

**CIRCULAR**

08-04-2025

**Dear Parents,**

We are excited to announce the commencement of our Indoor and Outdoor sports activities. Sports Activities teach students ethics, values, discipline and a sense of mutual trust. Hence it is mandatory for all students to participate in the competitions. Only medically unfit students will be exempted from the outdoor competitions. Parents of such students are requested to inform the class teachers through the student's diary and produce a medical certificate.

**Track and Field Events**

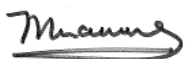
<b>Group A</b>	Born on or after 1-01-2021	1) 25 mts Race 3) Bursting the Balloon	2) Quick Action	Dates will be informed through Google Class Room (After Summer Holidays)
<b>Group B</b>	Born between 01-01-2020 and 31-12-2020	1) 50 mts Race 3) Quick Action	2) Balance Walk	
<b>Group C</b>	Born between 01-01-2019 and 31-12-2019	1) 50 mts Race 3) Running through the Hoops	2) Frog Race	
<b>Group D</b>	Born between 01-01-2018 and 31-12-2018	1) 75 mts Race 3) Cricket Ball Throw	2) One Legged Race	
<b>Group E</b>	Born between 01-01-2017 and 31-12-2017	1) 75 mts Race 3) Ring Race	2) Cricket Ball Throw	
<b>Group F</b>	Born between 01-01-2016 and 31-12-2016	1) 100 mts Race 3) 4x100 mts Relay	2) Soft ball Throw 4) Standing Broad Jump	
<b>Group G</b>	Born between 01-01-2015 and 31-12-2015	1) 100 mts Race 3) Soft Ball Throw	2) Standing Broad Jump 4) 4x100 mts Relay	
<b>Group H</b>	Born between 01-01-2014 and 31-12-2014	1) 100 mts Race 3) 200 mts Race	2) Long Jump	17/05/2025 Saturday
<b>Sub Juniors</b>	Born between 01-01-2013 and 31-12-2013	1) 100 mts Race 3) 4x100 mts Relay	2) Long Jump	17/05/2025 Saturday
<b>Juniors</b>	Born between 01-01-2012 and 31-12-2012	1) 100 mts Race 3) 800 mts Race 5) 4x100 mts Relay	2) 200 mts Race 4) Long jump 6) Shot Put	19/04/2025 Saturday
<b>Seniors</b>	Born between 01-06-2010 and 31-12-2011	1) 100 mts Race 3) 1500 mts Race 5) Long Jump	2) 400 mts Race 4) 4x100 mts Relay 6) Shot Put	12/04/2025 Saturday
<b>Super Senior</b>	Born on or before 31-05-2010	1) 100 mts Race 3) 1500 mts Race 5) Long Jump	2) 400 mts Race 4) 4x100 mts Relay 6) Shot Put	12/04/2025 Saturday

<b>Indoor</b> Chess, Carroms, scrabble, badminton, Table tennis	Group H to Super Seniors	01/06/2025 to 05/06/2025 Sunday - Thursday
<b>Out Door</b> Football, basketball, Volleyball	Super Seniors & Seniors	21/04/2025 to 24/04/2025 Monday - Sunday
	Group H, Sub Juniors & Juniors	27/04/2025 to 30/04/2025 Sunday - Wednesday

**Note:**

- Students of Group H to Super Senior may participate in 3 track and field events, besides relay, and of these, 1 should be track, 1 throw and 1 jump.
- Indoor games for Group H to Super Seniors:** Students may participate in any 2 of the indoor games, one being Table Tennis or Badminton and the other being Chess, Carroms or Scrabble.
- Any event with less than 5 participants will be cancelled. If any student attempts to participate in the wrong age group, he/she will be disqualified from all events pertaining to his/ her age group.

**Decisions of the referee will be final for all games and sports.**


**Principal**