



**10TH
SOUTH
ASIAN
GAMES
COLOMBO
2006**

18-28 August

Peace and Unity Through Sports





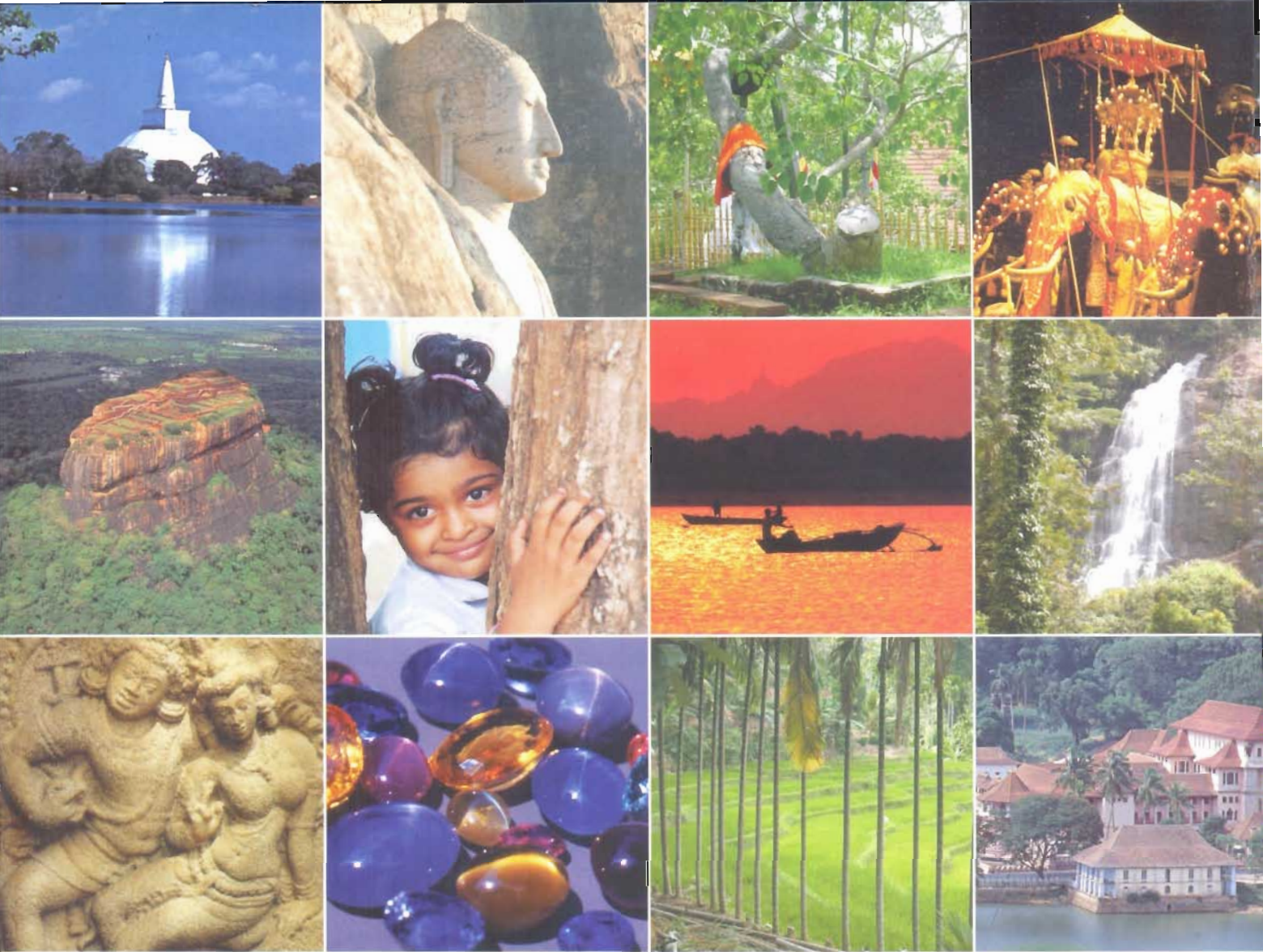


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18 - 28 AUGUST

**Published by
the Organising Committee
of the 10th South Asian Games Colombo 2006**



Natural Splendour

“Ceylon, from whatever direction it is approached, unfolds a scene of loveliness and grandeur unsurpassed the traveller is entranced by the vision of beauty which expands before him as the island rises from the sea, its lofty mountains covered by luxuriant forests, and its shores, till they meet the ripple of the waves, bright with foliage of eternal spring”

SIR EMERSON TENNENT, Governor of Sri Lanka during the early British period.



ĀYUBOWAN
WELCOME TO
SRI LANKA



Island of Natural Beauty Steeped in Legend and History

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SRI LANKA HOSTS BIGGEST EVER SOUTH ASIAN GAMES

Records bound to tumble as South Asian athletes aim high

The paradise island of Sri Lanka, particularly the City of Colombo is all spruced up and agog to give a warm welcome to the largest influx of sportsmen and sportswomen and people ever to gather from eight South Asian Countries as the country plays host to the prestigious 10th South Asian Games from 18th August to 28th August.

The Colombo SA Games ,which will see a record twenty sporting events being worked out, the largest number of disciplines of sports to be staged in the 22 year old history of the Games, would thus be the biggest South Asian Games to be held to date. Five more sporting events have been added to the fifteen sports worked out at the last 9th SA Games held in Islamabad, Pakistan in 2004.

Sri Lanka steeped as it is in legend and history and famed for its natural scenic beauty and the hospitality of its people has finalized all arrangements to make the occasion a memorable and exciting one. Participated by over 2500 sportsmen and sportswomen from eight member countries of Afghanistan, Bangladesh, Bhutan, India, Nepal, Maldives, Pakistan and Sri Lanka, the 10th SA Games will afford an opportunity to the people of South Asia, particularly the youth, to interact with each other in

an atmosphere of friendly competition and further build up bridges of goodwill and friendship among the peoples of the region which is so vital for unity and peace.

A package of thrills, spills, excitement and entertainment of the highest order is assured as the top notch sportsmen and women of South Asia engage in a test of the limits of their strength and human endurance in their chosen events as they endeavour to reach peak performance levels.

With the development of close links between sports and culture , the Games will also showcase the arts and culture of the participating countries in lively cultural pageants during the opening and closing ceremonies.

The Games Organising Committee with the fullest backing and support of the Government and the Ministry of Sports has left no stone unturned to ensure that the required infrastructure facilities and organizational structures are in place to make the Games a resounding success and to make the short stay of the foreign visitors an enjoyable and memorable one as they engage in the display of their sporting talents in the true spirit of sportsmanship.



Since the Countdown to the 2006 Games began in June 2005 the stupendous task of preparing the various stadia and venues of the sporting events, and the logistical details have been worked out by the respective Committees assigned with the tasks.

SAF Games back in Sri Lanka after 15 years

The SAF Games comes back to Sri Lanka after a lapse of 15 years when the 5th Asian Games were held in Colombo in 1991 which marked a golden era for Sri Lankan sports when the country's athletes won a total of 44 gold medals, 34 Silver and 40 bronze medals being placed second in the overall championship table to India which won 64 golds, 59 silver and 41 bronze medals. The holding of the 10th SAF Games, by the sheer magnitude of the organizational details and numbers participating, and the opportunity afforded to sport-loving people to savour the excitement and challenges, opens out a new chapter for Sri Lankan Sports and the South Asian region.

SAF Games – An extension of SAARC

The South Asian Federation Games was an outcome of the regional grouping of South Asia – the South Asian Association for Regional Co-operation (SAARC) – comprising originally seven member nations of the region, which was formed to forge closer ties and co-operation among the member nations in matters of economic, trade, social and cultural aspects. The Regional Grouping has held together and survived the test of time despite global changes and sporadic internal political, social or civil disturbances these countries faced during over two and a half decades of its existence. The SAF Games too withstood despite facing many challenges with the member countries firmly committed to hold the games periodically.

The first step towards realization of SAF Games was taken when leaders of Bangladesh, Bhutan, India, Nepal, Pakistan, Maldives and Sri Lanka together comprising one fifth of the world population made a firm policy decision to extend this co-operative spirit to the sporting field – thus creating an avenue for a much wider and meaningful interaction between the peoples of the region.

The Beginning

The concept was mooted and approved by delegates of Bangladesh, India, Pakistan and Sri Lanka when they attended the International Olympic Committee Congress in Baden-Baden, Germany in 1981. It came into reality when representatives of the seven –member nations attending the Asian Games held in New Delhi in 1982 met on 26th November and officially announced the formation of the South Asia Sports Federation. This saw the birth of the South Asian Federation Games. Five disciplines of sports were worked out at the First Games.

Though it was decided to hold the Games annually for the first five years starting with Bangladesh (going in alphabetical order of names of countries), circumstances prevalent at the time did not enable Bangladesh to hold the games. Thus the honour of staging the first South Asian Games fell on Nepal when on 17th September 1984 the first South Asian Games were held at the Dasrath Stadium in Kathmandu.

Promoting Peace and Unity through Sports

Peace and unity through sports was the objective behind the exercise and this cherished aim of many became a reality with many South Asian countries despite being beset as they are with tackling much more pressing problems facing their people like

poverty, malnutrition, unemployment along with outbreak of periodic political or civil unrest held together in promoting goodwill and understanding among them through sport. The peoples of the countries too did not grudge the commitment of their states towards the promotion of sporting activities.

This led to many South Asian countries to lay greater emphasis on developing sporting activities among their peoples specially the youth. Increased sporting activity no doubt helped to curtail youth frustration which was rampant in many countries, to a certain degree.

The Games also resulted in much wider avenues being opened out to the rural youth to compete in several disciplines of sports at schools, regional, national and up to international levels. It is a well known phenomenon that discipline and sports go hand in hand as every sportsman who made the grade in sports knows that it is through self discipline that they could reach the top in sports.

SAF Games – a spring board to Asian athletes for higher achievements.

The SAF Games also resulted in the member countries upgrading the infrastructure facilities for sports by constructing sporting venues of international standards affording their countrymen facilities to train to reach international standards. One cannot deny the fact that since the advent of the South Asian Games several South Asian Athletes have improved their performances winning gold, silver and bronze at much higher level Olympic, Commonwealth or Asian Games.

A healthy body is a prerequisite to a healthy mind. Recognising this fact several governments have thought it prudent to invest in sports on par with

investment for economic or social development. Though every citizen could not come up to national or international standards it has spurred many a citizen to indulge in sports to keep their mind and body healthy.

Red Carpet Welcome

It has now fallen to the lot of Sri Lanka to host the 10th South Asian Games and a red carpet welcome awaits the visitors. The people of Sri Lanka of all strata of society are eagerly awaiting to show their hospitality for which they are renowned for.

The Countdown for the 10th South Asian Games commenced in June 2005 at a glittering ceremony held at the Sugathadasa Stadium - the main venue of the 10th South Asian Games.

The Government and people of Sri Lanka extend a warm welcome and a comfortable and enjoyable stay in our country to the athletes from South Asia and their countrymen who would no doubt be there in their numbers to encourage their country's participants

-The Editor



LAUNCH OF THE COUNTDOWN FOR THE 10TH SOUTH ASIAN GAMES – COLOMBO

The ceremonial launch of the Countdown for the 10th South Asian Games 2006 was held on 23rd June 2005 at the Sugathadasa Indoor Stadium



under the distinguished patronage of Hon. Jeewan Kumaranatunga, Minister of Sports and Youth Affairs of Sri Lanka with the participation of the officials of the Olympic Committees of the eight member countries of South Asia – Afghanistan, Bhutan, Bangladesh, India, Maldives, Nepal, Pakistan and Sri Lanka.

At the glittering ceremony Minister Kumaranatunga formally

handed over the official invitations to the representatives of the respective Olympic Committees of the eight countries.

A colourful cultural pageant featuring popular artists of Sri Lanka and dance troupes was held to mark the occasion. The bands of the three services and the Police added grandeur to the event attended by a large gathering of sports loving people of Sri Lanka.



▲ Hon. Jeewan Kumaranatunga, Sri Lanka's Minister of Sports and Youth Affairs officially handing over the invitation to a representative of the Olympic Committee of Nepal at the launch of the countdown for the 10th SA Games. Also seen in the picture is Mr. Hemasiri Fernando, President of the National Olympic Committee of Sri Lanka and the South Asia Olympic Council.



◀ Some scenes of the cultural pageant.





GAMES LOGO

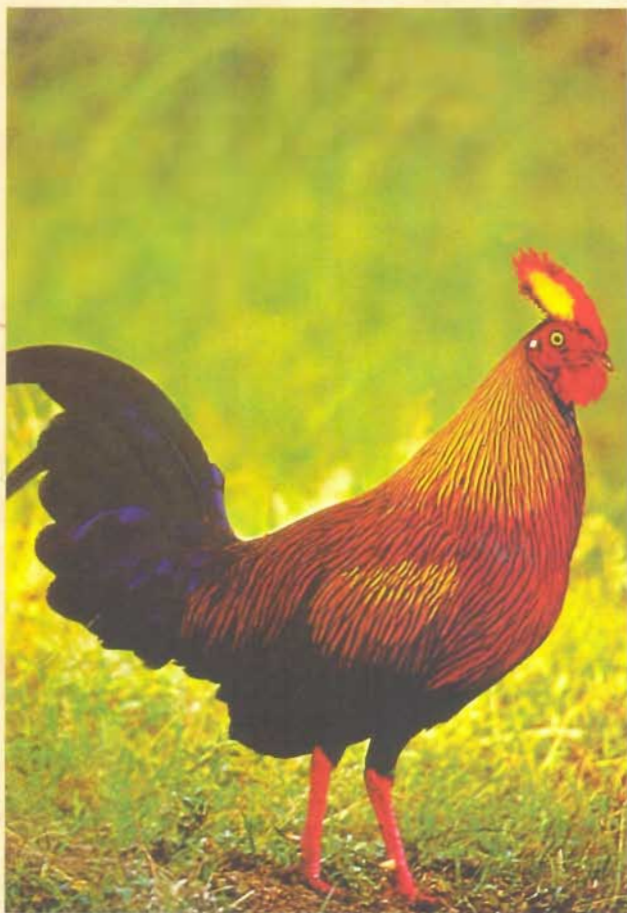


The Games Logo depicts a man dressed in typical village garb playing an ancient sport known as *PORA - POL - GESIMA*

(Breaking a Coconut thrown in mid air)

A traditional game played in the rural areas in reverence of Goddess Pattini. It is played between two players who use their skill & agility to break the coconut thrown in mid air towards him by his opponent. It is a game unique to Sri Lanka. To highlight the local identity and culture the design depicts a villager at the game.

Free brush strokes have been used in a simple design. The colours are those found in our National Flag.



GAMES MASCOT

SRI LANKA JUNGLE FOWL (*Gallus lafayetii*)

The National Bird of Sri Lanka

"Sri Lanka Wali Kukula". 70 cm (Male). 35 cm (Female).

Male: Crimson comb with a central yellow patch and long tail feathers.

Female: upperparts brown, vermiculated with black.

The bird is endemic to Sri Lanka



His Excellency Mahinda Rajapaksa
President of the Democratic Socialist Republic of Sri Lanka



PROMOTING FRIENDSHIP AND SOLIDARITY AMONG PEOPLES OF THE REGION

Sri Lanka is honoured and privileged to host the 10th South Asian Games in Colombo from August 18 to 28, 2006.

The Government of Sri Lanka attaches much significance to the South Asian Games in view of its vital contribution towards strengthening the bonds of friendship and solidarity of the peoples of the region, particularly the youth.

Co-operation and friendly competition in the arena of sports bring better interaction between people promoting mutual understanding and goodwill among them.

South Asian sportsmen and sportswomen have a long way to go to be competitive at international events. In this respect the South Asian Games provide a launching pad for talented sportsmen and sportswomen of our region to enter the international arena with confidence and hope.

The South Asian Games was first held in Nepal in 1984 on the initiative of the South Asian Association for Regional Cooperation (SAARC). Since then the Games have grown from strength to strength. The 10th South Asian Games in Colombo would be on a bigger scale than previous ones.

The Sri Lanka Government has contributed through the Ministry of Sports to upgrade infrastructure facilities and offered other assistance to ensure the success of the Games.

I hope our young visitors would not only find the South Asian Games enjoyable but also would enjoy the warm hospitality of our people and be able to get acquainted with the charm and beauty of our resplendent island.

I wish the 10th South Asian Games and its participants all success.

Mahinda Rajapaksa

President of the Democratic Socialist Republic of Sri Lanka



Hon. Ratnasiri Wickramanayaka
Prime Minister of the Democratic Socialist Republic of Sri Lanka



PEACE AND UNITY THROUGH SPORTS

It is with great pleasure that I send my felicitation to the 10th South Asian Games to be held in Colombo from 18th to 28th August.

It is indeed a great honour for Sri Lanka to have the opportunity of holding the Games in Sri Lanka which I understand is the largest ever Games to be held in the history of South Asian Games. A record 20 sporting events are to be worked off at the Colombo Games compared to the 15 events held in the previous Games held in Islamabad, Pakistan in 2004.

Sports have today become a unifying factor not only among the people of individual countries but also among the nations of the world. It is for this reason that people belonging to diverse religions, races, cultures or politics come together in applauding the outstanding feats in sports of their countrymen at the international level.

The South Asian Games at which sportspersons of eight South Asian Nations of Afghanistan, Bhutan, Bangladesh, India, Nepal, Pakistan, Maldives and Sri Lanka will participate will also provide an ideal opportunity of promoting goodwill and understanding among the peoples of the region which is so vital in maintaining unity and peace.

The people of Sri Lanka who are mostly sports-loving will have the opportunity of seeing several top athletes from the South Asian Region compete with the best from Sri Lanka in the spirit of healthy competition.

While extending a warm welcome to our foreign visitors I have no doubt that they will also take time off to relax and enjoy what the country has to offer by visiting our countryside and enjoy its scenic beauty, historical and cultural heritage sites and especially the hospitality of its people.

While wishing good luck for all the participants I wish the Games all success.

Ratnasiri Wickramanayaka

Prime Minister of the Democratic Socialist Republic of Sri Lanka



Hon. Jeewan Kumaranatunga
Minister of Sports and Youth Affairs



A WARM WELCOME TO OUR BRETHREN FROM SOUTH ASIA

As the Chairman of the Organising Committee of the 10th South Asian Games I wish to extend a warm welcome to Sri Lanka to the participating sportspersons, officials and the people of South Asia who will gather from 18th August 2006 to 28th August in this most spectacular sporting event in South Asia.

Since the holding of the first South Asian Federation Games, as it was then called, in Nepal in 1984, the Games have come a long way in building bridges of goodwill and friendship among peoples of diverse races, religions, languages and cultures in healthy exchanges in competitive sports as well as cultural events.

Since Sri Lanka was chosen as the venue for the 10th South Asian Games, and the baton was passed on to our country at the conclusion of the last Games held in Islamabad in 2004, the Government of Sri Lanka with the blessings of His Excellency the President Mahinda Rajapaksa provided support at all levels to the Organising Committee and the Sub Committees which worked with dedication and have left no stone unturned to develop and or modernize the different venues and infrastructure facilities to make the stay of our foreign visitors enjoyable and comfortable.

I wish to thank the Organising Committee members very specially the National Olympic Committee for spearheading the numerous and onerous tasks that had gone towards organizing the Games and completing the work on schedule.

I am sure that the sports loving public of Sri Lanka will gather in their numbers to give a warm and rousing welcome to the sportsmen and women from the eight South Asian Countries and applaud their achievements alongside the achievements of our own athletes in the true spirit of sportsmanship. It is in the nature of things that sporting activity forms a unifying factor among people of different races and political views even within individual nations. This is manifested in the manner in which people of all communities and races unite to applaud the achievements of our sportsmen irrespective of race or religion. It is for this reason that many countries and people, despite facing many internal problems do not grudge the expenditure on sporting events of this nature.

The 10th South Asian Games will see twenty sporting events being worked out – the largest number of events in any South Asian Games, making the Colombo Games the biggest held in the history of the Games. Spectators are assured of entertainment and excitement of the highest order, when the cream of South Asian Athletes aim high.

It will also provide our country an exposure to the outside world of what the country can offer in terms of tourist interest and the peaceful atmosphere in which all communities live.

I wish the games all success and an enjoyable stay in our country to our visitors from abroad.

Jeewan Kumaranatunga
Minister of Sports and Youth Affairs



Mr. S. Wirithamulla
Secretary, Ministry of Sports and Youth Affairs



HISTORIC OCCASION FOR SRI LANKA

Sri Lanka would be the focus of attention of Asia as the 10th South Asian Games gets underway in Colombo from 18th to 28th August 2006. The occasion would no doubt be a proud moment for Sri Lanka. The country's sports loving public will get the rare opportunity of seeing the top notch athletes of South Asia in action in a bout of healthy competition.

I am certain that all Sri Lankans unitedly would show their traditional hospitality towards their bretheren from the eight South Asian countries participating in the Games.

The Games will be a historic one for Sri Lanka in not only being the tenth in the series but also the biggest ever South Asian Games featuring a record 20 sporting events with over 2500 competitors taking part.

The Ministry of Sports and Youth Affairs under the able guidance and direction of the Minister Hon. Jeewan Kumaranatunga is privileged to be associated in the preparation and organization of the Games. Since the countdown for the Games began in June 2005, the Ministry has co-ordinated the tremendous task of setting up the organizational structures in association with the National Olympic Committee (NOC) of Sri Lanka and the South Asian Olympic Council and the local sports controlling bodies

An Organising Committee headed by the Hon. Minister and assisted by the President of NOC Mr. Hemasiri Fernando took charge of overall Co-ordination and organization. Several Working Committees were appointed to work out various organizational aspects of the Games.

I wish to express my grateful thanks to the heads and members of the Working Committees for accomplishing the tasks assigned to them on schedule and the various sports controlling bodies for their support and co-operation

The Government of Sri Lanka, through the personal intervention of His Excellency the President provided the bulk of the funding for hosting the games. I also wish to offer my sincere thanks and appreciation to the various public and private sector organizations which came forward to provide the services and other requirements through sponsorships.

While extending a warm welcome to all participants to the Games I wish all competitors the best of luck.

S. Wirithamulla

Secretary, Ministry of Sports and Youth Affairs



Sheikh Ahmad Al-Fahad Al-Sabah
President of the Olympic Council of Asia



A STEPPING STONE FOR SOUTH ASIAN ATHLETES

It is indeed a privilege and a pleasure to learn that the 10th South Asian Games will be held in Colombo, Sri Lanka from 18th to 28th August 2006.

The South Asian Games are the premier games of the South Asian Region and have been a stepping stone for the athletes from the South Asian Peninsula on the international arena specially the Asian Games. The South Asian Games is a very important part of the Asian Sporting calendar and provides an opportunity to the athletes from the participating countries to match their skills with their colleagues from the region and improve their standard. It also provides glimpses of the future sporting stars in action.

The NOC of Sri Lanka has been a pillar of OCA since its formation and has played a very positive role in the activities of the OCA and I am sure the successful conduct of the South Asian Games will be another feather in their cap.

I also take this opportunity to congratulate the Organizing Committee of the 10th South Asian Games on this momentous occasion and do sincerely hope that the games would be a great success. I wish the Organizers and the participating athletes the "Best of Luck" and may the deserving win.

Sheik Ahmad Al-Fahad Al-Sabah

President of the Olympic Council of Asia



Mr. Hemasiri Fernando
President of the National Olympic Committee of Sri Lanka,
President of the South Asia Olympic Council



UNITED IN SPORTS. A WARM WELCOME TO OUR VISITORS FROM SOUTH ASIA.

The biggest ever international sports festival ever to be held in Sri Lanka gets underway as the country hosts the prestigious 10th South Asian Games. Over 2500 sportsmen and sportswomen from eight South Asian nations will gather in a spirit of friendship and goodwill in competitive sports.

The sports loving people of Sri Lanka will no doubt be provided the rare opportunity of witnessing ten days of action packed sports events as the cream of sporting prowess and talent of Asia come on display.

It is of significance to note that the Colombo Games will feature twenty sporting events, the highest number of events ever to be held in South Asian Games history, which is five more than the 15 sporting events worked off at the 9th South Asian Games held in Islamabad, Pakistan in 2004. Thus Sri Lanka would be greatly honoured and will be the centre of attraction during the games. I am sure that the people of Sri Lanka famed as they are for their hospitality, will co-operate in whatever possible manner to make the stay of our foreign guests a happy and memorable one. The Games also provide a window of opportunity to promote tourism in Sri Lanka.

It has now become a way of life that despite the many economic, social problems and troubled situations faced by many nations, sporting activity has played a dominant role in uniting and bringing together people of all walks of life and holding diverse political views and ideologies and of ethnic groups. This perhaps is the reason why the people get together to applaud when their countrymen do well in international sports. This has encouraged many governments to invest large sums in promoting sports in their countries in encouraging citizens to come up to international standards.

It is now an accepted international phenomenon that sports and culture go hand in hand. Recognising this fact, the Organising Committee has taken steps to introduce several cultural features at the Colombo Games.

The 10th South Asian Games Organising Committee headed by the Minister of Sports and Youth Affairs and the respective sub committees assigned with specific duties have carried out a tremendous task despite facing many odds in fulfilling their responsibilities. The National sports controlling bodies too have done their part well. On behalf of the National Olympic Committee of Sri Lanka I wish to extend my sincere thanks and appreciation to all of them.

I would be failing in my duty if I did not refer to the most dominant role played by the President of Sri Lanka His Excellency Mahinda Rajapaksa who took a personal interest in the activities connected with the organization of the Games, always inquiring into the progress made in seeing all the stadia are put in prime condition and the infrastructure facilities in place to make the stay of our foreign visitors a happy and an enjoyable one.

While extending a warm welcome to all our foreign guests and an enjoyable stay in our country, I wish all competitors the best of luck.

Hemasiri Fernando

President of the National Olympic Committee of Sri Lanka,
President of the South Asia Olympic Council





Country

Profile of South Asian Nations



Official Name : Islamic Republic of Afghanistan

Land area : 647,5000 sq. km.

Location :

North and west of Pakistan , east of Iran

Population :

31,056,997 (July 2006)

Chief of State and Head of Government :

President H.E. Hamid Karzai

Land area :

647,5000 sq. km.

Location :

North and west of Pakistan , east of Iran

Population :

31,056,997 (July 2006)

National Day :

Independence Day on 19th August

Capital :

Kabul

Nationality :

Afghan

Ethnic Groups :

Pashtun 42 %, Tajik 27 %, Hazara 9%, Uzbek 9% Aimak 4%, Turkmen 3%, Baloch 2 %, other 4 %

Religions :

Sunni Muslim 80 %, Shi'a Muslim 19%, other 1%

Languages :

Afghan Persian Dari (Official 50%, Pashtu (official 35 %), Turkic languages 11 % , 30 minor languages 4%

Climate :

Arid to semi-arid, cold winters and hot summers

Legislative branch :

National Assembly with 249 seats directly elected for five years and House of Elders (102) seats, one third elected from provincial councils for four year terms.

GDP (Real Growth Rate) :

8 % (2004)

GDP (Per capita) :

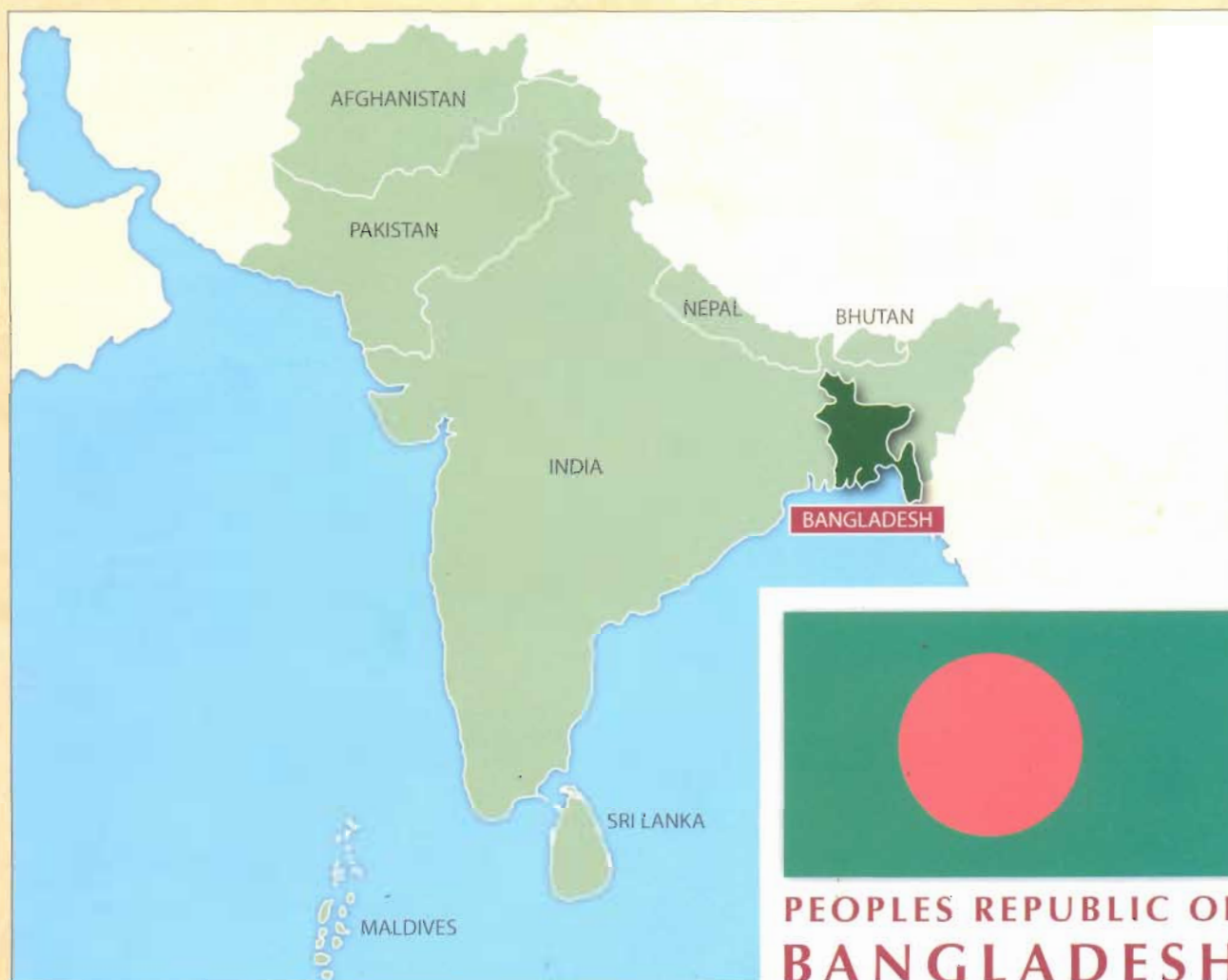
\$ 800 (2004)

Exports :

Opium, fruits and nuts, hand woven carpets, wool, cotton, hides and pelts precious and semi precious gems.

Imports :

Capital goods, food , textiles, petroleum products

**Official Name :**

Peoples Republic of Bangladesh

Land Area :

147,570 sq km

Population :

137 Million

Head of State:

President - Professor Iajudin Ahamed

Head of Government :

Prime Minister Hon. Begum Khaleda Zia

System of Government :

Parliamentary form of Government

Capital :

Dhaka

Language :

Bangla

Religion :

90% Muslim, 10% Hindus, Christians and Buddhists

National Day :

26th March (Independence Day)

Currency:

Taka (Tk)

GDP :

US\$ 60905 Million

GNI/GNP :

US\$ 64374 Million

Per Capita GNI/GNP :

US\$ 470

Major Exports:

Ready-made garments, jute and jute goods Leather and sea foods.

