

EVENTS

CATEGORY : I KIDDIES (under 12 yrs)

Age Limit : born on or after 01-01-2003

BOYS : 50 mts dash, 100mts dash, 200 mts dash. long Jump, shot put (3kg)4x100 mts relay.

GIRLS : 50 mts dash, 100mts dash, 200 mts dash, long Jump, shot Put (3kg)4x100 mts relay.

CATEGORY : II SUB JUNIOR (under 14 yrs)

Age Limit : born on or after 01-01-2001

BOYS : 100mts dash, 200 mts dash, 400 mts , 800 mts, long jump, high jump, shot put(4kg), discus throw(1 kg), 4X100 mts relay.

GIRLS: 100mts dash, 200 mts dash, 400 mts , 800 mts, long jump, high jump, shot put(3kg), discuss throw(1 kg), 4X100 mts relay.

CATEGORY : III JUNIOR (under 16 yrs)

Age Limit : born on or after 01-01-1999

BOYS : 100mts dash, 200 mts dash, 400 mts , 800 mts, 1500 mts, 3000 mts, long jump, high jump, shot put(5.450 kg), triple jump, discus throw(1.5 kg), javelin throw(800 gms)4x100 mts relay, 4x400mts relay.

GIRLS: 100mts dash, 200 mts dash, 400 mts , 800 mts, 1500 mts, 3000 mts, long jump, high jump, shot put(4kg), triple jump, discus throw(1 kg), javelin throw(600 gms)4x100 mts relay, 4x400mts relay.


CATEGORY : IV SENIOR (under 19yrs)

Age Limit : born on or after 01-01-1996

BOYS : 100mts dash, 200 mts dash, 400 mts , 800 mts, 1500 mts, 3000 mts, 5000 mts, long jump, high jump, shot put(7.260kg), triple jump, discus throw(2 kg), javelin throw(800 gms)4x100 mts relay, 4x400mts relay, pole vault.

GIRLS: 100mts dash, 200 mts dash, 400 mts , 800 mts, 1500 mts, 3000 mts, long jump, high jump, shot put(4kg), triple jump, discus throw(1.5 kg), javelin throw(600 gms)4x100 mts relay, 4x400mts relay , pole vault.

General Secretary
SAHODAYA SCHOOL COMPLEX
THRISSUR


ABDUL RASHEED K.M.
M.Com, M.Ed, NET(Edn.), PGDSLM
PRINCIPAL