



KARACHI GYMKHANA

Annual Athletic Meet-2016

Sunday 13th November 2016

Form # EF-311016 b

NAME: _____ MEMBERSHIP NO _____

FATHER'S NAME _____ PHONE NO: _____

DATE OF BIRTH: _____ AGE ON 31st Dec 2016 _____

Note: Please attach photocopy of participant's club I. D. Card. Please write in capital & clearly mark the event

EVE NTS

4 & Under boys & girls mixed 2012 & after

25 Mtrs Race ()

5- 6 BOYS / GIRLS (Born in 1st Jan 2010- 31st Dec 2011)

50 MTRS RACE ()

6 & under BOYS / GIRLS (Born in 1st Jan 2010 & after)

25 MTRS LEMON ON SPOON ()

7-8 YEARS BOYS / GIRLS (Born in 01st Jan 2008 -31st Dec 2009)

50 MTRS RACE ()

25 LEMON ON SPOON ()

25 MTRS SHOE FIND RACE ()

BALL THROW

9-10 YEARS BOYS / GIRLS (Born in 1st Jan 2006-31st Dec 2007)

50 MTRS RACE ()

100 MTRS RACE ()

50 MTRS 3 LEGGED RACE ()

BALL THROW

11-12 YEARS BOYS / GIRLS (Born in 1st Jan 2004-31st Dec 2005)

100 MTRS RACE ()

50 MTRS SKIPPING RACE (GIRLS) ()

50 MTRS SACK RACE (BOYS) ()

BALL THROW

13-15 YEARS BOYS / GIRLS (Born in 1st Jan 2001-31st Dec 2003)

200 MTRS RACE ()

50 MTRS SKIPPING RACE (GIRLS) ()

50 MTRS SACK RACE (BOYS) ()

50 MTRS 3 LEGGED RACE ()

BALL THROW

16-20 YEARS BOYS / GIRLS (Born in 1st Jan 1996- Dec 2000)

100 MTRS RACE ()

200 MTRS RACE ()

400 MTRS RACE ()

VETERAN'S SPECIAL (ABOVE 65 YEARS born 1951 and before)

400 MTRS WALK (MEN) ()

400 MTRS WALK (WOMEN) ()

100 mtr Staff race below 39 born (Jan 1976 or after)

100 mtr Staff race 40 & above born (Dec 1975 or before)

21-30 YEARS MEN / WOMEN (Born in 1st Jan 1986- 31st Dec 1995)

100 MTRS RACE ()

200 MTRS RACE (MEN) ()

800 MTRS WALK (WOMEN) ()

31-40 YEARS MEN / WOMEN (Born in 1st Jan 1976- 31st Dec 1985)

100 MTRS RACE (MEN) ()

400 MTRS RACE (MEN) ()

800 MTRS WALK (WOMEN) ()

41-50 YEARS MEN / WOMEN (Born in 1st Jan 1966-31st Dec 1975)

100 MTRS RACE (MEN) ()

800 MTRS WALK (MEN) ()

400 MTRS WALK (WOMEN) ()

51-65 YEARS MEN / WOMEN born 1st Jan 1951- 31st Dec 1965)

400 MTRS WALK (MEN) ()

400 MTRS WALK (WOMEN) ()

FOR COUPLES (ABOVE 35 YEARS) 31st Dec 1981 & before

25 MTRS THREAD & NEEDLE RACE ()

50 MTRS 3 LEGGED RACE ()

MUSICAL CHAIRS COUPLES

TUG-O-WAR (MALE) ()

TUG-O-WAR (FEMALE) ()

MEN'S OPEN (ABOVE 25 YEARS) 31st Dec 1991 & before

4 X 100 MTRS RELAY RACE ()

MIXED ALL AGES

50 MTRS SPECIAL CHILDRENS RACE ()

RELAY

2 X 25 MTRS CHILD & GRAND PARENT RELAY ()

SIBLING RELAY older 8 YEARS Boys / Girls (older Born on 31st Dec 2008 or before)

2 x 25 MTRS ()

SIBLING RELAY older 10 Years Boys / Girls (older Born on 31st Dec 2006 or before)

SIBLING RELAY older 12 Years Boys / Girls (older Born on 31st Dec 2004 or before)

2 x 25 MTRS ()

SIBLING RELAY older 15 Yr + Boys / Girl (Older Born on 31st Dec 2001 or before)

IMPORTANT NOTES:

SIBLING RELAY older 20 Yr + Boys / Girl (Older Born on 31st Dec 1996 or before)

Participation is restricted to members and their children only **3 Generation race 3x 25 M (Child, Parent & GRAND PARENT)**

No restriction on number of entries in all events of the same age group

No form will be accepted without photocopy of the club I . D Card of the participant

Entry form acceptable on day of the championship

Members are requested to submit the Entry forms at the Club Reception & Swimming Pool Desk

Races involving team age restrictions are related to older team member



DRESS CODE

- Men & Boys** : SPORTS VEST / T-SHIRT AND SHORT / TRACK SUITS AND SPORTS SHOES
- Women & G** : SHALWAR & KAMEEZ / T-SHIRT AND SHORT / TRACK SHIRTS AND SPORTS SHOES
- Meet Timing** : ON SUNDAY 13 NOVEMBER 2016 FROM 9:00 A.M. SHARP