



Prabodhan Kridabhavan Organised
43th Prabodhan Kridamahotsav 2023
INTER SCHOOL SPORTS MEET
4th To 7th January 2023



Office : Prabodhan Kridabhavan, Prabodhan Kridabhavan Marg, Siddharth Nagar,
Goregaon (W), Mumbai - 400 104 • Tel No.: 28797580/81 • Mobile No. 8097605479
Email : prabodhankridabhvan2014@gmail.com • Web : www.prabodhan.org

To,
The Principal

Dear Sir/Madam,

Greeting for the Season!

We are pleased to inform that the **43th Prabodhan Kridamahotsav 2023** (Inter School Sports Meet) will be held between **4th to 7th January 2023**. The schedule of the competition mention below :

EVENT	PERIOD	Venue
Archery	5 th January 2023	Prabodhan Kridabhavan
Athletics	6 th & 7 th January 2023	Prabodhan Kridabhavan
Chess	4 th to 5 th January 2023	Prabodhan Kridabhavan
Folk Dance	7 th January 2023	Prabodhan Kridabhavan
Kabbadi and Kho-Kho	4 th & 5 th January 2023	Prabodhan Kridabhavan
Karate	4 th January 2023	Prabodhan Kridabhavan
Mallakhamb	4 th January 2023	Prabodhan Kridabhavan
March Past	4 th to 7 th January 2023	Prabodhan Kridabhavan
Swimming	6 th January 2023	Ozone Swimming Pool
Tennis	4 th to 7 th January 2023	Jogger's Park

The Event started in the year 1978 on a very moderate scale, "Prabodhan Kridamahotsav (Inter School Sports Meet)", has now become an important feature for budding sport kids from various schools of Western Suburbs between Bandra to Dahisar. The boys and girls participating in this sport event have also proven their talents at State as well as National Levels. Hence, this meet has become a great attraction for the Western Suburb Schools. We request you to give your whole hearted support by participating in the above-mentioned individual / team events and make the meet a 'Grand Success'.

We enclose herewith a leaflet with the necessary information and the prescribed entry forms. Kindly note the rules regarding participation in the various events and submit your entry form duly completed in all respect on or before **25th December 2022 by 5.00 p.m.** positively. Please arrange to collect the program of the competition on **2nd January 2023 between 10.30 a.m. to 5.00 p.m.** from the office positively.

Thanking You,

Yours sincerely,
Govind Gawde
Chief Secretary
Prabodhan Goregaon



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PRABODHAN GOREGAON AFFILIATED TO

- Nalanda Research Centre, Mumbai
- Greater Mumbai Amateur Aquatic Association
- Mumbai Suburban District Kabbadi Association
- Maharashtra State Lawn Tennis Association
- Mumbai Suburban Kho-Kho Association
- Shotokan Global Japan Karate Academy (K.W.F)
- Mumbai Cricket Association
- Mumbai Suburban District Archery Association
- Mumbai Suburban District Mallakhamb Association
- Mumbai Chess Association (BCA)
- Mumbai Suburban District Amateur Athletic Associate

IMPORTANT NOTE

1. All competitions are open to only the bonafied students up to 10th Standard of schools situated between Bandra and Dahisar (Western Suburbs of Mumbai)
2. Competitors must be within the age and weight limit and age groups mentioned for the respective groups.
3. All entry forms duly completed shall be certified (signed & stamped) by the Head Master or the Principal of the School Certifying the age limit of the Competitor, disclosing his/her date of birth. Please note that the certifying authority will be held responsible for his/her correctness of the information supplied in general and for the date of birth, in particular. The school giving wrong information about the student shall be debarred from participating in the MEET for this year as well as for the next three years.
4. If there are less than four entries for an event, the organisers reserve their right to cancel the event.
5. No entry form will be accepted without the **ENTRY** fees.
6. Protest, if any, should be lodged in writing by the sports teacher within 30 minutes of the event or match being over, with the Manager of the meet and should be accompanied with the protest fee of Rs.1500/-. If the protest is not upheld the fee will be forfeited.
7. No competitor shall be allowed to participate without proper Identity Card with Photograph duly signed and stamped by the Head Master or the Principal of the school across the photograph



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ENTRY FEES :

Archery.....	: Rs. 750.00 per student/per event	
Athletics.....	: Rs. 150.00 per event + Chest No. per Competitors	
		Relays Rs. 500.00 per team
Chess	: Rs. 700.00 per student/per event	
Folk Dance..	: Rs. 800.00 per team	
Kabbadi	: Rs. 500.00 per team	
Kho-Kho	: Rs. 500.00 per team	
Karate.....	: Rs. 300.00 per student/per event	
Mallakhamb.:	: Rs. 250.00 per student/per event	
March Past..	: Rs. 800.00 per team	
Swimming ..	: Rs. 150.00 per student/per event	Relays Rs. 500.00 per team
Tennis.....	: Rs. 500.00 per student	

