



MANGALORE UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION

Dr. Gerald Santhosh D'Souza
Director of Physical Education
Mangalore University

Mangalagangothri 574 199
DK Dist., Karnataka State
Phone :0824-2287 265 (0)
Mobile:9343572023

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To
The Registrars/Directors of Physical Education/
Secretary, Sports Board
Universities Affiliated to AIU

Respected Sir,

Sub: All India Inter-University Cross Country
Championships for men and women 2021-22

We are pleased to inform you with the easing of the COVID restrictions in the country, we have decided to reschedule the organization of the All-India Inter-University Cross Country Championships for Men and Women - 2021-22 to **March 9 and 10, 2022** at Alvas College, Moodbidri, Karnataka.

It gives me immense pleasure, on behalf of the Hon'ble Vice Chancellor of Mangalore University Prof. P. Subrahmanya Yadapadithaya and the Organizing Committee, to extend you a warm welcome to participate in the Championships and contribute to its success. Kindly note that the Competitions will be conducted while strictly following the COVID protocol and with minimum of spectators. So please adhere to the COVID norms and assist us in the safe conduct of the event. The programme brochure is enclosed.

Thanking You,

Yours Faithfully,

(Dr. Gerald S D'Souza)

Organising Secretary
AIU Cross Country Championships (M & W)

Copy to:

1. The PS to Vice Chancellor, Mangalore University, Mangalagangothri.
2. The Registrar, Mangalore University, Mangalagangothri.
3. Dr. Baljit Singh Sekhon, Joint Secretary (YA & Sports) AIU, New Delhi-110002.
4. The Secretary General, AIU, New Delhi-110002



