



केन्द्रीय विद्यालय संगठन / KENDRIYA VIDYALAYA SANGATHAN
(Min. of Education, Govt. of India)
18-संस्थागतक्षेत्र / 18-Institutional Area
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F. No. 110355/01/2024-25/KVS(HQ)/Sports/RSM & NSM 3146-3149 Dated : 03/06/2024

उपायुक्त
केन्द्रीय विद्यालय संगठन
समस्त संभाग

ई-मेल केवल

बिषय: केविस संभागीय एवं राष्ट्रीय खेलकूद प्रतियोगिता, 2024-25 के आयोजन एवं खिलाड़ियों की प्रतिभागिता के संबंध में -

संदर्भ : F. No. 110355/01//2024-25/KVS(HQ)/Sports/RSC-NSM/3017-3027/Dated 23/04/2024.

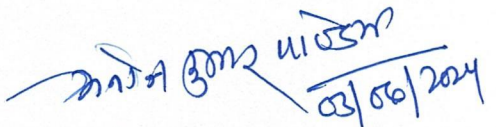
महोदया/महोदय,

उपरोक्त संदर्भित पत्र के क्रम में आगामी केविस संभागीय खेलकूद प्रतियोगिता, 2024 का आयोजन समस्त संभागों में किया जाना सुनिश्चित है। इस संबंध में विद्यालय / संभागीय दलों के लिए खिलाड़ियों की चयन प्रक्रिया एवं विभिन्न स्तर पर उनकी प्रतिभागिता से संबन्धित आवश्यक दिशा-निर्देश (Sports Events, Benchmarks, Selection Criteria of team, Playing Kit and Technical Guidelines etc.) आपकी अग्रिम कार्यवाही हेतु प्रेषित की जा रही है।

अतः आपसे अनुरोध है कि अपने-अपने संभाग के अधीन समस्त विद्यालयों को अनुपालन हेतु प्रेषित करने का श्रम करें।

यह पत्र सक्षम अधिकारी के अनुमोदन से जारी किया गया है।

भवदीय,



(मनोज कुमार पाण्डेय)

सहायक आयुक्त (खेलकूद)

संलग्न: यथोपरि।

प्रति -

1. निजी सचिव, आयुक्त, केविस(मुख्यालय), नई दिल्ली को सूचनार्थ।
2. निजी सहायक, संयुक्त आयुक्त (शैक्षिक) केविस(मुख्यालय) नई दिल्ली को सूचनार्थ।
3. गार्ड फ़ाइल।

KENDRIYA VIDYALAYA SANGATHAN(HQ) NEW DELHI
(National Sports Cell)

SELECTION CRITERIA FOR TEAM EVENT & INDIVIDUAL GAMES, 2024

The Following guideline shall be implemented for selection procedure of the Regional Team and KVS National team during RSM/ NSM events in team games (i.e. Basketball, Cricket, Football, Hockey, Handball, Kho-Kho, Kabaddi and Volleyball). The details are as follows –

1. AT REGIONAL LEVEL-

- (i) Selection of Regional teams for Boys & Girls U-17 (Basketball, Cricket, Hockey, Handball, Kho-Kho, Kabaddi and Volleyball) shall be done during KVS Regional Sports Meet, 2023 from all participating teams on the basis of individual performance of player as per the requirement of team and recommended to participate in upcoming 53rd NSM, 2024.
- (ii) There will be **NO** team selection for U-14 (Boys & Girls) in any team games (Basketball, Cricket, Hockey, Handball, Football, Kho-Kho, Kabaddi, Volleyball). The winner (Vidyalaya) team of U-14 (Boys & Girls) will participate in 53rd NSM, 2024 directly.
- (iii) For Individual Games, the Benchmark (Qualifying) shall be mandatory for selection of students in Regional team to participate in 53rd National Sports Meet (NSM).

2. AT NATIONAL LEVEL-

- (i) Selection of KVS National teams of U-14 & 17 (Boys & Girls) of Basketball, Cricket, Hockey, Handball, Football, Kho-Kho, Kabaddi and Volleyball shall be done from all participating teams during KVS National Sports Meet on the basis of player's performance, composition of team, requirement of team, role of player in team, demand of player's position in team and it will be recommended for participation in upcoming 68th National School Games(SGFI),2024-25.
- (ii) The number of players shall be selected among all participating teams but no. of players should not be higher side from any team than the winning team. They should be either equal or less than the players selected from the winning team.

Example- Basketball U-14 team, total 03 players are selected from Delhi Region (Winner of NSM) and nine players selected from other participating teams (i.e. Agra-2, Gurugram-3, Chandigarh-1, Chennai-2, Guwahati-1). Total -12 (twelve) only.

- (iii) For Individual Games, the Benchmark (Qualifying) would be mandatory for all winners to selection in KVS team to participate in 68th National School Games (SGFI).


