

# EWING CHRISTIAN COLLEGE

(An Autonomous Constituent College of University of Allahabad)

**शारीरिक शिक्षा विभाग**  
DEPARTMENT OF PHYSICAL EDUCATION

दिनांक - 22/02/2019



## ANNUAL SPORTS

महाविद्यालय की वार्षिक खेलकूद प्रतियोगिताओं का आयोजन दिनांक 12 से 15 मार्च, 2019 तक होने जा रहा है, समस्त इच्छुक नियमित छात्र/छात्राएं दिनांक 08 मार्च 2019 सायं 5:20 बजे तक शारीरिक शिक्षा विभाग में अपना नामांकन अवश्य करा लें।

### EVENTS FOR COMPETITION – MEN

100M RACE, 200M RACE, 400M RACE, 800M RACE, 1500M RACE, SHOT PUT, DISCUS THROW, JAVELIN THROW, HAMMER THROW, LONG JUMP, TRIPLE JUMP, 4X100M RELAY

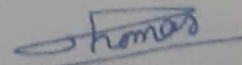
### EVENTS FOR COMPETITION – WOMEN

100M RACE, 200M RACE, 400M RACE, 800M RACE, SHOT PUT, DISCUS THROW, JAVELIN THROW, LONG JUMP, 4X100M RELAY

#### **Date of Competition for Men and Women:**

- 12.03.2019 (Tuesday) 8:00am : Long Jump (Men) Final, Discus Throw (Men) Final, 100M Heats (Women), 800M (Women) Final, Shot Put (Women) Final
- 12.03.2019 (Tuesday) 4:00pm : 100m (Men) Heats, 400M (Men) Heats, Hammer Throw (Men) Final
- 13.03.2019 (Wednesday) 8:00am : Triple Jump (Men) Final, Shot Put (Men) Final, Javelin Throw (Men) Final, 200M (Women) Heats, Javelin Throw (Women) Final, 400M (Women) Heats / Final
- 13.03.2019 (Wednesday) 4:00pm : 200M (Men) Heats, 1500M (Men) Final
- 14.03.2019 (Thursday) 8:00am : 200M (Men) Final, 800M (Men) Final, 4X100M (Men) Relay Final, Discus Throw (Women) Final, Long Jump (Women) Final, 4X100M (Women) Relay Final
- 15.03.2019 (Friday) Closing Day and Prize distribution all the winners athletics and other games  
Formal Opening Ceremony: 9:30am  
-100M (Men) Final, 400M (Men) Final, Staff Events  
-100M (Women) Final, 200M (Women) Final, Staff Events

- Note:**
1. Maximum Events for Participation per individual – 4 (Excluding Relay)
  2. Prize distribution for all pre-conducted Games/Sports will be held on 15.03.2019 at 9:30 am and requested to report at 9:00am for Assembly.
  3. Competition shall be held between 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> year (U.G.) and P.G.
  4. Points for individual events 1<sup>st</sup> -5 points, 2<sup>nd</sup> -3 points and 3<sup>rd</sup> -1. Relay 1<sup>st</sup> -10, 2<sup>nd</sup> -5 and 3<sup>rd</sup> -3.

  
HEAD

Department of Physical Education