



# SPORTS RUSH

Rishi Valley School

September 12, 2022

## Opening Ceremony



After a spell of wet weather we woke up to glorious sunshine that heralded Sports Day 2022-23. Rajan Sir took on the announcements with good cheer and welcomed one and all and made a special mention of MARKER quipping that we would yet need Marker for the *Tug of War* the next day. The opening ceremony kick started with Sanan and Mishka carrying the school flag as representatives of the school. The students wore their respective colours: 12<sup>th</sup> wore sunshine yellow, 11<sup>th</sup> marine blue, 10<sup>th</sup> faded teal and 9<sup>th</sup> navy blue. The ceremony began with each grade having two students heading the class—one as a flag bearer and another as a placard holder respectively:

Manaswini and Srivar -12<sup>th</sup>  
Jayesh and Hiya - 11<sup>th</sup>  
Revati and Jatin – 10 A  
Panav and Jaahnavi – 10 B  
Ira and Adithya – 9 A  
Tejas and Sritha – 9 B  
Suryaveda on drums

They marched around the 200 meter track with a steady beat and rhythm. This was followed by oath taking which was rendered by Bindu.

**WE THE ATHLETES,  
GATHERED HERE TODAY  
DO SOLEMNLY SWEAR  
TO TAKE PART IN THE ANNUAL SPORTS MEET  
TO THE BEST OF OUR ABILITIES  
AND IN THE TRUE SPORTSMANSHIP  
FOR THE HONOR OF OUR SCHOOL  
AND FOR THE GLORY OF SPORTS  
FOR WHEN THE GREAT SCORER COMES  
TO SCORE AGAINST OUR NAMES  
THEY SEEK NOT WHETHER WE HAVE WON OR LOST  
BUT HOW WE HAVE PLAYED THE GAME.**

After the pledge Anand and Vanshika ran down from Cave rock carrying the torch. The moment held all together in a hush of emotional momentum. Murali Sir unfurled the flag and Meenakshi Akka declared the sports meet open. She commented about the hiatus of the last 2 years and how for some it was a first experience of sports day and the last one for some. She said that overall it is a cheerful event and should be marked by true sportsmanship.

Finally after a round of applause the students were dispersed and paved way for the start of sporting events of the day.

~ Anika and Aadya

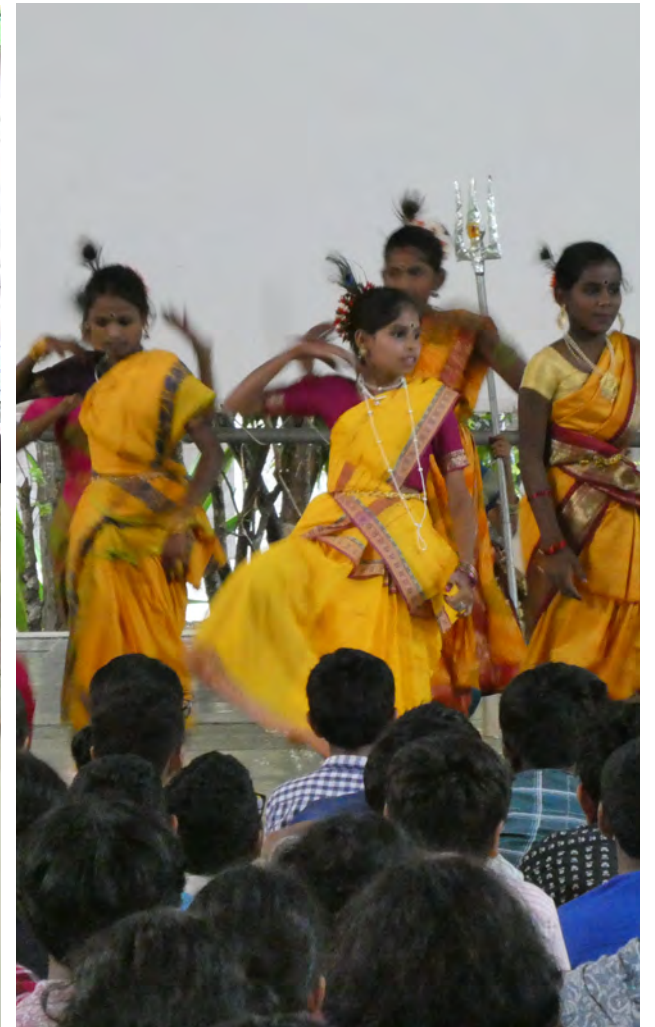




# SPORTS RUSH

## Local Folklore: Feast for the Soul

7



Rain proved a dampener on Thursday, September 8, the scheduled inaugural day of Sports Day Meet. However, it takes more than rain to down the spirit of the occasion. Unlike in previous years, wherein students from junior classes would perform drills, dances and yoga demonstrations; this year we had arranged for a folk performance by a team from the neighbouring district of Anantapur. Our dance teacher Venu Sir collaborated with Professor C Krishna Reddy—retired dean of Potti Sreeramulu University of Hyderabad—to bring in a team of 18 members who regaled us with 4 varieties of dances namely *kolatam*, *Jakkini*, *Keelu - Gurram* and *Urmulu*.