Assistant Commissioner (Sports)

केंद्रीय विद्यालय संगठन(मुख्यालय) नई दिल्ली

(राष्ट्रीय खेल विभाग)

खेलकूद प्रतियोगिता में प्रतिभागिता हेतु आवश्यक तकनीकी दिशा-निर्देश (KVS Sports Portal)

53^{वीं} केविस राष्ट्रीय खेलकूद, 2024-25 के सुचारु एवं सफल आयोजन, प्रतिभागिता एवं परिणाम हेतु प्रतियोगिता से संबन्धित कुछ आवश्यक तकनीकी दिशा-निर्देश समस्त विद्यालयों/संभागों को प्रेषित किये जाने हैं, जो निम्नवत हैं :-

1. विद्यालय स्तर पर टीम (खिलाड़ियों) की ऑनलाइन प्रवृष्टि की समय सीमा समाप्त होने पर खिलाड़ियों की सूची में किसी भी प्रकार का परिवर्तन/बदलने की अनुमति नहीं होगी।
2. विद्यालय / संभागीय स्तर पर पोर्टल पर ऑनलाइन प्रवृष्टि के दौरान खिलाड़ियों की पासपोर्ट साइज़ सीधी फोटो एवं सही जानकारी ही उपलब्ध कराई जाएगी।
3. विद्यालय/संभाग द्वारा स्पोर्ट्स पोर्टल पर राष्ट्रीय प्रतियोगिता हेतु उपलब्ध कराई जानकारी के आधार पर ही प्रमाणपत्र का प्रिंट एवं वितरित किया जायेगा, जिसमें संभाग/ विद्यालय/शिक्षक/खिलाड़ी द्वारा परिवर्तन करने के आग्रह / आवेदन स्वीकार नहीं किया जायेगा।
4. केविस राष्ट्रीय खेलकूद, 2024-25 के आयोजक संभाग सभी प्रतिभागियों / अनुरक्षकों / प्रशिक्षकों / अधिकारियों के परिचय पत्र स्पोर्ट्स पोर्टल के माध्यम से प्रिंट कर वितरित करेंगे।
5. केविस राष्ट्रीय खेलकूद, 2024-25 के लिए खिलाड़ियों का प्रतिभागिता एवं दक्षता प्रमाण पत्र स्पोर्ट्स पोर्टल के माध्यम से प्रिंट (By Laser Printer) तैयार किया जाएगा। इन प्रमाणपत्रों को प्रिंट करने के लिये भौतिक प्रतियाँ (Semi Print) बेंगलूर संभाग द्वारा समस्त आयोजक संभाग को उपलब्ध करायी जायेंगी।
6. प्रतियोगिता के विजेता दल / खिलाड़ियों को वितरण हेतु पदक (स्वर्ण/रजत/कांस्य) तथा विजेता/ उपविजेता दलों के लिए ट्रॉफी (Trophy) दिये गए मानक के अनुरूप बेंगलूर संभाग द्वारा आयोजक संभागों को उपलब्ध कराये जायेंगे।
7. प्रतियोगिता की अनुसूची (Schedule) और फिक्सचर(Fixture)/ मैच का परिणाम(Result) आदि को दैनिक रूप से पोर्टल पर अपलोड एवं आयोजन स्थल पर सर्वजनिक रूप से प्रदर्शित किया जायेगा।
8. केविस राष्ट्रीय खेलकूद, 2024-25 में प्रतिभागिता करने वाली संभागीय टीमों / खिलाड़ियों का प्रदर्शन उच्चस्तरीय होना अति-आवश्यक है, निम्नस्तरीय प्रदर्शन करने वाली टीमों/खिलाड़ियों के प्रति जबाबदेही संबन्धित विद्यालय/संभाग की होगी।
9. आगामी 68^{वीं} राष्ट्रीय शालेय खेलकूद (SGFI) 2023-24 में भाग लेने के लिए केविस की राष्ट्रीय टीमों का चयन 53^{वीं} केविस राष्ट्रीय प्रतियोगिता, 2024 के दौरान किया जाएगा।
10. केविस राष्ट्रीय टीम / खिलाड़ियों का चयन श्रेष्ठ प्रदर्शन / निर्धारित मानक और टीम संरचना एवं टीम की आवश्यकता एवं पात्र के अनुरूप ही किया जाएगा।
11. 68^{वीं} राष्ट्रीय शालेय खेलकूद (SGFI) 2024-25 में प्रतिभागिता हेतु केविस दल (स्केटिंग, तीरंदाजी, एथ्लेटिक्स, तैराकी, रोप स्किपिंग, शूटिंग) के खिलाड़ियों के चयनके लिए निर्धारित मानक (Benchmark) का पालन अनिवार्य रूप से किया जाएगा।
12. केविस राष्ट्रीय दल (team) में किसी भी संभाग (Team) से चयनित खिलाड़ियों की संख्या विजेता टीम (Winner team) से चुने गए खिलाड़ियों की संख्या से अधिक नहीं होगी, यह संख्या विजेता टीम से चुने गए खिलाड़ियों के बराबर अथवा उनसे कम हो सकती है।
13. संभागीय / राष्ट्रीय स्तर पर ऑनलाइन प्रवृष्टि एवं राष्ट्रीय प्रतियोगिता आयोजक किसी भी प्रकार की तकनीकी सहायता/परामर्श हेतु निम्नलिखित विशेषज्ञ (शारीरिक शिक्षा शिक्षक) से संपर्क कर सकते हैं।
 - श्री पी आर रथीश, तकनीकी समन्वयक एवं प्रभारी संभागीय खेल प्रकोष्ठ, बेंगलूर संभाग – मोबाइल-09481185117
 - श्री एस सूर्यप्रकाश, तकनीकी समन्वयक एवं प्रभारी संभागीय खेल प्रकोष्ठ, हैदराबाद संभाग- मोबाइल-09704467776

8/24
03/06/24

KENDRIYA VIDYALAYA SANGATHAN (HQ), NEW DLEHI

(National Sports Cell)