Mangalore University
Mangalagangothri

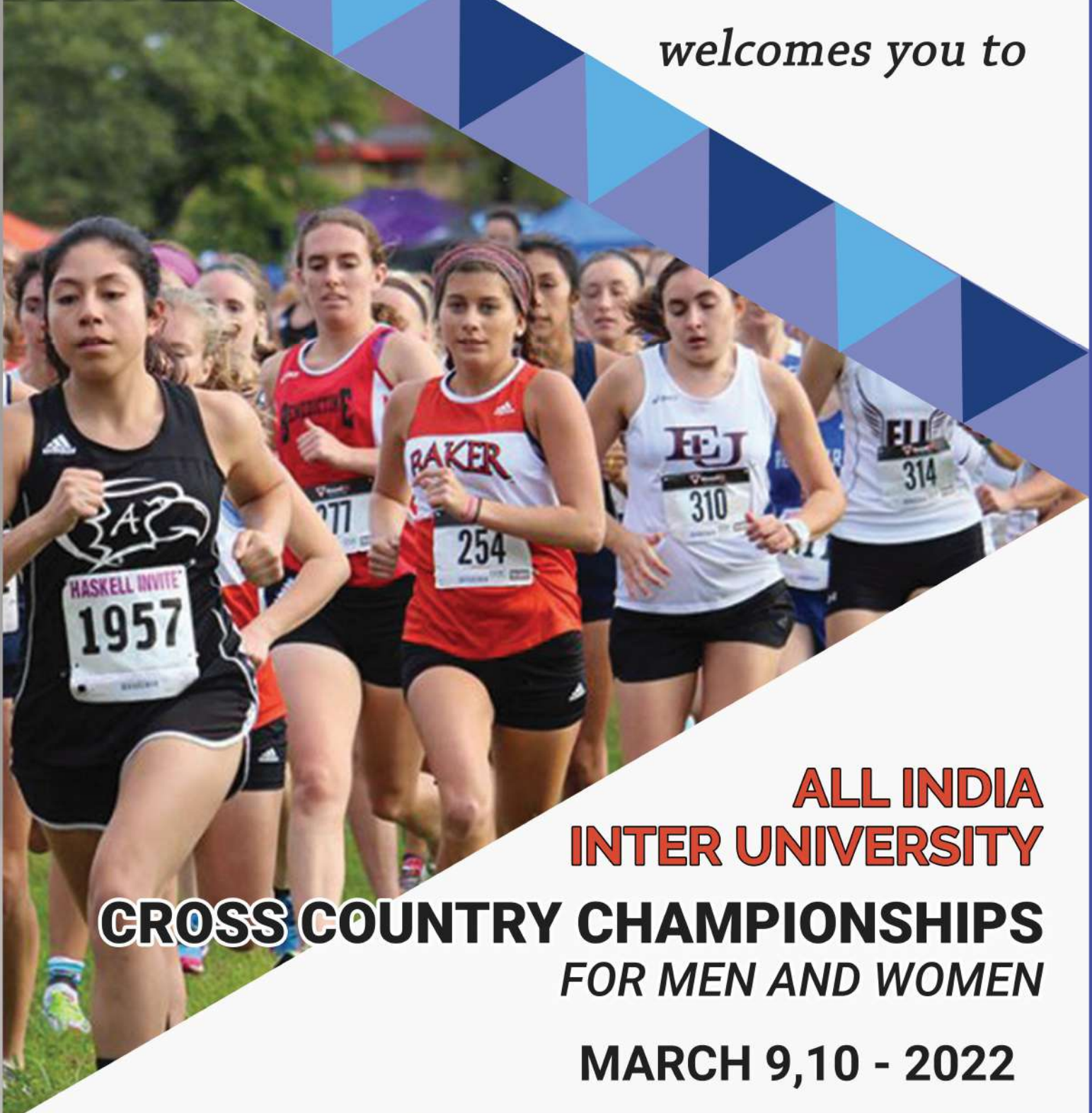


and

Alva's College
Moodbidri



welcomes you to



CROSS COUNTRY CHAMPIONSHIPS
FOR MEN AND WOMEN

ALL INDIA
INTER UNIVERSITY

MARCH 9,10 - 2022

MANGALORE UNIVERSITY

PROFILE

Mangalore University is known for its rich heritage of Academic pursuits, Cultural and sports vibrancy and is one of the most sought after universities in India.

Mangalore University established in 1980, has its administrative and main campus of Post-Graduate Studies in Mangalagan-gotri. It is situated in an area of about 353 acres flanked by the Indian Ocean on one side and Western Ghats on the other. Mangalore University has grown impressively since its inception with 204 affiliated colleges, two constituent colleges (at Mangalore and Madikeri) and five autonomous colleges.

Mangalore University, since its inception in 1980, has continued its sports legacy throughout its existence. Beginning with Mrs. Vandana Rao who won three gold medals in All India Inter University competitions and went on to represent India in Olympics in 1984, to Mr. Dharun Ayyasamy representing India in the Olympics and setting a national record in 400 mts. hurdles, Mangalore University has produced a plethora of sports stars.

VENUE AND DATE

The All India Inter University Cross Country Ch'ships for m & w is jointly organised by Alvas College, Mudbidre and will take place at **Swaraj Maidan, Moodbidre on March 10, 2022.**

Alvas College is an affiliated college of Mangalore University established in 1998. It has a well established Centre for Post Graduate Studies and Research along with Graduate Programs. Alva's is a unique educational institution that embodies all academic and cultural characters. At present, it offers 28 UG (Undergraduate) and 21 PG (Post Graduate) programmes

The college provides the students a solid platform for self-realization and moulds them into talented young men and women for their better tomorrow. It strives to fulfil the aspirations of such young spirits and mould them into responsible individuals capable of shouldering responsibilities both at the individual and social levels. It has produced many inter-national sportspersons and has successfully organised many Inter University competitions in Athletics, Cross Country and Ball Badminton.