*Kolatam* is a folk-art form of dance which is performed by striking a pair of small sticks. 6 songs were rendered in which one saw different variations of how the dancers used their sticks. The songs were sung by two elderly persons dressed in resplendent robes. Artists were of varied ages and genders which gave a sense of how the art form continued to flourish in the community. Two elderly people who had also taken part in the dance played the *Jakkini* which is a string instrument. They

sang a few songs as they strummed the instrument.

The highlight of the programme was the magnificent dance with dummy horses called *Keelu Gurram*. A grandfather-grandson duo danced vigorously as they pranced around. It almost felt like they were riding real horses and not dummy ones. The dancers looked like warriors in their robes.

The last art form to be presented was *Urumulu*. *Urumulu* is a type of drum with special percussion sound effects. The left side is rubbed with a stick and the right hand is used for drumming while simultaneously dancing like a prancing peacock. This too was a spectacular display.

The costumes looked rich. Professor Krishna Reddy who has done a PhD in folklore was himself familiar with all these art forms and took part jubilantly by singing, dancing and explaining to the audience.

~ *Raghuveer*

## REC Dance

The Rural Education Centre choreographed an *Adivasi Dance*. A group of 15-16 REC girls lit up the stage with their dance on the 8<sup>th</sup> of September, Thursday. The Telugu song 'Adivi Talli ki Dandalu' was performed in praise of the forest goddess. The REC girls had a lot of fun preparing for the dance, with their choreographer, and performing it. The dance represented the youth and elderly praying for the happiness and prosperity of the forest, animals, and people. Despite the rains it was a happy and joyous occasion. were very happy to perform their talent in front of a huge audience!

- *Nysha and Nandini*

# SPORTS RUSH



## Special Sports Assembly



On Thursday, the 8th of September 2022, the children of grade 6B presented a skit on the origin of the Olympic games. The performance was a part of their social studies curriculum and aligned well with the Sports Day at Rishi Valley.

By 776 BCE, athletics had become a fundamental part of ancient Greek culture. Nearly every city or town in ancient Greece had a gymnasium and a wrestling ground. The Greeks paid attention to their physical form and bodies as an act of respect to their gods. Through this, the

students also learnt that physical fitness and health are essential aspects of well-being

Students shared stories of the origin of organized sports, various sporting events, role of men and women in ancient games, events' structure, and the festivities that surrounded them. The children enjoyed sharing what they had learned about Greek mythology and the historical facts about sports through this performance.

### Sports Movie: Chariots of Fire

*Chariots of Fire* was released in 1981 and won the best picture Oscar in 1981. *Chariots of Fire* is well known for its time musical score by the Greek composer Vangelis Papathanassiou. This movie has two very different approaches to religion and sports at its heart. It is a period piece that explores the timeless themes of temporal ambitions and higher purposes of commitment and sacrifice of ability and spirit.

The movie centers around two young English men (Ben Cross and Ian Charleson) who have hopes of glory at the 1924 Olympics. We see that their struggles almost cost them their opportunity to achieve greatness that they both deserve. When they are both ultimately successful Charlson feels that his win is due to God's glory and accepts it with pride and admiration; whereas Cross who wins the gold feels somehow disappointed.

The main theme of *Chariots of Fire* is that the journey to destination is more important and uplifting than the destination itself.

After the folk dance High Tea awaited the chattering of juniors, seniors and teachers who were eagerly waiting for the taste of appetizing food to burst on their taste buds. What's on the menu?

#### Menu

1. Crunchy paneer
2. Cake/Brownie
3. Eggless cake
4. Fresh watermelon juice
5. Malai Sandwich

#### High Tea Specials

##### Crunchy Paneer

Paneer Marinated with seven special spices (cannot be revealed very confidential) with a pinch of turmeric and chilli powder and a hint of ginger-garlic paste.

We would also like to credit the staff members in the Kitchen who make us food:

Shankara Anna (cook),  
Sudhakar Anna (sweet),  
T-Nagraj (Assistant)  
Subrahmanyam Anna (frying)

### High Tea

And all the other annas and akkas in the kitchen

~Heer, Bhavishya, Samarth, Akshara Veda

RISHI VALLEY SCHOOL

# SPORTS RUSH

SEPTEMBER 12, 13

HAVE FUN AND BREAK A LEG!

GAMES FIELD  
PREP SECTION TO 12TH

Join us in a game of hopscotch too!



# SPORTS RUSH

## LOGOS CAPTURE THE SPIRIT OF THE SENIOR CLASSES



### Class 9

You might have heard some rumours about the 9thies logo. Here is the true insight into what actually happened! For starts and stats, the artists of the masterpiece were Tejas, Adi-Raju and Vedika. They got the idea from a printout they found in Batik section. They drew that, but unfortunately, the class wasn't fully in favour. As a second option there was a Tree drawing made by Anamika and co, but some of the people, again, weren't satisfied. Finally, after ages, they decide on making a fusion of both drawings. But guess what! How does a tree and dragon make sense? So the tree was replaced by a torch! And VIOLA!!

