

Athletics is a collection of sporting events that involves competitive physical activities such as running, jumping, throwing, and walking. Known as one of the oldest forms of organised sport, athletics tests the fundamental physical capabilities of strength, speed, and endurance. Events in athletics are typically divided into track events (such as sprints, middle-distance, and long-distance races), field events (such as jumping and throwing competitions), and combined events (like decathlons and heptathlons).

Athletics serves as a cornerstone of international competitions, such as the Olympics and World Championships, fostering a sense of sportsmanship, perseverance, and excellence.

School-Level Athletics Competitions

The 140th Annual Athletics Meet was a resounding success, filled with exhilarating performances and record-breaking achievements. The event witnessed remarkable participation and exceptional displays of skill and determination.

Records Made in 2024-25

O Division

Mayank Singh - Athletics Captain
Mayank Singh left an indelible mark on the competition, showcasing extraordinary talent and breaking four school records:

100m Sprint
200m Sprint
Long Jump
Triple Jump

Contributed to break the Inter-House Relay record.

Kartikey Anand - Athletics Vice-Captain

Following in Mayank's footsteps, Kartikey Anand displayed exceptional endurance and stamina, breaking the 3000m record.

3000m Run

Also emerged victorious in the

Cross-Country Race, showcasing incredible endurance and stamina.

A Division

Abhishek Tiwari
1500m Run

B Division

Amber Singh
400m Sprint
1500m Run
Javelin Throw

Won the Cross Country Race (Junior Category), displaying remarkable versatility and endurance.

These record-breaking performances have elevated the standard of athletics in the school, setting new benchmarks and inspiring future athletes to aim even higher.

Athletics Achievements in CISCE States and Nationals (2024-25)

CISCE States U19 Category

Mayank Singh

Dominated the competition by securing 1st place in 100m, Long Jump, and Triple Jump, winning by a significant margin.

Yuvraj Singh

Achieved 2nd place in the 400m relay, showcasing his speed and teamwork.

Relay Teams:

4x100m Relay: Secured 3rd place, comprising the team of Mayank Singh, Yuvraj Singh, Ojas Mishra, and Lakshya Agrawal.

4x400m Relay: Achieved a 1st place victory, with an outstanding team effort by Kartikey Anand, Shreyash Gupta, Yuvraj Singh, and Vaibhav Jaiswal.

U17 Category

Adduaye Yadav

Showed exceptional skill in High Jump, claiming 1st place.

Abhishek

Followed closely in High Jump, securing 2nd place.

National Achievements

1. Mayank Singh

Delivered an outstanding performance at the Nationals:

1st place in Long Jump

1st place in Triple Jump

2nd place in 100m

These remarkable results earned him selection for the prestigious School Games Federation of India (SGFI). Mayank will now represent SJC at SGFI, making the school and community proud.

The achievements in the CISCE States and Nationals highlight the exceptional talent and determination of the school's athletes. From state-level victories to SGFI qualification, these performances not only bring glory to the institution but also inspire fellow students to aim higher. The school celebrates their success and wishes Mayank Singh the best as he represents SJC on the national stage.

I would like to extend my heartfelt gratitude to Kartikey Anand, our Athletics Vice-Captain, for his unwavering support in finalising this report and for standing by me throughout my journey. His encouragement and collaboration have been invaluable to my growth as both an athlete and a leader.

I also want to express my sincere thanks to our beloved Principal Rev. Fr. Walter D'Silva, Sports Coordinator Mr. Mohd Shabi Rafique, Mr. Danny Ekka and Ms. Poonam Singh, whose guidance and motivation have played a pivotal role in helping me achieve these milestones. Their beliefs in my abilities and their constant encouragement have been the driving force behind my success.

Together, we have reached great heights, and I am incredibly proud to represent our school, SJC, on such a prestigious stage. Let us all continue to aim higher and bring even more glory to our institution.

Thank you all!

-Kartikey Anand

Athletics Vice-captain

- Mayank Singh

Athletics Captain