Major imports:

Machinery equipments-including electrical appliances, petroleum products, petroleum oil (crude), edible oil, textile fabrics (cotton and synthetic) iron and steel

Boundary :

North - India West - India South - Bay of Bengal East - India and Myanmar

Territorial Waters :

12 Nautical Miles

**Official Name (conventional) :**

Kingdom of Bhutan

Land area :

47,000 sq km.

Location :

Between China and India

Population :

2,279,723

Chief of State :

King Jigme Singye Wangchuck (since July 1972)

Head of Government :

Chairman of Council of Ministers Sangay Ngedup (since Sept. 2005)

Type of Government :

Monarchy

Capital :

Thimphu

Nationality :

Bhutanese.

Ethnic Groups :

Bhote 50 %, ethnic Nepalese 35 % indigenous and migrant tribes 15%

Religion :

Buddhists 72 %, Hindus 25 %

Languages :

Dzongkha (official), Bhotes speak various Tibetan dialects and Nepalese speak various Nepalese dialects.

GDP (Growth Rate) :

5.3 (2003)

GDP (per capita) :

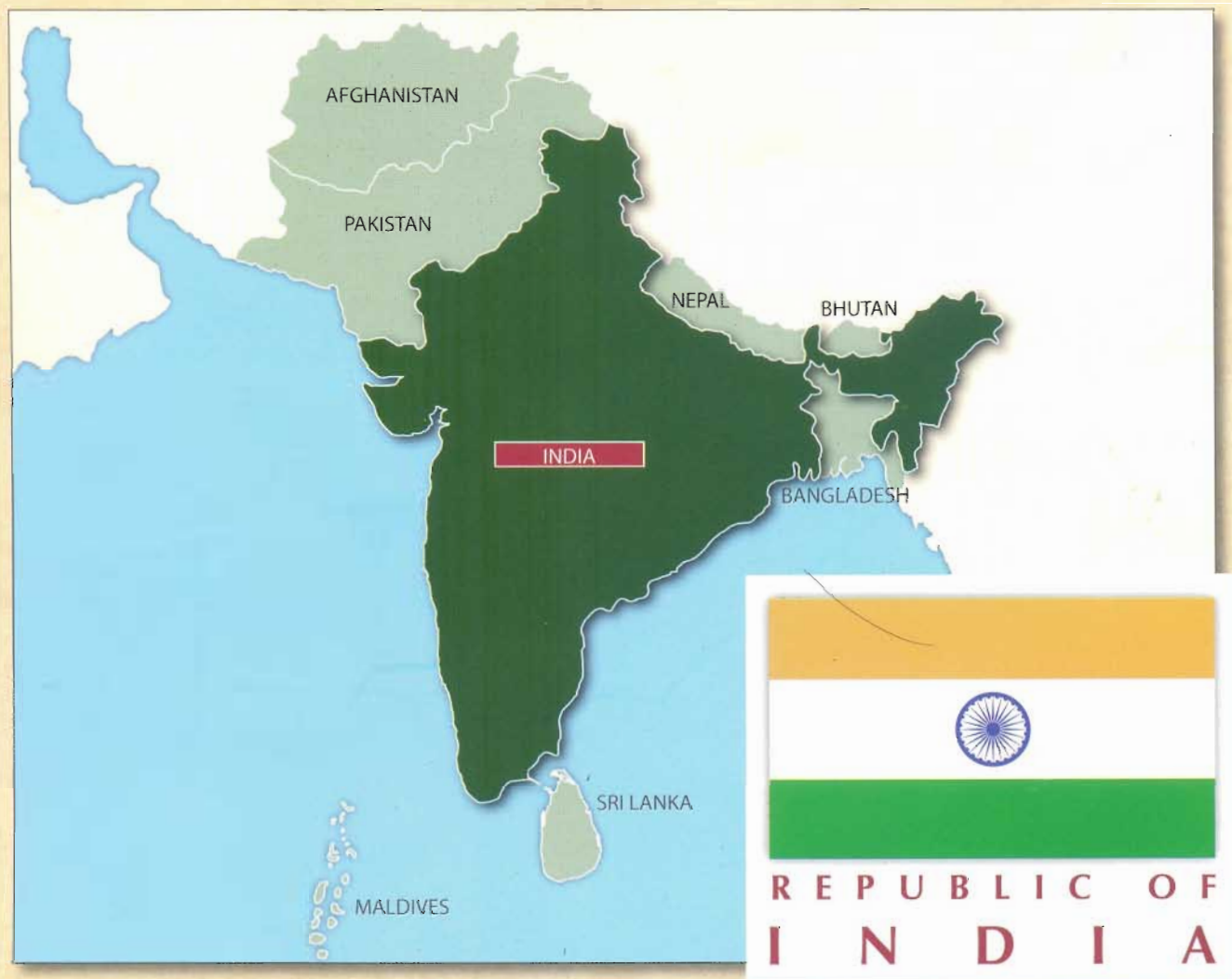
\$ 1400 (2003)

Exports :

Electricity (to India), cardamom, gypsum, timber, handicrafts, cement, fruit, precious stones, spices.

Imports :

Fuel and lubricants, grain, machinery and vehicle parts, fabrics, rice.



Official Name : Republic of India

Land Area : 1,269,338 sq mi (3,387,590 sq km)

Population (2005 est.) :

1,080,264,388

President :

H.E. A.P.J. Abdul Kalam (2002)

Prime Minister :

Hon. Manmohan Singh (2004)

Capital (2003 est.) : New Delhi, 17,037,9000 (metro area), 10,203,700 (city proper).

Largest cities :

Bombay (Mumbai), 17,012,100 (metro area), 12,383,100 (city proper), Calcutta (Kolkata), 14,090,200 (metro area), 4,760,800 (city proper), Bangalore, 4,461,100, Madras (Chennai), 4,382,100, Ahmedabad, 3,653,700, Hyderabad, 3,585,600, Kanpur, 2,631,800

Monetary Unit :

Rupee,

Principal languages :

Hindi (official), English (official), Bengali, Gujarati, Kash miri, Malayalam, Marathi, Oriya, Punjabi, Tamil, Telegu, Urdu, Kannada, Assamese, Sanskrit, Sindhi (all recognized by the constitution) Dialects, 1600+

Ethnicity/race :

Indo-Aryan 72%, Dravidian 25%, Mongoloid and others 3% (2002).

Religions :

Hindu 61.3%, Islam 12%, Christian 2.3% Sikh 1.9%, other (including Buddhists, Jains, and Parsis) 2.5%

Literacy rate :

60% (2003 est).

GDP/PPP (2004 est.) :

\$3.319 trillion;

Per capita :

\$3100

Real growth rate :

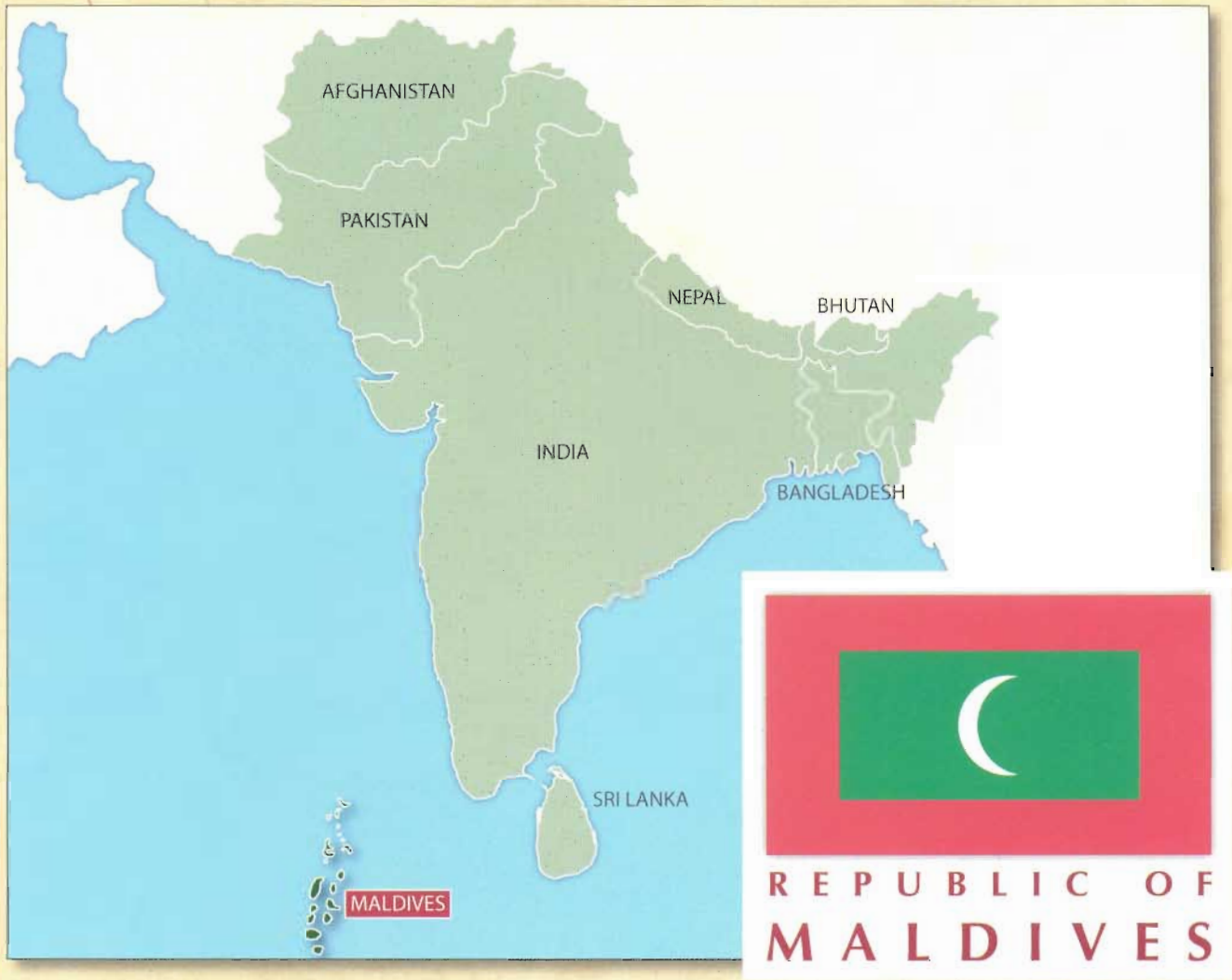
9.2%.

Exports :

\$69.18 billion (f.o.b. 2004 est); textile goods, gems, jewellery, engineering goods, chemicals, leather manufactures.

Imports :

\$89.33 billion (f.o.b. 2004 est); machinery, gems, fertilizer, chemicals. Major trading partners: U.S., UAE, Hong Kong, UK, China, Germany, Belgium (2003)

**Official Name :**

Republic of Maldives

Land Area :

90,000 sq. kms (1,190 islands)

Population :

Approx. 300,000 (2004)

Head of State and Head of Government :

H.E. President Maumoon Abdul Gayoom

Language :

Dhivehi is the national language. English is widely spoken in the business sector

Capital :

Male (Area 1.77 sq kms)

National Day :

1st day of Rabee'ul Avval in Lunar Calander

Religion :

100 per cent Suni Muslim

Currency :

Maldivian Rufiya (1 US\$= Rf. 12.85)

System of Government :

Democratic

GDP :

828 (US\$)

Transportation :**Air Transport -**

International flights to and from Male International Airport. Also domestic flights are being operated to some destinations in the country

Water Transport -

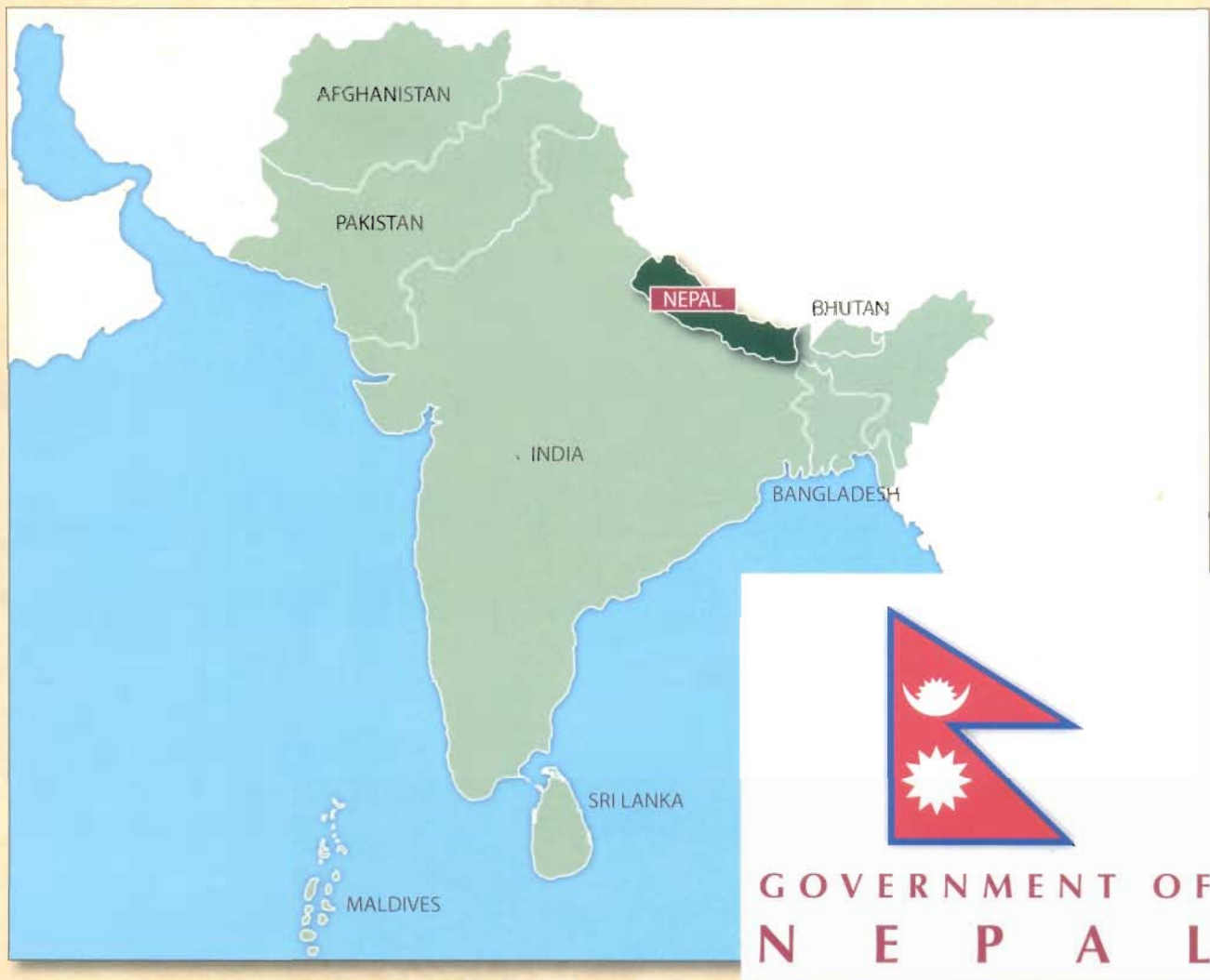
Local boats or dhonis are the most common means of water transport

Road Transport -

Travel on most roads takes no more than half an hour on foot. Bicycle and motorbikes are popular modes of transport. Taxies are unmetered charging Rf. 15 per trip.

Major Exports :

Tuna and Reef Fish

**Official Name :**

Government of Nepal

Land area :

147,181 Sq k.m.

Population :

27 Million (2005)

Head of State :

His Majesty Gyanendra Bin Bikram Shah Dev

Prime Minister :

Hon. Girija Prasad Koirala

Capital :

Kathmandu

Currency :

Nepalese rupee

Language :

Nepali is the national language

Religion :

Hindus (80%), Buddhists (10.7%), Islam (4.2) Kirat (3.6%), others (0.9%)

National Day :

7th July (Birthday of His Majesty the King)

System of Government :

Constitutional Monarchy, Multi Party Parliamentary Democracy, Bicameral Parliament - Lower House - House of Representatives and Upper House - National Assembly

GNP :

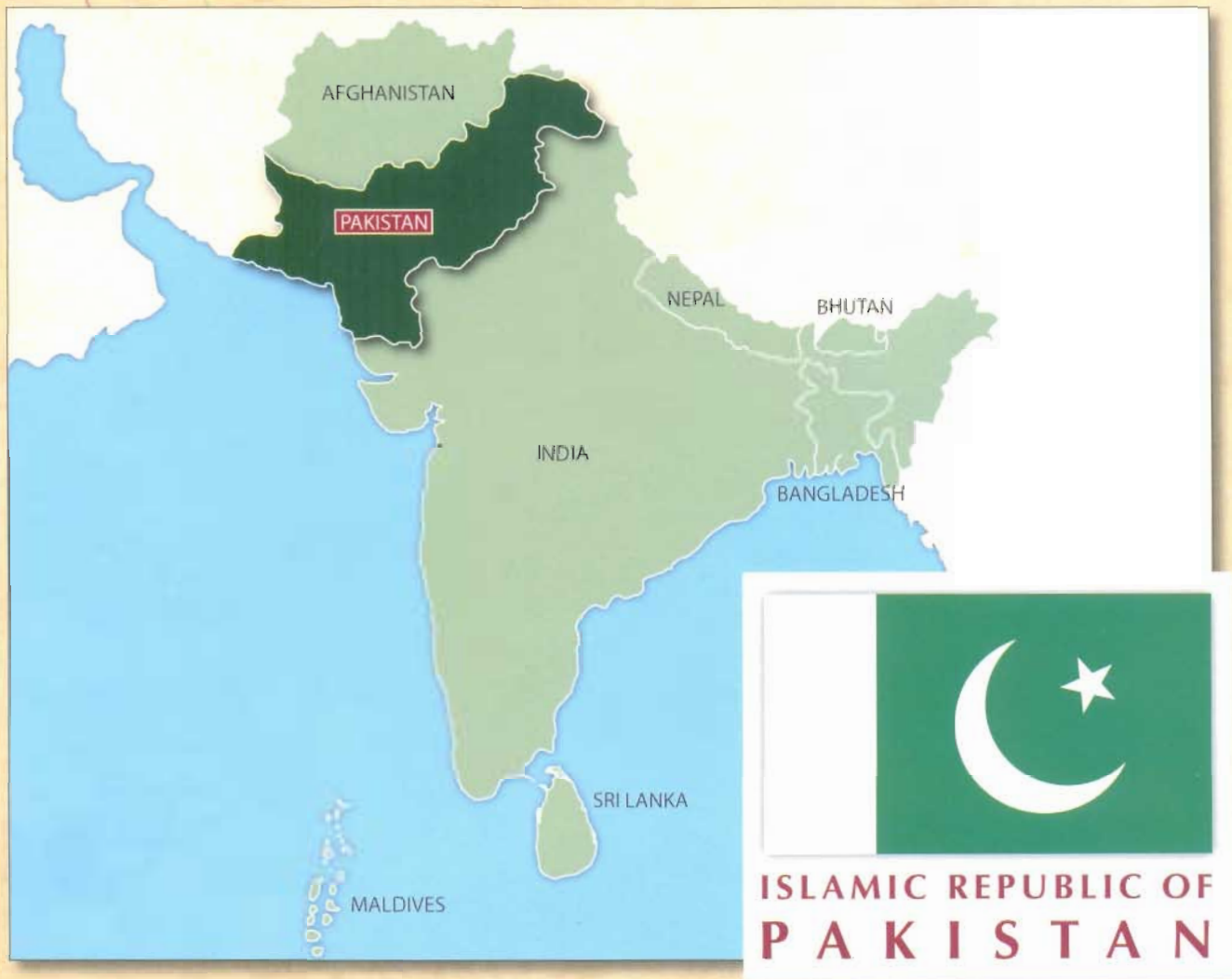
US\$ 294

Major Exports :

Woolen carpets, readymade garments Pashimina shawl, leather and leather products, pulses, handicrafts, medicinal herbs and essential oils, tea and coffee, floricultural products, silver jewellery, Nepalese paper and paper products, honey, niger seeds, jute and jute products, toothpaste, polyester yarn, soaps, vegetable ghee. *Tourism is also a major source of income.*

Major Imports :

Food and live animals, chemicals and drugs, manufactured articles, construction materials, petroleum, oil and lubricants, raw wool, automobiles and transport equipment, machinery, fertilizer, textiles, edible oils, cement, electrical goods, industrial raw materials.

**Official Name :**

Islamic Republic of Pakistan

Land Area :

796,095 sq km.

Population :

162 million

Head of State :

General Pervez Musharraf, President.

Head of Government :

Hon. Shamkat Aziz, Prime Minister

System of Government :

Parliamentary form of Government

Capital :

Islamabad

Religion :

95 % Muslims, 5 % others

Language :

Urdu (national), English (official)

National Day :

23rd March

Currency :

Pak Rupee.

GNP :

Pak Rs. 6673 Billion (2004-2005)

GDP :

6.4%

Per Capita :

\$2200

Major Exports :

Cotton, textile goods, rice, leather items, carpets, sports goods, handicrafts, fish, fish prep and fruit

Major Imports :

Industrial equipment, chemicals, vehicles, steel, iron ore, petroleum, edible oil, pulses tea.

**Official Name :**

Democratic Socialist Republic of Sri Lanka

Land area :

25,332 sq mi (65,610 sq km)

Population :

(2005 est) 20,034,776

President and Head of State :

H.E. Mahinda Rajapaksa (2006)

Prime Minister :

Hon. Ratnasiri Wickramanayaka (2006)

Capital :

Sri Jayawardenepura Kotte,

Largest City (2003 est) :

Colombo 2,436,000

Currency :

Sri Lanka Rupee.

Languages :

Sinhala 74% (official and national), Tamil 18% (national) other 8%, English is commonly used in government and private sector administration.

Ethnicity/race :

Sinhalese 74%, Tamil 18%, Moor 7%, Burgher, Malay and Veddhā 1%.

Religions :

Buddhist 70%, Hindu 15%, Christian 8%, Islam 7%, (1999).

GDP/PPP :

(2004 est);\$80.58 billion

Per Capita :

\$1200

Real Growth Rate :

5.2%.Inflation: 5.8%.

Exports :

\$5,306 billion (f.o.b. 2004 est), textiles and apparel, tea and spices, diamonds, emeralds, rubies, coconut products, rubber manufactures, fish.

Imports :

\$7,265 billion (f.o.b. 2004 est), textile fabrics, mineral products, petroleum, foodstuffs, machinery and transportation equipment.

SOUTH ASIAN GAMES HELD SO FAR



First SAF Games



First SAF Games

held from 17th September 1984 to 24th September at Dasrath Stadium, Kathmandu, Nepal. Five disciplines of sports were staged – Athletics, Boxing, Football, Swimming and Weightlifting.

Second SAF Games



Second SAF Games

held from 20th December to 26th December 1985 in Dacca, Bangladesh with seven disciplines of Sports being worked out.

Third SAF Games



Third SAF Games

held from 19th to 28th November 1987 in Calcutta, India. Ten sporting events were held.

Fourth SAF Games



Fourth SAF Games

held from 20th to 27th October 1989 in Islamabad, Pakistan Ten Sporting events were held.

Fifth SAF Games**Fifth SAF Games**

held from 22nd to 31st December 1991 in Colombo, Sri Lanka. Ten disciplines of Sports were held.

Sixth SAF Games**Sixth SAF Games**

held from 20th to 27th December 1993 in Dacca, Bangladesh. Eleven disciplines of sports were worked out.

Seventh SAF Games**Seventh SAF Games**

held from 18th to 27th December 1995 in Madras, India. Number of sporting events increased to 14.

Eighth SAF Games**Eighth SAF Games**

held from 25th September to 4th October 1999 in Kathmandu, Nepal. Twelve disciplines of sports were worked out.

Ninth SAF Games**Ninth SAF Games**

held from 29th March to 7th April 2004 in Islamabad, Pakistan with 15 disciplines of sports being worked out. Afghanistan participated at these Games for the first time as the eighth member nation of SAF.

MEDALS WON AT PREVIOUS SAF GAMES



NEPAL 1984

1st SAF Games 1984 Kathmandu (Nepal)
Countrywise Medal Summary

Country	Medal			Total
	Gold	Silver	Bronze	
India	44	28	16	88
Sri Lanka	7	11	19	37
Pakistan	5	3	2	10
Nepal	4	12	8	24
Bangladesh	2	8	13	23
Bhutan	0	0	2	2
Maldives	0	0	1	1
G.Total	62	62	61	185



BANGLADESH 1985

2nd SAF Games – 1985 Dhaka (Bangladesh)
Countrywise Medal Summary

Country	Medal			Total
	Gold	Silver	Bronze	
India	61	32	14	107
Pakistan	21	26	12	59
Bangladesh	9	17	38	64
Sri Lanka	2	7	9	18
Nepal	1	9	22	32
Bhutan	0	0	4	4
Maldives	0	0	0	0
G.Total	94	91	99	284



INDIA 1987

3rd SAF Games – 1987 Calcutta (India)
Countrywise Medal Summary

Country	Medal			Total
	Gold	Silver	Bronze	
India	91	45	19	155
Pakistan	16	36	14	66
Sri Lanka	4	7	23	34
Bangladesh	3	20	31	54
Nepal	2	7	33	42
Bhutan	0	1	5	6
Maldives	0	0	0	0
G.Total	116	116	125	357


PAKISTAN 1989

4th SAF Games – 1989 Islamabad (Pakistan) Countrywise Medal Summary				
Country	Medal			Total
	Gold	Silver	Bronze	
India	61	43	20	124
Pakistan	42	33	22	97
Sri Lanka	6	10	21	37
Nepal	1	13	32	46
Bangladesh	1	12	24	37
Bhutan	0	0	3	3
Maldives	0	0	0	0
G.Total	111	111	122	344


SRI LANKA 1991

5th SAF Games – 1991 Colombo (Sri Lanka) Countrywise Medal Summary				
Country	Medal			Total
	Gold	Silver	Bronze	
India	64	59	41	164
Sri Lanka	44	34	40	118
Pakistan	28	32	25	85
Bangladesh	4	8	28	40
Nepal	2	8	29	39
Maldives	0	1	0	1
Bhutan	0	0	0	0
G.Total	142	142	163	447


BANGLADESH 1993

6th SAF Games – 1993 Dhaka (Bangladesh) Countrywise Medal Summary				
Country	Medal			Total
	Gold	Silver	Bronze	
India	60	46	31	137
Pakistan	23	22	20	65
Sri Lanka	20	22	39	81
Bangladesh	11	19	32	62
Nepal	1	6	15	22
Maldives	0	0	0	0
Bhutan	0	0	0	0
G.Total	115	115	137	367


INDIA 1995
7th SAF Games – 1995 Madras (India)
 Countrywise Medal Summary

Country	Medal			Total
	Gold	Silver	Bronze	
India	106	60	19	185
Sri Lanka	16	25	53	94
Pakistan	10	33	36	79
Bangladesh	7	17	34	58
Nepal	4	8	16	28
Bhutan	0	0	2	2
Maldives	0	0	1	1
G.Total	143	143	161	447


NEPAL 1999
8th SAF Games – 1999 Kathmandu (Nepal)
 Countrywise Medal Summary

Country	Medal			Total
	Gold	Silver	Bronze	
India	102	58	37	197
Nepal	31	10	24	65
Sri Lanka	16	42	62	120
Pakistan	10	36	30	76
Bangladesh	2	10	35	47
Bhutan	1	6	7	14
Maldives	0	0	4	4
G.Total	162	162	199	523


PAKISTAN 2004
9th SAF Games – 2004 Islamabad (Pakistan)
 Countrywise Medal Summary

Country	Medal			Total
	Gold	Silver	Bronze	
India	103	57	32	192
Pakistan	38	55	50	143
Sri Lanka	17	32	57	106
Nepal	7	6	20	33
Bangladesh	3	13	24	40
Afghanistan	1	3	28	32
Bhutan	1	3	2	6
Maldives	0	0	0	0
G.Total	170	169	213	552

Medal Winners at the 9th South Asian Games - Islamabad 2004

Athletīcs (Men)											
Event	Gold Medal			Silver Medal			Bronze Medal			Time/Dis	
	Name	Country	Time/Dis	Name	Country	Time/Dis	Name	Country	Time/Dis		
100 Meters	Piyush Kumar	India	10.44	Vilash Nalgunde	India	10.62	Muhammad Shahbaz	Pakistan	10.67		
200 Meters	Rohan Pradeep	Sri Lanka	20.99	M.Imran Tahir	Pakistan	21.24	Piyush Kumar	India	21.35		
400 Meters	Rohan Pradeep	Sri Lanka	45.89	Prasanna Amarasekara	Sri Lanka	45.95	Saghir Ahmad Rana	Pakistan	46.75		
800 Meters	Mohammad Sifraith	Sri Lanka	1.51.60	Ghamanda Ram	India	1.52.21	Irshad Fazal	Pakistan	1.52.24		
1500 Meters	Atra Miran	Pakistan	3.43.40	Chaminda	Sri Lanka	3.44.85	Ghamanda	India	3.50.18		
5000 Meters	Noushad Khan	Pakistan	14.39.47	Rajendra Bahadur	Nepal	14.42.63	Kathan Sandiras	Sri Lanka	14.42.68		
3000 M/S	Upendra Bandara	Sri Lanka	8.57.04	Rajendra Bahadur	Nepal	8.57.30	Safdar Nazir	Pakistan	9.10.55		
Marathon	Anuradha Cootay	Sri Lanka	2.16.38	Ajith Bandara	Sri Lanka	2.19.29	Arjun Bahadur Basnet	Nepal	2.21.23		
4 x 100 M R	Nagraj Sandeep Sarkaria Piyush Kumar Vilash Nalgunde	India	39.91	Prabashitha Caldera Umanga Surendra Chammika Ramnayaka Joy Danushka Perera	Sri Lanka	40.09	Nazim Shah Muhammad Shahbaz Afzal Baig Muhammad Imran Tahir	Pakistan	40.36		
4 X 400 M R	Rohan Predeep Kumara Ranga Wimalawansa Prasanna Amarasekara Sugath Thilakarathna	Sri Lanka	3.05.80	Saeed Ahmed Rana Sagher Ahmad Abdul Majeed Basit Muneer	Pakistan	3.07.03	Sreejith P.S. K.Suresh Anil Kumar Kohil P.Shanker	India	3.07.13		
100 M H	Abdul Rasheed	Pakistan	14.33	Muhammad Shah	Pakistan	14.41	Krishna Moban	India	14.42		
400 M H	Allah Ditta	Pakistan	51.15	Arijum Ratnayak	Sri Lanka	51.31	Muhammad Adil	Pakistan	52.15		
Long Jump	Mahan Singh	India	7.70	Ghulam Abbas	Pakistan	7.60	Amrit PalSingh	India	7.59		
Triple Jump	Amarjeet Singh	India	16.16	Zafar Iqbal	Pakistan	15.79	K.C. Sainitson	India	15.69		
High Jump	Manjula Kumara	Sri Lanka	2.20	Nalin Priy Adarshana	Sri Lanka	2.11	Omveer Singh	India	2.09		
Shot Put	Ranvijay Singh	India	17.41	Kulwinder Singh	India	16.71	Ashraf Ali	Pakistan	16.41		
Hammer Throw	Nadeem Ahmad	Pakistan	62.88	Habib Ullah	Pakistan	62.85	Nirbhay Singh	India	62.77		
Discus Throw	Hirdyanand Singh	India	53.77	Sukhbir Singh	India	53.55	Azhar Saleem	Pakistan	51.35		
Javelin Throw	Lijesh Kumar	India	75.71	Zahid Hussain	Pakistan	74.67	Muhammad Irfan	Pakistan	71.10		

