

Comparative Study of VC Cup Athletics Results and National Records

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Abstract

This is a comparative study of the athletic performances of male and female athletes in the VC Cup, the most anticipated competition among all TU-constituent campuses. The main purpose of the study is to compare the results of the athletes and their performances in the years 2080 and 2081 in the VC Cup. Similarly, results are also compared with the Nepalese National Records to bring the hidden information and athletic situations of constituent Campuses. The study is done only in some common events that are conducted in both years. The events are 100m, 200m, and 800m in running, Shot Put in throwing, and Long Jump in jumping. These performance data are taken from publications of the Tribhuvan University Student Welfare and Sports Directorate, Kirtipur. This comparative performance analysis shows that the results of the year 2081 performances are improving compared to the year 2080, except for a slight downfall in 800m and long jump in the male categories. The results of both years, compared with the National Records, showed that the performances are quite far behind, but in 100m, the result is quite close to the performances in both male and female categories. Analyzing as a whole, athletes and campuses need to have necessary preparation and practice with proper planning before the VC competition, which will definitely be fruitful in improving the performances of athletes and contributing to Nepalese Athletics.

Key Words: TU, VC Cup, Athletics, Track and Field, Student Welfare and Sports Directorate, National Record

Introduction

Athletics is a sport that includes a number of events involving running, jumping, throwing or walking. Often referred to as track & field, the sport includes single events, such as the 100m, marathon or long jump, combined events, team-based events such as the 4x100m relays. While athletics has been practised throughout history, the first ever event contested at the ancient Olympic Games was the “stadium” race, a sprint of about 192 metres. Athletics is mostly an individual sport, with the exception of relay races and competitions which combine athletes' performances for a team score, such as cross country. Organized athletics are traced back to the ancient Olympic Games from 776 BC. The rules and format of the modern events in athletics were defined in Western Europe and North America in the 19th and early 20th century, and were then spread to other parts of the world. The foremost international athletics meeting is the World Athletics Championships, which incorporates track and field, marathon running and race walking. The Cotswold Olympic Games, a sports festival which emerged in 17th century England, featured athletics in the form of sledgehammer throwing contests. Annually, from 1796 to 1798, L'Olympiade de la République was held in revolutionary France, and is an early forerunner to the modern Olympic Games. The 1796 Olympiade marked the introduction of the metric system into the sport. An athletics competition was included in the first modern Olympic Games in 1896 and it has been as one of the foremost competitions at the quadrennial multi-sport event ever since. Originally for men only, the 1928 Olympics saw the

introduction of women's events in the athletics programme. Athletics is part of the Paralympic Games since the inaugural Games in 1960. An international governing body, the International Amateur Athletics Federation (IAAF), was founded in 1912. It enforced amateur sport status on competitions during much of the 20th century. Professional competition continued at a low level, becoming increasingly more common as the century progressed. The International Track Association briefly formed a professional track and field circuit in the United States in the 1970s. Athletes used their increasing status to push for remuneration and the IAAF responded with the IAAF Golden Events series and the establishment an outdoor World Championships in 1983, including track and field, racewalking and a marathon event. In modern times, athletes can receive money for racing, putting an end to the so-called "amateurism" that existed before. The global body updated the name to the International Association of Athletics Federations in 2001, moving away from its amateur origins, before taking on its current name World Athletics in 2019.

The National Games of Nepal were established in 1981 as the country's inaugural multi-sport national event, organized by the National Sports Council to promote sports development across the nation. The National Games of Nepal were established in 1981 as the country's inaugural multi-sport national event, organized by the National Sports Council to promote sports development across the nation. Athletics, a foundational category, covers track and field events such as the 100m dash, long jump, and marathon, serving as a key selector for international representation. It is essential for athletes to maintain good physical condition during their training program. Physical fitness training programs should be well designed and systematic to improve the freshness and ability of the body's systems to function better, so that athletes can achieve a better level of achievement (Indrayana & Yuliawan, 2019).

The Vice-Chancellor (VC) Cup is Tribhuvan University's flagship multi-sport university competition, designed to promote sports excellence, student participation, and talent identification across its constituent and affiliated campuses. The VC Cup embodies TU's commitment to integrating sports, education, and student welfare, while aligning with national and international university sports standards. The Vice-Chancellor's Cup (VC Cup) stands as the premier national-level inter-college sports tournament of Tribhuvan University (TU), Nepal's oldest and largest academic institution. It is organized by the Directorate of Student Welfare and Sports. The objectives of the VC Cup are to promote mass participation in sports and physical activities among university students, to identify and nurture sporting talent at campus, provincial, and central levels, to create a structured pathway for students to progress from university sports to national and international competitions, to support the development of elite student-athletes alongside academic excellence and to align university sports with national sports development policies and FISU principles. The tournament has seen significant activity in the last two Nepali calendar years, reflecting a renewed commitment to extracurricular engagement post-pandemic. The VC Cup of the 2080 BS edition were held from January 21 to January 25, 2024 (Magh 7–11, 2080 BS). The tournament was inaugurated by the then Acting Vice-Chancellor, Prof. Dr. Shivrul Bhushal, at the Jawalakhel Volleyball Training Center. The athletics events were held at the Dasharath Stadium in Kathmandu. The VC Cup of 2081 BS edition continued the tradition of identifying national-level talent across TU's vast network. The official notices for the 2081 BS edition were issued in Poush 2081 (late 2024/early 2025). The Vice-Chancellor's Cup is scheduled from January 26, 2025, to January 30, 2025 (Magh 13-17, 2081 BS). The athletics events were held at the Dasharath Stadium in Kathmandu. Both years VC Cup was organized under the leadership of the Professor Pashupati Adhakar, the director of the Student Welfare and Sports Directorate during that period.