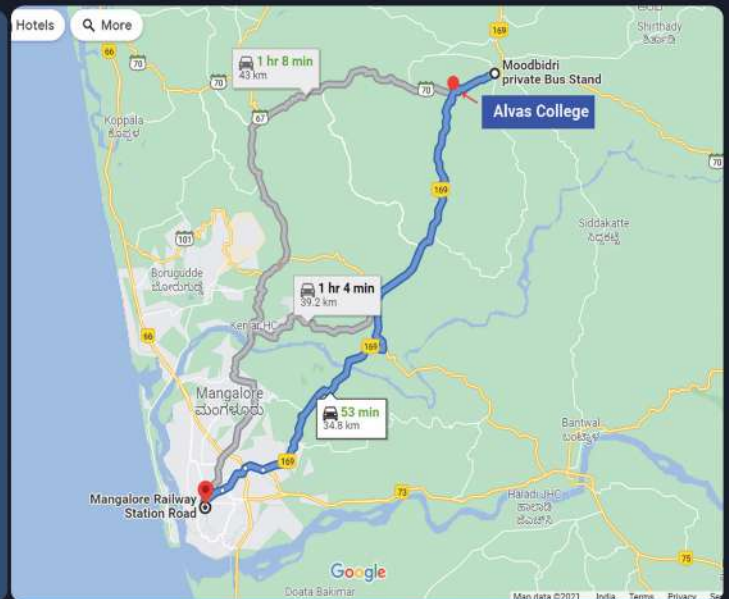
Mangalore University is home to many Olympians such as Vandana Rao, Satish Rai, Dharun A, M R Poovamma, Hockey Internationals such as Ponnamma M N and Leelavathi M and former Kabaddi national team captain Mamatha Poojary.



HOW TO REACH THE VENUE

Teams travelling by train can get down at Mangalore Central Railway station and move to State Bank Service bus stand which is within walking distance. Board a bus to Moodbidre on the Karkala route. The distance is about 40 km and the fare is about Rs. 60/-.

Teams alighting at Mangalore Junction can move to Bunts Hostel or Jyothi bus stop and board a service bus to Moodbidre on the Karkala route. Mangalore Junction railway station is about 4 kms. outside Mangalore.



Teams within Karnataka travelling from your university region by bus, can board a bus directly to Moodbidre or if coming via Mangalore, they have to alight at Mangalore and follow the same procedure as mentioned earlier.

Teams travelling from Mangalore by service bus can get down at Alvas Vidyagiri Campus which is about 2 kms. before Moodbidre bus stand. The teams are requested to inform of their ETA upon boarding the bus from Mangalore to Moodbidre.

The organisers have also arranged for transportation from the railway station to Moodbidre. Therefore the teams can inform their estimated time and place of arrival (Mangalore Central or Mangalore Junction railway station) to the relevant contact numbers mentioned below:

*** Please note that there are no facilities for train reservation at the venue. Therefore ensure the booking of return journey in advance to avoid inconvenience.**

»» Contact nos. at the Registration Counter
Mr. Madhu G R : 9743700154

Contact nos. for Transportation
Mr. Pradeepa S : 9036667393
Mr. Manjunatha : 9611426698

ACCOMODATION

The teams will be provided with unfurnished Rooms/Halls for their stay during the days of competitions. We have very limited lodging facilities; hence the teams are requested to arrive at the venue of the tournament a day before the competition date and to leave the venue within 24 hours of completion of their competition.

»» Contact nos. for Accomodation:

Mr. Sharath : 9481263939 Mr. Pramod: 9480484353

RULES OF THE COMPETITION

1. The Competitions shall be conducted as per the Regulations of the IAAF Rules and events as existing in World University Games.
2. A team consists of a maximum of six runners of which first four finishers of each team shall be considered for points in both the men and women sections. The distance for both the men and women section is 10 kms.
3. Each University shall pay the officiating fee of Rs. 2000 per team (separately for men and women).
4. Detailed entries shall be submitted online after February 10, 2022. Please click alvasphysical.edu.com or sportsentry.in for registration and proceed according to online instructions. The last date for detailed entry submission is **01.03.2022**.
5. The teams shall provide the following documents for each of their players while registering:
 - (a) Eligibility form in quadruplicate duly signed by the competent authority.
 - (b) Attested copy of SSLC or any document as proof of date of birth
 - (c) Attested copy of PUC or equivalent / Degree certificates (in case of PG students).
 - (d) Certificate of double vaccination or RTP-PCR certificate not earlier than 72 hours from date of reporting is mandatory for both the players and accompanying officials.
 - (e) Copy of AADHAAR certificate
 - (f) Medical Fitness Certificate
6. Barefoot running is not permitted. Individual entries are allowed (only for the purpose of selections for Indian Universities team.)
7. The Organisers shall reserve the right to make changes in the schedule as they deem necessary.



