

SATURDAY, NOVEMBER 23, 2019 (MANGSIR 7, 2076)
1:00 P.M. - 4:00 P.M.



JUNIOR SCHOOL / HOUSE CAPTAINS / VICE CAPTAINS

Junior School Captain

Indira Aryal 5 / Rishav Yadav 5

Junior School Vice-Captain

Jeny Sherpa 4 / Akshaj Aryal 4

Captain

BLUE	Aarya Tara Gurung 5 / Shuvam Chamlagain 5
GOLD	Navika Shrestha 5 / Utsab Sapkota 5
GREEN	Sanskar Shrestha 5 / Grisha Yadav 5
PURPLE	Jenish Bishworkarma 5 / Snigdha Niroula 5
RED	Yashaswi Sharma 5 / Abiral Upreti 5
SILVER	Shefali Rana 5 / Aashrayash Singh 5

Vice-Captain

Kavya Nayak 4 / Nischit Basnet 4
Ojashwi Aryal 4 / Genial Rai 4
Arishma Shiwakoti 4 / Adhyayan Pradhan 4
Kritica K.C 4 / Aditya Karki 4
Swornim Maharjan 4 / Sameer Ray 4
Srinkala Basnet 4 / Ankur Niraula 4

My Sports Code (For Oath-Taking Ceremony)

1. I will always/ try my best/and put forth/ my best effort/to help my team.
2. I will never/ complain or grumble/ about my position/ or part/ in the sports/ and accept the decisions/ of the officials/ without protests /or grumbling.
3. I will always be/ fair and kind/ to my opponents /in the sports.
4. I will accept the victory/ graciously.
5. I will accept the defeat/ gracefully.
6. On the sports field/, I will behave/ as a Xavierian / at all times.

Fr. Bill Shock's Challenge Cup is awarded to the Winning House (Senior)

ST. XAVIER'S SCHOOL, JAWALAKHEL
Juniors' Sports Day Programme 2019-2020
Pre-Contested Events: High Jump / Long Jump / Shot Put

Attendance by Class Teachers (<i>in the class room</i>)		12:30 PM
Assembly in the back field		12:45 PM
Oath Taking / Flag hoisting		12:50 PM
12:55 PM	Olympic Torch	
1:00PM	March Past	
1:15 PM	100m (All) / 200m (A/B/C)Final	All(B/G)
1:25PM	Ball Pass (All)	B
1:30 PM	Zig jag running (All)	C
	400m (Boys)	A, B & C
1:35 PM	Ball Pass (All)	D
1:40 PM	Ball Pass (All)	E
1:45 PM	Wheel Barrow (Boys)	B
	Cock Fight (Boys)	D
1:50 PM	Skipping Race (Girls)	A, B & C
	Kangaroo Race (Girls)	B/A
2:00 PM	Sack Relay Race (B/G)	D
	Bursting the Balloon (B)	D
	800m Final (Boys)	A
2:05 PM	Hoop Relay Race (Boys)	E
	Bursting the Balloon (B)	E
2:10 PM	Chariot Race (Boys)	C
	4 × 100m Relay {Boys(A/B/C) / Girls (A)}	A, B & C
	Joker Race (Boys)	D
	Running with Ball (B)	E
2:20 PM	Ball Pass (All)	A
	M. Relay Race (4x100m)	B/G
2:25 PM	3 Legged Race (B/G)	C
2:30 PM	Plate Race (Girls)	D
	Joker Race (Boys)	B
2:40 PM	Shoe Race (B/G)	E
2:50 PM	Dress up (Boys)	A
2:55 PM	Biscuit Race (B/G)	E
3:00 PM	Tug of War final (B/G)	A/B
3:10 PM	Drill - Classes (1 to 5)	
3:25 PM	Teachers Vs. Parents Tug of War (M/F)	
3:40 PM	Prize Distribution	
3:50 PM	Vote of Thanks / National Anthem	

A	Class 5
B	Class 4
C	Class 3
D	Class 2
E	Class 1



**JUNIOR SPORTS
DAY
2019-2020**

Sports Day Score 2019-2020

Individual Events:

1 st Place	12 Points	4 th Place	6 Points
2 nd Place	10 Points	5 th Place	4 Points
3 rd Place	8 Points	6 th Place	2 Points

Tug-of-War / Relays:

1 st Place	20 Points	4 th Place	11 Points
2 nd Place	17 Points	5 th Place	8 Points
3 rd Place	14 Points	6 th Place	5 Points

March Past:

Average marks out of 25.