



THIRUVITHAMCORE SAHODAYA COMPLEX

Mail Id: thiruvithamcoresahodaya@gmail.com

Our Motto-Build Competencies Through Collaboration

SAHODAYA SPORTS MEET-2025

MANUAL [Revised on 11th August 2026]

Date

31st October, Saturday

Venue

Sreepadam Stadium, Attingal

Host School:MADAVOOR C.S.

I. GENERAL RULES AND REGULATIONS

- 1) Each school can send three participants per event.
- 2) The names of all the participants of the relay teams must be entered at the time of registration.
- 3) The meet will be conducted according to the rules of Athletic Federation of India
- 4) An athlete can participate in maximum three individual events and relay.
- 5) An athlete can participate only in one category
- 6) Any athlete can participate in their senior category. However, the senior athlete cannot participate in junior category.
- 7) Spot entry will not be permitted.
- 8) It is the responsibility of the team manager to present the participants at the participant's zone in time for the smooth conduct of the event.
- 9) The participants should report at the call room preferably at first call itself and latest by 2nd call.
- 10) Prize winners should report to the victory stand when they are called for.
- 11) Incomplete entry form in any respect is liable to disqualification
- 12) Two extra athletes can be registered for relays, but the certificates and medals will be given only to those who perform in the relay final.
- 13) Team leaders must keep the copy of the Birth Certificate of every athlete attested by the School Principal.
- 14) Attested Birth certificate should be produced before the officials as and when demanded, failure to do so will lead to cancellation medal to the particular athlete
- 15) Minimum two participants are required conduct an event

II. SPECIAL PROVISIONS

- 1) Requests from participating teams regarding changes in the registered students or any other matters related the event should be addressed to the President of TSC
- 2) The executive committee of TSC reserves the right to modify the rules ~~noted~~ in section I of this manual

III. TROPHIES AND MEDALS

- 1) Medals and certificates will be awarded to the first three positions in each event.
- 2) All the participants will get participation certificate.
- 3) Athletics meet champions will be selected separately from Boys and Girls

IV. REGISTRATION FEE

A. School registration fee -Rs.1000 [For schools with less than 500 students]

Rs.2000 [For schools with more than 500 students]

B. Each participant Rs.300/- irrespective of number of events

V. REGISTRATION PERIOD

Registration will start on 23rd September

VI. MODE OF PAYMENT

Will be informed as and when decided

VII. PROVISION OF APPEAL

- 1) Appeals on genuine grounds shall be entertained
- 2) If there is an appeal in any event the first result will be suspended and the matter will then be settled based on Appeal Committee decision.
- 3) Appeal, if any, should be given in writing signed by the team manager to the General Convener within 30 minutes after the completion of the event.
- 4) The appeal shall be submitted along with an appeal fee of Rs. 2000/-.
- 5) Appeal shall be filed only by the Team manager
- 6) The decision of the appeal committee shall be final and binding.
- 7) The appeal fee (i.e., Rs. 2000) shall be forfeited, if the complaint is rejected by the appeal committee.
- 8) In case of successful appeal, the appeal fee will be refunded
- 9) Appeal should be submitted in the form appended to this manual
- 10) In case of a successful appeal the declared result will be revised based on the appeal outcome.

VIII. INAUGURAL FUNCTION AND MARCH PAST

Shall be decided by TSC in consultation with the host school

IX. FOOD AND REFRESHMENT AT THE VENUE

Lunch will be arranged as per prior order from participating teams.

