PROGRAMME DATE:19-03-2025

03:30 P.M.	100 Mtr. Race	Heats	Men
04:00 P.M.	100 Mtr. Race	Heats	Women
04:30 P.M.	Shot Put	Finals	Men
05:00 P.M.	Shot Put	Finals	Women
05:30 P.M.	1500 Mtr. Race	Heats	Men
06:00 P.M.	800 Mtr Race	Final	Women

Note:- Events shall be held subject to minimum of four entries in the particular event.

(Mr. Sandeep Tokas)

TIC, Physical Education

Sandup Tokus

(Prof. Sandeep Garg)

Principal

PROGRAMME DATE:20-03-2025

	400 Mtr. Race	Final	Men
03:30 P.M.	, , , , , , , , , , , , , , , , , , , ,	Final	Women
04:00 P.M.	400 Mtr. Race		,
04:30 P.M.	Long Jump	Final	Men
05:00 P.M.	Long Jump	Final	Women
05:00 P.IVI.	Long same		

Note:- Events shall be held subject to minimum of four entries in the particular event.

(Mr. Sandeep Tokas)

TIC, Physical Education

Sonder Toker

(Prof. Sandeep Garg)
Principal

PROGRAMME DATE:21-03-2025

03:30 P.M.	Assembly of Athletes
03:45 P.M.	March Past
04:00 P.M.	Flag Hoisting & Oath taking Ceremony
04:10 P.M.	Declaration of the meet open
04:20 P.M.	100 Mtr. Race for P.W.D. Students
04:30 P.M.	400 Mtr. Race Teaching Staff Men
04:40 P.M.	100 Mtr. Race Teaching Staff Men
04:50 P.M.	100 Mtr. Race Non-Teaching Staff Men
05:00 P.M.	50 Mtr. Race Teaching Staff Women
05:15 P.M.	100 Mtr. Race Men Final
05:25 P.M.	100 Mtr. Race Women Final
05:30 P.M.	Musical Chair Race Teaching Staff
05:45 P.M.	Musical Chair Race Non-Teaching Staff
06:00 P.M.	Tug of War (Men)
06:15 P.M.	Tug of War (Women)
06:30 P.M.	Prize Distribution Function

Note:- Events shall be held subject to minimum of four entries in the particular event.

(Mr. Sandeep Tokas)

TIC, Physical Education

Sander Toker

(Prof. Sandeep Garg)

Principal

For Any query regarding Annual Sports Day please contact us.

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