Athletics (Women)

Event	Gold Medal			Silver Medal			Bronze Medal		
	Name	Country	Time/Dis	Name	Country	Time/Dis	Name	Country	Time/Dis
100 Meters	Jani Chathurangani	Sri Lanka	11.81	Greeshma K. M.	India	11.96	Poonam Tomer	India	11.98
200 Meters	Susanthika Jayasinghe	Sri Lanka	23.49	Sujani Buddika	Sri Lanka	24.31	Poonam Tomer	India	24.76
400 Meters	Geetha S.	India	52.25	Chittrak K Soman	India	52.43	Nazmun Nahar Beauty	Bangladesh	55.46
800 Meters	Madhuri A. Singh	India	2:07.61	Mangala Priyadarshani	Sri Lanka	2:07.84	Gulnaz Ara	Pakistan	2:09.49
1500 Meters	Madhuri A. Singh	India	4:31.16	Sumera Zahoor	Pakistan	4:31.41	Preeja Sridharan	India	4:32.24
4 x 100 M R	Achala Dias Sujani Buddika Jani Chathurangani Sriyani Kulawansa	Sri Lanka	46.13	Greeshma KM. K.N. Priya Rakhi Salia Poonam Tomar	India	46.21	Foujia Huda Sumita Rani Nazmun Nahar Beauty Shams-Un-Nahar	Bangladesh	47.92
4 x 100 M R	Chitra K.Soman Saghardeep Kaur Pinki Parmanik S. Geetha	India	3:33.49	Priyadarshani Shanathi Irangani Kusuma Wathi Mangala Priyadarshani	Sri Lanka	3:44.12	Bushra Parveen Sumera Zahoor Sajida Ramzan Gulnaz Ara	Pakistan	3:46.10
100 M H	Sriyani Kulawansa	Sri Lanka	13.37	K.N. Priya	India	13.84	Soma Biswas	India	13.88
Long Jump	Jetty Joseph	India	6.30	Foujia Huda	Bangladesh	6.07	Pooja Ahlawat	India	5.82
High Jump	Sangeetha Mohan	India	1.81	Sahana Kumari	India	1.75	Priyangika Maduwanthi	Sri Lanka	1.69
Shot Put	Nicholas Latha	India	15.36	Chaitali Paul	India	14.48	Neezat Parveena	Pakistan	13.47
Discus Throw	Seema Antil	India	57.03	Krishna Poona	India	49.17	Padma Wijesundara	Sri Lanka	42.31
Javelin Throw	Anne Maheshi	Sri Lanka	51.37	Gurmeet Kaur	India	51.27	Suman Devi	India	50.58

Karatedo (Men)						
Event	Gold Medal		Silver Medal		Bronze Medal	
	Name	Country	Name	Country	Name	Country
Under 55 Kg	Shah Muhammad	Pakistan	Abdul Manan	Bangladesh	Rooh Ullah Alimi Rabindra Dahal	Afghanistan Nepal
Under 60 Kg	Deepak Shrestha	Nepal	Edward Payappan Jebamalai	Sri Lanka	Ghulam Ali Karimi Fazal Hussain	Afghanistan Pakistan
Under 65 Kg	Abdul Raziq	Pakistan	Kushal Shrestha	Nepal	Abdulla Al-Masued Pubudu Samindra	Bangladesh Sri Lanka
Under 70 Kg	Agha Muhammad	Pakistan	Mahmood Azara	Afghanistan	Kamrul Hasan Jony Rabi Mahar Jan	Bangladesh Nepal
Under 75 Kg	Humayun Mustafa	Pakistan	Chaminda Manohara	Sri Lanka	Mohammad Kazem Saboori Niroj Kamagarya	Afghanistan Nepal
Under 80 Kg	Farman Ahmed	Pakistan	Surendra Shrestha	Nepal	Wahid Ahmed Joya M. Nafiz Juran Pathy	Afghanistan Sri Lanka
Over 80 Kg	Dumindra Ruwan Kalyana	Sri Lanka	Talib Hussain	Pakistan	Raju Adhikara Ahmed Farzad Hasan Zada	Nepal Afghanistan
Kata (Individual)	Ghulam Ali	Pakistan	Sayed Md. Sarwar Hossain	Bangladesh	Ganga Ram Maharjan Edward Payappan Jebamalai	Nepal Sri Lanka
Kata (Team)	Ghulam Ali Khalid Noor Farman Ahmed Noor Ullah (R)	Pakistan	S.V.K. Gunarathna M. Darshana Clement M. Rajakaruna	Sri Lanka	Abdulla Al-Masued Abdul Mannan Sayed Md. Sarwar Hossain Kamural Hasan Jony (R)	Bangladesh
					Gopi Lal Nomjan Pasang Tamang Sukra Bahadur Majhi Suman Gurung (R)	Nepal

Swimming (Men)

Event	Gold Medal			Silver Medal			Bronze Medal		
	Name	Country	Time	Name	Country	Time	Name	Country	Time
50 M Free Style	Sujith T A	India	00:24.54	Varun Divgikar	India	00:24.82	Kazi Munirul Islam	Bangladesh	00:25.06
100 M Free Style	Sujith T A	India	00:53.53	Rahul Batra	India	00:54.67	Arun Karunaratne	Sri Lanka	00:55.23
200 M Free Style	Amar Muralidharan	India	01:59.46	Mehboob Ali	Pakistan	02:02.37	Arun Karunaratne	Sri Lanka	02:04.19
400 M Free Style	Mandar Divase	India	04:14.11	Mumtaz Ahmed	Pakistan	04:24.84	Mehboob Ali	Pakistan	04:24.42
1500 M Free Style	Mandar Divase	India	16:30.83	Mumtaz Ahmed	Pakistan	17:37.32	Mehboob Ali	Pakistan	17:55.93
50 M Back Stroke	Arun Venkataram	India	00:28.59	Dipes Bairagi	India	00:29.29	A Asela Pradeep Kumara	Sri Lanka	00:29.43
100 M Back Stroke	Mohammad Robel Rana	Bangladesh	01:02.78	Dipes Bairagi	India	01:03.43	Faiz Muhammad	Pakistan	01:04.82
200 M Back Stroke	Akbar Ali Mir	India	02:14.26	Arun Karunaratne	Sri Lanka	02:21.99	Imdad Ali	Pakistan	02:22.11
50 M Brest Stroke	Puneet Rana	India	00:31.00	Conrad Anthony Francis	Sri Lanka	00:31.35	Karar Samedul Islam	Bangladesh	00:31.55
100 M Brest Stroke	Puneet Rana	India	01:07.93	Conrad Anthony Francis	Sri Lanka	01:08.63	Gaurik Bardhan	India	01:08.64
200 Brest Stroke	Gaurik Bardhan	India	02:28.95	Mohammad Niaz Ali	Bangladesh	02:32.36	Karar Samedul Islam	Bangladesh	02:38.37
50 M Butterfly	Conrad Anthony Francis	Sri Lanka	00:26.11	Rahul Batra	India	00:26.14	Md. Jewel Ahmed	Bangladesh	00:26.19
100 M Butterfly	Conrad Anthony Francis	Sri Lanka	00:56.35	Md. Jewel Ahmed	Bangladesh	00:57.90	Akbar Ali Mir	India	00:59.01
200 M Butterfly	Rehan Poncha	India	02:07.10	Zulfiqar Ali	Pakistan	02:13.26	Ali Gul	Pakistan	02:16.02
200 M Individual Medley	Rehan Poncha	India	02:15.37	Mohammad Rubel Rana	Bangladesh	02:17.57	Zulfiqar Ali	Pakistan	02:18.47
400 M Individual Medley	Rehan Poncha	India	04:45.27	Zulfiqar Ali	Pakistan	04:56.99	Nisar Ahmed	Pakistan	05:04.55
4 x 100 M Free Style Relay	Rahul Batra Amar Muralidharan Benoy Sebastian Sujith TA	India	03:39.40	Mohammad Rubel Rana M. Aniqur Rahman Md. Jewel Ahmed Kazi Munirul Islam	Bangladesh	03:44.84	A. Asela P. Kumara Conrad Anthony Francis Naveen Karunaratne Arun Karunaratne	Sri Lanka	03:46.08
4 x 200 M Free Style Relay	Amar Muralidharan Rahul Batra Sujith TA Akbar Ali Mir	India	08:05.76	Mumtaz Ahmed Nisar Ahmed Adil Baig Mehboob Ali	Pakistan	08:22.43	Mohammad Rubel Rana Md. Harun-ur-Rashid Md. Jewel Ahmed Kazi Munirul Islam	Bangladesh	08:29.55
4 X 100 M Medley Relay	Dipes Bairagi Gaurik Bardhan Akbar Ali Mir Sujith TA	India	04:03.85	Mohammad Rubel Rana Karar Samedul Islam Md. Jewel Ahmed Kazi Munirul Islam	Bangladesh	04:05.29	Dharshaka Hasanka Raghavan Madawala Conrad Anthony Francis Arun Karunaratne	Sri Lanka	04:10.61

Swimming (Women)

Event	Gold Medal			Silver Medal			Bronze Medal		
	Name	Country	Time	Name	Country	Time	Name	Country	Time
50 M Free Style	Reshma Millet	India	00:28.47	Menaka De Silva	Sri Lanka	00:28.49	Chathuri Abeyakoon	Sri Lanka	00:29.48
100 M Free Style	Reshma Millet	India	01:02.54	Chathuri Abeyakoon	Sri Lanka	01:05.05	Kiran Khalidi Z. Khan	Pakistan	01:06.60
200 M Free Style	Reshma Millet	India	02:15.68	Kiran Khalid Z. Khan	Pakistan	02:21.79	Sana Abdul Wahid	Pakistan	02:27.55
400 M Free Style	Sivaranjani Vaidyanathan	India	04:36.08	Mahira Karim	Pakistan	05:14.70	Ayesha Tajwar	Pakistan	05:17.76
800 M Free Style	Richa Mishra	India	09:31.96	Sivaranjani Vaidyanathan	India	09:33.92	Ayesha Tajwar	Pakistan	11:00.76
100 M Back Stroke	Summi Cyriac	India	01:10.16	Kiran Khan	Pakistan	01:12.88	Rubab Raza	Pakistan	01:14.81
200 M Back Stroke	Summi Cyriac	India	02:33.54	Kiran Khan	Pakistan	02:40.34	Dilini Hasanthi Liyanage	Sri Lanka	02:48.01
100 M Breast Stroke	Bhavna Sharma	India	01:20.94	Mrudula Dhanraj	India	01:21.63	Ms. Doli Akhtar	Bangladesh	01:22.65
200 M Breast Stroke	Sivaranjani Vaidyanathan	India	02:51.24	Bhavna Sharma	India	02:53.70	Ms. Doli Akhtar	Bangladesh	03:01.04
100 M Butterfly	Richa Mishra	India	01:05.82	Sivaranjani Vaidyanathan	India	01:09.93	Sana Abdul Wahid	Pakistan	01:12.85
200 M Butterfly	Richa Mishra	India	02:23.65	Sivaranjani Vaidyanathan	India	02:41.32	M. S. Samarakoon	Sri Lanka	02:44.65
200 M Individual Medley	Richa Mishra	India	02:29.01	Sivaranjani Vaidyanathan	India	02:34.30	Kiran /khalid Z. Khan	Pakistan	02:39.48
4 X 100 M Free Style Relay	Sivaranjani Parita Parekh Richa Mishra Reshma Millet	India	04:19.00	Kiran Khalid Z. Khan Mahira Karim Sana Abdul Wahid Rubab Raza	Pakistan	04:30.57	Menaka De Silva Piumi Ekanayake Prabha Madhavi Chathuri Abeyakoon	Sri Lanka	04:33.50
4 X 200 M Free Style Relay	Sivaranjani Vijay Amma Richa Mishra Reshma Millet	India	09:12.68	Sana Wahid Mahira Karim Ayesha Tajwar Kiran Khan	Pakistan	10:04.25	Mihiri Jayapradha Chathuranga Piumi Praabha Madhavi	Sri Lanka	10:26.39
4 X 100 M medley Relay	Sumi Cyriac Bhavna Sharma Richa Mishra Reshma Millet	India	04:47.48	Kiran Khalid Z. Khan Mehrunisa J. Khan Sana Abdul Wahid Rubab Raza	Pakistan	05:02.96	Dilini Hasanthi Prabha Madhavi M. Sashiprabha Chathuri Abeyakoon	Sri Lanka	05:07.09

Taekwondo (Men)

Event	Gold Medal			Silver Medal			Bronze Medal		
	Name	Country	Name	Country	Name	Country	Name	Country	
Fin Weight	Rupen Pradhan	India	Shehzaad Ahmed	Pakistan	Farhad Qaraishi Sonam Phuntsho	Pakistan	Afghanistan Bhutan		
Fly Weight	Surendra Bhandari	India	Faheem Jawad Butt	Pakistan	Devanarayan Mahato Thusitha Bandara	Pakistan	Nepal Sri Lanka		
Bantam Weight	Nirmal Shrestha	Nepal	Ziallah Aimal	Afghanistan	Rashid Rasool Sandeep Kumar	Pakistan India			
Feather Weight	Deepaka Bista	Nepal	Muhammad Aisf Khan	Pakistan	Hameedullah Yaqobi Kusung Wangdi	Afghanistan Bhutan			
Light Weight	Niranjan Shrestha	Nepal	Asanka Chandana	Sri Lanka	Remar Jan Nesar Ahmed Bahawi	Pakistan Afghanistan			
Welter Weight	Faisal Mahmood	Pakistan	Taehee Drukpa	Bhutan	Gayan Kumara Galuge Ramji Prasad Dahal	Sri Lanka Nepal			
Middle Weight	Sonam Penjor	Bhutan	Akhtrar Mahmood Treen	Pakistan	Ranil Tharaka Maditha Md. Mizanur Rahman	Sri Lanka Bangladesh			
Heavy Weight	Badam Gul Multazim	Afghanistan	Hanif Haider	Pakistan	Rama Kashi Ranjit Moramudali	India Sri Lanka			

Taekwondo (Women)

Event	Gold Medal			Silver Medal			Bronze Medal		
	Name	Country	Name	Country	Name	Country	Name	Country	
Fin Weight	Rupa Kumari Shangdon	Nepal	Tshering Lhaden	Bhutan	Chandrani Niantshi Prakruti	Sri Lanka India			
Fly Weight	Sangina Baidya	Nepal	Jedhe Vrushali Kisan	India	Waqas-Un-Nisa Salma Hussaini	Pakistan Afghanistan			
Bantam Weight	Renuka Magar	Nepal	Kinley Bidha	Bhutan	Meeha Irfan Hakima Khasbi	Pakistan Afghanistan			

Weightlifting

Weight Category	Gold Medal				Silver Medal				Bronze Medal						
	Name	Country	S	J	T	Name	Country	S	J	T	Name	Country	S	J	T
Up to 56 Kg	Batta Vicky	India	115	137.50	252.50	Ishtiaq Ghafoor	Pakistan	110	137.50	247.50	Akramul Haque	Bangladesh	100	120	220
Up to 62 Kg	Chinthana Geethal	Sri Lanka	117.50	140	257.50	Hamidul Islam	Bangladesh	112.50	142.50	255	A Karuthe Pandiyan	India	107.50	142.50	250
Up to 69 Kg	Sudhir Kumar	India	125	160	285	Shabbaz Abdullah Butt	Pakistan	127.50	157.50	285	Duncan Lasantha	Sri Lanka	107.50	137.50	245
Up to 77 Kg	Satheesha Rai	India	142.50	180	322.50	M.Irfan Islam	Pakistan	142.50	172.50	315	Gamage Navindira	Sri Lanka	110	140	250
Up to 85 Kg	Shujauddin Malik	Pakistan	152.50	200	352	S. K. Gopal Raj	India	147.50	175	322.50	Upul Bandara	Sri Lanka	115	145	260
Up to 94 Kg	Sukhjinder Singh	India	152.50	180	332.50	Bidud Kumar Roy	Bangladesh	120	155	275	Janak Priyan Perera	Sri Lanka	110	155	265
Up to 105 Kg	Sajjad Amin Malik	Pakistan	155	185	340	Gur Minder Singh	India	145	180	325	Pradip Chandra Dass	Bangladesh	115	147.50	262.50
Over 105 Kg	Vipon Kumar	India	152.50	170	322.50	Kavinda Ransitu	Sri Lanka	115	157.50	272.50	G. Babadur Sierstha	Nepal	120	152.50	272.50

Wrestling

Event	Gold Medal			Silver Medal			Bronze Medal		
	Name	Country	Name	Country	Name	Country	Name	Country	
55 Kg	Kiripa Shankar Patel	India	Abdul Karim Wahedi	Afghanistan	Ghulam Haider	Pakistan			
60 Kg	Ravindra Kumar	India	Muhammad Farooq	Pakistan	Amir Jan	Afghanistan			
66 Kg	Shokinder Tomar	India	Zahid Khan	Pakistan	Ahmed Mansoor Orya	Afghanistan			
74 Kg	Muhammad Ali	Pakistan	Chand Ram	India	Mohammad Baseer	Afghanistan			
84 Kg	Muhammad Usman	Pakistan	Sandeep Kumar	India	Mohammad Ashraf	Afghanistan			
96 Kg	Muhammad Umer	Pakistan	Rakesh	India	Abdullah Ali	Afghanistan			
120 Kg	Jagdish Kali Raman	India	Muhammad Bashir Bhola	Pakistan	Dharmaraj Yadav	Nepal			

Shooting (Men)

Event	Gold Medal			Silver Medal			Bronze Medal		
	Name	Country	Points	Name	Country	Points	Name	Country	Points
10M Air Pistol 60 shots (Individual)	Ronak Pandit	India	681.5	Rana Jaspal	India	671.9	Idrees Rasheed	Pakistan	671.8
10M Air Pistol 60 shots (Team)	Vivek Singh Ronak Pandit Rana Jaspal	India	1725	Idrees Rasheed Ishad Ali Muhammad Abbas	Pakistan	1709	E. M. Samanayake Gamini Nelson	Sri Lanka	1675
25 M Rapid Fire Pistol (Individual)	Rana Jaspal	India	670.9	Khan Afsar	Pakistan	662.5	Ali Zahid	Pakistan	657.2
25 M Rapid Fire Pistol (Team)	Rana Jaspal BL Dhaka Pandit Ronak	India	1700	Ali Zahid Khan Afsar Riaz Kshif	Pakistan	1693	Arohitha Raja Chandana GM Dasanayaka	Sri Lanka	1611
50 M Free Pistol 60 shots (Individual)	Samatresh	India	642.9	Ishad Ali	Pakistan	637.8	Vivek Singh	India	631.8
50 M Free Pistol 60 shots (Team)	Samresh Jung Vivek Singh Ronak Singh	India	1661	Irshad Ali Tariq Manzoor M. Abbas	Pakistan	1574	Gm Chandana Senanayake N. Gunadasa	Sri Lanka	1565
25 M Standard Pistol 30+30 (Individual)	Rana Jaspal	India	571	Samresh Jung	India	570	Kashif Riaz	Pakistan	559
25 M Standard Pistol 30+30 (Team)	Ashoke Ronak Rana Jospal Samrash Jung	India	1700	Irshad Ali Zahid Ali Kashif Riyaz	Pakistan	1648	Saleem Taufiq Asif	Bangladesh	1576
10 M Rifle 60 shots (Individual)	M. Asif Hossain	Bangladesh	590	Sanjeev Rajput	India	589	Hancefa Saleem	India	589
10 M Rifle 60 shots (Team)	Sanjeev Rajput Hancefa Saleem Sandeep Tarte	India	1763	M. Asif H. Khan M. Buzz Aman Md Anwar Uz Zaman	Bangladesh	1757	M. Ayaz Tahir Dawood Jan M. Mushtaq	Pakistan	1729
50 M Small Bore Rifle Prone 60 shots (Individual)	Satguru Das	India	689.5	Waseem Sajjad	Pakistan	687.5	M. N. Taufiq	Bangladesh	682.4
50 M Small Bore Free Rifle Prone 60 Shots (Team)	Satguru Das Fariduddin Tambkuttira Changappa	India	1742	Waseem Sajjad M. Ayaz Tahir Dawood Jan	Pakistan	1730	M. N. T. Shahrar Anwar Uzzaman M. D. Shoyab	Bangladesh	1722
50 M Small Bore Free Rifle 3P (Individual)	Sanjeev Rajput	India	1252.4	Fariduddin	India	1222.7	Md. Shoyab	Bangladesh	1217.9
50 M Small Bore Free Rifle 3P (Team)	Sanjeev Rajput Fariduddin Tambkuttira Changappa	India	3405	Shoyeb Anwar MNT Shahrar	Bangladesh	3341	M. Ayaz Tahir Kaleem Dawood Jan	Pakistan	3336
Centre Fire Pistol (Individual)	Rana Jaspal	India	582	Ashok Pandit	India	578	Ronak Pandit	India	574
Centre Fire Pistol (Team)	Rana Jaspal Ashok Pandit Ronak Pandit	India	1734	Irshad Ali Zahid Ali Kashif Riaz	Pakistan	1691	Gamini Walgama Dasanayaka DMWP G. N. Karunathilaka	Sri Lanka	1643
Skeet (Individual)	Muhammad Shaifque	Pakistan	138	Khurram Inam	Pakistan	137	Noor Uddin Salim	Bangladesh	133
Skeet (Team)	Muhammad Shaifque Kurram Inam Ahmad Sultan	Pakistan	342	Baba P Singh Bedi Amerdeep Singh Rai Naveen Jindal	India	313	Noor Uddin Salim Altamash Kabir Iqbal Islaam	Bangladesh	303
Trap (Individual)	Zoravar Singh	India	145	Shahzad Noor	Pakistan	129	Birendeeep Sodhi	India	127
Trap (Team)	Zoravar Singh Birendeeep Sodhi Ranjit Nobis	India	323	Shahzad Noor Megmood Sultan M. Abbas	Pakistan	294	Altamash Kabir Iqbal Islaam Noor-uddin Salim	Bangladesh	215

Shooting (Women)		Gold Medal			Silver Medal			Bronze Medal		
Event	Name	Country	Points	Name	Country	Points	Name	Country	Points	
10 M Air Pistol 40 shots (Individual)	Shweta Chaudhry	India	477.5	Annu Raj	India	471.9	Hemantha	Sri Lanka	468	
10 M Air Pistol 40 shots (Team)	Shweta Chaudhry Annu Raj Anisa Sayyed	India	1122	Hemantha Ruwini Shyamalie	Sri Lanka	1093	Azra Nazir Farhat Nasreen Naureen	Pakistan	1084	
25 M Sports Pistol 30+30 (Individual)	Sushma Rana	India	673	K.G.N. Perera	Sri Lanka	647.5	S. Wijesooriya	Sri Lanka	645.2	
25 M Sports Pistol 30+30 (Team)	Sushma Rana Shweta Chaudhry Saroja Kumari Juthu	India	1669	K.G.N. Perera Shyamalie Wijesooriya Ruwini Abemanna	Sri Lanka	1644	Farhat Nasreen Azra Nazir Shugufa Zulficar	Pakistan	1629	
10 Rifle 40 shots (Individual)	Sharmin	Bangladesh	493.9	Pournima Chinnmoy	India	492.9	Kuheli	India	492.1	
10 Rifle 40 shots (Team)	Khuei Gangulee Pournima Hanaf Poolmaya Capchhari	India	1173	Suraya Akhter Sabrina Rehman Shermina Akhter	Bangladesh	1159	Urooj Fatima Nazish Khan Nadia Saeed	Pakistan	1149	
50 Sports Rifle Prone 60 shots (Individual)	Rajkumari	India	589	Pushpamali	Sri Lanka	588	Meena Kumari	India	587	
50 Sports Rifle Prone 60 shots (Team)	Meena Kumari Rajkumari Sindhu	India	1751	Urooj Fatima Nazish Khan Nadia Saeed	Pakistan	1738	Pushpamali Mallini Dimuthu	Sri Lanka	1709	
10 Small Bore Free Rifle 3 positions (Individual)	Meena Kumari	India	678.8	Rajkumari	India	673.1	Kuheli Gangulee	India	663.2	
10 Small Bore Free Rifle 3 positions (Team)	Meena Kumari Rajkumari Khuei Gangulee	India	1721	Urooj Fatima Nazish Khan Nadia Saeed	Pakistan	1662	P. Ramanayaka W. Ranasinghe D. Pradeepika	Sri Lanka	1641	

Badminton (Men)

Event	Gold Medal		Silver Medal		Bronze Medal	
	Name	Country	Name	Country	Name	Country
Men's Singles	Chetan Anand Buradagunta	India	Abhinav Shyam Gupta	India	Wajid Ali Chaudhry U.D.R.P. Kumara	Pakistan Sri Lanka
Men's Doubles	Rupesh Kumar Markose Bristow	India India	Jaseel Parves Ismaic J. B. S. Vidyadhar	India	Duminda Jayakody Thushara Y. Edirisinghe Umer Zeeshan Rizwan Asghar Rana	Sri Lanka Pakistan Pakistan
Men's Team	Abhinav Shyam Gupta Chetan Anand Rupesh Kumar Jaseel Parves Ismaic J. B. S. Vidyadhar Uttasav Mishra Bristow Markose Hemany Dussal	India	Wajid Ali Chaudhry Ahsan Qamar Omer Zeeshan Tahir Ishaque Mir Ali Yar Baig Waqas Masood Ashraf Masih	Pakistan	Niluka Karunaratne U.D.R.P. Kumara Brinsly Chamita Kumarapperuma Duminda Jayakody Niroshan John	Sri Lanka
Women's Singles	Trupti Murgunde	India	B. R. Meemakshi	India	P. Dishanthi Arumawadu R. C. Hettiarachchige	Sri Lanka Sri Lanka
Women's Doubles	G. Jawa Gutta Sarah Kurien	India	Fathima Nazneen M. Manjusha Kanwar	India	Asma Butt Uzma Butt R. C. Hettiarachchige P. Dishanthi Arumawadu	Pakistan Sri Lanka
Women's Team	B. R. Meemakshi Trupti Murgunde Krisbna Deka Raja Aparna Balan Jawal Gutta Shruti Kurien Fatima Nazneen Mohd Manjusha Kanwar	India	Hettiarachchige Renu Arumawadu Pamisha Murukhwadura Nadeesha Pasangi Kalpana Amali Amarasinghe Thilini Jayasinghe	Sri Lanka	Asma Butt Aiesha Akram Uzma Butt Farzana Saleem Saima Manzoor Farzana Shaheen Zahida Ahi Sadia Arshad	Pakistan
Mixed Doubles	Jaseel Parves Islamic G. Jawa Gutta	India	Markose Bristow Manjusha Kanwar	India	Ali Yar Baig Saima Manzoor Thushara Y. Edirisinghe R. Chandrika	Pakistan Sri Lanka

Rowing	Gold Medal						Silver Medal			Bronze Medal	
	Weight Category	Name	Country	Name	Country	Name	Country	Name	Country	Name	Country
Single Sculls LM1X (Light Weight)	Muhammad Akram	Pakistan	Kavinda Mewan Gunawardena	Sri Lanka	Muhammad Ashraf	Afghanistan					
Single Sculls M1X (Open)	Mohamed Akram	Pakistan	S. Banjanayalage Sena Fonseka	Sri Lanka	Abdul Rahim	Afghanistan					
Double Sculls LM2X (Light Weight)	Zahid Ali Pirzada Zohaib Zia Hashmi	Pakistan	Udesh Surani Hettiarachchi Kavinda Mewan Gunawardena	Sri Lanka	Muhammad Ashraf Jawad Popal	Afghanistan					
Double Sculls M2X (open)	Muhammad Afzal Azmat Javid	Pakistan	Isuru Gayan Perera Dejan Francis Richard De Zoysa	Sri Lanka	Habib Ullah Yorish Rahimi	Afghanistan					
Coxless Pair M2 – (Open)	Jenil Krishnan Inderpal Singh	India	Abbas Shah Shajar Ali Maqbool	Pakistan	Nirmal Diluk Aluwihare M. Usman Ali Fatharally	Sri Lanka					
Coxless Four LM4 – (Light Weight)	Sabir Khan Asjid Hussain Muhammad Nazir Muhammad Ashiq	Pakistan	Nirmal Diluk Aluwihare Dejan Francis Richard De Zoysa Chanaka Harsa Talpahewa Udesh Surani Hettiarachchi	Sri Lanka	Aarish Ramimi Rahman Mahmood Abdul Rahim Jawad Popal	Afghanistan					
Coxless Four M4 – (Open)	Muhammad Farooq Aman Ullah Romay Khan Adeel Sultan	Pakistan	Jagtar Singh Inderpal Singh Udaybir Singh Jenil Krishnan	India	Isuru Gayan Perera M. Usman Ali Fatharally Devaka Ajith Seneviratne Sanjeeva Janaka Perera	Sri Lanka					



Boxing (Men)

Weight Category	Gold Medal		Silver Medal		Bronze Medal	
	Name	Country	Name	Country	Name	Country
Light Fly Weight (48 Kg.)	Harsha Kumara	Sri Lanka			Suranjoy S. Mayengbam Surya Bahadur Rana	India Nepal
Fly Weight (51 Kg.)	Shoab Rasheed	Pakistan	M. Rathnayaka	Sri Lanka	Soubam Suresh Singh Muhammed Dawood	India Afghanistan
Bantam Weight (54 Kg.)	Mehrullah	Pakistan	Manju Dinesh Kumara	Sri Lanka	Diwakar Prasad Rohullah Mustafa	India Afghanistan
Feather Weight (57 Kg.)	Sohail Ahamad	Pakistan	Kamal Sameera	Sri Lanka	Humayoun Sharif Zada Dhan Bahadur Hitang	Afghanistan Nepal
Light Weight (60 Kg.)	Sajjad Raja	Pakistan	Jai Baghwan	India	Habibullah Haideri Dipendra Maharjan	Afghanistan Nepal
Welter Weight (64 Kg.)	Faisal Kareem	Pakistan	Vigender	India	C. S. J. Sriwardana Seyed Haroon Sadat	Sri Lanka Afghanistan
Light Middle Weight (69 Kg.)	Nisar Ahmad	Pakistan	Dilbag Singh	India	Manqoosh Naseemi Hari Chandra Khadka	Afghanistan Nepal
Middle Weight (75 Kg.)	Ahmad Ali	Pakistan	Bikash Pariyar	Nepal	Kameen Taraki Md. Nabab Ali	Afghanistan Bangladesh
Light Heavy Weight (81 Kg.)	Harpreet Singh	India	Bishnu Prasad Rijal	Nepal	Sanath Priyantha Jamshid Ullah Khawaja	Sri Lanka Afghanistan
Heavy Weight (91Kg.)	Shoukat Ali Chatta	Pakistan	Varghese Johnson	India	Kul Bahadur Rawal	Nepal
Super Heavy Weight (+91 Kg.)	Muzaffar Iqbal	Pakistan	Harpal Singh	India		

