



St. Joseph's Academy, Savita Vihar

InterHouse Athletics

"It doesn't matter whether you come in first, in the middle of the pack, or last. At least you participated and finished. There is a lot of satisfaction in that."

Games and sports play an integral role in the development of our children and their lives in general. Moreover, games and sports instill discipline, inculcates team spirit, sportsmanship and leadership qualities, The Inter house athletics 100m race for classes VI -VIII was conducted on 25th April,23 ; Interhouse Fun Races and 100m races for class III was conducted on 27th April,23 and Interhouse 100m & 200m races for classes IX & X on 4th May,23. A good number of participation was observed for all the races. All four houses participated in which each house was representing 15 to 20 participants who has been qualified for the semifinals through preliminary rounds held earlier . the race was held on the athletic track . The race was conducted in heats; each heat consisting of 5to 6 participants the winner of each heat progressed to the final round. After an exciting display of speed and agility, the semifinalists have qualified for the finals which is scheduled for Sports Day this year.