



Saint Claret College, Ziro

Sports and Games Association (SAGA)



NOTICE

Dated: 03/02/2025

All house captains are hereby informed that the **2nd Phase of Resonance 2024-25 (Sports)** will be held from **12th February 2025 to 15th February 2025**. House teams must be prepared for the following events as per the guidelines.

Additionally, a **fixture draw for team events** will be conducted on **7th February 2025 at 02:40pm in college auditorium**. House captains and team representatives must be present at the draw to ensure fair competition.

Team Formation Guidelines

Each house must finalize and submit their team list based on the following participant requirements:

NO	EVENTS	PARTICIPANTS	Boys	Girls
1.	Badminton	3 From Each Group (Boys/Girls)	3	3
2.	Table Tennis	3 From Each Group (Boys/Girls)	3	3
3.	Basketball	1 Team Each (10 Members) (Boys/Girls)	10	10
4.	Volleyball	1 Team Each (10 Persons) (Boys/Girls)	10	10
5.	9v9 Football	(15 Players Squad) (Boys/Girls)	15	15
6.	Kho-Kho	1 Team Each (12 Members) (Boys/Girls)	12	12
7.	Cricket	1 Team Each (12 Members) (Boys)	12	12
8.	Tug-of-War	1 Team Each (10 Members) (Boys/Girls)	500 kg	450 kg
9.	Arm Wrestling	4 From Each Group (Boys/Girls) RH= Right Hand LH= Left Hand	4 RH=2 LH=2	4 RH=2 LH=2
10.	100 Mts Race	4 Athletes from Each House (Boys/Girls)	4	4
11.	400 Mts Race	2 Athletes from Each House (Boys/Girls)	2	2
12.	4X200 Mts Race	1 Team Each House (4 Athletes) (Boys/Girls)	4	4
13.	800 mts Race	Open to All (Girls)		
14.	1600 mts Race	Open to All (Boys)		
15.	Long Jump	4 Athletes from Each House (Boys/Girls)	4	4
16.	High Jump	4 Athletes from Each House (Boys/Girls)	4	4
17.	Discuss Throw	4 Athletes from Each House (Boys/Girls)	4	4
18.	Javelin Throw	4 Athletes from Each House (Boys/Girls)	4	4
19.	Shot Put	4 Athletes from Each House (Boys/Girls)	4	4

Signature
03/02/25

Coordinator
SAGA
Saint Claret College
Ziro - 791 120