



मोतीलाल नेहरू राष्ट्रीय प्रौद्योगिकी संस्थान इलाहाबाद  
इलाहाबाद-२११००४ [भारत]  
Motilal Nehru National Institute of Technology Allahabad  
Allahabad-211004 [India]

## **INTRA COLLEGE**

January 23, 2016

9:30 a.m.	<b>Opening Ceremony</b>
10:30 a.m.	100m Heats (Boys)
10:45 a.m.	Discuss Throw (Boys)
11:00 a.m.	100m Heats (Girls)
11:15 a.m.	Discuss Throw (Girls)
11:45 a.m.	800m Finals (Boys)
12:00 a.m.	800m Finals (Girls)
12:00 a.m.	Long Jump (Boys)
12:00 a.m.	Tug of War (Boys & Girls)
12:15 a.m.	Tug of War (Boys & Girls) Semi Final
12:30 a.m.	<b>Tug of War (Boys &amp; Girls) Final</b>

Lunch Time 1:00 – 2:00 p.m.

2:15 p.m.	400m Time Trials (Boys)
2:30 p.m.	Long Jump (Girls)
2:45 p.m.	400m Time Trials (Girls)
3:00 p.m.	1500m (Boys)
3:30 p.m.	1500m (Girls)
4:15 p.m.	4 X 100m Relay Time Trial (Boys)
4:45 p.m.	4 X 100m Relay Time Trial (Girls)
5:00 p.m.	<b>Brick Race (Mixed)</b>

## January 24, 2016

9:45 a.m.	110 m Hurdles (Boys)
10:15 a.m.	200m Heats (Boys)
10:30 a.m.	Shot put (Boys)
10:45 a.m.	200m Heats (Girls)
11:30 a.m.	Shot put (Girls)
11:40 a.m.	4 X 400m Relay Time Trial (Boys)
12:00 a.m.	4 X 400m Relay Time Trial (Girls)

### Lunch Time 1:00 – 2:00 p.m.

1:30 p.m.	100m Race (Teaching & Admin. Staff & Guests Below 45 yrs.)
1:45 p.m.	50m Brisk walk (Teaching & Admin. Staff & Guest above 45 years)
2:15 p.m.	Javelin (Boys)
3:30 p.m.	High Jump (Boys)
4:30 p.m.	High Jump (Girls)
5:00 p.m.	<b>4 X 100m Mixed Relay</b>
5:15 p.m.	50m Race (Staff wards below 10 yrs) & 100m Race (Staff wards between 10-15 yrs)
5:30 p.m.	200m Race (Non-Teaching Class III & equivalent Tech. Staff) 400m Race (Non-Teaching Class IV & Lab. Bearers and equivalent Staff)

## January 25, 2016

9:45 a.m.	100 m Finals (Boys)
10:30 a.m.	5000m Finals (Boys)
11:00 a.m.	200m Finals (Girls)
11:45 a.m.	200m Finals (Boys)
12:00 a.m.	Hammer Throw (Boys)
1:00 p.m.	Hammer Throw (Girls)

### Lunch Time 1:00 – 2:00 p.m.

2:20 p.m.	100m Finals (Girls)
3:00 p.m.	<b>Musical Chair (Ladies)</b>
3:30 p.m.	<ul style="list-style-type: none"><li>❖ Closing Ceremony</li><li>❖ Welcome Address By Director</li><li>❖ Presentation of Annual Report by President SAC</li><li>❖ Prize Distribution and Address By Chief Guest</li></ul>