PRIZES : Participant Certificate to all Players

- ATHLETICS, SWIMMING, KARATE, ARCHERY, MALLAKHAMB CHAMPIONSHIP** : Individuals : **Gold, Silver and Bronze Medals** will be awarded for the **First Three** places respectively in each event in addition to Certificate of Honour.
- CHESS CHAMPIONSHIP** : Individuals : **Gold, Silver and Bronze Medals** will be awarded for the **First Three** places respectively in each event in addition to Certificate of Honour. 4th to 8th Place consolation prize.
- FOLK DANCE & MARCH PAST** : In addition to the **Trophy Attractive cash Prices** will be given to **Winner & Runner – up**.
- INDIVIDUAL CHAMPIONSHIP (Only for Athletics & Swimming)** : The scoring will be as follows: **first place 5 points, second place 3 points and third place 1 point.**
- SWIMMING** :
● Participating Certificate for all swimmers.
● Individual championship for each group Boys/Girls Medal/Trophy.
- TENNIS CHAMPIONSHIP** : Medals will be awarded for the **first two places with Merit Certificate & Trophy for Best Boys & Girls each age group**
- School Championship** : **Rotating trophies** will be awarded to the **winner and runner up** for the school, obtaining maximum number of points in **Tennis**.
- SCHOOL CHAMPIONSHIP** :
● For **Team Events** : **First place 15 points, Second place 10 points, Two rotating trophies** will be awarded to the schools for **Winners and Runners-up** in Kho-Kho, Kabaddi, March Past and Folk Dance. **The Winner & Runners-up Trophies will be awarded to the schools obtaining 1st & 2nd Ranking points in Athletics, Karate, Archery, Tennis, Chess, Swimming and Mallakhamb.**
● **Kabaddi, Kho-Kho –** 1) Medals for Winner/Runner up
2) Participant Certificate to all Players
- PRABODHAN GRAND TROPHY** : For the best overall performance in all events of sports meet to be awarded to the school obtaining the highest total number of combined points earned.

All trophies are rotating and should be returned to the organisers **after 6 months**. The principals of the schools will be held responsible for the return of trophies in good condition.

Entries must be forwarded duly completed in the prescribed forms in duplicate along with **Entry Fees** before **25th DECEMBER 2022**. Name of all the participating students must be very carefully written clear and readable hand writing with correct spellings. The original will be retained by the organisers, the duplicate will be returned to the school concerned. Participating school can collect final programme schedule and chest numbers of Athletics events on **2nd JANUARY 2023** onward from **PRABODHAN KRIDABHAVAN**.



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PART I : ARCHERY

Girls/Boys (Under 12)

- 1) Indian Round 20 M & 15 M.
- 2) Recure Round 30 M & 30 M
- 3) Compound Round 30 M & 30 M

Girls/Boys (Under 14)

- 1) Indian Round 30 M & 20 M.
- 2) Recure Round 50 M & 50 m
- 3) Compound Round 50 M & 50 M

Girls/Boys (Under 17)

- 1) Indian Round 40 M & 30 M
- 2) Recure Round 60 M & 60 M
- 3) Compound Round 50 M & 50

Mention the Bow Style : 1) Wooden (Indian Round) 2) Recurve Round 3) Compound Round

For Recure refered Entry Form instruction

PART II : ATHLETICS COMPETITION LIST OF EVENTS

Girls under 8 (Born on or after 01.01.2015)

- 1) 50 M. Run
- 2) Long Jump

Boys under 8 (Born on or after 01.01.2015)

- 31) 50 M. Run
- 32) Long Jump

Girls under 10 (Born on or after 01.01.2013)

- 3) 50 M. Run
- 4) 200 M. Run
- 5) Long Jump

Boys under 10 (Born on or after 01.01.2013)

- 33) 50 M. Run
- 34) 200 M. Run
- 35) Long Jump

Girls under 12 (Born on or after 01.01.2011)

- 6) 200 M. Run
- 7) 300 M. Run
- 8) High Jump
- 9) Long Jump
- 10) 4 X 100 M. Relay

Boys under 12 (Born on or after 01.01.2011)

- 36) 200 M. Run
- 37) 300 M. Run
- 38) High Jump
- 39) Long Jump
- 40) 4 X 100 M. Relay

Girls under 14 (Born on or after 01.01.2009)

- 11) 200 M. Run
- 12) 400 M. Run
- 13) 600 M. Run
- 14) 60 M. Hurdles(76.2cms)
- 15) High Jump
- 16) Long Jump
- 17) Shot Put (6 LBS)
- 18) Discus Throw (1 Kg)
- 19) 4 X 100 M. Relay