The credit for the slogan goes to Sritha:

Fall, falter,  
stutter or tire.  
But never let die  
Your inner Fire



### Class 10

Well! The brains behind the logo are chiefly Revanth and the Krishna House Boys. Credit for putting it on paper goes to Prajna! And the concept STATERA means balance in Latin and suggests that we maintain equilibrium.



### Class 11

It's time we tell something about the 11thies logo! It reads:

**Birds of a feather,**  
**Crocodile Leather,**  
**Beautiful weather,**  
**Teamwork Forever**

Although it may not make sense to most, here's an insight on our brief with Maya, Nirad and Lakshman... "nothing brings people together better than humour. That is why we decided to make a logo that stands out! Though most of you won't even understand it, the true meaning is that humour unifies :)"

We also got a sneak -peek into another option that they considered:

**Life is SPORT,**  
**SPORT is LIFE,**  
**Antonio,**  
**I have a Wife**

### Class 12

The whole idea and the artwork credit goes to Bindu. While having a conversation with her, she told us that Prabhu had also contributed to the idea "THANKS PRABHU! About the concept" the eagle which is ready to take away symbolizes the 12thies leaving RV. The Eagle also stands for elegance and royalty. Another option that Bindu thought of was a snake but the eagle got better of the snake. Their caption is the famous Alistair Maclean Title Where Eagles Dare. The names of all the students and Class Teacher Atul are embedded into the wings of the eagle.





## Eveready Reddy Sir



This year is yet another milestone in Reddy Sir's sports tenure at Rishi Valley. He has been here for over a decade and has mentioned that he has been cherishing every moment of it.

**Q: Which year did you join in?**

A: I have been here for around 24 years. I joined in 1998.

**Q: What has been your favourite event to watch and participate in?**

A: I enjoy watching all events but since my college years, I've enjoyed all the throws, like javelin, discus, shot put, and CBT.

**Q. Which student (from your entire career at RV) has left the most impacting memory that you would remember many years from now?**

A: Honestly, I have a very bad memory but I

remember for the first 2-3 years when I joined, there were some really good all-rounders. But at the end of the day, I feel happy if the students just enjoy games and athletics.

**Q: What do you plan to do after leaving school?**

A: I am planning to stay with my son in Hyderabad. I have missed quality time with my family all my life. I've been working and not really been able to spend much time with family so I am looking forward to spending time with family.

**Q: How is your experience being a sports teacher?**

A: I have really enjoyed being a sports teacher. Ever since I was young, I was interested in sports and athletics and I'm doing what I love.

~ Ayati, Joy and Ananya

## The 400m Races

The track events are always heady and the spectators keenly followed the 400m runs. D Boys were the first in the series. Sai Kartikeya finished first followed by Samir and Yohaam. They looked exhausted after the long race. C Girls followed with Ada finishing first followed by Samhitha and Maya. One could hear the cheering getting louder and louder as the race picked up momentum and the finishing line was being lapped up by the runners.

In C Boys, Likhith had a clear lead from the start with Yann following in the second place. Kartikeya of Class 7 and Areel were running head-to-head and heel to heel but finally, Kartikeya surged forward to the third place.

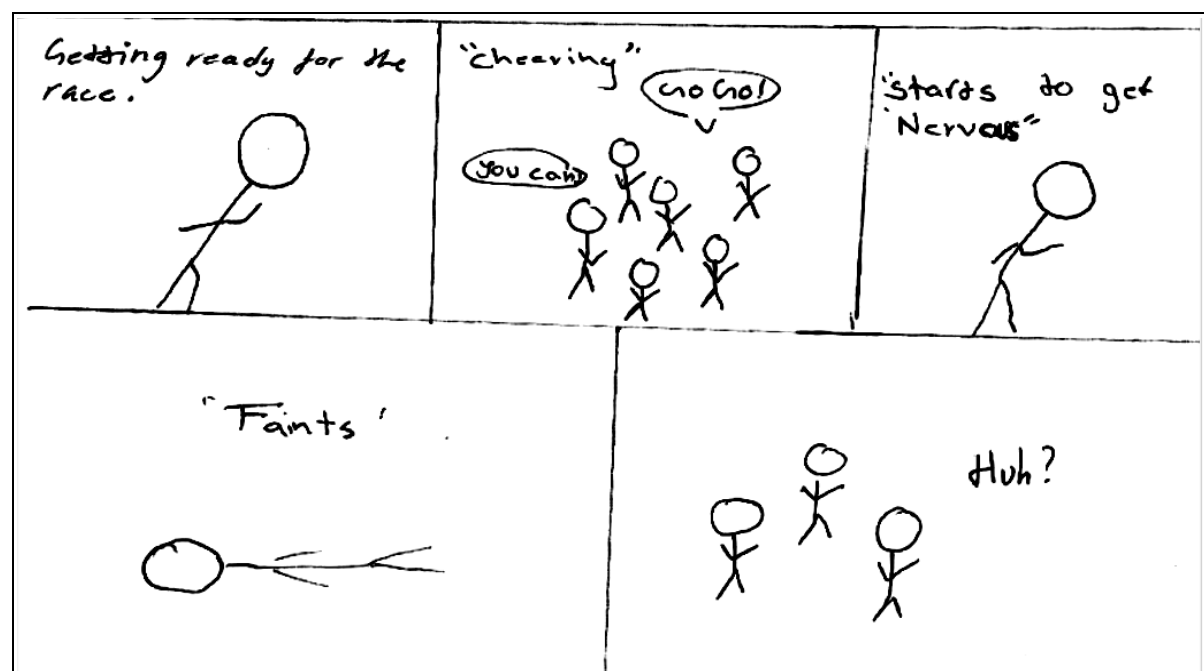
B Girls run was also a very close neck to neck race between Sritha and Revati with one outrunning the other. Sritha sprinted in the last 25 m and finished first followed closely by Revati. Aharya secured the third place.