Archery qualifying (Benchmark) for participation in National Sports Meet, 2024

S. No.	CGA	Event / Group	Benchmark for 2024 (Points)
1	ARCHERY Boys U-14	Indian 20 M	288
2	ARCHERY Boys U-14	Indian 30 M	
3	ARCHERY Boys U-14	FITA 30 M	576
4	ARCHERY Boys U-14	FITA 40 M	
5	ARCHERY Boys U-14	FITA 50 M	
6	ARCHERY Boys U-14	FITA 60 M	
7	ARCHERY Boys U-14	Compound 50	288
8	ARCHERY Boys U-14	Compound 50 (Double)	
9	ARCHERY Girls U-14	Indian 20 M	288
10	ARCHERY Girls U-14	Indian 30 M	
11	ARCHERY Girls U-14	FITA 30 M	576
12	ARCHERY Girls U-14	FITA 40 M	
13	ARCHERY Girls U-14	FITA 50 M	
14	ARCHERY Girls U-14	FITA 60 M	
15	ARCHERY Girls U-14	Compound 50	288
16	ARCHERY Girls U-14	Compound 50 (Double)	
17	ARCHERY Boys U-17	Indian 30 M	288
18	ARCHERY Boys U-17	Indian 40 M	
19	ARCHERY Boys U-17	FITA 30 M	576
20	ARCHERY Boys U-17	FITA 50 M	
21	ARCHERY Boys U-17	FITA 60 M	
22	ARCHERY Boys U-17	FITA 70 M	
23	ARCHERY Boys U-17	Compound 50	288
24	ARCHERY Boys U-17	Compound 50 (Double)	
25	ARCHERY Girls U-17	Indian 30 M	288
26	ARCHERY Girls U-17	Indian 40 M	
27	ARCHERY Girls U-17	FITA 50 M	576
28	ARCHERY Girls U-17	FITA 60 M	
29	ARCHERY Girls U-17	FITA 70 M	
30	ARCHERY Girls U-17	FITA 30 M	
31	ARCHERY Girls U-17	Compound 50	288
32	ARCHERY Girls U-17	Compound 50 (Double)	
33	ARCHERY Boys U-19	Indian 30 M	288
34	ARCHERY Boys U-19	Indian 50 M	
35	ARCHERY Boys U-19	FITA 30 M	576
36	ARCHERY Boys U-19	FITA 50 M	
37	ARCHERY Boys U-19	FITA 60 M	
38	ARCHERY Boys U-19	FITA 70 M	
39	ARCHERY Boys U-19	Compound 50	288

39	ARCHERY Boys U-19	Compound 50	288
40	ARCHERY Boys U-19	Compound 50 (Double)	
41	ARCHERY Girls U-19	Indian 30 M	288
42	ARCHERY Girls U-19	Indian 50 M	
43	ARCHERY Girls U-19	FITA 30 M	576
44	ARCHERY Girls U-19	FITA 50 M	
45	ARCHERY Girls U-19	FITA 60 M	
46	ARCHERY Girls U-19	FITA 70 M	
47	ARCHERY Girls U-19	Compound 50	288
48	ARCHERY Girls U-19	Compound 50 (Double)	

Note; In all age categories, Archers must score 40% of total (Maximum Points) to qualify for KVS NSM/SGFI (Individual distance scores can be more or less but overall score should be 40% of total (maximum point).

Ed/21
03/06/24

KENDRIYA VIDYALAYA SANGATHAN (HQ), NEW DELHI

(National Sports Cell)

Athletics Qualifying (Benchmark) for Participation in National Sports Meet, 2024

S. No.	CGA	Event / Group	Benchmark for 2024 (Timing/Distance)
			HH:MM:SS.MS/Meter
1	ATHLETICS Boys U-14	100 M	00:00:13.0
2	ATHLETICS Boys U-14	200 M	00:00:26.0
3	ATHLETICS Boys U-14	400 M	00:01:00.0
4	ATHLETICS Boys U-14	600 M	00:01:41.8
5	ATHLETICS Boys U-14	80 M Hurdles	00:00:12.9
			METER
6	ATHLETICS Boys U-14	High Jump	01.50 Mtrs.
7	ATHLETICS Boys U-14	Long Jump	05.14 Mtrs.
8	ATHLETICS Boys U-14	Shot Put	09.83 Mtrs.
9	ATHLETICS Boys U-14	Discus	29.95 Mtrs.
			HH:MM:SS.MS
10	ATHLETICS Girls U-14	100 M	00:00:14.8
11	ATHLETICS Girls U-14	200 M	00:00:31.2
12	ATHLETICS Girls U-14	400 M	00:01:12.1
13	ATHLETICS Girls U-14	600 M	00:02:01.5
14	ATHLETICS Girls U-14	80 M Hurdles	00:00:16.8
			METER
15	ATHLETICS Girls U-14	High Jump	01.25 Mtrs
16	ATHLETICS Girls U-14	Long Jump	04.40 Mtrs
17	ATHLETICS Girls U-14	Shot Put	09.28 Mtrs
18	ATHLETICS Girls U-14	Discus Throw	18.6 Mtrs
			HH:MM:SS.MS
19	ATHLETICS Boys U-17	100 M	00:00:11.7
20	ATHLETICS Boys U-17	200 M	00:00:24.5
21	ATHLETICS Boys U-17	400 M	00:00:56.1
			METER
22	ATHLETICS Boys U-17	High Jump	01.60 Mtrs
23	ATHLETICS Boys U-17	Long Jump	05.83 Mtrs
24	ATHLETICS Boys U-17	Shot Put	11.79 Mtrs
25	ATHLETICS Boys U-17	Discus	35.04 Mtrs
			HH:MM:SS.MS
26	ATHLETICS Boys U-17	800 M	00:02:13.7
27	ATHLETICS Boys U-17	1500 M	00:04:37.1
28	ATHLETICS Boys U-17	3000 M	00:10:24.1

