

3rd Annual Sports – 2018 – Starting programme.

March Past - 9:00am

Igniting the torch

Flag Hoisting

Oath Taking

Contact Person

Dipankar Das : 9874204024, Manoj Das : 9433771099(Ath.Club), Dibundu Pal : 9432954023, Chinmoy Sana : 9433843129, Sukumar Sarkar : 9874217332, Santasu Gunguly : 9735315805, Tusarkanti Mitra : 9073251139,

Sports Events

Boy/Men	Time	Age	Girls / Women	Time
1.a)25 meter race b)25 meter lagance race	9:00AM 9:10AM	5 year onward 5 year onward	2. a)25 meter race b)25 meter lagance race	9:05AM 9:15AM
3.a)50 meter race b)25 meter frog race	9:20AM 9:30AM	5year to 8 years onward 5year to 8 years onward	4.a)50 Meter run b)25 Meter biscuit run	9:25AM 9:35AM
5.a)75Meter race b)50 meter wearing cloths and race (Leas shoes socks, Half pant, Shirt with bottoms).	9:40AM 9:50AM	8 years to 12 years onwards 8 years to 12 years onwards	6.a) 50 Meter race b)25 Meter spoon race.	9:45AM 10:00AM
7.a)100Meter race b)Long jump	10:05AM 10:10AM	12 years to 16 years onwards. 12 years to 16 years onwards.	8. a)50 Meter race. b) 50 Meter math race.	10:10AM 10:25AM
9.a) 100Meter race b)50 Meter sack race	10:20AM 10:35AM	Over 16 years Over 16 years	10.a)75 Meter race b) 25 Meter spoon race.	10:30AM 10:45AM

Sports Events				
Boy/Men	Time	Age	Girls / Women	Time
IEST, Shibpur Security Guard & Mess (Temp.) and Golden Employee				
11.a)100 Meter Race b)Long Jump	1:00PM 1:15PM		12.a)75 Meter Race b)25 Meter Race	1:05PM 1:15PM
I.I.E.S.T. Students				
13.a) 100 Meter Race b)Shot Put throw	1:10PM 1:20PM		14.a) 75 Meter Race b)Throw the cricket Ball.	1:10PM 1:20PM
All Non teaching staff				
15.a) 100 Meter Race b)Long Jump	1:15PM 1:45PM	Upto 35 years Upto 35 years	16.a)Musical Chair b)Hitting the wicket	1:20PM 1:45PM
17.a) Throw the cricket Ball. b)50 Meter Sack Race	1:25PM 1:50PM	35 to 45 years onward 35 to 45 years onward.	18.a)Passing the ball b) Hitting the wicket	1:25PM 1:40PM
19.a)200 Meter Walking b)Kicking the football	2:00PM 2:15PM	45 years to 55 years onwards 45 years to 55 years onwards	20.a)Dirt play b) Hitting the wicket	2:05PM 2:15PM
21.a)100 Meter Walk b) Kicking the football	2:10PM 2:15PM	55 years to 60 years onwards 55 years to 60 years onwards	22.a) Dirt play b) Hit the wicket	2:15PM 2:20PM
Retire Non Teaching Staff				
23.a) Dart play b)Throwing ball	2:15PM 2:25PM		24.a)Separating the ball b) Throwing ball	2:30PM 2:40PM
Non Teaching Staff 's Wife				
25.a)50 Meter pot on the head race 3:00PM, b) Musical chair 3:15, c)Passing the ball 3:45PM				
For Non – Teaching Employee				

- 26) Javelin Throwing (Open to all, Track suit, Half pant is mandatory)2:15PM
27)a)3 Meter Marathon race (IEST Student, Security Guard, Golden and Mess Employees). 3:50PM
b) 3 Meter Marathon race. (IEST Non – Teaching Employee). 3:50PM
28.1500 Meter Marathon race for ladies. 4:00PM
29.Tug of War(Committee members Ladies and Gents) 4:30PM.
30. Tug of war (Director employee Vs. Registrar employee) 4:45PM.
31. 4 x 100 Meter relay race (Inter Dept.)5:00PM
32. Go as you like (Open to all) 5:15PM

33)Relay Race: (For Non – Teaching Employee)

- a. 8th St. Building full Dept.
- b. Workshop & ITI Shibpur.
- c. Main Building (Old Building) full Dept.
- d. Care Taker dept.
- e. Ath. Club, Mess Sec. & Hospital.
- F. P.W.D (Elect. , Maint) P.H.E & C.P.W.D

34) Relay Race: (Students & Others)

- a)Ph.D, PG, UG.
- b)Staff of CISB.
- c)Staff of Golden.