

**2023 ANNUAL
ATHLETIC
MEET**

Date: 28-03-2023

**Inauguration
@ 10.00 am**



**Students Union & Sports Club
in association with
Department of Physical Education**

**SREE NARAYANA COLLEGE
KOLLAM -691001**

Events for Students

SL NO.	MEN	WOMEN
1	100 meter race	50 meter race
2	200 meter race	100 meter race
3	400 meter race	200 meter race
4	Shot Put	Shot Put
5	Javelin Throw	Javelin Throw
6	Long Jump	Long Jump
7	High Jump	High Jump
8	4 x100 meter Relay	4 x100 meter Relay

Events for Teaching & Non-Teaching Staff

SL NO.	MEN	WOMEN
1	50 meter race	25 meter Lemon & spoon
2	Shot Put	Shot Put
5	Cycle Slow Race	Musical Chair



Rules & Regulations

- ❑ Interdepartmental competitions for all events.
- ❑ Register online via Google Form (Link provided at the end).
- ❑ Registration ends on 27 March 2023 @ 12:30pm.
- ❑ Late or spot registrations will not be allowed.
- ❑ Championship Point allocation will be as follows:

Group events -	1 st 10 points
	2 nd 6 points
	3 rd 3 points
Individual events -	1 st 5 points
	2 nd 3 points
	3 rd 2 points
- ❑ The Department securing the maximum score will win the Athletic Meet Championship Trophy 2023.
- ❑ March past will be a group event and points secured will be calculated for championship.
- ❑ One student can participate in maximum 3 events excluding the group events (March past & Relay).
- ❑ Best male and female performers securing maximum points shall be crowned the Best Male Athlete and the Best Female Athlete of 2023.
- ❑ Students representing our college in the University of Kerala Intercollegiate Athletic Meet shall not participate in the events, but should facilitate the smooth conduct of events as Assistant Technical Officials.

*** Medals and Certificates will be distributed after the completion of each events.**



Contacts:

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Vishnu Raj R **9497780008**
Asst. Prof. - Dept. of P.E.

Vaibhav J R **9496465826**
Chairman - Students Union

Arjun V S **9961682526**
Sports Secretary – Students Union

Google Link for Registration:

<https://forms.gle/npsm2TLoDwfCzNsc7>

