

ARUL ANANDAR COLLEGE (AUTONOMOUS)
KARUMATHUR-625 514, MADURAI DIST.
55th ANNUAL SPORTS MEET 2024 -25.
PRE-MEET EVENTS

Date & Time	Men	Women	
25.07.2024 (Thursday) 03.30pm.	5000 mts Final 100 mts Heats Hammer Throw Trials/Final Long Jump Trials	200 mts Heats Discus Throw Trials/Final	
26.07. 2024 (Friday) 03.30pm.	400 mts Heats 4x100 mts Relay Heats High Jump Trials / Final Javelin Throw Trials/Final	800 mts- Final 4x100 Trials/Final	
29.07. 2024 (Monday) 03.30pm.	1500 mts Final Shot-put Trials/Final 200 mts Heats 4x400 mts Heats Long Jump – Final	100 mts Heats Javelin Throw Trials/Final Long Jump Trials/Final	
01.08. 2024 (Thursday) 03.30pm.	800 mts Final Triple Jump Trials/Final 200 mts Final 4x100 mts Final	High Jump Trials/Final 400 mts Heats	
2.08. 2024 (Friday) 03.30pm.	Discus Throw Trials/Final Pole–Vault Trials/Final 400 mts Final 110 mts Hurdles – heats	Shot Put Trial & Final 200 mts Final	
09.08. 2024 Annual Sports Meet	3000 mts (Special Event) 100 mts Final 110 mts Hurdles Final Pole – Vault / High Jump - Final 4 x 400 mts Final	100 mts Final 400 mts Final 4 x 100 mts Final	Men & Women Staff Events

Note:

- Entry – last date: 24.07.2024 (Wednesday) till 4.00 pm
- Each Student can participate in any 3 events, except relay race
- Only two students can participate in each event from each department
- Reserve students may participated in the event in case of absence of pre-registered students and that too will be considered for heats alone
- Reserve students will only be allowed to participate in heats
- Players who have participated in heats are only eligible to take part in finals


 Dir. of Phy. Edn.


 Sports & Games Coordinator

RULES & REGULATIONS- TRACK & FIELD EVENTS

Sprint Event (100 mts,200 mts,400 mts, 100 mts H & 110 mts H)

1. Foul start is not allowed
2. The final list will be based on the best timings of the heats
3. Athlete has to keep up his lane or else will be disqualified
4. Crouch start will be followed
5. The commands of the starter will be "ON YOUR MARKS; SET; THE GUN SHALL BE FIRED/WHISTLE"
6. Heats and Final will be followed

Middle & Long Distances (800 mts, 1500 mts,5000 mts)

1. Foul start is not allowed
2. Direct final will be followed
3. Standing start will be followed
4. The commands of the starter will be "ON YOUR MARKS; THE GUN SHALL BE FIRED/WHISTLE"

Field Events ((Long Jump, Triple Jump, High Jump , Pole Vault Shot Put, Discus Throw, Hammer Throw And Javelin Throw)

1. For each athlete, three trial jumps will be given for selection and three final jumps will be given in the finals.
2. The performance in the finals will be counted for positions
3. **If there is tie break the below will be followed**

Horizontal Jump & Throw events:

(Long Jump, Triple Jump, Shot Put, Discus Throw, Hammer Throw And Javelin Throw)

- The second performance of the athletes tying shall resolve the tie, then if necessary third best will be considered

Vertical Jump: (High Jump & Pole Vault)

- The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- If the tie still remains, the athletes tying shall have one more jump at the lowest total of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place.

➤ If still remains:


If it concerns the first place, the athletes tying shall have one more jump at the lowest height at which any of those involved in the tie have lost their right to continue jumping, and if no decision is reached, the bar shall be raised if the tying athletes were successful, or lowered if not, 2 cm for the high jump and 5 cm for the pole vault. They shall then attempt one jump at each height until the tie is resolved.


4 x 100 Relay:


1. Athlete has to keep up his own lane or else will be disqualified
2. Baton has to be exchanged within the zone or else will be disqualified
3. Athlete dropping the baton has to only pick not others or else will be disqualified

4x400mts Relay:

1. First runners has to keep up his own lane
2. Second runners can change their lane once they reached the break line (before the break line if the second runners change his lane, the team will be disqualified)
3. The following third and fourth athletes can continue the relay even in the first lane


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Sports & Games Coordinator


19-07-2024
Rev. Fr. Principal