

**Department of Physical Education**  
**B.S. A Crescent Institute of Science & Technology**  
**Vandalur, Chennai – 600048**

Date: 04.08.18

**Annual Sports Day – 2018-2019**  
**Athletic Events for Men and Women**  
**PROGRAMME**

Day	Date	Time	Event	Trials / Finals
<b>Monday</b>	24.09.18	4.30 PM	Shot put (M&W) Long Jump (M&W) 1500M Race (M&W)	Trials & Finals Trials & Finals Finals
<b>Tuesday</b>	25.09.18	4.30 PM	Discus Throw (M&W) 100M Dash (M&W)	Trials& Finals Heats
<b>Wednesday</b>	26.09.18	4.30 PM	Hammer Throw (M&W) High Jump (M&W) 200M Dash (M&W) 800M Race (M&W)	Trials & Finals Trials & Finals Heats& Finals Finals
<b>Thursday</b>	27.09.18	4.30 PM	400M Dash (M&W) Javelin Throw(M&W)	Heats & Finals Trials & Finals
<b>Friday</b>	28.09.18	4.30 PM	Triple Jump (M&W) 5000M Race (M)	Trials & Finals Finals
<b>Saturday</b>	03.10.18	4.30 PM	4 X 400M Relay (M) 3000 M Walk (W)	Finals Finals
<b>Sports day Events</b>	----	2.30 PM – 4.30 PM	100 M Dash (M&W) 4 x 100 M Relay ( M&W)	Finals Finals

**Rules:** An Athlete can choose any four events selecting at least one event from either Track or Field event except Relay events (4+2). However there is no restriction in the number of students who are willing to participate in each event except Relay.

**Director of Physical Education & Head**

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**Annual Sports Day – 2018-2019**

**List of Athletic Events for Men & Women**

**Men Section**

- |                |   |                     |
|----------------|---|---------------------|
| 1. 100 M Dash  | } | <b>Track Events</b> |
| 2. 200 M Dash  |   |                     |
| 3. 400 M Dash  |   |                     |
| 4. 800 M Race  |   |                     |
| 5. 1500 M Race |   |                     |
| 6. 5000 M Race |   |                     |

- |                   |   |                     |
|-------------------|---|---------------------|
| 7. High Jump      | } | <b>Field Events</b> |
| 8. Long Jump      |   |                     |
| 9. Triple Jump    |   |                     |
| 10. Shot Put      |   |                     |
| 11. Discus Throw  |   |                     |
| 12. Javelin Throw |   |                     |
| 13. Hammer Throw  |   |                     |

**Women Section**

- |                |   |                     |
|----------------|---|---------------------|
| 1. 100 M Dash  | } | <b>Track Events</b> |
| 2. 200 M Dash  |   |                     |
| 3. 400 M       |   |                     |
| 4. 800 M Race  |   |                     |
| 5. 3000 M Walk |   |                     |
| 6. 1500 M Race |   |                     |

- |                   |   |                     |
|-------------------|---|---------------------|
| 7. Triple Jump    | } | <b>Field Events</b> |
| 8. High Jump      |   |                     |
| 9. Long Jump      |   |                     |
| 10. Shot Put      |   |                     |
| 11. Discus Throw  |   |                     |
| 12. Javelin Throw |   |                     |
| 13. Hammer Throw  |   |                     |

**Other Events**

- |                         |   |       |   |            |
|-------------------------|---|-------|---|------------|
| 1. 4 x 100 Meters Relay | - | Men   | - | Inter year |
| 2. 4 x 100 Meters Relay | - | Women | - | Inter year |
| 3. 4 x 400 Meters Relay | - | Men   | - | Inter year |

**Rules & Regulations**

1. Each competitor can take part in **Four Events** only choosing at least one event from either **Track Events or Field Events** excluding **Relay Events**.
2. Heats, Trials and Finals of all the events will be conducted **from 24.09.2018 for Men and Women**.

**Director of Physical Education & Head**