

Saint Francis' High School



Hayatabad, Peshawar.

ANNUAL INTER-HOUSE ATHLETICS SPORTS MEET 1996



on Thursday, 21st November, 1996

CHIEF GUEST

Mohammad Saleem Khan

Secretary to the Govt. of N.W.F.P.
Planning, Environment & Department, Peshawar.

Will Preside & Distribute the Trophies

SAINT FRANCIS' HIGH SCHOOL

HAYATABAD, PESHAWAR.

Annual Athletics Day

The Principal, Staff And Students
Cordially Invite

Mr. & Mrs. _____

to the Annual Athletics day to be held on the school grounds
on Thursday, 21st November, 1996, at 10:30 a.m.

Mohammad Saleem Khan

Secretary to the Govt. of N.W.F.P.
Planning, Environment & Development Department, Peshawar.

has very kindly consented to be the Chief Guest and to give away the prizes.

Kindly show this card at the entrance

ST. FRANCIS' HIGH SCHOOL, HAYATABAD, PESHAWAR.

ANNUAL INTER-HOUSE ATHLETIC SPORTS MEET 1996.

OFFICIALS
CHIEF GUEST

Mohammad Saleem Khan

*Secretary to the Govt. of N.W.F.P,
Planning, Envoinment and Development, Peshawar.*

REFEREE

Mr. Francis Sales Fernando.

JUDGES & UMPIRES

Mr. Havildar Khan

Mr. Subhan Ud Din

Mr. Ajab Din

Mr. Fayyaz Ahmed

STARTER

Mr. Anwar Jamal

CHECK STARTER

Mr. Fayyaz Ghufran

TIME KEEPERS

Mr. Naresh Kanwal

Mr. Ansar Gohar

Mr. Yousaf Benjamin

ANNOUNCERS

Mr. Shakeel Minto

Miss Cindrella Albert

Mr. William Ghulam

RECORDER

Mrs. Khalida Fernando

Mr. Rifat Ullah

Miss. Zakia Mary

TECHNICIANS

Mr. Iqbal Minto

Mr. Saleem Akhtar

OFFICAL PHOTOGRAPHER

M / S Malik Sons.

PROGRAMME

10:30 a.m	Arrival of Chief Guest
10:35 a.m	Opening Ceremony
10:40 a.m	Address of the Principal
10:45 a.m	Open Competition 4 x 100 Metres Relay
10:50 a.m	Under 13- 400 metres
10:55 a.m	Under 12- 200 metres
11:00 a.m	Drill Display
11:25 a.m	Teachers Race 1. Ladies (Potato Race) 2. Gents (Three legged Race)
11:30 a.m	Parents Race 1. Ladies (Potato Race) 2. Gents (Three legged Race)
11:35 a.m	March Past
11:45 a.m	Address of the Chief Guest
11:50 a.m	Distribution of Trophies.

Guest Stewards

Mrs. Perveen Sohail
Mrs. Rukhsana Asad
Miss. Shahida Perveen
Mr. Nazir Shirazi

Mrs. Aliya Shahid
Mrs. Shamaila Irum
Mr. Ahmed Faraz Yusfi

GENERAL SUPERVISION

Mrs. Musarat Jabeen
Miss. Nayyar John
Miss. Mehmooda Isa
Miss. Rozina Seher
Mrs. Samrana Iqbal

Mrs. Nighat Iqbal Minto
Miss. Siraj Ul Banat
Miss. Shiamma Kumari
Miss. Noreen John



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CONDITIONS

1. Competitors not ready at the time and place appointed for their event will be scratched.
2. Competitors will be excluded from taking part in an event unless properly attired.
3. Every competitor shall be supplied with and must wear during competition, a distinctive number. Competitors who fail to fix their numbers securely to their vest will not allowed to participate.
4. Any dispute and / or complaint shall be submitted to the referee, whose discision shall be final.
5. In both senior and junior events, no competitor shall enter for more than three individual events of which not more than two shall be track events.
6. Competitors are requested to make use of their House Enclosures. They are to be in their Enclosures, in incharge of the House Masters and Mistresses who will issue all instructions to them.
7. Competitors are requested to keep off the field when they are not warming up or participating in the events for which they have entered.
8. Points will be awarded as follows:

	<u>Individual Events</u>	<u>Team Events</u>
First Place	5 Points	7 Points
Second Place	3 Points	5 Points
Third Place	1 Point	3 Points

In the event of TIE, points will be shared.

