11th HISAR SAHODYA ATHLETIC MEET-BOYS

Venue: - Moga Devi Minda Memorial School, Bagla, Hisar

Date: - 30thOctober-31stOctober, 2025 (Thursday to Friday)

Last Date for Registration: - 10thOctober, 2025

**Categories & Events: -**

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| **UNDER 11 (Born on or after 01-01-2015)** | **UNDER 14 (Born on or after 01-01-2012)** | **UNDER 17 (Born on or after 01-01-2009)** | **UNDER 19 (Born on or after 01-01-2007)** |
| **Boys** | **Boys** | **Boys** | **Boys** |
| 100 M | 100 M | 100 M | 100 M |
| 200 M | 200 M | 200 M | 200 M |
| 400 M | 400 M | 400 M | 400 M |
|  |  | 800 M | 1500 M |
| 4 x 100 M Relay | 4 x 100 M Relay | 4 x 100 M  Relay | 4 x 100 M Relay |
| Long Jump | Long Jump | Long Jump | Long Jump |
|  | High Jump | High Jump | High Jump |
| Shot-put 2Kg | Shot-put 3Kg | Shot-put 4Kg | Shot-put 5Kg |
|  | Discus Throw 1 Kg | Discus Throw 1.5 Kg | Discus Throw 1.5 Kg |
|  |  |  | Javelin  800 gm |

**Registration**

The entries for the meet are attached:

**Proforma I :-** School I-Card

**Proforma II :-** Summary Sheet

**Participation Fee**

Each participant is required to pay a participation fee of Rs. 150, payable by cheque only. A scanned copy of the cheque should be emailed along with the registration list. The cheque should be made in favour of Hisar Sahodaya Schools.

Note: The participation fee is non-refundable.

**The participants must bring the following documents for the meet**

1. I-Card issued by school.
2. DOB Certificate,Matriculation Certificate for proof of age.

Note: - If any participant fails to produce the documents when demanded then he/she will be disqualified.

**Rules & Regulations-**

1. An athlete may participate in a maximum of 3 events. **It can be 2 Fields and 1 Track or 2 Tracks and 1 Field.** However, they are eligible to take part in the relay race as the 4th event.
2. Participants will wear T-Shirt with Shorts.
3. BIB Nos. will be worn neatly on front and back. Participants without chest nos. will be disqualified. Participants carry their own safety pins for pinning the BIB Nos.
4. Participation in March Past is compulsory for all participants of each school except those of first event. March Past should be in Sports Dress/Tracksuit.
5. Absence of any athlete at the starting point at the time of final call will lead to his disqualification.
6. An athlete will be disqualified after 2nd attempt of foul start.
7. An athlete cannot change his/her lane in 100m, 200m and 400m. An attempt to change lane will lead to disqualification.
8. If an athlete is found intentionally obstructing, pushing or touching another athlete while running will be disqualified.
9. A runner can over take another runner only from the right hand side. Overtaking from left will lead to disqualification.
10. **Long Jump:**

(i) If an athlete touches the red strip, it will be a foul.

(ii) The nearest point of contact or fall towards point of jump will be measured.

1. **Shot Put/Javelin Throw:**

(i) After the throw the athlete has to move backwards and can leave the circle only after crossing the line in the centre.

(ii) The throw must land within the sector otherwise it will be a foul.

1. **Relay Races:**

Baton can be passed on to the next participant only in the baton exchange zone which is marked.

1. **Scoring:**

|  |  |  |
| --- | --- | --- |
| **Position** | **Individual Events** | **Team Events (Relays)** |
| **1st Place** | **06** | **12** |
| **2nd Place** | **04** | **08** |
| **3rd Place** | **02** | **04** |

1. **Best School Trophy:** The school that earns the highest total points across all age groups during the Athletic Meet will be awarded the trophy as the winner of the 11th Hisar Sahodaya Athletic Meet 2025.
2. **Best Athlete:** The Individual Champion (Best athlete) in any age group will be awarded only to one athlete on the basis of performance/points. Only in case of a tie between two or more athletes, one who has participated in a relay will be given preference.
3. **Change of Participants:** Schools cannot change participants. Only in unavoidable circumstances change may be requested. In such cases, a formal application must be submitted to the Head of the Registration Committee. If approved, an authority letter will be issued, allowing the reserve participant to take the place of the original athlete with the same chest number.
4. **Disputes:** All disputes will be reviewed by a designated committee, whose decision will be final and binding. Protests must be submitted within 30 minutes of the event’s completion. The decision of the Jury of Appeal is conclusive. A protest fee of Rs. 500 per event is required.
5. Athletes are required to remain seated in their designated pavilion areas. Only participants should immediately report at the call room.
6. The participating schools are responsible for ensuring the discipline of their students throughout the event.
7. Any student found violating the rules will be disqualified and barred from further participation in the games.
8. Medals and certificates will be awarded immediately following each event.
9. Athletes are prohibited from wearing spiked shoes during the events.
10. Athletes are not permitted to run barefoot; appropriate footwear must be worn for all events.
11. The lane will be allotted after a draw of lots.

**Important Instructions for participating schools-**

1. All schools will participate in march past with school flag &participants must be in school uniform/Track suit.
2. The officials will be wearing white T-Shirt, Black lower (Cap will be provided by the organizing school).
3. Besides the P.E.T’s every school has to send a teacher In-charge to maintain the discipline of their respective contingent.
4. All Participating schools will forward the names of at least 2 PETs so that they can also be assigned officiating duties. Kindly mention their specialization. The names of PET’s should be sent along with students list on prescribed proforma -II.
5. Please go through the check list to register for Athletic Meet.
6. Please call +919992747377 or e-mail [**info@mdmms.edu.in**](mailto:info@mdmms.edu.in)at for any query.

**Organizing Committee**

1. Dr. Mathew Varghese President

2. Mr. Dinesh Mehta Secretary

3. Mr. Balvinder Singh Treasurer

4. Mr. Rajender Sihag Member

5. Ms. Neeru Bhatia Member

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**SAHODAYA ATHLETIC MEET**

**SUMMARY SHEET**

**2025-26**

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| **EVENT** | **CAT.** | **CHEST**  **NO.** | **NAME** | **FATHER’S**  **NAME** | **CLASS** | **ADD.NO.** | **SIGN** |
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**TEAM INCHARGE PRINCIPAL SIGNATURE SIGNATURE & STAMP**