

8:30 A.M. - 12:00 NOON
SATURDAY, NOVEMBER 23, 2019 (MANGSIR 7, 2076)



Senior School Captain

Adhip Adhikari 10 / Kimti Shrestha 10

Senior School Vice-Captain

Yogya Agrawal 9 / Prajawi Thapa 9

Captain

BLUE Neerag Basnet 10 / Kritika Bhandari 10
GOLD Sahas Shakya 10 / Simran Dongol 10
GREEN Prajwal Neupane 10 / Nupur Maharjan 10
PURPLE Jau Raj Rai 10 / Melisha Adhikari 10
RED Ayush Pandey 10 / Ashwinee Parajuli 10
SILVER Preeyush Chand Shah 10 / Slesha Adhikari 10

Vice-Captain

Aashish Manandhar 9 / Bidhya Rana Magar 9
Mahan Shrestha 9 / Kritana Bastola 9
Aarogya Kafle 9 / Ganga Maharjan 9
Allen Yadav 9 / Anushka Gurung 9
Himanshu Maharjan 9 / Nitisha Khanal 9
Avyandra Shahi 9 / Nabashree Singh 9

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

SENIOR SPORTS DAY 2019 - 2020

08:30 am:	Attendance by Class Teacher (in the class rooms)
08:35 am:	Changing time for Students
08:50 am:	Assembly in Back Field
08:55 am:	Flag Hoist/National Anthem / Oath taking
09:05 am:	Events begin

<u>Time</u>	<u>Event</u>	<u>Div</u>
09:05 am:	100 m	All
09:25 am:	200 m	All (B/G)
	Back to Back Ball Race	E (Boys)
	Changing the dress	E (Boys)
09:40 am:	400m	All (Boys)
	Kangaroo Race	E (Girls)
	Skipping Race	D & E (Girl)
	Potato Spoon Race	C (Girls)
	Needle & Thread	B (Girls)
10:10 am:	4x100m Relay	All (B/G)
	Plate Race	D (Girls)
	Ball Pass	All (E)
	Bamboo Race	A/B/C/D
10:40 am:	Medley Relay (5x100m)	(B/G)
11:00 am:	Teachers vs. Parents Tug of War (M/F)	
11:15 am:	March Past/Pyramid	
11:40 am:	Result Declaration	
11:45 am:	Vote of thanks by Fr. George P.M., S.J. (Principal)	



SENIOR SPORTS DAY 2019-2020

Sports Day Score

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/ Team Events:

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 / Pyramid:

Average marks out of 25.