

Programme

10:30	Arrival of the Chief Guest
10:35	Opening Ceremony
10:40	Address of the Principal
10:45	Open Competition 4 x 200 Metres Relay (Boys)
10:50	Open Competition 4 x 100 Metres Relay (Girls)
10:55	Open Competition 200 Metres (Girls)
11:00	Karate Demonstration (School Karate Team)
11:25	Drill Display - Group I - Classes 2 & 3 (Boys)
	Group II - Classes 4 & 5 (Boys & Girls)
	Group III - Classes 4 & 5 (Girls)
11:40	Gymnastics (School Gymnastic Teams)
11:55	Drill Display - Group IV - Classes 6 & 7 (Boys)
12:00	Parents' Race - Ladies - Backward Race
	Gents - Sack Race
12:15	March Past
11:25	Address of the Chief Guest
12:30	Distribution of Trophies.

SAINT FRANCIS' HIGH SCHOOL

HAYATABAD, PESHAWAR.

9th Annual Inter-House Athletics Sports Meet

The Principal, Staff And Students
Cordially Invite

Mr. & Mrs.

to the 9th Annual Inter-House Athletics Sports Meet
to be held on the school grounds
on Tuesday, 7th December, 2004 at 10:30 a.m.

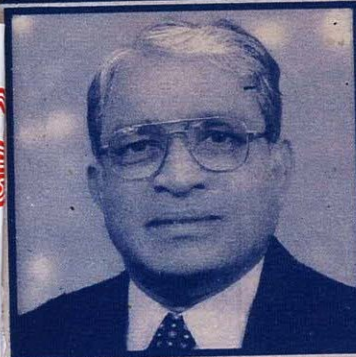
MR. SHERZADA KHAN

Secretary, Schools & Literacy Department,
Government of N.W.F.P.

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



ADDRESS OF THE PRINCIPAL



Honourable Secretary Education,
Mr. Sherzada Khan, worthy parents,
respected faculty members and dear
students. It gives me an immense
pleasure to have you all here on the
occasion of our 9th Annual Athletics
Sports Meet. Keeping the tradition

alive, once again we shall confer honours upon all those who have
shown endearing performances in different sports and athletic
events during this year. To dignify the occasion we have amongst
us, Mr. Sherzada Khan, Secretary Education, Schools and Literacy
Department. Mr. Sherzada Khan is a well known figure in
government and social circles. He is a seasoned bureaucrat who
has made significant contribution to various departments of the
government besides rendering valuable services to the city of
Peshawar.

At St. Francis' High School, we consider participation in
sports equally important as the academic proficiency. We aim far
beyond than just making our students get good grades in the
examinations. We strive to make them a wholesome blend of
scholarship, responsibility, motivation, patience and discipline,
just to mention a few of the various dimensions of personality we
target. That's why we provide them opportunities to discover their
potential abilities, sharpen their talents, exhibit humility in victory
and to have a resolute heart in defeat. The outcome of our
endeavour is quite encouraging, a glimpse of which you can see in
the write ups from our former students, included in the brochure.

Ladies and gentlemen, you are all well aware of the
importance of the Parent-Teacher-Student Triangle. These three
components of the trio have to work in coordination in order to
achieve excellence. This triangle is equally important in sports as it
is in academics, but unfortunately, most of the parents fail to look
at it from this perspective. At school, we make our best efforts to
play our role efficiently, but the desired results are only possible
with an equal participation on part of the parents. With the growing
interest of our youth in passive pursuits, it is essential that the

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parents draw them towards healthy activities. Parents must cut down the time their children spend on playing computer games, watching satellite channels and surfing the net. They must provide them with healthy activities like sports and outdoor quests. The parents need to take time out and accompany them for such activities. One doesn't need to be professional sportsman to engage in such pastimes. You can accompany them simply for a walk, jogging, swimming or cycling. This is going to be helpful in many ways. Most important of all, it's going to strengthen the relationship and bridge the ever-widening generation gap. Not only that it will have a positive impact on their health, but it will also help in their character building and augmenting to what they learn in this playground.

As I mentioned earlier, discipline and patience are two very important traits that are developed through team sports. Faith flourishes only when a person is disciplined and patient. As a nation, we are in an acute need to develop these traits. Our socio-political scene would have been much better if the whole nation in general and our praiseworthy politicians in particular, had discipline, patience and sportsman spirit. We need to get united as a nation, have faith in ourselves and exhibit highest degree of discipline if we wish to progress and prosper.

Our Karate classes also train the students to be more disciplined and patient. They learn to respect the opponent while defending themselves. They are trained to struggle for achieving the next level of proficiency. They also understand the importance of team work. Above all, they develop faith in their own selves and their self reliant abilities. The Karate classes have been in full swing during this year, the evidence of which you will witness today, the new students will be inducted to the Karate class after the Sports Meet and the classes will resume on 5th January, 2005.

In the end, once again I thank all of you to find time out to grace this occasion. My sincere gratitude to all the staff members and the students whose efforts made this event possible.

God bless you all.

FRANCIS SALES FERNANDO

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IMPORTANCE OF SPORTS IN MY LIFE

Imran Shakeel

Sports are the positive experience for our body and mind. The importance of sports in the life of a young students is invaluable and goes much further than the basic answer that "It keeps kids off the streets." It does in fact keep kids off the streets, but it also instills lessons that are essential in the life of a student athlete. The most important aspect of sports in that it teaches us to accept defeat gracefully and it helps in developing the skill for handling disappointments.

Sports have not only kept me physically fit but have also instilled moral values like discipline, responsibility, self-confidence, sacrifice, trust and sporting spirit with in me. It has also helped me to take decisions and sharpens my thinking process.

The sport which I like the most is Badminton. I always wanted to be a captain of Badminton in my school life. when I was in Matric Class, I was chosen as the Badminton captain because of my excellent performance. At that time, I felt very lucky to be a student of "St. Francis' High School" because it has always encouraged its students and rewarded what they deserve in every aspect. It was a great feeling to be a leader. It made me more responsible and that's why I wanted to be the best in every way. I started working hard not only for sports but also for my studies.

At present, I am doing BBA Hons. It's my first semester and the subjects I have taken are Business Law, Business Communication and Economics. Although people find it difficult to compare business field and sports, but I think that sports help us in one way or the other in any field. It helps business men to work with team rather than being self centred.

**Imran Shakeel matriculated from St. FRANCIS' HIGH SCHOOL in 2001-2002 and at present is a student of BBA Hons. at Informatics University, Peshawar.*

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Sports: A MEANS OF SELF EXPLORATION

Somana Riaz

Sports activities have played a key role in building up my personality. There are several factors which are worth mentioning in this regard. The top listed feature is that I have gained the courage and confidence to face the world without hesitation. In addition, a great sense of participation in healthy competitions regardless of the gender discrimination has developed. Another aspect is that I have learnt to polish the precious gift of tolerance hidden within each one of us. Such activities have proved very fruitful in bringing out my strengths and have brought to my knowledge my weaknesses.

In particular, I learnt to stay calm while in grief or when I was greatly disheartened. In addition, I learnt to put in all my strength and efforts when assigned a task, not worrying about its result and having a firm belief in myself.

Had my involvement in such activities not been so, I would have become a timid person staying quiet even when there would be a need to converse. I wouldn't have been able to explore myself and would have remained ignorant of the great gift of my Lord. I might not have been able to intermingle with the surroundings or other people. My command over my feelings and emotions would have stayed under the shadow of lack of self confidence. I might not have been able to have the tolerance of considering or at least listening to the opinion of others. My personality would have remained like a broken chair which proves of no use or a tree without any leaves which cannot benefit others by its shadow. In a nutshell, all such activities have proved to be the backbone of my personality in exploring and believing in myself and my Creator at every moment of my life.

** Somana Riaz matriculated from St. Francis' High School in 2002-03 and at present is a student of 1st year Pre medical at Edwardes College, Peshawar.*

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St. Francis' High School, Hayatabad, Peshawar.

9th Annual Athletics Sports Meet 2004.

OFFICIALS

REFERRE

Mr. Francis Sales Fernando

STARTER

Mr. Anwar Jamal

CHECK STARTERS

Mr. Nauman Saeed Mrs. Shabana Riaz

TRACK UMPIRES

Mr. Suleman Sabir Miss. Naheed Falaksher

TIME KEEPERS

Miss. Ambreen Yousaf Mr. Khurram Shehzad
Miss. Aneela Iqbal

ANNOUNCERS

Mr. Fayyaz Ghufuran Mr. Naeem Pervez

RECORDER

Mr. Rifat Ullah

TECHNICIAN

Mr. Azam Shahbaz

OFFICIAL PHOTOGRAPHER

M/S Malik Sons

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RECEPTION & GUEST STEWARDS

Mrs. Musarat Jabeen
Mrs. Aliya Shahid
Mrs. Christina Javed
Mr. Havildar Khan

Mrs. Rukhsana Asad
Mr. Robinson Yousaf
Mr. Issa Khan
Mr. Adnan Shahid

GENERAL SUPERVISION

Mrs. Nighat Iqbal
Mrs. Samrana Iqbal
Miss. Naheed Falaksher
Miss. Shahida Perveen
Miss. Sumaira Zahoor
Mrs. Mufaza Naeem
Mrs. Saiqa Insar
Miss. Aneela Iqbal
Miss. Elishiba Emmanuel
Mrs. Shaira Faraz
Miss. Pansy Shamoun
Miss. Sabiha Sadiq
Mrs. Zanoobia Robinson
Mrs. Basharat Naeem

Miss. Zakia Mary
Miss. Beenish Younas
Miss. Asiya Mukhtar
Miss. Asmat Gill
Miss. Fauzia Yasmin
Miss. Tasneem Latif
Miss. Rubina Saeed
Miss. Sumaira Pervaiz
Miss. Humaira Dimple
Mrs. Rubina Irshad
Miss. Naseem Kanwal
Miss. Misbah Ali
Miss. Sumaira Tabassum

PREPARATION OF CERTIFICATES

Mrs. Khalida Fernando
Miss. Iffat Iqbal

Mrs. Aliya Shahid
Miss. Sobia Tabassum

TROPHIES

Mr. Ahmad Faraz

Mr. Jamshed Griffen

P.T INSTRUCTORS

Mrs. Noreen John
Mr. Subhan Uddin

Mr. Muhammad Riaz

BAND MASTERS

Mr. Muhammad Munir

Mr. Shamshad Khan



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 be allowed to participate.
- 4) Any dispute and / or complaint shall be submitted to the referee, whose decision 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 charge 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 Points	3 Points

In the event of TIE, points will be shared.





CAPTAINS OF CLASS TEAM (BOYS)

Annual Athletic Sports Meet 2004-2005

4-BLUE

Cricket	1199 /	Muneeb Habib
Foot Ball	1199 /	Muneeb Habib

4-GREEN

Cricket	779 /	Rehman Alam
Foot Ball	787 /	Shayan Sameer Fernando

5-BLUE

Basket Ball	1173 /	Muhammad Yar
Cricket	652 /	Ayub Shah
Foot Ball	950 /	Zia Ur Rehman
Volley Ball	1131 /	Ihsan Ullah

5-GREEN

Basket Ball	986 /	Shabir Ahmed
Cricket	707 /	Yasir Khan
Foot Ball	708 /	Nasir Khan
Volley Ball	987 /	Shaheer Ahmed

6-BLUE

Basket Ball	504 /	Salman Zahid
Cricket	1067 /	Sherjeel Riaz
Foot Ball	521 /	Zubair Khan
Volley Ball	630 /	Mohsin Amin

6-GREEN

Basket Ball	1140 /	Shahzad Tariq Afridi
Cricket	984 /	Muhammad Jamal Khan
Foot Ball	909 /	Ehtesham Qayyum
Volley Ball	1054 /	Abdul Aziz

7-BLUE

Basket Ball	785 /	Zubair Ali
Cricket	946 /	Zarak Khan
Foot Ball	589 /	Kashif Afridi
Volley Ball	641 /	Nadir Khan

7-GREEN

Basket Ball	1173 /	Saddam Saleem
Cricket	213 /	Junaid Khan Shanwari
Foot Ball	922 /	Inam Ullah Noor
Volley Ball	1082 /	Gulzar Ahmad



CAPTAINS OF CLASS TEAM (BOYS)

Annual Athletic Sports Meet 2004-2005

8-BLUE

Basket Ball	436 /	Muhammad Khazim
Cricket	422 /	Salman Farid Gul
Foot Ball	973 /	Adnan Afridi
Volley Ball	799 /	Muhammad Furqan

8-GREEN

Basket Ball	1053 /	Abdul Mutalib
Cricket	488 /	Kamran Gul
Foot Ball	1153 /	Haseeb Khan
Volley Ball	868 /	Akhtar Zaman

9-BLUE

Basket Ball	795 /	Hamza Bangash
Cricket	642 /	Muhammad Wasid Nawaz
Foot Ball	949 /	Bilal Hussain
Volley Ball	1024 /	Muhammad Suhaib

9-GREEN

Basket Ball	894 /	Zeeshan Mahsud
Cricket	88 /	Zia Ullah Khan
Foot Ball	1117 /	Muhammad Afzal
Volley Ball	923 /	Nadeem Afzal

10-BLUE

Basket Ball	225 /	Abdullah Umer
Cricket	940 /	Adnan Sattar
Foot Ball	636 /	Khushal Shah
Volley Ball	938 /	Hassam Zahir Shah

10-GREEN

Basket Ball	1077 /	Nasir Khan
Cricket	471 /	Mujeeb Alam
Foot Ball	866 /	Muhammad Asif
Volley Ball	846 /	Darwesh Khan



Keen Sona

Style Fabrics

Fabric Gallery

JINNAH STREET, PESHAWAR CANTT,
Ph: 091-5284485

THE MALL TOWER, PESHAWAR CANTT,
Ph: 091-5286687



CHIEF PREFECTS AND PREFECTS (BOYS) ACADEMIC YEAR 2004 - 2005

CHIEF PREFECTS CLASS 10:

235 Abbas Haider Malooki
1065 Shah Fahad Khan
1088 Usman Ahmed

PREFECTS CLASS 10

225 Abdullah
940 Adnan Sattar
404 Ali Asghar
927 Arbab Ahmad Zeeshan
866 Asif Afridi
867 Atiq Afridi
846 Derwaish Khan
948 Gul Khan
938 Hassan Zahir Shah
1081 Jaidad Shah
979 Khurram Mushtaq
154 Muhammad Aqib
736 Muhammad Fahad Gohar
471 Mujeeb Alam
1077 Nasir Khan
960 Noman Ahmad
1045 Saad Jamal
636 Sayed Khusal Shah
144 Shahid Ali
116 Syed Arsalan Ahmad Shah
969 Syed Khawar Rasool Shah
1220 Umer Bin Waqas
908 Zeeshan Qayyum

PREFECTS CLASS 9

174 Izhar Ullah
1087 Abdur Rasheed
949 Bilal Hussain
516 Shahab Saleem
1024 Muhammad Sohaib
196 Alam Khan
970 Yawar Rasool Shah

CHIEF PREFECTS AND PREFECTS (GIRLS)

CHIEF PREFECTS CLASS 10:

06 Uzma Hashim
91 Sophia Zohra

PREFECTS CLASS 10

7 Arzoo Sharif
66 Farah Noreen
72 Sidra Habib
126 Zarlakhta Farhat
162 Sanam Riaz
209 Saima Raiz
289 Nighat Afridi

PREFECTS CLASS 9

144 Mashal Riaz
63 Amna Qadir
139 Shumaila Zeb

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LIBRARY PREFECTS

Academic Year 2004-2005 (Boys)