Event	Gold Medal		Silver Medal		Bronze Medal	
	Name	Country	Name	Country	Name	Country
Men's Single	Mansoor Zaman	Pakistan	Zahid Zaman	Pakistan	Ritwik Bhattacharya Saurav Ghosal	India India
Men's Team	Farrukh Zaman Mansoor Zaman Shahid Zaman Majid Khan	Pakistan	Manish Chotrani Ritwik Bhattacharya	India	Team Team	Nepal Sri Lanka
Women's Single	Joshana Chinappa	India	Mekhala Subedar	India	Muqaddas Ashraf Maria Toor Pakay	Pakistan Pakistan
Women's Team	Alisha Mashruwala Joshna Chinnappa Mekhala Subedar	India	Maria Toor Aliya Sarfraz Muqaddas Ashraf Misbah Rani	Pakistan	Team	Sri Lanka

Table Tennis

Event	Gold Medal		Silver Medal		Bronze Medal	
	Name	Country	Name	Country	Name	Country
Men's Singles	Soumyadeep Roy	India	A. Sharath Kamal	India	Farjad Saif Piyadasa Thilina	Pakistan Sri Lanka
Men's Double	A. Sharath Kamal Soumyadeep Roy	India	Subhajit Saha Ranabir Das	India	Farjad Saif Asim Qureshi	Pakistan
Women's Singles	Mouna Das	India	Ghatak P	India	Piyadasa Thilina Indika Prasad	Sri Lanka
Women's Doubles	Mouna Das Visaka Vijay	India	Poulant Ghatak Mantu Ghosh	India	Ghazala Rohi Rodrigo D.	Pakistan Sri Lanka
Mixed Doubles	Mouna Das Visaka Vijay	India	Poulant Ghatak Mantu Ghosh	India	R. Deepika H. Kalpani	Sri Lanka
Men's Team	Achanta Sharath Kamal Soumyadeep Roy Subhajit Saha	India	Farjad Saif Khan Asim Qureshi Kashif Razzaq Sheikh	Pakistan	M. Delini D. Saranga	Sri Lanka
Women's Team	Poulomt Ghatak Mouna Das Mantu Ghosh	India	Ghazala Rohi Rahila Kashif Shabnam Bilal	Pakistan	Kapali R. G. Thapa	Nepal
					Piyadasa Thilini H. Kalpani	Sri Lanka
					Chandan Shahi Gopal Maharjan Rajendra Kapali	Nepal
					Silva Indika Prasad Piyadasa Thilina Kariyawasam Chalitha	Sri Lanka
					Muna Basukala Sandhya Shakya Gita Thapa	Nepal
					Madawala D. Nadeesha Rodrigo D. Subasini Herath K. Jayapadma	Sri Lanka

Football

Game	Gold Medal	Silver Medal	Bronze Medal
Football	Pakistan	India	Sri Lanka

Kabaddi

Game	Gold Medal	Silver Medal	Bronze Medal
Kabaddi	India	Pakistan	Bangladesh

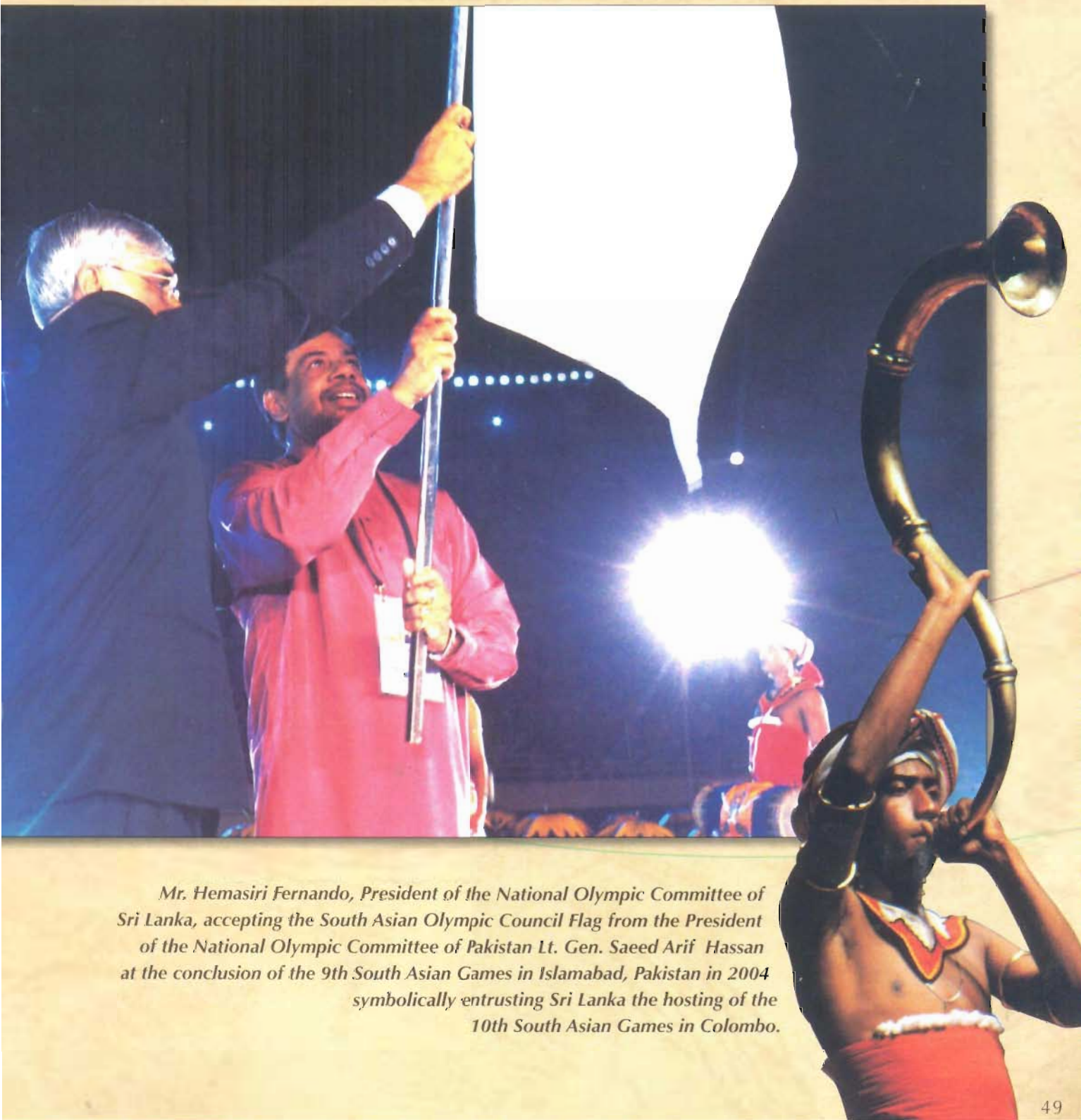
Volleyball

Game	Gold Medal	Silver Medal	Bronze Medal
Volleyball	India	Pakistan	Sri Lanka



FROM ISLAMABAD TO COLOMBO





Mr. Hemasiri Fernando, President of the National Olympic Committee of Sri Lanka, accepting the South Asian Olympic Council Flag from the President of the National Olympic Committee of Pakistan Lt. Gen. Saeed Arif Hassan at the conclusion of the 9th South Asian Games in Islamabad, Pakistan in 2004 symbolically entrusting Sri Lanka the hosting of the 10th South Asian Games in Colombo.

THE GAMES TORCH MAKES ITS JOURNEY CARRYING MESSAGE OF PEACE

The specially designed traditional Olympic Torch of the 10th South Asian Games 2006 commenced its journey from Colombo round main cities and towns of Sri Lanka on 9th August 2006 carrying the theme of the Games message of Peace and Unity to the people of Sri Lanka.

Before the torch proceeded on its journey it was taken on 8th August to the Gangaramaya Buddhist Temple, Hindu Kovil at Wallwatte, Christian Church at Kompannaweediva and the Mosque at Devatagaha where the torch was lit and received blessings for the success of the games. A special ceremony was held at the Independence Square on the same day (8th August)

before the torch started its journey from the independence Square in the morning of 9th August 2006.

The torch carried by prominent past athletes of Sri Lanka and school children wended its way through the streets to the provinces and was enthusiastically received by the sports loving people of Sri Lanka together with area leaders and local authorities.

The Torch was given a rousing welcome by the people at special ceremonies organized at the main towns.

The journey of the Games Torch accompanied by floats called at the following townships:



August 9th

From Colombo to Dehiwela, Moratuwa, Panadura, Kalutara, Beruwela, Bentota and Galle.



August 10th

From Galle to Matara, Devinuwara, Ambalantota, Tissamaharamaya, Tangalla, Hambantota and Kataragama.



August 11th

From Kataragama to Buttala, Hulangamuwa, Passara, Moneragala and Badulla.



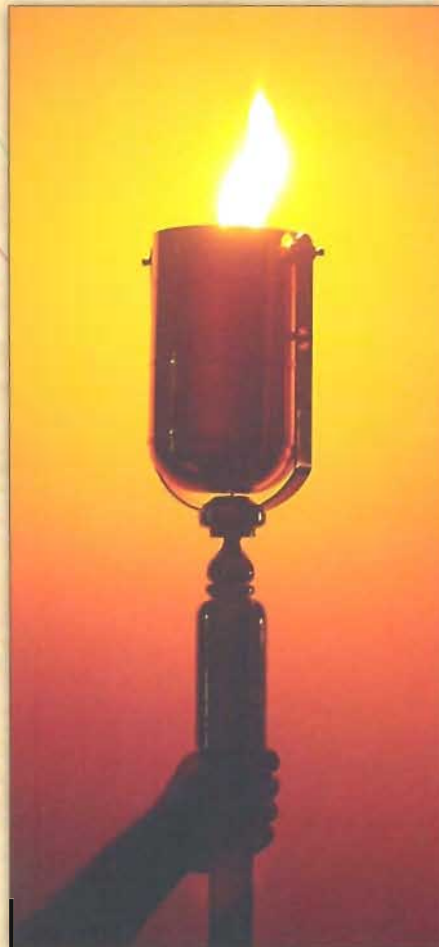
August 12th

From Badulla to Bandarawela, Welimada, Nuwara Eliya, Gampola and Kandy.

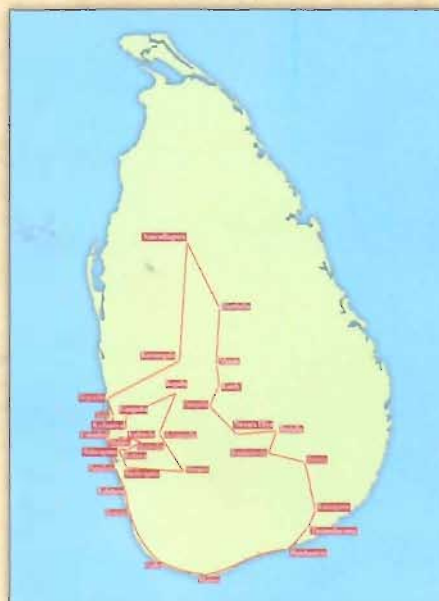


August 13th

From Kandy to Matale, Aluvihare, Dambulla and Anuradhapura



The route taken by the journey of the Game's Torch.



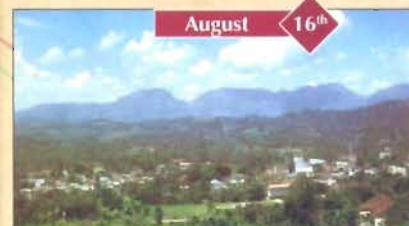
August 14th

From Anuradhapura to Kurunegala, Negombo, Seeduwa, Ja-Ela, Kandana, Wattala to Colombo.



August 15th

From Kelaniya to Kadawatha, Gampaha, Kegalla, Avissawella.



August 16th

From Ratnapura to Bandaragama, Nugegoda, Maharagama



August 17th

From Kottawa to Homagama, Godagama, Kosgama, Pahathgama, Hanwella, Kaduwela, Malabe

August 18th

The Torch was taken to the President's House in the morning of 18th August and presented to the Head of State His Excellency Mahinda Rajapaksa President of Sri Lanka before proceeding to the Sugathadasa Stadium to light up the Games Flame at the opening ceremony of the Games.



First time in S.A. Games

FAST TRACKING GAMES FUNCTIONS BY BRINGING THEM "ON LINE"

One of the unique features of the 10th South Asian Games is bringing its' various functions "on-line". A fully fledged database, web and other required software have been developed to automate most of the functions which tremendously reduce the transactions on paper and manual work and improve the accuracy and availability of important information.

The database would mainly focus on the following.

- On-line registration of all participants via internet together with photographs
- Facilities to amend information if and when necessary upto a given deadline
- Facility to Check whether they are registered or not
- Ability to a get a printout of a temporary ID (Accreditation Card) to arrive in Sri Lanka
- Availability of information to various Committees for drawing up programmes for Transport, Accommodation etc.
- Provide On-line time tables, rules, publishing of results etc.
- Provide access to media for information

The first information to be sent by all countries was "Entry by Number" which gives information regarding players and officials in each sport. This process was done

through the internet by almost all countries and it took less than one hour for each country to provide all related data without the laborious process of filling various forms. This also allowed all countries the opportunity of verifying the correctness of the information supplied by them. The information thus given was used as a base for the "accreditation" process.

The second information to be sent was about individual participants. This process is called "Entry by Name". The new on-line process in this regard reduced the work-load by half. The complete information in respect of each participant was sent through internet together with a digital photograph. This too allowed the sender to verify the information sent in respect of all participants.

The scheduling of sports, allocation of players for each sport was also done through the web. The results of each government is also uploaded in the web and results can be observed fro any part of the world in an instant.

The web address is www.sagten.org.lk. The complete system was designed by Mr. Tilak de Silva - IT Expert of Sri Lanka Telecom and development by hSenid Software International Limited which is a Sri Lankan IT Company.

SPORTING EVENTS AT 10TH SOUTH ASIAN GAMES



FOOTBALL



ATHLETICS



BADMINTON



BOXING



VOLLEYBALL



KARATEDO



TABLE TENNIS



JUDO



SQUASH



ARCHERY



WEIGHTLIFTING



WRESTLING



WUSHU



TAEKWONDO



ROWING



CYCLING



SWIMMING



SHOOTING



HOCKEY



KABADDI



WHERE THE ACTION IS

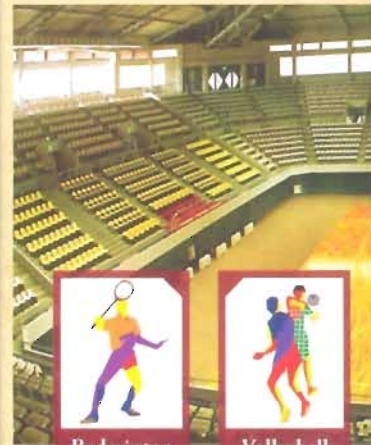
Sugathadasa Stadium



Football



Athletics



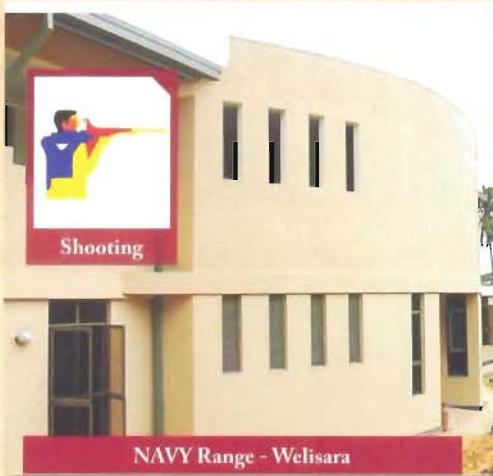
Badminton



Volleyball



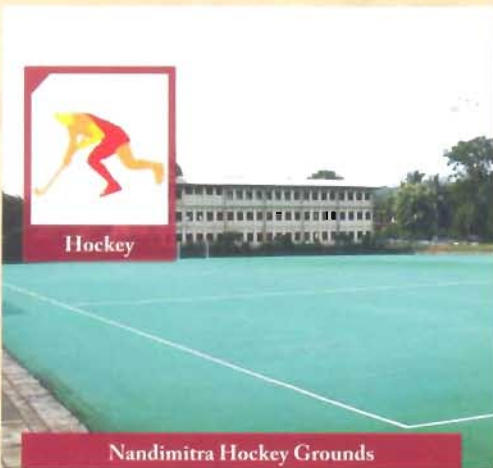
Shooting



NAVY Range - Welisara



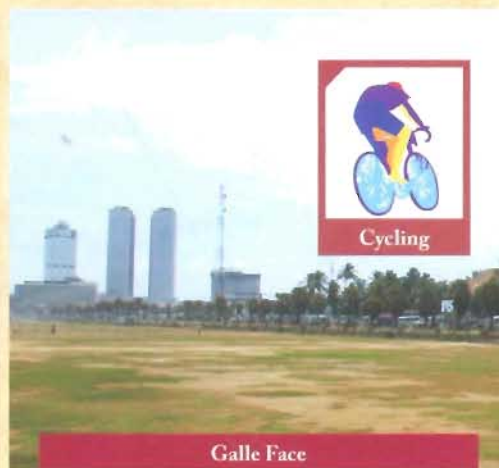
Hockey



Nandimitra Hockey Grounds



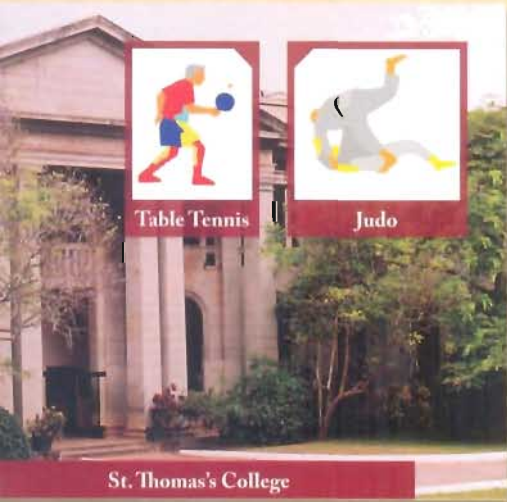
Cycling



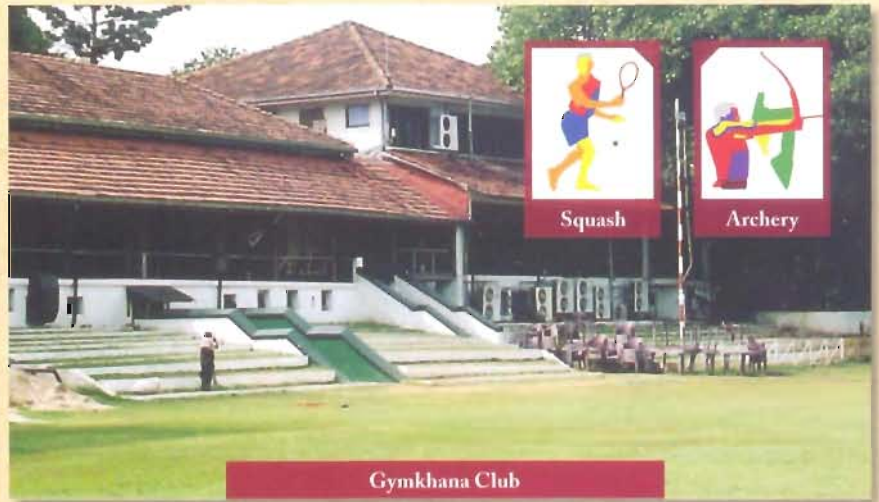
Galle Face



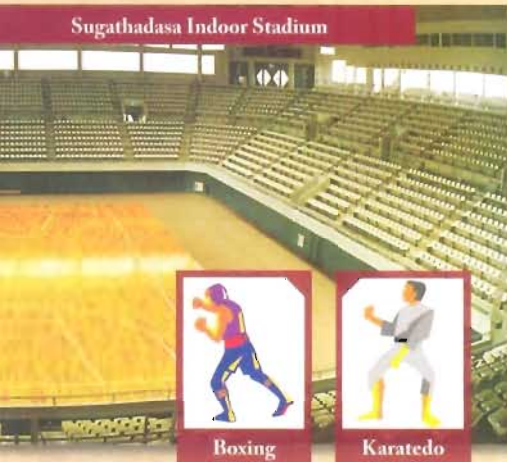
MAIN VENUES OF THE GAMES



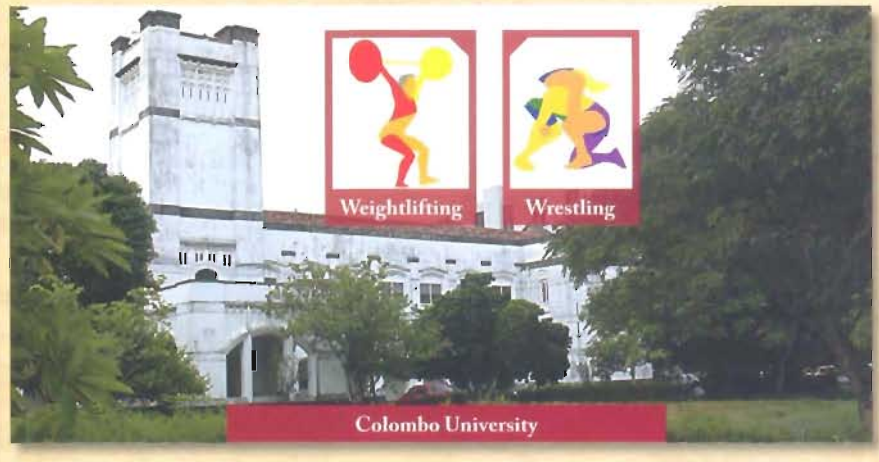
St. Thomas's College



Gymkhana Club



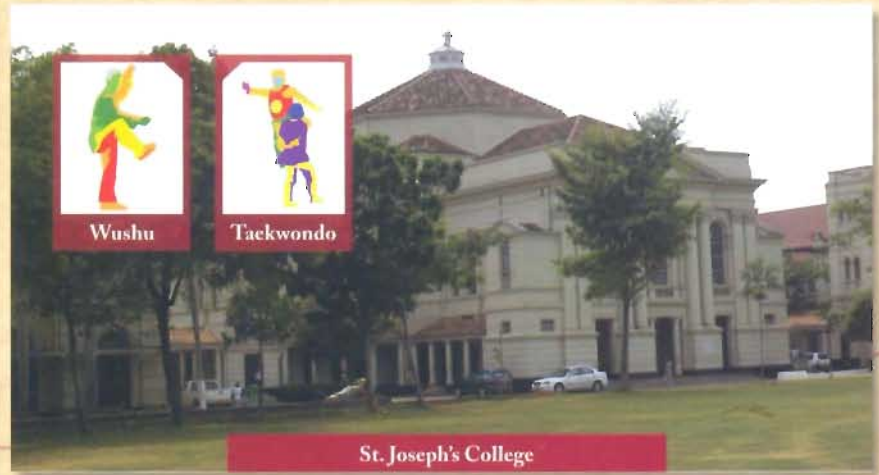
Sugathadasa Indoor Stadium



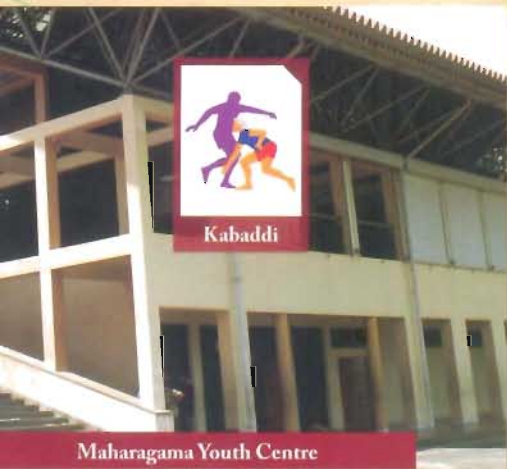
Colombo University



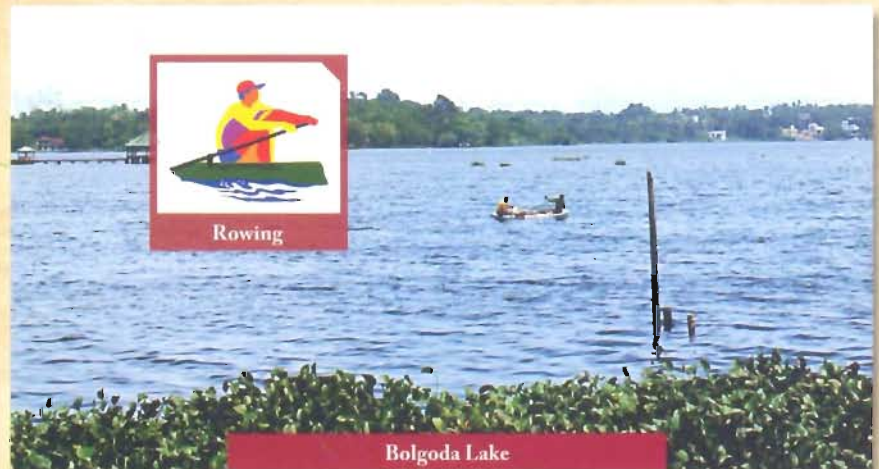
Sugathadasa Stadium - Swimming Pool



St. Joseph's College



Maharagama Youth Centre



Boligoda Lake

10TH SOUTH ASIAN GAMES COLOMBO 2006

PROGRAMME OF EVENTS

Venue	Date	16	17	18	19	20	21	22
Sugathadasa Outdoor Stadium Colombo 13		FOOTBALL			FOOTBALL			
Sugathadasa Indoor Stadium Colombo 13	AM	BADMINTON						
Sugathadasa Indoor Stadium Colombo 13	PM				BOXING			
St. Thomas' College Sports Complex Hotel Road, Mt. Lavinia				TABLE TENNIS				
Colombo Gymkhana Club Maitland Crescent Colombo 07					SQUASH			
Colombo University Gymnasium Reid Avenue, Colombo 05					WEIGHT LIFTING			
St. Joseph's College Sports Complex T B Jayah Mawatha, Colombo 10					WUSHU			
University of Moratuwa Rowing Club – Bolgoda Lake					ROWING			
Colombo – Designated Roads							CYCLING	
Sugathadasa Stadium, Swimming Pool, Colombo 13					SWIMMING			
Sri Lanka Navy Shooting Complex Welisara					SHOOTING			
Nandimithra Ekanayaka Hockey Grounds, Matale							HOCKEY	
National Youth Centre Maharagama					KABADDI			
Opening / Closing Ceremony Sugathadasa Outdoor Stadium				O				
		16	17	18	19	20	21	22

24	25	26	27	28
ATHLETICS				
				KARATEDO
VOLLEYBALL				
				KARATEDO
JUDO				
ARCHERY				
WRESTLING				
TAEKWONDO				
24	25	26	27	28



IMPORTANT PLACES IN COLOMBO

EMBASSIES

1	Australia	C8
2	Bangladesh	C7
3	Canada	D8
4	China	D9
5	Cuba	E5
6	Egypt	C11
7	European Community	F8
8	France	E8
9	Germany	C10
10	India	A7
11	Indonesia	C10
12	Iran	C10
13	Iraq	D8
14	Italy	D10
15	Japan	F8
16	Korean Republic	F8
17	Libya	D5
18	Malaysia	C9
19	Myanmar	D8
20	Royal Netherlands	D9
21	Pakistan	D7
22	P. I.	C9
23	Maldives	C12
24	Sri Lanka	D9
25	Switzerland	D8
26	Thailand	B7
27	Russia	C8
28	United Kingdom	D7
29	United States	D7
30	Norway	D7

INFORMATION AND SHOPPING

31	Tourist Board	B7
32	Tourist Police	B1
33	Central Bank	A2
34	Central Bus Stand	F4
35	Railway Tours Office	B5
36	General Post Office	A1
37	Lobby Plaza	C8
38	State Pharmacy (Osindira)	D7
39	Majestic City	C10
40	Central Bookland	F5
41	Booksale	B2
42	Sri Lanka Airline	D2
43	World Trade Centre	B2
44	Dept of Immigration and Emigration	H10
45	Presidential Secretariat	D2
46	Dept of Archaeology	C8
47	Cultural Triangle Office	D10

PLACES OF INTEREST

47	Golf Course	F9
48	Imperialistic Mandirava (Presidents Residence)	A1
49	Temple Trees (Prime Ministers Residence)	B7
50	Museum	C8
51	National Archives	D8
52	IMLH	C9
53	Art Gallery	C8
54	Vihara Maha Devi Park	C8
55	Town Hall	D7
56	Planetarium	D9
57	University Of Colombo	C9
58	Tu Parliament	F8
59	Independence Memorial	D9

TEMPLES BUDDHIST

60	Vapramayya	C11
61	Deepadattaramaya	C11
62	Sudhiru Viharaya	F7
63	Secema Malaya	C11
64	Gangaramaya	C7
65	Asokaramaya	D10
66	Isipitaramaya	D11
67	To Kelamaya Raja Maha Viharaya	F3

TEMPLES HINDU

68	Kochchikade	C3
69	Kotahena	D2
70	Pettah	B3
71	Bambalapitiya	C10
72	Wellawatta	C11

MOSQUES

73	Dharmapala	D7
74	Imam Ali Masjid	B5

CHURCHES

75	All Saints Borella	F8
76	Dutch Reformed Church	C4
77	Cathedral of Christ	F8
78	The Living Sacrifice	C7
79	Christ Church Galle face	B6
80	Baptist Church	D7
81	Methodist Church	B8
82	St Andrew's Galle Face	B7
83	St Andrew's Kochchikade	C4
84	St Lucia's Cathedral	D5
85	St Mary's Bambalapitiya	C10
86	St Michael's Polwatla	D8
87	St Paul's Kynsey Road	D7
88	St Paul's Milagros	C11
89	St Peter's Fort	A1
90	St Philip Neri's Pettah	B7
91	St Theresa's	F10
92	St Lawrence's Wellawatta	D12

BUDDHAS

93	Grand Oriental	B7
94	Hilltop	B7
95	Gadalhara	A2
96	Kayhan Entomental	A2
97	Tray's Axis	B6
98	Tai Samudra	B7
99	Galle Face	A7
100	Hollandia Inn	D7
101	U. Jayawardenapala Obelisk	B7
102	Ceylon Hotels Corporation	C12



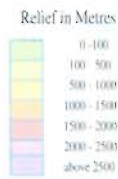
COLOMBO
STREET MAP

0 250 500 1.0 km

Sri Lanka

LEGEND

- Peaks 
- Rivers 
- Wewa, Kulam, Tank, Reservoir 
- Trunk Roads 
- Other Roads 
- Railways 
- Air Port 
- Main Towns 
- Sightseeing Destinations 
- Scenic Places 
- Historical Places 
- Sanctuaries/Parks 
- Beach Resorts 
- Hotel/Res House 
- Hotel Corp. Hotels/Res. 





COMPETITION SCHEDULES



ATHLETICS

VENUE

Sugathadasa Outdoor Stadium Complex,
Arthur De Silva Mawatha,
Colombo 13.

