

ST. XAVIER'S COLLEGE (AUTONOMOUS)
Palayamkottai - 627 002
DEPARTMENT OF PHYSICAL EDUCATION
101ST SPORTS DAY

Pre Meet Events - 01st to 10th August 2023, 4.30 p.m.

Pre meet events for Men	- 01 st , 2 nd and 3 rd August 2023 (Tue, Wed & Thu)
Pre meet events for Women	- 04 th , 07 th and 8 th August 2023 (Fri, Mon & Tue)
March-Past Rehearsal	- 09 th August 2023 (Wednesday)
Pre meet events for Staff	- 10 th August 2023 (Thursday)

Instructions regarding Sports events

1. A competitor can participate only in FOUR events (Athletes may select maximum of either two track or two field events) excluding a relay race. (A competitor can participate one of the relay races)
2. A department can send TWO athletes for each event.
3. The entry forms should reach the Director of Physical Education before the stipulated date and time mentioned below. (Entry form is given to each department separately). Spot entry will not be entertained. **Last date of entry – 27th July 2023.**
4. The team should be accompanied by the department's team manager (staff-in-charge).

Instructions regarding March-Past

1. The First three teams will be awarded Trophies.
2. The march-past contingent should consist of a minimum of 30 + 3 members (New departments only minimum of 15).
3. The participants of the contingent should be in orderly uniform.
4. Students may practice march-past and sports events before/after class hours.

101ST SPORTS DAY

Order of Events for Men

Date	Time	Events	Heats / Finals	Venue
01.08.2023	4.30 p.m.	200 m Dash	Heats & Final	St. Xavier's Stadium
		Discus Throw	Final	
		1500 m Run	Final	
		4 x 400 m Relay	Heats & Final	
02.08.2023	7.00 a.m.	5,000 m Run	Final	
	4.30 p.m.	100 m Dash	Heats	
		Long Jump	Trials	
		Javelin Throw	Final	
		4 x 100 m Relay	Heats	
03.08.2023	7.00 a.m.	10,000 m Run	Final	
	4.30 p.m	400 m Run	Heats & Final	
		Shot-Put	Final	
		Triple Jump	Final	
		110 m Hurdle	Heats	

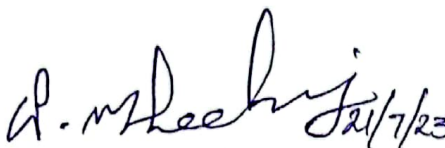
101ST SPORTS DAY

Order of Events for Women

Date	Time	Events	Heats / Finals	Venue
04.08.2023	4.30 p.m.	200 m Dash	Heats & Final	St. Xavier's Stadium
		Discus Throw	Final	
		1500 m Run	Final	
		4 x 400 m Relay	Heats & Final	
07.08.2023	4.30 p.m.	100 m Dash	Heats	
		Long Jump	Final	
		Javelin Throw	Final	
		4 x 100 m Relay	Heats	
08.08.2023	4.30 p.m.	400 m Run	Heats	
		Shot-Put	Trails	
		Triple Jump	Final	
		100 m Hurdle	Heats	

SPORTS DAY EVENTS - 11th August 2023

- March-past
- 100 Mts final (Men & Women)
- 800 Mts final (Men)
- 400 Mts final (Women)
- Long Jump final (Men)
- Shot-put final (Women)
- 110 Mts Hurdles final (Men)
- 100 Mts Hurdles final (Women)
- Staff and Guest events
- 4 x 100 Mts relay final (Men and Women)


Director of Physical Education


Coordinator of Sports & Games


Principal