CLASS	NAME	Roll No	Class
10	Mujeeb Alam	471	10
10	Arsalan Ahmed	116	10
10	Shah Fahad	1065	10
10	Usman Ahmed	1088	10

LIBRARY PREFECTS

Academic Year 2004-2005 (Girls)

10	Sophia Zohra	91	10
10	Farah Noreen	66	10
10	Sidra Habib	72	10
10	Uzma Hashim	6	10



CAPTAINS AND VICE CAPTAINS OF TEAMS ACADEMIC YEAR 2004-2005

BOYS

BADMINTON:

Captain	Ali Asghar	404	Blue / C1. 10
Vice Captain	Usman Ahmed	1088	Green / C1. 10

BASKETBALL:

Captain	Abdullah Umar	255	Blue / C1. 10
Vice Captain	Nasir Khan	1007	Green / C1. 10

CHESS:

Captain	Abbas Haider Malooki	235	Blue / C1. 10
Vice Captain	Syed Arsalan Ahmed Shah	116	Green / C1. 10

CRICKET:

Captain	Adnan Sattar	940	Blue / C1. 10
Vice Captain	Mujeeb Alam	471	Green / C1. 10

FOOTBALL:

Captain	Asif Afridi	866	Green / C1. 10
Vice Captain	Syed Khushal Shah	636	Blue / C1. 10

GYMNASTIC (Senior)

Captain	Shayan Sameer Fernando	787	Green / C1. 4
Vice Captain	Sarosh Ahmad	788	Green / C1. 4

GYMNASTIC (Junior):

Captain	Shayan Sameer Fernando	787	Green / C1. 4
Vice Captain	Sarosh Ahmad	788	Green / C1. 4

KARATE:

Captain	Shayan Sameer Fernando	787	Green / C1. 4
Vice Captain	Farhan Zeb Khan	945	Blue / C1. 8

VOLLEYBALL:

Captain	Darwaish Khan	846	Green / C1. 10
Vice Captain	Hassam Zahir	938	Blue / C1. 10

GIRLS

BADMINTON:

Captain	Uzma Hashim	06	Blue / C1. 10
Vice Captain	Sidra Habib	72	Green / C1. 10

CHESS:

Captain	Sophia Zohra	91	Blue / C1. 10
Vice Captain	Arzoo Sharif	07	Green / C1. 10

NETBALL:

Captain	Sidra Habib	72	Green / C1. 10
Vice Captain	Zarlakhta	126	Blue / C1. 10

GYMNASTIC:

Captain	Badar Atiq	140	Blue / C1. 5
Vice Captain	Palwasha Khan	184	Blue-Gr / C1. 5

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ORDER OF THE MARCH PAST (BOYS)

Parade Commander:

471 / Cl. 10 Mujeeb Alam

Asst. Parade Commander:

866 / Cl. 10 Asif Afridi

ORDER OF THE MARCH PAST (GIRLS)

Parade Commander:

72 / Cl. 10 Sidra Habib

Asst. Parade Commander:

91 / Cl. 10 Sophia Zohra

SQUAD LEADERS (Boys)

BLUE HOUSE

CLASSES	LEADER	Roll No.
3	Hafeez Ullah	1020
4	Mueen-r-Rehman	732
5	Raheel Ahmad	619
6	Sherjeel Riaz	1067
7	Munim-Ur-Rehman	667
8	Saad Amjad	967
9 & 10	Abdullah Umer	225

GREEN HOUSE

CLASSES	LEADER	Roll No.
3	Ahmad Jamal	999
4	Shayan Sameer Fernando	787
5	Razdan Khan	761
6	Noman Afridi	337
7	Afnan Farid	423
8	Hasnain Haider	1035
9	Abdur Rasheed	1087



SQUAD LEADERS (Girls)

BLUE HOUSE

CLASS	LEADER	Roll No.
10	Sanam Usman	162
10	Zarlakhta Farhat	126

GREEN HOUSE

CLASS	LEADER	Roll No.
10	Farah Noreen	66
10	Saima Riaz	209

COMMAND

Well Advance, Left Turn.

REPORT

Parade is present and ready for your inspection, Sir.

PERMISSION

My I have your permission to carry on, Sir.





BUS AND VAN MONITORS

Bus. No. 1	(Ring Road, Kohat Road, Gulbahar, Kohati)	209/C1.10 Saima Riaz
Bus. No. 2	(Ring Road, Swat Gate, Ferdous, Haji Camp)	979/C1.10 Khurram Mushtaq
Bus. No. 3	(Phase I, II, V)	636/C1.10 Syed Khushal Shah
Bus. No. 4	(Board, University Campus, Police Colony)	235/C1.10 Abbas Haider Malooki
Bus. No. 5	(University Road, Tehkal, Shami Road)	225/C1.9 Abdullah Umer
Bus. No. 6	(Phase - II, III)	66 /C1.10 Farah Noreen
Bus. No. 7	(Phase - VI)	960/C1.10 Nouman Ahmad
Van. No. 1	(Phase - I, IV, Kacha Ghar)	460/C1.7(Gr) Tanzeel
Van. No. 2	(Phase - IV)	507/C1.7(BI) Usman Khalid
Van. No. 3	(Phase - II, III)	430/C1.9 Faizan Alam

TEAM EVENTS ALREADY WORKED OUT

Badminton	(Boys)	Singles	Blue	Green
			28	26
	(Girls)	Doubles	24	30
		Singles	60	36
		Doubles	65	51
Basketball			35	25
Chess	(Boys)		27	27
	(Girls)		27	27
Cricket			50	40
Football			30	40
Netball			19	19
Tug-O-War	(Boys)		17	19
	(Girls)		5	7
Volley ball			20	40



HOUSE CAPTAINS AND VICE CAPTAINS

BLUE HOUSE (BOYS)

Captain	Ali Asghar	404	/ C1. 10
Vice Captain	Abdullah Umar	225	/ C1. 10

GREEN HOUSE (BOYS)

Captain	Shah Fahd Khan	1065	/ C1. 10
Vice Captain	Asif Afridi	866	/ C1. 10

BLUE HOUSE (GIRLS)

Captain	Sophia Zohra	96	/ C1. 10
Vice Captain	Nighat Shahid	289	/ C1. 10

GREEN HOUSE (GIRLS)

Captain	Farah Noreen	66	/ C1. 10
Vice Captain	Sidra Habib	72	/ C1. 10

ATHLETIC CAPTAINS AND VICE CAPTAINS

BLUE HOUSE (BOYS)

Captain	Syed Khushal Shah	636	/ C1. 10
Vice Captain	Abbas Haider Malooki	235	/ C1. 10

GREEN HOUSE (BOYS)

Captain	Mujeeb Alam	471	/ C1. 10
Vice Captain	Atiq Afridi	866	/ C1. 10

BLUE HOUSE (BOYS)

Captain	Uzma Hashim	06	/ C1. 10
Vice Captain	Zarlakhta	126	/ C1. 10

GREEN HOUSE (BOYS)

Captain	Arzoo Sharif	07	/ C1. 10
Vice Captain	Saima Riaz	209	/ C1. 10





EVENTS ALREADY WORKED OUT UNDER 5 (Boys)

50 METRES:

1st	1160 / Prep Blue	Danial Afridi	10.44 Secs.
2nd	1118 / Prep Blue	Muhammmad Jibran	
3rd	1121 / Prep Green	Musa Munawar	

POTATO RACE:

1st	1300 / 1 Blue	Danyal Khan
2nd	1233 / Prep Blue	Sayed Zarak Ali
3rd	1195 / Prep Blue	Azlan Afridi

RABBIT RACE:

1st	1174 / Prep Blue	Ansar Subhan
2nd	1335 / 1 Blue	Bayazid Khan Burki
3rd	1315 / Pre-Prep Blue	Faheem Iqbal

THROWING THE TENNIS BALL:

1st	1180 / Prep Green	Misbah-ud-din Afridi	22.77 Metres
2nd	1195 / 1 Blue	Azlan Afridi	21.73 Metres
3rd	1300 / Pre-Prep Blue	Danyal Iqbal	20.23 Metres

WHEEL BARROW RACE:

1st	1174 / Prep Blue	Ansar Subhan
1st	1160 / Prep Blue	Danial Afridi
2nd	1229 / Pre-Prep Blue	Naqqi Abbas Bangash
2nd	1333 / Pre-Prep Blue	Mujeeb ur Rehman
3rd	1206 / Prep Green	Muhammad Asim Ullah
3rd	1203 / Prep Green	Syed Usman Akbar Shah

THREE LEGGED RACE:

1st	1334 / Pre-Prep Blue	Ahmad Amin
1st	1300 / 1 Blue	Danyal Khan
2nd	1174 / Prep Blue	Ansar Subhan
2nd	1160 / Prep Blue	Daniyal Afridi
3rd	1229 / Pre-Prep Blue	Naqqi Abbas Bangash
3rd	1326 / Pre-Prep Blue	Bathur Khan



EVENTS ALREADY WORKED OUT UNDER 5 (Girls)

50 METRES

1st	436 / 1 Blue	Mahnoor Khan	12.44 Secs.
2nd	233 / Prep Blue	Shahlal	
3rd	441 / Prep Green	Mahnoor Javed	

POTATO RACE

1st	441 / Prep Green	Mahnoor Javed
2nd	428 / Pre-Prep Green	Aimen Murtaza
3rd	377 / Prep Blue	Hoor Sharif

THROWING THE TENNIS BALL

1st	436 / 1 Blue	Mahnoor Khan	12.53 Metres
2nd	377 / Prep Blue	Hoor Sharif	10.45 Metres
3rd	441 / Prep Green	Mahnoor Javed	7.07 Metres

THREE LEGGED RACE

1st	377 / Prep Blue	Hoor Sharif
1st	387 / Prep Blue	Mahnoor
2nd	317 / 2 Blue	Laleen Syed
2nd	436 / 1 Blue	Mahnoor Khan
3rd	406 / Prep Green	Tanees Asim
3rd	372 / Prep Green	Fatima Khan





EVENTS ALREADY WORKED OUT UNDER 6 (Boys)

50 METRES:

1st	1044 / 1 Blue	Mansoor Subhan	8.78 Secs.
2nd	1267 / 1 Blue	Sohail Afridi	
3rd	1317 / 1 Blue	Waleed Ahmed	

POTATO RACE

1st	1267 / 1 Blue	Sohail Afridi
2nd	1072 / 2 Green	Hassan Javed
3rd	1212 / 1 Green	Mohammad Ahsan

THROWING THE TENNIS BALL

1st	1332 / 1 Blue	Zeeshan Khan	31.65 Metres
2nd	1267 / 1 Blue	Sohail Afridi	29.80 Metres
3rd	1069 / 1 Green	Aqib Ullah	28.56 Metres

WHEEL BARROW RACE

1st	1044 / 1 Blue	Mansoor Subhan
1st	1050 / 2 Blue	Sajid Mohmand
2nd	1018 / 1 Blue	Salman Zakir
2nd	1003 / 1 Blue	Ijaz Ullah
3rd	994 / 2 Green	Hamza Zaman
3rd	1069 / 1 Green	Aqib Ullah

RABBIT RACE

1st	1317 / 1 Blue	Waleed Ahmed
2nd	1132 / Prep Blue	Asim Ullah
3rd	1050 / 1 Blue	Sajid Momand

THREE LEGGED RACE

1st	1125 / 1 Green	Basit Malik
1st	1103 / 1 Green	Khalil Khan
2nd	1069 / 1 Green	Aqib Ullah
2nd	994 / 2 Green	Hamza Zaman
3rd	1132 / Prep Blue	Asim Ullah
3rd	1013 / 1 Blue	Abid Khatak



EVENTS ALREADY WORKED OUT UNDER 6 (Girls)

50 METRES

1st	352 / 1 Blue	Laiba Mehsud	10.47 Secs.
2nd	360 / 1 Green	Faiza Gul	
3rd	287 / 2 Blue (Gr)	Tuba Zafar	

POTATO RACE

1st	360 / 1 Blue (Gr)	Faiza Gul
2nd	327 / 1 Blue	Aimen Fayyaz
3rd	287 / 2 Blue (Gr)	Tuba Zafar

THROWING THE TENNIS BALL

1st	360 / 1 Green	Faiza Gul	13.88 Metres
2nd	381 / Prep Blue(Gr)	Minahil Qazi	10.97 Metres
3rd	435 / Prep Blu (Gr)	Gulalai Rehman	10.20 Metres

THREE LEGGED RACE

1st	360 / 1 Blue (Gr)	Faiza Gul
1st	381 / 1 Blue (Gr)	Minahil Qazi
2nd	287 / 2 Blue (Gr)	Tuba Zafar
2nd	398 / Prep Green	Sarah Khan
3rd	352 / 1 Blue	Laiba Mehsud
3rd	390 / 1 Blue	Tajala





EVENTS ALREADY WORKED OUT UNDER 7 (Boys)

50 METRES

1st	901 / 2 Blue	M. Usman Khan	8.65	Secs.
2nd	911 / 2 Blue	Asad Rehman Khattak		
3rd	1314 / 2 Green	Jaffar Iqbal		

POTATO RACE

1st	845 / 3 Blue	Uzair Ahmed
2nd	1165 / 1 Green	Umair Afridi
3rd	920 / 2 Blue	Reshail Naeem

THROWING THE TENNIS BALL

1st	1314 / 2 Green	Jaffar Iqbal	36.02	Metres
2nd	845 / 3 Blue	Uzair Ahmed	32.54	Metres
3rd	1086 / 1 Green	Hamad Afridi	32.04	Metres

RABBIT RACE

1st	1314 / 2 Green	Jaffar Iqbal
2nd	911 / 2 Blue	Asad Rehman Khattak
3rd	910 / 2 Blue	Muhammad Usman

WHEEL BARROW RACE

1st	1085 / 1 Green	Muhammad Ajmal
1st	1133 / 1 Green	Muhammad Adnan
2nd	910 / 2 Blue	Muhammad Usman
2nd	931 / 2 Blue	Amad Afridi
3rd	845 / 3 Blue	Uzair Ahmed
3rd	826 / 3 Blue	Aqil Amjid

THREE LEGGED RACE

1st	1016 / 2 Green	Muhammad Ilyas
1st	1324 / 2 Green	Muhammad Sannan
2nd	911 / 2 Blue	Asad Rehman Khattak
2nd	931 / 2 Blue	Amad Afridi
3rd	1090 / 1 Green	Saad Afridi
3rd	1165 / 1 Green	Umair Afridi



EVENTS ALREADY WORKED OUT UNDER 7 (Girls)

50 METRES

1st	438 / 2 Blue (Gr)	Fiza Rubab	11.16	Secs.
2nd	446 / 4 Blue	Hira Asad		
3rd	365 / 1 Blue (Gr)	Komal Naeem		

POTATO RACE

1st	408 / 2 Blue (Gr)	Spogmai
2nd	349 / 1 Blue	Anum Nawaz
3rd	333 / 1 Blue	Zainab Abbas

THROWING THE TENNIS BALL

1st	313 / 2 Blue (Gr)	Sana Saleem	18.77	Metres
2nd	411 / 1 Blue	Nadia	17.80	Metres
3rd	359 / 2 Blue	Hina Gul	17.79	Metres