			METER
29	ATHLETICS Boys U-17	Triple Jump	11.68 Mtrs
30	ATHLETICS Boys U-17	Pole Vault	02.10 Mtrs
31	ATHLETICS Boys U-17	Javelin	41.10 Mtrs
32	ATHLETICS Boys U-17	Hammer Throw	30.25 Mtrs
			HH:MM:SS.MS
33	ATHLETICS Boys U-17	5000 M Walk	00:32:10.7
34	ATHLETICS Boys U-17	110 M Hurdles	00:00:17.9
35	ATHLETICS Boys U-17	400 M Hurdles	00:01:04.5
36	ATHLETICS Girls U-17	100 M	00:00:14.0
37	ATHLETICS Girls U-17	200 M	00:00:28.7
38	ATHLETICS Girls U-17	400 M	00:01:05.8
			METER
39	ATHLETICS Girls U-17	High Jump	01.25 Mtrs
40	ATHLETICS Girls U-17	Long Jump	04.40 Mtrs
41	ATHLETICS Girls U-17	Shot Put	09.26 Mtrs
42	ATHLETICS Girls U-17	Discus Throw	22.63 Mtrs
			HH:MM:SS.MS
43	ATHLETICS Girls U-17	800 M	00:02:53.9
44	ATHLETICS Girls U-17	1500 M	00:05:54.2
45	ATHLETICS Girls U-17	3000 M	00:13:06.4
46	ATHLETICS Girls U-17	100 M Hurdles	00:00:20.0
47	ATHLETICS Girls U-17	400 M Hurdles	00:01:21.5
			METER
48	ATHLETICS Girls U-17	Triple Jump	08.72 Mtrs
49	ATHLETICS Girls U-17	Pole Vault	01.75 Mtrs
50	ATHLETICS Girls U-17	Javelin Throw	21.64 Mtrs
51	ATHLETICS Girls U-17	Hammer Throw	24.96 Mtrs
			HH:MM:SS.MS
52	ATHLETICS Girls U-17	3000 Mtr. Walk	00:21:32.1
53	ATHLETICS Boys U-19	100 M	00:00:11.7
54	ATHLETICS Boys U-19	200 M	00:00:23.8
55	ATHLETICS Boys U-19	400 M	00:00:54.1
			METER
56	ATHLETICS Boys U-19	High Jump	01.65 Mtrs
57	ATHLETICS Boys U-19	Long Jump	06.04 Mtrs
58	ATHLETICS Boys U-19	Shot Put	11.84 Mtrs
59	ATHLETICS Boys U-19	Discus Throw	34.15 Mtrs

			HH:MM:SS.MS
60	ATHLETICS Boys U-19	800 M	00:02:06.7
61	ATHLETICS Boys U-19	1500 M	00:04:38.1
			METER
62	ATHLETICS Boys U-19	Triple Jump	12.14 Mtrs
63	ATHLETICS Boys U-19	Pole Vault	02.30 Mtrs
64	ATHLETICS Boys U-19	Javelin Throw	43.04 Mtrs
65	ATHLETICS Boys U-19	Hammer Throw	26.62 Mtrs
			HH:MM:SS.MS
66	ATHLETICS Boys U-19	5000 Mtr. Walk	00:32:49.0
67	ATHLETICS Boys U-19	110 M Hurdle	00:00:17.6
68	ATHLETICS Boys U-19	400 Mtr Hurdle	00:01:02.1
69	ATHLETICS Boys U-19	Cross Country 6.0 KM	00:21:16.0
70	ATHLETICS Girls U-19	100 M	00:00:13.8
71	ATHLETICS Girls U-19	200 M	00:00:30.0
72	ATHLETICS Girls U-19	400 M	00:01:12.3
			METER
73	ATHLETICS Girls U-19	High Jump	01.26 Mtrs
74	ATHLETICS Girls U-19	Long Jump	04.31 Mtrs
75	ATHLETICS Girls U-19	Shot Put	09.65 Mtrs
76	ATHLETICS Girls U-19	Discus Throw	21.19 Mtrs
			HH:MM:SS.MS
77	ATHLETICS Girls U-19	800 M	00:02:20.5
78	ATHLETICS Girls U-19	1500 M	00:06:24.2
79	ATHLETICS Girls U-19	3000 M	00:14:04.4
80	ATHLETICS Girls U-19	100 M Hurdle	00:00:21.4
			METER
81	ATHLETICS Girls U-19	Triple Jump	09.34 Mtrs
82	ATHLETICS Girls U-19	Pole Vault	01.80 Mtrs
83	ATHLETICS Girls U-19	Javelin Throw	22.31 Mtrs
84	ATHLETICS Girls U-19	Hammer Throw	27.35 Mtrs
			HH:MM:SS.MS
85	ATHLETICS Girls U-19	3000 M Walk	00:22:00.0
86	ATHLETICS Girls U-19	400 M HURDLES	00:01:33.0
87	ATHLETICS Girls U-19	4 KM Cross Country	00:20:26.3

KENDRIYA VIDYALAYA SANGATHAN (HQ), NEW DLEHI

(National Sports Cell)

Rope Skipping Qualifying (Benchmark) for participation in National Sports Meet, 2024

