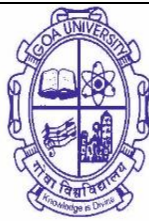


# गोंय विद्यापीठ

ताळगांव पठार,

गोंय - ४०३ २०६

फोन : + ९१ - ८६६९६०९०४८



## Goa University

Taleigao Plateau, Goa - 403 206

Tel : +91-8669609048

Email : registrar@unigoa.ac.in

Website : www.unigoa.ac.in

(Accredited by NAAC with Grade A+)

### SPORTS SECTION

Tel: 8669609018/8669609075

No. ACTIVITY/68/2024-SPORTS-GU/4309

Email: Sports@unigoa.ac.in

Date: 14/08/2026

To,  
The Principal/Dean of Colleges  
Participating in Inter-Collegiate Championships 2026-2027

#### **Sub: Detailed brochure of Inter-Collegiate Cross Country (Men & Women) Championship 2026-2027.**

Sir/Madam,

Please find enclosed herewith the **detailed brochure along with route map** regarding Goa University Inter-Collegiate Cross Country (**M & W**) Championship 2026-2027 for your kind perusal and further necessary action.

#### ❖ **Cross Country for Men & Women**

- ❖ The Inter-Collegiate Cross-Country Championship for Men & Women will be held on **29<sup>th</sup> August, 2026** at 07.00 a.m. in University Campus.
- ❖ The championship will be conducted according to the rules as adopted by Athletic Federation of India, unless, otherwise modified in the rules
- ❖ The Distance for the Race will be **10Kms** for both Men & Women.
- ❖ The number of Athletes for team participation shall not be less than 4 and more than 6 in Men and Women Section.
- ❖ All participants should report for attendance by 7.00 a.m. at the Starting Point of the Race on 29/08/2026.
- ❖ Chest numbers should be collected from University Sports Section on **28<sup>th</sup> August, 2026** in the afternoon session on submission of hard copy of Eligibility
- ❖ **The route map is attached herewith for reference.** The route will also be shown on 28/08/26 at 04.00 p.m. (If required)

#### **Registration & Deadlines**

- ❖ **Online Entry**(must be filled out and submitted exclusively by the College Director of Physical Education and Sports): Last date to send college entry through Google Form <https://forms.gle/n1FY5egNvhjBkdB98> is **20/08/2026**.
- ❖ **Eligibility Proforma:** Participating teams must submit their eligibility proforma in Excel format via email to [icteligibility@unigoa.ac.in](mailto:icteligibility@unigoa.ac.in) no later than **20/08/2026 till 5.00 p.m.**

#### **Health & Medical Safety Guidelines**

- ❖ **Medical Fitness:** College Directors of Physical Education and Sports are responsible for ensuring all participants are fully fit. Goa University will not collect medical certificates, nor will it be held responsible for any medical complications that arise
- ❖ **First Aid:** Every participating team must carry their own dedicated first aid kit.

Yours faithfully,

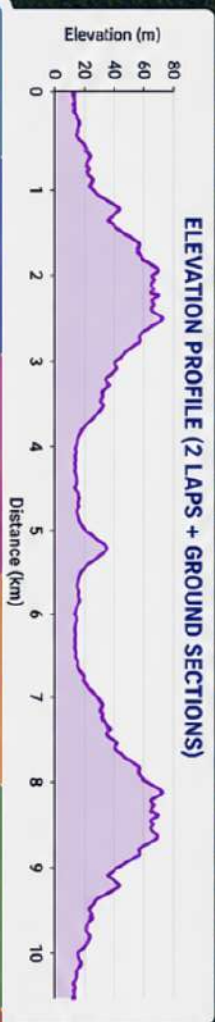
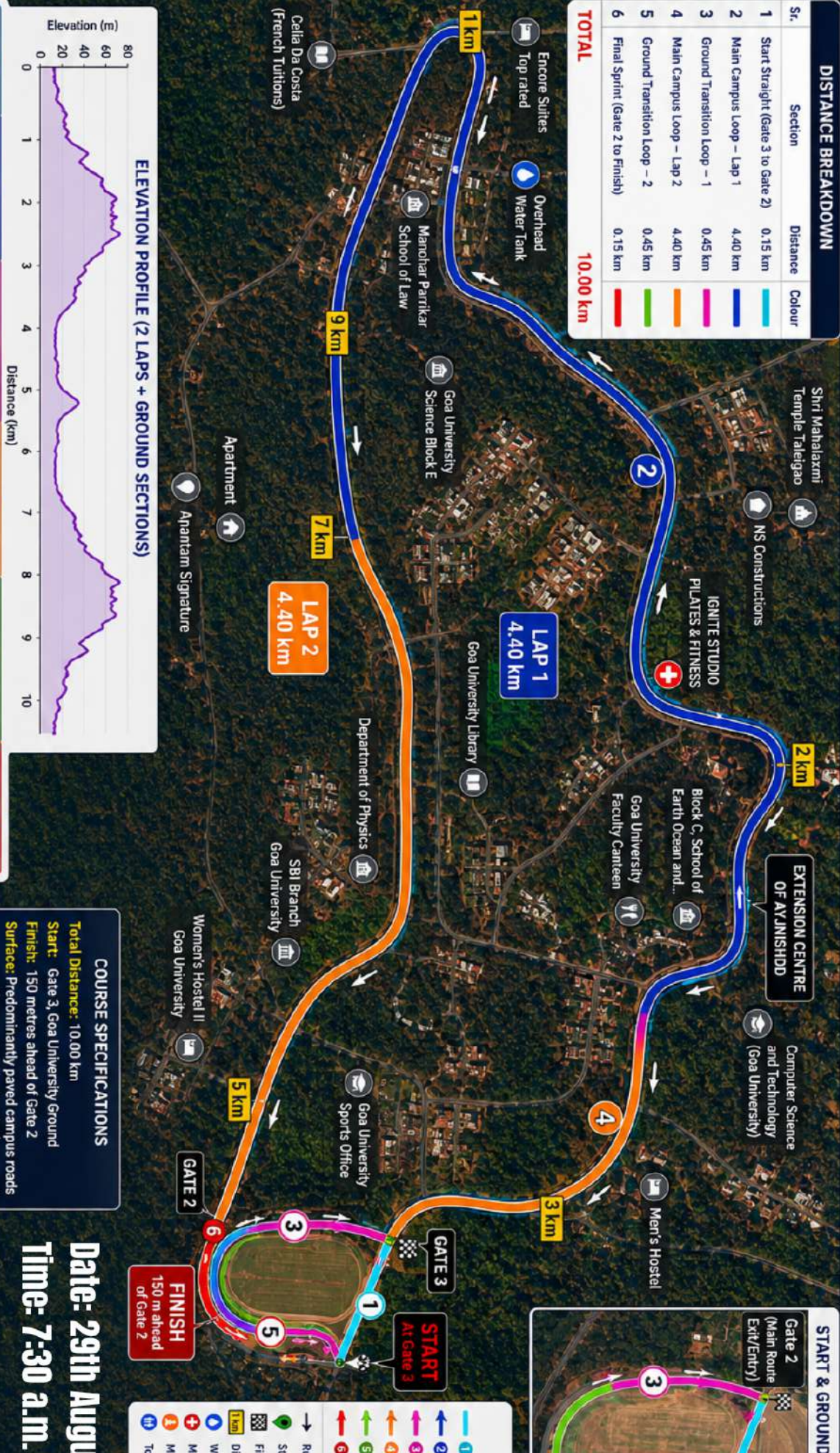
(Shri. Balachandra Jadar)  
Asst. Director of Phy. Edn. & Sport