Food ordering form will be sent from venue school

X. REPORTING TIME, DISTRIBUTION OF CHEST NUMBER ETC

Will be given at the venue-Sreepadam Stadium

XI. CATEGORY-WISE EVENTS

SL.NO	UNDER 12 BOYS	UNDER 12 GIRLS	UNDER 14 BOYS	UNDER 14 GIRLS	UNDER 17 BOYS	UNDER 17 GIRLS	UNDER 19 BOYS	UNDER 19 GIRLS
1	100 M	100 M	100 M	100 M	100 M	100 M	100 M	100 M
2	200 M	200 M	200 M	200 M	200 M	200 M	200 M	200 M
3	400M	400M	400M	400M	400M	400M	400M	400M
4	LONG JUMP	LONG JUMP	600 M	600 M	800 M	800 M	800 M	800 M
5	HIGH JUMP	HIGH JUMP	LONG JUMP	LONG JUMP	1000 M	1000 M	1000 M	1000 M
6	SHOT PUT (2 KG)	SHOT PUT (2 KG)	HIGH JUMP	HIGH JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP
7	4X100 M RELAY	4X100 M RELAY	SHOT PUT (3 KG)	SHOT PUT (2 KG)	HIGH JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP
8			DISCUS (1 KG)	DISCUS (1 KG)	TRIPLE JUMP	TRIPLE JUMP	TRIPLE JUMP	TRIPLE JUMP
9			4X100 M RELAY	4X100 M RELAY	SHOT PUT (4 KG)	SHOT PUT (3 KG)	SHOT PUT (5 KG)	SHOT PUT (3 KG)
10					DISCUS (1.5 KG)	DISCUS (1 KG)	DISCUS (2 KG)	DISCUS (1 KG)
11					JAVELIN (600 g)	JAVELIN (500 g)	JAVELIN (700g)	JAVELIN (600 g)
12					4X100 M RELAY	4X100 M RELAY	4X100 M RELAY	4X100 M RELAY

XII. CATEGORY-WISE AGE SPECIFICATIONS

Under 12 Years	Born on or after 01-01-2015
Under 14 Years	Born on or after 01-01-2013
Under 17 Years	Born on or after 01-01-2010
Under 19 Years	Born on or after 01-01-2008

XIII. EVENT-WISE POINTS

POSITION	INDIVIDUAL EVENT	TEAM EVENT
1 ST	5	10
2ND	3	6
3RD	1	3

XIV. IMPORTANT CONTACT POINTS FOR THE SPORTS MEET 2025

Will be shared from the venue

PROFORMA FOR APPEAL

(To be filed in within 30 minutes of the completion of the event)

1. Name of the student:
2. Name of the school:
3. Participated Event:
4. Chest No:
5. Position in the event :
6. Date and time of competition :
7. Date and time of declaring result :
8. Reason for filing appeal:
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9. Details of the team Manager:

Name:

Signature:
10. Date and time of filing appeal:

Date:

Time:

FOR OFFICE USE ONLY

1. Appeal No :
2. Date and time of appeal received:
3. Remarks:
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ORDER ON APPEAL

1. Name of the student:
2. Name of the school:
3. Participated Event:
4. Chest No:

DECISION ON APPEAL WITH REASON/S

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(Name & Sign.)

Chairman, Appeal committee

Date:

INSTRUCTIONS TO THE TEAM MANAGER

Dear Team Leader,

On behalf of Thiruvithamcore Sahodaya Complex, we thank each and every participating school. To facilitate the venue team and to make this coming together a memorable one we expect each team leader to uphold and adhere to the following guidelines:

1. Be a leader in every sense and own the responsibility of the team's actions
2. Be ready to help the organisers to conduct the Sports Meet in true spirit
3. Ensure the safety the team members by strictly following the instructions and have separate First aid kit for the team.
4. Instruct every team member to wear the ID card every time except during performance
5. Ensure timely reporting of the participants at the venues concerned to avoid lagging
6. No plastic or waste should be left in the area. Teams should have provision for collecting waste.
7. Feel free to discuss with organisers any matter related to the conducting of the events
8. Be available, if called, to discuss any matter related to the Team
9. Birth certificate of the participant should be available with team leader.
10. No participant should be allowed to enter the track and field area before his/her event
11. Be the part of solution and encourage the team members even at their failures.
12. Keep every team member happy and deal any issue arising diplomatically
13. In case of any clash in schedule inform the same to the programme coordinators
14. Never intervene in the judging process and go for arguments
15. Collect all medals and certificates timely
16. Ensure the safe keeping of all facilities provided by the venue
18. Follow the instructions from the venue in letter and spirit
19. Be completely aware of the Meet rules
20. Ensure that no kid is participating in more than the number of items allowed

Team Sahodaya wishes you and your team all the very best