Athletics is one of the major sports held in VC cup. Athletics is the most highlighted in international mega events like the Olympics, Asian Games, and other notable events. Athletics, also known as track and field events, are categorized into track, which includes all running events, and field events, which include throwing and jumping. This is a comparison study and analysis of some of the athletic events conducted during year 2080 and 2081 in the Vice Chancellor Cup (VC). VC cup is another sporting event which is a competition of athletics, volleyball, basketball, badminton etc. It is organized by the Student Welfare and Sports Directorate, Tribhuvan University, Kirtipur. This competition is conducted among all the TU-constituent campuses only. It brings all the athlete students together to compete, develop friendships, and interact with each other on one platform. Comparison are done on some of the athletic events' performances in track 100m, 200m, 800m, and in field shot put and long jump in 2080 and 2081, which highlights some hidden facts. Similarly, the performances are being compared with the national record performances, to find the ability standard of students in TU Constituent campuses.

Objective

The objectives of this research paper were to evaluate the result with national records and compare the results of VC cup 2080 and 2081 in both male and female athlete.

Methodology

The samples are the performances of the three best-ranking student athletes in TU constituent Campuses in the athletics events and national record holders. The used data are secondary, published by the Student Welfare and Sports Directorate, TU, Kiripur, and Wikipedia.

Data Analysis

Running Event of 100M

Table 1.1

Running Events (M/F)	Position	2080			2081		
		Name	Campus	Time(S)	Name	Campus	Time(S)
	1 st	Sisir Kumar Poudel	Surkhet Multiple	12.14	Sujan Soren	Mechi Multiple Jhapa	11.81
	2 nd	Prabesh Saru	Butwal Multiple	12.18	Prakash Joshi	Patan Multiple, Lalitpur	11.82
	3 rd	Milan Prakash Shah	Amrit Science	12.52	Sagar Tharu	Mahendra Multiple	12.02
	1 st	Tulasha Acharya	Mechi Multiple	15.48	Akriti Choudhari	Mahendra Morang	14.94
	2 nd	Shrinkhala Timilsina	Saraswati Multiple	15.59	Tulasha Acharya	Mechi Multiple Jhapa	15.31
	3 rd	Nandani Das	Prithvi Narayan	15.62	Sushmita Luitel	Mahendra Ratna Ilam	15.64

Table 1.2

Event	2080	2081	National Record
100m (M)	12.14seconds	11.81seconds	10.56 Seconds
100m(F)	15.48 seconds	14.94 seconds	12.13 seconds

The results of both male and female sprinting athletes from the table 1.1 show that the recorded timing between the three ranking athletes from the same year looks competitive in both years, and comparing the two years, the finishing time of 2081 is less than that of 2080, so we can conclude that the overall time has improved over the previous year.

Studying Table 1.2, we can analyze that in both categories, the timing compared to the national record is quite satisfactory; if trained in a better way, they could come close to that timing.

Running Event of 200M

Table 2.1

Running Events (M/F)	Position	2080			2081		
		Name	Campus	Time (S)	Name	Campus	Time(S)
	1 st	Diwash Regmi	Mechi Multiple	24.99	Prakash Joshi	Patan Multiple	24.38 s
	2 nd	Sisir Kumar Poudel	Surkhet Multiple	25.54	Sujan Soren	Mechi Multiple	24.47
	3 rd	Pranesh Panadi	Shanker Dev	25.63	Sushil K. Baniya	Mahendra Multiple Dang	24.51
	1 st	Anamika Devkota	Jumla Multiple	32.31	Bina Tharu	Mahendra Multiple Nepalgunj	31.57
	2 nd	Nandani Das	Prithvi Narayan	33.56	Sujita Majhi	Mahendra Morang	32.27
	3 rd	Nilam Kunwa	IOF Pokhara	33.91	Sushmita Luitel	Mahendra Ratna Ilam	32.40

Table 2.2

Event	2080	2081	National Record
200m (M)	24.99 seconds	24.38seconds	21.5Seconds
200m(F)	32.31 seconds	31.57 seconds	25.0seconds

Gazing at table 2.1, the timing of all top 3 sprinters of 2081 has slightly improved over the 2080 top-tier performers in both male and female categories. Similarly, competition among athletes of the same year seems close and competitive

Comparative study of Table 2.2. In both male and female top-tier athletes, compared to national records, we found many more differences than in the 100m.