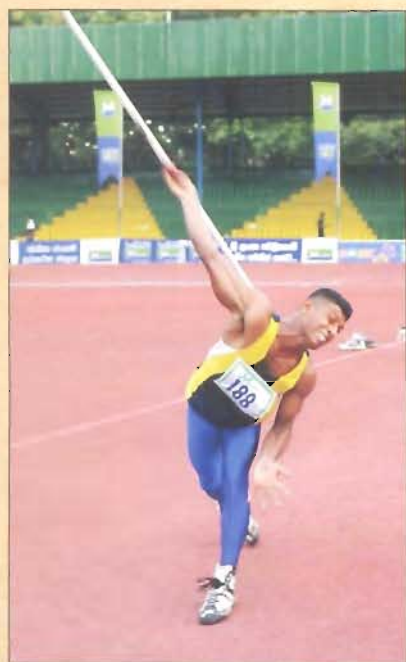
CLOSE CONTESTS IN TEST OF HUMAN ENDURANCE

Athletic events are the most popular events of the South Asian Games, drawing the highest number of competitors. It is a test of human endurance of how fast a human being could cover a given distance, scale new heights and leap distances in track and field events. The participation of several outstanding athletes from South Asia who had done well at international athletic meets is bound to provide exciting moments. Twenty athletic events for men and fifteen events for women have been listed to be worked off at the 10th South Asian Games from the 24th of August to the 27th of August 2006.



EVENTS

Men	Women
1) 100m	01) 100m
2) 200m	02) 200m
3) 400m	03) 400m
4) 800m	04) 800m
5) 1500m	05) 1500m
6) 5000m	06) 5000m
7) 10000m	07) 10000m
8) 3000m Steeplechase	****
9) 110m Hurdle	08) 100m Hurdle
10) 400m Hurdle	****
11) 4 x 100m Relay	09) 4 x 100m Relay
12) 4 x 400m Relay	10) 4 x 400m Relay
13) High Jump	11) High Jump
14) Pole Vault	****
15) Long Jump	12) Long Jump
16) Triple Jump	****
17) Shot Put	13) Shot Put
18) Discus Throw	14) Discus Throw
19) Javelin Throw	15) Javelin Throw
20) Marathon 42.195km	****



COMPETITION SCHEDULE

Day 01 - 24th August, 2006

101	1700 hrs	Long Jump	Men	Final
102	1700 hrs	Javelin Throw	Women	Final
103	1700 hrs	Shot Put	Women	Final
104	1700 hrs	Pole Vault	Men	Final
105	1700 hrs	100m Hurdles	Women	Heats
106	1720 hrs	110m Hurdles	Men	Heats
107	1740 hrs	200m	Women	Heats
108	1755 hrs	200m	Men	Heats
109	1810 hrs	1500m	Women	Final
110	1820 hrs	1500m	Men	Final
111	1840 hrs	400m Hurdles	Men	Heats
112	1900 hrs	10000m	Men	Final
113	1940 hrs	5000m	Women	Final
114	2005 hrs	200m	Women	Final
115	2015 hrs	200m	Men	Final

Day 02 - 25th August, 2006

201	1700 hrs	High Jump	Women	Final
202	1700 hrs	Long Jump	Women	Final
203	1700 hrs	Shot put	Men	Final
204	1700 hrs	Discus Throw	Women	Final
205	1700 hrs	100m Hurdles	Women	Final
206	1715 hrs	110m Hurdles	Men	Final
207	1735 hrs	400m	Women	Heats
208	1750 hrs	400m	Men	Heats
209	1805 hrs	5000m	Men	Final
210	1840 hrs	400m Hurdles	Men	Final
211	1900 hrs	Javelin Throw	Men	Final
212	1900 hrs	800m	Women	Heats
213	1915 hrs	800m	Men	Heats
214	1930 hrs	10000m	Women	Final
215	2010 hrs	400m	Women	Final
216	2020 hrs	400m	Men	Final
217	2030 hrs	4 x 100m Relay	Women	Final
218	2040 hrs	4 x 100 M Relay	Men	Final



Day 03 - 26th August, 2006

301	1800 hrs	High Jump	Men	Final
302	1800 hrs	Discus Throw	Men	Final
303	1800 hrs	Triple Jump	Men	Final
304	1800 hrs	100m	Women	Heats
305	1815 hrs	100m	Men	Heats
306	1830 hrs	800m	Women	Final
307	1840 hrs	800m	Men	Final
308	1850 hrs	3000m Steeple Chase	Men	Final
319	1910 hrs	100m	Women	Final
310	1920 hrs	100m	Men	Final
311	1930 hrs	4 x 400 M Relay	Women	Final
312	1940 hrs	4 x 400 M Relay	Men	Final

Day 04 - 27th August, 2006

401	0630 Hrs	Marathon	Men	Final
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FOOTBALL

VENUE

Sugathadasa Outdoor Stadium
Complex, Arthur De Silva
Mawatha, Colombo 13.

**DING DONG BATTLES
FOR SOUTH ASIAN
SUPREMACY**

Football has now become the most popular sporting event the world over which draws record crowds for every game. South Asia is no exception, where football fever has grown leaps and bounds. All eight participating South Asian countries will field teams. The teams are divided into two groups of 'A' and 'B'. Group 'A' comprises Pakistan, Sri Lanka, Maldives, and Bhutan, while group 'B' consists of India, Bangladesh, Afghanistan and Nepal. Teams coming first and second in each group will qualify for the semi-finals to be played on the 25th of August. Finals will be played on the 27th of August.

Points will be awarded as follows:

- Match won 03 points.
- Match drawn 01 point.
- Match lost no points.



COMPETITION SCHEDULE

Date	M/No	Time	Group	Matches
14/08/2006	01	1600	A	India Vs Afghanistan
	02	1900	A	Sri Lanka Vs Maldives
16/08/2006	03	1600	B	Bang Vs Afghanistan
	02	1900	B	India Vs Nepal
19/08/2006	05	1600	A	Maldives Vs Bhutan
	06	1900	A	Sri Lanka Vs Pakistan
20/08/2006	07	1600	B	Afghanistan Vs Nepal
	08	1900	B	India Vs Bangladesh
21/08/2006	09	1600	A	Pakistan Vs Maldives
	10	1900	A	Bhutan Vs Sri Lanka
23/08/2006	11	1600	B	Pakistan Vs Bhutan
	12	1900	B	Nepal Vs Bangladesh

24/08/2006	Rest Day			
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Semi Final				
25/08/2006	13	1900	WINNER Group "A" Vs Runner - up Group "B"	
	14	2100	WINNER Group "B" Vs Runner - up Group "A"	
3rd PLACE				
27/08/2006	15	1600	Loser of Match No. 13 Vs Loser of Match No 14	
FINAL				
27/08/2006	16	2000	Winner of Match No 13 Vs Winner of Match 14	



BADMINTON

VENUE

Sugathadasa Indoor Sports Complex, Arthur De Silva Mawatha, Colombo 13.

ASIAN SHUTTLERS OF WORLD STANDARD ON SHOW

Badminton contests will consist of Men's Singles, Men's Doubles, Women's Singles, Women's Doubles and Mixed Doubles events. Asian shuttlers who had emerged victorious in international competitions will vie with each other for supremacy. The competition will be governed by rules and regulations of the International Badminton Federation. All matches shall be decided on knock out or semi league basis depending on the entries. Each team event will be decided by the results of the three singles and two doubles matches. Each team which wins three or more out of five matches shall be declared the winners



COMPETITION SCHEDULE

16th August 2006

Time	Event	Category	Phase
9.00 a.m. – 1.00 p.m.	Individual	M/W	Preliminaries
3.00 p.m. – 8.00 p.m.	Individual	M/W	Preliminaries

17th August 2006

Time	Event	Category	Phase
9.00 a.m. – 1.00 p.m.	Individual	M/W	Preliminaries
3.00 p.m. – 8.00 p.m.	Individual	M/W	Semi Finals

18th August 2006

Time	Event	Category	Phase
9.00 a.m. – 1.00 p.m.	Individual	M/W	Finals

19th August 2006

Time	Event	Category	Phase
9.00 a.m. – 1.00 p.m.	Team	M/W	Preliminaries

20th August 2006

Time	Event	Category	Phase
9.00 a.m. – 1.00 p.m.	Team	M/W	Semi Finals

21st August 2006

Time	Event	Category	Phase
9.00 a.m. – 1.00 p.m.	Team	M/W	Finals



BOXING

VENUE

Sugathadasa Indoor Stadium,
Arthur de Silva Mawatha,
Colombo 13.

LIGHTWEIGHT BOXERS OF ASIA TO THE FORE

Boxing competitions are divided into eleven weight categories. Lightweight (48 kg), Fly (51 kg), Bantam (54 kg), Feather (57 kg), Light (60 kg), Light Welter (64 kg), Welter (69 kg), Middle (75 kg), Light Heavy (81 kg), Heavy (91 kg), Super heavy (over 91 kg). Asian Boxers have particularly excelled in the lightweight categories and a series of intensely fought bouts are on the cards. A match comprises three rounds of three minutes each. A bout can be won by a win on points, retirement, referee stopping contest if boxer is injured or outclassed, disqualification, knockout or walkover.



COMPETITION SCHEDULE

Day 1 Wednesday 19th August 2006

Time	Category
8.00 – 10.00 a.m.	Medical examinations and weigh-in of boxers
10.30 – 11.30 a.m.	Draw of lots
7.00 p.m.	Quarter Finals (first series)

Day 2 Thursday 20th August 2006

Time	Category
8.00 – 10.00 a.m.	Medical examinations and weigh-in of boxers
10.00 – 11.00 a.m.	Referee/Judges meeting
7.00 p.m.	Quarter Finals (Second series)

Day 3 Friday 21st August 2006

Time	Category
8.00 – 9.00 a.m.	Medical examinations and weigh-in of boxers
10.00 – 11.00 a.m.	Referee/Judges meeting
7.00 p.m.	Semi Finals

Day 4 Sunday 22nd August 2006

Time	Category
8.00 – 9.00 a.m.	Medical examinations and weigh-in of boxers
10.00 – 11.00 a.m.	Referee/Judges meeting
7.00 p.m.	Finals and Medal Award Ceremonies



VOLLEYBALL

VENUE

Sugathadasa Indoor Stadium,
Arthur de Silva Mawatha,
Colombo 13.

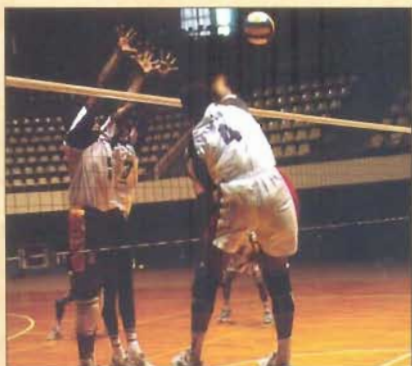
HIGH RANKING TEAMS IN CLOSE CONTESTS

Fierce competition is expected by high ranking teams in this game where Asian nations have excelled. Volleyball is also Sri Lanka's national sport. Spectators are bound to be electrified by exciting moments. Men's contests will include six countries divided into two Groups. Group 1 consists of A,B and C countries and Group 2, D,E and F, to be selected after drawing lots. Women's will be completed by four countries A,B,C, and D. One match consists of five sets. To win a set a team must win fifteen points ahead of opponent. If both teams tie at 14-14 in a set the game is continued until a team wins two straight points.



COMPETITION SCHEDULE

Men	Time	1st Day 23/8	2nd Day 24/8	3rd Day 25/8	4th Day 26/8	5th Day 27/8
GROUP I						
(3 Countries) A B C	8.30 am	A vs C	B vs C	A vs B	Gp 1 Winner Gp II 1st runnerup	3rd PLACE
GROUP II						
(3 Countries) D E F	10.30 am	D vs E	F vs D	E vs F	Gp II Winner vs Gp I 1st runnerup	FINALS 4.30 pm
Women						
(4 Countries) A B C D	01.00 pm		A vs D	A vs C		C vs D
	03.00 pm		B vs C	D vs B		A vs B





KARATEDO

VENUE

Sugathadasa Indoor Stadium,
Arthur de Silva Mawatha,
Colombo 13

**A TRADITIONAL JAPANESE
MARTIAL ART**

It is a traditional Japanese martial art using both hands. Karatedo comprises two combat formations. One is called "Kumite" utilizing special maneuvers called tsuki, uchi, ate, keru and uke mainly using hands and legs.

The other is "Kata" in which competition a player is required to perform a routine of Kata form of offence, defence and counterattack against an imaginary enemy

At the 10th South Asian Games Karatedo competition will consist of Individual Kumite, Individual Kata and Team Kata competition according to following weight categories:



EVENTS

Karatedo Competition will consist of Individual Kumite, Individual Kata and Team Kata Competition

Men Kumite: Individual	Women Kumite: Individual
Under 50kg	Under 48kg
Under 55kg	Under 53kg
Under 60kg	
Under 65kg	
Under 70kg	
Under 75kg	
Under 80kg	
Over 80kg	
Kata : Individual	Kata : Individual
Kata : Team	Kata : Team

COMPETITION SCHEDULE

Date	Event
25th August 2006	Male Individual Kata
	Female Individual Kata
	Male Individual Kumite over 80 Kg
	Male Individual Kumite under 65 Kg
26th August 2006	Female team Kata
	Male Individual Kumite under 50 Kg
	Male Individual Kumite under 75 Kg
	Male Individual Kumite under 60 Kg
	Male team Kata
	Female Individual Kumite under 53 kg
27th August 2006	Female Individual Kumite under 48 kg
	Male Individual Kumite under 80 Kg
	Male Individual Kumite under 55 Kg
	Male Individual Kumite under 70 Kg



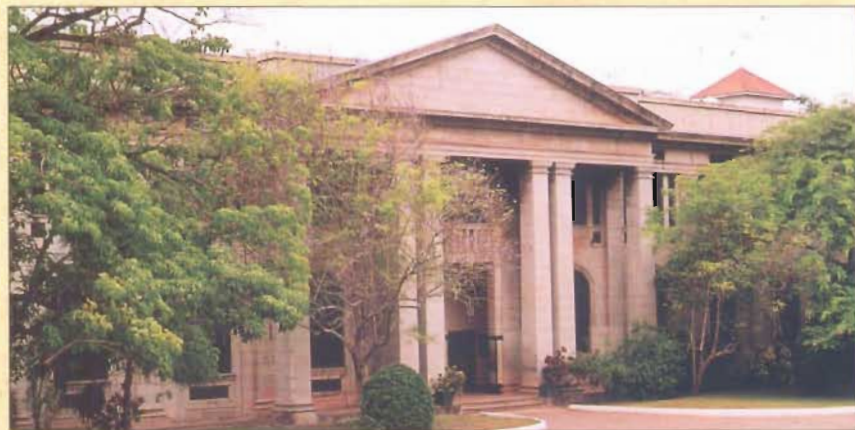
TABLE TENNIS

VENUE

St. Thomas' College
Indoor Stadium,
Mt Lavinia.

**A GAME DEMANDING
AGILITY AND HIGH
REFLEXES.**

Exponents of the game possess great agility and high reflexes. The winner is the first player to score 11 points unless both players score 10 points when the game is won by the first player gaining a lead of two points. Team events consist of Men's and Women's team events. Individual events consist of Men's Singles, Women's Singles, Men's Doubles, Women's Doubles and Mixed Doubles.



COMPETITION SCHEDULE

TABLE		1	2	3	4	MATCHES
18.08.2006 Friday	10:00 01:15	WTGA1	WTGA2	WTGB1	WTGB2	4
	13:30 14:30	LUNCH BREAK				
	15:00	SAG OPENING CEREMONY				
19.08.2006 Saturday	09:00 12:45	MTGA1	MTGA2	MTGB1	MTGB2	4
	13:00 14:00	LUNCH BREAK				
	14:15 18:00	WTGA3	WTGA4	WTGB3	WTGB4	4
	18:15 22:00	MTGA3	MTGA4	MTGB3	MTGB4	4
20.08.2006 Sunday	09:00 12:45	WTGA5	WTGA6	WTGB5	WTGB6	4
	13:00 14:00	LUNCH BREAK				
	14:15 18:00	MTGA5	MTGA6	MTGB5	MTGB6	4
	18:15 22:00	WTSF1	WTSF2	MTSF1	MTSF2	4
21.08.2006 Monday	09:00 12:45	WTF	MTF			2
	13:00 14:00	LUNCH BREAK				
	14:15 15:00	MS1	MS1	MS1	MS1	4
	15:15 16:00	WS1	WS1	WS1	WS1	4
	16:15 17:00	MS1	MS1	MS1	MS1	4
	17:15 18:00	WS1	WS1	WS1	WS1	4
	18:15 19:00	MSQF1	MSQF2	MSQF3	MSQF4	4
	19:15 20:00	WSQF1	WSQF2	WSQF3	WSQF4	4
22.08.2006 Tuesday	09:00 09:45	MD1	MD1	MD1	MD1	4
	10:00 10:45	WD1	WD1	WD1	WD1	4
	11:00 11:45	MD1	MD1	MD1	MD1	4
	12:00 12:45	WD1	WD1	WD1	WD1	4
	13:00 14:00	LUNCH BREAK				
	14:15 15:00	WSSF1	WSSF2	MSSF1	MSSF2	4
	15:15 16:00	MDQF1	MDQF2	MDQF3	MDQF4	4
	16:15 17:00	WDQF1	WDQF2	WDQF3	WDQF4	4
	18:00 18:45	MSF	WSF			2



TABLE		1	2	3	4	MATCHES
Date	Time					
23.08.2006 Wednesday	09:00 09:45	MXD1	MXD1	MXD1	MXD1	4
	10:30 11:15	MDSF1	MDSF2	WDSF1	WDSF2	4
	12:00 12:45	MXD1	MXD1	MXD1	MXD1	4
	13:00 14:00	LUNCH BREAK				
	14:15 15:00	MXDQF1	MXDQF2	MXDQF3	MXDQF4	4
	16:00 16:45	MXDSF1	MXDSF2			2
	17:00 17:45	MDF	WDF			2
	18:00 18:45	MXDF				1
	TOTAL NO OF MATCHES					





JUDO

VENUE

St. Thomas's College
Sport Complex,
Mt. Lavinia.

QUICK REFLEXES NEED TO UNSETTLE OPPONENT

Asian competitors boasts of the highest standard of Judo in the world. South Asians are no exception. Quick reflexes are required to unsettle an opponent through throwing and immobilizing tricks.

The competition is worked off according to different categories of weight for men and women.



COMPETITION SCHEDULE

First Day

Date	Time	Activity
25th August, 2006	09.00 a.m.	Sewing of Bibs on Judogi will take place.
	10.00 a.m.	Judogi control
	03.00 p.m.	Managers / Referees meeting & draw.

Second Day

Date	Time	Activity
26th August, 2006	06.00 a.m. – 07.00 a.m.	Unofficial weigh-in
	07.00 a.m. – 08.00 a.m.	Official weigh-in
	01.30 p.m.	Opening ceremony (Teams should be at the competition venue at 0100 PM)
	03.30 p.m.	Competition

Men

(-81kg)	Half Middle Weight	Over 73kg up to and including 81kg
(-90kg)	Middle Weight	Over 81kg up to and including 90kg
(-100kg)	Half – Heavy Weight	Over 90kg up to and including 100kg
	03.30 p.m.	Competition

Women

(-57kg)	Light Weight	Over 52kg up to and including 57kg
(-63kg)	Half - Middle Weight	Over 57kg up to and including 63kg
(-70kg)	Middle Weight	Over 63kg up to and including 70kg
	06.00 p.m.	Award Ceremony



Third Day

Date	Time	Activity
27th August, 2006	06 00 a.m. – 07 00 a.m.	Unofficial weigh-in
	07 00 a.m. – 08 00 a.m.	Official weigh-in
	02 30 p.m.	Competition

Men		
(-60kg)	Extra Light Weight	up to and including 60kg
(-66kg)	Half Light Weight	Over 60kg up to and including 66kg
(-73kg)	Light Weight	Over 66kg up to and including 73kg

Women		
(-48kg)	Extra Light Weight	up to and including 48kg
(-52kg)	Half Light Weight	Over 48kg up to and including 52kg
	05 00 p.m.	Final bouts Award Ceremony
	05 30 p.m.	Closing Ceremony





SQUASH

VENUE

Colombo Gymkana Club,
Maitland Crescent,
Colombo 07.

QUICK FOOTWORK AND REFLEXES NEEDED

Squash competition consists of team events for men and women and individual events of Men's Singles and Women's Singles. Winners will be chosen on best of five games. Men's and Women's Singles will be conducted on a single elimination (knock out) format.



N.B. M: Men W: Women

This schedule is subject to change depending on the number of participating teams and individuals. The final changes shall be the sole discretion of the Tournament Director.



COMPETITION SCHEDULE

19th August 2006

Time	Event	Category	Phase
9.00 a.m. to 1.00 p.m.	Individual	M/W	Preliminaries
3.00 p.m. to 8.00 p.m.	Individual	M/W	Preliminaries

20th August 2006

9.00 a.m. to 1.00 p.m.	Individual	W	Semi Finals
3.00 p.m. to 8.00 p.m.	Individual	M	Semi Finals

21st August 2006

4.00 p.m. to 7.00 p.m.	Individual	M/W	Finals
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22nd August 2006

Rest Day

23rd August 2006

Time	Event	Category	Phase
9.00 a.m. to 1.00 p.m.	Team	M/W	Preliminaries
3.00 p.m. to 8.00 p.m.	Team	W	Preliminaries

24th August 2006

9.00 a.m. to 1.00 p.m.	Team	M/W	Quarter Finals
3.00 p.m. to 8.00 p.m.	Team	M/W	Semi Finals

25th August 2006

3.00 p.m. to 7.00 p.m.	Team	M/W	Semi Finals
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26th August 2006

3.00 p.m. to 7.00 p.m.	Team	M/W	Finals
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ARCHERY

VENUE

Colombio Gymkana Club,
Maitland Crescent,
Colombo 7.

PERFECT CONCENTRATION NEEDED TO HIT TARGET

An aluminium alloy arrow is shot at target. Archers in South Asia have reached world class and competitions of high standards and skills are on the cards. The competition will be worked off on basis of Olympic Round Individual and Team events for men and women.



COMPETITION SCHEDULE

Date	Time	Event
23rd August	9.00 a.m. – 4.00 p.m.	Official Practice Equipment Inspection Team Captains Meeting Opening Ceremony
24th August	9.30.a.m. – 12.00Noon 1.30.p.m. – 4.00 p.m.	70m x 2 (Women) 70m x 2 (Men)
25th August	9.30 a.m. – 12.00Noon 1.30 p.m. – 4.00 p.m.	Olympic Round up to finals (Women) Olympic Round up to finals (Men)
26th August	9.30 a.m. – 12.00Noon 1.30 p.m. – 4.00 p.m. 5.00 p.m.	Team Event up to finals (Women) Team Event up to finals (Men) Medal Ceremony





WEIGHTLIFTING

VENUE

University of Colombo
Sports Complex,
Reid Avenue,
Colombo 7.

STRENGTH AND STAMINA COUNTS.

Weightlifting competition consists of eight body weight categories, upto 56Kg, 62Kg, 69Kg, 77Kg, 85Kg, 94Kg, 105Kg and over 105 Kg. Competitors must complete two kinds of lifts. One is the match where the lifter should lift the bar to arm's length above the head in one continuous movement. The other is clean and jerk where the athlete lifts the bar to their shoulders and jerk the bar above their heads. For a successful lift, he must hold the bar overhead until he is motionless.



COMPETITION SCHEDULE

19th August 2006	Event
12.00 – 13.00 hours	Weigh – in for 56Kg Category
14.00 – 16.00 hours	56Kg Category Competition
14.30 – 15.30 hours	Weigh-in for 62Kg Category
16.30 – 18.30 hours	62 Kg Category Competition & Awards Ceremony
20th August 2006	Event
12.00 – 13.00 hours	Weigh – in for 69Kg Category
14.00 – 16.00 hours	69Kg Category Competition & Awards Ceremony
14.30 – 15.30 hours	Weigh-in for 77Kg Category
16.30 – 18.30 hours	77 Kg Category Competition & Awards Ceremony
21st August 2006	Event
12.00 – 13.00 hours	Weigh – in for 85Kg Category
14.00 – 16.00 hours	85Kg Category Competition & Award Ceremony
14.30 – 15.30 hours	Weigh-in for 94Kg Category
16.30 – 18.30 hours	94 Kg Category Competition & Awards Ceremony
22nd August 2006	Event
12.00 – 13.00 hours	Weigh – in for 105Kg Category
14.00 – 16.00 hours	105Kg Category Competition & Award Ceremony
14.30 – 15.30 hours	Weigh-in for over 105Kg Category
16.30 – 18.30 hours	Over 105Kg Category Competition & Awards Ceremony



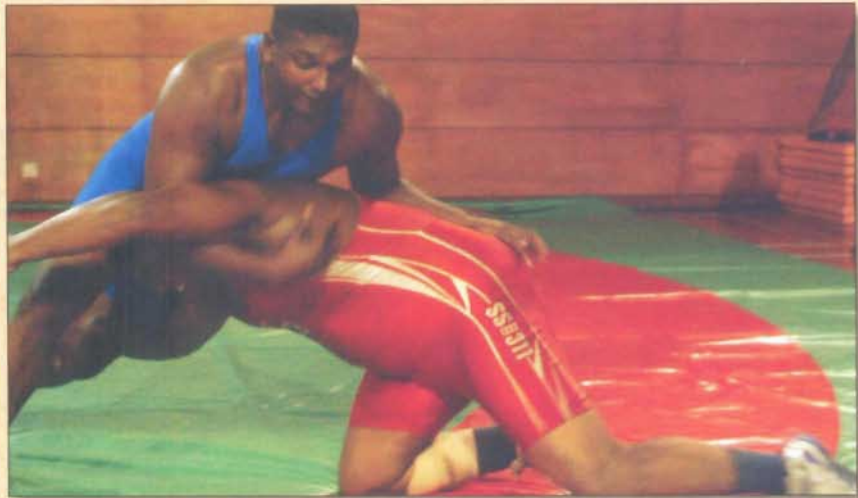
WRESTLING

VENUE

University of Colombo
Indoor Sports Complex,
Reid Avenue,
Colombo 7.

SEVEN WEIGHT CATEGORIES

Competition involves Free Style wrestling where the wrestlers use the entire body. It will be worked off in seven weight categories of 55kg, 60 kg, 66 kg, 74 kg, 84 kg, 96 kg and 120 kg.



COMPETITION SCHEDULE

19th August 2006	Event
12.00 – 13.00 hours	Weigh – in for 56Kg Category
14.00 – 16.00 hours	56Kg Category Competition
14.30 – 15.30 hours	Weigh-in for 62Kg Category
16.30 – 18.30 hours	62 Kg Category Competition





WUSHU

VENUE

St. Joseph's College, Sports Complex, T B Jayah Mawatha, Colombo 10.

A COMBAT EVENT REQUIRING SMOOTH MOVEMENTS

Wushu, is a game originating in China and fast becoming popular in the international arena. The sport features continuous smooth, circular movements while using natural power and calm breathing. It is fought with bare hands or sword.

At the 10th south Asian Games the competition will be worked off in following categories.



Format of Competition

The competition for Wushu Matches will be in two areas i.e. Sanshou which will have six weight categories and Taolu which will have three events.



EVENTS

Nanquan Three Events Combined (Men)

Category	Item
Nanquan	(No Weapons)
Nandao	(Short Weapon)
Nangun	(Long Weapon)

Taijiquan Two Events Combined (Men)

Category	Item
Taijiquan	(No Weapons)
Taijijian	(Short Weapon)

Changuan Three Events Combined (Women)

Category	Item
Qanguan	(No Weapons)
Jianshu	(Short Weapon)
Qiangshu	(Long Weapon)

Nanquan Three Events Combined (Women)

Category	Item
Nanquan	(No Weapon)
Nandao	(Short Weapon)
Nangun	(Long Weapon)

Taijiquan Two Events Combined (Women)

Category	Item
Taijiquan	(No Weapons)
Taijijian	(Short Weapon)

COMPETITION SCHEDULE

DATE	TIME	EVENT	
		TAOLU	SANSHOU
19TH	8.00 – 9.00 AM		Weighing
	9.30 – 10.30 AM	Managers Meeting	
	7.00 – 9.00 PM	Opening Ceremony	
20TH	9.00 – 11.00 AM	<u>Men</u> Chang Quan / Nanquan	52kg/ 56kg/ 60kg Preliminary
		<u>Women</u> Chang Quan / Nanquan	
	7.00 – 9.00 PM	<u>Men</u> Taijiquan	65kg/ 70kg/ 75kg Preliminary
		<u>Women</u> Taijiquan	
21ST	9.00 – 11.00 AM	<u>Men</u> Daoshu / Nandao	52/ 56/ 60kg Quarter Finals
		<u>Women</u> Jianshu / Nandao	
	7.00 – 9.00 PM		65/ 70/ 75kg Quarter Finals
22ND	9.00 – 11.00 AM	<u>Men</u> Gunshu / Nangun	52/ 56/ 60/65/ 70/75kg Semi Finals
		<u>Women</u> Qiaugshu / Nangun	
	7.00 – 9.00 PM	<u>Men</u> Taijijian	52/ 56/ 60/65/ 70/75kg Finals
		<u>Women</u> Taijijian	





TAEKWONDO

VENUE

St. Joseph's College,
Indoor Sports Complex,
Darley Road,
Colombo 10.

A FIGHT WITH BARE HANDS

The two opposing fighters fight with their bare hands wearing protective equipment. They hit and kick each other with their hands and legs. A match consists of three rounds, each of three minutes' duration. The winner must knock out his opponent to gain more points from a panel of judges.



EVENTS

The Taekwondo competition for men consist of the following eight (8) weight categories and for women consist of the following Five (5) weight categories.

Men	
Event	Category
Fin Weight	not exceeding 54 Kg
Fly Weight	over 54 Kg upto 58 Kg
Bantam Weight	over 58 Kg upto 62 Kg
Feather Weight	over 62 Kg upto 67 Kg
Light Weight	over 67 Kg upto 72 Kg
Welter Weight	over 72 Kg upto 78 Kg
Middle Weight	over 78 Kg upto 84 Kg
Heavy Weight	over 84 Kg

Women	
Fin Weight	not exceeding 47 Kg
Fly Weight	over 47 Kg upto 51Kg
Bantam Weight	over 51Kg upto 55 Kg
Feather Weight	Over 55 Kg but not exceeding 59Kg
Light Weight	Over 59 Kg not exceeding 63 Kg

COMPETITION SCHEDULE



1st Day, August 25, 2006

Time	Event	Category	
9:30hrs	Fin weight Fly weight	Men	54 Kg 54-58 Kg
12:00 - 13:00hrs	Weight - in (Bantam, Feather, Light)	Women	47Kg 47-51Kg
17:00 hrs			Finals



2nd Day, August 26, 2006

Time	Event	Category	
9:30hrs	Bantam weight Feather weight Light Weight	Men	58 - 62 Kg 62 - 67 Kg 67 - 72 Kg
12:00-13:00hrs	Weight - in (Light, Welter, Heavy)	Women	51-55Kg 55 - 59Kg 59 - 63Kg
17:00hrs			Finals

3rd Day, August 27, 2006

Time	Event	Category	
9:30hrs	Welter, Middle, Heavy	Men	72 - 78 Kg 78- 84 Kg Over 84 Kg
17:00hrs			Finals





ROWING

VENUE

University of Moratuwa Course,
Bolgoda Lake.

COORDINATED ACTION IN UNISON, KEY TO SUCCESS

In rowing team work counts a lot. To propel a boat effectively all who row the boat must act with united power. Since rowers sit with their backs facing the direction of advance it is the only sport in which the back of the players reach the goal first.