Boys under 14 (Born on or after 01.01.2009)

- 41) 200 M. Run
- 42) 400 M. Run
- 43) 600 M. Run
- 44) 60 M. Hurdles(76.2cms)
- 45) High Jump
- 46) Long Jump
- 47) Shot Put (6 LBS)
- 48) Discus Throw (1 Kg)
- 49) 4 X 100 M. Relay

Girls under 16 (Born on or after 01.01.2007)

- 20) 200 M. Run
- 21) 400 M. Run
- 22) 800 M. Run
- 23) 2000 M. Run
- 24) 60 M. Hurdles(76.2cms)
- 25) High Jump
- 26) Long Jump
- 27) Shot Put (6 LBS)
- 28) Discus Throw (1 Kg)
- 29) Javelin Throw (600gms)
- 30) 4 X 100 M. Relay

Boys under 16 (Born on or after 01.01.2007)

- 50) 200 M. Run
- 51) 400 M. Run
- 52) 800 M. Run
- 53) 2000 M. Run
- 54) 60 M. Hurdles(76.2cms)
- 55) High Jump
- 56) Long Jump
- 57) Shot Put (6 LBS)
- 58) Discus Throw (1 Kg)
- 59) Javelin Throw (600gms)
- 60) 4 X 100 M. Relay

Age group	Event	Height of Hurdles	No. of flights	Distance from starting point to the first hurdle	Distance between hurdle	Distance from last hurdle to finish line
Boys & Girls Under 14	60 m Hurdles	76.2 cms.	6	11.00 mts.	7.00 mts.	14.00 mts.
Boys Under 17	60 m Hurdles	84.0 cms.	6	11.00 mts.	7.00 mts.	14.00 mts.
Girls Under 17	60 m Hurdles	76.2 cms.	6	11.00 mts.	7.00 mts.	14.00 mts.

- Note :**
- In Relay events (**event no. 10, 19, 30, 40, 49 & 60**) reserves are permitted, however the reserves should necessarily participate at least in any one of the events prescribed in their age group.
 - No competitor shall be allowed to compete in more than 5 Athletic Events **3 track & 2 field or 2 track & 3 field**. **A school can send maximum 4 entries per event**. The sports teachers should carefully read all the rules before filling entry forms.
 - No competitor shall be allowed to complete in athletics without the chest number properly pinned on the chest as well as on the back.



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PART III : CHESS

Group A -

Boys Up to 2nd std
Boys Up to 5th std
Boys Up to 8th std
Boys to 10th std

Group B -

Girls Up to 2nd std
Girls Up to 5th std
Girls Up to 8th std
Girls to 10th std

PART IV : FOLK DANCES

Only one entry will be permitted from each school with maximum **16 participants**. Schools participating in folk dance are requested to check their music/song cassettes before the event. No consideration will be given for checking the cassette once your event is announced. Participants are requested to bring their own cassette player to avoid inconvenience. **No Film Songs are allowed**

PART V : KABBADI

Group 'A' Girls 45 kg. or below
(Under 17 born on or after 01.01.2006)

Group 'B' Boys 50 kg. or below
(Under 17 born on or after 01.01.2006)

PART VI : KHO-KHO

Group 'A' Girls
(Under 17 born on or after 01.01.2006)

Group 'B' Boys
(Under 17 born on or after 01.01.2006)

PART VII : KARATE

Kata & Kumite Girls & Boys Category Age Group -

Under 8 years born during 01.01.2015
Under 9 years born during 01.01.2014
Under 10 years born during 01.01.2013
Under 11 years born during 01.01.2012
Under 12 years born during 01.01.2011

Under 13 years born during 01.01.2010
Under 14 years born during 01.01.2009
Under 15 years born during 01.01.2008
Under 16 years born during 01.01.2007
Under 17 years born during 01.01.2006

PART VIII : MALLAKHAMB

ROPE MALLAKHAMB

Group A - Girls (Under 8)

Born on or after 01.01.2015

Group B - Girls (Under 10)

Born on or after 01.01.2013

Group C - Girls (Under 12)

Born on or after 01.01.2011

Group D - Girls (Under 14)

Born on or after 01.01.2009

Group E - Girls (Under 16)

Born on or after 01.01.2007

POLE MALLAKHAMB

Group A - Boys (Under 8)

Born on or after 01.01.2015

Group B - Boys (Under 10)

Born on or after 01.01.2013

Group C - Boys (Under 12)

Born on or after 01.01.2011

Group D - Boys (Under 14)

Born on or after 01.01.2009

Group E - Boys (Under 16)

Born on or after 01.01.2007

Note: Only 6 students from each group will be permitted in Mallakhamb event

PART IX : MARCH PAST

Only one entry will be permitted from each school with maximum **32 participants**, including a Play card bearer and Flag bearer. The names of Play card bearer and Flag bearer should be given in the entry form.