S. No.	CGA	Event / Group	Benchmark for 2024 (Counts/Points)
1	ROPE SKIPPING Boys U-14	Speed 30 Second Individual (Master)	73
2	ROPE SKIPPING Boys U-14	Endurance 3 Minutes Individual (Master)	349
3	ROPE SKIPPING Boys U-14	Double Under 30 Second Individual (Master)	66
4	ROPE SKIPPING Girls U-14	Speed 30 Second Individual (Master)	64
5	ROPE SKIPPING Girls U-14	Endurance 3 Minutes Individual (Master)	313
6	ROPE SKIPPING Girls U-14	Double Under 30 Second Individual (Master)	42
7	ROPE SKIPPING Boys U-17	Speed 30 Second Individual (Master)	75
8	ROPE SKIPPING Boys U-17	Endurance 3 Minutes Individual (Master)	360
9	ROPE SKIPPING Boys U-17	Double Under 30 Second Individual (Master)	77
10	ROPE SKIPPING Girls U-17	Speed 30 Second Individual (Master)	63
11	ROPE SKIPPING Girls U-17	Endurance 3 Minutes Individual (Master)	324
12	ROPE SKIPPING Girls U-17	Double Under 30 Second Individual (Master)	66
13	ROPE SKIPPING Boys U-19	Speed 30 Second Individual (Master)	70
14	ROPE SKIPPING Boys U-19	Endurance 3 Minutes Individual (Master)	350
15	ROPE SKIPPING Boys U-19	Double Under 30 Second Individual (Master)	72
16	ROPE SKIPPING Girls U-19	Speed 30 Second Individual (Master)	65
17	ROPE SKIPPING Girls U-19	Endurance 3 Minutes Individual (Master)	310
18	ROPE SKIPPING Girls U-19	Double Under 30 Second Individual (Master)	69

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National Sports Cell

KENDRIYA VIDYALAYA SANGATHAN (HQ), NEW DLEHI

(National Sports Cell)

Skating Qualifying (Benchmark) for participation in National Sports Meet, 2024

S. No.	CGA	Event / Group	Benchmark for 2024 (Timings) HH:MM:SS.MS
1	SKATING Boys U-14	QUAD U-14 [R1-500 M+D]	00:01:06.0
2	SKATING Boys U-14	QUAD U-14 [R2-1000 M]	00:02:19.8
3	SKATING Boys U-14	QUAD U-14 [ROAD 2000 M]	00:05:10.9
4	SKATING Boys U-14	INLINE U-14 [R3-500 M+D]	00:00:56.5
5	SKATING Boys U-14	INLINE U-14 [R4-1000 M]	00:01:45.6
6	SKATING Boys U-14	INLINE U-14 [R5-RoadRace-II-1-Lap]	00:00:44.7
7	SKATING Boys U-14	INLINE U-14 [ROAD 2000 M]	00:03:58.0
8	SKATING Girls U-14	QUAD U-14 [R1-500 M+D]	00:01:05.7
9	SKATING Girls U-14	QUAD U-14 [R2-1000 M]	00:02:08.9
10	SKATING Girls U-14	QUAD U-14 [ROAD 2000 M]	00:05:26.4
11	SKATING Girls U-14	INLINE U-14 [R3-500 M+D]	00:01:01.1
12	SKATING Girls U-14	INLINE U-14 [R4-1000 M]	00:01:50.0
13	SKATING Girls U-14	INLINE U-14 [R5-RoadRace-II-1Lap]	00:01:22.5
14	SKATING Girls U-14	INLINE U-14 [ROAD 2000 M]	00:04:49.1
15	SKATING Boys U-17	QUAD U-17 [R1-500 M+D]	00:00:57.0
16	SKATING Boys U-17	QUAD U-17 [R2-1000 M]	00:01:56.5
17	SKATING Boys U-17	QUAD U-17 [ROAD 3000 M]	00:06:38.3
18	SKATING Boys U-17	INLINE U-17 [R3-500 M+D]	00:00:54.8
19	SKATING Boys U-17	INLINE U-17 [R4-1000 M]	00:01:44.6
20	SKATING Boys U-17	INLINE U-17 [R5-RoadRace-II-1Lap]	00:00:38.0
21	SKATING Boys U-17	INLINE U-17 [ROAD 3000 M]	00:05:45.9
22	SKATING Girls U-17	QUAD U-17 [R1-500 M+D]	00:01:05.9
23	SKATING Girls U-17	QUAD U-17 [R2-1000 M]	00:02:15.8
24	SKATING Girls U-17	QUAD U-17 [ROAD 3000 M]	00:07:59.0
25	SKATING Girls U-17	INLINE U-17 [R3-500 M+D]	00:01:00.8
26	SKATING Girls U-17	INLINE U-17 [R4-1000 M]	00:02:06.0
27	SKATING Girls U-17	INLINE U-17 [R5-RoadRace-II-1Lap]	00:01:25.1
28	SKATING Girls U-17	INLINE U-17 [ROAD 3000 M]	00:08:11.2
29	SKATING Boys U-19	QUAD U-19 [R1-500 M+D]	00:00:58.5
30	SKATING Boys U-19	QUAD U-19[R2-1000M]	00:01:57.8