In B Boys Panac ran like a whirlwind and left everyone far behind and finished first. Lagsdan who was lagging 4 or 5 places behind picked himself up to finish 2<sup>nd</sup>. Jatin tried to outpace Lagsdan but finished in the 3<sup>rd</sup> place.

All eyes were on Anand in the A Boys race. Though Sanan was not in the race he ran alongside to motivate Anand. Anand came first followed by Tanishk in the second place and Sebastian in the third place.

For the timings check *Winners at a Glance*.

~ Dakshitha, Joya, Avi and Arpit.



## 'B' Boys High Jump Becomes Unreachable

The 'B' boys High Jump started at 1.13m (3'8.49). Prakhar was the only straddler at heats but today Revanth also joined him. By the time the pole was at 1.41m (4'7.51) Panav and Shivam were the only ones left participating. Lagsdan, Jatin, Prakhar and Revanth cleared 1.39 (4'6.72) and then got out subsequently. Shivam cleared 1.41m with ease and Panav cleared it at his third try. Panav got a fourth try at the next level and everyone in the crowd was cheering for him but sadly he was not able to clear 1.43m (4'8.3). By now, Shivam was the only one left. He dropped the pole for the first time at 1.45m (4'9.09) but cleared it at his second try. At 1.53m (5'0.23) the crowd was pin-drop silent as

Shivam was about to attempt his 6<sup>th</sup> try after a lot of pleading by the crowd. Unfortunately, he was not able to clear the level, therefore, the last level he cleared being 1.51m (4'11.45). The record that the participants tried to break was 1.58m (5'2.2) set by Abhiram T N in 1982/ Ramesh R in 1998/ Vishnu in (2018). Shivam was almost there.

~Ananya Sharedalal



# SPORTS RUSH

## Sportsmanship

### B Boys Shotput Record Narrowly Missed

A record was narrowly missed in B Boys Shotput. There was an air of nervous excitement around the participants. The spectators cheered on as the participants put all their might into the throw. Adarsh almost broke the record but just reached the old record. He came in the first place followed by Lagsdan in the second place and Panav in the third place.

~ Dakshitha

Sportsmanship is an incredibly important concept that reflects a crucial aspect of our identity. Rishi Valley has always taught us to be sportsmen, to put winning secondary to playing because it isn't about the destination, it's about the journey. Play with passion; because you love the game, not because you're good at it. Give it your best and forget the rest because – fundamentally what matters is your effort and your mindset, not whether you're on a losing streak. And if the passion isn't there? If your best just isn't worth it? Try again. Try any way. In the novel "To Kill a Mockingbird" by Harper Lee, Atticus Finch says that courage is when you know you're licked before you begin, but you begin anyway, and you see it through no matter what. Not everyone will be competing in this year's sports days and not everyone will want to, but I'm sure that everyone has tried and if I'm wrong about that... have some mercy. I'm not sure my faith in humanity can survive another blow. So, give it your all. Students and teachers, athletes and audience... try to remember the importance of sportsmanship this year, and the impact that it can have. And above all, play well, play like a sportsman. It might not seem worth it, but it will be. I promise.

Some of the answers from our questionnaire.

The ability to play for fun - Izvara

Winning shouldn't be your only priority - Tanuj Sir

Be kind, don't mind if you lose - Govind

Caring for others do stop caring about only winning inspire and encourage others - Anika

Accepting defeat - Sreecharan

Not giving up - Likhith

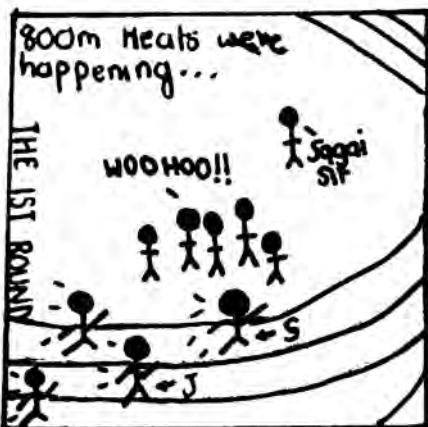
Being fair with your decision teamwork - Raghav Joshi