EVENTS

The Rowing competition comprise the following events

- 01) Light Weight Single Sculls
- 02) Light Weight Double Sculls
- 03) Light Weight Coxswain less fours
- 04) Singles Sculls -open
- 05) Doubles Sculls - open
- 06) Coxswainless Pairs -open
- 07) Coxswainless Fours - open

COMPETITION SCHEDULE

Saturday 19th August 2006

Category	Code
Single Sculls - open	(M1X)
Double Sculls - open	(M2X)
Coxless Pairs - open	(M2-)
Coxless Fours - open	(M2-)

Monday 21st August 2006

Category	Code
Light Weight Single Sculls	(LM1X)
Light Weight Double Sculls	(LM2X)
Light Weight Coxless Sculls	(LM4-)

Note: The Schedule may be adjusted according to the number of crews entered in each event.



CYCLING

TEST OF STAMINA

Cycling events consist of Individual Team time Trials for Men and Women to be held on 21st August and Team Time Trials for men and women to be held on 23rd August. The Road Race for men and women will be held on 26th August 26.

This is the First time cycling events are being worked out in South Asian Game.



COMPETITION SCHEDULE

Individual Time Trials (21st of August)

The individual time trial distance for men starts at 10.30am. The distance is 30km. Women's race starts at 9.30am. The distance is 20km and will be held at the Moratuwa new road circuit. A maximum of six (6) cyclists and a minimum of four (4) cyclists for men and for women a minimum of one (1) cyclist and a maximum of six (6) cyclists can take part in this event.

Team Time Trial (23rd of August)

The time trial distance for men (50km) will start at 9.45am from Galle Face and ride to Ratmalana, Moratuwa, Panadura, Kalutara and finish at Payagala opposite Palm Woods Hotel. Women's race (30km) will start at 9.00am from Galle Face and ride to Ratmalana, Moratuwa, Panadura and finish at Pinwatte (Thalpitaya bridge) opposite River View Hotel. A maximum of 6 cyclists for men and 4 cyclists for women can take part in this event. The winning team will be selected from the best time recorded by the 3rd rider.

Road Race Men (26th of August)

Mass start at Galle Face at 7.30am - 168.7km to Peliyagoda, Negombo Road, Toppuwa Junction, Alawwa Bridge turn right, Ambepussa, Yakkala, Kiribathgoda, Maradana, D.R.Wijewardena Mw, Presidential roundabout, Galle Face.

Road Race Women (26th of August)

Mass start opposite Avissawella Police station at 3.30pm - 61.5km to Kosgama, Meepe, Mahanagama, Kirullapone, Thumulla Junction, Bamkadapitiya, Kollapitiya and finish near Taj Samudra Hotel, Galle Face.



SWIMMING

VENUE

Sugathadasa Stadium
Swimming Pool,
Arthur de Silva Mawatha,
Colombo 13.

BREATHTAKING FINISHES AND RECORDS ON THE CARDS

Swimming is another sporting event that generates exciting spectator interest in view of the keen contests with the winner very often edging ahead with a one hundredth of a second over the second placed. If it is a contest for speed in a pool of 50 metres with eight lanes the competitors swim over a specified distance with a specified style - breaststroke, backstroke, butterfly and freestyle. Medley races are also on the cards involving different styles for individual and relay categories. High standard competitions with records are expected by any Asian swimmers who have made their mark in international competitions. Swimming events commence on 19th August and end on 23rd August.



COMPETITION SCHEDULE

19th August 2006

Heats	Commencing Time 9.00 a.m.	Gender
800 m Freestyle	TTBA	Women
400m Freestyle	TTBA	Men
100m Breaststroke	TTBA	Women
50m Butterfly	TTBA	Men
50m Freestyle	TTBA	Women
200m Breaststroke	TTBA	Men
200m Butterfly	TTBA	Women
4x200m Freestyle Relay	TTBA	Men

Finals	Commencing Time 4.00 p.m.	Gender
400m Freestyle	TTBA*	Men
100m Breaststroke	TTBA	Women
50m Butterfly	TTBA	Men
200m Butterfly	TTBA	Women
200m Breaststroke	TTBA	Men
50m Freestyle	TTBA	Women
4x200m Freestyle Relay	TTBA	Men



20th August 2006

Heats	Commencing Time 9.00 a.m.	Gender
50m Freestyle	TTBA*	Men
100m Backstroke	TTBA	Women
100m Breaststroke	TTBA	Men
200m Individual Medley	TTBA	Women
200m Backstroke	TTBA	Men
4x100m Freestyle Relay	TTBA	Women



Finals	Commencing Time 4.00 p.m.	Gender
800m Freestyle	TTBA*	Women
50m Freestyle	TTBA	Men
100m Backstroke	TTBA	Women
100m Breaststroke	TTBA	Men
200m Individual Medley	TTBA	Women
200m Backstroke	TTBA	Men
4x100m Freestyle Relay	TTBA	Women



21st August 2006

Heats	Commencing Time 9.00 a.m.	Gender
1500m Freestyle	TTBA*	Men
100m Butterfly	TTBA	Women
100m Butterfly	TTBA	Men
100m Freestyle	TTBA	Women
100m Backstroke	TTBA	Men
4x100m Freestyle Relay	TTBA	Men

Finals	Commencing Time 4.00 p.m.	Gender
100m Butterfly	TTBA*	Women
100m Butterfly	TTBA	Men
100m Freestyle	TTBA	Women
100m Backstroke	TTBA	Men
4x100m Freestyle Relay	TTBA	Men



Heats	Commencing Time 9.00 a.m.	Gender
50m Backstroke	TTBA*	Women
400m Individual Medley	TTBA	Women

Finals	Commencing Time 4.00 p.m.	Gender
50m Backstroke	TTBA*	Women
400m Individual Medley	TTBA	Women

22nd August 2006

Heats	Commencing Time 9.00 a.m.	Gender
200m Breaststroke	TTBA*	Women
200m Individual Medley	TTBA	Men
400m Freestyle	TTBA	Women
100m Freestyle	TTBA	Men
200m Backstroke	TTBA	Women
200m Butterfly	TTBA	Men
4x200m Freestyle Relay	TTBA	Women

Finals	Commencing Time 4.00 p.m.	Gender
1500m Freestyle	TTBA*	Men
200m Breaststroke	TTBA	Women
200m Individual Medley	TTBA	Men
400m Freestyle	TTBA	Women
100m Freestyle	TTBA	Men
200m Backstroke	TTBA	Women
200m Butterfly	TTBA	Men
4x200m Freestyle Relay	TTBA	Women



23rd August 2006

Heats	Commencing Time 9.00 a.m.	Gender
400m Individual Medley	TTBA*	Men
200m Freestyle	TTBA	Women
200m Freestyle	TTBA	Men
50m Breaststroke	TTBA	Men
50m Backstroke	TTBA	Men
4x100m Medley Relay	TTBA	Women
4x100m Medley Relay	TTBA	Men



Finals	Commencing Time 4.00 p.m.	Gender
400m Individual Medley	TTBA*	Men
200m Freestyle	TTBA	Women
200m Freestyle	TTBA	Men
50m Breaststroke	TTBA	Men
50m Backstroke	TTBA	Men
4x100m Medley Relay	TTBA	Women
4x100m Medley Relay	TTBA	Men

Heats	Commencing Time 9.00 a.m.	Gender
50m Butterfly	TTBA*	Women
400m Breaststroke	TTBA	Women

Finals	Commencing Time 4.00 p.m.	Gender
50m Butterfly	TTBA*	Women
400m Breaststroke	TTBA	Women





SHOOTING

VENUE

Shooting Range,
Sri Lanka Navy Base,
Welisara.

A THRILLING SPORT REQUIRING QUICK REFLEXES

Shooting involves events for men and women using pistols and air rifles firing at targets of different ranges and at moving objects. It requires instant decisions and quick reflexes.



EVENTS

MEN'S EVENTS	WOMEN'S EVENTS
Team and Individual	Team and individual
10m Air Pistol 60 Shots	10m Air Pistol 40 Shots
10m Air Rifle 60 shots	10m Air Rifle 40 shots
25m Rapid Fire Pistol	25m Pistol 30+30 shots
25m Standard Pistol	50m Rifle Prone 60 shots
25m Centre Fire Pistol	50m Rifle 3 x 20
50m Free Pistol	
50m Rifle Prone 60 shots	
50m Rifle 3 x 40	
<i>Maximum 16 Competitors from each Country</i>	<i>Maximum 09 Competitors from each Country</i>

MATCH SCHEDULE SHOOTING – NAVY Range – Welisara



Date	Time	Event
19th Aug.	0900 – 1600hrs	All Ranges – Training & Equipment Control
20th Aug.	0900 hrs 1430 hrs	25 m Pistol Women 25 m Pistol Women, Finals
21st Aug.	0900 – 1100 hrs 0930 – 1045 hrs 1330 – 1400 hrs 1430 – 1500 hrs	Free Pistol – 50 Meter Air Rifle Women Air Rifle Women Finals Free Pistol Finals
22nd Aug.	0930 – 1100 hrs 0900 hrs 0900 – 1045 hrs 1230 hrs	Women 60 Shot Prone Rapid Fire Pistol Men's Air Rifle Men's Air Rifle Final

Date	Time	Event
22nd Aug	0930 -1100 hrs 0900 hrs 0900- 1045 hrs 1230 hrs	Women 60 shot Prone Rapid Fire Men's Air Rifle Men's Air Rifle Finals
23rd Aug.	0900 1500	Rapid Fire Pistol 2 Rapid Fire Pistol Finals
24th Aug.	0930 - 1100 0930 - 1045 1400 1500	Men 60 Shots Prone Men Air Pistol Men 50m 60 Shots Final Men Air Pistol Finals
25th Aug.	0900 - 1130 0930 0930 - 1045 1400 1500	Women's Rifle 3x20 Centre Fire Pistol Women's Air Pistol Women's 3x20 Finals Women's Air Pistol Finals
26th Aug.	0900 - 1305 0930 1430	Men's 3x40 Rifle Standard Pistol Men Rifle 3x40 Finals
Victory Ceremonies daily at 1600 hrs		



COMPETITION SCHEDULE

Date	Distance		
	50 Meters	25 Meters	10 Meters
August 19	Training	Training	Training
20	Training	25m Women's Pistol	Training
21	Free Pistol	Training	Women's Air Rifle
22	Training	Rapid Fire Pistol 1	Men's Air Rifle
23	Women's Prone Rifle	Rapid Fire Pistol 2	Training
24	Men's Rifle Prone	Training	Men's Air Pistol
25	Women's Rifle 3x20	Center Fire Pistol	Women's Air Pistol
26	Men's Rifle 3x40	Standard Pistol	



HOCKEY

VENUE

Matale,
Nandimitra Ekanayake,
Hockey Ground.

STRENGTH AND STAMINA COUNTS.

Hockey is a game where teams from Asian countries had been dominating at international contests. Thus games of high standard can be expected. It is a game played by two teams of 11 players including a goal keeper using hockey sticks and a hand ball. Each match will consist of two periods of 35 minutes each. Players must be inside the shooting circle to shoot for a goal. It will be conducted in accordance with rules and regulations of the International Hockey Federation. The competition will be held on league basis with points being awarded on the following basis.

Winner - 3 points.
Draw - One point to each team.
Loser - Zero points.



EVENTS

No of Days	Date	Teams
Day 01	21st August, 2006	A vs. B C vs. D
Day 02	22nd August, 2006	A vs. D B vs. C
Day 03	23rd August, 2006	A vs. C B vs. D
Day 04	24th August, 2006	Rest Day
Day 05	25th August, 2006	3rd Place Match Final

Competition time schedule will be notified later





KABADDI

VENUE

National Youth Centre,
Maharagama.

A TRULY ASIAN SPORT BECOMING INCREASINGLY POPULAR

Kabadi is a team sport originating in Asia. A team consists of seven players. A game is of 20 minutes duration comprising two halves with a five minutes interval. The two teams compete for points by capturing the players of the opposing team. No special tools are used. A member of the 'offensive' team raids the opponents court to touch seven members of the opposing team and returns to his original position scoring points. If the defensive team captures the raider and interrupts his attempt they win a point and the "raider" leaves the court.

The competition will be held on a single league system where each team will be playing with all other teams.

Points will be awarded as follows:

- Winner - 2 Points
- Draw - 1 Point
- Loser - No points



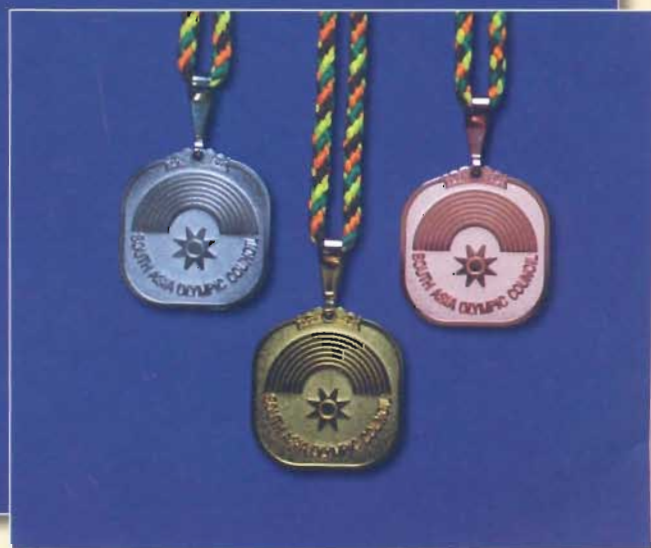
COMPETITION SCHEDULE

1st Day – 19th August 2006			
Event	Teams	M/W	Time
1st Match	Sri Lanka Vs Nepal	Men	10.00 a.m.
2nd Match	India Vs Bangladesh	Men	4.00 p.m.
2nd Day – 20th August 2006			
1st Match	Sri Lanka Vs Bangladesh	Men	10.00 a.m.
2nd Match	Nepal Vs Pakistan	Men	4.00 p.m.
3rd Day – 21st August 2006			
1st Match	Pakistan Vs Sri Lanka	Men	10.00 a.m.
2nd Match	India Vs Nepal	Men	4.00 p.m.
4th Day – 22nd August 2006			
1st Match	Bangladesh Vs Nepal	Men	10.00 a.m.
2nd Match	India Vs Pakistan	Men	4.00 p.m.
5th Day – 23rd August 2006			
1st Match	Bangladesh Vs Pakistan	Men	10.00 a.m.
2nd Match	Sri Lanka Vs India	Men	4.00 p.m.
6th Day – 24th August 2006			
1st Match	Sri Lanka Vs Nepal	Women	10.00 a.m.
2nd Match	India Vs Bangladesh	Women	4.00 p.m.
7th Day – 25th August 2006			
1st Match	Nepal Vs India	Women	10.00 a.m.
2nd Match	Sri Lanka Vs Bangladesh	Women	4.00 p.m.
8th Day – 26th August 2006			
1st Match	Sri Lanka Vs India	Women	10.00 a.m.
2nd Match	Nepal Vs Bangladesh	Women	4.00 p.m.

MEDALS OF THE GAMES



Gold, Silver and Bronze
Medals awarded to
winners of sporting events.



GAMES SOUVENIR





TOURING SRI LANKA

Sri Lanka is a paradise for sightseeing, you name it, we have it! And in close proximity too! Within a tiny area of 65,610 sq.km. is a package of varied interests. From Colombo on the West Coast you may travel to the salubrious hill country through breathtaking scenery in 3 to 5 hours. Each turn unfolding a different visual tapestry

The world renowned photographer Roloff Beny had once said that he had never seen such a variation of greens anywhere in the world. Sri Lanka is often called the "Emerald Isle"

It is not only scenery which would captivate you... Sri Lanka's ancient cities with stupendous monuments, sculpture, carvings huge man-made lakes, landscaped gardens... have taken pride of place among the treasures of the ancient world. Seven of these sites are listed in UNESCO's World Heritage Sites. A grand list of fauna and flora, gem mines yielding precious and semi precious gems, including the spectacular blue sapphire. And above all, a smiling, simple, hospitable people are a delight to any visitor to our shores.

Your tours will depend on the time at your disposal and your interests.

For information on tour details please contact:
Sri Lanka Tourist Board
Travel Information Centre
80, Galle Road, Colombo3.
Tel: 2437059, 2437060, 2437055





The Rock Fortress and Royal Palace of Sigiriya built by King Kasyapa which is one of UNESCO's World Heritage sites

SRI LANKA'S GLORIOUS PAST



AMARA HEWAMADDUMA

(Former Secretary, Ministry of Religious and Cultural Affairs)

Sri Lanka, an island with a land area of 65610 sq km, lies at the southern tip of the Indian Peninsula, surrounded by the vast expanse of the Indian ocean on the east, west and south separated in the north from Indian sub continent by a narrow stretch of sea just 40 km at it's narrowest point. The population of Sri Lanka is 20 Million approximately (75% Sinhalese; 12.5% Low Country Tamils; 5.5% Up Country (Estate) Tamils; 7% Muslims)

Ancient Sanskrit literature refer to Sri Lanka as "SINHALADVIPA" i.e. island of the Sinhalese. The people called by that name have inhabited this island

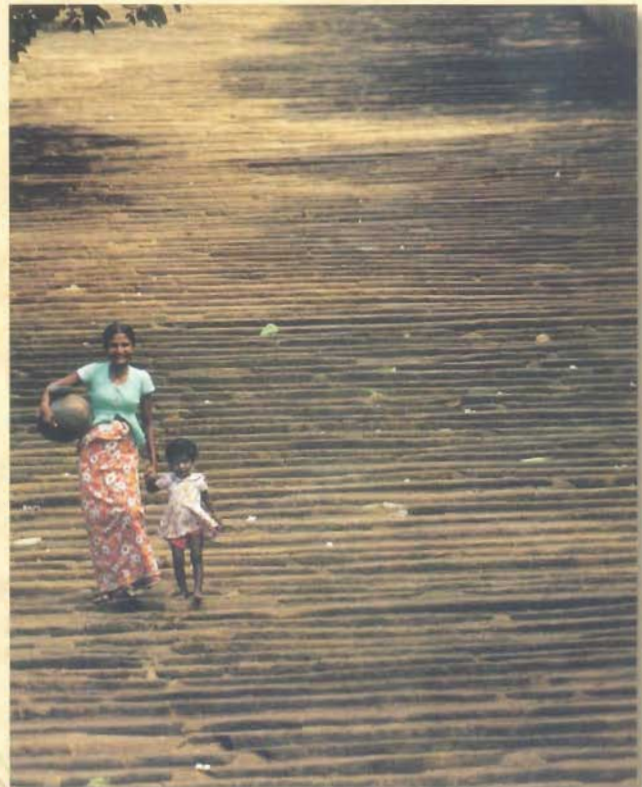
from earliest historical times. Traditions recorded in the historical chronicles of Sri Lanka trace the origin of the Sinhalese to an exiled North Indian Prince, Vijaya, and his retinue, who settled down in the island and established the Sinhalese kingdom in the sixth century B.C.

The geographical situation of Sri Lanka at the southern tip of the Indian subcontinent has exercised a great influence on the history of Sri Lanka. The proximity to the Indian subcontinent had the inevitable result of linking the fortunes of Sri Lanka very closely with those of India. Every great change



in India - political, economic, social and religious - had its repercussions in the Island of Sri Lanka and every wave of Indian civilization up to the end of the fifteenth century made its wave to the land and left its mark on the life and thoughts of its people, (This closeness to India explains why a majority of the people of Sri Lanka are of Indian origin and Sinhalese and Tamil remains as the main languages and Buddhism and Hinduism the chief religions of the people.)

Sri Lanka's central location on the seafaring highways of Asia and its historical and economic significance in the ancient world are reflected in historical early records. Such records indicate that Sri Lanka was not only a rich and a beautiful island, but that it was also the seat of one of the small but important historical civilizations of Asia. This is amply confirmed by the extensive archeological remains that can be seen in many parts of the island. The ruins of great monasteries and capital cities, colossal man-made reservoirs, numerous inscriptions and a large volume of ancient literature still survive as a testimony to the achievements of the Sri Lankan people over two

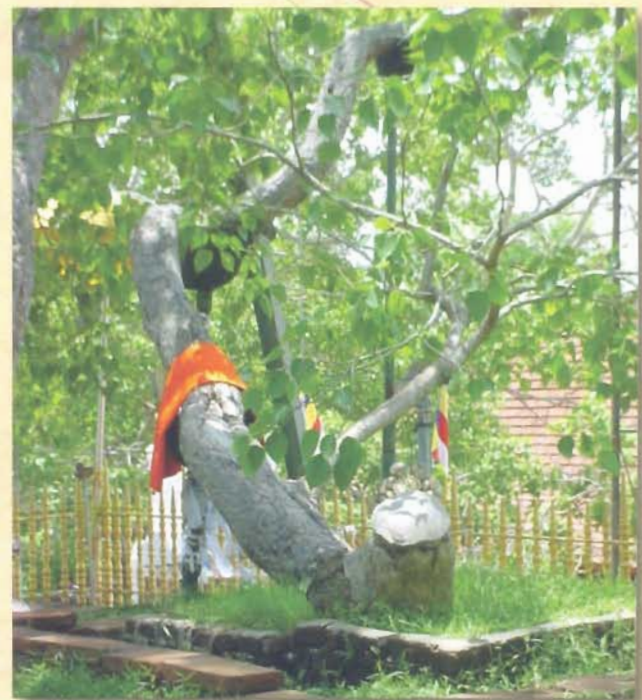


Multitude of steps leading to Mihintale Rock where Buddhism was formally introduced to Sri Lanka by Arahat Mahinda son of Indian Emperor Asoka in 250-230 B.C.

thousand five hundred years and more. They show that from about the third century B.C. to about the sixteenth century, Sri Lanka took its place with other



An ancient stone inscription (Sellipi) at Mihintale



The Sacred Bodhi Tree at Anuradhapura which is a sapling of the Bodhi Tree under which Lord Buddha attained enlightenment in Buddha Gaya in northern India. It is regarded as the oldest historical tree in the world.



"Ruwanwelisaya" Dagoba at Anuradhapura built by King Dutugamunu in 161-137 B.C.

countries of Asia amongst the most advanced and developed nations of the pre-modern world.

The kingdom of Anuradhapura was founded and built during the reign of Pandukabhaya (middle of the fourth century B.C). According to Mahavamsa, the Great-chronicle, Buddhism was formally introduced to Sri Lanka by Arhanth Mahinda (son of Great Indian Emperor Asoka) at Mihintale during the reign of King Devananiptatissa (250-210 B.C.). For an almost uninterrupted period of fifteen centuries, Anuradhapura remained the principal seat of government and the major centre of culture and civilization. Its ruler was acknowledged as the ruler of the entire country. Its monasteries were great seats of learning, visited by scholars and pilgrims from many parts of Asia. It housed an international trading community, which included traders from India, China, Rome, Arabia and Persia.

Recorded history in Sri Lanka begins with three significant "events" of the third century B.C. the unification of the island under one single ruler, the adoption of Buddhism as the royally - sponsored religion, which spread throughout the country and the appearance of the first written documents in the proto-Sinhala language, in the form of inscriptions.

Sri Lanka during the Anuradhapura period was an example par excellence of a HYDRAULIC CIVILIZATION. Irrigation projects were among the most important public works undertaken by the king to provide welfare to the population and sustenance to the island 's agrarian system. By the first century A.D., large scale irrigation works were being built. The reign of Vasabha (67-111 A.D.), is credited with the construction of eleven reservoirs and twelve canals in the Anuradhapura area. Detu Tissa (263- 274 A.D.) is said to have built six tanks and his brother Mahasen (274-302 A.D.) sixteen reservoirs. Irrigation



The world famous frescoes of the Rock Palace Fortress of Sigiriya which are the earliest surviving specimens of the pictorial art of Sri Lanka.

engineering attained its high water mark in the reign of king Mahasen, among whose achievements is the Minneri Reservoir. The construction of reservoirs, canals and irrigation channels during this period exhibited an amazing knowledge of trigonometry and the design of reservoirs a thorough grasp of hydraulic principles. Kalawewa was built by king, Dhatusena (455-473 A.D.) where vast expanses of water were held back by massive dams. The monumental scale of the large reservoirs is compelling evidence of a thriving economy and a state structure which had resources from an agricultural surplus and profits from trade to invest in these projects as well as on religious and public buildings, designed on a lavish scale.

Buddhism being the state religion, the rulers were obliged to divest some of the state's economic resources at their command to the construction of religious edifices, which became in time more magnificent in scale and visual impact. The most

constant feature of Buddhist Sri Lanka is the stupa, a generally solid hemispherical dome, gave an unmistakable expression to the quintessence of Buddhism—simplicity and serenity. These stupas enshrined relics of the Buddha and were on that account objects of veneration. They dominated the city of Anuradhapura and the landscape of Rajarata by their imposing size, an awe-inspiring testimony to the state's commitment to Buddhism and the wealth at its command. There are many important stupas at Anuradhapura. The most outstanding of these are the Ruwanvaliseya, built by King Duttagamini (161-137 B.C.) and Abayagiri, built by King Vattagamini (103-89 B.C.) and the largest of them all, Jethavana stupa, founded by King Mahasena (274-301 A.D.) Last two of these were taller than the third pyramid at Giza and were the wonders of their time, with the Jethavana probably being the largest stupa in the whole Buddhist world. Both in terms of its variety and artistic achievement, the sculpture of the Anuradhapura



Parakrama Samudra "the sea of Parakrama" built by King Parakramabahu I (1153-86 A.D.) which is the largest irrigation reservoir constructed in ancient Sri Lanka.

kingdom is as rich and impressive as its architecture. Many scholars regard the "MOONSTONES", a semi circular slab of stone richly decorated in low relief and placed at the foot of a stairway leading to the major shrine, as the finest product of the Sinhalese artists.

During the reign of Sri Meghawarna (301-328 A.D.) The Sacred Tooth Relic of the Buddha (Danta Dhatu) was brought to Sri Lanka from Kalinga Desa. This Sacred Tooth Relic became the palladium of the Sinhalese kings.

The most outstanding monument of the Anuradhapura period is the rock fortress of SIGIRI, a complex of buildings, part royal palace, part fortified town, which together constitute a magnificent and unique architectural tour de force. Sigiri is also remembered for the exquisite frescoes in a rock pocket. The paintings at Sigiri are the earliest surviving

specimens of the pictorial art of Sri Lanka and are approximately the same as those of Ajantha in India.

A monument of a very different type, but of even greater antiquity than the great stupas or the Sigiriya Rock Fortress, is the BODHI TREE at Anuradhapura. It is a sapling of the tree under which Buddha attained Enlightenment in Buddha Gaya in Northern India, brought to Sri Lanka in the third century B.C. This SACRED BODHI TREE at Anuradhapura is regarded as the oldest historical tree in the world.

Buddhism undoubtedly was the greatest stimulus to literary activity among the ancient Sinhalese. THE THERAVADA BUDDHIST canon was brought to the island by Mahinda Thero, son of great Emperor Asoka of India and his companions and handed down orally. These scriptures were in PALI language and it was in this language that they were committed to writing for the first time in the first century B.C. Around these



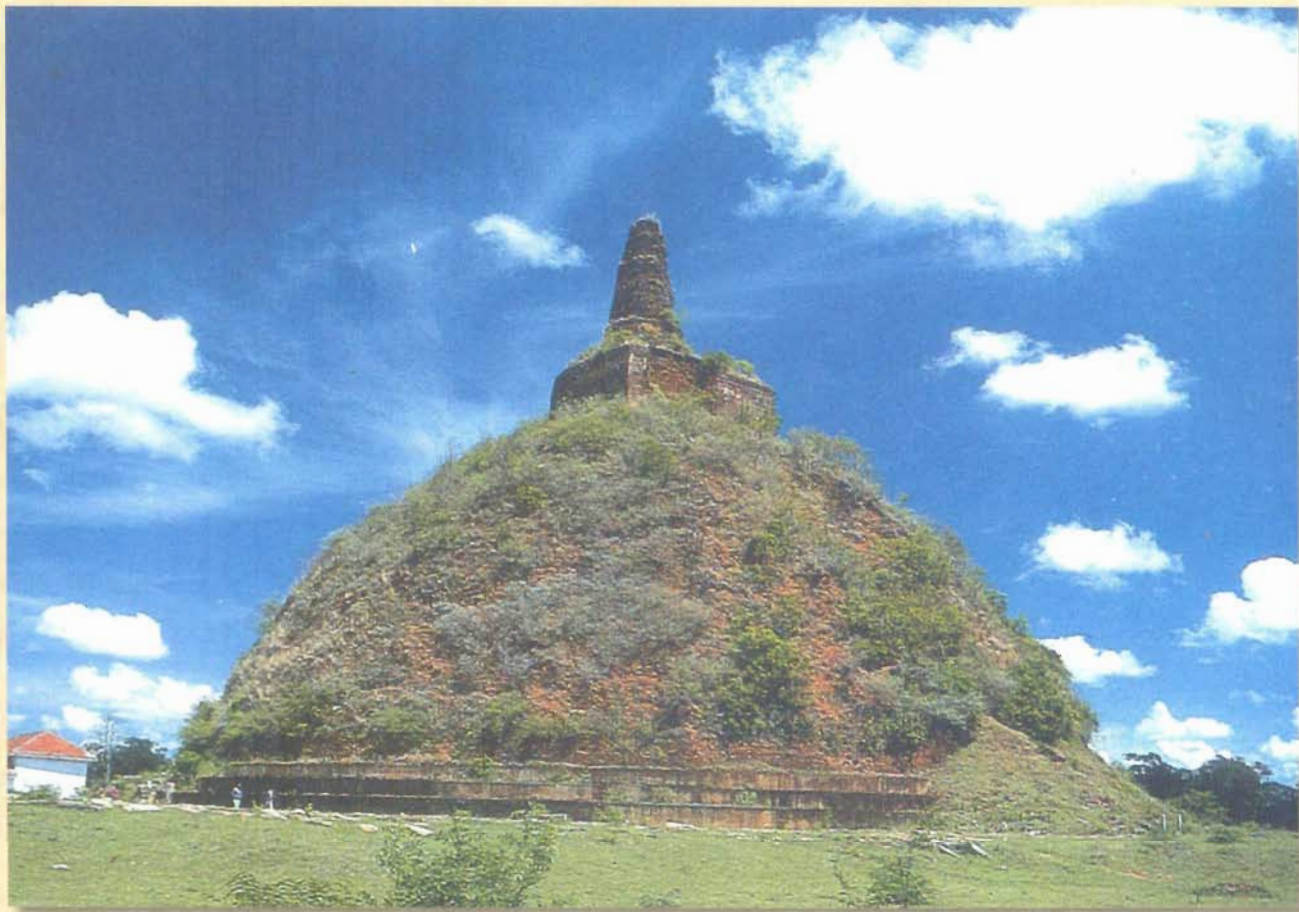
The Galvihara sculptures in Polonnaruwa where four great statues of the Buddha are cut out from raw granite rock - one of great artistic works during the reign of King Parakramabahu I.

scriptures grew a considerable body of writing in PALI and old Sinhalese, consisting of exegetical works, religious texts and historical accounts.

The flourishing but vulnerable irrigation civilization of Sri Lanka's Northern plain was a tempting target for South Indian powers across the narrow strip of sea. Up to the middle of the ninth century, the Chola military expeditions to Sri Lanka were in the nature of brief but destructive incursions. Under Emperor Rajaraja the Great (983-1014), however, the Cholas embarked on an aggressive and ambitious programme of conquest which devastated the city of Anuradhapura and the Sinhalese kingdom, became part of the Chola empire. A more significant - and permanent - change introduced by the Cholas was the decision to shift the capital from Anuradhapura to Polonnaruwa. Within a few years of Rajendra's conquest of the island, Rohana

region became the centre of a protracted resistance movement against Cholas. A successful resistance movement drove the Cholas out of Sri Lanka under the leadership of King Vijayabahu the Great (1055-1110) and restored the Sinhalese dynasty on the throne. Vijayabahu's role in the prolonged resistance to Cholas rule which culminated eventually in their expulsion from the island would by itself have ensured his position as one of the greatest figures in the island's history, but his achievements in the fields of administration and economic regeneration were no less substantial.