THREE LEGGED RACE

1st	359 / 2 Blue	Hina Gul
1st	388 / 2 Blue	S. Tabeen Ali
2nd	402 / 2 Blue	Kainat Syed
2nd	338 / 2 Blue	Hafsa Khalid
3rd	380 / 1 Blue (Gr)	Mahnoor Humayun
3rd	365 / 1 Blue (Gr)	Komal Naeem





EVENTS ALREADY WORKED OUT UNDER 8 (Boys)

50 METRES

1st	1021 / 3 Blue	Fawad Akbar	8.53 Secs.
2nd	1202 / 3 Blue	Aanis Ghani	
3rd	905 / 4 Green	Zahab Ali	

POTATO RACE

1st	1265 / 3 Blue	Muhammad Tufail
2nd	999 / 3 Green	Ahmad Jamal
3rd	1021 / 3 Blue	Daniyal Khan

THROWING THE TENNIS BALL

1st	1092 / 1 Green	Salman Afridi	37.87 Metres
2nd	790 / 3 Blue	Mohammad Annas	34.95 Metres
3rd	905 / 4 Green	Zahab Ali	34.87 Metres

WHEEL BARROW RACE

1st	1105 / 3 Blue	Haris Qayyum
1st	1021 / 3 Blue	Fawad Akbar
2nd	800 / 3 Blue	Julian Minto
2nd	791 / 3 Blue	Muhammad Annas
3rd	977 / 3 Green	Saad Ullah
3rd	905 / 4 Green	Zahab Ali

THREE LEGGED RACE

1st	905 / 3 Green	Zahab Ali
1st	977 / 3 Green	Saad Ullah
2nd	791 / 3 Blue	Muhammad Annas
2nd	1202 / 3 Blue	Aanis Ghani
3rd	1253 / 3 Green	Muhammad Ibrahim
3rd	1330 / 3 Green	Farhan Khan



EVENTS ALREADY WORKED OUT UNDER 8 (Girls)

50 METRES

1st	295 / 3 Blue (Gr)	Ayesha Shahid	9.540 Secs.
2nd	314 / 3 Blue (Gr)	Remsha Wisal	
3rd	361 / 3 Blue	Sidra Zeb	

POTATO RACE

1st	459 / 3 Blue (Gr)	Sarwat Bushra
2nd	395 / 3 Blue	Farwa Ali
3rd	233 / 3 Blue	Khushbakht Qayyum

THROWING THE TENNIS BALL

1st	295 / 3 Blue (Gr)	Ayesha Shaid	16.13 Metres
2nd	348 / 3 Blue	Mahrukh Ishfaq	14.26 Metres
3rd	314 / 3 Blue (Gr)	Rimsha Wisal	13.67 Metres

THREE LEGGED RACE

1st	224 / 4 Blue (Gr)	Madeha Asghar
1st	316 / 4 Blue (Gr)	Sumbal Aman
2nd	395 / 3 Blue	Farwa Ali
2nd	361 / 3 Blue	Sidra Zeb
3rd	270 / 2 Blue	Marwah Imtiaz
3rd	430 / 2 Blue	Saima Rehman





EVENTS ALREADY WORKED OUT UNDER 9 (Boys)

50 METRES

1st	779 / 4 Green	Rehman Alam	8.37 Secs.
2nd	1042 / 4 Blue	Hamza Ali Bangash	
3rd	1312 / 4 Blue	Muddasar Iqbal	

4 x 50 METRES RELAY

1st	1042 / 4 Blue	Hamza Ali Bangash	33.95 Secs.
1st	709 / 4 Blue	Musadiq Noor	
1st	1312 / 4 Blue	Muddasar Iqbal	
1st	732 / 4 Blue	Moeen-ur-Rehman	
2nd	708 / 5 Green	Nasir Khan	
2nd	889 / 4 Green	Imad Saud	
2nd	859 / 4 Green	Omair Ali	
2nd	998 / 4 Green	Ihsan Naveed	
3rd	1027 / 4 Blue	Muhammad Talha	
3rd	1057 / 3 Blue	Jamal Khan	
3rd	701 / 4 Blue	Abdul Salam	
3rd	988 / 4 Blue	Farrukh Khan	

THROWING THE CRICKET BALL

1st	708 / 5 Green	Nasir Khan	52.05 Metres
2nd	779 / 4 Green	Rehman Alam	44.56 Metres
3rd	732 / 4 Blue	Mueen-ur-Rehman	43.96 Metres

OBSTACLE RACE

1st	1036 / 5 Green	Aizaz Khan
2nd	803 / 5 Green	Abdul Salam
3rd	1057 / 3 Blue	Jamal Khan

DRIBBLING THE FOOTBALL

1st	950 / 5 Blue	Zia-ur-Rehman
2nd	695 / 4 Blue	Hamza Rehman
3rd	803 / 4 Green	Asad Khan



EVENTS ALREADY WORKED OUT UNDER 9 (Girls)

50 METRES

1st	184 / 5 Blue (Gr)	Palwasha Khan	8.65 Secs.
2nd	281 / 4 Blue (Gr)	Faryal Afzal	
3rd	406 / 3 Blue	Laila Sayed	

POTATO RACE

1st	212 / 4 Blue	Javaria Jamal
2nd	196 / 5 Blue (Gr)	Omama Saleem
3rd	424 / 4 Blue (Gr)	Mahnoor Shah

THROWING THE TENNIS BALL

1st	184 / 5 Green	Palwasha Khan	29.69 Metres
2nd	410 / 4 Green	Bakhtmina	28.05 Metres
3rd	281 / 4 Green	Faryal Afzal	20.35 Metres

SACK RACE

1st	263 / 4 Blue	Umaina Imtiaz
2nd	424 / 4 Blue (Gr)	Mahnoor Shah
3rd	212 / 4 Blue	Javaria Jamal

OBSTACLE RACE

1st	462 / 4 Blue (Gr)	Misbah Syed
2nd	263 / 4 Blue	Umaina Imtiaz
3rd	410 / 4 Blue (Gr)	Bakhtmina

4 x 50 METRES RELAY

1st	184 / 5 Blue (Gr)	Palwasha Khan	38.28 Secs.
1st	196 / 5 Blue (Gr)	Omama Saleem	
1st	410 / 4 Blue (Gr)	Bakhtmina	
1st	424 / 4 Blue (Gr)	Mahnoor Shah	
2nd	200 / 4 Blue	Romaisa Mahsud	
2nd	208 / 4 Blue	Yamna Banori	
2nd	406 / 3 Blue	Laila Sayed	
2nd	363 / 4 Blue	Mahnoor Inam	
3rd	340 / 5 Blue	Madeha	
3rd	212 / 4 Blue	Javaria Jamal	
3rd	263 / 4 Blue	Umaina Imtiaz	
3rd	191 / 4 Blue	Maham Humayun	





EVENTS ALREADY WORKED OUT UNDER 10 (Boys)

50 METRES

1st	1093 / 6 Blue	Shafat Hussain	8.22 Secs.
2nd	520 / 5 Blue	Rohail Khan	
3rd	788 / 4 Green	Sarosh Ahmad	

100 METRES

1st	798 / 5 Blue	Rohail Abbas	15.67 Secs.
2nd	1201 / 5 Green	Haris Ghani	
3rd	1022 / 5 Blue	Jawad Akbar	

4 x 50 METRES RELAY

1st	1201 / 5 Blue (Gr)	Haris Ghani	34.48 Secs.
1st	483 / 6 Green	Hamza Tahir	
1st	769 / 5 Green	Jibran Khan Bangash	
1st	692 / 5 Green	Kamran Subhan	
2nd	1029 / 5 Blue	Asfandiyar	
2nd	798 / 5 Blue	Rohail Abbas	
2nd	1022 / 5 Blue	Jawad Akbar	
2nd	1144 / 5 Blue	Yasir Imran	
3rd	1139 / 5 Blue	Saad Rehman	
3rd	1224 / 4 Blue	Zain-ul-Abideen	
3rd	746 / 4 Blue	Muhammad Daud	
3rd	598 / 4 Blue	Muhammad Ismail	

THROWING THE CRICKET BALL

1st	1318 / 5 Blue (Gr)	Noor Muhammad	47.86 Metres
2nd	1144 / 5 Blue	Yasir Imran	43.12 Metres
3rd	680 / 5 Green	Mauz Ullah	42.40 Metres

SACK RACE

1st	618 / 5 Blue	Samama Imtiaz	
2nd	798 / 5 Blue	Rohail Abbas	
3rd	914 / 5 Green	Afraz Khan	

OBSTACLE RACE

1st	692 / 5 Green	Kamran Subhan	
2nd	1201 / 5 Blue (Gr)	Haris Ghani	
3rd	622 / 5 Blue	Danyal Imtiaz	

DRIBBLING THE FOOTBALL

1st	1224 / 4 Blue	Zain-Ul-Abideen	
2nd	1201 / 5 Green (Bl)	Haris Ghani	
3rd	647 / 5 Blue	Abdullah Afridi	



EVENTS ALREADY WORKED OUT UNDER 10 (Girls)

50 METRES

1st	231 / 6 Blue (Gr)	Sana Abdullah	8.65 Secs.
2nd	320 / 5 Blue	Fatima Jamal	
3rd	245 / 3 Blue	Yusra Anwar	

100 METRES

1st	342 / 5 Blue (Gr)	Nida Ali	16.93 Secs.
2nd	245 / 3 Blue	Yusra Anwar	
3rd	231 / 6 Blue (Gr)	Sana Abdullah	

4 x 50 METRES RELAY

1st	342 / 5 Blue (Gr)	Nida Ali	37.08 Secs.
1st	237 / 5 Blue	Maria Khan	
1st	177 / 5 Blue (Gr)	Lubna Hashim	
1st	231 / 6 Blue (Gr)	Sana Abdullah	
2nd	320 / 5 Blue	Fatima Jalal	
2nd	245 / 3 Blue	Yusra Anwar	
2nd	178 / 4 Blue	Tayiba Butt	
2nd	199 / 6 Blue	Nayab Zaman	
3rd	1448 / 5 Blue	Sherina Minto	
3rd	234 / 4 Blue	Maleeha Nisar	
3rd	432 / 4 Blue	Mahnoor Rehman	
3rd	391 / 3 Blue	Shaista Younas	

THROWING THE TENNIS BALL

1st	307 / 5 Blue (Gr)	Natasha Mehsud	25.71 Metres
2nd	342 / 5 Blue (Gr)	Nida Ali	24.09 Metres
3rd	442 / 5 Blue (Gr)	Hira Ahad	20.13 Metres

SACK RACE

1st	342 / 5 Blue (Gr)	Nida Ali	
1st	237 / 5 Blue (Gr)	Maria Khan	
3rd	234 / 4 Blue (Gr)	Maleeha Nisar	

OBSTACLE RACE

1st	245 / 3 Blue	Yusra Anwar	
2nd	442 / 5 Blue (Gr)	Hira Ahad	
3rd	178 / 4 Blue	Tayyaba Butt	





EVENTS ALREADY WORKED OUT UNDER 11 (Boys)

100 METRES

1st	337 / 6 Green	Nauman Afridi	14.87 Secs.
2nd	1293 / 6 Green (Bl)	Muhammad Mansoor Khan	
3rd	1041 / 5 Green (Bl)	Ali Raza Bangash	

200 METRES

1st	984 / 6 Green	Jamal Khan	30.14 Secs.
2nd	337 / 6 Green	Nauman Afridi	
3rd	1041 / 5 Blue (Gr)	Ali Raza Bangash	

LONG JUMP

1st	707 / 5 Green	Asif Khan	4.10 Metres
2nd	337 / 6 Green	Nauman Afridi	4.07 Metres
3rd	667 / 7 Green	Muneeb-Ur-Rehman	3.97 Metres
3rd	1325 / 5 Green (Bl)	Irfan Sattar	3.97 Metres

4 x 50 METRES RELAY

1st	1325 / 5 Blue (Gr)	Irfan Sattar	32.73 Secs.
1st	1194 / 6 Blue	Gul Sher	
1st	1166 / 5 Blue	Abdul Samad Khan	
1st	667 / 7 Blue	Muneeb-Ur-Rehman	
2nd	1319 / 6 Blue (Gr)	Yaseen Afridi	
2nd	1329 / 6 Blue (Gr)	Nauman Afridi	
2nd	863 / 7 Green	Ahmed Hussain	
2nd	486 / 6 Green	Haider Sohail	
3rd	961 / 5 Green	Daud Ahmed	
3rd	1201 / 5 Blue (Gr)	Sadiq Nawaz	
3rd	1041 / 5 Blue (Gr)	Ali Raza Bangash	
3rd	1014 / 6 Green	Ali Shahbaz Khan	

4 x 100 METRES RELAY

1st	984 / 6 Green	Jamal Khan	1 Min 3.16 Secs.
1st	707 / 5 Green	Yasir Khan	
1st	1041 / 5 Blue (Gr)	Ali Raza Bangash	
1st	1329 / 6 Blue (Gr)	Nauman Afridi	
2nd	467 / 7 Blue	Khawar Abbas	
2nd	667 / 7 Blue	Muneeb-Ur-Rehman	
2nd	1143 / 6 Blue	Faisal Imran	
2nd	1325 / 5 Blue (Gr)	Irfan Sattar	
3rd	1194 / 6 Blue	Gul Sher Khan	
3rd	504 / 6 Blue	Salman Zahid	
3rd	1173 / 5 Blue	Muhammad Yar	
3rd	1166 / 5 Blue	Abdul Samad Khan	

HIGH JUMP

1st	1329 / 6 Blue (Gr)	Nauman Afridi	4 ft 1 inch
2nd	984 / 6 Green	Jamal Khan	4 ft
3rd	1325 / 5 Blue (Gr)	Irfan Sattar	3 ft 10 inches
3rd	1014 / 6 Green	Ali Shahbaz Khan	3 ft 10 inches



EVENTS ALREADY WORKED OUT UNDER 11 (Girls)

100 METRES

1st	147 / 6 Blue	Mariyam Hayat	16.90 Secs.
2nd	353 / 7 Blue	Iqra Khalid	
3rd	198 / 6 Blue (Gr)	Javaria Zaman	

4 x 50 METRES RELAY

1st	353 / 7 Blue	Iqra Khalid	38.50 Secs.
1st	147 / 6 Blue	Mariyam Hayat	
1st	143 / 6 Blue	Sana Rehman	
1st	137 / 5 Blue	Sunbal Javed	
2nd	180 / 6 Blue (Gr)	Tehreem Zahra	
2nd	198 / 6 Blue (Gr)	Javaria Zaman	
2nd	356 / 5 Blue (Gr)	Mehak Khan	
2nd	296 / 5 Blue (Gr)	Aneesa Zeb	
3rd	337 / 6 Blue	Amna Arif	
3rd	434 / 4 Blue	Mariyam Rehman	
3rd	140 / 6 Blue	Badra Ateeq	
3rd	146 / 6 Blue	Qurat ul Ain	

SACK RACE

1st	143 / 6 Blue	Sana Rehman	
2nd	353 / 7 Blue	Iqra Khalid	
3rd	198 / 6 Blue (Gr)	Javaria Zaman	

OBSTACLE RACE

1st	306 / 4 Blue (Gr)	Neelum Nawaz	
2nd	337 / 6 Blue	Amna Arif	
3rd	198 / 6 Blue (Gr)	Javaria Zaman	

