

OFFICE OF THE PRINCIPAL, ISPAT AUTONOMOUS COLLEGE, ROURKELA-03

NO: 3686/ICR/25 **DATE:** 03.12.25

The following track and field events will be conducted during the XLVI Annual Athletic Meet 2025:

Running Events

- 100 meters Running Race
- 200 meters Running Race
- 400 meters running race
- 800 meters Running Race
- 1500 meters Running Race (only for Boys)
- 4x100 Relay Race (Stream wise)

Jumping Events

- Long Jump
- High Jump

Throw Events

- Shot Put
- Discus Throw
- Javelin Throw

Students are advised to participate according to their interests and abilities.

Note: A student can participate in a maximum of FOUR (04) events only.

R. Mishra
03-12-2025
Principal
Ispat Autonomous College
Sector-16, Rourkela