31	SKATING Boys U-19	QUAD U-19 [ROAD 3000 M]	00:07:46.6
32	SKATING Boys U-19	INLINE U-19 [R3-500 M+D]	00:01:00.6
33	SKATING Boys U-19	INLINE U-19 [R4-1000 M]	00:02:03.4
34	SKATING Boys U-19	INLINE U-19 [R5-RoadRace-II-1Lap]	00:00:43.7
35	SKATING Boys U-19	INLINE U-19 [ROAD 3000 M]	00:06:57.6
36	SKATING Girls U-19	QUAD U-19 [R1-500 M+D]	00:01:12.7
37	SKATING Girls U-19	QUAD U-19[R2-1000M]	00:02:47.7
38	SKATING Girls U-19	QUAD U-19 [ROAD 3000 M]	00:10:34.4
39	SKATING Girls U-19	INLINE U-19 [R3-500 M+D]	00:01:21.5
40	SKATING Girls U-19	INLINE U-19 [R4-1000 M]	00:03:28.3
41	SKATING Girls U-19	INLINE U-19 [R5-RoadRace-II-1Lap]	00:01:52.2
42	SKATING Girls U-19	INLINE U-19 [ROAD 3000 M]	00:10:29.0

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National Sports Cell

KENDRIYA VIDYALAYA SANGATHAN (HQ), NEW DLEHI

(National Sports Cell)

Swimming & Diving qualifying(Benchmark) for Participation in National Sports Meet, 2024

S. No.	CGA	Event / Group	Benchmark for 2024(Timings) HH:MM:SS.MS
1	SWIMMING Boys U-14	50 M Free Style	00:00:34.8
2	SWIMMING Boys U-14	100 M Free Style	00:01:09.5
3	SWIMMING Boys U-14	200 M Free Style	00:02:34.6
4	SWIMMING Boys U-14	400 M Free Style	00:05:36.0
5	SWIMMING Boys U-14	50 M back stroke	00:00:40.1
6	SWIMMING Boys U-14	100 M back stroke	00:01:36.6
7	SWIMMING Boys U-14	200 M back stroke	00:04:13.2
8	SWIMMING Boys U-14	50 M breast stroke	00:00:44.3
9	SWIMMING Boys U-14	100 M breast stroke	00:01:36.8
10	SWIMMING Boys U-14	200 M breast stroke	00:03:35.6
11	SWIMMING Boys U-14	50 M butterfly	00:00:41.9
12	SWIMMING Boys U-14	100 M butterfly	00:01:18.8
13	SWIMMING Boys U-14	200 M butterfly	00:03:40.9
14	SWIMMING Boys U-14	200 M ind.medlay	00:03:26.7
15	SWIMMING Girls U-14	50 M Free Style	00:00:34.6
16	SWIMMING Girls U-14	100 M Free Style	00:01:18.4
17	SWIMMING Girls U-14	200 M Free Style	00:03:06.3
18	SWIMMING Girls U-14	400 M Free Style	00:06:16.1
19	SWIMMING Girls U-14	50 M back stroke	00:00:42.0
20	SWIMMING Girls U-14	100 M back stroke	00:01:32.7
21	SWIMMING Girls U-14	200 M back stroke	00:03:54.7
22	SWIMMING Girls U-14	50 M breast stroke	00:00:46.7
23	SWIMMING Girls U-14	100 M breast stroke	00:01:44.4
24	SWIMMING Girls U-14	200 M breast stroke	00:04:14.8
25	SWIMMING Girls U-14	50 M butterfly	00:00:37.6
26	SWIMMING Girls U-14	100 M butterfly	00:01:32.7
27	SWIMMING Girls U-14	200 M butterfly	00:03:47.0
28	SWIMMING Girls U-14	200 M ind.medlay	00:03:17.0
29	SWIMMING Boys U-17	50 M Free Style	00:00:27.4
30	SWIMMING Boys U-17	100 M Free Style	00:01:02.0
31	SWIMMING Boys U-17	200 M Free Style	00:02:28.0
32	SWIMMING Boys U-17	400 M Free Style	00:05:19.7
33	SWIMMING Boys U-17	50 M back stroke	00:00:35.1
34	SWIMMING Boys U-17	100 M back stroke	00:01:18.6

35	SWIMMING Boys U-17	200 M back stroke	00:02:52.0
36	SWIMMING Boys U-17	50 M breast stroke	00:00:35.3
37	SWIMMING Boys U-17	100 M breast stroke	00:01:20.1
38	SWIMMING Boys U-17	200 M breast stroke	00:02:58.1
39	SWIMMING Boys U-17	50 M butterfly	00:00:29.6
40	SWIMMING Boys U-17	100 M butterfly	00:01:16.1
41	SWIMMING Boys U-17	200 M butterfly	00:03:21.6
42	SWIMMING Boys U-17	200 M ind. medley	00:02:51.0
43	SWIMMING Boys U-17	800 M Free Style	00:10:38.8
44	SWIMMING Boys U-17	400 M ind. medley	00:06:15.9
45	SWIMMING Girls U-17	50 M Free Style	00:00:34.2
46	SWIMMING Girls U-17	100 M Free Style	00:01:16.8
47	SWIMMING Girls U-17	200 M Free Style	00:02:53.5
48	SWIMMING Girls U-17	400 M Free Style	00:06:27.0
49	SWIMMING Girls U-17	50 M back stroke	00:00:43.2
50	SWIMMING Girls U-17	100 M back stroke	00:01:36.6
51	SWIMMING Girls U-17	200 M back stroke	00:03:47.1
52	SWIMMING Girls U-17	50 M breast stroke	00:00:48.6
53	SWIMMING Girls U-17	100 M breast stroke	00:01:39.9
54	SWIMMING Girls U-17	200 M breast stroke	00:03:53.6
55	SWIMMING Girls U-17	50 M butterfly	00:00:38.9
56	SWIMMING Girls U-17	100 M butterfly	00:01:50.6
57	SWIMMING Girls U-17	200 M butterfly	00:03:43.0
58	SWIMMING Girls U-17	200 M ind. medley	00:03:23.6
59	SWIMMING Girls U-17	400 M ind. medley	00:07:44.2
60	SWIMMING Boys U-19	50 M Free Style	00:00:29.4
61	SWIMMING Boys U-19	100 M Free Style	00:01:07.3
62	SWIMMING Boys U-19	200 M Free Style	00:02:46.4
63	SWIMMING Boys U-19	400 M Free Style	00:06:32.5
64	SWIMMING Boys U-19	50 M back stroke	00:00:38.7
65	SWIMMING Boys U-19	100 M back stroke	00:01:32.2
66	SWIMMING Boys U-19	200 M back stroke	00:08:35.8
67	SWIMMING Boys U-19	50 M breast stroke	00:00:44.3
68	SWIMMING Boys U-19	100 M breast stroke	00:01:32.9
69	SWIMMING Boys U-19	200 M breast stroke	00:03:24.6
70	SWIMMING Boys U-19	50 M butterfly	00:00:34.6
71	SWIMMING Boys U-19	100 M butterfly	00:01:20.2
72	SWIMMING Boys U-19	200 M butterfly	00:03:47.6
73	SWIMMING Boys U-19	200 M ind. medley	00:03:55.9

