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रक्षा मंत्रालय
MINISTRY OF DEFENCE
संयुक्त सचिव & मुप्रअ का कार्यालय
Office of the JS & CAO

AFHQ ATHLETIC MEET 2018-19

1. AFHQ Athletic Meet 2018-19 will be organized on **26 Oct 2018** at Central Civil Services Cultural & Sports Board Sports Complex, Vinay Marg, New Delhi from 1000 hrs onwards.
2. Civilian employees of AFHQ/ISOs who desire to participate in the competitions are requested to reach the venue at 0930 hrs sharp. Registration for taking part in athletic events will be done at the venue itself. Spouses and children of the employees are also welcomed.
3. The competitions will be held in the events mentioned in the annexure to this note for men and women employees. An **individual can participate in maximum 03 events including veteran events**. Any event in which the number of participants is less than 04 will not be held.
4. This circular may be given wide publicity so that a large number of employees can take part in the AFHQ Athletic Meet. Copies of this circular may please be displayed on the notice boards for information of the employees. All officers and requested to encourage and ensure maximum participation and attendance of the employees serving under them.


(R K Bhonsale)
DD, CAO (Welfare & OL)



All Coord section of IHQ of MoD(Army) and ISOs
IHQ of MoD (Navy)/DOA(Civ)
Air HQ/PC Coord ; HQ IDS
All Dy CAOs/Dir DHTI
All Sections in the O/o the JS & CAO
All Conveners of AFHQ Sports & Cultural Activities

O/o the JS & CAO, ID No. A/13678/Sports Meet/CAO/Welfare dt 05 Oct 2018

Copy to:-

- Sr PPS to JS & CAO
- PS to to Dir (HR); PS to Dir (E&A)
- PA to Dir (Spl Proj & Works); PA to Dir (DCW & Trg)
- All JCM Members/Recognized Associations
- ✓ CAO/EDP - for uploading on official website.

Annexure to Note No. A/13678/Sports Meet/CAO/Welfare dated 05 Oct 2018

AFHQ ATHLETIC MEET 2018-19
EVENTS

26 OCTOBER 2018

MEN CATEGORY		
OPEN	VETERAN (40-50 YRS)	VETERAN (ABOVE 50 YRS)
100 Mtrs Run	100 Mtrs Run	100 Mtrs Run
200 Mtrs Run	400 Mtrs Run	400 Mtrs Run
400 Mtrs Run	Long Jump	Long Jump
800 Mtrs Run	Shot Put	Shot-put
1500 Mtrs Run	Discuss Throw	Discus Throw
Long Jump		
Shot Put		
Discus Throw		
Javelin Throw		

WOMEN CATEGORY	
OPEN	VETERAN (ABOVE 35 YRS)
100 Mtrs Run	100 Mtrs Run
200 Mtrs Run	200 Mtrs Run
400 Mtrs Run	Long Jump
Long Jump	Shot Put
Shot Put	
Discus Throw	
Javelin Throw	

CHILDREN RACES (Boys & Girls)	
Up to 5 yrs	50 Mtrs Run
05-10 yrs	100 Mtrs Run
10-15 yrs	100 Mtrs Run
Above 15 yrs	100 Mtrs Run



[Handwritten signature]