



INTERNATIONAL INDIAN SCHOOL BURAI DAH

Ref: CIR/IISB/PAR/28/2023-24

3 September 2023

Dear Parents,

**"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit." – Ken Doherty**

First Round of Selection of students to be part of the athletics team to represent IISB in XXXI Zonal Meet for various events will be conducted in the school ground as per the following schedule:

SN	Athletics	Date of Selection	Category
1	<b>BOYS</b> Race: 100m, 200m, 400m, 800m, 1500m Relay: 4 x 100 m, 4 x 400 m Field Events: Long Jump, Triple Jump, Shotput, Discuss & Javelin throw	04-09-2023 & 05-09-2023	Under 14 Years Under 17 Years Under 19 Years as applicable
2	<b>GIRLS</b> Race: 100m, 200m, 400m, 800m Relay: 4 x 100 m, 4 x 400 m Field Events: Long Jump, Shotput & Discuss throw	06-09-2023 & 07-09-2023	Under 14 Years Under 17 Years Under 19 Years as applicable

If your ward is interested to participate in the selection process, report to the Physical Education Department after giving the attendance on the above dates.

P.E Coordinator: Ms. Ajeena Manaf

Regards

  
PRINCIPAL