DUTIES ON SPORTS DAY

Group A

1	173/ 10	Blue	Zubair Ahmed
2	54/ 10	Green	Fahad Aziz
3	36/ 10	Green	Kashif Mehfooz
4	262/ 10	Green	Muhammad Haider
5	300/ 10	Green	Tariq Aziz

Group B

1	124/ 10	Green	S. Sajid Hussain
2	257/ 10	Green	Mudassar Ahsan
3	137/ 10	Blue	Naeem Shah Afridi
4	299/ 10	Blue	Shehzad Zaman
5	170/ 10	Green	Aftab Ahmed

Group C

1	159/ 10	Blue	Shehryar Ali
2	148/ 10	Green	Asim Zia
3	317/ 10	Blue	Faisal Ayube
4	260/ 10	Blue	Faheem Shah Afridi
5	240/ 10	Blue	Muhammad Arshad

Group D

1	117/ 10	Green	Faisal Saeed
2	40/ 10	Blue	Ashar John
3	194/ 10	Blue	Nashit Mukhtar
4	316/ 10	Green	Malik Taimur
5	239/ 10	Green	Shakeel Ahmed

CHIEF PREFECT

121/ 10 Qaiser Tariq S/o Mr. Muhammed Tariq

Blue House

House Captain : 177/ 10 Zubair Ahmed S/o Mr. Sikander Khan
Vice Captain : 229/ 10 Shehzad Zaman S/o Mr. Fakhar Zaman

Green House

House Captain : 177/ 10 Akber Khan S/o Mr. Muhammad Arif
Vice Captain : 262/ 10 M. Haider S/o Muhammad Umer

ORDER OF MARCH PAST

Parade Commander

121/ 10 Qaiser Tariq S/o Mr. Muhammad Tariq

Assistant Parade Commander

124/ 10 S. Sajid Hussain S/o Mr. S Ayaz

Blue House

Squad Leaders 49/ 6 Miss Ayesha Ayub D/o Mr. Waqar Ayub
 06/ 6 Rehān Ahmad S/o Mr. Rifat Ullah
 159/ 10 Sheryar Ali S/o Mr. Asad Ali

Green House

Squad Leaders 56/ 5 Miss Hera Paracha D/o Mr. M. Hanif
 307/ 7 Arif Khan S/o Mr. Seraj ud Din
 54/ 10 Fahad Aziz S/o Mr. Abdul Aziz

Report

Parade is present and ready for your inspection, Sir.

Permission: May I have your permission to carry on, Sir.

EVENTS ALREADY WORKED OUT
UNDER 6

50 Metres

1.	116/ 2 Green	Arsalan Ahmed	7.43 Secs.
2.	213/ Prep Green	Junaid	
3.	217/ Prep Green	Zuraiz Khan	

Potato Race

1.	166/ 2 Green	Arsalan Ahmed
2.	228/ 1 Blue	Mohsin Ali
3.	416/ 1 Green	Imran Haider

Wheel Barrow Race

1.	416/ 1 Green	Imran Haider
	269/ 1 Green	Jawad Khan
2.	158/ 1 Blue	Waqas Ahmad
	228/ 1 Blue	Mohsin Ali
3.	116/ 2 Green	Arsalan Ahmed
	213/ Prep Green	Junaid

Throwing the Tennis Ball

1.	158/ 1 Blue	Waqas Ahmed	26.5 Metres
2.	213/ Prep Green	Junaid	17.70 Metres
3.	415/ 1 Green	Imran Haider	16.92 Metres

Girls

50 Metres

1.	40/ 1 Green	Shehzadi Sadia	11.5 Secs.
2.	70/ 1 Green	Mahum Farooq	
3.	20/ 1 Blue	Aneeqa Abbas	

Potato Race

1.	40/ 1 Green	Shehzadi Sadia
2.	70/ 1 Green	Mahum Farooq
3.	20/ 1 Blue	Aneeqa Abbas

EVENTS ALREADY WORKED OUT
UNDER 7

50 Metres

1.	135/ 2 Green	Syed Mansoor	0.42 Secs.
2.	60/ 2 Blue	Shahab Ali Shah	
3.	284/ 2 Green	Shehryar Khan	

Potato Race

1.	135/ 2 Green	Syed Mansoor
2.	68/ 1 Green	Noel Gil
3.	82/ 2 Green	Najeeb ur Rehman

Wheel Barrow Race

1.	235/ 2 Blue	Abbas Haider Malooki
	88/ 1 Blue	Zia Ullah
2.	284/ 2 Green	Shehryar Khan
	109/ 2 Green	Zahid Ullah
3.	264/ 1 Green	Moeen Maqsood
	68/ 1 Green	Noel Gil

Three Legged Race

1.	196/ 1 Blue	Alam Khan
	81/ 2 Blue	Mohd Daud
2.	235/ 2 Blue	Abbas Haider Malooki
	88/ 1 Blue	Zia Ullah
3.	284/ 2 Green	Shehryar Khan
	109/ 2 Green	Zahid Ullah

Throwing the Tennis Ball

1.	88/ 1 Blue	Zia Ullah	32.15 Metres
2.	284/ 2 Green	Shehryar Khan	30 Metres
3.	81/ 2 Blue	Mohd. Daud	23.3 Metres

Girls

50 Metres

1.	05/ 3 Blue	Tania Hasim	10.42 Secs.
2.	14/ 2 Green	Javeria Tehreem	
3.	66/ 2 Green	Farah Noreen	

Potato Race

1.	77/ 1 Green	Salma Habib
2.	05/ 3 Blue	Tania Hashim
3.	66/ 2 Green	Farah Noreen

