

रक्षा मंत्रालय
MINISTRY OF DEFENCE
संयुक्त सचिव (प्रशि) एवं मुप्रअ का कार्यालय
O/o JS(Trg) & CAO

Subject: - AFHQ SPORTS MEET: 26 & 27 FEB 2015

AFHQ Sports Meet 2014-15 will be organized on 26 and 27 Feb 2015 at Central Civil Services Cultural & Sports Board Sports Complex, Vinay Marg, New Delhi from 10:00 AM onwards.

2. Civilian employees of AFHQ/ISOs who desire to participate in the Competitions are requested to reach the venue at 09:30 AM sharp. Registration for taking part in sports events will be done at the venue itself. Spouses and children of the participating employees are also welcomed.

3. Competitions will be held in the events mentioned in the Annexure to this Note. 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.

5. **This circular may be given wide publicity so that employees can take part in large number in the AFHQ Sports Meet. Copies of this circular may please be displayed on the Notice Boards for information of the employees.** All Offices are requested to encourage and ensure the maximum participation and attendance of the employees serving under them.



(पूनम गोयला)

(Poonam Goila)

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Dy CAO(DCW)

All Coord Sections of IHQ, MoD(Army)/ISOs
Air HQ/PC Coord, IHQ, MoD(Navy)/DoA(Civ)
All Dy CAOs,/Dir DHTI in CAO's Office,
Sr PPS to JS(Trg) & CAO
PS to Dir (HR), PS to Dir (E&A)
All sections of O/o JS(Trg) & CAO
All JCM Members/Recognised Associations
All Departmental Canteens
EIP for uploading on official website
Convener, AFHQ Sports (Athletics)

AFHQ SPORTS MEET 2014-15

EVENTS

Convenor: Sh TK Rawat
Contact No: 9899232337

26-27 Feb 2015

FOR MEN		
OPEN	VETERAN (40-50 YRS)	VETERAN ABOVE 50 YRS
100 Mtrs Race	100 Mtrs Race	100 Mtrs Race
200 Mtrs Race	400 Mtrs Race	Shot-put
400 Mtrs Race	800 Mtrs Race	Cricket Ball Throw
800 Mtrs Race	1500 Mtrs Race	
1500 Mtrs Race	Long Jump	
5000 Mtrs Race	Shot Put	
Long Jump	Discus Throw	
Triple Jump		
Shot Put		
Discus Throw		
Javelin Throw		
Hammer Throw		

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

27 Feb 2015 (A/N)

RACES FOR CHILDREN	
(I)	Below 06 years of age
(ii)	06 to 10 years of age
(iii)	Above 11 yrs of age

TUG OF WAR Timings will be decided at venue

AFHQ SPORTS MEET 26-27 FEB 2015

1st DAY – 26 FEB 2015

- 10:30 AM ASSEMBLY OF SPORTSPERSONS
- 11:00 AM ARRIVAL OF CHIEF GUEST
- 11:05 AM WELCOME OF CHIEF GUEST
- 11:15 AM FLAG HOISTING & RELEASE OF BALOONS BY CHIEF GUEST
- 11:20 AM OPENING OF THE MEET BY CHIEF GUEST
- 11:25 AM OATH CERMONY

11:45 AM	DISCUS THROW	MEN & MEN VET (40-50 YRS)	FINAL
11:45 AM	100 M RUN	MEN	HEATS
11:50 AM	100 M RUN	WOMEN	HEATS/FINALS
11:55 AM	100 M RUN	MEN VET (40-50 YRS)	HEATS/FINALS
12:00 PM	100 M RUN	WOMEN VET	HEATS/FINALS
12:05 PM	100 M RUN	MEN VET (50+)	HEATS/FINALS
12:15 PM	1500 MTRSS	MEN & WOMEN VET (40-50 YRS)	FINAL
12:30 PM	DISCUS THROW	WOMEN	FINAL
12:30 PM	100 M RUN	MEN	FINAL
12:40 PM	100 M RUN	WOMEN	FINAL
12:45 PM	100 M RUN	MEN VET (40-50 YRS)	FINAL
12:50 PM	100 M RUN	MEN (VET 50+ YRS)	FINAL
LUNCH BREAK			
14:00PM	LONG JUMP	MEN	FINAL
14:00PM	HAMMER THROW	MEN	FINAL
14:00PM	400 M RUN	MEN	FINAL
14:10 PM	400 M RUN	WOMEN	FINAL
14:15 PM	400 M RUN	MEN VET (40-50 YRS)	FINAL
15:00 PM	LONG JUMP	WOMEN & WOMEN VET	FINAL
15:00 PM	400 M RUN	MEN	FINAL
15:10 PM	400 M RUN	WOMEN	FINAL
15:15 PM	400 M RUN	MEN VET (40-50 YRS)	FINAL
15:15 PM	TUG OF WAR	MEN & WOMEN	FINAL

