

FSSA EVENT LIST 2023-2024**Wednesday, 22 November 2023 to Wednesday , 29 November 2023****Foundation Center - I****Event****Distance/_Weight****Class**

Running Race

15 m

Stringing Beads

...

Collect the Balls

10 m

Building Blocks

...

Nursery

Running Race

20 m

Collecting the Things

20 m

Ring the Pole

10 m

Reaching the Target

20 m

L.Kg

Running Race

30 m

Filling Water in a Bottle

05 m

Mat Race

10 m

Collecting the Rings

15 m

U.Kg

Foundation Center - II

Running Race	50 m	I
Ball Collecting	25 m	
Hoops Up & Down	30 m	
Dog And The Bone (Group)	...	
Passing The Ball (Under The Legs) (Group)	15 m	II
Tenikoit Ring Balance	30 m	
Spoon and the Ball	20 m	
Running Race	50 m	
Basketball Bouncing Race	40 m	III
Carrom	...	
Sack Race	30 m	
Dodge Ball (Group)	...	
Running Race	75 m	
Football (Tiger Five)	...	IV
Chess	...	
Hockey ball rolling	30 m	
Lagori (Group)	...	
Running Race	75 m	

Realization Center - I

Event	Distance/_Weight	Classes
Running Race	200 m	V & VI Under-12
Running Race	100 m	
Long Jump	...	
Shot Put	2 kg & 3 kg	
Chess	...	
Badminton	...	10 Nov. to 20 Nov. 2023

Realization Center - II

Running Race	200 m	VII & VIII Under-14
Shot Put	3 kg & 4 kg	
Running Race	100 m	
Long Jump	...	
Discus Throw	...	
Running Race	400 m	
Chess	...	10 Nov. to 20 Nov. 2023
Badminton	...	

War Zone		
Running Race	200 m	IX Under-17
Long Jump	...	
Running Race	100 m	
Chess	...	
Discus Throw	1 kg & 1.5 kg	
Shot Put	3 Kg & 5 kg	
Running Race	400 m	
High Jump	...	
Badminton	...	10 Nov. to 20 Nov. 2023
Finals		
Boys & Girls	Relay 4 X 100 m	
Team Games		
Tug of War - Girls & Boys	Under-17 Boys & Girls	
Basketball - Girls & Boys	Under-17 Boys & Girls	
Hockey - Girls & Boys	Under-17 Boys & Girls	
Kabaddi - Girls & Boys	Under-17 Boys & Girls	
Football - Girls & Boys	Under-12, 14 & 17 Boys (Girls only Under-17)	

Kabaddi Weight: Under 17 boys: below 65kg., Under 17 Girls below 60kg.

Note:

1. The students of classes I to IV can take part in all the events given in the FSSA schedule.
2. Students of classes V to IX can only take part in the events that they have practised. They can participate at the most in three events (two track events and one field event/two field events and one-track event).
3. Students who are taking part in Badminton have to give their names on or before Thursday, 9 November 2023 with below given details of student.
4. Students who are taking part in other FSSA events have to give their names on or before Friday, 17 November 2023 with below given details of student.
5. Best timing will be considered among all heats in the Track Events.
6. Best distance will be considered among all trials in the Field Events.
7. If any student is interested to take part in group events, then he/she must compulsorily take part in any one of the track event.
8. In five group events the student can only take part in any two.
9. Students of classes V to IX can only take part in any one of the two indoor games i.e. Chess or Badminton.

Student Details:

a. Student Name:	
b. Class & Section:	
c. Date of Birth & Age :	
d. House:	
e. Track Event(s):	
f. Field Event(s):	
g. Group Event(s):	
h. Indoor Game(s):	