Three Legged Race

1.	77/ 1 Green	Sana Habib
	66/ 2 Green	Farah Habib
2.	23/ 1 Blue	Sania Siraj
	101/ 1 Green	Saima Habib
3.	36/ 1 Green	Amina Qadir
	21/ 1 Green	Maheen Sajjad

EVENTS ALREADY WORKED OUT UNDER 8

50 Metres

1.	297/ 4 Green	Sheraz Zaman	8.64 Sec
2.	079/ 2 Blue	Naqeeb Ullah	
3.	076/ 2 Blue	Mohd. Younas	

Potato Race

1.	123/ 3 Blue	Suleman Tariq
2.	72/ 2 Blue	Naqeeb Ullah
3.	225/ 2 Blue	Abdullah Umer

Three Legged Race

1.	58/ 3 Blue	Afaq Ali
	90/ 3 Blue	Usman Ahmad
2.	76/ 2 Blue	Mohd. Younas
	94/ 2 Blue	Suleman Arsala
3.	01/ 3 Blue	Zahid Ali Afridi
	309/ 3 Blue	Amir Hanif Paracha

Wheel Barrow Race

1.	58/ 3 Blue	Afaq Ali
	90/ 3 Blue	Usman Ahmad
2.	76/ 2 Blue	Mohd. Younas
	94/ 2 Blue	Suleman Arsala
3.	123/ 2 Green	Salman Tariq
	93/ 2 Green	Ahmad Ali

Throwing the Tennis Ball

1.	79/ 2 Blue	Naqeeb Ullah	39.17 Metres
2.	182/ 3 Blue	Salman Khan	38.80 Metres
3.	279/ 4 Green	Sheraz Zaman	38.14 Metres

Girls

50 Metres

1.	59/ 4 Green	Nayyar Sultana	9.25 Secs.
2.	94/ 2 Green	Raheela	
3.	26/ 3 Blue	Sehrish Jamal	

Three Legged Race

1.	59/ 4 Green	Nayyar Sultana
	94/ 2 Green	Raheela
2.	26/ 3 Blue	Sehrish Jamal
	31/ 3 Blue	Ayesha Hayyat
3.	13/ 3 Blue	Momina Asfandiyar
	67/ 3 Blue	Ayesha Hafeez

Potato Race

1.	26/ 3 Blue	Sehrish Jamal
2.	59/ 4 Green	Nayyar Sultana
3.	13/ 3 Blue	Momina Asfandiyar

EVENTS ALREADY WORKED OUT UNDER 9

50 Metres

1.	365/ 4 Green	Sheran Yaqub	8.6 Sec.
2.	251/ 4 Blue	Junaid Shah	
3.	248/ 3 Blue	Mohd. Ahsan	

Sack Race

1.	365/ 4 Green	Sheran Yaqub
2.	234/ 5 Blue	Zeeshan Haider Malooki
3.	314/ 4 Green	Dawar Khan

Obstacle Race

1.	439/ 4 Blue	Asad Mohd. Sharif
2.	248/ 3 Blue	Mohd. Ahsan
3.	314/ 4 Green	Dawar Khan

Throwing the Tennis Ball

1.	330/ 3 Blue	Mohd. Sajid Afridi	45.5 Metres
2.	365/ 4 Green	Sheran Yaqub	36.60 Metres
3.	80/ 4 Blue	Noor Ullah	35.95 Metres

Girls

50 Metres

1.	85/ 3 Green	Sara Riaz	9.47 Secs.
2.	41/ 4 Blue	Sanum	
3.	90/ 3 Green	Hajira Khattak	

Sack Race

1.	85/ 3 Green	Sara Riaz
2.	45/ 3 Blue	Nudrat Jehangir
3.	90/ 3 Green	Hajira Khattak

Obstacle Race

- | | | |
|----|-------------|-----------------|
| 1. | 85/ 3 Green | Sara Riaz |
| 2. | 11/ 3 Blue | Faiza Iqbal |
| 3. | 45/ 3 Blue | Nudrat Jehangir |

EVENTS ALREADY WORKED OUT UNDER 10

50 Metres

- | | | | |
|----|--------------|-----------------|---------|
| 1. | 389/ 4 Green | Mohd. Abbas | 8 Secs. |
| 2. | 255/ 4 Green | Mohd. Zaheer | |
| 3. | 208/ 2 Blue | Mohd. Babar Jan | |

100 Metres

- | | | | |
|----|--------------|-----------------|------------|
| 1. | 384/ 4 Green | Mohd. Abbas | 15.6 Secs. |
| 2. | 208/ 4 Blue | Mohd. Babar Jan | |
| 3. | 255/ 4 Green | Mohd. Zaheer | |

