



FRIENDSHIP & SERVICE



ASSOCIATION OF INNER WHEEL CLUBS IN INDIA



NATIONAL SPORTS MEET

Date : 6th, 7th & 8th OCTOBER
Venue : District Stadium, Belagavi

SOLASTA

Hosted By
District - 317





ASSOCIATION OF INNER WHEEL CLUBS IN INDIA

NATIONAL SPORTS MEET

SOLASTA



TRISH DOUGLAS
IIW President



PREETI GUGNANI
Association President &
National Representative



VAISHALI LOKHANDE
District Chairman
District - 317

COMMITTEE MEMBERS



PAS RATNA BEHERE
Event Convener



PDC LATA KITTUR
Event Chairman



PDC JYOTI MADIMAN
Event Secretary



MANJIRI PATIL
President Host Club
IWC Belgaum



URMI SHEREGAR
Secretary, Host Club
IWC Belgaum

PREETI GUGNANI

Association President &
National Representative



Warm Inner Wheel Greetings to you all

Inner Wheel has completed 100 years of friendship & service with heritage of 1661 clubs and 55112 members evolving as a big family propelling the objectives & motto of the organisation. In this milestone year when we are celebrating a century of achievements. I am glad to have organised this **National Sports Meet - Solasta**, which will be one of a kind event happening for the first time in Inner Wheel history. I am grateful to Convener **PAS Ratna Behere** for conceptualising this idea and thought and inclining all her efforts with **DC Vaishali Lokhande**. We will be recognizing exceptional talent of all the IW members in sports, who have applied ingenuity, commitment and passion in their varied fields serving selfless for years. Just as the deep red of the setting sun holds the promise of a beautiful tomorrow, a life well lived conveys the gift of hope to future generations: this is what we want to convey with our endeavors to give a refreshing spirit. Also the less privileged & students from NGO's would be given a platform to exhibit their talents with District & National Tournaments for varied field of sports - Running, Swimming, Shot Put, Javelin Throw, Long Jump, Badminton, Table Tennis, Carrom and Chess. It will be a 3 days event on 6th, 7th & 8th October 2023 , at **District Stadium, Belagavi** that includes Indoor and Outdoor sports facilities. Wishing all the success to the event .

VAISHALI LOKHANDE

District Chairman
District - 317



Warm Inner Wheel Greetings to you all

Hello friends !! Warm Inner Wheel Greetings !! It is time to welcome you all for the National Sports Meet in Belgaum. We have covered all the sports avenues. Maximum efforts have been taken to ensure a successful event. You are welcome to Participate in all the sports and earn lots of prizes. Along with sports please do enjoy the scrumptious food & entertainment. District 317 is eager to welcome you all for this event. Association President **Preeti Gugnani** will be gracing the occasion. Friends, Do register for National sports meet in large numbers.

PAS RATNA BEHERE

Event Convener

Mob :+91 9448141948

Email: ratnabehere@yahoo.in



Warm Inner Wheel Greetings to you all

Faster Higher Stronger Together is the Olympic Motto which we are all familiar with but we have forgotten it since our school and college days.

To commemorate the Centenary year of International Inner Wheel and the Golden Jubilee year of IW District 317, we are going to take you back in time by organizing a **National Level Sports Meet aptly called SOLASTA** which means luminous. This is a wonderful opportunity for all the Inner Wheel members to forget their age and put on their running shoes, track pants and swimsuits. It's our chance to shine bright and show our strength. The event will be held at **Belagavi, Karnataka on 6th, 7th and 8th October 2023**. Belagavi enjoys beautiful weather all year round and is known for its warm hospitality which will take away all your fatigue and rejuvenate you. The events include indoor games like Table Tennis, Badminton, Carom and Chess at the fully equipped state of the art **KLE Indoor Stadium**, swimming at the Olympic sized KLE swimming pool and track and field events to be held at Belagavi District Stadium, where 100 mtrs, 200 mtrs sprint and 400 mtrs and 4 × 100 mtrs Relay (mixed) in track events will be held and Long Jump, Javelin and Shot-Put in field events. A unique opportunity for you to shine in front of the All India participants and take away lots of Medals and Championship Trophies. All these three venues are in the same campus which will make it very convenient for you to attend and participate in a variety of different events. Details of all the individual events and locations will be shared with you subsequently.

Association President and National Representative **Preeti Gugnani**, District Chairman **Vaishali Lokhande** along with Event Convener Past Association Secretary **Ratna Behere** are eager to welcome you all. Event Chairman PDC **Lata Kittur** and Event Secretary PDC **Jyoti Madiman**, Host club **President Manjiri Patil** along with the organizing committee are working hard to make your stay comfortable here and we assure you an unforgettable experience.

The Opening Ceremony will be held on the 6th of October at 3 pm with an Olympic style MARCH PAST and the event will end with a grand Closing Ceremony at 12.30 pm on the 8th of October. It is said that we don't stop playing because we grow old, we grow old because we stop playing. And who wants to grow old? Surely not you and me.

So do register in large numbers and let's test our fitness and stamina.

NOW Get Ready, Get Set And Go.