Encl: 1. Route Map/ Route Image

c.c to: 1. College Directors of Physical Education & Sports of affiliated colleges.  
2. P. S. to the Vice-Chancellor, Goa University  
3. A.R to the Registrar, Goa University

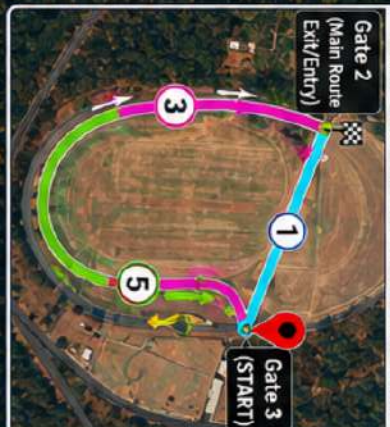
# Goa University Inter Collegiate Cross Country Championship Men & Women 2026-27

| DISTANCE BREAKDOWN |                                   |                 |        |
|--------------------|-----------------------------------|-----------------|--------|
| Sr.                | Section                           | Distance        | Colour |
| 1                  | Start Straight (Gate 3 to Gate 2) | 0.15 km         |        |
| 2                  | Main Campus Loop – Lap 1          | 4.40 km         |        |
| 3                  | Ground Transition Loop – 1        | 0.45 km         |        |
| 4                  | Main Campus Loop – Lap 2          | 4.40 km         |        |
| 5                  | Ground Transition Loop – 2        | 0.45 km         |        |
| 6                  | Final Sprint (Gate 2 to Finish)   | 0.15 km         |        |
| <b>TOTAL</b>       |                                   | <b>10.00 km</b> |        |



|   |         |                                              |
|---|---------|----------------------------------------------|
| 1 | 0.15 km | Start Straight<br>Gate 3 to Gate 2           |
| 2 | 4.40 km | Main Campus Loop<br>Lap 1                    |
| 3 | 0.45 km | Ground Transition Loop 1<br>Gate 3 to Gate 2 |
| 4 | 4.40 km | Main Campus Loop<br>Lap 2                    |
| 5 | 0.45 km | Ground Transition Loop 2<br>Gate 3 to Gate 2 |
| 6 | 0.15 km | Final Sprint<br>Gate 2 to Finish             |

START & GROUND TRANSITION DETAIL



LEGEND

- Start Straight (0.15 km)
- Main Campus Loop – Lap 1 (4.40 km)
- Ground Transition Loop – 1 (0.45 km)
- Main Campus Loop – Lap 2 (4.40 km)
- Ground Transition Loop – 2 (0.45 km)
- Final Sprint (0.15 km)

- Running Direction
- Start
- Finish
- Distance Marker (km)
- Water Station
- Medical Post
- Marshal Point
- Toilets

COURSE SPECIFICATIONS

**Total Distance:** 10.00 km  
**Start:** Gate 3, Goa University Ground  
**Finish:** 150 metres ahead of Gate 2  
**Surface:** Predominantly paved campus roads with ground section inside the ground  
**Terrain:** Rolling  
**Course Type:** 2 Campus Loops + 2 Ground Transition Loops + Start & Finish Straights

**Date:** 29th August, 2026  
**Time:** 7:30 a.m.