Good at sports - Jhanvi

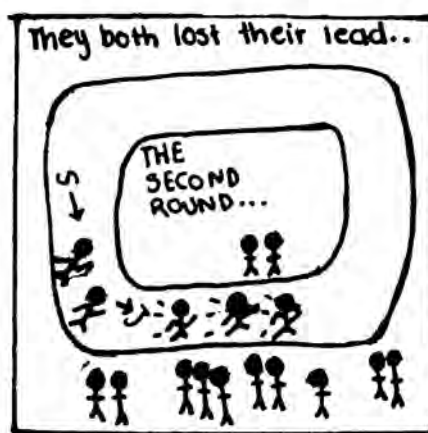
Courage, not given up - Aman

Not quitting even in the hardest times - Dakshitha

~ Sulakshana and Sanjoli



Janav and snehansh are fighting for 1st place!!



IDEA BY SAMARTH (8th GRADE)

## Commonwealth Games

The Commonwealth Games are a quadrennial international multi-sport event among athletes from the commonwealth nations. The event was first held in 1930 and with the exception of 1942, 1946 (WW2), have successively run every four years since. They were called British Empire Games from 1930 to 1950.

This year the commonwealth games was hosted in Birmingham, England. A total of 72 countries and 5054 athletes participated in the 22nd Commonwealth Games which was held from 28th July to 8th August 2022. There were 280 events in 20 sports.

Medals by teams:

	G	S	B	Total
Australia	67	57	54	178
England	57	66	53	176
Canada	26	32	34	92
India	22	16	23	61
New Zealand	20	12	17	49

