



EVENTS FOR BOYS

2022-2023

YR.5 & 6 Sub-Junior	Born on or After 1-1-2011	100m	200m	400m	Long Jump	Shot put	4x100m Relay		
YR.7 & 8 Junior	Born on or After 1-1-2009	100m	200m	400m	800m	Long Jump	Shot put	4x100m Relay	
YR.9 & 10 Senior	Born on or After 1-1-2007	100m	200m	400m	800m	1500m	Long jump	Shot put	4x100m Relay
YR 11,12&13 Super Senior	Born on or Before 31-12-2003	100m	200m	400m	800m	1500m	Long Jump	Shot put	4x100m Relay

RULES AND REGULATIONS

- Each student can participate in maximum of 3 events excluding relay. (Either two track & one field or one track & two field events)
- Relay team would be selected from the result of 100m heats. Those students who get the first four positions will be selected for relay team to represent their houses.
- Any over age students shall be shifted to the next higher appropriate division

Awards and Points Details

- All winners will be awarded First (Gold), Second (Silver) & Third (Bronze)

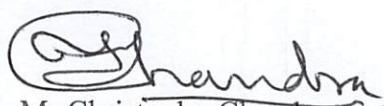
❖ Points will be awarded as follows

- First Place - 05
- Second Place - 03
- Third Place - 01

❖ For the relay Event

- First Place - 10
- Second Place - 06
- Third Place - 02

- ✓ Those who secure maximum points will be awarded individual championship trophy in their respective categories. (excluding relay)
- ✓ The championship trophy will be awarded to the house securing maximum points.
- ✓ A special Trophy will be awarded to the best house in March Past.


Mr. Christopher Chandra
HOD-PE




Mr. Paul Asir Joseph
Principal



BOYS EVENTS SCHEDULE

DAY	DATE	EVENT	PERIOD	YEAR
TUESDAY	25-10-2022	100M,SHOTPUT	5th	YR 6 B,C,F
TUESDAY	25-10-2022	100M,SHOTPUT	BREAK	YR 11,12,13
WEDNESDAY	26-10-2022	100M,SHOTPUT	7th	YR 9 B,C,F
WEDNESDAY	26-10-2022	100M,SHOTPUT	BREAK	YR 9&10 B,C,F
THURSDAY	27-10-2022	100M,SHOTPUT	5th	YR 7 B,C,F
FRIDAY	28-10-2022	200M, LONG JUMP	BREAK	YR 11,12,13
MONDAY	31-10-2022	100M,SHOTPUT	5th	YR 5 B,C,F
MONDAY	31-10-2022	100M,SHOTPUT	7th	YR 8 B,C,F
TUESDAY	1/11/2022	200M, LONG JUMP	BREAK	YR 9&10 B,C,F
TUESDAY	1/11/2022	400M, LONG JUMP	5th	YR6 B,C,F
TUESDAY	1/11/2022	200M, LONG JUMP	BREAK	YR 9&10 B,C,F
WEDNESDAY	2/11/2022	400M, LONG JUMP	7th	YR 9 B,C,F
THURSDAY	3/11/2022	800M	BREAK	YR 11,12,13
THURSDAY	3/11/2022	400M, LONG JUMP	5th	YR 7 B,C,F
FRIDAY	4/11/2022	800M	BREAK	YR 9&10 B,C,F
MONDAY	7/11/2022	400M, LONG JUMP	5th	YR 5 B,C,F
MONDAY	7/11/2022	400M, LONG JUMP	7th	YR 8 B,C,F
TUESDAY	8/11/2022	400M	BREAK	YR 11,12,13
TUESDAY	8/11/2022	200M	5th	YR 6 B,C,F
WEDNESDAY	9/11/2022	400M	BREAK	YR 9&10 B,C,F
WEDNESDAY	9/11/2022	200M	7th	YR 9 B,C,F
WEDNESDAY	9/11/2022	200M	5th	YR 7 B,C,F
FRIDAY	11/11/2022	1500M	BREAK	YR 11,12,13
MONDAY	14/11/2022	1500M	BREAK	YR 9&10 B,C,F
MONDAY	14/11/2022	200M	5th	YR 5 B,C,F
MONDAY	14/11/2022	200M	7th	YR 8 B,C,F
TUESDAY	15/11/2022	800M	BREAK	YR7&8 B,C,F



