



مدرسة أبوظبي الهندية

Abu Dhabi Indian School

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ADEK CUP 1ST ROUND ATHLETIC MEET

Abu Dhabi Indian School Girls Shine in First Round of Abu Dhabi Sports Championship

Abu Dhabi: The girls of Abu Dhabi Indian School delivered an outstanding performance in the First Round of the prestigious *Abu Dhabi Sports Championship for Schools & Universities*, a mega sporting event that witnessed participation from more than 200 schools across the Emirate.

The championship, which brings together student athletes to compete in 14 different sports disciplines, provided a highly competitive platform for young talents. Demonstrating remarkable determination, discipline, and sportsmanship, 45 girls from Abu Dhabi Indian School participated in the athletic meet.

In a commendable achievement, **35 students secured positions among the top six in maximum events**, reflecting the school's strong training program and consistent preparation. Their impressive performances stood out amidst intense competition, highlighting the depth of athletic talent within the school.

The athletes showcased excellence in various track and field events, displaying speed, strength, endurance, and teamwork. Their success is a testament to their hard work, the dedicated coaching support, and the continuous encouragement provided by the school management and Physical Education Department.

The school community has expressed immense pride in the girls' achievements. With such a strong start in the first round, the team is now preparing with greater focus and determination for the **Second Round** of the championship, aiming to achieve even greater milestones.

The remarkable results of the first round reinforce Abu Dhabi Indian School's commitment to promoting sports excellence and nurturing young athletes to compete confidently at higher levels.

Congratulations to all the participants for making the school proud and setting high standards for the upcoming round.



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UNDER 11 AND UNDER 13 ATHLETES



UNDER 15, UNDER 17 AND UNDER 19 ATHLETES

Dr. Rishikesh Padegaokar
Principal



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GIRLS RESULTS 1ST ROUND ATHLETIC ADEK CUP (03-02-26)

S.No	NAME	GRD	CATEGORY	POSITION
1	NETHA VALSA	12F	U-19	1 st – 100M
2	DEVIKA SUNIL	12F	U-19	1 st - DISCUS, 1 st - SHOTPUT
3	HANNAH SUSAN TIJU	11D	U-17	2 nd - DISCUS, 1 st - SHOTPUT
4	NAIRA FATHIMA	11A	U-17	1 st - HIGHJUMP 1 st - TRIPLEJUMP
5	KHADEEJA SHANUM	11A	U-17	3 rd – 4x100mts
6	REBECCA ZOE DSOUZA	11E	U-17	3 rd – 4x100mts
7	ANAMIKA ANOOP	11F	U-17	3 rd – 4x100mts
8	BALA SETUMADHAV MENON	9A	U-17	2 nd –100mts 1 st - LONGJUMP 3 rd – 4x100mts
9	ZAIRA MARIAM FAIZ	9A	U-17	3 rd –1500mts
10	SHANAL LOBO	9A	U-15	2 nd - HIGHJUMP 4 th -100mts 1 st – 4x100mts
11	LIPIKA SATISH KUMAR	9C	U-15	5 th – LONGJUMP 1 st – 4x100mts
12	SHARANYA ACHARI	9D	U-15	
13	NISHEL LOBO	9E	U-15	3 rd – LONGJUMP 3 rd – HIGHJUMP 1 st – 4x100mts
14	TANSIADYA REGALLA	8B	U-15	3 rd –100mts 2 nd –200mts 1 st – 4x100mts
15	AARONA SAGAR	8G	U-15	4 th -SHOTPUT
16	ZAHIYA SAKARIA	8E	U-15	2 nd – 800mts 5 th –300mts
17	GAURI UMRAO	8E	U-15	1 st - HIGHJUMP 1 st - 800M
18	REYONA SANVIA FERNANDES	8F	U-15	3 rd –200mts 5 th –100mts 1 st – 4x100mts
20	LAZA FATHIMA	7A	U-13	1 st - 300mts 6 th – LONGJUMP 1 st – 4x50mts



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21	TIA THOMAS THARAVIL	7D	U-15	5 th –200mts
22	JASMINE RAKESH	7C	U-15	5 th -SHOTPUT
23	REANNA DSOUZA	7E	U-15	6 th –100mts 4 th –200mts
24	SAYEDA HANAN	7F	U-13	3 rd –150mts 1 st – 4x50mts
25	AYRA FAISAL	6A	U-13	1 st – 4x50mts
26	SAILA SUHAIL	6A	U-13	1 st – 4x50mts
27	LEANDRA VIOLE VAS	6D	U-13	3 rd – LONGJUMP
28	AARADHANA VIJIL	6E	U-13	2 nd – 300mts 2 nd –150mts 1 st – 4x50mts
29	ANANYA KRISHNAN	5G	U-13	2 nd – SHOTPUT
30	AYESHA HAMDA	5B	U-11	1 st – 60mts 1 st – 4x50mts
31	MEHREEN NAFEESA	4A	U-11	1 st – 4x50mts
31	DAWNA DHANEESH	4D	U-11	2 nd – 60mts 3 rd –150mts 1 st – 4x50mts
32	NIYAH FATHIMA SHAJAHAN	4E	U-11	2 nd – 150mts 3 rd – 60mts 1 st – 4x50mts
33	REYORA KATELYN	4F	U-11	2 nd – 300mts 6 th – LONGJUMP
34	AYLIN INSAF	4F	U-11	1 st - LONGJUMP 1 st – 150mts 1 st – 4x50mts
35	HEVA THOMAS	4F	U-11	4 th – 300mts

Dr. Rishikesh Padegaonkar

Principal