

CIRCULAR

28-09-2026

Dear Parents,

We are happy to announce the start of our Outdoor Sports Activities and Track and Field events. Taking part in sports helps students develop discipline, teamwork, good values, mutual trust, and a healthy competitive spirit. It also helps students stay active and healthy. Therefore, participation in sports competitions is mandatory for all students. We encourage everyone to participate enthusiastically, enjoy the activities, and make the most of this opportunity to learn, grow, and develop good sportsmanship. Only medically unfit students will be exempted from the outdoor competitions. Parents of students with any debilitating condition are requested to inform the class teachers through the student's diary and produce a medical certificate. Events will not be repeated for students who are absent on the designated dates.

Track and Field Events

Group A	Born on or after 1-01-2022	1) 25 mts Race 3) Bursting the Balloon	2) Quick Action	Dates will be informed on Google Classroom
Group B	Born between 01-01-2021 and 31-12-2021	1) 50 mts Race 3) Quick Action	2) Balance Walk	
Group C	Born between 01-01-2020 and 31-12-2020	1) 50 mts Race 3) Running through the Hoops	2) Frog Race	
Group D	Born between 01-01-2019 and 31-12-2019	1) 75 mts Race 3) Cricket Ball Throw	2) One Legged Race	
Group E	Born between 01-01-2018 and 31-12-2018	1) 75 mts Race 3) Ring Race	2) Cricket Ball Throw	
Group F	Born between 01-01-2017 and 31-12-2017	1) 100 mts Race 3) 4x100 mts Relay	2) Soft ball Throw 4) Standing Broad Jump	
Group G	Born between 01-01-2016 and 31-12-2016	1) 100 mts Race 3) Soft Ball Throw	2) Standing Broad Jump 4) 4x100 mts Relay	
Group H	Born between 01-01-2015 and 31-12-2015	1) 100 mts Race 3) 200 mts Race	2) Long Jump	4/10/2026
Sub Juniors	Born between 01-01-2014 and 31-12-2014	1) 100 mts Race 3) 4x100 mts Relay	2) Long Jump	5/10/2026
Juniors	Born between 01-01-2013 and 31-12-2013	1) 100 mts Race 3) 800 mts Race 5) 4x100 mts Relay	2) 200 mts Race 4) Long jump 6) Shot Put	
Seniors	Born between 01-06-2011 and 31-12-2012	1) 100 mts Race 3) 1500 mts Race 5) Long Jump	2) 400 mts Race 4) 4x100 mts Relay 6) Shot Put	5/10/2026
Super Senior	Born on or before 31-05-2011	1) 100 mts Race 3) 1500 mts Race 5) Long Jump	2) 400 mts Race 4) 4x100 mts Relay 6) Shot Put	6/10/2026

Outdoor Events

Group H	Football	07/10/2026 to 19/10/2026 Selection and Matches
Sub Juniors	Football, Basketball	
Juniors, Seniors & Super Senior	Football, Basketball, Volleyball	

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.
- 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