LONG JUMP

1st	140 / 5 Blue	Badra Ateeq	3.00 Metres
2nd	143 / 6 Blue	Sana Rehman	2.80 Metres
3rd	296 / 6 Green	Aneesa Zeb	2.65 Metres





EVENTS ALREADY WORKED OUT UNDER 12(Boys)

100 METRES

1st	1137 / 7	Green
2nd	429 / 7	Blue
3rd	1198 / 7	Blue

Saddam Saleem	14.01 Secs.
Iftikhar Afridi	
Muneeb Khattak	

200 METRES

1st	1137 / 7	Green
2nd	1067 / 6	Blue
3rd	882 / 7	Blue

Saddam Saleem	30.32 Secs.
Sherjeel Riaz	
Muhammad Ali	

400 METRES

1st	413 / 8	Green
2nd	423 / 7	Green
3rd	882 / 7	Blue

Yasir Khan	1 Min 18.25 Secs.
Afnan Farid	
Muhammad Ali	

4 x 50 METRES RELAY

1st	1067 / 6	Blue
1st	1091 / 6	Blue
1st	429 / 7	Blue
1st	1198 / 7	Blue

Sherjeel Riaz	31.88 Secs.
Muhammad Khan	
Iftikhar Afridi	
Muhamamd Muneeb Khattak	

2nd	1137 / 7	Green
2nd	423 / 7	Green
2nd	478 / 7	Green
2nd	413 / 7	Green

Saddam Saleem	
Afnan Farid	
Yasir Jamal	
Yasir Khan	
Malik Adnan	
Maaz Amjad	
Razdan Khan	
Shahrose Iftikhar	

3rd	753 / 5	Green
3rd	968 / 7	Green
3rd	761 / 5	Green
3rd	339 / 7	Green

4 x 100 METRES RELAY

1st	1137 / 7	Green
1st	423 / 7	Green
1st	753 / 5	Green
1st	413 / 8	Green

Saddam Saleem	1 min 1.96 sec
Afnan Farid	
Malik Adnan	
Yasir Khan	

2nd	429 / 7	Blue
2nd	1067 / 6	Blue
2nd	1198 / 7	Blue
2nd	1091 / 6	Blue

Sherjeel Riaz	
Muhammad Muneeb Khattak	
Muhammad Khan	
Yasir Jamal	
Shahrose Iftikhar	
Razdan Khan	
Maaz Amjad	

3rd	778 / 7	Green
3rd	339 / 7	Green
3rd	761 / 5	Green
3rd	968 / 7	Green

LONG JUMP

1st	1067 / 6	Blue
2nd	429 / 7	Blue
3rd	1198 / 7	Blue

Sherjeel Riaz	4.07 Metres
Iftikhar Afridi	3.92 Metres
M. Muneeb Khattak	3.88 Metres

HIGH JUMP

1st	1137 / 7	Green
2nd	1198 / 7	Blue
3rd	429 / 7	Blue

Saddam Saleem	4 ft 5 inches
M. Muneeb Khattak	4 ft 3 inches
Iftikhar Afridi	4 ft 2 inches



EVENTS ALREADY WORKED OUT UNDER 12 (Girls)

100 METRES

1st	336 / 8	Blue
2nd	74 / 7	Blue
3rd	220 / 6	Blue

Haleema Noor	16.85 Secs.
Sanam Malooki	
Nabila Khan	

200 METRES

1st	336 / 8	Blue
2nd	318 / 7	Blue
3rd	220 / 6	Blue

Haleema Noor	38.70 Secs.
Farah Naz Burki	
Nabila Khan	

4 x 100 METRES RELAY

1st	846 / 8	Blue
1st	336 / 8	Blue
1st	318 / 7	Blue
1st	74 / 7	Blue

Gazala Khan	1min13.00sec
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2nd	280 / 7	Blue (Gr)
2nd	117 / 7	Blue (Gr)
2nd	404 / 6	Blue (Gr)
2nd	92 / 7	Blue (Gr)

Haleema Noor	
Farah Naz Burki	
Sanam Malooki	
Laila Gul	
Basmah Ayub	
Shahida Izzat	
Dur-e-Shahwar	

SACK RACE

1st	226 / 6	Blue
2nd	355 / 6	Blue
3rd	445 / 6	Blue (Gr)

Mehr-Ul-Nisa	
Redha Shaheed	
Zoona Javed	

OBSTACLE RACE

1st	226 / 6	Blue
2nd	445 / 6	Blue (Gr)
3rd	355 / 6	Blue

Mehr-Ul-Nisa	
Zoona Javed	
Redha Shaheed	

HIGH JUMP

1st	84 / 8	Blue
2nd	117 / 7	Blue (Gr)
3rd	280 / 7	Blue (Gr)

Ghazala Khan	3 ft 9 inches
Basmah Ayub	3 ft 5 inches
Laila Gul	3 ft 3 inches

LONG JUMP

1st	84 / 8	Blue
2nd	117 / 7	Green
3rd	220 / 6	Blue

Ghazala Khan	3.20 Metres
Basmah Ayub	3.05 Metres
Nabila Khan	2.65 Metres





EVENTS ALREADY WORKED OUT UNDER 13(Boys)

100 METRES

1st	795 / 9 Blue	Hamza Bangash	13.80 Secs
2nd	785 / 7 Blue	Zubair Ahmed	
3rd	422 / 8 Blue	Salman Farid	

200 METRES

1st	795 / 9 Blue	Hamza Bangash	29.00 Secs
2nd	799 / 8 Blue	Muhammad Furqan	
3rd	1130 / 7 Green	Mohid Asif	

400 METRES

1st	799 / 8 Blue	Muhammad Furqan	1 min 14.34
2nd	335 / 8 Green	Abdul Aziz	
3rd	1292 / 8 Green	Shafqat Ullah	

HIGH JUMP

1st	778 / 8 Blue	Nifaz Alam	4 ft 5 inches
2nd	422 / 8 Blue	Salman Farid	4 ft 4 inches
3rd	1341 / 8 Green	Syed Muhammad Sabih	4 ft 3 inches

LONG JUMP

1st	795 / 9 Blue	Hamza Bangash	4.73 Metres
2nd	422 / 8 Blue	Salman Farid	4.66 Metres
3rd	799 / 8 Blue	Muhammad Furqan	4.13 Metres

4 x 100 METRES RELAY

1st	641 / 7 Blue	Nadir Khan	1 min 1.25 sec
1st	785 / 7 Blue	Zubair Ali	
1st	327 / 7 Blue	Amir Hamza	
1st	715 / 9 Blue	Hamza Bangash	
2nd	799 / 8 Blue	Muhammad Furqan	
2nd	778 / 8 Blue	Nifaz Alam	
2nd	216 / 8 Blue	Sheraz Hashim	
2nd	422 / 8 Blue	Salman Farid	
3rd	1291 / 8 Green	Shafqat Ullah	
3rd	335 / 8 Green	Abdul Aziz	
3rd	1038 / 8 Green	Muhammad Abdullah	
3rd	1035 / 8 Green	Husnain Haider	



EVENTS ALREADY WORKED OUT UNDER 13 (Girls)

100 METRES

1st	96 / 7 Blue (Gr)	Warida Naeem	16.80 Secs.
2nd	73 / 8 Blue (Gr)	Nida Ali	
3rd	156 / 8 Blue	Aisha Nawaz	

200 METRES

1st	163 / 9 Blue	Sana Rehman	37.60 Secs.
2nd	119 / 8 Blue	Shahana Mehsud	
3rd	379 / 8 Blue (Gr)	Ammra Hamayum	

4 x 100 METRES RELAY

1st	73 / 8 Blue (Gr)	Nida Ali	1 min 10.47sc
1st	379 / 8 Blue (Gr)	Ammra Hamayum	
1st	96 / 7 Blue (Gr)	Warida Naeem	
1st	139 / 9 Blue (Gr)	Shumaila Zeb	
2nd	366 / 9 Blue	Beenish Khan Afridi	
2nd	119 / 8 Blue	Shahana Mehsud	
2nd	156 / 8 Blue	Aisha Nawaz	
2nd	163 / 9 Blue	Sana Rehman	

SACK RACE

1st	449 / 6 Blue (Gr)	Nabeela Shah Nawaz
2nd	344 / 6 Blue (Gr)	Noor-Ul-Amin
3rd	251 / 7 Blue (Gr)	Hoor Gul

OBSTACLE RACE

1st	449 / 6 Blue (Gr)	Nabeela Shah Nawaz
2nd	73 / 8 Blue (Gr)	Nida Ali
3rd	156 / 8 Blue	Aisha Nawaz

HIGH JUMP

1st	251 / 7 Blue (Gr)	Hoor Gul	3 ft 3 inches
2nd	449 / 6 Blue (Gr)	Nabeela Shah Nawaz	3 ft 2 inches

LONG JUMP

1st	96 / 7 Blue (Gr)	Warida Naeem	3.19 Metres
2nd	163 / 9 Blue	Sana Rehman	2.93 Metres
3rd	344 / 6 Blue (Gr)	Noor-Ul-Amin	2.91 Metres



EVENTS ALREADY WORKED OUT UNDER 14(Boys)

100 METRES

1st	463	/ 8 Green
2nd	1153	/ 8 Green
3rd	1151	/ 9 Blue

Muhammad Adeel	13.60	Secs.
Haseeb Khan		
Shahbaz Laiq		

200 METRES

1st	547	/ 8 Green
2nd	204	/ 9 Blue
3rd	1153	/ 8 Green

Junaid Akhtar	30.26	Secs
Bilal Jalil		
Haseeb Khan		

400 METRES

1st	547	/ 8 Green
2nd	204	/ 9 Blue
3rd	1079	/ 8 Blue

Junaid Akhtar	1 min 11.57s	
Bilal Jalil		
Adeel Khan		

4 x 100 METRES RELAY

1st	416	/ 9 Green
1st	923	/ 9 Green
1st	279	/ 9 Green

Syed Imran Haider	1 min 1.45 s	
Nadeem Afzal		
Junaid Javed		

1st	1210	/ 9 Green
2nd	1025	/ 8 Green
2nd	1059	/ 8 Green

Muhammad Asif Khan		
Muhammad Nauman		
Waqas Mehfooz		

2nd	1134	/ 8 Green
2nd	1153	/ 8 Green
3rd	204	/ 9 Blue

Muhammad Ibrahim		
Haseeb Khan		
Bilal Jalil		

3rd	174	/ 9 Blue
3rd	516	/ 9 Blue
3rd	1079	/ 9 Blue

Izhar Ullah		
Shahab Saleem		
Adeel Khan		

4 x 400 METRES RELAY

1st	204	/ 9 Blue
1st	174	/ 9 Blue
1st	516	/ 9 Blue

Bilal Jalil	5 mins 8.35sc	
Izhar Ullah		
Shahab Saleem		

1st	1079	/ 8 Blue
2nd	416	/ 9 Green
2nd	923	/ 9 Green

Adeel Khan		
Syed Imran Haider		
Nadeem Afzal		

2nd	279	/ 9 Green
2nd	1210	/ 9 Green
3rd	1025	/ 8 Green

Junaid Javed		
Muhammad Asif Khan		
Muhammad Nauman		

3rd	1059	/ 8 Green
3rd	1134	/ 8 Green
3rd	1153	/ 8 Green

Waqas Mehfooz		
Muhammad Ibrahim		
Haseeb Khan		

LONG JUMP

1st	463	/ 8 Green
2nd	923	/ 9 Green
3rd	945	/ 8 Blue

Muhammad Adeel	4.47	Metres
Nadeem Afzal	4.40	Metres
Farhan Zeb	4.35	Metres

HIGH JUMP

1st	945	/ 8 Blue
1st	279	/ 9 Green
3rd	923	/ 9 Green

Farhan Zeb	4 ft 4 inches	
Junaid Javed	4 ft 4 inches	
Nadeem Afzal	4 ft 2 inches	

EVENTS ALREADY WORKED OUT UNDER 14 (Girls)

100 METRES

1st	375	/ 8 Blue	Hijab Habib	16.88	Secs.
2nd	7	/ 10 Blue (Gr)	Arzoo Sharif		
3rd	454	/ 8 Blue (Gr)	Nayab Iqbal		

200 METRES

1st	375	/ 8 Blue	Hijab Habib	37.55	Secs.
2nd	454	/ 8 Blue (Gr)	Nayab Iqbal		
3rd	448	/ 7 Blue (Gr)	Tehmina Shah		

4 x 100 METRES RELAY

1st	274	/ 8 Blue	Mehleena Qayyum	1 Min 11.86sc	
1st	341	/ 9 Blue	Hareem Saeed		
1st	144	/ 9 Blue	Mashal Riaz		
1st	375	/ 8 Blue	Hijab Habib		
2nd	454	/ 8 Blue (Gr)	Nayab Iqbal		
2nd	39	/ 9 Blue (Gr)	Sana Imtiaz		
2nd	7	/ 10 Blue (Gr)	Arzoo Sharif		
2nd	448	/ 7 Blue (Gr)	Tehmina Shah		

LONG JUMP

1st	7	/ 10 Blue (Gr)	Arzoo Sharif	3.12	Metres
2nd	39	/ 9 Blue (Gr)	Sana Imtiaz	2.89	Metres
3rd	274	/ 8 Blue	Hehleena Qayyum	2.14	Metres

HIGH JUMP

1st	7	/ 10 Blue (Gr)	Arzoo Sharif	2 ft 10 Inches	
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SHOT PUT

1st	375	/ 8 Blue	Hijab Habib	6.00	Metres
2nd	39	/ 9 Blue (Gr)	Sana Imtiaz	4.98	Metres
3rd	268	/ 7 Blue	Zainab Said	4.56	Metres



EVENTS ALREADY WORKED OUT UNDER 14(Boys)

100 METRES

1st	463	/ 8 Green
2nd	1153	/ 8 Green
3rd	1151	/ 9 Blue

Muhammad Adeel	13.60	Secs.
Haseeb Khan		
Shahbaz Laiq		

200 METRES

1st	547	/ 8 Green
2nd	204	/ 9 Blue
3rd	1153	/ 8 Green

Junaid Akhtar	30.26	Secs
Bilal Jalil		
Haseeb Khan		

400 METRES

1st	547	/ 8 Green
2nd	204	/ 9 Blue
3rd	1079	/ 8 Blue

Junaid Akhtar	1 min 11.57s	
Bilal Jalil		
Adeel Khan		

4 x 100 METRES RELAY

1st	416	/ 9 Green
1st	923	/ 9 Green
1st	279	/ 9 Green

Syed Imran Haider	1 min 1.45 s	
Nadeem Afzal		
Junaid Javed		

1st	1210	/ 9 Green
2nd	1025	/ 8 Green
2nd	1059	/ 8 Green

Muhammad Asif Khan		
Muhammad Nauman		
Waqas Mehfooz		

2nd	1134	/ 8 Green
2nd	1153	/ 8 Green
3rd	204	/ 9 Blue

Muhammad Ibrahim		
Haseeb Khan		
Bilal Jalil		

3rd	174	/ 9 Blue
3rd	516	/ 9 Blue
3rd	1079	/ 9 Blue

Izhar Ullah		
Shahab Saleem		
Adeel Khan		

4 x 400 METRES RELAY

1st	204	/ 9 Blue
1st	174	/ 9 Blue
1st	516	/ 9 Blue

Bilal Jalil	5 mins 8.35sc	
Izhar Ullah		
Shahab Saleem		

1st	1079	/ 8 Blue
2nd	416	/ 9 Green
2nd	923	/ 9 Green

Adeel Khan		
Syed Imran Haider		
Nadeem Afzal		

2nd	279	/ 9 Green
2nd	1210	/ 9 Green
3rd	1025	/ 8 Green

Junaid Javed		
Muhammad Asif Khan		
Muhammad Nauman		

3rd	1059	/ 8 Green
3rd	1134	/ 8 Green
3rd	1153	/ 8 Green

Waqas Mehfooz		
Muhammad Ibrahim		
Haseeb Khan		

LONG JUMP

1st	463	/ 8 Green
2nd	923	/ 9 Green
3rd	945	/ 8 Blue

Muhammad Adeel	4.47	Metres
Nadeem Afzal	4.40	Metres
Farhan Zeb	4.35	Metres

HIGH JUMP

1st	945	/ 8 Blue
1st	279	/ 9 Green
3rd	923	/ 9 Green

Farhan Zeb	4 ft 4 inches	
Junaid Javed	4 ft 4 inches	
Nadeem Afzal	4 ft 2 inches	

EVENTS ALREADY WORKED OUT UNDER 14 (Girls)

