



المدرسة الهندية – مسقط

INDIAN SCHOOL MUSCAT

(Affiliated to the Central Board of Secondary Education, New Delhi. Affiliation No. 6130001)

ص.ب : ٢٤٧٠ ، روي. الرمز البريدي : ١١٢ ، سلطنة عمان. هاتف : ٢٤٧٠٢٥٦٧ ، ٢٤٧٨٤٠٥٥ ، ٢٤٧٨٤٠٦٩ ، ٢٤٧٨٤٠٩٧ - فاكس : ٢٤٧٩٤٩١٩
P.O. Box: 2470, Ruwi, Postal Code: 112, Sultanate of Oman - Tel.: 24784097, 24784069, 24784055, 24702567 - Fax : 24794919
Email : ismoman@omantel.net.om Website: www.ismoman.com



ISM/PRN/051/2025-26

May 23, 2025

INTER HOUSE COMPETITIONS – SENIOR SECTION

Dear Parents,
Greetings from Indian School Muscat!

Please find below the schedule for Inter House Competition for classes IX to XII which will be held from 26th to 29th May 2025.

Day & Date	Event	House	Venue
26.05.2025 MONDAY Match no.1-5pm to 5.45pm Match no.2- 5.45pm to 6.30pm	Basketball- Boys	Red V Blue	NMPH
	Basketball- Boys	Green V Yellow	NMPH
	Volleyball- Boys	Yellow V Green	B BLOCK
	Volleyball- Boys	Blue V Red	B BLOCK
	Football- Girls	Red V Blue	MAIN FIELD
	Football- Girls	Green V Yellow	MAIN FIELD
27.05.2025 TUESDAY Match no.1-5pm to 5.45pm Match no.2- 5.45pm to 6.30pm	Basketball- Boys	Red V Green	NMPH
	Basketball- Boys	Blue V Yellow	NMPH
	Volleyball- Boys	Yellow V Blue	B BLOCK
	Volleyball- Boys	Red V Green	B BLOCK
	Football- Girls	Red V Green	MAIN FIELD
	Football- Girls	Blue V Yellow	MAIN FIELD
28.05.2025 WEDNESDAY Match no.1-5pm to 5.45pm Match no.2- 5.45pm to 6.30pm	Basketball- Boys	Blue V Green	NMPH
	Basketball- Boys	Red V Yellow	NMPH
	Volleyball- Boys	Yellow V Red	B BLOCK
	Volleyball- Boys	Blue V Green	B BLOCK
	Football- Girls	Blue V Green	MAIN FIELD
	Football- Girls	Red V Yellow	MAIN FIELD

Athletics

Day & Date	Event	House	Venue
25.05.2025 SUNDAY 5pm to 6.30pm	Athletics	All the Houses	MAIN FIELD
	100m	Pre-Senior, Senior	
	800m	Pre-Senior, Senior	
	Triple Jump (Boys)	Pre-Senior, Senior	
	High Jump	Senior	



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Day & Date	Event	House	Venue
26.05.2025 MONDAY 5pm to 6.30pm	Athletics	All the Houses	MAIN FIELD
	400m	Pre-Senior, Senior	
	1500m	Pre-Senior, Senior	
	Long Jump	Senior	
	High Jump	Pre-Senior	
Day & Date	Event	House	Venue
27.05.2025 TUESDAY 5pm to 6.30pm	Athletics	All the Houses	MAIN FIELD
	100m(Finals)	Pre-Senior, Senior	
	400m (Finals)	Pre-Senior, Senior	
	3000m	Pre-Senior, Senior	
	Long Jump	Pre- Senior	
Day & Date	Event	House	Venue
28.05.2025 WEDNESDAY 5pm to 6.30pm	Athletics	All the Houses	MAIN FIELD
	200m	Pre-Senior, Senior	
	4x400 m Relay	Pre-Senior, Senior	
	Triple Jump (Girls)	Pre-Senior, Senior	

Please note the following:

1. All the athletes are informed to report on time and be in proper House Colour.
2. Participate in events appropriate for your age group after ensuring officially registered and listed on your house team list.
3. Adhere to the maximum number of events allowed for athletes.
4. Incorporate warm up and cool down routines to prevent injuries.
5. Bring necessary personal equipment like water bottles, towels and any sport specific gear.
6. Stay hydrated and consume balanced meals before and after events.
7. Report any injuries to the medical team immediately.

Kind regards,

Rakesh Joshi



Rakesh Joshi
Principal