



SPORTS SECTION

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PRESS NOTE

Goa University selection for Inter University Championship 2025-26

I. Goa University Weightlifting (Men and Women) team selection

Goa University will conduct selection trials to form its **Weightlifting (Men and Women)** team on **20th November, 2025 at 9.30 a.m.** Students interested in attending the trials may report sharp at 9:00 a.m. at Silver Jubilee Hall, Goa University along with college identity card, Aadhar Card, Birth Certificate and playing kit.

Minimum qualifying standard enclosed at Annexure –I.

South West Zone Inter University Weightlifting (Men and Women) Championship 2025–26 at S.A.G.E. University, Bhopal (tentatively from 14 to 17th December, 2025)

II. Goa University Aquatics (Men and Women) team selection

Goa University will conduct selection trials to form its **Aquatics (Men and Women)** team on **21st November, 2025 at 9.30 a.m.** Students interested in attending the trials may report sharp at 9:00 a.m. at S.A.G's Swimming Pool, Campal, Panjim along with college identity card, Aadhar Card, Birth Certificate and playing kit.

Minimum qualifying standard enclosed at Annexure –II.

All India Inter University Swimming (Men and Women) Championship 2025–26 is scheduled from 18th to 23rd December, 2025 at S.R.M. University, Chennai.

Colleges are also requested to inform the Sports Section via email at sports@unigoa.ac.in if any of their student-athlete are unavailable during the above-mentioned date for selection, providing a reason for their absence, to be considered for the selection.

Date: 14/11/2025

(Mr. Balachandra B. Jadar)

Member Secretary-Sports Council,

University Asst. Director of Phy. Edn. & Sports,

Goa University

Annexure- I

Minimum Qualification standard for Weightlifting team for the year 2025-26

I. MEN

Sr. No.	Weight Category	Qualification Standard
1	60kg	183kg
2	65kg	204kg
3	71kg	221kg
4	79kg	247kg
5	88kg	235kg
6	94 kg	262kg
7	110 kg	248kg
8	+110 kg	170kg

II. WOMEN

Sr. No.	Weight Category	Qualification Standard
1	48kg	94kg
2	53kg	73kg
3	58kg	134kg
4	63kg	74kg
5	69kg	154kg
6	77kg	118kg
7	86kg	95kg
8	+86kg	95kg

Annexure- II

Minimum Qualification Standard for Aquatic team for the year 2025-26
for the year 2025-26

Sr. No.	Event	Men	Women
1	50M Free Style(M&W)	00.25.40	00.30.00
2	100M Free Style(M&W)	00.55.59	01.07.45
3	200M Free Style(M&W)	02.09.29	02.40.78
4	400M Free Style(M&W)	04.37.40	05.19.44
5	800M Free Style(M&W)	10.01.20	11.20.87
6	1500M Free Style(M&W)	18.55.96	22.45.96
7	50M Back Stroke(M&W)	00.29.93	00.35.93
8	100M Back Stroke(M&W)	01.04.90	01.20.60
9	200M Back Stroke(M&W)	02.31.40	03.07.87
10	50M Breast Stroke(M&W)	00.31.79	00.38.45
11	100M Breast Stroke(M&W)	01.11.37	01.26.10
12	200M Breast Stroke(M&W)	02.38.03	03.06.61
13	50M Butterfly(M&W)	00.26.87	00.33.65
14	100M Butterfly(M&W)	1.01.00	01.24.99
15	200M Butterfly(M&W)	02.20.19	03.09.18
16	200M Indv. Medley(M&W)	02.26.29	02.55.61
17	400M Indv. Medley(M&W)	05.45.92	06.25.88
18	4X100M Freestyle Relay(M&W)	04.15.73	06.22.11
19	4X200M Freestyle Relay(M&W)	09.25.34	11.30.49
20	4X100M Medley Relay(M&W)	04.42.35	04.42.35
21	4X100M Freestyle Relay (Mixed)	04.29.14	
22	4X100M Medley Relay (Mixed)	05.17.05	