74	SWIMMING Boys U-19	400 M Ind. medlay	00:07:02.5
75	SWIMMING Boys U-19	1500 M Free Style	00:24:59.2
76	SWIMMING Girls U-19	50 M Free Style	00:00:51.5
77	SWIMMING Girls U-19	100 M Free Style	00:01:26.4
78	SWIMMING Girls U-19	200 M Free Style	00:03:27.2
79	SWIMMING Girls U-19	400 M Free Style	00:07:08.1
80	SWIMMING Girls U-19	50 M back stroke	00:00:48.1
81	SWIMMING Girls U-19	100 M back stroke	00:01:52.3
82	SWIMMING Girls U-19	200 M back stroke	00:04:10.9
83	SWIMMING Girls U-19	50 M breast stroke	00:01:01.3
84	SWIMMING Girls U-19	100 M breast stroke	00:01:59.9
85	SWIMMING Girls U-19	200 M breast stroke	00:04:25.6
86	SWIMMING Girls U-19	50 M butterfly	00:00:51.7
87	SWIMMING Girls U-19	100 M butterfly	00:01:38.6
88	SWIMMING Girls U-19	200 M butterfly	00:03:11.0
89	SWIMMING Girls U-19	200 M ind.medlay	00:03:39.1
90	SWIMMING Girls U-19	800 M free style	00:13:40.9
91	SWIMMING Girls U-19	400 M ind.medlay	00:06:25.1

Note -

* Bench Mark is created on the basis of the 6th Position performance of the 52nd KVS National Sports Meet

* wherever the event which had less than 6 participants the previous years bench mark is fixed as the new one.

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SECTION- I

LODGING AND BOARDING (STAY & FOOD) ARRANGEMENT FOR REGIONAL/NATIONAL/SGFI/COACHING CAMP

I- FOOD ARRANGEMENTS:- Venue Principal/Head of Institute shall make proper kitchen/Storage/Cleaning arrangement at centre for preparing nutritious and healthy & tasty food in hygienic environment. To ensure neat and hygienic cooking/dinning environment the food should be tasted by the Committee/Venue Principal /Staff before serving. The Food menu for the Tournament/Meet/Programme is given below :-

S. NO.	ITEMS	ITEMS/MATERIALS & QUANTITY
1	Break Fast	1. Milk-200 ml or more 2. Breads with butter / Jam and Sprouts (Moong/Chana/Moongfali/Rajma/Soyaseed) 3. Idli & Vada with Sambhar & Chatni/Dalia/Poha (any one) OR Aloo Parantha, Curd & Pickle OR Puri & Sabji 4. Bananas(2 Pcs) or Apple -1 Pcs (Qtn. 100-150 Gm.) OR Seasonal Fruits OR 02 Pcs of Eggs (Boiled)
2	Refreshment (At 11.00 to 11.30 AM.) For Official Only	1- Fruits Juice Packed(100-150 ml.) - OR - 2- Tea & Biscuits
3	Lunch & Dinner	1. Chapati (Tawa / Tandoor etc.) 2. Rice / Rice Pulao (Veg.) 3. Daal /Razma /Chhole (Any one) 4. Mixed Veg (Seasonal)/Kofta/Beson curry 5. Paneer for Vegetarian and Eggs /Fish /Chicken/Mutton curry for non-vegetarian. (ITEMS ARE MANDATORY IN LUNCH & DINNER) 6. Soup(Tomato/Vegetable) 7. Salad & Pickle mixed 8. Papad (Branded) fried/Roasted. 9. Curd/Raita (Vegetable) or Boondi 10. Sweet dish (Dinner) and Fruits Custard / Kheer (Fruits Apple/Orange/Kinnow in lunch)
4	Refreshment (At 5.00 to 5.30 PM)	1. Juice (Packed 100-150 ml.) 2. Snacks-Sandwich/Samosa/Aaloo Bonda/Paneer Pakora/Patties = 02 Pcs or more(100-150 Gm.)
5	Sleep Time (Bed Time)	1. Milk (200-250 ml.) Or Ice Cream (40-50 ml.) as per feasibilities /Weather
Note:- <ol style="list-style-type: none"> The Principal of host venue will ensure to provide the same scale/standard of meal/Food to all Players/Escorts/Coaches/Technical Officials/Staff deputed/engaged from other school at venue. No DA (for Lodging & Boarding) will be charged from Players/Managers/Escorts/Coaches during Regional/National/NSC(SGFI)/Coaching Camp/Meet etc. Non -Vegetarian meal shall be provided once in a day (either in Lunch or Dinner). As far as possible meal should be served in buffet system with manner. Proper seating arrangements in dining area (Table with cover & Chairs) should be made for Students & Staff seperately. Day wise Menu shall be displayed on the notice Board/Dining area & Kitchen and a copy of the same must be given to Escorts /Managers of the teams. Fresh vegetables, Branded & Packed food materials should be used for preparation of Meal/Food. 		