100 METRES

1st	375	/ 8 Blue	Hijab Habib	16.88	Secs.
2nd	7	/ 10 Blue (Gr)	Arzoo Sharif		
3rd	454	/ 8 Blue (Gr)	Nayab Iqbal		

200 METRES

1st	375	/ 8 Blue	Hijab Habib	37.55	Secs.
2nd	454	/ 8 Blue (Gr)	Nayab Iqbal		
3rd	448	/ 7 Blue (Gr)	Tehmina Shah		

4 x 100 METRES RELAY

1st	274	/ 8 Blue	Mehleena Qayyum	1 Min 11.86sc	
1st	341	/ 9 Blue	Hareem Saeed		
1st	144	/ 9 Blue	Mashal Riaz		
1st	375	/ 8 Blue	Hijab Habib		
2nd	454	/ 8 Blue (Gr)	Nayab Iqbal		
2nd	39	/ 9 Blue (Gr)	Sana Imtiaz		
2nd	7	/ 10 Blue (Gr)	Arzoo Sharif		
2nd	448	/ 7 Blue (Gr)	Tehmina Shah		

LONG JUMP

1st	7	/ 10 Blue (Gr)	Arzoo Sharif	3.12	Metres
2nd	39	/ 9 Blue (Gr)	Sana Imtiaz	2.89	Metres
3rd	274	/ 8 Blue	Hehleena Qayyum	2.14	Metres

HIGH JUMP

1st	7	/ 10 Blue (Gr)	Arzoo Sharif	2 ft 10 Inches	
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SHOT PUT

1st	375	/ 8 Blue	Hijab Habib	6.00	Metres
2nd	39	/ 9 Blue (Gr)	Sana Imtiaz	4.98	Metres
3rd	268	/ 7 Blue	Zainab Said	4.56	Metres





EVENTS ALREADY WORKED OUT UNDER 15(Boys)

100 METRES

1st	636 / 10Blue	Syed Khushal Shah 12.66 Secs.
2nd	967 / 8 Green	Saad Amjad
3rd	1024 / 9 Blue	Muhammad Sohaib

200 METRES

1st	235 / 10Blue	Abbas Haider Malooki 27.58 Secs.
2nd	967 / 8 Green	Saad Amjad
3rd	949 / 9 Blue	Bilal Hussain

400 METRES

1st	235 / 10Blue	Abbas Haider Malooki 1 min 9 Secs.
2nd	949 / 9 Blue	Bilal Hussain
3rd	1053 / 8 Green	Abdul Mutlib

800 METRES

1st	636 / 10Blue	Syed Khushal Shah 2.min 38.93sc
2nd	1024 / 9 Blue	Muhammad Sohaib
3rd	88 / 9 Green	Zia Ullah

4 x 100 METRES RELAY

1st	235 / 10Blue	Abbas Haider Malooki 55.48 Secs.
1st	636 / 10Blue	Syed Khushal Shah
1st	949 / 9 Blue	Bilal Hussain
1st	1024 / 9 Blue	Muhammad Sohaib
2nd	88 / 9 Green	Zia Ullah
2nd	867 / 10Green	Atiq Khan Afridi
2nd	967 / 8 Green	Saad Amjad
2nd	1088 / 10Green	Usman Ahmed
3rd	196 / 9 Blue	Alam Khan
3rd	405 / 9 Blue	Adnan Khan
3rd	642 / 9 Blue	Wasid Nawaz
3rd	98 / 9 Blue	Rehan Zubair



EVENTS ALREADY WORKED OUT UNDER 15(Boys)

4 x 400 METRES RELAY

1st	235 / 10Blue	Abbas Haider Malooki 4 mins 38.36s
1st	636 / 10Blue	Syed Khushal Shah
1st	949 / 9 Blue	Bilal Hussain
1st	1024 / 9 Blue	Muhammad Sohaib
2nd	88 / 9 Green	Zia Ullah
2nd	867 / 10Green	Atiq Khan Afridi
2nd	967 / 8 Green	Saad Amjad
2nd	1088 / 10Green	Usman Ahmed
3rd	81 / 9 Green	Muhammad Daud
3rd	218 / 9 Green	Haris Zafar
3rd	116 / 10Blue	Syed Arsalan Ahmed
3rd	1053 / 8 Green	Abdul Mutlib

HIGH JUMP

1st	88 / 9 Green	Zia Ullah 4 ft 8 inches
2nd	1088 / 10Green	Usman Ahmed 4 ft 6 inches
3rd	867 / 10Green	Ateeq Khan Afridi 4 ft 5 inches

LONG JUMP

1st	636 / 10Blue	Syed Khushal Shah 4.59 Metres
2nd	88 / 9 Green	Zia Ullah 4.56 Metres
3rd	949 / 9 Blue	Bilal Hussain 4.29 Metres

SHOT PUTT

1st	405 / 9 Blue	Adnan Khan 7.26 Metres
2nd	938 / 10Blue	Hassam Zahir 6.73 Metres
2nd	1053 / 8 Green	Abdul Mutlib 6.73 Metres





EVENTS ALREADY WORKED OUT UNDER 15 (Girls)

100 METRES

1st	6	/ 10 Blue	Uzma Hashim	16.19 Secs.
2nd	66	/ 10 Blue (Gr)	Farah Noreen	
3rd	126	/ 10 Blue	Zarlakhta Farhat	

200 METRES

1st	6	/ 10 Blue	Uzma Hashim	36.60 Secs.
2nd	126	/ 10 Blue	Zarlakhta Farhat	
3rd	176	/ 9 Blue	Taha Rehman	

LONG JUMP

1st	6	/ 10 Blue	Uzma Hashim	3.45 Metres
2nd	66	/ 10 Blue (Gr)	Farah Noreen	3.27 Metres
3rd	126	/ 10 Blue	Zarlakhta Farhat	3.07 Metres

HIGH JUMP

1st	91	/ 10 Blue	Sophia Zohra	3 ft 8 Inches
2nd	66	/ 10 Blue (Gr)	Farah Noreen	3 ft 8 Inches

SHOT PUT

1st	77	/ 8 Green	Sana Habib	5.29 Metres
2nd	91	/ 10 Blue	Sophia Zohra	4.98 Metres
3rd	176	/ 9 Blue	Taha Rehman	4.93 Metres

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EVENTS ALREADY WORKED OUT UNDER 16(Boys)

100 METRES

1st	839 / 8	Green	Adil Ayub	13.10 Secs.
2nd	1037 / 8	Green	Muhammad Haris	
3rd	868 / 8	Green	Akhtar Zaman	

200 METRES

1st	471 / 10	Green	Mujeeb Alam	27.80 Secs.
2nd	1087 / 9	Green	Abdur Rasheed	
3rd	969 / 10	Blue	Syed Khawar Rasool Shah	

400 METRES

1st	894 / 9	Green	Zeeshan Mahsud	1 min 12.40sc
2nd	225 / 10	Blue	Abdullah Umer	
3rd	866 / 10	Green	Asif Afridi	

800 METRES

1st	940 / 10	Blue	Adnan Sattar	2 min 49.70sc
2nd	677 / 8	Green	Shaleem John	
3rd	866 / 10	Green	Asif Afridi	

4 x 100 METRES RELAY

1st	839 / 8	Green	Adil Ayub	56.36 Secs.
1st	471 / 10	Green	Mujeeb Alam	
1st	677 / 8	Green	Shaleem John	
1st	866 / 10	Green	Asif Afridi	
2nd	940 / 10	Blue	Adnan Sattar	
2nd	225 / 10	Blue	Abdullah Umer	
2nd	969 / 10	Blue	Syed Khawar Rasool Shah	
2nd	76 / 9	Blue	Muhammad Younas	
3rd	894 / 9	Green	Zeeshan Mahsud	
3rd	1087 / 9	Green	Abdur Rashid	
3rd	868 / 8	Green	Akhtar Zaman	
3rd	1037 / 8	Green	Muhammad Haris	



EVENTS ALREADY WORKED OUT UNDER 16(Boys)

4 x 400 METRES RELAY

1st	839 / 8	Green	Adil Ayub	4 min 2.70sc
1st	471 / 10	Green	Mujeeb Alam	
1st	677 / 8	Green	Shaleem John	
1st	866 / 10	Green	Asif Afridi	
2nd	894 / 9	Green	Zeeshan Mahsud	
2nd	1087 / 9	Green	Abdur Rasheed	
2nd	868 / 8	Green	Akhtar Zaman	
2nd	1037 / 8	Green	Muhammad Haris	
3rd	940 / 10	Blue	Adnan Sattar	
3rd	225 / 10	Blue	Abdullah Umer	
3rd	76 / 9	Blue	Muhammad Younas	
3rd	969 / 10	Blue	Syed Khawar Rasool Shah	

HIGH JUMP

1st	677 / 8	Green	Shaleem John	4 ft 8 inches
2nd	76 / 9	Blue	Muhammad Younas	4 ft 8 inches
3rd	940 / 10	Blue	Adnan Sattar	4 ft 7 inches

LONG JUMP

1st	471 / 10	Green	Mujeeb Alam	5.35 Metres
2nd	677 / 8	Green	Shaleem John	4.77 Metres
3rd	1087 / 9	Green	Abdur Rasheed	4.76 Metres

SHOT PUTT

1st	471 / 10	Green	Mujeeb Alam	8.59 Metres
2nd	866 / 10	Green	Asif Afridi	7.81 Metres
3rd	1052 / 10	Green	Najeeb Ullah Khan	6.27 Metres

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ORDER AND TIME OF EVENTS

TUESDAY, 7th DECEMBER, 2004

S/No. Time Events

- 1) 10:30 a.m. Arrival of the 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 200 Metres Relay (Boys)
- 5) 10:50 a.m. Open Competition 4 x 100 Metres Relay (Girls)
- 6) 10:55 a.m. Open Competition 200 Metres (Girls)
- 7) 11:00 a.m. Karate Demonstration (School Karate Team)
- 8) 11:25 a.m. Drill Display -
 - i) Classes 2 & 3 Boys with Sticks
 - ii) Classes 4, 5 & 6 Boys & Girls with Flowers & Umbrella
 - iii) Classes 4 & 5 Girls with Flowers & Umbrella

**The Principal and Staff
sincerely thank**

**All Donors of Advertisements
and
the Parents, the Well - wishers
Who have generously contributed
towards the success of this meet.**

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ANNUAL INTER-HOUSE ATHLETICS SPORTS MEET 2004



S/No. Time Events

- 9) 11:40 a.m. Gymnastics (School Gymnastics Teams)
- 10) 11:55 a.m. Drill Display
 - i) Classes 6 & 7 Boys with Bell Ring
- 11) 12:00 a.m. Parents' Race - Ladies - Backward Race
Gents - Sack Race
- 12) 12:15 a.m. March Past
- 13) 12:25 a.m. Address of the Chief Guest.
- 14) 12:30 a.m. Distribution of Trophies.

THE ATHLETE'S PROMISE

We promise to take part in this Annual Athletic Sports Meet in loyal competition respecting the rules and regulation 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

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EVENT OF THE FINAL DAY

Open Competition 4 x 200 Metres (Boys)

Lane 1.

Green House:

First Team

839 / Cl. 8
471 / Cl. 10
866 / Cl. 10
117 / Cl. 9

Adil Ayub
Mujeeb Alam
Asif Afridi
Omer Shinwari

Lane 2.

Blue House:

Second Team

636 / Cl. 10
940 / Cl. 10
225 / Cl. 10
235 / Cl. 10

Syed Khushal Shah
Adnan Sattar
Abdullah Umer
Abbas Haider Malooki

Lane 3.

Green House

Third Team

1077 / Cl. 10
867 / Cl. 10
1087 / Cl. 9
846 / Cl. 10

Nasir Khan
Atiq Afridi
Abdur Rasheed
Darwaish Khan

Lane 4.

Blue House

Fourth Team

1024 / Cl. 9
795 / Cl. 9
1037 / Cl. 9
949 / Cl. 9

Muhammad Suhaib
Humza Bangash
Izhar Ullah
Bilal Hussain



EVENT OF THE FINAL DAY

Open Competition 4 x 100 Metres (Girls)

Lane 1.

Blue House:

First Team

375 / Cl. 8
84 / Cl. 8
126 / Cl. 10
06 / Cl. 10

Hijab Habib
Ghazala Khan
Zarlakhta Farhat
Uzma Hashim

Lane 2.

Green House:

Second Team

66 / Cl. 10
454 / Cl. 8
07 / Cl. 10
209 / Cl. 10

Farah Noreen
Nayab Iqbal
Arzoo Sharif
Siana Riaz

Lane 3.

Blue House

First Team

336 / Cl. 8
74 / Cl. 7
176 / Cl. 9
163 / Cl. 9

Haleema Noor
Sanam Malooki
Taha Rehman
Sana Rehman

Lane 4.

Green House

Second Team

379 / Cl. 8
139 / Cl. 9
73 / Cl. 8
339 / Cl. 5

Ammara Hamayun
Shomaila Zeb
Nida Ali
Krishna Mahzooz

Open Competition 200 Metres (Girls)

BLUE HOUSE

353 / Cl. 7
318 / Cl. 7

Iqra Khalid
Farah Naz

GREEN HOUSE

96 / Cl. 7
280 / Cl. 7

Warida Naeem
Laiba Gul

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SHOTOKAN KARATE INTERNATIONAL

1st DEMONSTRATION:

"Physical Fitness Class"

2nd DEMONSTRATION:

"Show Fight"

- 1) 1276 / Cl. 3 Blue Umair Imran
- 2) 1144 / Cl. 5 Blue Yasir Imran

3rd DEMONSTRATION:

"Group Khata"

- 1) 145 / Cl. 5 Blue Mehak Sardar
- 2) 296 / Cl. 5 Blue Aneesa Zeb
- 3) 55 / Cl. 8 Blue Afsheen Sardar

4th DEMONSTRATION:

"Speed Fight"

- 1) 945 / Cl. 8 Blue Farhan Zeb
- 2) 752 / Cl. 8 Blue Malik Noman Ishaq

(Referee: Mr. Amir Wasim)

5th DEMONSTRATION:

"Show Fight"

- 1) 296 / Cl. 4 Blue Aneesa Zeb
- 2) 946 / Cl. 6 Blue Zarrak Khan

6th DEMONSTRATION:

"Individual Khata"

- 1) 787 / Cl. 4 Green Shayan Sameer Fernando

7th DEMONSTRATION:

TECHNIQUES.