~Jayashiv

# Winners at a Glance

S. No	Events	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
1.	1000m – Open Event [C Boys]	Yann 3.38.40 min	Likhith 4.01.75 min	Darhaas 4.04.06 min
2.	300 m – Open Event [ Children ]	Bansal	Kusala	Shom
3.	500 m- Open Event [D Girls ]	Unnati 2.04.79 min	Sahasra 2.07.00 min	Saanvi 2.09.48 min
4.	Tiple Jump [B Girls ]	Revati 9 m	Sritha 8.42 m	Medha 8.34 m
5.	Long Jump [Children 4th]	Raghav 2.01 m	Hamsika 1.83 m	Mishka 1.71 m
6.	50m run [Children 4th]	<u>Chezhian 10.35 sec</u>	Kusala 10.40 sec	Raghavendra -
7.	50m run [D girls]	Nethra 8.53 sec	Srivarshitha 8.91 sec	Chandana (REC) 9.18 sec
8.	100 m run [C girls]	Ada 15.49 sec	Samhitha 15.75 sec	Parivadhanaa 15.87 sec
9.	100 m run [D boys]	Yohaana 14.84 sec	Sai Karthikey 15.49 sec	Sai Arjun 15.49 sec
10.	100 m run [children]	Chezhian 20.65 sec	Mishka N 20.9 sec	Kishore Kumar (REC) 20.78 SEC
11.	100 m [D girls]	Sahasra 17.00 sec	Saanvi 17.22 sec	Unnati 17.39 sec
12.	100m [C boys]	Janav 14.10 sec	Likhith 14.62 sec	Kabir 14.82 sec
13.	100 m [B girls]	Ravati 14.60 sec	Sritha 14.96 sec	Anamika 16.02 sec
14.	100m [A girls]	Mythri 15.15 sec	Manasvini 15.50 sec	Mishka 15.88 sec
15.	100m run [B boys]	Panav 12.18 sec	Jatin 12.38 sec	Lagsdan 13.03 sec
16.	100m run [A boys]	Anand 11.64 sec	Sanan 12.00 sec	Srivar 12.12 sec
17.	Tunnel ball relay [children, 4th]	Team B	Team A	-
18.	High jump [A boys]	Sanan 1.52 m	Srivar 1.39 m	Arav, Krish& Tanishk 1.32 m
19.	Long jump [B girls]	Sritha 3.97 m	Aarushi 3.71 m	Prajna 3.63 m
20.	Shot put [10lb] [A girls]	Maya 8.44 m	Mishka 7.25 m	Ritisha 6.14 m
21.	Javelin throw [B boys]	Adi Lewin 34.67 m	Lagsdan 28.58 m	Adharsh 27.94 m
22.	Cricket ball throw[children, 4th]	Vaishnav 22.00 m	Jagadish(REC) 20.13 m	Nagabhushan(REC) 19.51 m
23.	Triple jump [A girls]	Mishka 8.00 m	Mythri 7.78 m	Manasvini 7.61 m
24.	400m run [D boys]	Sai Karthikeya 1.16.53 min	Samir 1.20.94 min	Yohaana 1.23.56 min
25.	400m run [C girls]	Ada 1.17.69 min	Samhitha 1.20.97 min	Maya 1.21.58 min
26.	400m run [C boys]	Likhith 1.07.22 min	Yann 1.07.28 min	G S Karthikeya -
27.	400m run [B girls]	Sritha 1.13.33 min	Revati 1.14.25 min	Aharya 1.25.14 min
28.	800 – Open Event [C Girls ]	Ada 3.21.72 min	Deshna 3.28.28 min	Vaanya 3.31.19 min
29.	400m run [B boys]	Panav 1.00.92 min	Lagsdan 1.05.28 min	Jatin 1.05.76 min
30.	400m run [A boys]	Anand 0.59.41 min	Tanishk 1.06.16 min	Sebastian 1.06.75 min
31.	25m Spoon and lemon [C girls]	Joya 8.84sec	-	-
32.	50m Needle and thread [D girls]	Ala	Rianna	Ela
33.	Tunnel ball relay [D girls]	Team A	Team B	-
34.	Long jump [D boys]	Sai Karthikeya 3.42 m	Yohaana 3.40 m	Samir 3.02 m
35.	Javelin throw [A boys]	Suryavedha 36.25 m	Abhineet 30.67 m	Sebastian 24.02 m
36.	High jump [B boys]	Shivam 1.51 m	Panav 1.43 m	Jatin, Lagsdan, Prakhar & Revanth 1.39 m
37.	Shot put [8lb] [B girls]	Aarushi 7.55 m	Sritha 7.50 m	Saanvi 7.26 m
38.	1500m Open Event [A&B Boys]	Shivam 5.16.94 min	Abhineet 5.35.18 min	Suryavedha 5.41.72 min
39.	50m obstacle race [children, 4th]	B. Jeshwanth (REC) 12.97 sec	Kusala 13.25 sec	Vaishnav 14.73 sec
40.	50m obstacle race [D girls]	Saanvi 13.94 sec	Tara 14.02 sec	Snigdha -
41.	50m obstacle race [D boys]	Sai Karthikeya 11.72 sec	Siddhanth 11.88 sec	Vihaan 12.13 sec
42.	50m obstacle race [C girls]	Ahana 12.21 sec	Vaanya 12.47 sec	Smruthi 13.73 sec
43.	50m obstacle race [C boys]	Yann 10.46 sec	Janav 10.50 sec	Likhith 10.79 sec
44.	50m Slow cycle race [B girls]	Kimaya 1.21.97 min	Ira 1.20.97 min	Aditi 1.17.69 min
45.	50m Slow cycle race [B boys]	Prakhar 1.25.22 min	Abhiveer 1.12.87 min	-
46.	50m Slow cycle [A boys]	Anand 1.44.63 min	Gnanesh 1.41.67 min	-
47.	50m Slow cycle[A girls]	Mishka 1.03.03 min	Niya 1.01.91 min	-
48.	Cricket Ball Throw [ C Boys ]	Janav 46.70 m	Govardhan 45.59 m	Vasant 45.50 m
49.	Discus Throw [1 kg] [A girls ]	Mishka 20.62 m	Niya 17.97 m	Maya 16.77 m
50.	Steeple Chase [A/B Boys]	Saayan 3.94 min	Krish 13.55.00 min	Sai Siddhartha 14.38.03 min
51.	Steeple Case [A/B Girls ]	Bindu 17.40 mins	-	-
52.	Cricket Ball Throw [ C Girls ]	Samhitha 29.9 m	Rithika 29.23 m	Heer 29.0 m
53.	High Jump [D Boys]	Grihith 1.15 m	Sai Karthikeya & Yohaana 1.10 m	-
54.	Long Jump [A Boys ]	Anand 5.72 m	Srivar 5.48 m	Krish 5.22 m
55.	Cricket ball throw [D Boys]	Avyukt 36.09 m	Rohan 32.65 m	Sai Pranav 32.18 m
56.	Shot put [B Boys ]	Adharsh M 11.44 m	Lagsdan 9.95 m	Panav 9.81 m
57.	Long Jump [C Girls]	Ada 3.45 m	Maya 3.33 m	Deshna 3.06 m
58.	4x100 Relay	Class 10 55.66 sec	Class 12 57.63 sec	-
59.	800 m [D Boys ]	Sai Kartikeya 3.05.95 min	Samir 3.13.09 min	Arjun 3.13.66min
60.	High Jump [ C Boys ]	G S Karthikeya 1.39 m	Likhith 1.37 m	Ashwin 1.32 m
61.	3000m -Open Event [A&B Girls]	Jhanvi 14.22.81 min	Hiya 16.44.32 min	Vanshika 16.48.81 min



# SPORTS RUSH

## ...It's Relay Time!!!!....

There was a great deal of excitement as the 4x100 relay started. There was a lot of chanting cheering and emotion before the race. The race had quite the surprise as the 10<sup>th</sup> took an early lead and held the lead all the way till the end giving them a 2 second win over the 12<sup>th</sup>. It was overall an amusing race for everyone to watch and enjoy. Sadly there were more disqualifications than we expected but everyone ran a very entertaining and a sportsman like race.