APPENDIX- IX

SPORTS PLAYING KIT, TRACK SUIT, ACCESSORIES & Items for Players / Coach/Manager for KVS NSM & NSG (SGFI) Championship-

S. No	Items	Games/Events/Items/Materials	For KVS National Sports Meet from RSCB	For SGFI (NSG) Meet from NSCB	Remark
1	Track Suit	All Events as per Modalities	1 Set/Pair for each participant before NSM Participation *For Cricket – T-Shirt +Trousers will be provided (As per allotted colours)	1 Set/Pair for each participants during Coaching Camp for NSG (SGFI) Participation.	Standardized and Branded Playing materials/Items/ Accessories should be provided .
2	T-Shirts & Shorts (Mandatory for School team /players from VVN for Sub-Regional/Regional)	All Events as per Modalities			
3	Playing Kit (As per Sports / Federation norms)	Archery, Athletics, Swimming., Taekwondo, Judo, Rope Skipping, Skating , Yogasana, Boxing, Wrestling/Mallkhamb / Skating.			
4	Shoes (Jogger) & Socks / Stocking	All Events for KVS NSM/SGFI			
5	Playing Shoes / Studs / Running Spikes / Cricket Shoes /Ring Shoes/ Mat Shoes.	Boxing, / Kabaddi / Taekwondo /Athletics / Football / Hockey / Cricket / Tennis / Badminton / Basketball / Wrestling / Kho-Kho (If conducting on Mat) from VVN /RSCB only.			
6	Blazer (Coat)	All Events as per Modalities	Nil	For all Participants / Escorts / Coaches / Managers / D-Mission of KVS team deputed by KVS (HQ) only	Standard /Good material with pocket NSG (SGFI).
7	Protection / Guard - i.e. Arm Guard, Leg Guard(Shin), Abdominal Guard, Chest Guard Gum Guard, Patti, Gloves, Helmet, Skates, Goggles , Swimmer's Cap etc.	As per Games if required	Expenditure incurred from VVN of Concerned KV. (If sufficient fund is not available in VVN than expenditure may be incurred from RSCB)		As per specification of events wise Branded
8	Sports Caps in Regional Colors for NSM	For All Participants	By Concern Region (As per allotted Colours)	Sports Caps in KVS Colors	Print on Cap- KVS National Sports Meet
9	Duffel / Kit Bag for Participants (15 Inches -Drum Shape)	All Events	Nil	Individually for each participants	Good quality
10	Kneecaps, /Anklets/ Wristband (As per requirement of Games)	Kabaddi / Volleyball / Kho-Kho / Hockey / Football (as and when its required)	Individual for each participants	Individual for each participants	Branded
11	Racket/Bat (As per Games & requirement)	Badminton /Table-Tennis / Tennis	Provided by concerned KV from VVN Fund		Branded as per the need of events
12	Cricket Bat	Cricket as per requirement			
13	Hockey Sticks	Hockey as per requirement			
14	Skipping Rope	As per event as per requirement			
15	Skates	As per event as per requirement			
16	Common Accessories / Equipment (Carry Bag)	1- Hockey -Goal Keeper Kit, 2- Boxing- Gloves & Head Gear, 3- Cricket-Helmet, Batting / Keeper Pad 4- Taekwondo-Head Gear & Chest Guard 5- Leg & Arm Guard(Pad)	Commonly issued to team / Players from VVN / RSCB fund by concerned KV / Region for participation NSM / SGFI / Other Competitions.		Concerned KV/ Coordinating Vidyalaya / Venue /Region will purchase & procure all accessories / equipments and payment will be made from VVN /RSCB fund.
17	Sports Kit for TGT(P&HE)/ Escort / Coach / Manager for KVS NSM / SGFI (Once in a Session / Year)	<ul style="list-style-type: none"> • For NSM - Blazer (Navy Blue) OR Tracksuit, T-Shirts, Shoes & Shocks will be provided to KVS Staff (Regular) deputed as Coach / Manager/ Escort of Regional/National team for participation in KVS National Meet and the same will be provided to TGT(PHE) deputed as Technical Officials / Experts at host venue by host Region from RSCB Fund by the Host Region / concerned Region. • For SGFI- Track Suit, Sports Shoes (Jogger), Socks, Blazer, T-Shirts & Shorts will be provided to KVS team /Coach / Manager / Contingent Manager & D-Mission (If TGT-PHE) deputed by KVS (HQ) / Region (KVS RO) for Coaching Camp and participating in National School Games (SGFI)/ Other National level event. 			
<p>Note-a) Sl. No. 01 to 06 & 08 to 10 items will be issued/provided permanently to participating Student/Escorts/Coach/Manager/ Contingent Manager/D-Mission. b) Expenditure will be met out as mentioned. c) The RSCB of concerned Region will decide Sports playing Kit / Playing Accessories / Equipment for team /participants in KVS Sub-Regional/Regional Sports Meet.</p>					