

Army public school, Dagshai

34th Annual Athletic Meet, 2024

General instructions:-

Inter House Annual Athletic Meet will be held on 24th Oct to 26th Oct 2024 between Nehru ,Patel & Tagore houses

1. Categories:-

Boys:

Seniors	-	Classes - XI, XII
Middles	-	Classes - IX , X
Juniors	-	Classes – VII, VIII
Sub juniors	-	Classes - V, VI

Girls:

Seniors	-	Classes – XI, XII
Middles	-	Classes - IX, X
Juniors	-	Classes – VII, VIII
Sub juniors	-	Classes - V, VI

2 .Lists of events

Boys: (31)

<u>Sub junior boys</u>	<u>Junior boys</u>	<u>Middle boys</u>	<u>Senior boys</u>
100 mts	100 mts	100 mts	100 mts
200 mts	200 mts	200 mts	200 mts
Long jump	4X100 mts	400 mts	400 mts
	Long jump	800 mts	800 mts
	High jump	4x100 mts	1500 mts
		4x400mts	4x100 mts
			4x400mts
		High jump	High jump
		Long jump	Long jump
		Triple jump	Triple jump
		Shot put	Shot put
		Discus throw	Discus throw

Girls: (25)

<u>Sub junior girls</u>	<u>Junior girls</u>	<u>Middle girls</u>	<u>Senior girls</u>
100 mts	100 mts	100 mts	100 mts
200 mts	200 mts	200 mts	200 mts
Long jump	4x100 mts	400 mts	400 mts
	Long jump	800 mts	800 mts
		4x100 mts	4x100 mts
		Long jump	Discus throw
		High jump	High jump
		Shot put	Long jump
		Discus throw	Shot put

Staff Events

Male Teachers & Office staff: _____

Female Teachers: _____

Others : Tug of war – gents (Support Staff).

- Each house will field two athletes for each event in different categories of boys and girls plus one reserve in each event for substitution.
- One athlete can participate in not more than three events, (2 tracks and 1 field or 1 track and 2 field) excluding relays.
- Scoring scheme.**
 - In each event there will be six participants. The one who comes first will get 6 points and one who comes last will get 1 point and like wise for other positions.
 - For relays each house will field one team and the score will be as under
 - 1st place =11points**
 - 2nd place=07points**
 - 3rd place=03points**
 - March past will be a part of athletics. Score will be added to the final trophy. Marks awarded will be same as that of relay.
- Each house will field 1 contingent each of **35** students (**18 boys, Min 15 girls, 1 placard holder, and 1 flag holder**) for the march past.
- Organizer can change the event of an athlete on request (written) from house master, from reserve only.**
- House positions**

The sum of total points scored in each event in each category of boys and girls will determine the house positions. In case of tie the trophy is to be given to the house with max number of gold medals.
- Individual positions**

The medal and certificates will be awarded to the individual coming in first, second and third position.

10. Best athlete

One best athlete award will be given in each category both boys as well as girls. Best athlete will be given on the basis of the total gold medals won by an individual in individual events, in case of tie the silver medal will be taken into consideration, if still tie remains then bronze medal will be taken into consideration, if still tie remains then the relay medals will be taken into account.

11 . Instructions for House Staff

- a) After confirmation no new name of athlete will be entertained.
- b) **House Master to kindly give names of athletes latest by 17th Oct 2024.**
- c) Corrections must be initiated by org secy.
- d) Athletics is a part of inter house programme, so the student should whole heartedly participate in it without any walk over or any other form of protest which may spoil the spirit of competition. **House staff should ensure that students other than athletes participating in events remain in their house enclosures.**

12 Instructions for Athletes.

- a) The athletes should get ready for the events on the second call and should report promptly to the starting point/ sector.
- b) The dress of the athlete should be clean i.e. house T. shirts and shorts, he/she should know the rules of the events which include his/her right and his/her obligations.

“Rules are to help athletes and not punish them.”

c) All athletes must use crouch start and blocks (if want) in races up to and including 400 mts. Blocks shall be provided by the school. They should run in their own lanes, allotted through the draw of lots.

(d) If the competitor is taking part in track and field events which are going on same time, the judges may make suitable adjustments in his/her event.

(e) The athletes should not try to beat the starter i.e, making false start. Making false start will lead to disqualification.

(f) **Athletes should not argue with the judges and try to gain the sympathy of the spectators by demonstrating publically. In case of doubt they should lodge a written protest through house masters to the Org Secy. within half an hour of the finish of the event.**

(g) They should not use unfair strategy i.e. boxing, elbowing, crossing from left side of the runner etc, which may obstruct the other runner and in that case the athlete will be disqualified.

(h) In field events deliberately trying to get delayed will also result in disqualification.

(i) Victory and defeat should not be placed above the spirit of sportsmanship.

“One should be modest in victory and gracious in defeat. These should not change your behavior towards others.”

13. Date & Timings:

NOTE: - Some events will be held from 20th oct. 2024(List of events given in the Programme)

Opening Ceremony

24th Oct 2024 - 10.00hrs

Closing Ceremony

26th Oct 2024 - 10.00hrs

14. GENERAL :-

- a).All the Competition House Masters are requested to direct their athletes to maintain proper discipline and decorum at the place of competition and their house enclosures.
- b).The first call for the event will be given just after the teams march out after the opening ceremony.
- c).Victory ceremony shall be held soon after the final official announcement is made for the event. The athletes shall report to reporter’s tables for the ceremony.
- d).The following dresses will be there for inter house athletics and mass display.