INSTRUCTIONS

1. There will be a Managers Meeting at Alvas College on **March 9, 2022 at 3 pm.**
2. The weather around this time of the year is pleasant in the mornings and evenings but warm during the day.
3. The participants are requested to bring blankets, though basic facilities will be provided freely or on rent.
3. The participants are advised not to venture into the sea while visiting the beaches.
4. The team managers and coaches are requested to join the whatsapp group by click- <https://bit.ly/AIUCcountryMenWAGroup>
5. The teams shall report the previous day i.e. March 9, 2022.
6. Share your travelling details like time of arrival at Mangalore central/ junction railway station to the transportation officials numbers through whatsapp.

Wishing all the teams safe travel and best of luck

PLACES OF INTEREST

Moodbidre is a taluk headquarters located about 35 kms. from Mangalore which is the district headquarters of Dakshina Kannada District. Udupi district is the neighbouring district which was a part of DK district not many years ago. Both the districts are situated along the western coastline of Karnataka continuous with the Kerala border in the South. Mangalore and Udupi are known for their beaches, marine life and temples. The main places of sightseeing and visit, are given below: (distance from Moodbidre):

- | | |
|--|------------|
| 1. Jain 1000 pillar temple | --- 1 km |
| 2. Gomateswara statue , Karkala | --- 15 km |
| 3. Sri. Dharmasthala Manjunatheswara temple. | --- 52 km |
| 4. Kudroli Gokarnath temple | --- 35 km |
| 5. Kateel Sri. Durgaparameswari temple | --- 18 km |
| 6. Kadri Manjunath temple | --- 36 km |
| 7. Mangaladevi temple | --- 36 km |
| 8. Tannirbavi beach | --- 41 km |
| 9. Panambur beach | --- 39 km |
| 10. Sri. Krishna temple, Udupi | --- 36 km |
| 11. Malpe beach and sea walk | --- 58 km |
| 12. Pilikula Nisargadhama | --- 61 km |
| 13. St. Aloysius College, Chapel | --- 26 km |
| 14. St. Mary's island | --- 35 km |
| 15. Manipal educational hub | --- 61 km |
| 16. Kukke Sri. Subrahmanya temple | --- 55 km |
| | --- 106 km |



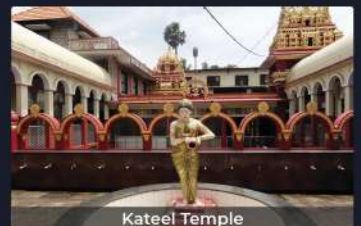
Malpe Beach



Bahubali Stature, Karkala



St. Aloysius College Chapel



Kateel Temple



End Point, Manipal



Pilikula Nisargadhama



Thaneerbavi Beach



Shri. Gokarnatheswara Temple



Mangalore University

Mangalagangothri



Prof. P S Yadapadithaya
Hon. Vice Chancellor
Mangalore University



Dr. Mohan Alva
Chairman
Alvas Education Foundation



Dr. Kishore Kumar C K
Registrar
Mangalore University



Dr. Gerald S DSouza
Director of Physical Education
Mangalore University

PATRONS

PRESIDENT

AIIU Cross Country Championship

ORG. SECRETARY



Dr. Prasanna B K
Asst. Director of Phy. Ed.



Dr. Ramesh H N
Asst. Director of Phy. Ed.



Dr. Haridas K
Asst. Director of Phy. Ed.

**JT. ORGANISING
SECRETARIES**



Dr. Kurian
Principal
Alvas College

**LOCAL ORG.
SECRETARY**



Mr. Thilak Shetty
Phy. Ed. Director
Alvas College

CONVENER



CONTACT US

Dr. Gerald S DSouza	9343572023
Dr. Prasanna B K	9686909858
Dr. Ramesh H N	9945589568
Dr. Haridas K	9964426675
Mr. Thilak Shetty	9900450228
Dr. Radhakrishna H B	9343094319

Email: gsansouza@gmail.com
directordpe2016@gmail.com