

DELIA MEMORIAL SCHOOL (BROADWAY)

Annual Sports Day 2022 --- 2023

Schedule of Events (7th December, 2022)

| Time | Track Events | | | Time | Field Events | | |
|-------|--|--|---------------|-------|------------------------|---------------|-------|
| 8:00 | Roll Call (Take attendance at Main Entrance) | | | | | | |
| 8:30 | Opening Ceremony | | | | | | |
| 8:45 | 1500m (Final) | A/B/C/D grade A/B/C/D grade | Boys Girls | 9:00 | High Jump (Final) | A/B/C/D grade | Boys |
| 09:00 | 200m (Final) | A/B/C/D grade A/B/C/D grade | Girls Boys | | Long Jump (Final) | C/D grade | Girls |
| | | | | | Shot Put (Final) | A/B grade | Girls |
| | | | | | Triple Jump (Final) | A/B grade | Boys |
| | | | | | Softball (Final) | C/D grade | Girls |
| 09:45 | Hurdles (Final) | <u>A grade 110m (0.914m) Boys</u> <u>B grade 100m (0.914m) Boys</u> <u>C/D grade 100m (0.84m) Boys</u> <u>Open 100m (0.76m) Girls</u> | | 10:00 | Long Jump (Final) | A/B grade | Girls |
| | | | | | Shot Put (Final) | C/D grade | Girls |
| | | | | | Long Jump (Final) | A/B grade | Boys |
| | | | | | Discus (Final) | A/B/C/D grade | Boys |
| 10:15 | 100m (Final) | A/B/C/D grade A/B/C/D grade | Girls Boys | 11:00 | High Jump (Final) | A/B/C/D grade | Girls |
| | | | | | Long Jump (Final) | C/D grade | Boys |
| | | | | | Shot Put (Final) | A/B grade | Boys |
| | | | | | Javelin (Final) | Open grade | Girls |
| | | | | | Javelin (Final) | Open grade | Boys |
| 11:00 | 400m (Final) | A/B/C/D grade A/B/C/D grade | Girls Boys | 12:00 | Shot Put (Final) | C/D grade | Boys |
| 11:30 | 4 x 100M Relay | A/B/C/D grade | Girls | | Softball (Final) | C/D grade | Boys |
| | Staff Relay (Final) | A/B/C/D grade | Boys | | | | |
| 12:15 | Cheering Team Competition | | | | | | |
| 12:45 | Prize Presentation & Closing Ceremony | | | | | | |

Remarks :

Weight in Shot Put : 5.44 kg for Grade A Boys
: 4 kg for Grade B/C/D Boys; Grade A/B Girls
: 3 kg for Grade C/D Girls

Height in Hurdles : 0.76m for Girls , 0.84m for Grade D / C Boys
: 0.914m for Grade B/A Boys

Weight in Javelin : Open Grade 700g

Weight in Discus : 1kg