EVENTS FOR GIRLS

2022-2023

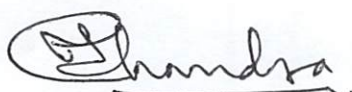
YR.5 & 6 Sub-Junior	Born on or After 1-1-2011	100mts	200mts	400mts	Long Jump	Shot Put	4x100m Relay	
YR.7 & 8 Junior	Born on or After 1-1-2009	100mts	200mts	400mts	800mts	Long Jump	Shot Put	4x100m Relay
YR.9 & 10 Senior	Born on or After 1-1-2007	100mts	200mts	400mts	800mts	Long Jump	Shot Put	4 x 100 m Relay
YR 11, 12 & 13 Super Senior	Born on or Before 31-12-2003	100mts	200mts	400mts	800mts	Long Jump	Shot Put	4 x 100 m Relay

RULES AND REGULATIONS

- Each student can participate in maximum of 3 events excluding relay. (Either two track & one field or one track & two field events)
- Relay team would be selected from the result of 100m heats. Those students who get the first four positions will be selected for relay team to represent their houses.
- All heats / events will be done during the activity period or the sports period.
- Any over age students shall be shifted to the next higher appropriate division.

Awards and Points Details

- All winners will be awarded First(Gold), Second(Silver) & Third (Bronze)
 - ❖ Points will be awarded as follows
 - First Place - 05
 - Second Place - 03
 - Third Place - 01
 - ❖ For the relay Event
 - First Place - 10
 - Second Place - 06
 - Third Place - 02
- ✓ Those who secure maximum points will be awarded individual championship trophy in their respective categories. (excluding relay)
- ✓ The championship trophy will be awarded to the house securing maximum points.
- ✓ A special Trophy will be awarded to the best house in March Past.



Mr. Christopher Chandra
HOD - P E




Mr. Paul Asir Joseph
Principal



GIRLS EVENTSSCHEDULE

DAY	DATE	EVENT	PERIOD	YEAR
TUSEDAY	25/10/2022	100M,SHOPUT	7th	YR 6 A,D,E
WEDNESDAY	26/10/2022	100M,SHOPUT	5th	YR 7 A,D,E
THURSDAY	27/10/2022	100M,SHOPUT	BREAK	YR 11,12,13
THURSDAY	27/10/2022	100M,SHOPUT	7th	YR 9 A,D,E
THURSDAY	27/10/2022	100M,SHOPUT	3rd	YR 5 A,D,E
FRIDAY	28/10/2022	100M,SHOPUT	6th	YR 8 A,D,E
MONDAY	31/10/2022	100M,SHOPUT	2nd	YR 10 A,D,E
TUSEDAY	1/11/2022	200M, LONG JUMP	7th	YR 6 A,D,E
WEDNESDAY	2/11/2022	200M, LONG JUMP	BREAK	YR 11,12,13
WEDNESDAY	2/11/2022	200M, LONG JUMP	5th	YR 7 A,D,E
THURSDAY	3/11/2022	200M, LONG JUMP	3rd	YR 5 A,D,E
THURSDAY	3/11/2022	200M, LONG JUMP	7th	YR 9 A,D,E
FRIDAY	4/11/2022	200M, LONG JUMP	6th	YR 8 A,D,E
MONDAY	7/11/2022	400M	BREAK	YR 11,12,13
MONDAY	7/11/2022	200M, LONG JUMP	2nd	YR 10 A,D,E
TUSEDAY	8/11/2022	200M, LONG JUMP	7th	YR 6 A,D,E
WEDNESDAY	9/11/2022	400M	5th	YR 7 A,D,E
THURSDAY	10/11/2022	800M	BREAK	YR 11,12,13
THURSDAY	10/11/2022	400M	3rd	YR 5 A,D,E
THURSDAY	10/11/2022	400M	7th	YR 9 A,D,E
FRIDAY	11/11/2022	400M	6th	YR 8 A,D,E
MONDAY	14/11/2022	400M	2nd	YR 10 A,D,E
TUSEDAY	15/11/2022	400M	7th	YR 6 A,D,E
WEDNESDAY	16/11/2022	800M	BREAK	YR 7 & 8 A,D,E
THURSDAY	17/11/2022	800M	BREAK	YR 9 & 10 A,D,E