4 X 50 Metres Relay

- | | | | |
|----|--------------|----------------------|------------|
| 1. | 389/ 4 Green | Mohd. Abbas | 36.7 Secs. |
| | 255/ 4 Green | Mohd. Zaheer | |
| | 390/ 5 Green | Haris Hayyat | |
| | 110/ 4 Green | Majid Amin | |
| 2. | 50/ 4 Blue | Aneeq Riaz | |
| | 208/ 4 Blue | Mohd. Babar | |
| | 09/ 4 Blue | Fahad Bin Shahid | |
| | 48/ 5 Blue | Ahsan Ali | |
| 3. | 233/ 5 Blue | Adnan Haider Malooki | |
| | 152/ 4 Blue | Bilal Ali Qureshi | |
| | 462/ 4 Blue | Ghulam Ali | |
| | 278/ 4 Blue | Umair Javed | |

Obstacle Race

- | | | |
|----|--------------|----------------|
| 1. | 48/ 5 Blue | Ahsan Ali Khan |
| | 389/ 4 Green | Mohd. Abbas |
| | 278/ 4 Blue | Umair Javed |

Sack Race

- | | |
|--------------|-----------------|
| 389/ 4 Green | Mohd. Abbas |
| 50/ 4 Blue | Aneeq Riaz |
| 208/ 4 Blue | Mohd. Babar Jan |



Throwing the Tennis Ball

1.	255/ 4 Green	Mohd. Zaheer	41.2 Metres
2.	391/ 5 Green	Haris Hayyat	34.8 Metres
3.	348/ 5 Blue	Imran Shakil	32.7 Metres

GIRLS

50 Metres

1.	106/ 4 Blue	Saima Pervez	9.5 Secs.
2.	25/ 4 Blue	Malghalarah Saeed	
3.	99/ 4 Green	Rabia Saeed	

100 Metres

1.	106/ 4 Blue	Saima Pervez	18.3 Secs.
2.	99/ 4 Green	Rabia Asad	
3.	51/ 5 Green	Sania Siraj	
	25/ 4 Blue	Malghalarah Saeed	

Sack Race

1.	99/ 4 Green	Rabia Asad
2.	51/ 5 Green	Sania Siraj
3.	106/ 4 Blue	Saima Pervez

Obstacle Race

1.	103/ 4 Blue	Safeena Ijaz
2.	15/ 4 Blue	Usra Naseer
3.	25/ 4 Blue	Malghalarah Saeed

EVENTS ALREADY WORKED OUT

UNDER 11

100 Metres

1.	347/ 6 Blue	Irfan Anil	16 Secs.
2.	67/ 6 Blue	Faheem Khan	
3.	287/ 4 Blue	Shoaib Khan	

20 Metres

1.	190/ 6 Green	Junaid Khan	36 Secs.
2.	140/ 5 Blue	Hamid Ullah	
3.	145/ 5 Blue	Shoaib Durrani	

4 X 100 Metres Relay

1.	190/ 6 Green	Junaid Kazi	1 min.11Secs.
	447/ 6 Green	Ahsan Mukhtar	
	344/ 6 Green	Adeel Alam	
	403/ 5 Green	Imran	
2.	345/ 5 Blue	Shoaib Durrani	
	104/ 5 Blue	Shibli Nisar	
	287/ 4 Blue	Shoaib Shah	
	89/ 5 Blue	Yousaf Jamal	
3.	140/ 5 Blue	Hamid Ullah	
	347/ 6 Blue	Irfan Anil	
	286/ 5 Blue	Israr Hussain	
	359/ 5 Blue	Sabahat Hussain	

50 Metres Relay

1.	140/ 5 Blue	Hamid Ullah	38.20 Secs.
	390/ 5 Blue	Sabahat Hussain	
	347/ 5 Blue	Irfan Anil	
	386/ 5 Blue	Israr Hussain	
2.	67/ 6 Green	Faheem Khan	
	190/ 6 Green	Junaid Kazi	
	441/ 5 Green	Qaisar Abdullah	
	414/ 6 Green	Usman Ellahi	

3. 345/ 5 Blue Shoaib Ali Durrani
 104/ 5 Blue Shibli Nisar
 89/ 5 Blue Yousaf Jamal
 387/ 4 Blue Shoaib Shah

Long Jump

- | | | | |
|----|--------------|-------------|-------------|
| 1. | 403/ 5 Green | Imran Khan | 3.55 Metres |
| 2. | 190/ 6 Green | Junaid Kazi | 3.55 Metres |
| 3. | 140/ 5 Blue | Hamid Ullah | 3.27 Metres |

High Jump

- | | | | |
|----|-------------|-------------|---------------|
| 1. | 41/ 7 Green | Mohd Usman | 3ft 10 inches |
| 2. | 347/ 6 Blue | Irfan Anil | 3ft 9 inches |
| 3. | 140/ 5 Blue | Hamid Ullah | 3ft 8 inches |

GIRLS

100 Metres

- | | | | |
|----|-------------|---------------|------------|
| 1. | 01/ 6 Green | Ayesha Khalid | 18.3 Secs. |
| 2. | 49/ 6 Blue | Ayesha Ayub | |
| 3. | 56/ 5 Green | Hira Paracha | |

Sack Race

- | | | |
|----|--------------|---------------|
| 1. | 49/ 6 Blue | Ayesha Ayub |
| 2. | 104/ 5 Green | Huma Ijaz |
| 3. | 80/ 5 Green | Marjan Masood |

