Inter IIT Sports Meet is a contest held every winter at one of the IITs. The Meet affords the opportunity to the sportspersons from the IITs to showcase their talents. An Inter-IIT Aquatic meet is held separately as a part of the main meet each year preceding the main Inter-IIT Sports meet. The team excelling in both the meets is further awarded the General Championship. The probables for the meet are selected in September and are then subjected to regular coaching almost every evening in the odd semester by excellent coaches. A sports camp is organized at the end of the semester two weeks before Meet. It's not easy to get into the Inter-IIT contingent. But dedication, hard work and passion can make everything possible. So if you want to represent your Institute at the highest level then dare and soar!