- 1) Mr. GULAM MUHAMMAD. (Karate Master)
- 2) Mr. AMIR WASIM

8th DEMONSTRATION:

1) "Breaking"

- i) 984 / Cl. 6 Green Muhammad Jamal Khan
- ii) 1014 / Cl. 6 Green Ali Shahbaz Khan
- iii) 476 / Cl. 6 Green Osama Riaz Khan
- iv) 316 / Cl. 4 Blue Sumbal Aman Khan
- v) 216 / Cl. 8 Blue Sheraz Khan

2) "Kicks Breaking"

Mr. Amir Wasim



CLASS OFFICIALS

Academic Year 2004

PRE PREP BLUE:

1229	Naqi	Class Leader
1234	Ali Ghufraan	Deputy Class Leader
1232	Wahaj Anwar Khan	House Chief
416	Radina Niaz	Deputy House Chief
419	Mahroona Saeed	Academic Officer
414	Fasiha Zahra	Deputy Academic Officer

PRE PREP GREEN

1275	Saad Hassan	Class Leader
428	Aiman Murtuza	Deputy Class Leader
1290	Jashwa Gill	House Chief
1251	Danyal Malik	Deputy House Chief
1241	Haseeb Rehan	Academic Officer
417	Nawal Khan	Deputy Academic Officer

PRE PREP BLUE + GREEN

1284	Salman Khan	Class Leader
1270	Nangial Khalid	Deputy Class Leader
1274	Shehriyar Qaisar	House Chief
1306	Muhammad Haroon	Deputy House Chief
1299	Asad Ali	Academic Officer
		Deputy Academic Officer

Prep Blue

1174	Ansar Subhan	Class Leader
1118	Muhammad Jibran	Deputy Class Leader
1115	Joel John	House Chief
1132	Asim Ullah	Deputy House Chief
1116	Humza Hassan Khan	Academic Officer
1181	Ahmer Anwar Khan	Deputy Academic Officer
1119	Umer Shafiq	Treasurer
1154	Sanan Khattak	Deputy Treasurer

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ANNUAL INTER-HOUSE ATHLETICS SPORTS MEET 2004





CLASS OFFICIALS

Academic Year 2004

PREP GREEN:

1206	Muhammad Asim Ullah	Class Leader
1223	Syed Ahmad Ali Shah	Deputy Class Leader
1203	Syed Usman Akbar Shah	House Chief
1124	Zakira Gul	Deputy House Chief
1197	Syed Hamid Jamal	Academic Officer
398	Sarah Khan	Deputy Academic Officer
406	Tanees Asim	Treasurer
372	Fatima Khan	Deputy Treasurer

PREP BLUE + GREEN

1233	Syed Zakar Ali Shah	Class Leader
427	Shahlal Ali	Deputy Class Leader
1304	Muhammad Usman Shah	House Chief
1283	Farhan Khan	Deputy House Chief
1239	Ausaf Haider	Academic Officer
1237	Syed Afaq Ali Shah	Deputy Academic Officer
435	Gulalai	Treasurer
1304	Furqan Khan	Deputy Treasurer

1 BLUE:

1226	Aqib Hayat	Class Leader
1012	Muneeb-Ur-Rehman	Deputy Class Leader
1269	Aymal Khalid Khan	House Chief
1305	Tameen Wali	Deputy House Chief
1032	Hassam Ansari	Academic Officer
1010	Hams Ansari	Deputy Academic Officer
1011	Adam Minto	Treasurer
1013	Abid Khattak	Deputy Treasurer

1 GREEN

1034	Bilal Ahmad Chaudhary	Class Leader
1086	Hammad Afridi	Deputy Class Leader
1092	Salman Afridi	House Chief
1212	Muhammad Ahsan	Deputy House Chief
1125	Basit Malik	Academic Officer
1103	Khalil Khan	Deputy Academic Officer
1227	Muhammad Huzaifa	Treasurer
1070	Muhammad Hamza	Deputy Treasurer



CLASS OFFICIALS

Academic Year 2004

1 BLUE GIRLS:

365	Komal Naeem	Class Leader
349	Anum Nawaz	Deputy Class Leader
360	Faiza Gul	House Chief
327	Amna Fayaz	Deputy House Chief
373	Khutija Awan	House Chief
394	Aleena Imtiaz	Deputy House Chief
352	Laiba Mahsud	Academic Officer
392	Mashal	Deputy Academic Officer
380	Mahnoor Humayun	Treasurer
326	Arooj Fatima	Deputy Treasurer

2 BLUE

918	Danial Ahmad	Class Leader
919	Muhammad Shifa	Deputy Class Leader
920	Reshail Naeem	House Chief
911	Asad Rehman	Deputy House Chief
907	Hebron Bhatti	Academic Officer
1187	Muhammad Sajad	Deputy Academic Officer
996	Salman Arshad	Treasurer
1286	Zaid Ahmed Afridi	Deputy Treasurer

2 GREEN

1072	Hassan Javed	Class Leader
1048	Syed Mussaddiq Shah	Deputy Class Leader
1058	Abdul Wahid	House Chief
1017	Muhammad Ismail	Deputy House Chief
1159	Muhammd Rashid	Academic Officer
1016	Muhammad Ilyas	Deputy Academic Officer
1200	Kashif Siraj	Treasurer
1314	Jaffar Iqbal	Deputy Treasurer

2 BLUE GIRLS

315	Iqra Haseeb	Class Leader
359	Hina Gul	Deputy Class Leader
388	Tabeen Ali	House Chief
277	Mahnoor Khalid	Deputy House Chief
313	Sana Saleem (Green)	House Chief
347	Mahnoor Asghar (Green)	Deputy House Chief
367	Rukhsar Afridi	Academic Officer
287	Tuba Zafar	Deputy Academic Officer
322	Aimun Raza	Treasurer
270	Mavarah Imtiaz	Deputy Treasurer





CLASS OFFICIALS

Academic Year 2004

3 BLUE

813	Faizan Khan	Class Leader
1020	Hafeez Ullah	Deputy Class Leader
1021	Fawad Akbar	House Chief
1051	Khan Zeb	Deputy House Chief
800	Julian Minto	Academic Officer
832	Hashir Khan	Deputy Academic Officer
796	Sher Shah	Treasurer
819	Asghar Ali	Deputy Treasurer

3 GREEN

1175	Zaiyam Khan	Class Leader
1089	Muhammad Moiz	Deputy Class Leader
887	Obaid Afridi	House Chief
886	Sayyad Afridi	Deputy House Chief
999	Syed Ahmad Jamal	Academic Officer
1253	Muhammad Ibrahim Khan	Deputy Academic Officer
1177	Jamal Nasir	Treasurer
1186	Muhammad Fawad	Deputy Treasurer

3 BLUE GIRLS

298	Humma Afridi	Class Leader
330	Spogmay	Deputy Class Leader
235	Malaika Nawaz (Blue)	House Chief
236	Sana Fayyaz (Blue)	Deputy House Chief
217	Mahdiyyah Saleem (Gr)	House Chief
295	Ayesha Shahid (Gr)	Deputy House Chief
273	Jassanka Iqbal	Academic Officer
256	Ayesha Ijaz	Deputy Academic Officer
348	Mahrukh	Treasurer
248	Weyam Tahir	Deputy Treasurer

4 BLUE

732	Mueen -Ur - Rehman	Class Leader
694	Asfandiyar Iqbal	Deputy Class Leader
1198	Muneeb - Ur- Rehman	House Chief
598	Muhammad Ismail	Deputy House Chief
695	Hamza Rehman	Academic Officer
939	Ghassan Zahir	Deputy Academic Officer
1024	Hamza Ali	Treasurer
1027	Talha	Deputy Treasurer



CLASS OFFICIALS

Academic Year 2004

4 GREEN

787	Shayan Sameer Fernando	Class Leader
756	Haroon Khan	Deputy Class Leader
779	Rehman Alam	House Chief
803	Asad Khan	Deputy House Chief
788	Sarosh Ahmad	Academic Officer
835	Umer Khan	Deputy Academic Officer
1257	Syed Sajjad	Treasurer
771	Baber Malik	Deputy Treasurer

4 BLUE GIRLS

306	Neelum Nawaz	Class Leader
309	Braikhna Niaz	Deputy Class Leader
263	Umaina Imtiaz (Blue)	House Chief
200	Romaisa Mahsud (Blue)	Deputy House Chief
424	Mahnoor Shah (Green)	House Chief
376	Mahnoor Habib (Green)	Deputy House Chief
178	Taiyaba Butt	Academic Officer
201	Faryal Ahmed	Deputy Academic Officer
228	Syeda Sadia Moaziz	Treasurer
281	Faryal Afzal	Deputy Treasurer

5 BLUE:

620	Baber Ali	Class Leader
648	Junaid Afridi	Deputy Class Leader
1173	Muhammad Yar	House Chief
950	Zia -Ur- Rehman	Deputy House Chief
619	Raheel Ahmed	Academic Officer
113	Saad Rehman	Deputy Academic Office
618	Samamah Imtiaz	Treasurer
622	Danyal	Deputy Treasurer

5 GREEN:

713	Waleed Khan	Class Leader
961	Daud Ahmad	Deputy Class Leader
707	Yasir Khan	House Chief
753	Malik Adnan	Deputy House Chief
769	Jibran Khan	Academic Officer
914	Afraz Khan	Deputy Academic Office
692	Kamran Subhan	Treasurer
697	Akhunzada Saad	Deputy Treasurer





CLASS OFFICIALS

Academic Year 2004

5 BLUE + GREEN:

1041	Ali Raza Bangash	Class Leader
1204	Anees Jan	Deputy Class Leader
1325	Irfan Sattar	House Chief
1189	Shiraz Naseem	Deputy House Chief
1185	Muhammad Jawad	Academic Officer
1255	Aamir Waseem	Deputy Academic Officer
1201	Haris Ghani	Treasurer
1318	Muhammad Noor	Deputy Treasurer

5 BLUE GIRLS

145	Syed Mehak Sardar	Class Leader
160	Muqaddas Mashal	Deputy Class Leader
148	Shrina Minto	House Chief
444	Siddra Firdous	Deputy House Chief
177	Lubna Hashim (Gr)	House Chief
342	Nida Ali (Green)	Deputy House Chief
320	Fatima Jamal	Academic Officer
307	Natasha Mahsud	Deputy Academic Officer
171	Fatima Shahbaz	Treasurer
296	Aneesa Zeb	Deputy Treasurer

6 BLUE:

978	Shayan Zakir	Class Leader
644	Haroon Khan	Deputy Class Leader
1091	Muhammad Khan	House Chief
1067	Sherjeel Riaz	Deputy House Chief
679	Shoaib Ahmad	Academic Officer
613	Syed Israr	Deputy Academic Officer
1188	Jibran Bangash	Treasurer
1143	Faisal Imran	Deputy Treasurer

6 GREEN:

1054	Abdul Aziz	Class Leader
337	Nouman Afridi	Deputy Class Leader
909	Ehtesham Qayyum	House Chief
1140	Shahzad Tariq	Deputy House Chief
604	Adnan Syed	Academic Officer
435	Shahzeeb-Ul-Mulk	Deputy Academic Officer
486	Haider Sohail	Treasurer
549	Joel Gill	Deputy Treasurer



CLASS OFFICIALS

Academic Year 2004

6 BLUE + GREEN:

1310	Shameer Raza	Class Leader
1293	Muhammad Nansoor	Deputy Class Leader
1329	Muhammad Nouman	House Chief
1319	Muhammad Yaseen	Deputy House Chief
406	Saqib	Academic Officer
1254	Waqas Alam	Deputy Academic Officer
1347	Jalil Iqbal	Treasurer
1346	Jamshed Ali	Deputy Treasurer

6 BLUE GIRLS

143	Sana Rehman	Class Leader
358	Saira Awan	Deputy Class Leader
261	Syeda Sidra	House Chief
337	Amina Arif	Deputy House Chief
180	Tehreem Zohra	House Chief
82	Hina Gull	Deputy House Chief
231	Sana Abdullah	Academic Officer
147	Maryam Hayat	Deputy Academic Officer
220	Nabila Khan	Treasurer
124	Parkha Shams	Deputy Treasurer

7 BLUE:

641	Nadir Khan	Class Leader
882	Muhammad Ali	Deputy Class Leader
1198	Muneeb Khan	House Chief
1285	Syed Anas Rehman	Deputy House Chief
667	Muneeb-Ur-Rehman	Academic Officer
467	Khawar Abbas	Deputy Academic Officer
507	Usman Khalid	Treasurer
477	Salman Asghar	Deputy Treasurer

7 GREEN:

1215	Fawad Ahmed	Class Leader
863	Ahmed Hassan	Deputy Class Leader
423	Afnan Farid	House Chief
1137	Saddam Saleem	Deputy House Chief
478	Yasir Jamal	Academic Officer
479	Danyal Ahmed	Deputy Academic Officer
213	Junaid Khan	Treasurer
1184	Muhammad Asad	Deputy Treasurer





CLASS OFFICIALS

Academic Year 2004

7 BLUE GIRLS

292	Fatima Khurram	Class Leader
353	Iqra Khalid	Deputy Class Leader
383	Natasha Laeeq (Gr)	House Chief
96	Warida Naeem (Gr)	Deputy House Chief
268	Zainab Said	House Chief
714	Sanam Malooki	Deputy House Chief
64	Zamara Sohail	Academic Officer
117	Bismah Ayub	Deputy Academic Officer
317	Farah Naz Burki	Treasurer
297	Saba Shahid	Deputy Treasurer

8 BLUE:

799	Muhammad Furqan	Class Leader
313	Zaheer Ahmad Qureshi	Deputy Class Leader
422	Salman Farid	House Chief
752	Malik Nauman	Deputy House Chief
699	Ozair Iqbal	Academic Officer
436	Muhammad Kazim	Deputy Academic Officer
944	Omer Tawab	Treasurer
277	Zuraiz Khan	Deputy Treasurer

8 GREEN:

372	Syed Zeeshan	Class Leader
335	Abdul Aziz	Deputy Class Leader
1148	Abdul Wasi Shah	House Chief
1053	Abdul Mutalib	Deputy House Chief
488	Kamran Gul	Academic Officer
1153	Haseeb Khan	Deputy Academic Officer
1225	Nouman Jan	Treasurer
685	Shah Nawaz	Deputy Treasurer

8 BLUE GIRLS

336	Haleema Noor	Class Leader
119	Shahana Mehsud	Deputy Class Leader
375	Hijab Habib	House Chief
84	Ghazala Khan	Deputy House Chief
379	Ammara Hamayun (Gr)	House Chief
73	Nida Ali (Gr)	Deputy House Chief
279	Sara Bashir	Academic Officer
159	Ayesha Nawaz	Deputy Academic Officer
413	Sadia Bano	Treasurer
77	Sana Habib	Deputy Treasurer



CLASS OFFICIALS

Academic Year 2004

9 BLUE:

642	Muhammad Wasid Nawaz	Class Leader
88	Zia Ullah Khan	Deputy Class Leader
196	Alam Khan	House Chief
1024	Muhammad Suhaib	Deputy House Chief
1117	Muhammad Umer (Gr)	House Chief
923	Nadeem Afzal (Gr)	Deputy House Chief
516	Shahab Saleem	Academic Officer
174	Izhar Ullah Khan	Deputy Academic Officer
1087	Abdur Rasheed	Treasurer
98	Rehan Zubair	Deputy Treasurer

