



EVENTS FOR GIRLS

YR.5 & 6 Sub-Junior	Born on or After 1-1-2012	100mts	200mts	400mts	Long Jump	Shot Put	4x100m Relay	
YR.7 & 8 Junior	Born on or After 1-1-2010	100mts	200mts	400mts	800mts	Long Jump	Shot Put	4x100m Relay
YR.9 & 10 Senior	Born on or After 1-1-2008	100mts	200mts	400mts	800mts	Long Jump	Shot Put	4 x 100 m Relay
YR 11, 12 & 13 Super Senior	Born on or Before 31-12-2007	100mts	200mts	400mts	800mts	Long Jump	Shot Put	4 x 100 m Relay

RULES AND REGULATIONS

- Each student can participate in a maximum of 3 events excluding relay. (Either two track & one field or one track & two field events)
- Relay team would be selected from the result of 100m heats. Those students who get the first four positions will be selected for the relay team to represent their houses.
- All heats / events will be done during the activity period or the sports period.
- Any over-aged students shall be shifted to the next higher appropriate division.

Awards and Points Details

- All winners will be awarded First (Gold), Second (Silver) & Third (Bronze)

❖ Points will be awarded as follows.

- First Place - 05
- Second Place - 03
- Third Place - 01

❖ For the relay Event

- First Place - 10
- Second Place - 06
- Third Place - 02

- ✓ Those who secure maximum points will be awarded individual championship trophy in their respective categories. (excluding relay)
- ✓ The championship trophy will be awarded to the house securing maximum points.
- ✓ A special Trophy will be awarded to the best house in March Past.

Mr. Christopher Chandra
HOD -P E



Mr. Paul Asir Joseph
Principal



ST. MARY'S *Catholic High School, Dubai*



**ANNUAL
SPORTS MEET**
2023-2024

GIRLS EVENTS SCHEDULE

DAY	DATE	EVENT	PERIOD	YEAR
WEDNESDAY	01/11/2023	800M	BREAK	YR 11,12,13
WEDNESDAY	01/11/2023	100M, Long JUMP	5 th	YR 8A, D & E
THURSDAY	02/11/2023	100M, Long JUMP	7 th	YR 7A, D & E
THURSDAY	02/11/2023	100M, Long JUMP	BREAK	YR 11,12,13
MONDAY	06/11/2023	100M, Long JUMP	6 th	YR 5A, D & E
MONDAY	06/11/2023	100M, Long JUMP	7 th & 8 th	YR 9A, D & E
TUESDAY	07/11/2023	100M, Long JUMP	3 rd	YR 6A, D & E
TUESDAY	07/11/2023	100M, Long JUMP	6 th	YR 10A, D & E
WEDNESDAY	08/11/2023	400M	BREAK	YR 11,12,13
WEDNESDAY	08/11/2023	200M, SHOTPUT	5 th	YR 8A, D & E
THURSDAY	09/11/2023	200M, SHOTPUT	7 th	YR 7A, D & E
MONDAY	13/11/2023	200M, SHOTPUT	6 th	YR 5A, D & E
MONDAY	13/11/2023	200M, SHOTPUT	7 th & 8 th	YR 9A, D & E
TUESDAY	14/11/2023	200M, SHOTPUT	3 rd	YR 6A, D & E
TUESDAY	14/11/2023	200M, SHOTPUT	6 th	YR 10A, D & E
WEDNESDAY	15/11/2023	200M, SHOTPUT	BREAK	YR 11,12,13
WEDNESDAY	15/11/2023	400M	5 th	YR 8A, D & E
THURSDAY	16/11/2023	400M	7 th	YR 7A, D & E
MONDAY	20/11/2023	400M	6 th	YR 5A, D & E
MONDAY	20/11/2023	400M	7 th & 8 th	YR 9A, D & E
TUESDAY	21/11/2023	400M	3 rd	YR 6A, D & E
TUESDAY	21/11/2023	400M	6 th	YR 10A, D & E
WEDNESDAY	22/11/2023	800M	5 th	YR 8A, D & E
THURSDAY	23/11/2023	800M	7 th	YR 7A, D & E
MONDAY	27/11/2023	800M	7 th & 8 th	YR 9A, D & E
TUESDAY	28/11/2023	800M	6 th	YR 10A, D & E