9 <sup>th</sup>	Induvadana	Adithya	Sritha	Lagsdan	D/Q
10 <sup>th</sup>	Revati	Jatin	Aarushi	Panav	1 <sup>st</sup> - 55.66 sec
11 <sup>th</sup>	Maitri	Sebastian	Shuba	Krish	D/Q
12 <sup>th</sup>	Manasvini	Anand	Mishka	Srivar	2 <sup>nd</sup> - 57.63 sec

- Samarth

### 5x20 [Children's Relay]

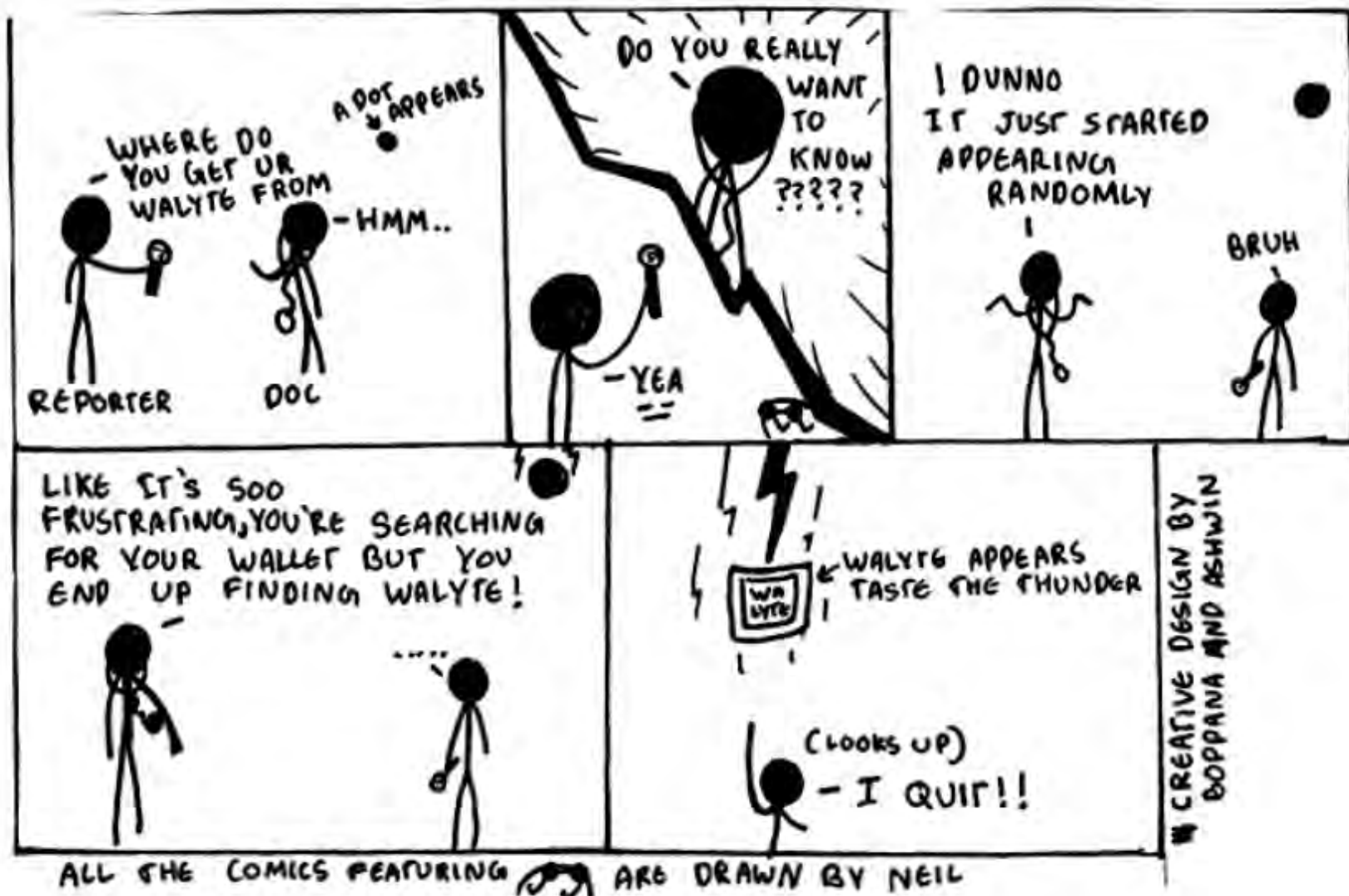
So we had a magnificent start by Raghav and Shom. Both teams were tied neck to neck, and then Kusala speeds up taking the lead! And at the end, although both the teams were running splendidly, Raghav's team won.. HOORAY!! Here's a sneak-peek into the teams...

<u>TEAM A</u>	<u>TEAM B</u>
Kusala	Hamsika
Krishna Manohar	Raghav
Gowri	Chezhan
Vaishnav	Siribrinda
Laya	Raghavendra
Shom	Devika
Reyan	Mishika

### 4x100 [Junior Relay (Grade 5,6,7 & 8)]

The junior relay was interesting this time.. There were 4 groups, each team with 4 people, one from each grade. For Samaira's team Janav had started and he got a head start for the team. At the end Likhith was speeding up and catching upon Yann but he had took the final step to win! Samaira & Co. Win the 4x100 Juniors Relay!!

