



# INDIAN INSTITUTE OF SPICES RESEARCH

## (Indian Council of Agricultural Research)

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No. IISR/SC/20010-11

Dated

17-1-20011

### CIRCULAR

Those who are interested to participate in the Sports & Games events of ICAR Inter- institutional Sports Meet South Zone for the year 2011 to be held at Indian Institute of Horticultural Research, Bangalore during February 7<sup>th</sup> to 11<sup>th</sup>, 2011 may kindly give their names to the undersigned or indicate the name along with the events on or before 19<sup>st</sup> **January 2011.**

#### MEN EVENTS

1. Foot ball
2. Volley Ball (Shooting)
3. Volley Ball (Smashing)
4. Kabaddi
5. Badminton (Single & Double)
6. Table- Tennis Men
7. Carrom Board Men (Singles only)
8. Chess Men (Single only)
9. Bicycle race, men

#### LADIES EVENTS

1. Badminton (Singles & Doubles)
2. Table- Tennis(Singles )
3. Table- Tennis(Doubles)
4. Carrom Board (Single only)
5. Chess (singles only)

#### ATHLETIC EVENTS (MEN EVENTS)

1. **RACES:** 100, 200, 400, 800& 1500 Mts. Relay (100x4) and Cycle Race, 5000 Mts.
2. **JUMPS & THROW:** Long-jump, High-jump, Pole Vault, Shot-put, Javelin throw and Disc. Throw.

**(V.V. Sayed Mohammed )**

Secretary ( Sports Promotion Committee)

1. Circulation to Staff members of IISR (permanent)
2. The Secretary, SARANI Recreation Club
3. Notice Board.

| <u>MEN EVENTS</u>             |  | <u>LADIES EVENTS</u>                        |
|-------------------------------|--|---|
| <b>Foot ball</b>              |  | <b>Badminton (Singles &amp; Doubles)</b>    |
| <b>Volley Ball (Shooting)</b> |  | <b>Table- Tennis(Singles &amp; Doubles)</b> |
| <b>Volley Ball (Smashing)</b> |  | <b>Long - Jump</b>                          |

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|--|--|---|
|  |  |   |
| <b>Kabaddi</b>                         |  | <b>High Jump</b>                              |
| <b>Badminton (Single &amp; Double)</b> |  | <b>Discuss-throw, Javelin throw, shot put</b> |

|                                    |  |                                   |
|------------------------------------|--|-----------------------------------|
| <b>Table- Tennis</b>               |  | <b>Races 100 &amp; 200 Mtrs.</b>  |
| <b>Carrom Board (Singles only)</b> |  | <b>Carrom Board (Single only)</b> |

|   |  |                             |
|---|--|-----------------------------|
| <b>Chess (Single only)</b>  |  | <b>Chess (singles only)</b> |
| <b>RACES: 100, 200, 400, 800&amp; 1500 Mts. Relay (100x4) and Cycle Race, 5000 Mts.</b> |  |                             |

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| <b>JUMPS &amp; THROW: Long-jump,<br/>High-jump, pole Vault, Shot-put,<br/>Javelin throw and Disc. Throw.</b> |  |  |
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