EVENTS FOR BOYS

GR.5 & 6 Sub-Junior	Born on or After 1-1-2012	100m	200m	400m	Long Jump	Shot put	4x100m Relay		
GR.7 & 8 Junior	Born on or After 1-1-2010	100m	200m	400m	800m	Long Jump	Shot put	4x100m Relay	
GR.9 & 10 Senior	Born on or After 1-1-2008	100m	200m	400m	800m	1500m	Long jump	Shot put	4x100m Relay
GR 11,12&13 Super Senior	Born on or Before 31-12-2007	100m	200m	400m	800m	1500m	Long Jump	Shot put	4x100m Relay

RULES AND REGULATIONS

- Each student can participate in a maximum of 3 events excluding relay. (Either two track & one field or one track & two field events)
- Relay team would be selected from the result of 100m heats. Those students who get the first four positions will be selected for the relay team to represent their houses.
- Any over-aged students shall be shifted to the next higher appropriate division.

Awards and Points Details

- All winners will be awarded First (Gold), Second (Silver) & Third (Bronze)
 - ❖ Points will be awarded as follows.
 - First Place - 05
 - Second Place - 03
 - Third Place - 01
 - ❖ For the relay Event
 - First Place - 10
 - Second Place - 06
 - Third Place - 02
- ✓ Those who secure maximum points will be awarded individual championship trophy in their respective categories. (excluding relay)
- ✓ The championship trophy will be awarded to the house securing maximum points.
- ✓ A special Trophy will be awarded to the best house in March Past.

Mr. Christopher Chandra
HOD -P E



Mr. Paul Asir Joseph
Principal



ST. MARY'S *Catholic High School, Dubai*



**ANNUAL
SPORTS MEET**
2023-2024

BOYS EVENTS SCHEDULE

TRACK & FIELD TRYOUTS 2023-2024

DAY	DATE	EVENT	PERIOD	YEAR
MONDAY	23/10/2023	100M, L. JUMP	BREAK	YR 11,12,13
MONDAY	23/10/2023	100M, L. JUMP	5 TH	YR 5B, C, F
TUESDAY	24/10/2023	1500M	BREAK	YR 11,12,13
WEDNESDAY	25/10/2023	100M, L. JUMP	6 TH	YR 8B, C, F
THURSDAY	26/10/2023	100M, L. JUMP	5 TH	YR 10B, C, F
THURSDAY	26/10/2023	100M, L. JUMP	6 TH	YR 7B, C, F
FRIDAY	27/10/2023	100M, L. JUMP	4 TH	YR 6F
FRIDAY	27/10/2023	100M, L. JUMP	6 TH	YR 6B, C
FRIDAY	27/10/2023	100M, L. JUMP	6 TH & 7 TH	YR 9B, C, F
TUESDAY	31/10/2023	800M	BREAK	YR 11,12,13
WEDNESDAY	01/11/2023	200M, SHOTPUT	6 TH	YR 8B, C, F
THURSDAY	02/11/2023	200M, SHOTPUT	5 TH	YR 10B, C, F
THURSDAY	02/11/2023	200M, SHOTPUT	6 TH	YR 7B, C, F
FRIDAY	03/11/2023	200m	4 TH	YR 6F
FRIDAY	03/11/2023	200m	6 TH	YR 6B, C
FRIDAY	03/11/2023	200M, SHOTPUT	6 TH & 7 TH	YR 9B, C, F
MONDAY	06/11/2023	200M, SHOTPUT	BREAK	YR 11,12,13
MONDAY	06/11/2023	200M, SHOTPUT	5 TH	YR 5B, C, F
TUESDAY	07/11/2023	800M	BREAK	YR 11,12,13
WEDNESDAY	08/11/2023	400M	6 TH	YR 8B, C, F
THURSDAY	09/11/2023	400M	5 TH	YR 10B, C, F
THURSDAY	09/11/2023	400M	6 TH	YR 7B, C, F
FRIDAY	10/11/2023	400M	4 TH	YR 6F
FRIDAY	10/11/2023	400M	6 TH	YR 6B, C
FRIDAY	10/11/2023	400M	6 TH & 7 TH	YR 9B, C, F
MONDAY	13/11/2023	400M	BREAK	YR 11,12,13
MONDAY	13/11/2023	400M	5 TH	YR 5B, C, F
TUESDAY	14/11/2023	1500M	BREAK	YR 9 & 10 B, C, F
MONDAY	20/11/2023	800M	BREAK	YR7 & 8 B, C, F
TUESDAY	21/11/2023	800M	BREAK	YR 9 & 10 B, C, F