Obstacle Race

- | | | |
|----|-------------|---------------|
| 1. | 80/ 5 Green | Marjan Masood |
| 2. | 56/ 5 Green | Hira Paraca |
| 3. | 49/ 6 Blue | Ayesha Ayub |

EVENTS ALREADY WORKED OUT UNDER 12

100 Metres

- | | | | |
|----|--------------|-----------------|-----------|
| 1. | 202/ 4 Green | Imran Khan | 14.7 Secs |
| 2. | 362/ 6 Blue | Saif Ullah Khan | |
| 3. | 75/ 4 Blue | Muhammad Umar | |

400 Metres

- | | | | |
|----|--------------|----------------|----------------|
| 1. | 202/ 4 Green | Imran Khan | 1 min 22 Secs. |
| 2. | 332/ 6 Green | Waseem Iqbal | |
| 3. | 75/ 4 Blue | Muhammad Usman | |

4 X 100 Metres Relay

- | | | | |
|----|--------------|----------------------|---------------|
| 1. | 282/ 5 Blue | Alam Zeb | 1 min.7 Secs. |
| | 275/ 4 Blue | Zahid Afridi | |
| | 362/ 6 Blue | Saif Ullah Khan | |
| | 75/ 4 Blue | Muhammad Usman | |
| 2. | 202/ 4 Green | Imran Khan | |
| | 468/ 6 Green | Asad Ullah | |
| | 332/ 6 Green | Waseem Iqbal | |
| | 264/ 7 Green | Sadaqat Ali | |
| 3. | 331/ 4 Blue | Hafeez Ullah Afridi | |
| | 157/ 6 Blue | Farukh Ahmed | |
| | 181/ 7 Blue | Daud Khalid | |
| | 323/ 6 Blue | Zia Muhammad Murtaza | |

Long Jump

- | | | | |
|----|--------------|---------------|-------------|
| 1. | 332/ 6 Green | Waseem Iqbal | 3.49 Metres |
| 2. | 246/ 7 Green | Sadaqat Ali | 3.42 Metres |
| 3. | 75/ 4 Blue | Muhammad Umar | 3.34 Metres |

High Jump

- | | | | |
|----|--------------|-------------------|--------------|
| 1. | 331/ 4 Blue | Hafeez Ullah | 4ft 2 inches |
| 2. | 250/ 7 Blue | Usman Gul | 4ft 1 inches |
| 3. | 202/ 4 Green | Imran Khan Afridi | 4ft |

EVENTS ALREADY WORKED OUT UNDER 13

100 Metres

1.	238/ 7 Blue	Ansar Hussain	14.4 Secs.
2.	300/ 10 Green	Tariq Aziz	
3.	37/ 7 Green	Umar Ali	

200 Metres

1.	03/ 7 Blue	Muhammad Daud
2.	285/ 7 Blue	Israr Hussain
3.	402/ 7 Green	Babar Khan

4 X 100 Metres Relay

1.	402/ 7 Green	Babar Khan
	307/ 7 Green	Asif Khan
	211/ 8 Green	Hammad Ahmed
	122/ 8 Green	Yasir Tariq
2.	300/ 10 Green	Tariq Aziz
	370/ 7 Green	Muhammad Ali
	05/ 8 Green	Salman Ahmad
	37/ 7 Green	Umar Ali
3.	167/ 8 Blue	Azhar Rasheed
	425/ 8 Blue	Kasim Khan
	378/ 8 Blue	Fahd Riaz
	03/ 7 Blue	Muhammad Daud

Long Jump

1.	386/ 6 Blue	Mohd Masood Khan	4.09 Metres
2.	307/ 7 Green	Asif Khan	4.05 Metres
3.	03/ 7 Blue	Muhammad Daud	3.92 Metres

High Jump

1	382/ 8 Green	Fahim Feroz Babar	4ft 5 inches
2.	285/ 7 Blue	Ansar Hussain	3ft 9 inches
3	307/ 7 Green	Asif Khan	3ft 8 inches

GIRLS

100 Metres

1.	113/ 8 Blue	Sadia Ahsan	17.82 Secs.
2.	76/ 7 Blue	Nosheen Gul	
3.	81/ 7 Blue	Yammia Malik	

Obstacle Race

1.	53/ 8 Blue	Zarlasht Latif
2.	112/ 8 Blue	Beenish Ehsan
3.	81/ 7 Green	Yamima Malik

Sack Race

1.	76/ 7 Blue	Nosheen Gul
2.	112/ 8 Blue	Beenish Ehsan
3.	113/ 8 Blue	Sadia Ahsan

EVENTS ALREADY WORKED OUT
UNDER 14

100 Metres

1.	302/ 9 Blue	Syed Sajjid	14.44 Sec.
2.	113/ 8 Blue	Subtain Rabbani	
3.	363/ 9 Blue	Muhammad Awais	

200 Metres

1.	04/ 9 Blue	Iftikhar Zareen
2.	113/ 8 Blue	Subtain Rabbani
3.	322/ 8 Blue	Anjum Zia