9 BLUE GIRLS:

139	Shumaila Zeb	Class Leader
291	Zara Khurram	Deputy Class Leader
176	Taha Rehman	House Chief
163	Sana Rehman	Deputy House Chief
253	Rehab Zahid (Gr)	House Chief
93	Sana Imtiaz (Gr)	Deputy House Chief
144	Mashal Riaz	Academic Officer
366	Benish Khan	Deputy Academic Officer
63	Ayesha Khan	Treasurer
		Deputy Treasurer

10 BLUE:

404	Ali Asghar	Class Leader
866	Asif Afridi	Deputy Class Leader
636	Syed Khushal Shah	House Chief
225	Abdullah Omer	Deputy House Chief
1088	Usman Ahmed (Gr)	House Chief
1077	Nasir Khan (Gr)	Deputy House Chief
235	Abbas Haider Malooki	Academic Officer
867	Atiq Afridi	Deputy Academic Officer
1081	Jaidad Shah	Treasurer
736	Fahad Gohar	Deputy Treasurer

10 BLUE GIRLS:

66	Farah Noreen	Class Leader
		Deputy Class Leader
126	Zarlakhta	House Chief
		Deputy House Chief
7	Arzoo Sharif	House Chief (Green)
		Deputy House Chief
72	Sidra Habib	Academic Officer
		Deputy Academic Officer
162	Sanam Usman	Treasurer
		Deputy Treasurer





SCHOOL BAND (BOYS)

2004 - 2005

77	/ 8	Blue	Muhammad Musa	Captain
944	/ 8	Blue	Omer Tawab	V. Captain
218	/ 9	Green	Haris Zafar	Side Drum
488	/ 8	Green	Kamran Gul	Tenor Drum
685	/ 8	Green	Shah Nawaz	Side Drum
311	/ 7	Green	Muhammad Ali	B ^b Clarinet
413	/ 7	Green	Junaaid Khan	B ^b Trombone
523	/ 6	Green	Safaf Habib	B ^b Trombone
1055	/ 6	Green	Shah Faisal	B ^b Trombone
1053	/ 6	Green	Abdul Aziz	B ^b Cornet
1014	/ 6	Green	Ali Shahbaz Khan	Flute
613	/ 6	Blue	Syed Israr	B ^b Clarinet
630	/ 6	Blue	Mohsin Amin	B ^b Clarinet
679	/ 6	Blue	Shoaib Ahmed	Side Drum
1254	/ 6	Bl + Gr	Muhammad Waqas	E ^b Euphonium
1311	/ 5	Bl + Gr	Mubashir Iqbal	B ^b Trompet
1318	/ 5	Bl + Gr	Muhammad Noor	Flute
1325	/ 5	Bl + Gr	Irfan Sattar	E ^b Alto SAX
726	/ 5	Green	Muhammad Babar Khan	Base Drum
921	/ 5	Green	Sikandar Khan	Flute
914	/ 5	Green	Muhammad Afraz	Side Drum



SCHOOL BAND (GIRLS)

2004 - 2005

84	/ 8	Blue	Ghazala Khan	Captain
375	/ 8	Blue	Hijab Habib	V. Captain
55	/ 8	Blue	Syeda Afsheen Sardar	Flute
274	/ 8	Blue	Mehleena Qayyum	Flute
64	/ 7	Blue	Zamara Sohail	Side Drum
92	/ 7	Blue	Dur-e-Shahwar	Side Drum
96	/ 7	Blue	Warida Naeem	Flute
242	/ 7	Blue	Sara Imtiaz	Side Drum
262	/ 7	Blue	Sumbal Nabi	Side Drum
268	/ 7	Blue	Zainab Said	Tenor Drum
297	/ 7	Blue	Saba Shahid	Side Drum
226	/ 6	Blue	Mehr-UI-Nisa	Flute
365	/ 5	Blue	Mehak Khan	Flute
339	/ 5	Blue	Karishma Mehzooz	Base Drum
342	/ 5	Blue	Nida Ali	Flute
281	/ 4	Blue	Faryal Afzal	Flute
306	/ 4	Blue	Neelum Nawaz	Side Drum
309	/ 4	Blue	Braikhana Niaz	Flute
374	/ 4	Blue	Shah Laila	Flute
375	/ 4	Blue	Mahnoor Habib	Flute





SENIOR GYMNASTIC TEAM (BOYS)

Roll No.	Class	Name	
987	5-Green	Shaheer Ahmed	Captain
708	5-Green	Nasir Khan	V. Captain
761	5-Green	Razdan Khan	
707	5-Green	Yasir Khan	
986	5-Green	Shabeer Ahmad	
1189	5-Blue (Gr)	Sheraz Naseem	
652	5-Blue	Ayub Shah	
1067	6-Blue	Sherjeel Riaz	

JUNIOR GYMNASTIC TEAM (BOYS)

787	4-Green	Shayan Sameer Fernando.	Captain
788	4-Green	Sarosh Ahmad.	V. Captain
589	4-Green	Omair Ali Khan	
695	4-Blue	Hamza Rehman	
704	4-Blue	Abdul Salam	
733	4-Blue	Muhammad Nawaz	
732	4-Blue	Mueen-Ur-Rehman	
1224	4-Blue	Zain-Ul-Abideen	
621	4-Blue	Arbab Shazil	
1201	5-Blue (Gr)	Haris Ghani	

JUNIOR GYMNASTIC TEAM (GIRLS)

140	5-Blue	Badar Atiq	Captain
184	5-Blue (Gr)	Palwasha Khan	V. Captain
237	5-Blue (Gr)	Maria Khan	
145	5-Blue	Mehak Sardar	
177	5-Blue (Gr)	Lubna Hashim	
214	4-Blue (Gr)	Hamana Tahir	
263	4-Blue	Omaima Imtiaz	
432	4-Blue	Mahnoor Rehman	



KARATE TEAM 2004 - 2005

Roll No.	Class	Name	
787	4-Green	Shayan Sameer Fernando	Captain
945	8-Blue	Farhan Zeb Khan	V. Captain
984	6-Green	Muhammad Jamal Khan	
1014	6-Green	Ali Shahbaz Khan	
752	8-Blue	Malik Noman Ishaq	
753	5-Green	Malik Adnan Ishaq	
476	6-Green	Osama Riaz Khan	
1093	6-Blue	Shafat Hussain Bangash	
1027	4-Blue	Muhammad Talha	
316	4-Blue	Sumbal Aman Khan	
988	4-Blue	Farukh Aman Khan	
216	8-Blue	Sheraz Hashim	
1145	3-Blue	Omair Imran	
1144	5-Blue	Yasir Imran	
145	5-Blue	Syeda Mehak	
55	8-Blue	Syeda Afsheen Sardar	
1102	7-Blue	Osama Bin Zeb	
620	5-Blue	Muhammad Babar Khan	
296	5-Blue	Aneesa Zeb	
478	7-Green	Yasir Jamal	
946	7-Blue	Zarrak Khan	
945	8-Blue	Farhan Zeb Khan	
1167	6-Blue	Salman Mukhtar	
720	3-Blue	Muhammad Umer Khan	
1243	Prep-Green	Fakhar Aman Khan	
958	7-Blue	Muhammad Soban	





SCHOOL RECORDS (BOYS)

Under 5:
50 Metres: 1160/Prep Blue Dainyal Afridi 10.44 Sec. 7.12.04
Throwing the Tennis Ball 1180/Prep Green Misbah-Ud-Din Afridi 22.77 m 7.12.04

Under 6:
50 Metres: 1044/1 Blue Mansoor Subhan 8.78 Sec. 7.12.04
Throwing the Tennis Ball 1332/1 Blue Zeeshan Khan 31.65 m 9.11.02

Under 7:
50 Metres: 910 /2 Blue M. Usman Khan 8.65 Sec. 7.12.04
Throwing the Tennis Ball 1314/2 Green Jaffar Iqbal 36.02 m 7.12.04

Under 8:
50 Metres: 713 /2 Green M. Waleed Khan 8.30 Sec. 5.11.02
Throwing the Tennis Ball 1092/1 Green Salman Afridi 37.87 m 7.12.04

Under 9:
50 Metres: 1093/4 Blue Shafaat Hussain 8.16 Sec. 25.11.97
Throwing the Cricket Ball 708 /5 Green Nasir Khan 52.05 m 7.12.04
4 x 50 Metres Relay 1042/4 Blue Hamza Ali Bangash 33.95 Sec. 7.12.04
 709 /4 Blue Musadiq Noor
 1312/4 Blue Muddasar Iqbal
 732 /4 Blue Mueen-Ur-Rehman

Under 10:
50 Metres: 953 /4 Blue Owais Khan 7.75 Sec. 6.12.03
100 Metres: 984 /4 Green Jamal Khan 15.50 Sec. 5.11.02
200 Metres: 925 /5 Blue Rizwan Mehsud 33.65 Sec. 5.11.02
4 X 50 Metres Relay 1201/5 Blue -GrHaris Ghani 34.48 Sec. 7.12.04
 538 /6 Green Humza Tahir
 769 /5 Green Jibran Khan
 692 /5 Green Kamran Subhan



SCHOOL RECORDS (BOYS)

Throwing the Cricket Ball 1318/5 Blue Muhammad Noor 47.86 m 7.12.04

Under 11:
100 Metres: 753 /5 Blue Malik Adnan 14.72 Secs. 5.11.02
200 Metres: 984 /6 Green Jamal Khan 30.14 Secs. 7.12.04
4 X 50 Metres Relay: 1325/5 Blue-Gr Irfan Sattar 32.77 Secs. 7.12.04
 1194/6 Blue Gulsher
 1166/5 Blue Abdul Samad Khan
 667 /7 Blue Muneeb-Ur-Rehman

4 X 100 Metres Relay: 984 /6 Green Jamal Khan 1min3.16sc 7.12.04
 707 /5 Green Yasir Khan
 1041/5 Blue-Gr Ali Raza Bangash
 1329/6 Blue-Gr Noman Afridi

Long Jump: 471 /5 Green Mujeeb Alam 4.10 m 14.11.98
 707 /5 Green Yasir Khan 4.10 m 7.12.04
High Jump: 1329/6 Blue-Gr Noman Afridi 4 ft. 1 inch 7.12.04

Under 12:
50 Metres: 953 /4 Blue Owais Khan 7.75 Secs. 6.12.03
100 Metres: 389 /4 Blue Muhammad Abbas 13.78 Secs. 25.11.97
200 Metres: 1137/7 Green Saddam Saleem 30.32 Secs. 7.12.04
400 Metres: 413 /8 Green Yasir Khan 1min18.25sc 7.12.04
4 X 50 Metres Relay: 1067/6 Blue Sherjeel Riaz 31.88 Secs. 7.12.04
 1091/6 Blue Muhammad Khan
 429 /7 Blue Iftikhar Afridi
 1198/7 Blue Muhammad Muneeb Khattak

4 X 100 Metres Relay: 1137/7 Green Saddam Saleem 1min1.96sc 7.12.04
 423 /7 Green Afnan Farid
 753 /5 Green Malik Adnan
 413 /8 Green Yasir Khan
Long Jump: 533 /4 Blue Rahid Afridi 4.28 m 22.11.04
High Jump: 1137/7 Green Saddam Saleem 4 ft5 Inches 7.12.04





SCHOOL RECORDS (BOYS)

Under 13:

100 Metres:	471 /6	Green	Mujeeb Alam	13.34 Secs.	9.11.00
200 Metres:	795 /9	Blue	Hamza Bangash	29.00 Secs.	7.12.04
400 Metres:	235 /7	Blue	Abbas Haider Malooki	1min0Secs	20.11.02

4 X 100

Metres Relay:	1137/7	Green	Adil Ayub	1min	7.12.04
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423 /7 Green Mujeeb Alam

753 /5 Green Farhan Habib

413 /8 Green Inayat Khan

Long Jump:	471 /6	Green	Mujeeb Alam	5.03 m	9.11.00
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High Jump:	715 /8	Green	Zahid Ahmad	5 ft.7inches	5.11.02
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Under 14:

100 Metres:	806 /8	Blue	Arsalan Abdullah	12.40 Secs.	5.11.02
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200 Metres:	806 /8	Blue	Arsalan Abdullah	26.90 Secs.	5.11.02
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400 Metres:	234 /8	Blue	Zeeshan Haider Malooki	1 min 11sc	9.11.00
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4 X 100

Metres Relay:	235 /8	Blue	Abbas Haider Malooki	56.70 Secs.	5.11.02
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636 /8 Blue Syed Khushal Shah

806 /8 Blue Arsalan Abdullah

947 /8 Blue Amjad Ali

Long Jump:	471 /7	Green	Mujeeb Alam	5.19 m	20.11.01
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High Jump:	471 /7	Green	Mujeeb Alam	4 ft.7inches	20.11.01
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369 /8 Green Saeed-Ur-Rehman 4 ft.7inches 5.11.02

Shot Putt:	866 /7	Blue	Asif Afridi	6.85 m	20.11.01
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Under 15:

100 Metres:	636 /10	Blue	S. Khushal Shah	12.66 Secs.	7.12.04
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200 Metres:	235 /10	Blue	Abbas Haider Malooki	27.58 Secs.	7.12.04
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400 Metres:	211 /9	Green	Hamid Ahmed	1min7Secs.	5.11.97
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800 Metres:	636 /10	Blue	S. Khushal Shah	2min38.93s	7.12.04
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4 X 100

Metres Relay:	235 /8	Blue	Abbas Haider Malooki	55.48 Secs.	7.12.04
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636 /10 Blue S. Khushal Shah

949 /9 Blue Bilal Hussain

1024/9 Blue Muhammad Sohaib



SCHOOL RECORDS (BOYS)

4 X 400

Metres Relay:	235 /8	Blue	Abbas Haider Malooki	4min38.36Sc	7.12.04
	636 /10	Blue	S. Khushal Shah		
	949 /9	Blue	Bilal Hussain		
	1024/9	Blue	Muhammad Sohaib		

Long Jump:	566 /10	Green	Haroon Afridi	5.10 m	9.11.00
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High Jump:	114 /9	Blue	Hamad Shah	4 ft. 9inchs	14.11.98
	102 /8	Blue	Quaid Iqbal	4 ft. 9inche	5.11.02

Shot Putt:	471 /8	Green	Mujeeb Alam	7.99 m	5.11.02
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Under 16:

100 Metres:	202 /7	Green	Imran Afridi	12.75 Secs.	22.11.99
	234 /9	Blue	Zeeshan Haider Malooki	12.75 Secs.	5.11.02

200 Metres:	471 /10	Blue	Mujeeb Alam	27.80 Secs.	7.12.04
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400 Metres:	640 /10	Blue	Zarak Khan	1min 1 Sec	20.11.01
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800 Metres:	333 /10	Blue	Haroon Iqbal	2.min38sec	6.11.03
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4 X 100

Metres Relay:	494 /9	Blue	Sajid Habib	55.09 Secs.	22.11.99
	332 /9	Blue	Waseem Iqbal		
	282 /8	Blue	Alamzeb Khan		
	420 /9	Blue	Zeeshan Farid		

4 X 400

Metres Relay:	681 /9	Blue	Hamid Khan	4 min34sec	5.11.02
	674 /10	Blue	Muhammad Mumraiz		
	711 /10	Blue	Muhammad Farhan		
	427 /10	Blue	Sahibzada Saleem		

