



KOVAI SAHODAYA SCHOOLS COMPLEX

Address at PSG Public Schools

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08.11.2019

Dear Sir/ Madam,

Sub: 3rd Kovai Sahodaya Schools Complex Athletic Meet 2019-2020

We are happy to inform you that the 3rd Kovai Sahodaya Schools Complex Athletic Meet 2019-2020 is scheduled to be held on 27th, 28th & 29th November 2019 at PSG IMS & R, Kindly do register your school participants **only through the online portal** on or before 20th November. Registrations later than the specified date or in any other form shall be rejected. Your cooperation is highly solicited in this regard.

Venue

: PSG IMS & R, COIMBATORE.

Athletic Meet Date

: 27th, 28th & 29th November 2019

CATEGORIES & ELIGIBILITY

Under 8 Years Boys / Girls : Born on or after 01.01.2012
Under 10 Years Boys / Girls : Born on or after 01.01.2010
Under 12 Years Boys / Girls : Born on or after 01.01.2008
Under 14 Years Boys / Girls : Born on or after 01.01.2006
Under 17 Years Boys / Girls : Born on or after 01.01.2003
Under 19 Years Boys / Girls : Born on or after 01.01.2001

Last date of Entry : 20th November 2019

Date of Reporting (Under 12,14,17 & 19 Category Boys & Girls):27th Nov 2019, 7.00 AM

Inaugural Function : 27th November 2019 8.00 AM

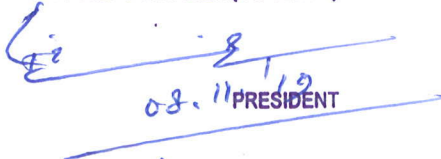
Valedictory Function : 28th November 2019 4.30 PM

Date of Reporting (Under 8 & 10 Category Boys & Girls):29th Nov 2019 7.00 AM

Note: Under 12, 14, 17 & 19 category Boys and Girls events will be conducted on 27th & 28th November.

Under 8 & 10 category Boys and Girls events will be conducted on only 29th November.

For KOVAI SAHODAYA SCHOOLS COMPLEX (SOCIETY)


08.11.19
PRESIDENT

RULES AND REGULATIONS**ATHLETICS**

(BOYS' & GIRLS')

1. The meet shall be conducted according to the rules of Amateur Athletic Federation of India, with required modifications if necessary.
2. Every school will be entitled to enter only two athletes in each event, except in relay races where a team of maximum five athletes can be entered.
3. The various age categories and list of events in which competition will be held:-

UNDER 12 YEARS		UNDER 14 YEARS		UNDER 17 YEARS		UNDER 19 YEARS	
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
100M	100M	100M	100M	100M	100M	100M	100M
200M	200M	200M	200M	200M	200M	200M	200M
60M	60M	80M	80M	100M	100M	110M	100M
HURDLES (0.68M)	HURDLES (0.68M)	HURDLES (0.76M)	HURDLES (0.76M)	HURDLES (0.91M)	HURDLES (0.76M)	HURDLES (0.91M)	HURDLES (0.76M)
4X100M RELAY	4X100M RELAY	4X100M RELAY	4X100M RELAY	4X100M RELAY	4X100M RELAY	4X100M RELAY	4X100M RELAY
-----	-----	400M	400M	400M	400M	400M	400M
-----	-----	-----	-----	800M	800M	800M	800M
-----	-----	-----	-----	1500M	1500M	1500M	1500M
-----	-----	-----	-----	-----	-----	3000M	-----
HIGH JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP
LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP
SHOT PUT(3kg)	SHOT PUT(3kg)	SHOT PUT(4kg)	SHOT PUT(3kg)	SHOT PUT(5kg)	SHOT PUT(3kg)	SHOT PUT(6kg)	SHOT PUT(4kg)
-----	-----	DISCUS (1kg)	DISCUS (1kg)	DISCUS (1.5 kg)	DISCUS (1kg)	DISCUS (1.75kg)	DISCUS (1 kg)
-----	-----	-----	-----	JAVELIN (700gms)	JAVELIN (600gms)	JAVELIN (800gms)	JAVELIN (600gms)
-----	-----	-----	-----	TRIPLE JUMP	-----	TRIPLE JUMP	-----

UNDER 8 YEARS		UNDER 10 YEARS	
BOYS	GIRLS	BOYS	GIRLS
50M	50M	100M	100M
LONG JUMP	LONG JUMP	60M HURDLES (0.68 M)	60M HURDLES (0.68 M)
SOFT BALL THROW	SOFT BALL THROW	LONG JUMP	LONG JUMP
BABY HURDLES	BABY HURDLES	SHOT PUT (3 KG)	SHOT PUT (3 KG)
4X50 M SHUTTLE RELAY	4X50 M SHUTTLE RELAY	HIGH JUMP	HIGH JUMP
-----	-----	4X100M RELAY	4X100M RELAY

NOTE: Weight of all the equipments shall be carefully checked before hand and signed by the Organizing secretary.

4. An athlete can participate in maximum three individual events (2 tracks and 1 field or 1 track and 2 fields) and in relay.
5. In a particular event, if the number of athletes is less than four; but they are from different Institutions, it may be conducted. The winners may be awarded the medals and the merit certificate, but, they may not be awarded the points so as to be included for the Team Championship. However, their points will be considered for individual championship.
6. In case of relays, all the five members of the team (if five names are given before the meet in the eligibility Performa and all five have attended the meet) irrespective of who runs the finals, shall be awarded the Medals and Certificates.
7. **In relays, only a single school team will be allowed to participate.**
8. The Overall Championship separately in boys and girls sections in all the age groups may be decided. The points shall be awarded according to the following system:-

Position	Individual Events	Team Events (Relays)
1 st Place	07	14
2 nd Place	05	10
3 rd Place	04	08
4 th Place	03	06
5 th Place	02	04
6 th Place	01	02

9. The Merit Certificates shall be awarded only up to 3rd position.
10. A separate prize may be given to the Individual Champion in Boys and Girls section, in all the age categories.
11. The Individual Champion (Best athlete) in any age group will be awarded only to one athlete on the basis of performance/points as per the AFI Scoring Table.
12. A prize may be given to the school scoring total maximum points (total points in all the age groups in Boys' & Girls' categories) and may be declared as over-all Champion.
13. New Meet Record(s) wherever created should be clearly indicated as 'NMR' and wherever the performance is equal to the existing record, may be clearly indicated as 'EMR'.

QUALIFICATION MARK

EVENTS	CATEGORY							
	UNDER 12		UNDER 14		UNDER 17		UNDER 19	
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
LONG JUMP	3.69M	3.50M	4.50M	3.69M	5.30M	3.64M	5.39M	3.42M
HIGH JUMP	1.05M	0.93M	1.25M	1.06M	1.33M	1.09M	1.25M	1.05M
TRIPLE JUMP	-----				9.94M		9.75M	
SHOT PUT	6.58M	5.06M	7.79M	5.84M	9.40M	5.96M	8.59M	5.40M
DISCUS	-----		18.70M	14.35M	21.72M	14.37M	17.78M	13.70M
JAVELIN	-----				23.37M	8.49M	22.30M	11.73M