The Polonnaruwa kings were the heirs to several centuries of experience in irrigation technology. Parakramabahu I (1153-86 A.D.) especially made a distinctive contribution to cope with special requirements of the immense irrigation projects constructed during his time. The colossal size of the Parakrama Samudra (the Sea of Parakrama) which with



Abhayagiriya Dagoba, one of the large stupas dotting the landscape of Anuradhapura Sacred city. It is also one of world heritage sites of UNESCO.

an embankment rising to an average height of 12 m and stretching over its entire length of 13.7 km, was by far the largest irrigation reservoir constructed in ancient Sri Lanka.

As for the resuscitation of Buddhism, the most substantial contribution came from Parakramabahu I. THE UNIFICATION OF THE SANGHA, who were divided in to splinter sects during the Anuradhapura period, was one of the most significant events in the history of Sinhalese Buddhism. Sinhalese bhikkus maintained contacts with distant nations like Nepal, Tibet, Burma and Thailand, which was an important trend in the cultural history during this period. One of the distinctive features of the literature of the Polonnaruwa period was the continued vitality of Pali as the language of Sinhalese Buddhism. Apart from the restoration of ancient edifices, Vijayabahu's major contribution was the construction of the Temple of Tooth. The Galvihara sculptures (in the reign of

Parakramabahu I,) are the glory of Polonnaruwa and the summit of its artistic achievement. The four great statues of the Buddha are cut in a row from a horizontal escarpment of streaked granite. The consummate skill with which the peace of enlightenment has been depicted is an extraordinarily successful blend of serenity and strength, has seldom been equalled by any other Buddha image in Sri Lanka. Of similar nobility of conception and magnitude is the colossal figure over-looking the bund of the Parakrama Samudra. Of the architectural monuments attributed to Nissanka Malla, the most unforgettable is the collection of temples and viharas in the Great Quadrangle. The mingling of Buddhism and Hindu decorative elements in the Polonnaruwa period reflected the powerful influence of Mahayanism and Hinduism in the lives of the people.

Parakramabahu was the last of the greatest rulers of ancient Sri Lanka. After him the only king to rule



"Dalada Maligawa" (The Temple of the Tooth) in Kandy- the repository of the sacred Tooth Relic of the Lord Buddha.

over the whole island was Nissanka Malla, the first of the rulers from South India, who gave the country a brief decade of order and stability before the speedy and catastrophic break up of the hydraulic civilization of ancient Sri Lanka. With Nissanka Malla's death, there was renewal of political dissension within the kingdom complicated by dynastic disputes. The ensuing political instability inevitably attracted the attention of Chola and Pandya adventures bent on plunder. This South Indian incursion culminated in a devastating campaign of pillage under Magha of Kalinga, from which the Sinhalese kingdom of Rajarata never recovered. The Magha rule and its aftermath are a watershed in the history of the island, making a new beginning of a new political order. From then on, instead of a single ruler for the island, there were two, sometimes three, till the time of Parakramabahu VI (1412-1467 A.D.), who established control over the island. He was the Last Sinhalese ruler to unite Sri Lanka under one scepter.

Polonnaruwa ceased to be the Capital City after the Magha's death in 1235. Sinhalese kings and people retreated further and further into the hills of the wet zone of the island, in the face of repeated invasions from South India. While the growing importance of the South - West and the export trade in the specialized natural products of this area can be sensed from as early as the seventh or eighth century, it is only in the thirteenth century that the old capitals are left behind and that the court and the principal political arenas began to drift southwards.

The Portuguese were in the island since 1505 to establish control over the island's cinnamon trade. Over the rest of the century the major trend in the history of the truncated kingdom of Kotte was its increasing dependence on and subversion to the Portuguese. The Portuguese involvement in the affairs of Sri Lanka was not limited to the south-west littoral, it stretched to the Kandyan kingdom and the kingdom

in the north. The crisis of the sixteenth century which began with the decline of Kotte, culminated in the Portuguese gaining control over two of the three kingdoms that had existed at the beginning of the century and their rule lasted for nearly 150 years. The Portuguese were finally expelled from Sri Lanka in 1658 by the Dutch. The most notable legacy of the Portuguese on the island was the formal introduction of ROMAN CATHOLISM.

The elimination of the Portuguese power in Sri Lanka aggravated rather than solved the problems that confronted the Sinhalese king, vis-a-vis the maritime regions of the island. He viewed the Dutch forces as mercenaries he had hired and that they would return to their country once the Portuguese are expelled. As for the Dutch, their policy in the East was always that of gaining political control over the spice producing monopoly of trade. In Sri Lanka their aim was nothing less than the control of cinnamon producing areas of the island which they had no intention of handing over. Through a TREATY OF 1766 entered in to with the king of Kandy, the Dutch became the paramount power in Sri Lanka and the Kandyan kingdom was reduced to the position of a land locked state dependent on Dutch for the supplies of essential food items, with its external trade under Dutch control and with a severe limitation on the conduct of its foreign relations. The traditional Kandyan policy of seeking foreign assistance to oust the European power, established in the maritime region, had on this occasion led to the substitution of a very powerful neighbour for a weak one. Dutch rule in Sri Lanka lasted for 138 years and they left several legacies of their rule on Sri Lanka. The Roman Dutch Law, which they introduced, is the most lasting contribution of the Dutch to Sri Lanka. The Dutch encouraged the people over whom they ruled to adopt Calvinism and membership of the Dutch Reformed Church.

The Dutch territories in Sri Lanka came under the control of the British East India Company in 1796. Taking advantage of the unstable political situation in the Kandyan Kingdom the British army invaded Kandy

and marched in to the city virtually unopposed. The Kandyan chiefs in their intrigues against the king had failed to realize that it was almost inevitable that the British would seek complete control over the whole island. On 2nd March 1815, the Kandyan Kingdom was formally ceded to the British by its leaders, secular and religious. The Kandyan Convention of 1815 guaranteed to preserve intact the powers and privileges of the chiefs, the laws, customs and the institutions of the country and more importantly the Buddhist religion.

For the first time in several centuries since the days of Parakramabahu VI (1412-1467 AD), the island was under the control of a single power. The British did not set up a unified administrative system for the whole island until 1832. THE COLEBROOK-CAMERON REFORMS OF 1832 provided the legislative and administrative (including judicial) framework of SRI LANKA'S UNIFICATION. The successful establishment and expansion of plantation agriculture in the Kandyan provinces consolidated this unification by providing an economic basis to it. The Colebrook-Cameron Commission introduced, in many ways, a radical set of reforms designed to establish in Sri Lanka the super structure of a laissez-faire state. ECONOMIC IMPROVEMENT and the GROWTH OF EDUCATIONAL OPPORTUNITIES were the most powerful stimuli of social changes in the nineteenth century.

One distinguishing feature of the nineteenth century is the sustained effort TO REHABILITATE THE DRY ZONE through THE REVIVAL OF THE ANCIENT IRRIGATION NETWORKS there. The contribution of the British Governors to the irrigation activity in the nineteenth century Sri Lanka was of a far reaching significance. The irrigation ordinance of 1856 revived the traditional customs relating to paddy cultivation and farmers access to water from irrigation channels. The establishment of separate Department of Irrigation in 1900 indicated a greater emphasis would be placed on the extension of irrigation facilities in the early twentieth century. The network of roads, the



An illustration depicting the Dutch period of Sri Lanka. The Dutch hearing of trade opportunities in Sri Lanka despatched a trade expedition to Sri Lanka in 1601 led by Admiral Joan Van Spilbergen who is depicted here greeting the then king of Kandy, Vimala Dharma Suriya who received the Admiral with ceremony.

telegraph and later railways brought the provincial administration under closer supervision from Colombo.

In 1931 Sri Lanka became the FIRST British Colony in Asia to enjoy the privileges of UNIVERSAL SUFFRAGE. In the context of British Colonial experience in Asia and Africa, the transfer of power in Sri Lanka was unusual for several reasons. It was a peaceful process in striking contrast to what happened in the Indian subcontinent and Burma. Second, it provided a rare example of power being transferred through the electoral process completely democratically and constitutionally, from the original legacy of the British to a successor.

Some of the more notable legacies of one hundred and thirty years of British colonial rule of Sri Lanka (1815-1948) are listed below:

- I. The unification of the island and the introduction of the District administration system through the Government Agents.
- II. The establishment of an island-wide network of roads, railways, telecommunications and modern hospitals,
- iii. The establishment of the departments of health, education, irrigation, agriculture and public works and the provision of free education and health services.
- iv. The establishment of a department of archaeology and the excavation of ancient archaeological sites and their restoration to reveal the glory of ancient Sri Lanka.
- V. The enactment of the irrigation ordinance and the restoration of ancient irrigation reservoirs and the opening up of the dry zone for peasant colonization.
- VI. The establishment of primary, secondary, and superior courts of justice in Sri Lanka

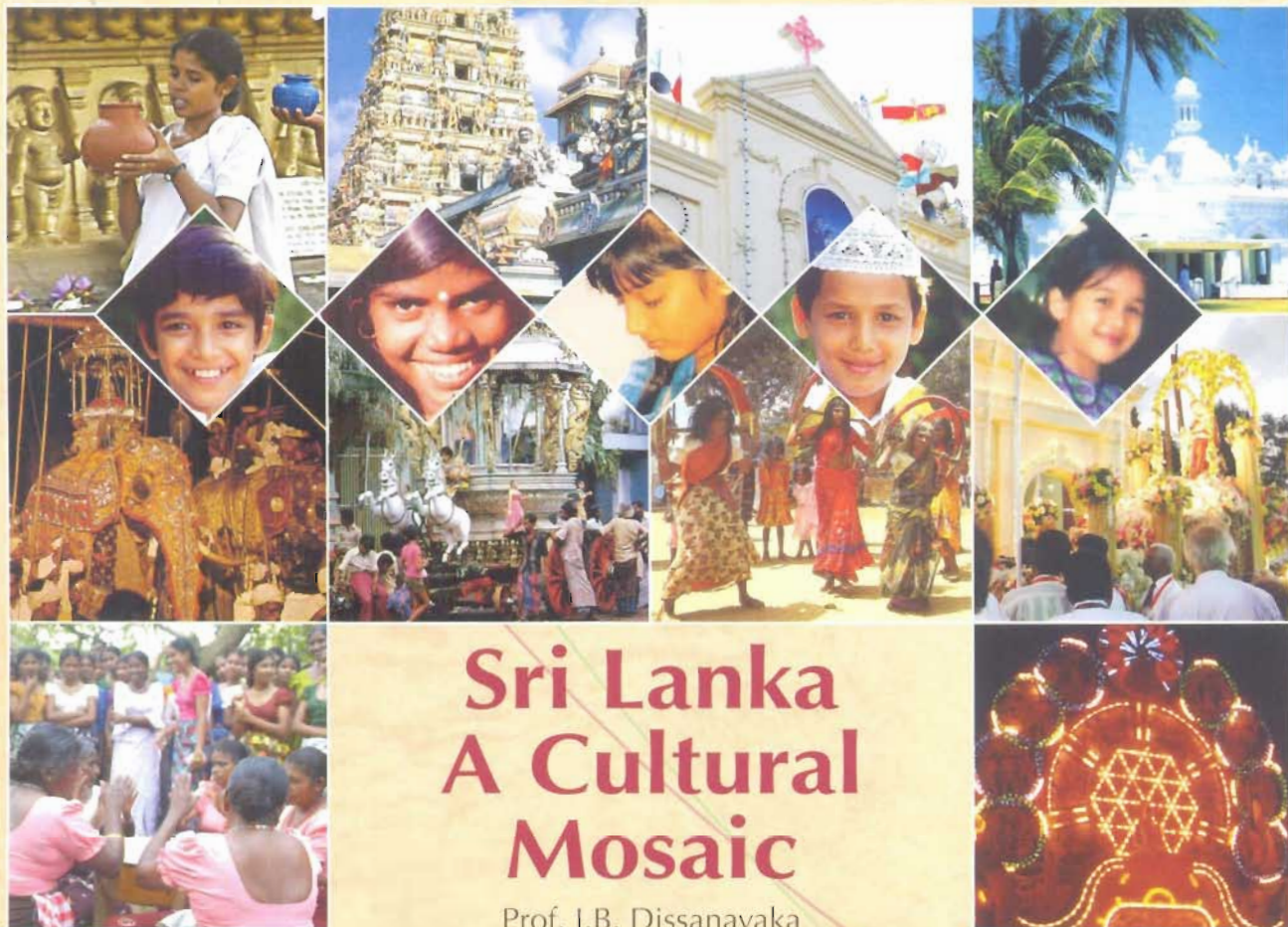


A scene depicting the capture of the last King of Kandy, Sri Wikrama Rajasinghe by the British in 1815.

Propelled by a rising tide of political activity in the twenties and thirties, THE POLITICAL INDEPENDENCE OF THE COUNTRY WAS ACHIEVED in the aftermath of the Second World War, in 1948. It coincided with the introduction to Sri Lanka the Westminster style of government with a bi-cameral legislature. After one hundred and thirty years of colonial domination, Sri Lanka once again took its place among the countries of the world as a sovereign state. Another important milestone in the post independent Sri Lanka is the admission as A MEMBER OF THE UNITED NATIONS IN 1955. Sri Lanka was once again politically free in managing its own affairs, at least within the social, economic and cultural constraints that it inherited from its own feudal past and from the colonial epoch. It is the tackling of those constraints and the transformation of that inherited

situation that have been the predominant concerns of the Sri Lankan people in the post independence era. Since 1947 the people of Sri Lanka have exercised their universal suffrage freely and democratically and elected governments through country wide free elections.

In 1972 the Constitution that existed since independence, was changed. SRI LANKA WAS DECLARED A REPUBLIC within the Commonwealth of Nations, with a unicameral legislature. The Queen of England ceased to be the constitutional head of the state. The Sri Lankan constitution underwent a radical change in 1978 with the introduction of THE EXECUTIVE PRESIDENT as the Head of State. Since 1978, the people exercised their democratic right to elect the candidate of their choose as their President.



Sri Lanka A Cultural Mosaic

Prof. J.B. Dissanayaka

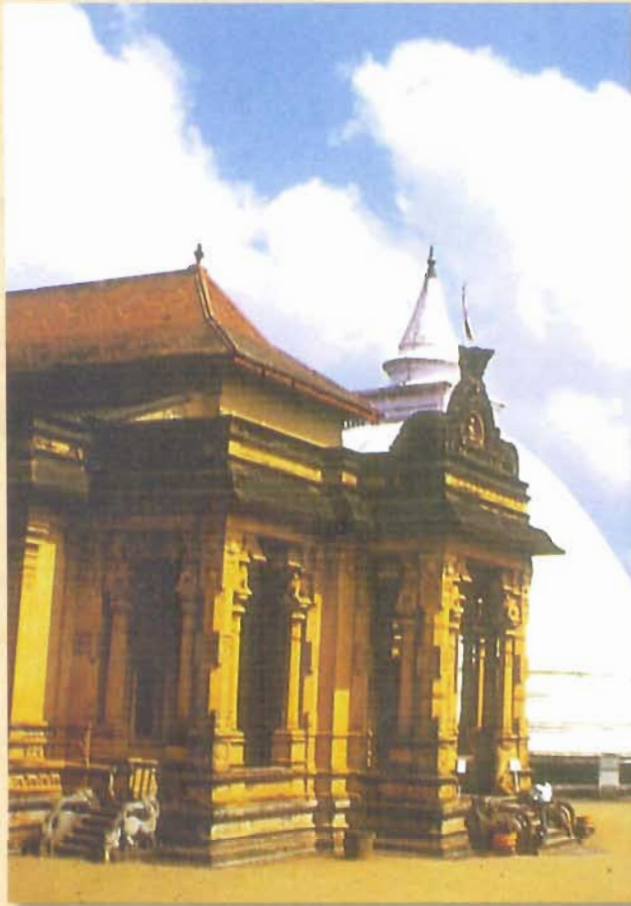
The island culture of Sri Lanka with its vibrant diversity, is one of the most colourful in Asia. Several factors, such as its ethnicity, religions, languages and social structure have made it a unique land, with a history spanning two and a half millennia.

On the basis of ethnicity, Sri Lankans fall into 4 major groups: the Sinhalese who make up the majority (74%), the Tamils, the largest minority (18%), the Muslims, a religio – ethnic group (7%) and the Burghers who have today become a microscopic minority. Minor ethnic groups include the Malays, the Veddahs, the aboriginal settlers of the island, and the Ahikuntakayas or gypsies.

The Sinhalese themselves have produced a few subcultures among which two are of special significance: the Kandyans or Highlanders and the Lowlanders. Kandyans lived in the highlands and paid

homage to the Sinhalese king in Kandy while their counterparts in the lowlands owed their allegiance to the Portuguese and Dutch colonial masters who occupied the western maritime provinces for about three centuries.

The Tamils also fall into two major cultural groups: the Sri Lankan Tamils and the Indian Tamils. Prof. K. Sivathamby in his book 'Sri Lankan Tamil Society and Politics' clarifies the difference thus: "... in all government records and even at the level of group consciousness, there is a distinction between the 'Indian Tamils' (IT) of the tea and rubber plantation areas, and the 'Sri Lankan Tamils' (SLT) who are traditional inhabitants of Sri Lanka largely confined to the northern and eastern parts of the island". The Sri Lankan Tamils who form the majority of Tamils living in the island have also been named "Ceylon Tamils" or "Jaffna Tamils" after the city of Jaffna, the capital of the Northern Province. Indian Tamils have also



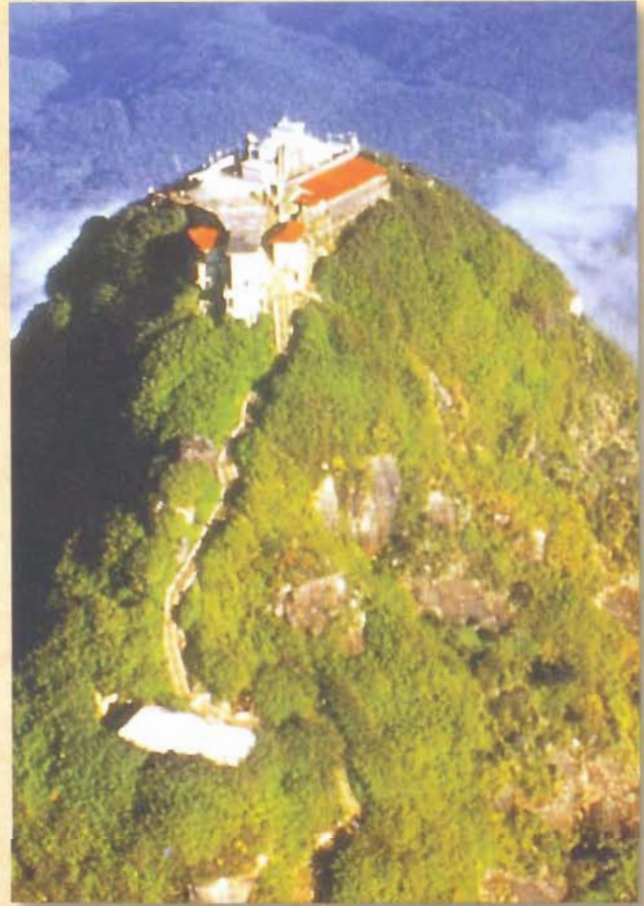
The historic Kelaniya Rajamaha Viharaya one of the Sacred sites where Lord Buddha has visited.

been described as “Tamils of recent Indian origin”. Sri Lankan Tamils constitute 12.5% and the Indian Tamils 5.5% of the island’s population.

Muslims who form a religio – ethnic group, are all followers of Islam. “ In Sri Lanka ,” writes Prof. Sivathamby, “ the term Tamil will not include the Muslims even though their mother tongue, except in the case of the few Malays of Sri Lanka, is Tamil. The Muslims of Sri Lanka consider themselves as belonging to an independent ethnic group.”

The Burghers, the descendants of the Portuguese and the Dutch, are today a dwindling minority. Owing to both cultural and economic issues, the Burghers are migrating to other countries such as Australia and Canada. Their numbers have become so small that some writers tend to disregard them as a distinct demographic unit.

In Sri Lanka are found all the major religions of the world: Buddhism, Christianity, Hinduism and



Siripada also famed as Adam’s Peak is a mountain held sacred by Buddhist, Christians, Hindus and Muslims.

Islam. On the basis of religion, the Sinhalese fall into 2 groups—as Sinhalese Buddhists and Sinhalese Christians and the Tamils likewise, as Tamil Hindus and Tamil Christians. Almost all the Burghers are Christians.

The Theravada (Elders’) school of Buddhism that is prevalent in Sri Lanka is also called the Hinayana school (the Small Vehicle) in contrast to the Mahayana school (the Great Vehicle) found in countries such as Japan and Korea. Lankan Buddhists claim that theirs is the closest to the original teachings of the Buddha.

Hinduism in Sri Lanka is based on Saivism as opposed to Vaisnavism. Sri Lanka is a multi-linguistic nation, using three living languages in daily communication; Sinhala, Tamil and English. Sinhala, a language of the Indo-Aryan subfamily of the larger Indo-European family, is used by the Sinhalese. Tamil, of the Dravidian family, is used by the Tamils and the Muslims. In addition to these two national languages, English is used as a second language. In



the Constitution, all three languages have official status. There are, however, some Muslims who use Sinhala for their daily communication and Tamil for their religious discourses. Muslims of Malay origin use Malay to communicate among themselves.

There are four classical languages used in religious ritual – Pali, Sanskrit, Latin and Classical Arabic. Pali is the language of Buddhist scriptures and ritual; Sanskrit of Hindu scriptures and ritual; Latin is used in the Catholic Church and Classical Arabic is heard when the Koran is recited in the mosque.

Among other factors that have added diversity to the island's cultural mosaic is the caste system, a social phenomenon that is part of the lives of both the Sinhalese and Tamils. It is different to the Indian model. Caste among the Sri Lankan Tamils, particularly in Jaffna, seems more rigid than in Sinhalese society. Caste is a major factor in matrimony among both the Sinhalese and Tamils. Generally, marriages take place between two partners of the same caste. A casual glance through the matrimonial columns of an English Sunday newspaper will reveal some of the most prominent castes. Caste also plays a crucial role in politics.

Sri Lanka, which means, "Resplendent Isle" has a history that goes as far back as the 7th century BC. It also harks back to the days of the 'Ramayana', the celebrated Indian epic that narrates the immortal love story of the Indian King, Rama, whose wife, Sita, was abducted by Ravana, the King of Lanka. The island retains many place names that recall memories of this episode. If the "Lanka" of the 'Ramayana' episode is identified with this island, then the islanders can boast of a cultural heritage that is as old as that of India.

The word "Sri" prefixed before names of people and things signifies excellence, splendour, beauty and fortune. It is a Sanskrit word and its Sinhala equivalent is "Siri". The island is known in Sinhala as "Siri Laka".

Until the end of the 1940s, when Sri Lanka gained independence from the British, it was known



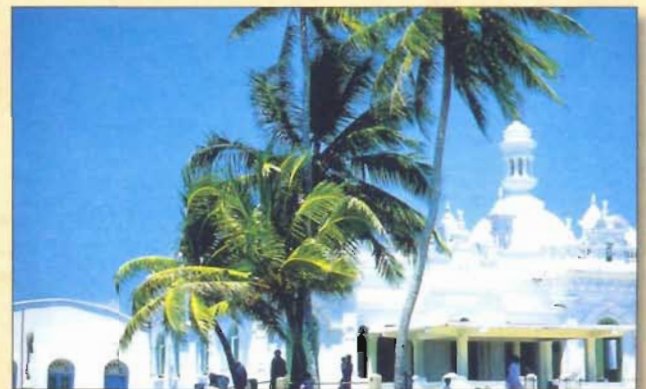
"Pahan Pooja" (offering of oil Lamps) at a Buddhist Temple.



A Hindu Kovil



A Christian Church



A Mosque

as “Ceylon” which is still retained in the trade names of special blends of tea produced in the highlands. The English name “Ceylon” and its other European derivatives “Ceylan”, “Ceylao” and “Zeilan” were taken to Europe by Arab traders and Portuguese seafarers.

The origins of “Ceylon” can ultimately be traced to “Sinhala dvipa” in Sanskrit and “Sihala dipa” in Pali. It means “the Island of the Sinhala people”. “Sinha” in “Sinhala” and “Siha” in “Sihala” mean “lion”. A myth linked to the origins of the Sinhalese claims that their progenitor was a lion who roamed the jungles of Bengal. This explains the figure of a lion in the Sri Lankan flag.

The Arabs who came in search of precious stones and spices gave the name “Serenedib” after the Sanskrit name “Svarna dvipa” meaning Golden Isle. “Seren-dib” later gave rise to the English word “serendipity”, an apparent aptitude for making fortunate discoveries accidentally. The word was coined by the 18th century English writer Horace Walpole, the author of ‘The Three Princes of Serendip’ in which the princes made fortunate discoveries.

The Greeks and Romans called the island “Taprobane” derived from the Pali name “Tambapanni” occurring in the Pali chronicle ‘Mahavamsa’ (the Great Chronicle) to denote the north-western quarter of the island –the region best known to the ancient seafarers. The great Indian emperor Asoka of the third century B.C. refers to the island in his edicts as “Tambapanni”, literally “copper-coloured palms”, a name given by the first Indian settlers in the island.

Lanka’s earliest extant map was also drawn by a Greek traveler, Ptolemy, in the 1st century AD. He calls this island “Taprobana” and has identified Anuradhapura, the ancient royal capital as “Anurogrammi”. “Palaisimundu” is another name that appears in Greek writings.

As early as the 1st century BC, Sri Lankan ambassadors had been present in the Roman court.

The Romans called the inhabitants “Salike” or “Salai” which appears in the writings of Pliny, the Roman who arrived in the country by accident.

The Chinese knew Sri Lanka from the earliest times as a centre of Buddhist learning. The two Buddhist monasteries at Anuradhapura, Mahavihara and Abhayagiri, attracted many a scholar from Asia, among them the Chinese scholar monk, Fa Hien, who in the fifth century A.D., called the island “Ratnadipa” meaning “The Island of Gems”. A century later, Sinhalese nuns were sent to China to establish an order there.

The island’s proximity to India gave Sri Lankan culture its most pervading characteristic: Indianness. Ethnically, most of the Sinhalese and Tamils are of Indian origin, the former from the north and the east of India and the latter from the south. Linguistically they speak two languages of Indian origin. Buddhism and Hinduism, the two major religions practiced here, were also introduced from India.

In short, almost every aspect of the country’s cultural heritage was in essence, Indian. However, over the centuries, features that were distinctly Sinhalese or Tamil have been acquired, giving birth to a unique culture. Sinhala itself evolved into a unique language exhibiting features of both Indo-Aryan and Dravidian. Tamil spoken in Sri Lanka is also different from Tamil spoken in Tamil Nadu in India.

Chance also brought many foreigners into contact with the island. In fact, Vijaya, the first king and his followers came to this land not by intent but by accident. Winds in the Bay of Bengal compelled them to land in Lanka for safe anchorage. Twenty centuries later, the Portuguese were forced by stormy seas to seek shelter in the island’s harbours. They were the first European power to rule the maritime provinces of the country.

The art and architecture of the ancient Sinhalese may be described as the products of religious enthusiasm. Leonard Cottrell in his ‘Lost Cities’ says, “Among the Ancient Sinhalese the impulse to create,



latent in all human beings, went into the building of magnificent temples, sanctuaries, shrines, monasteries and palaces for the kings who raised them to the glory of the Buddha.”

Speaking of Anuradhapura, the oldest of the lost cities, Cottrell compares it to the grandeur of Rome. Says he: “The greatest of these, Anuradhapura, was begun at a time roughly contemporary with the conquest of Alexander the Great and his successors, and continued throughout the period of the Roman Empire. Yet even the greatest architectural achievements of the Roman emperors cannot compare in size with the finest works of the Sinhalese kings who were their contemporaries”.

Today; there are six UNESCO World Heritage Sites in Sri Lanka. They are the sacred city of Anuradhapura, the medieval city of Polonnaruwa, the cave temples of Dambulla, the rock fortress at Sigiriya, the royal city of Kandy and the Dutch fortress in the southern capital, Galle. The cities of Anuradhapura, Polonnaruwa, Dambulla and Kandy form a “Cultural Triangle” that is being conserved by UNESCO.

In the sacred city of Anuradhapura are three ‘stupas’ or ‘dagabas’, artificial hills of masonry enshrining sacred relics that can be compared with the largest pyramids of Egypt.

The ancient Sinhalese sculptors who created the Buddha image, the moonstone (*sandakada pahana*), the semi-circular slab of stone placed at the foot of a flight of steps to a shrine, the guardstone (*mura gala*) and the painters who created the wonderful frescoes at Sigiriya all enriched the culture of the island.

The Europeans also added their share to making Sri Lanka cosmopolitan. The Portuguese governed the maritime provinces of the western quarter in the 16th

century until they were driven away by the Dutch in the 17th century. The British who followed the Dutch, remained the supreme masters of the entire island until 1948 when the British Raj came to an end.

The Europeans left an indelible mark on Sri Lanka’s cultural mosaic. Their languages enriched the vocabularies of Sinhala and Tamil. Today the English language pervades all levels of linguistic structure. To the urban elite, English is almost a first language. It has now gained the status of a *lingua franca* and opened the gateways to global communication.

Though the Dutch were more interested in spices than in religion, they were responsible for introducing Protestant Christianity to the island. By this time, the Portuguese had already established the Catholic Church. With the English came the Anglicans, the Baptists, the Methodists, the Presbyterians and many other religious denominations.

Europeans modes of dress, food and drink, music and dance and other habits and customs added a splash of colour to society. Portuguese and Dutch names such as De Silva, Fernando, Perera, Peiris, Rodrigo and Soyza are still common among the Sinhalese and Tamils.

In spite of recent eruptions of violence, the people of Sri Lanka interact culturally. The Buddhists and Hindus share not only their gods but also their lifestyles. The New Year that dawns in April is celebrated both by the Sinhalese Buddhists and Tamil Hindus. The Tamils and the Muslims share a common language. Many of the ceremonies and festivals draw participants from all ethnic and religious groups. On the summit of Adam’s Peak at the sylvan shrines at Kataragama and at St. Anthony’s Church in Colombo, followers of all religions come together to share the feeling that they are, after all, human beings.



SRI LANKA'S ANCIENT SPORTS

ASOKA GOONETILLEKE

At a time when Sri Lanka is hosting the mega sports event of the 10th South Asian Games in Colombo, it would be appropriate to recall some of the sporting activities the Sri Lankan people indulged in during ancient times.

It is interesting to note that some of modern day sporting events have some sort of similarity to these age old sporting events. Many such sporting events and practices continue to this day with few adaptations.

Much of the information and knowledge regarding these ancient sports is provided through a few scattered sculptures, frescoes, current Jingual expressions, traditions as well as the references in

Sinhala, Portuguese, Dutch and English literature, the bulk of which refer to the blood sports at the court of King Rajasinghe, the last King of Sri Lanka. The Mahawamsa, the ancient chronicle of Sri Lanka too gives an outline of these sporting activities.