15. MARCH PAST:

Boys - House T-Shirts, White Trouser, White socks, White P.T. Shoes.

Girls - House T-Shirts, White skirts, White socks, White P.T. Shoes.

Mrs Ritambra Ghai
(Principal)

Copy:

Bursar : for info. & n/a Pl.

School Coordinator

All House Masters

Caterer Necessary arrangement for meals & tea.

Staff Notice Boards

ARMY PUBLIC SCHOOL, DAGSHAI
34th ANNUAL ATHLETIC MEET, 2024
PROGRAMME

Sunday –20th oct. 2024 (Morning Session 10.00 Am Afternoon Session 3.30 pm)

A. High Jump : Jr boys, Mid girls ,Sr girls, Mid Boys & Sr Boys

Monday – 21st oct. 2024 (Afternoon Session 3.00 pm)

A. 100mt : Sub jr girls & boys, Jr girls & boys , Mid girls & boys ,Sr girls &boys

B. Shot put : Mid girls & boys ,Sr girls & boys

Tuesday – 22nd Oct 2024 (Afternoon Session 3.00 pm)

A .Long Jump : Sub jr girls & boys, Jr girls & boys , Mid girls & boys ,Sr girls &boys

Wednesday – 23rd Oct 2024 (Afternoon Session 3.00 pm)

1. Discus Throw : Mid girls & boys ,Sr girls &boys

2. Triple Jump : Mid boys & Sr boys

Thursday 24th Oct .2024 (Morning Session)

9.00 AM.

1. 200 Mts. - Sub Jr Girls
2. 200Mts - -Sub Jr. Boys
3. 200 Mts. - Jr Girls
4. 200Mts - Mid Boys
5. 200Mts - Sr Boys

Thursday 24th Oct .2024 (Evening Session)

3.00 PM.

1. 400mt - : Sr boys
- 2 400 Mts - Md Boys
- 3 400mt - Mid girls
- 4 400 mt - Sr girls

Friday- 25th Oct (Morning Session 9.00 am)

- 1 **1500 mt** : **Sr boys**
- 2 4x100 Mts. - Jr Girls
- 3 4x100 Mts - Jr. Boys
- 4 4x100 Mts - Md Girls
- 5 4x100 Mts - Mid. Boys
- 6 4x100 Mts - Sr. Girls
- 7 4x100 Mts - Sr. Boys
- 8 Staff Events - All the staff events

Friday- 25th Oct (Evening Session 3.00 Pm)

- 1 800mt - Md. Girls
- 2 800mt - Sr Girls
- 3 800 mt - Senior Boys
- 4 800 Mts - Mid boys

Saturday 26th Oct 2024 (Morning Session)

9.30 am

1. 200Mt - Jr Boys
2. 200Mt - Mid Girls
- 3 200Mt - Sr Girls
- 4 4x400 Mts. - Md.Boys
- 5 4x400 Mts - Sr. Boys

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CLOSING CEREMONY

DATE : 26th Oct 2024
TIME : 10.00 A.M.
PLACE : APS Play Ground

Chief Guest :

PROGRAMME

- | | | | |
|-----|---|---|------------|
| 1. | Assembly Of Athletes | - | 9.15 A.M. |
| 2. | Arrival Of Chief Guest | - | 10.00 A.M. |
| 3. | Welcome Of Chief Guest | - | 10.03 A.M. |
| 4. | March Past Begins | - | 10.05 A.M. |
| 5. | Chief Guest Is Escorted To The Dais
For March Past Salute By Principal | | |
| 6. | Aerobics | - | 10.25A.M. |
| 7. | Events Start | - | 10:40 A.M. |
| 8. | Tea | | |
| 9. | Karate Display | - | 11.15A.M. |
| 10. | Athletes Assembles In Front Of the Dais | - | |
| 11. | Prize Distribution | - | 11.25A.M |
| 12. | Address By The Chief Guest& Declare The Meet Close | - | 11.30 A.M. |
| 13. | Release of balloons | | |
| 14. | Vote Of Thanks – By Sports Captain | - | 11.35 A.M. |
| 15. | Departure of Chief Guest | - | 11.40 AM |

Break fast – 8.00 am Lunch – 1.00 pm Tea Break –11.00Am for VIP's Evening Tea - 5.30 pm in the respective houses

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34th ANNUAL ATHLETIC MEET, 2024
OPENING CEREMONY

DATE : 24th Oct 2024
TIME : 10:00 a.m.
PLACE : APS Ground

Chief Guest : DSO SOLAN

PROGRAMME

1. Assembly of the Athletes - 9.00 a.m.
2. Arrival of the Chief Guest - 10.00 a.m.
3. March Past begins
4. Chief Guest is escorted to the dais for March Past Salute by Principal.
5. Athletes assemble in front of the dais.
6. Athletes torch is carried on the track.
7. Sports Captain takes oath on behalf of other athletes.
8. Chief Guest declares the meet open.
9. Team March out.
10. Aerobics
11. Karate Display
12. Events begin

Breakfast	-	8.00 am
Tea Break	-	11.00 am in the play ground
Lunch	-	1.00 pm
Afternoon Tea	-	5.00 pm in the play ground