



ST. MARY'S Catholic High School, Dubai



ANNUAL ATHLETIC MEET 2025-2026

EVENTS FOR GIRLS'

YEARS 5 & 6 Sub-Junior	Born on or After 1-1-2014	100mts	200mts	400mts	Long Jump	Shot Put	4x100m Relay	
YEARS 7 & 8 Junior	Born on or After 1-1-2012	100mts	200mts	400mts	800mts	Long Jump	Shot Put	4x100m Relay
YEARS 9 & 10 Senior	Born on or After 1-1-2010	100mts	200mts	400mts	800mts	Long Jump	Shot Put	4 x 100 m Relay
YEARS 11, 12 & 13 Super Senior	Born on or Before 31-12-2006	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 event 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 overaged 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.



Mr. Christopher Chandra
HOD -P E





Mr. Paul Asir Joseph
Principal



ST. MARY'S *Catholic High School, Dubai*

ANNUAL ATHLETIC MEET 2025-26

EVENT FOR GIRLS'

DAY	DATE	EVENT	PERIOD	CLASS
WEDNESDAY	29/10/2025	800M	BREAK	YR. 7 & 8 A, D & E
THURSDAY	30/10/2025	400M	BREAK	YR 11, 12 &13
WEDNESDAY	05/11/2025	400M	BREAK	YR. 9 &10 A, D & E
THURSDAY	06/11/2025	400M	BREAK	YR. 7 & 8 A, D & E
WEDNESDAY	12/11/2025	200M	BREAK	YR 11, 12 &13
THURSDAY	13/11/2025	200M	BREAK	YR. 9 &10 A, D & E
WEDNESDAY	19/11/2025	200M	BREAK	YR. 7 & 8 A, D & E
THURSDAY	20/11/2025	LONG JUMP &SHOT PUT	BREAK	YR 11, 12 &13
WEDNESDAY	26/11/2025	800M	BREAK	YR. 9 &10 A, D & E
THURSDAY	27/11/2025	800M	BREAK	YR. 7 & 8 A, D & E
WEDNESDAY	07/01/2026	100M, LONG JUMP & SHOT PUT	BREAK	YR 11, 12 &13
THURSDAY	08/01/2026	100M, LONG JUMP & SHOT PUT	BREAK	YR. 9 &10 A, D & E

YEARS 5, 6, 7 & 8 EVENTS WILL BE CONDUCTED DURING SPORTS PERIOD