unbeatable valour and claim the highly desired titles of Mr. and Ms. Fitness.

Team Size: 1

Rounds: 4

Date/Time: 20th April, 7:00 am

Venue: Portico

Teams per college: 10 students each

Registration: Online

Rules:

- ❖ 10 participants are allowed for each college (the registrations will be first come first serve)
- ❖ 6 boys and 4 girls from each college
- ❖ The event consists of 3 preliminary rounds and a final round for both the categories (girls and boys)
- ❖ 3 preliminary rounds are easy, medium, and difficult and the tasks will be based on the round.
- ❖ All the rounds are elimination rounds.
- ❖ The tasks to be performed will be announced on the day of the event.
- ❖ The participants are requested to report 1 hour prior to the time of the event.

Event Coordinators

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