However in modern times it is P.E.P. Deraniyagala, MA (Contab) M.A. Harvard, FCPS, the Director of the National Museum who has outlined in graphic detail some of the country's ancient sporting events in his book entitled "Some Sinhala Combative, Field and Aqualtic Sports and Games which "kept the nation trim and battle worthy".

Mr. Deraniyagala classifies these ancient sports into following categories :

• COMBATIVE SPORTS

Men Vs men, Men Vs animals, Mammals in combat, Birds in combat

• FIELD SPORTS (with animals)

Hunting, Falconry, Horse Racing, Bull Racing

• FIELD GAMES (religious)

Coconut striking, Hook Tugging

• FIELD GAMES

Buhu, Thattu, Gudu, Rata Allanawa, Swing

• AQUATIC SPORTS

Aquatic Sports, Jala Pora

COMBATIVE SPORTS

Combative sports were practiced from the earliest times not merely for amusement but in order to foster a disregard for pain and death, and to inculcate the valor and pugnacity essential for the survival of a race.

Ange or Angan Pora – (Human Combat)

“Ange” means “body”, “pora” signifies “combat”. These were fighting displays either with or without weapons: “Angan Saramba” or haramba were the various branches of the fighting sciences taught at the centres for military training of the “Marvalliye” or Maruve and Sudhaliya clans. Each centre was divided into the “Saramba” or “Haramba Salava” dealing

with “Angan Haramba” and the “Illangan Maduva” or “Illangama” for training the musicians and dancers who accompanied each clan in procession or in war. There were also the “Vasala Saramba Salava” and “Illangan Maduva” reserved for princes.

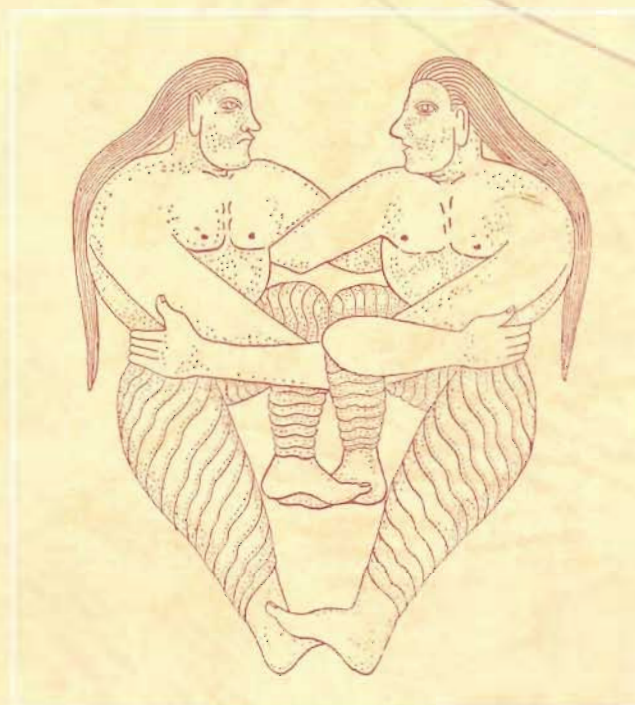
The Mahawamsa shows that up to the 6th or 7th centuries, Sinhala heroes and warriors were termed “Yodaya”, which is a corruption of the Indian term “Yodhajiva”. Towards the end of the 16th century it had become restricted to mythical giants and was replaced by the title “Panik Rala”. In Malabar this term is derived from Pani – work (Thurston Vol.IV, page 295) and the masters of martial and gymnastic schools were termed “Panickers”.

Considerable interchange of teachers in WRESTLING and FENCING had occurred between Ceylon and Malabar, In Ceylon these sciences are extinct, the ancient records pertaining to them being restricted to a few painted cloth, Frescoes, sculptures and folk songs.

The term “Panik Rala” was originally conferred upon members of these martial Schools who had distinguished themselves in the gladiatorial arena



Mallawa Pora (Wrestling)



but latterly the title became applicable to anyone of outstanding courage and prowess in any form of physical activity such as noosing of elephants or gathering honey of the rock bee *Apis dorsata* by being swung over the cliff face and let down on to the hive by means of forest lines.

Mushti Yuddhe, (Boxing)

Malla Pora or Mallava Pora (Wrestling)

In India "Mushti" = fist, "Yuddhe" = conflict, and fist fighters were termed "Mushti Yuddham". "All – in" fighting akin to the "pankratcom" of the ancient Greeks was practiced and comprised "Guti Haramba" or hitting, and "Pora Haramba" or grappling, a science practised even today among the Telegu Jettis.

It was originally termed "Naki na Gusthi", or tiger claw combat, - a name which is derived from the iron cestus armed with four tiger claw like blades. When this was later replaced by spiked weapon of buffalo horn which was thought to resemble the "Vajira" or thunderbolt held in the hand of certain gods, the sport came to be termed "Vajira Mushti", signifying "the fist armed with a thunderbolt". Both sciences were practiced by the Sinhalese who termed them Mallava Pora.

Horse Racing

The Asveya or horse does not thrive in Ceylon although colonies of stunted individuals exist at Mannar, Puttalam, upon the island of Delft and at Hambantota.

But there is evidence to show that ancients received horses from abroad. The following instances of horses being reared is on record.

- The Royal stables or As panthiya was in charge of a Muhandiram (D'Oyly)
- The Mahavamsa refers to Scind horses imported for use as mounts or for drawing chariots.
- Suranimala (200 b.c.) could gallop a Scind horse around a circular course at such speed that it imparted the impression of a continuous animal throughout the course – (Mahavamsa).
- Pandukabhaya captured a horse and controlled it by boring its nostrils and passing a cord through them – (Mahavamsa).
- King Raja Sinha (1681) had a plain leveled for racing his horses. He possessed about fourteen, some of which were Persians (Knox, p.41)
- Levuke Disava trained two steeds for the last king (1810)
- 17th century sculpture on wood at Ambakke



Mallava Pora (Wrestling)



shows a saddle raised both at the pommel and behind and broad.

- The tax of Assela was levied for the maintenance of the Royal stables and folio 179 p.231 of the Portuguese Tombu states that the aldea of Mirissa paid 25 larins as Assela.

Racing Bulls

Racing bulls are distinct from the ordinary type, being more slenderly built and cow like. The Sinhala bull racers select animals possessing the following characters – Head small and narrow, horns weak, eyes large, but not inclined to water, ears narrow, with prominent veins and two grooves behind, hump and dewlap very small, neck thin, body of medium length.

In racing the bull is tied to the Thirikkale, a high wheeled single seat vehicle, and the racer is exercised against animals of inferior speed and always permitted to win. He is also trained to spurt when ready. The distance of the course is anything from half a mile up to the three miles and before the advent of motor traffic, races were not uncommonly staged along the public high roads. Galle Face Green in Colombo was

once a popular racecourse and meets were also held at Golabokka, Galle and Matara.

Pora Pol Gahuma - Coconut Fighting

The coconut is symbolic of prosperity, and the nut was originally utilized for a purely religious ceremony in honour of the goddess Pattini, the consort of the Hindu god Siva, the term "Pattini" signifying 'wife'. Every district would be divided into either a Northern and Southern section, or as the left and right banks of a river, and these contests were staged between the two to ward off disease or ensure fertility to crops.

The Northern sections were termed the "udu pila", the Southern, the "yati pila", and if the former won it portended a continuation of the sickness. The captains or "pol vattadiyas" of the two teams, having selected their heaps of coconut, stand on opposite sides of a line drawn in the sand. A coconut from the "yati pila" team is hurled at the face of the striker of the "udu pila" team who hits it with a nut held by both hands. This is continued until the striker's nut cracks with the impact of a coconut hurled from the yati pila heap, whereupon the "udu pila" team becomes



Fight of Gladiators

the throwers and the "yati pila" captain becomes the striker. This continues until all the nuts of one team have been cracked, whereupon it is adjudged to be the loser. The pitch is 50 feet long. From this religious ceremony arose the common betting game which varies throughout the country.

Pora Pol Gahuma, is more cultural and sacred, and is also a true Sri Lankan identity. It also resembles Sri Lankan's deep concern about hospitality, environment and peace. Hence, selection of this noble game as the Games Logo deem fit and right.

Archery

According to historical classics, the greatest war the inhabitants engaged in was the war between kings Dutugemunu and Elara, in 146 B.C. King Dutugemunu declared war against Elara (161-137 BC) and ascended the throne in 161 B.C.

Despite the well trained warriors of Dutugemunu's , Sive Ranga Sena' (horses, elephants, chariots and infantry men of the army, the archers caused more damage to the bulldozing enemy. Archers manned the forward defence lines ably supported by snipers, who could shoot arrows, with lightning speed even in the thick of the night, at a whispering enemy.

Rugby

Rugby football is said to have originated when a boy at Rugby School, England during a game of football in 1823 picked up and carried the ball. The modern game of rugby dates from 1860s when it was adopted and modified by other English schools and universities.

Rugby was a medal event at the Olympic Games in 1900, Paris, in which France won the gold. Twenty four years later at the eighth Olympic Games (1924)

at the same venue it was given marching orders and now is a discontinued Olympic event. Rampaging French spectators reportedly were blamed for this. Interestingly, according to renowned anthropologist, Pandula Endagama, a game similar to rugby had been played in ancient Sri Lanka.

"There had been a game similar to rugby, played in ancient Sri Lanka. During the paddy harvesting season, farmers said to have played with a larger marmalade fruit. This was on the barren land. They made two teams and one team throws the marmalade to the opposing side and then the catcher is chased around the field to regain the marmalade".

Kabbadi

Endegama insists, that "Kabaddi " too is Sri Lankan. He points out that though Kabbadi is said to have originated in India, it is definitely 'Gudu', a favourite past time of the rural Lankan folk.

"It is only the change of the name. This happened around 1920, when Indo-Sri Lanka education systems and also the sports programmes were considered on par" and, it was Endegama along with Prof. Winnie Vitharana and Pandith Gunapala Senadhira who pointed out that; even before Mr. R W Camack (1916) who has gone on record as father of Sri Lankan volleyball. A game very much similar to volleyball played by women had been in existence. They quoted Kav Silumina and Gira Sandeshaya (15th century) to justify the claim; thus, volleyball was named The National Game of Sri Lanka

The modern versions of some of the ancient Sri Lanka games listed above Archery, Boxing, Wrestling ,Volleyball, Martial Arts etc, will be seen at the upcoming South Asian Games, in Colombo

Sri Lanka's Performance in Modern Sports

Some of outstanding feats of Sri Lanka athletes at International Games



Olympic Games

1948 London

Duncan White
400 M Hurdles (Men)
51.8 Secs.
Silver



2000 Sydney

Susanthika Jayasinghe
200 M (Women)
22.28 Secs.
Bronze



Commonwealth Games



Pushpamali Ramanayake
Shooting Air Rifle
Gold Medalist at 1994 Victoria
Commonwealth Games



Chinthana Vidanage
Who won a gold medal for weightlifting at
2006 Melbourne Commonwealth Games



Sugath Thilakarathne
400M & 200M Bronze at 1998
Commonwealth Games at Kuala Lumpur

Year	City	Name	Event	Medal won
1938	Sydney	A.B. Henricus	Box Feather Wt.	Gold
1950	Auckland	Duncan White	440Yds. Hurdles	Gold
		Albert Perera	Boxing (Bantam)	Silver
		A.I. Obeysekera	Boxing (Welter)	Bronze
		K. Edwin	Boxing (Fly)	Silver
1994	Victoria	Pushpamali Ramanayake	Air Rifle (pairs)	Gold
		Malini Wickremasinghe	Air Rifle	Silver
		L. Rajasinghe	Small Bore	Silver
		D.H. Chandrasiri	Rifle	Silver
1998	Kuala Lumpur	Sriyani Kulawansa	100m-Hurdles	Silver
		Sugath Thilakarathne	400m	Bronze
		Sugath Thilakarathne	200m	Bronze
2006	Melbourne	Chinthana Vidanage	Weightlifting (62 kg)	Gold



Asian Games



S.L.B. Rosa



S.S.A. Dissanayake

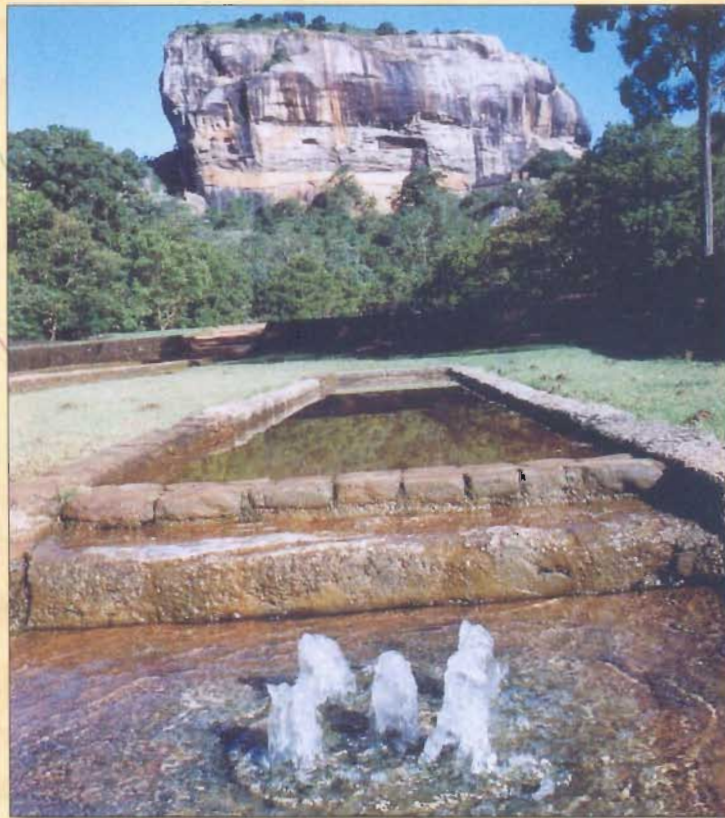


Rohan Pradeep Kumara



Damayanthi Dharsha

Year	City	Name	Event	Medal Won	Performance
1951	New Delhi	M.A. Akbar	Pole Vault	Silver	3.38 m.
1958	Tokyo	N. Ethirweerasingham	High Jump	Gold	2.03 m. (New Games Record)
1962	Jakarta	N. Ethirweerasingham Nirmala Dissanayake	High Jump 200 M	Silver Bronze	25.8 Secs.
1966	Bangkok	S.L.B. Rosa	5000 M 10000 M	Bronze Bronze	14:52.6 secs. 31:56.6 secs.
1970	Bangkok	S.L.B. Rosa	5000 M 10000 M	Gold Gold	14:32.2 secs. 29:55.6 secs. (New Games Record)
		W. Wimaladasa	400 M	Silver	46.7 secs.
1974	Teheran	W. Wimaladasa	400 M	Gold	46.21 secs. (New Games Record)
		A. Premachandra Kosala Sahabandu Sunil Gunawardana W. Wimaladasa	4 x 400 M	Gold	3:07.40 secs. (New Games Record)
1990	Beijing	S.S.A. Dissanayake	200 M 100 M	Silver Bronze	21.17 secs 10.64 secs.
1994	Hiroshima	Susanthika Jayasinghe Damayanthi Dharsha	200 M 200 M	Silver Bronze	23.57 secs. 23.61
1998	Bangkok	Sugath Thillekeratne Damayanthi Darsha	400M 200M 400M	Gold Gold Gold	44.93 secs. 22.48 secs. 51.54 secs.
		Sugath Thillekeratne Sriyani Kulawansa Lalin Jirasinghe	200 M 100M (Hurdles) Yachting Enterprise (class)	Bronze Bronze Bronze	25.69 secs. 13.30 secs.
2002	Busan	Susanthika Jayasinghe Damayanthi Dharsha Anura Rohan Rohan Pradeep Kumara	100 M 400 M Golf (Single) 400m	Gold Gold Silver Bronze	11.20 secs. 51.14 secs. 45.06 secs.
		Sugath Thillekeratne Rohan Pradeep Kumara Ranga Wimalawansa Prasanna Amarasekara	4 x 400 m	Bronze	03.42 secs.
		K. Edward	Karate Kata	Bronze	



ENGINEERING PROWESS OF ANCIENT SRI LANKA

AELIAN DE SILVA
Chartered Consultant Engineer

Modern archaeological investigations are yielding evidence of a pre-historic period in the Indian Ocean Island of Sri Lanka, in which the stone-age life style has been superimposed by a technologically superior iron-age civilization. The purpose of this monograph is to give a thumb-nail sketch of the unsurpassed technological skills and knowledge displayed by the Hela people of Sri Lanka (today referred to as the Sinhala people) during the 2500 period of their civilization.

Hydraulic Engineering

On Page 92 of the Collected Minutes by Sir Henry Ward, one of British Governors, a minute of Sir Emerson Tenant, the British Colonial Secretary (1845

– 1850) reads “ no constructions formed by any race, whether ancient or modern , excel in colossal magnitude the stupendous “tanks” in Ceylon, the reservoir of Kohrud at Ispahlan, the artificial Lake at Ajmeer or tanks of Hyder in Mysore can no more be compared in extent or grandeur with Kalawewa or Padaviya, than the conduits Harzekiah, the Kanatea of the Persians or the subterranean water-courses of Peru can vie with the Elahara Canal, which probably connected Minneri and the “Sea of Parakrama” with the Ambanganga River”

One of the most outstanding evidence of the ancient technological skills has come to light when modern day engineers conducted site surveys,



The new Madura Oya Reservoir where modern engineers discovered an ancient dam-axis at the spot where they planned to dam the river.

drillings and other technical investigations on diversion of Sri Lanka's longest river – the Mahaweli – decided on the most efficient dam-axis for the proposed dam across the river at Madura Oya. When the jungle cover was cleared at the pre-determined dam-axis, the Engineers to their utmost surprise, came across at the very site the ancient dam constructed by their forefathers thousands of years ago. This speaks Volumes for the technological know-how and skills of ancient Sinhala Engineers

These man-made major reservoirs referred to as “tanks”, seen to this day adding beauty to the landscape of the country, are massive lakes spread all over Central Province which terrain was almost devoid of hilly formations. In addition, the villages contained small village-tanks very much smaller to the major tanks. The idea was to collect all the rain water which was being utilized for the irrigation of the numerous paddy fields which yielded rice, the staple food of the people.

In order to collect the maximum amount of rainwater by preventing the spilling of any particular tank, several tanks had to be interconnected. The interconnection of tanks on a flat terrain and at great distances required a high degree of knowledge in surveying in the art of constructing connecting canals. The magnitude of the fact 42 feet wide man-made canal known as Yoda Ela boasts of a gradient of not more than six inches to a mile is one example.

Apart from this, the controlled release of a vast amount of water from the major reservoirs to the fields situated below requires an intricate mechanical arrangement. Mr. H.Parker, the British Engineer serving in the Irrigation Department in Sri Lanka published a book under the title “Ancient Ceylon”, in which among other things, he speaks of a contrivance called ‘bisokotuwa’ used by the ancient Sinhala engineers for the effective regulation of the water being released from these major reservoirs for the irrigation of the fields situated below. Referring to



The ancient Dam-axis discovered at the same spot where modern engineers planned to dam the Maduru Oya reservoir.

the valve-pits established in Europe during the last century Parker has this to say : "Such also was the function of the "bisokotuwa" of the Sinhala engineers they were the first inventors of the valve-pit more than 2100 years ago."

Civil Engineering structures

Several engineering structures known as "dagobas" erected thousands of years ago are seen in the Island. The 'Jethawana' dagoba, erected by King Mahasena in the 4th Century, is a brick structure 360 feet in height. It is the tallest brick structure in the world, consisting of 62 million ancient bricks and weighing 657,000 tons.

The ancient Sinhala engineers displayed their expertise in civil engineering in foreign countries as well. "Rajatharangani" an ancient chronicle of Kashmir, India mentions how in 75 A.D. Jayapida of India requested the Sri Lankan King Agbo the sixth to loan him five "Raksha" engineers to construct a

reservoir to collect rain water. King Jayapida was so satisfied with the design and construction he got the service of the Raksha engineers to build him a fortress city which is today known as the famous city of Jaipur.

Steel Manufacture

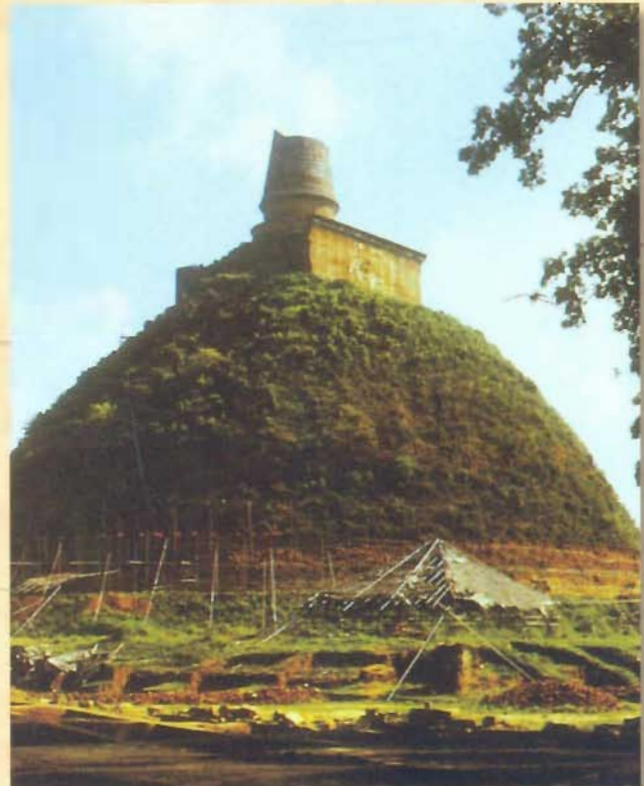
It has now been established that the steel manufacturing industry has been in existence in Sri Lanka from about 300 B.C. up to 1600 A.D. Dr. Gill Juleff, the British Archaeologist who worked in the Samanawewa Archaeological Project in her report published in the magazine "Nature" in February 1998 mentions about the wind powered iron melting technology without the use of bellows, a novel process invented and successfully used by the ancient Sinhala engineers. She also states: The archeological and experimental data described above have demonstrated and proved for the first time from anywhere in the world by the successful use of wind in iron melting."



The Jethawana Dagoba, erected by King Mahasena in the fourth century, which is regarded as the tallest brick structure in the world measuring 360 feet in height and consisting of 62 Million ancient bricks. The stupa which is also a UNESCO world heritage site is seen here after renovation.

It is known that the steel manufacturing industry had a continuous existence from the third century B.C. to about 1600 A.D. It was the steel manufacturing industry that enabled King Rajasinghe of Sitaswaka in 1510 to manufacture 20,000 guns to fight the Portuguese invaders.

These are only a few instances of the engineering skills displayed by the ancient Sinhala engineers, whose ingenious inventions are still being practiced after a period of over two thousand years.



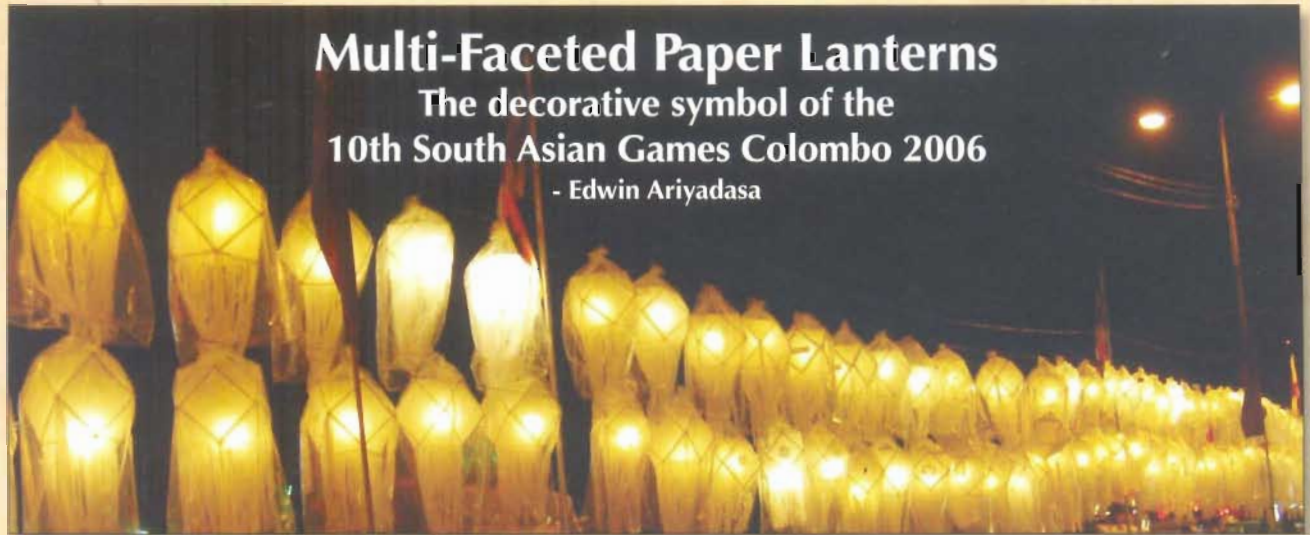
This picture shows the Jethawana Dagoba before renovation.



Multi-Faceted Paper Lanterns

The decorative symbol of the 10th South Asian Games Colombo 2006

- Edwin Ariyadasa



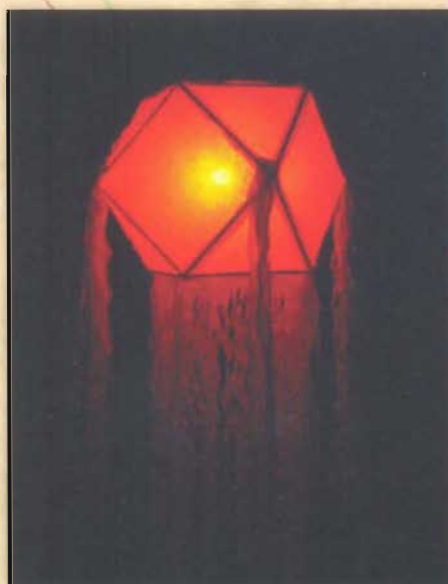
Enchanting and colourful lanterns will be a dominant feature of the decorations at the 10th South Asian Games in Colombo. In festival times, the Sri Lankan nights gleam with the soft rays emanating from myriad hued paper lanterns. These ambiquitous lanterns are multi-faceted as much as multi-hued, variegated in sizes-either singly or in clusters, some static and others moving mechanically or through electrical energy.

In the Vesak season, the holiest month in the Buddhist calendar, the Vesak lanterns come into its own. Months before the holy full moon day of Vesak (May) the children begin to plan for their lanterns. Thin strips of bamboo are cut into the required sizes and frames are made. Once the octagonal frame is ready, it's time to paste the paper. The completed paper lantern represents a family effort. Thin long strips of paper are cut and pasted to the bottom of the structure to project the effect of water. A candle or an electric bulb is lit inside. The paper lanterns are now ready to be displayed.

For generations in Sri Lanka, this multi-faceted paper lanterns communicated a sense of serenity, tranquility and purity. When a paper lanterns burns accidentally, it dramatically evokes the fleeting, ephemerality of all living things.

This way the multi-faceted paper lantern symbolizes at once, both the worldly beauty and the spiritual truth.

In the Mahayana doctrine of Buddhism, the supremely enlightened Buddha is admired and adored as the "Gem-Lotus", in their sacred chant "Om mani padma hun..." (worship the Gem-Lotus Buddha). The paper lantern simultaneously represents the Gem and the Lotus. Stylistically therefore, the multi-faceted paper



lantern unifies the Gem and the Lotus-intermingling brilliance and softness.

The multi-faceted paper lanterns is rich with religious symbolism- the main eight facets are symbolic of the Noble Eight-fold Path, which leads to Nibbana, - the eternal bliss.

The wavy paper frills at the bottom represent the ocean of Samsara- the endless cycle of existence.

In the spiritual context of Asia, this endless voyaging and limitless recurring of lives are central concepts. Given this example and fascinating background, the selection of our multi-faceted paper lantern as the supreme symbol of South Asia Games is very apt.

The art of making lanterns with paper originated in Asia. The spiritual aura it posses is specifically Asian. The sense of ephemerality and the notion of endless recurring are very much a quality of sports festivals. All these together, make the multi-faceted paper lantern the aptest icon to symbolize the South Asian Games.

This symbol can be quite comfortably adapted to any size. You can have it lit and make it functional. Or else, you can make models of it and use this symbol ornamentally.

Whichever way you view it, it is uniquely South Asian and specifically Sri Lankan.

The name Sri Lanka implies "The Resplendent Isle". The multi-faceted, multi-hued paper lantern is the ideal icon for this prestigious and inspiring "South Asian Games".

Hosting 11th South Asian Games -2008

BATON PASSES ON TO BANGLADESH WITH CULTURAL PAGEANT



Bangladesh will have the honour of hosting the next South Asian Games - the 11th Games - in Dacca in 2008.

A formal ceremony bestowing this honour will take place at the colourful closing ceremony of the 10th South Asian Games in Colombo on 28th August 2006 at the Sugathadasa Stadium when the President of the National Olympic Committee of Sri Lanka and President of the South Asian Olympic Council Mr.Hemasiri Fernando will officially hand over the South Asian Olympic Council Flag to the President of the National Olympic Committee of Bangladesh

The occasion will be preceded by a colourful and glittering Bangladeshi Cultural Pageant featuring Bangladeshi artists who will present a rich variety of traditional song and dance forms providing a grand finale to the 10th South Asian Games - Colombo. A special team of Bangladeshi artists have been flown to entertain the gathering

Classical forms of the sub-continent occupy a dominant position in Bangladeshi dance. The folk, tribal and Middle-Eastern traits are also observed. Among the tribal dances, the Manipuri and Santal are popular.

Music in Bangladesh can be divided into three distinct categories-classical, folk and modern. Classical music-both vocal and instrumental, is rooted in the remote past of the sub-continent. Folk music, nurtured through the ages by village-poets and rich in devotional mysticism and love-lore is very popular. The best known forms are Bhatiali, Baul, Marfati, Murshidi and Bhawaiya. Modern Bengali Music has blended Western and Middle-eastern traits with traditional forms. Contemporary music has an inclination towards the West. A rendering of these art forms will be displayed at the colourful cultural pageant

Sri Lanka's Prime Minister Hon. Ratnasiri Wickramanayaka who will preside at the closing ceremonies, the Minister of Sports and Youth Affairs Hon Jeewan Kumaranatunga several VIPs from the eight participating nations along with the teeming sports loving public of Sri Lanka will witness the spectacle of the cultural pageant followed by a fireworks display.



Pictures depict scenes of Bangladeshi artists performing the traditional art forms.



10th South Asian Games Colombo – 2006

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3	Mr. B.D. Dahanayake	Additional Secretary
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6	Mrs. C. Dissanayaka	Director
7	Mrs. K. Doranegoda	Chief Accountant
8	Mr. M.T. Pathmasiri	Chief Accountant
9	Mrs. D.A.L. Heaperuma	Assistant Secretary
10	Mr. G.A.R. Devapriya	Assistant Secretary
11	Mr. M.P. Wijesinghe	Assistant Secretary
12	Mr. R.M.K.U. Rathnayake	Assistant Director
13	Mr. Ravi Masakorala	SAG Coordinator
14	Mr. Donald Abeyesundera	Consultant
15	Mr. P. Ratnayake	Administrative Officer

and the rest of the Ministry Staff

Sponsors who contributed towards the success of the 10th South Asian Games - 2006 Colombo





Notes