TRACK & FIELD

1. RUNNING

100 mtrs Sprint

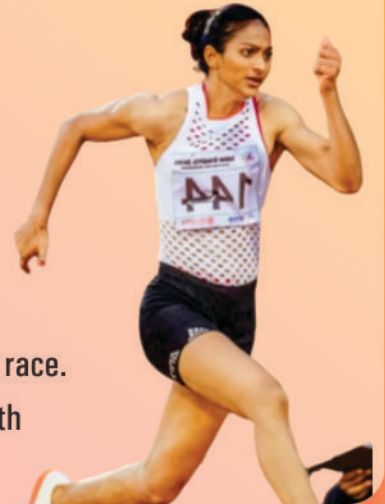
200 mtrs Sprint

800 mtrs

100 x 4 Relay

Rules

- Tournament will be held on synthetic track.
- Sports shoes are mandatory.
- Sprinters should run in the designated lanes and cannot cross lanes, throughout the race.
- Before giving set command athletes cannot touch the other side of the start line with their hands or feet.



2. LONG JUMP

Rules

- Each competitor shall be allowed 3 attempts.
- If a participant touches the runway beyond the edge of take off line closest to the pit it will be considered as a foul and will count as an attempt.
- Result will be based on the distance covered by the participant.



3. SHOT PUT

Rules

- With the use of only one hand, the shot should be released above the height of shoulder.
- An athlete can use the perimeter inside the circle but certainly cannot use the border or outside area of the toe board. Extension of limbs outside the circle during the throw is allowed.



4. JAVELIN THROW

Rules

- Holding the Javelin must be done at the grip part and should always be maintained above the shoulder level.
- For valid throw the Javelin must lie within the specified zone and its tip should hit the ground.



5. BADMINTON

Rules

- Single and Doubles matches will be played
- Mavis 350 shuttle will be used
- All the matches till Semifinal will be of 1 game of 21 points.
- Semifinals and Final will be of 21 points best of 3 games
- Non marking Shoes are mandatory
- Umpires decision is final.



6. TABLE TENNIS

Rules

- Matches will be decided by Best of 5 games of 11 points each.
- Only Singles matches will be played
- All latest rules of TTFI will be followed.
- The server has to toss the ball 6 inches above the playing surface.
- All the matches will be played on knockout basis



7. SWIMMING

50 mtrs **25 x 4 Relay**



Rules

- Any stroke
- Swimming costumes and cap is compulsory
- Umpires decision is final

8. CARROM

Rules

- Only Doubles matches will be played



9. CHESS

Rules

- Knock out Tournament
- Time 20+5
- 2 illegal moves will lead to loss of the match.
- Castling , Enpassant and all fide Rules applied
- In case of draw, there will be rematch with 10+5 increment.
And if second time draw, Armageddon match



General Rules

- Sports Events are open for Inner Wheel Members only.
- Events will be held in two age groups - Below 45 years and 45 and Above.
- Age Proof Certificate/ID is Mandatory.

Sports Committee Incharge

PP. Kirti Tembe

Mob : +91 99720 03109

- Decision of coordinators & umpires of each game will be final and binding on all participants in any matter. No disputes regarding the results shall be entertained.
- Each game will be knockout game.

Sports Committee reserves the right to alter the timetable if required.

Bank Details

Registration

- Registration Charges are Rs. 6000/- only.
(Inclusive of Kit, 2 Lunches, 2 Dinners and 2 High Tea)
- Last date to send the Registration is 25th September.
- No spot Registration

A/C Name: Inner Wheel Club of Belgaum National Sports Meet

Bank Name: Union Bank of India

Branch: RPD Branch

A/C No: 527802010017226

IFSC Code: UBIN0552780



CONTACT DETAILS

PDC. Dr. Jyoti Patil
Registration Committee Chairman
Mob : +91 94489 34096
Email : drjyotipnh@gmail.com

Swati Bichu
Event Treasurer
Mob: 9449080386
Email: SWATIBICHU@GMAIL.COM

ACCOMODATION



ROOMS

Types of Rooms	Single	Double
Winter Green	5000 ++	5500 ++
Winter Green Premium	5500 ++	6000 ++
Fern Club Studio	6000 ++	6500 ++
Fern Club Studio Premium	7000 ++	7500 ++
Hazel Suite	11,000++	11,000++
Fern Club Suite	12,000++	12,000++
Extra Person	1500++	

UK 27, The Fern
CTS No. 4833/49, Ayodhya Nagar,
Civil Hospital Road, Belagavi - 590001, Karnataka,

Contact For Room
0831-4272727

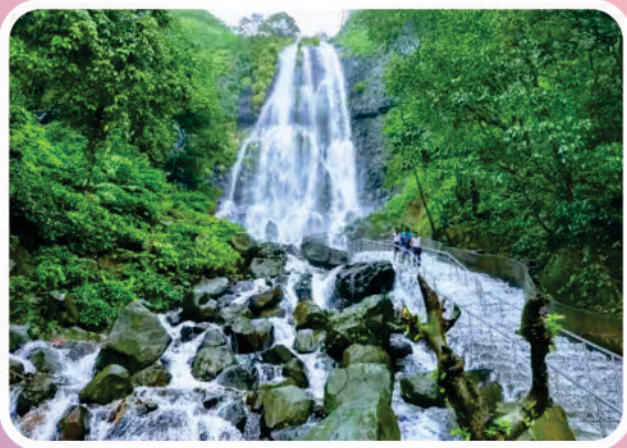
BELGAUM IS SURROUNDED BY MANY BEAUTIFUL PLACES



GOKAK FALLS



DANDELI



AMBOLI FALLS



DUDHSAGAR WATERFALL



GOA



KOLHAPUR

Pace Tours & Travels

Sarfaraz: 9538959393
Saddam: 9538979393

Sameen: 9538969393
Shruti: 9019077383