

ATHLETIC FOUNDATION stands on...

MULTIPLE ACTIVITIES

- Regular Athletic training (January-December)
- Annual summer athletics coaching camp (April-May)
- Inter School Junior Athletic Competitions for Students (August)
- Kiddy's Athletics Meet for sub-Junior Students (August-September)
- Participation of our athletes in various District, State, University, National and Interschool Athletics Championships (July-February)

STRATEGIC GOALS

- Developing the total citizen: physically, academically and socially.
- Developing an awareness of the vital importance that a positive mental attitude plays toward success in any endeavor.
- Encouraging the student athlete to achieve academic success.
- Creating a climate for developing a strong, wholesome self-concept.
- Teaching all athletes personal acceptance of responsibility.
- Reaching the maximum athletic potential of each individual.
- Developing an appreciation for the team concept.
- Developing an appreciation for sportsmanship.
- Reaching a competitive level in each sport. Developing leadership quality.

DETAILED PROGRAMME OF



INTER-SCHOOL ATHLETICS MEET

Boys and Girls below the age group of 10 years, 12 years, 14 years, 17 years and 19 years, representing their Schools are eligible to participate in this one day competition.

AGE GROUPS AND EVENTS

Boys and girls under 10 years: (born on or between 01. 01.2017. And 31.12.2019)	50 m run, 100 m run, standing broad jump, throw ball
Boys and girls under 12 years: (born on or between 01. 01.2015. and 31.12.2016)	60 m run, 200 m run, long jump (5 m run way), throw ball
Boys and girls under 14 years: (born on or between 01. 01.2013. and 31.12.2014)	100 m run, 200 m run, 600 m run, 80 m hurdles, long jump, high jump, shot put, 4 x 100 m relay
Boys and girls under 17 years: (born on or between 01. 01.2010. and 31.12.2012)	100 m run, 300 m run, 800 m run, 100 m hurdles, long jump, high jump, triple jump, shot put, discus throw, javelin throw, 4 x 100 m relay
Boys and girls under 19 years: (born on or between 01. 01.2008. and 31.12.2009)	100 m run, 400 m run, 1500 m run, 110 m hurdles, long jump, high jump, triple jump, shot put, discus throw, javelin throw, 4 x 400 m relay

Rules and Awards:

- An athlete can participate in a maximum of any 2 events and relay only in their respective age category.
- A March past for the participating team will be there. To attend the March past is mandatory for all competitors. Teams should bring their institution flags without fail.
- Entry Fee will be Rs. 200/- per athlete.
- Medals and certificates will be awarded to the FIRST, SECOND and THIRD place winners of all events.
- Best Athlete Trophies will be presented to the best performers in all age groups.
- Team Championship Trophies and Overall Trophies will be awarded to the winning teams.
- Team Championships: Points calculation system will be 5,3,1 for First, Second and Third Positions respectively.

GREAT MASTERS ATHLETICS MEET

MEN and WOMEN under the age group of 30+ years, 35+ years, 40 years, 45 years, 50+ years, 55+ years, 60+ years, 65+ years and 70+ years are eligible to participate in this one day competition.

AGE GROUPS AND EVENTS

MEN AND WOMEN 30+: (born on or between 01.01.1992 and 31.12.1996)	100 m Run, 200 m Run, 800 m Run, 2000 m Run, Long Jump, High Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw
Men and women 35+: (born on or between 01.01.1987 and 31.12.1991)	100m Run, 200 m Run, 800 m Run, 2000 m Run, Long Jump, High Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw
Men and women 40+: (born on or between 01.01.1982 and 31.12.1986)	100 m Run, 200 m Run, 800 m Run, 2000 m Run, Long Jump, High Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw
Men and women 45+: (born on or between 01.01.1977 and 31.12.1981)	100 m Run, 200 m Run, 800 m run, 2000 m Run, Long Jump, High Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw
Men and women 50+: (born on or between 01.01.1972 and 31.12.1976)	100 m Run, 200 m Run, 400 m Run, 1500 m Run, Long Jump, High Jump, Shot Put, Discus Throw, Javelin Throw
Men and women 55+: (born on or between 01.01.1967 and 31.12.1971)	100 m run, 200 m Run, 400 m Run, 1500 m Run, Long Jump, High Jump, Shot Put, Discus Throw, Javelin Throw
Men and women 60+: (born on or between 01.01.1962 and 31.12.1966)	100 m Run, 200 m Run, 400 m Run, 1500 m Run, Long Jump, High Jump, Shot Put, Discus Throw, Javelin Throw
Men and women 65+: (born on or between 01.01.1957 and 31.12.1961)	100 m Run, 200 m Run, 400 m Run, 1500 m Run, Long Jump, High Jump, Shot Put, Discus Throw, Javelin Throw
Men and women 70+ and above: (born on or before 31.12.1956)	100 m Run, 200 m Run, 400 m Run, 1500 m Run, Long Jump, High Jump, Shot Put, Discus Throw, Javelin Throw

Rules and Awards:

- An athlete can participate in a maximum of any 2 events only in their respective age category.
- Entry Fee will be Rs. 300/- per athlete.
- Medals and certificates will be awarded to the FIRST, SECOND and THIRD place winners of all events.

Wish You All Success



**Entries accepts from 1st June 2026 onwards.
The last date to receive Entries: 7th July 2026.**

The **Athletic Foundation**, established in Coimbatore in August 2006, has nurtured over 3,000 students across two decades. Many have excelled at District, State, National, and International levels, and secured government jobs through sports quotas.

Our mission is to empower talented and underprivileged students, boosting their confidence and independence. As we step into our 20th year, we're proud of our progress.

The "**Twin Athletics Meet**" is our latest initiative, inviting participation from all segments of society.



For entries contact :

C. Rajeshkanna

Managing Trustee, Athletic Foundation

18/35, Lakshmi Nagar, Bommannampalayam, Bharathiar University Post,
Coimbatore - 641046.

Phone : 94877 12509, 9363 203040

Email : athleticfoundationindia@gmail.com