

ATHLETICS FEDERATION OF INDIA

TECHNICAL COMMITTEE

* ~ * QUALIFYING STANDARDS ^ 2008-2009 * ~ *

* ~ * Junior WOMEN & GIRLS * ~ *

EVENTS		JUNIOR MEN	GIRLS * 18 years	GIRLS * 16 years
Minimum Standards for Entry				
100m.		13.0 s.	13.2 s.	13.5 s.
200m.		27.5 s.	28.0 s.	!
400m.		1:01.0 s.	1:02.0 s.	1:05.0 s.
800m.		2:25.0 s.	2:28.0 s.	2:35.0 s.
1,500m.		5:15.0 s.	5:20.0 s.	!
3,000m.		11:15.0 s.	11:30.0 s.	!
5,000m.		22:00.0 s.		
100m. Hurdles	76.2 cms.		17.0 s.	17.5 s.
100m. Hurdles	84.0 cms.	16.5 s.		
400m. Hurdles	76.2 cms.	1:10.0 s.	1:15.0 s.	
LONG JUMP		4.50 m.	4.20 m.	4.00 m.
TRIPLE JUMP		9.00 m.	8.50 m.	
HIGH JUMP		1.35 m.	1.30 m.	1.20 m.
POLE VAULT		2.00 m.		
SHOT PUT	4.000 Kgs.	8.00 m.	7.50 m.	7.00 m.
DISCUS THROW	1.000 Kgs.	25.0 m.	24.0 m.	22.0 m.
HAMMER THROW	4.000 Kgs.	30.0 m.	27.0 m.	
JAVELIN THROW	600 gms.	28.0 m.	26.0 m.	24.0 m.
MEDLAY RELAY			*	*
4x100m. Relay		*		
4x400m. Relay		*		
PENTATHLON				*
HEPTATHLON		*	*	
3,000m. Race Walking				24:00.0 s.
5,000m. Race Walking			35:00.0 s.	
10,000m. Race Walking		1:15:00.0 s.		

* - No restriction of qualifying standards

! - Events are being introduced this year.

ATHLETICS FEDERATION OF INDIA

TECHNICAL COMMITTEE

* ~ * QUALIFYING STANDARDS ^ 2008-2009 * ~ *

* ~ * Junior MEN & BOYS * ~ *

EVENTS		JUNIOR MEN	BOYS * 18 years	BOYS * 16 years
		<i>Minimum Standards for Entry</i>		
100m.		11.6 s.	11.9 s.	12.3 s.
200m.		24.5 s.	25.0 s.	!
400m.		53.0 s.	54.0 s.	56.0 s.
800m.		2:07.0 s.	2:12.0 s.	2:20.0 s.
1,500m.		4:15.0 s.	4:20.0 s.	!
3,000m.				!
5,000m.		16:15.0 s.	16:45.0 s.	
10,000m.		35:30.0 s.		
100m. Hurdles	91.4 cms.			15.5 s.
110m. Hurdles	91.4 cms.		16.5 s.	
110m. Hurdles	99.0 cms.	16.0 s.		
400m. Hurdles	84.0 cms.		1:00.0 s.	
400m. Hurdles	91.4 cms.	59.0 s.		
2,000m. Steeple Chase	84.0 cms.		6:30.0 s.	
3,000m. Steeple Chase	91.4 cms.	11:00.0 s.		
LONG JUMP		6.50 m.	6.30 m.	6.00 m.
TRIPLE JUMP		13.50 m.	13.0 m.	
HIGH JUMP		1.75 m.	1.65 m.	1.60 m.
POLE VAULT		3.70 m.	3.40 m.	
SHOT PUT	5.000 Kgs.		14.00 m.	12.00 m.
SHOT PUT	6.000 Kgs.	15.00 m.		
DISCUS THROW	1.500 Kgs.		40.00 m.	35.0 m.
DISCUS THROW	1.750 Kgs.	42.0 m.		
HAMMER THROW	5.000 Kgs.		45.00 m.	40.0 m.
HAMMER THROW	6.000 Kgs.	48.0 m.		
JAVELIN THROW	700 gms.		50.00 m.	47.0 m.
JAVELIN THROW	800 gms.	50.0 m.		
MEDLAY RELAY			*	*
4x100m. Relay		*		
4x400m. Relay		*		
PENTATHLON				*
OCTATHLON			*	
DECATHLON		*		
5,000m. Race Walking				30:00.0 s.
10,000m. Race Walking		1::00:00.0 s.	1::05:00.0	
		* - No restriction of qualifying standards		
		! - Events are being introduced this year.		