400 Metres

1.	322/ 8 Blue	Anjum Zia	1 min 18.52 Sec
2.	302/ 9 Blue	Syed Sajjad	
3.	394/ 9 Blue	Sami Ullah	

4 X 100 Metres Relay

1.	04/ 9 Blue	Iftikhar Zareen	1 min 03 Sec
	302/ 9 Blue	Syed Sajjad	
	113/ 8 Blue	Subtain Rabbani	
	394/ 9 Blue	Sami Ullah	
2.	250/ 8 Green	Rahid Murtaza	
	241/ 9 Green	Muhammad Arif	
	331/ 9 Green	Muhammad Faisal Iqbal	

4 X 400 Metres Relay

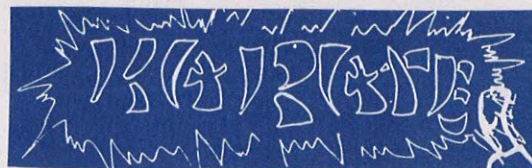
1.	113/ 8 Blue	Subtain Rabbani
	394/ 9 Blue	Sami Ullah
	04/ 8 Blue	Iftikhar Zareen
	302/ 9 Blue	Syed Sajjad
2.	241/ 8 Green	Muhammad Arif
	331/ 9 Green	Faisal Iqbal
	368/ 9 Green	Saif ur Rehman
	250/ 8 Green	Rahid Murtaza

Long Jump

1.	302/ 9 Blue	Syed Sajjad	4.10 Metres
2.	241/ 9 Green	Muhammad Arif	4.09 Metres
3.	363/ 9 Blue	Muhammad Awais	3.86 Metres

High Jump

1.	04/ 9 Blue	Iftikhar Zareen	4ft 03 inches
2.	322/ 8 Blue	Anju Zia	4ft 3 inches
3.	133/ 8 Blue	Subtain Rabbani	4ft



Enter to Defence

N.W.F.P.

Chief Coach

Mansoor

Ahmed

Black Belt

2nd Dan

Ph : 284309

1) Dean's Hotel Peshawar (Sun, Tus, Thr)

2) G.H.S.No 4 Gulberg No. 1 Pesh (Sat, Sun, Mon, Tue, Wed)

4.00 To 6.00

Grand Master

Mehmood

Naveed

Black Belt

2nd Dan

(Japan)

EVENTS ALREADY WORKED OUT
OVER 14

100 Metres

1.	054/ 10 Blue	Fahd Aziz	13.00 Secs.
2.	173/ 10 Blue	Zubair Ahmed	
3.	139/ 8 Blue	Muhammad Ilyas	

200 Metres

1.	54/ 10 Green	Fahd Aziz	29 Secs.
2.	124/ 10 Green	Sajjid Hussain	
3.	240/ 10 Blue	Muhammad Arshad	

400 Metres

1.	177/ 10 Green	Akbar Khan	1 min 8 Secs.
2.	194/ 10 Blue	Nashit Mukhtar	
3.	299/ 10 Blue	Shehzad Zaman	

800 Metres

1.	177/ 10 Green	Akbar Khan	2 min 57 Secs.
2.	262/ 10 Green	Muhammad Haider	
3.	194/ 10 Blue	Nashit Mukhtar	

4 X 100 Metres Relay

1.	177/ 10 Green	Akbar Khan	55.53 Secs.
	124/ 10 Green	S. Sajjid Hussain	
	320/ 9 Green	Adnan Ishtiaq	
	54/ 9 Green	Fahd Aziz	
2.	173/ 10 Blue	Zubair Ahmed	
	240/ 10 Blue	Muhammad Arshad	
	338/ 8 Blue	Muhammad Ilyas	
	299/ 10 Blue	Shehzad Zaman	
3.	316/ 10 Green	Malik Taimur Ali	
	36/ 10 Green	Kashif Mehfooz	
	262/ 10 Green	Muhammad Haider	
	257/ 10 Green	Mudassar Ehsan	

4 X 400 Metres Relay

1.	177/ 10 Green	Akbar Khan	4 min 56 Secs.
	262/ 10 Green	M. Haider	
	124/ 10 Green	S. Sajjid Ali	
	54/ 10 Green	Fahd Aziz	
2.	36/ 10 Green	Kashif Mehfooz	
	320/ 9 Green	Adnan Ishtiaq	
	385/ 9 Green	Kamran Dilawar	
	247/ 6 Green	M. Atif Khan	
3.	299/ 10 Blue	Shahzad Zaman	
	388/ 8 Blue	M. Ilyas	
	173/ 10 Blue	Zubair Ahmed	
	249/ 7 Blue	Umer Khan	

Long Jump

1.	54/ 10 Green	Fahd Aziz	4.98 Metres
2.	299/ 10 Blue	Shahzad Zaman	4.70 Metres
3.	320/ 9 Green	Adnan Ishtiaq	4.60 Metres

High Jump

1.	262/ 10 Blue	M. Haider	4ft 6 inches
2.	40/ 10 Blue	Ahsan John	4ft 6 inches
3.	320/ 9 Blue	Adnan Ishtiaq	4ft. 6 inches.