Long Jump:	471 /10	Blue	Mujeeb Alam	5.35 m	7.12.04
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High Jump:	677 /8	Blue	Shaleem John	4ft.8inches	7.12.04
	76 /9	Blue	Muhammad Younas	4ft.8inches	7.12.04

Shot Putt:	471 /10	Blue	Mujeeb Alam	8.59 m	6.12.03
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SCHOOL RECORDS (GIRLS)

Under 5:					
50 Metres:	436	/1	Blue	Mahnoor Khan	12.44 Secs. 7.12.04
Throwing the Tennis Ball	436	/1	Blue	Mahnoor Khan	12.5 m 7.12.04
Under 6:					
50 Metres:	352	/Prep	Blue	Laiba Mehsud	10.09 Sec 6.12.03
Throwing the Tennis Ball	360	/1	Blue-Gr	Faiza Gul	13.88 m 7.12.04
Under 7:					
50 Metres:	100	/2	Blue	Mehwish Asad	9.69 Secs. 14.11.98
Throwing the Tennis Ball	313	/2	Blue-Gr	Sana Saleem	18.77 m 7.12.04
Under 8:					
50 Metres:	295	/3	Blue-Gr	Ayesha Shahid	95.46 Secs. 7.12.04
Throwing the Tennis Ball	295	/3	Blue-Gr	Ayesha Shahid	18.13 m 6.12.03
Under 9:					
50 Metres:	184	/5	Blue-Gr	Palwasha Khan	8.65 Secs. 7.12.04
Throwing the Tennis Ball	184	/5	Blue-Gr	Palwasha Khan	29.69 m 7.12.04
4 x 50 Metres Relay	184	/5	Blue-Gr	Palwasha Khan	38.28 Sces. 7.12.04
	196	/5	Blue-Gr	Omama Saleem	
	410	/4	Blue-Gr	Bakht Mina	
	424	/4	Blue-Gr	Mahnoor Shah	
Under 10:					
50 Metres:	231	/6	Blue-Gr	Sana Abdullah	8.65 Secs. 7.12.04
100 Metres:	342	/5	Blue-Gr	Nida Ali	16.93 Secs. 7.12.04
4 X 50 Metres Relay	342	/5	Blue-Gr	Nida Ali	37.08 Secs. 7.12.04
	237	/5	Blue-Gr	Maria Khan	
	177	/5	Blue-Gr	Lubna Hashim	
	231	/6	Blue-Gr	Sana Abdullah	



SCHOOL RECORDS (GIRLS)

Throwing the Cricket Ball 307 /5 Blue-Gr Natasha Mehsud 25.71 m 7.12.04

Under 11:

100 Metres: 94 /3 Blue-Gr Raheela Mahmood 13.39 Secs. 7.12.04

4 X 50

Metres Relay: 05 /5 Blue Taniya Hashim 37.09 Secs. 14.11.98
 43 /5 Blue S. Alia Azhar
 57 /5 Blue Ayesha Hafiz
 26 /5 Blue Sehrish Jamal

Long Jump: 05 /5 Blue Taniya Hashim 3.46 m 14.11.98

Under 12:

100 Metres: 94 /3 Blue-Gr Raheela Mahmood 13.90 Secs. 14.11.98

200 Metres: 336 /6 Blue Haleema Noor 38.70 Secs. 7.12.04

4 X 50

Metres Relay: 155 /5 Blue Zarka Khan 38.03 Secs. 14.11.98
 141 /6 Blue Uzma Batool
 41 /6 Blue Sanam Khan
 04 /5 Blue Kiran Sharif

4 X 100

Metres Relay: 221 /6 Blue Sanam Khan 1min4.86sc 22.11.99
 20 /6 Blue Sehrish Jamal
 193 /4 Blue Nazish Zeb
 05 /6 Blue Taniya Hashim

Long Jump: 94 /5 Blue-Gr Raheela Mahmood 3.74 m 14.11.98

High Jump: 110 /5 Blue Hajira Jan 3ft.7 inches 6.12.03





SCHOOL RECORDS (GIRLS)

Under 13:

100 Metres:	05	/7	Blue	Taniya Hashim	15.38 Secs.	9.11.00
200 Metres:	05	/7	Blue	Taniya Hashim	34.38 Secs.	9.11.00
4 X 100						
Metres Relay:	73	/8	Blue-Gr	Nida Ali	1min10.47sc	7.12.04
	379	/8	Blue-Gr	Hammara Hamayun		
	96	/7	Blue-Gr	Warida Naeem		
	139	/9	Blue-Gr	Shumaila Zeb		

Long Jump:	85	/7	Blue-Gr	Sara Riaz	3.77 m	9.11.00
High Jump:	119	/7	Blue	Shahana Mehsud	3ft 4 inches	6.12.03

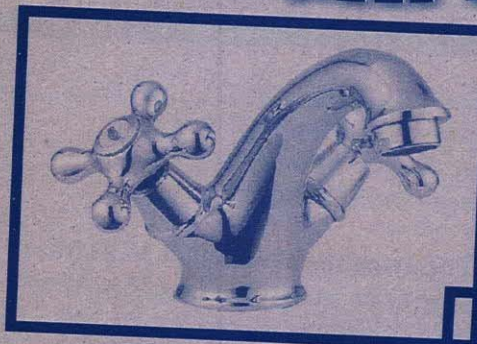
Under 14:

100 Metres:	209	/7	Blue-Gr	Saima Riaz	15.75 Secs.	9.11.00
200 Metres:	375	/7	Blue	Hijab Habib	35.25 Secs.	6.12.03
4 X 100						
Metres Relay:	222	/7	Blue-Gr	Maria Khan	11min 11sc	9.11.00
	944	/7	Blue-Gr	Raheela Mehmood		
	167	/7	Blue-Gr	Momina Khan		
	209	/7	Blue-Gr	Saima Riaz		
Long Jump:	209	/7	Blue-Gr	Saima Riaz	3.94 m	9.11.00
Shot Putt:	375	/8	Blue	Hijab Habib	6.0 m	5.11.02

Under 15:

100 Metres:	06	/9	Blue	Uzma Hashim	16 Secs.	6.12.03
200 Metres:	06	/9	Blue	Uzma Hashim	36.26 Secs.	6.12.03
4 X 100						
Metres Relay:	126	/9	Blue	Zarlakhta	1min13secs	6.12.03
	06	/9	Blue	Uzma Hashim		
	176	/8	Blue	Taha Rehman		
	91	/9	Blue	Sophia Zohra		
Long Jump:	06	/9	Blue	Uzma Hashim	3.85m	6.12.03
High Jump:	91	/9	Blue	Sophia Zohra	3 ft.7inches	6.12.03
Shot Putt:	77	/8	Blue-Gr	Sana Habib	5.29 m	

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ANNUAL INTER-HOUSE ATHLETICS SPORTS MEET 2004





CHAMPION ATHLETES (BOYS)

9th Annual Athletic Sports Meet 2004

Group	R.No/	Class	Name	Points
Under 5:	1300/1	Blue	Danuyal Khan	6
Under 6:	1267/1	Blue	Sohail Afridi	11
Under 7:	1314/2	Green-Gr	Jaffar Iqbal	11

(1 New Record Throwing the Tennis Ball 36.02 M.)

Under 8:	1021/3	Blue	Fawad Akbar	5
	1265/3	Blue	Muhammad Tufail	5
	1092/1	Green-Gr	Salman Afridi	5

(1 New Record Throwing the Tennis Ball 37.87 M.)

Under 9:	779 /4	Green-Gr	Rehman Alam	8
Under 10:	1201/5	Green-Gr	Haris Ghani	6
Under 11:	337 /6	Green-Gr	Nauman Afridi	11
Under 12:	1137/7	Green-Gr	Saddam Saleem	15

(2 New Records 200 Metres 30.32 Secs. & High Jump 4 ft. 5 inches.)

Under 13:	795 /9	Blue	Hamza Bangash	15
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(1 New Record 200 Metres 29.0 Secs.)

Under 14:	463 /8	Green-Gr	Muhammad Adeel	10
	547 /8	Green-Gr	Junaid Akhtar	10
Under 15:	636 /10	Blue	Syed Khushal Shah	15

(2 New Records 100 Metres 12.66 Secs. & 800 Metres 38.93 Secs.)

Under 16:	471 /10	Blue-Gr	Mujeeb Alam	15
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(3 New Records 200 Metres 27.80 Secs, Long Jump 5.35 Metres & Shot Putt 8.59 Metres)

9th

ANNUAL INTER-HOUSE ATHLETICS SPORTS MEET 2004



CHAMPION ATHLETES (GIRLS)

9th Annual Athletic Sports Meet 2004

Group	R.No/	Class	Name	Point
Under 5:	436 /1	Blue	Mahnoor Khan	10
(2 New Records 50 Metres 12.44 Secs. & Throwing the Tennis Ball 12.53 m.)				

Under 6:	360 /1	Blue-Gr	Faiza Gul	13
(1 New Record Throwing the Tennis Ball 13.88 M.)				

Under 7:	438 /2	Blue-Gr	Fiza Rubbab	5
	408 /2	Blue-Gr	Spogmay	5
	313 /2	Blue-Gr	Sana Saleem	5

(1 New Record Throwing the Tennis Ball 18.77 M.)

Under 8:	295 /3	Blue-Gr	Ayesha Shahid	10
(1 New Record 50 Metres 9.46 Secs.)				

Under 9:	184 /5	Blue-Gr	Palwasha Khan	10
(2 New Records 50 Metres 8.65 Secs. & Throwing the Tennis Ball 29.69 m.)				

Under 10:	342 /5	Blue-Gr	Nida Ali	13
(2 New Records 100 Metres 16.93 Secs.)				

Under 11:	143 /6	Blue	Sana Rehman	8
Under 12:	226 /6	Blue	Mehr-UI-Nisa	10
	84 /8	Blue	Ghazala	10
	336 /8	Blue	Haleema Noor	10

(2 New Records 100 Metres 16.85 Secs. & 200 Metres 38.70 Secs.)

Under 13:	449 /6	Blue-Gr	Nabeela Shah Nawaz	13
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Under 14:	375 /8	Blue	Hijab Habib	15
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(1 New Record Shot Putt 6.00 Metres)

Under 15:	06 /10	Blue	Uzma Hashim	15
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THE BEST ATHLETE'S TROPHY

Boys:

1999	202 / 7	Green	Imran Afridi
2000	202 / 7	Green	Imran Afridi
2001	495 / 10	Green	Farhan Afridi
2002	715 / 8	Green	Zahid Ahmad
2003	471 / 9	Blue (Gr)	Mujeeb Alam with 15 Points
2003	1199 / 3	Blue	Muneeb Habib with 15 Points

Girls

1999	99 / 7	Blue	Rabia Asad
2000	209 / 9	Green	Saima Riaz
2001	05 / 8	Blue	Taniya Hashim
2002	05 / 8	Blue	Taniya Hashim
2003	05 / 10	Blue	Taniya Hashim with 15 Points

CHIEF GUESTS:

- 1) Year 1996 (21-11-1996) Muhammad Saleem Khan
(Secretary to the Gove. of N.W.F.P
Planning Environment and
Development Department Peshawar)
- 2) Year 1997 (25-11-197) Mr. Shakil Durrain
(Additional Chief Secretary to the
Govt. of N.W.F.P Planning Enviroment
and Development Department)
- 3) Year 1998 (14-11-98) Maj. (Retd.) Sahibazda M. Khalid
(Secretary to the Gove. of N.W.F.P
Education Department, Peshawar)
- 4) Year 1999 (22-11-99) Syed Mazhar Ali Shah
(Secretary to the Govt. of N.W.F.P
Education Department, Peshawar)
- 5) Year 2000 (09-11-2000) Mr. Muhammad Riaz
Chairman Monopoly Control Authority
Govt. of Pakistan, Islamabad.)
- 6) Year 2001 (20-11-2001) Mr. Francis' Sales Fernando
(Principal St. Francis' High School
Hayatabad Peshawar.)
- 7) Year 2002 (05-11-2002) His Excellency Gen.C.S. Weerasooriya
(The High Commissioner for Sri Lanka
in Pakistan)
- 8) Year 2003 (06-12-203) Mr. Nooruddin F. Daud,
Tamga-I-Imtiaz (Civil) (The
Managing Director, Daud Sons.
Peshawar.)

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ANNUAL INTER-HOUSE ATHLETICS SPORTS MEET 2004



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SCHOOL TROPHIES

BADMINTON TROPHY:

- (Boys) Singles: To Blue House with 28 Points (Green House 26 Points)
 Doubles: To Green House with 30 Points (Blue House 24 Points)
 (Girls) Singles: To Blue House with 60 Points (Green House 36 Points)
 Doubles: To Blue House with 65 Points (Green House 51 Points)
Overall Badminton Trophy (Boys) To Green House with 56 Points
Overall Badminton Trophy (Girls) To Blue House with 125 Points

BASKETBALL TROPHY:

To Blue House with 35 Points (With Green House 25 Points)

CHESS TROPHY

- (Boys) To Both House with 27 Points each.
 (Girls) To Both House with 27 Points each.

CRICKET TROPHY

To Blue House with 50 Points. (Green House 40 Points)

FOOTBALL TROPHY

To Green House with 40 Points. (Blue House 30 Points)

NETBALL TROPHY

To Both House with 19 Points each.

TUG-O-WAR TROPHY

- (Boys) To Green House with 19 points (Blue House 17 Points)
 (Girls) To Green House with 7 Points. (Blue House 5 Points)

OVER ALL TUG-O-WAR TROPHY

To Green House with 26 points. (Blue House 22 points)

VOLLEYBALL TROPHY

To Green House with 40 Points. (Blue House 20 Points)

BEST SQUAD LEADER TROPHY

(Boys) (Girls)

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ANNUAL INTER-HOUSE ATHLETICS SPORTS MEET 2004



SCHOOL TROPHIES

INTER HOUSE SPORTS TROPHY:

- (Boys) To Green House with 247 points (Blue House 231 points)
 (Girls) To Blue House with 176 points (Green. House 140 points)
Overall Inter House Sports Trophy
 To Blue House 407 points. (Green House 387 points)

INTER HOUSE ATHLETICS TROPHY:

- (Boys) To Blue House 388 points (Green House 248 points)
 (Girls) To Green House 246 points (Blue House 240 points)
Overall Inter House Athletics Trophy
 To Blue House with 628 points (Green House 494 points)

INTER HOUSE RELAY TROPHY:

- (Boys) To Green House with 108 points (Blue House 102 points)
 (Girls) To Blue House with 45 points (Green House 36 points)
Overall Inter House Relay Trophy
 To Blue House 147 points (Green House 144 points)

HOUSE TENT TROPHY

MARCH PAST TROPHY:

(Boys) (Girls)

THE BEST ATHLETE'S TROPHY (Boys)

- 471 / 10 Blue (Gr) Mujeeb Alam 15 points. (3 New Records)
 (i) 200 Metres 27.80 Secs.
 (ii) Long Jump 5.35 Metres.
 (iii) Shot Putt 8.59 Metres.

THE BEST ATHLETE'S TROPHY (Girls):

- 375 / 8 Blue Hijab Habib with 15 points. (1 New Record)
 Shot Putt 6.00 Metres.

Overall Championship Trophy

To Blue House with 1182 points (Green House 1025 points)

SPECIAL PRIZE AWARDED

Mujeeb Alam 471 / Cl. 10

Champion Athlete for Seven Consecutive Years.

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