Running event of 800M

Table 3.1

Running Events (M/F)	Position	2080			2081		
		Name	Campus	Time (min)	Name	Campus	Time(min)
	1 st	Bikesh Ghimire	Patan Multiple	2:09.19	Bikesh Ghimire	Patan Multiple	2:11.16
	2 nd	Arjun Limbu	Mahendra Multiple	2:10.03	Dipendra Bohara	Jumla multiple	2:13.65
	3 rd	Sher Bdr. Adhikari	Jumla Multiple	2:10.83	SarojThapamagar	Prithvi Narayan Pokhara	2:17.24

800M (F)	1 st	Rajya Laxmi Rawal	Jumla Multiple	2:36.02	Fulmati Rana	University Campus	2:26.1
	2 nd	Samikchha Pokharel	Prithvi Narayan	3:07.9	Rajya L. Rawal	Jumla Multiple	2:38.3
	3 rd	Sapana Pant	Mahendra Ratna	3:14.9	Shristi Joshi	Surkhet Multiple	2:57.03

Table 3.2

Event	2080	2081	National Record
800m (M)	2:09.19 minutes	2:11.16 minutes	1:50:25 minutes
800m (F)	2:36.02 minutes	2:26.1 minutes	2:11:05 minutes

Table 3.1 shows that the timing of the same year competitors' performances are head-to-head. The male athlete timing of 2080 is comparatively less than the timing of 2081, which shows the performance level is decreased compared to earlier year, but in women's, the performance has improved compared to earlier year as in other sprinting categories.

Compared to the national record in Table 3.2, there is much more time variation in both male and female categories.

Throwing Event

Table 4.1

Throwing Events (M/F)	Position	2080			2081		
		Name	Campus	Distance	Name	Campus	Distance
	1 st	Birendra Kunwar	IOM Maharajgunj	8.94m	Suraj S. Thagunna	Mahendra Ratna Tahachal	9.03m
	2 nd	Saroj Shahi	IOF Pokhara	8.69	Dipak Rijal	Saraswoti Multiple	8.68
	3 rd	Sishir Upreti	Mechi Multipal	8.64	Hem Raj Gautam	Mechi Multiple	8.49
	1 st	Sanjita Ghimire	Mahendra R.Tahachal	6.74m	Sachita Ghimire	Mahendra Ratna Tahachal	7.06m
	2 nd	Trishna Yakkhya	Mechi Multiple	6.65	Sushmita luitel	Mahendra Ratna Ilam	6.99
	3 rd	Melina Shrestha	Saraswati Multiple	6.22	Manjita Rai	Mahendra Ratna Ilam	6.87

Table 4.2

Event	2080	2081	National Record
Shot Put(M)	8.94m	9.03m	13.92 m
Shot Put(F)	6.74m	7.06m	12.04m

In Table 4.1, the thrown distances by the three competitors in similar year are key rivals. Comparing the two years shows that the performances have improved slightly compared to the year 2080.

Compared to the national record, performances are far behind in both categories in Table 4.2

Jumping Event

Table 5.1

Jumping Events (M/F)	Position	2080			2081		
		Name	Campus	Distance	Name	Campus	Distance
	1 st	Diwash Regmi	Mechi Multiple	6.06m	Diwash Regmi	Mechi Multiple	5.71m
	2 nd	Sparsha Rai	Mahendra Multiple	5.69	Sparsha Rai	Mahendra Multiple Dharan	5.33
	3 rd	Prabesh Saru	Butwal Multiple	5.57	Prakash Khadka	Dhankuta Multiple	5.33
	1 st	Sanjita Ghimire	Mahendra Ratna	4.06m	Sachita Ghimire	Mahendra Ratna Tahachal	4.11m
	2 nd	Susma Thapa	IOF Pokhara	3.94	Bina Tharu	Mahendra Multiple Nepalgunj	4.05
	3 rd	Shrinkhala Timilsina	Saraswoti Multiple	3.93	Tulasha Acharya	Mechi Multiple	4.05

Table 5.2

Event	2080	2081	National Record
Long jump(M)	6.06m	5.71m	7.06 m
Long Jump (F)	4.06m	4.11m	5.58m

In the table 5.1, Information showed that in the male category of 2081, the performances of all place holders are a little bit shorter in distance than in 2080, but in the female category, the performances are improving from all three best performers. Again, it seems these same year competitors are the nearest rivals.

In the table 5.2, the comparative study shows the jumps are unmatchable with the national record.

Conclusion

The comparative analysis study showed that all the table results of both male and female categories, performance timing, and distance records have improved compared to earlier years, despite some performances declined in 800m and long jump by male athletes, but overall performances are improving and are expected to show gradual improvement each year. In comparison to the national records, the results are far behind, except 100m is quite close, so to get close to the national record and improve the performance of athletes, they need to do necessary preparation and practice with proper planning before the VC competition, which will definitely raise the performance ability of athletes and also able to contribute to the Nepalese Athletic development.

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