EVENTS OF THE FINAL DAY

1. 10.45 a.m. Open Competition 4 x 400 Metres Race

Blue House

Group A 49/ 9 Iftikhar Zareen
Lane 1 394/ 9 Sami Ullah
388/ 8 Muhammed Iliyas
302/ 9 S. Sajjid

Green House

Lane 2 54/ 10 Fahad Aziz
247/ 6 Atif Khan
177/ 10 Akbar Khan
262/ 10 Muhammad Haider

Group B 320/ 9 Adnan Ishtiaq
Lane 3 331/ 9 Faisal Iqbal
124/ 10 S. Sajid Hussain
122/ 8 Yasir Tariq

Blue House

Lane 4 173/ 10 Zubair Ahmed
299/ 10 Shehzad Ahmed
240/ 10 Muhammad Arshad
113/ 8 Subtain Rabbani

2. 10.50 a.m. Under 13 400 Metres

Lane 1 402/ 7 Babar Khan Green
Lane 2 386/ 6 Mehmood Masood Khan Blue
Lane 3 425/ 8 Kazim Khan Blue
Lane 4 328/ 8 Khalid Khan Green

3. 10.55 a.m. Under 12

Lane 1 75/ 4 Muhammed Umer Blue
Lane 2 332/ 6 Waseem Iqbal Green
Lane 3 418/ 5 Muhammad Imad Green
Lane 4 282/ 5 Alam Zeb Blue

4. 11.00 a.m. Drill Display

Boys

i) Classes Prep to 2
ii) Classes 3 & 4
iii) Classes 5 to 8

Girls

iv) Classes Prep to 2
v) Classes 3 to 8

ORDER AND TIME

on Thursday 21st

	<u>Time</u>	<u>Event</u>
1.	10.30 a.m.	Arrival of Chief Guest
2.	10.35 a.m.	Opening Ceremony
3.	10.40 a.m.	Address of the Principal
4.	10.45 a.m.	Open Competition 4 x 100 Metres Relay
5.	10.50 a.m.	Under 13 : 400 Metres
6.	10.55 a.m.	Under 12 : 200 Metres
7.	11.00 a.m.	Drill Display

BOYS

- i) Classes Prep to 2
- ii) Classes 3 & 4
- iii) Classes 5 to 8

GIRLS

- iv) Classes Prep to 2
- v) Classes 3 to 8

The Principal and Staff, sincerely thank all donors of advertisements,

The parents and well-wishers who have generously contributed towards the success of this meet.

OF EVENTS

November 1996

- | | | |
|-----|------------|---------------------------|
| 8. | 11.25 a.m. | <u>Teachers' Races</u> |
| | i) | Ladies : Potato Race |
| | ii) | Gents : Legged Race |
| 9. | 11.30 a.m. | <u>Parents' Race</u> |
| | i) | Ladies : Potato Race |
| | ii) | Gents : Three Legged Race |
| 10. | 11.35 a.m. | March Past |
| 11. | 11.45 a.m. | Address of Chief Guest |
| 12. | 11.50 a.m. | Distribution of Trophies |

THE ATHLETES' PROMISE

We promise to take part in this Annual Athletic Sports Meet in loyal competition respecting the rules and regulations that govern them.

We promise to keep a stout heart in defeat, to keep our pride under, in victory, to keep a sound soul, a clean mind, a healthy body and play the game in true spirit of sportsmanship.

VOLLEYBALL TEAM 1996-97

1	121/ 10	Blue	Qaisar Tariq (Captain)
2	148/ 10	Blue	Asim Zia (V. Captain)
3	173/ 10	Blue	Zubair Ahmed
4	54/ 10	Green	Fahad Aziz
5	124/ 10	Green	Sajjid Hussain
6	159/ 10	Blue	Sheryar Ali
7	240/ 10	Blue	Arshad Khan
8	177/ 10	Green	Muhammad Akbar Khan
9	302/ 9	Blue	Iftikhar Afridi
10	04/ 9	Blue	S. Sajjad
11	138/ 8	Green	Hassan Zeb
12	211/ 8	Green	Muhammad Hammad

FOOTBALL TEAM 1996-97

1	54/ 10	Green	Fahad Aziz (Captain)
2	137/ 10	Blue	Naeem Shah Afridi (V. Captain)
3	124/ 10	Green	Sajid Hussain
4	262/ 10	Blue	M. Haider
5	173/ 10	Blue	Zubair Ahmed
6	177/ 10	Green	Akber Khan
7	299/ 10	Blue	Shehzad Zaman
8	239/ 10	Green	Shakeel Durrani
9	300/ 10	Green	Tariq Aziz
10	257/ 10	Green	M. Mudassar Ehsan
11	320/ 9	Green	Adnan Ishtiaq
12	331/ 9	Green	Faisal Iqbal