Imp. Note: The schools participating in the March Past Competition must attend Opening Ceremony i.e. on 4th January 2023, Wednesday at 8.00 am. And also on Closing Ceremony on 7th January 2023, Saturday 2023 at 3.00 pm.



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PART X : SWIMMING COMPETITION

LIST OF EVENTS

BOYS UNDER 7 YEARS

(Born between 1.1.2016 to 31.12.2018)

- 1) 25 M. Free Style
- 2) 25 M. Breast Stroke
- 3) 25 M. Back Stroke
- 4) 25 M. Butterfly Stroke

BOYS UNDER 9 YEARS

(Born between 1.1.2014 to 31.12.2015)

- 5) 50 M. Free Style
- 6) 50 M. Breast Stroke
- 7) 50 M. Back Stroke
- 8) 50 M. Butterfly Stroke

BOYS UNDER 11 YEARS

(Born between 1.1.2012 to 31.12.2013)

- 9) 50 M. Free Style
- 10) 50 M. Breast Stroke
- 11) 50 M. Back Stroke
- 12) 50 M. Butterfly Stroke
- 13) 200 M. Individual Medley
- 14) 4 X 50 M. Free Style Relay (7 to 11 age Group)
- 15) 4 X 50 M. Medley Relay (7 to 11 age Group)

BOYS UNDER 13 YEARS

(Born between 1.1.2010 to 31.12.2011)

- 16) 50 M. Free Style
- 17) 100 M. Free Style
- 18) 100 M. Breast Stroke
- 19) 100 M. Back Stroke
- 20) 100 M. Butterfly Stroke
- 21) 200 M. Individual Medley

BOYS UNDER 16 YEARS

(Born between 1.1.2007 to 31.12.2009)

- 22) 50 M. Free Style
- 23) 100 M. Free Style
- 24) 100 M. Breast Stroke
- 25) 100 M. Back Stroke
- 26) 100 M. Butterfly Stroke
- 27) 200 M. Individual Medley
- 28) 4 X 50 M. Free Style Relay (14 & 16 age Group)
- 29) 4 X 50 M. Medley Relay (14 to 16 age Group)

GIRLS UNDER 7 YEARS

(Born between 1.1.2016 to 31.12.2018)

- 30) 25 M. Free Style
- 31) 25 M. Breast Stroke
- 32) 25 M. Back Stroke
- 33) 25 M. Butterfly Stroke

GIRLS UNDER 9 YEARS

(Born between 1.1.2014 to 31.12.2015)

- 34) 50 M. Free Style
- 35) 50 M. Breast Stroke
- 36) 50 M. Back Stroke
- 37) 50 M. Butterfly Stroke

GIRLS UNDER 11 YEARS

(Born between 1.1.2012 to 31.12.2013)

- 38) 50 M. Free Style
- 39) 50 M. Breast Stroke
- 40) 50 M. Back Stroke
- 41) 50 M. Butterfly Stroke
- 42) 200 M. Individual Medley
- 43) 4 X 50 M. Free Style Relay (7 to 11 age Group)
- 44) 4 X 50 M. Medley Relay (7 to 11 age Group)

GIRLS UNDER 13 YEARS

(Born between 1.1.2010 to 31.12.2011)

- 45) 50 M. Free Style
- 46) 100 M. Free Style
- 47) 100 M. Breast Stroke
- 48) 100 M. Back Stroke
- 49) 100 M. Butterfly Stroke
- 50) 200 M. Individual Medley

GIRLS UNDER 16 YEARS

(Born between 1.1.2007 to 31.12.2009)

- 51) 50 M. Free Style
- 52) 100 M. Free Style
- 53) 100 M. Breast Stroke
- 54) 100 M. Back Stroke
- 55) 100 M. Butterfly Stroke
- 56) 200 M. Individual Medley
- 57) 4 X 50 M. Free Style Relay (14 & 16 age Group)
- 58) 4 X 50 M. Medley Relay (14 & 16 age Group)

• **Under 7, 9 & 11 year : Born on or after 1.1.2012**

• **Under 13 & 16 year : Born between 1.1.2007 to 31.12.2011**

PART XI : TENNIS (GIRLS & BOYS)

Group A - Group B -

Girls (Under 10)

Born on or after 01.01.2013

Girls (Under 12)

Born on or after 01.01.2011

Girls (Under 14)

Born on or after 01.01.2009

Girls (Under 16)

Born on or after 01.01.2007

Boys (Under 10)

Born on or after 01.01. 2013

Boys (Under 12)

Born on or after 01.01.2011

Boys (Under 14)

Born on or after 01.01.2009

Boys (Under 16)

Born on or after 01.01.2007