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CIRCULAR

04-05-2023

Dear Parents,

The Annual **Indoor Sports Competitions** will be conducted from **20th May 2023 to 31st May 2023** for Super Senior, Senior and Junior students and from **14th June 2023 to 25th June 2023** for Group A to Sub Junior students. **Outdoor Competitions** will be conducted during regular **P.E. and Games periods from September onwards**. The Sports Grand Finale will be held in the month of **November 2023**. 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 student's diary.

Group A (Born on or after 31-12-2018)

- 1) 25 mts Race 2) Quick Action 3) Bursting the Balloon

Group B (Born between 01-01-2018 and 31-12-2018)

- 1) 50 mts Race 2) Quick Action 3) Balance Walk

Group C (Born between 01-01-2017 and 31-12-2017)

- 1) 50 mts Race 2) Frog Race 3) Running through the Hoops

Group D (Born between 01-01-2016 and 31-12-2016)

- 1) 75 mts Race 2) One legged Race 3) Cricket Ball Throw

Group E (Born between 01-01-2015 and 31-12-2015)

- 1) 75 mts Race 2) Ring Race 3) Cricket Ball Throw

Group F (Born between 01-01-2014 and 31-12-2014)

- 1) 100 mts Race 2) Soft Ball Throw 3) Standing Broad Jump 4) Sack Race 5) 4x100 mts Relay

Group G (Born between 01-01-2013 and 31-12-2013)

- 1) 100 mts Race 2) Soft Ball Throw 3) Standing Broad Jump 4) Sack Race 5) 4x100 mts Relay

Group H (Born between 01-01-2012 and 31-12-2012)

- 1) 100 mts Race 2) Long Jump 3) Shot Put

Sub juniors (Born between 01-01-2011 and 31-12-2011)

- 1) 100 mts Race 2) Long Jump 3) 4x100 mts Relay

Juniors (Born between 01-01-2010 and 31-12-2010)

- 1) 100 mts Race 2) 200 mts Race 3) 800 mts Race 4) Long Jump 5) 4x100 mts Relay 6) Shot Put

Seniors (Born between 01-01-2009 and 31-12-2009)

- 1) 100 mts Race 2) 400 mts Race 3) 1500 mts Race 4) Long Jump 5) 4x100 mts Relay 6) Shot Put

Super Senior (Born or before 31-12-2008)

- 1) 100 mts Race 2) 400 mts Race 3) 1500 mts Race 4) Long Jump 5) 4x100 mts Relay 6) Shot Put

GAMES

Sub junior, Junior, Senior & Super Senior students are eligible to take part in any two of the following games.

Boys: 1. **Basketball** 2. **Volleyball** 3. **Football**

Girls: 1. **Basketball** 2. **Volleyball** 3. **Football**

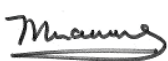
Sports: Students of Groups A to G may participate in any 3 events only. Students in other groups may participate in 3 events besides relay and of these 1 should be Track, 1 Throw and 1 should be Jump.

Indoor Games for Group H, Sub Juniors, Juniors, Seniors and Super Seniors:

Games: A student may participate in any two of the indoor games, one being Table Tennis or Shuttle Badminton and the other being Chess, Carroms or Scrabble.

Note: Any event with less than 5 participants will be cancelled. If any participant is found 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