13	04/ 9	Blue	Iftikhar Afridi
14	302/ 9	Blue	S. Sajjid
15	322/ 8	Blue	Anjum Zia
16	388/ 8	Blue	Muhammad Iliyas
17	382/ 8	Green	Faheem Feroz
18	113/ 8	Blue	Subtain Rabbani
19	211/ 8	Green	Muhammad Hammad

CHESS TEAM 1996-97

1	159/ 10	Blue	Sheryar Ali (Captain)
2	170/ 10	Green	Aftab Ahmed (V. Captain)
3	363/ 9	Green	Owais Khan
4	456/ 9	Green	Anwar Ahmed
5	382/ 8	Green	Faheem Feroz Babar

CRICKET TEAM

1	124/ 10	Green	S. Sajid Hussain (Captain)
2	300/ 10	Green	Tariq Aziz (V. Captain)
3	54/ 10	Green	Fahad Aziz
4	173/ 10	Blue	Zubair Ahmed
5	137/ 10	Blue	Naeem Shah Afridi
6	260/ 10	Blue	Faheem Shah Afridi
7	170/ 10	Green	Aftab Ahmed
8	159/ 10	Blue	Shehryar Ali
9	148/ 10	Green	Asim Aziz
10	240/ 10	Blue	Muhammad Arshad
11	299/ 10	Blue	Shehzad Zaman
12	317/ 10	Blue	Faisal Ayub
13	177/ 10	Green	Akber Khan
14	331/ 9	Green	Faisal Iqbal
15	456/ 9	Green	Ansar Ahmed
16	302/ 9	Blue	S. Sajjad
17	113/ 8	Blue	Subtain Rabbani
18	398/ 8	Green	Azam Marwat
19	250/ 8	Green	Rahid Murtaza
20	211/ 8	Green	Hammad Ahmed
21	328/ 8	Green	Khalid Khan
22	382/ 8	Green	Faheem Feroz Babar
23	139/ 8	Green	Hamayun Mehmood
24	437/ 8	Green	Raza Muhammad

CRICKET TEAM (JUNIOR)

1	03/ 7	Blue	Muhammad Daud
2	307/ 7	Green	Asif Khan
3	381/ 7	Blue	M. Safir
4	383/ 7	Green	Waseem Feroz Babar
5	238/ 6	Green	Adil
6	329/ 6	Blue	Shakeel Ahmed
7	157/ 6	Blue	Farukh Ahmed
8	397/ 6	Blue	Irfan
9	414/ 6	Green	Usman
10	386/ 6	Blue	Mehmood
11	247/ 6	Green	Muhammad Atif
12	332/ 6	Green	Waseem
13	06/ 6	Blue	S. Rehan Ahmed
14	374/ 6	Green	Muhammad Saad
15	348/ 5	Blue	Imran
16	323/ 5	Blue	Zia Murtaza
17	181/ 5	Blue	Daud Khalid

BASKETBALL TEAM 1996-97

1	177/ 10	Green	M. Akbar Khan (Captain)
2	239/ 10	Green	Shakeel Ahmad (V. Captain)
3	173/ 10	Blue	Zubair Ahmed
4	54/ 10	Green	Fahad Aziz
5	299/ 10	Blue	Shehzad Zaman
6	04/ 9	Blue	Iftikhar Zareen
7	331/ 9	Green	Faisal Iqbal
8	241/ 9	Green	Muhammad Arif
9	302/ 9	Blue	S. Sajjad
10	320/ 9	Green	Adnan Iqbal
11	159/ 10	Blue	Shehryar Ali

BADMINTON TEAM 1996-96

1	173/ 10	Blue	Zubair Ahmed (Captian)
2	36/ 10	Green	Kashif Mahfooz (V. Captain)
3	177/ 10	Green	Muhammad Akbar Khan
4	54/ 10	Green	Tariq Aziz
5	299/ 10	Blue	Shehzad Zaman
6	241/ 9	Green	Adnan Ishtiaq
7	368/ 9	Green	Saif Ur Rehman
8	122/ 8	Green	Yasir Tariq
9	139/ 8	Green	M. Humayun
10	370/ 7	Green	Muhammad Ali
11	307/ 7	Green	Muhammad Asif

GIRLS

12	76/ 7	Blue	Nosheen Gul
13	81/ 7	Green	Yamima Malik
14	116/ 6	Green	Ayesha Malik
15	113/ 8	Blue	Sadia Ahsan

SCHOOL BAND 1996-97

1	316/ 8	Malik Taimur Ali	Side Drum (Captian)
2	113/ 8	Subtain Rabbani	Bais Drum (V.Captian)
3	477/ 6	Ahsan Mukhtar	Bais Drum
4	190/ 6	Junaid Kazi	Side Drum
5	347/ 6	Arfan Anil	Side Drum
6	157/ 6	Farukh Ahmed	Side Drum
7	348/ 5	Imran Shakeel	Side Drum
8	181/ 7	Dawood Khalid	Tenor Drum
9	249/ 7	Umer Khan	Tambourine
10	114/ 7	Hammad Shah	Tambourine
11	41/ 7	Muhammad Usman	Tambourine
12	383/ 7	Wasim Feroz Babar	Tambourine

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