~Janav







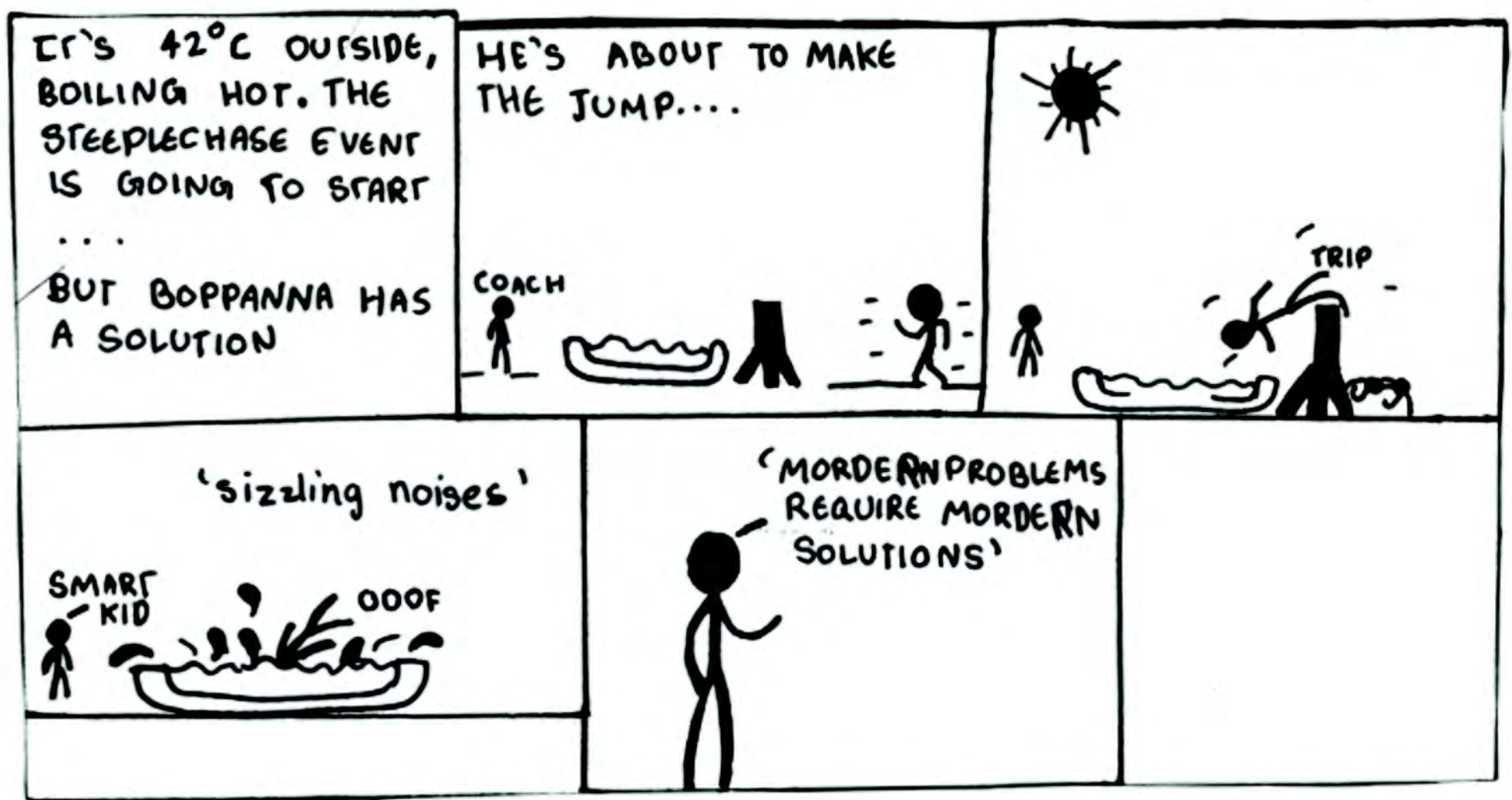
### RECORDS FROM THE TOP!!!

In every sports day an exciting aspect of it is the records. Here we have a few of the records from the top.

	Name	Event	Record	Old Record
1.	Bindu	Steeplechase	17.40 min	-
2.	Mishka	Discus Throw	20.62m	23.25m

**Steeplechase:** The first record of this Annual Sports Meet was set by Bindu from 12<sup>th</sup> grade. She had an amazing run and set a record of 17:40 minutes. She was the first girl to finish Steeplechase. A great amount of sportswomanship shown by Bindu as she helped out her fallen comrades and helped them finish the race.

**Discus Throw:** The second record was set by School Captain Mishka from 12<sup>th</sup> grade as she threw an amazing 20.62 meters. This a new record as previously you were allowed to spin and throw the dicus but due to safety issues you are not allowed to spin anymore. So this is a fresh start to the discus throwing event in Rishi Valley. The previous record was 23.25 (With spinning).



Today's Edition of the tabloid SPORTS RUSH was brought to you by :

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