Dr.LALIT K. BHANOT
SECRETARY - AFI

ATHLETICS FEDERATION OF INDIA

TECHNICAL COMMITTEE

* ~ * QUALIFYING STANDARDS ^ 2008-2009 * ~ *

* ~ * MEN & WOMEN * ~ *

MEN		
EVENTS		STANDARDS
100m.		11.0 s.
200m.		22.1 s.
400m.		50.0 s.
800m.		1:57.0 s.
1,500m.		4:00.0 s.
5,000m.		15:45.0 s.
10,000m.		32:50.0 s.
110m. Hurdles	106.7 cms.	15.3 s.
400m. Hurdles	91.4 cms.	55.0 s.
3,000m. Steeple Chase	91.4 cms.	9:45.0 s.
HIGH JUMP		1.90 m.
LONG JUMP		7.00 m.
TRIPLE JUMP		14.80 m.
POLE VAULT		4.00 m.
SHOT PUT	7.26 Kgs.	15.50 m.
DISCUS THROW	2.00 Kgs.	45.00 m.
HAMMER THROW	7.26 Kgs.	53.00 m.
JAVELIN THROW	800 gms.	60.00 m.
4x100m. Relay		*
4x400m. Relay		*
DECATHLON		*
20,000m. Race Walking		1:42:00.0 s.
50,000m. Race Walking		*

WOMEN		
EVENTS		STANDARDS
100m.		12.8 s.
200m.		25.9 s.
400m.		58.0 s.
800m.		2:16.0 s.
1,500m.		4:48.0 s.
5,000m.		18:00.0 s.
10,000m.		38:50.0 s.
100m. Hurdles	84.0 cms.	15.4 s.
400m. Hurdles	76.2 cms.	1:05.0 s.
3,000m. Steeple Chase	76.2 cms.	13:00.0 s.
HIGH JUMP		1.55 m.
LONG JUMP		5.60 m.
TRIPLE JUMP		11.50 m.
POLE VAULT		3.20 m.
SHOT PUT	4.00 Kgs.	11.50 m.
DISCUS THROW	1.00 Kgs.	38.00 m.
HAMMER THROW	4.00 Kgs.	42.00 m.
JAVELIN THROW	600 gms.	38.00 m.
4x100m. Relay		*
4x400m. Relay		*
HEPTATHLON		*
20,000m. Race Walking		1:55:00.0 s.

* - No restriction of qualifying standards

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ATHLETICS FEDERATION OF INDIA

TECHNICAL COMMITTEE

LIST of EVENTS * MEN, JUNIOR MEN , YOUTH & BOYS,

MEN		
S.N.	EVENTS	Specification
1	100m.	
2	200m.	
3	400m.	
4	800m.	
5	1,500m.	
6	5,000m.	
7	10,000m.	
8	110m. Hurdles	106.7 cms.
9	400m. Hurdles	91.4 cms.
10	3,000m. Steeple Chase	91.4 cms.
11	LONG JUMP	
12	TRIPLE JUMP	
13	HIGH JUMP	
14	POLE VAULT	
15	SHOT PUT	7.260 Kgs.
16	DISCUS THROW	2.00 Kgs.
17	HAMMER THROW	7.260 Kgs.
18	JAVELIN THROW	800 gms.
19	4x100m. Relay	
20	4x400m. Relay	
21	DECATHLON	
22	20,000m. Race Walking	
23	50,000m. Race Walking	
24	CROSS COUNTRY (Long Course)	12 Kms.
25	CROSS COUNTRY (Short Course)	4 Kms.

JUNIOR MEN {Under 20 Years}		
S.N.	EVENTS	Specification
1	100m.	
2	200m.	
3	400m.	
4	800m.	
5	1,500m.	
6	5,000m.	
7	10,000m.	
8	110m. Hurdles	99.0 cms.
9	400m. Hurdles	91.4 cms.
10	3,000m. Steeple Chase	91.4 cms.
11	LONG JUMP	
12	TRIPLE JUMP	
13	HIGH JUMP	
14	POLE VAULT	
15	SHOT PUT	6.00 Kgs.
16	DISCUS THROW	1.750 Kgs.
17	HAMMER THROW	6.00 Kgs.
18	JAVELIN THROW	800 gms.
19	4x100m. Relay	
20	4x400m. Relay	
21	DECATHLON	
22	10,000m. Race Walking	
25	CROSS COUNTRY	8 Kms.

BOYS {Under 18 Years}		
S.N.	EVENTS	Specification
1	100m.	
2	200m.	
3	400m.	
4	800m.	
5	1,500m.	
6	5,000m.	
7	110m. Hurdles	91.4 cms.
8	400m. Hurdles	84.0 cms.
9	2,000m. Steeple Chase	84.0 cms.
10	LONG JUMP	
11	TRIPLE JUMP	
12	HIGH JUMP	
13	POLE VAULT	
14	SHOT PUT	5.00 Kgs.
15	DISCUS THROW	1.50 Kgs.
16	HAMMER THROW	5.00 Kgs.
17	JAVELIN THROW	700 gms.
18	MEDLAY RELAY	
19	OCTATHLON (Two days)	
20	10,000m. Race walking	

BOYS {Under 16 Years}		
S.N.	EVENTS	Specification
1	100m.	
2	200m.	
3	400m.	
4	800m.	
5	1,500m.	
6	3,000m.	
7	100m. Hurdles	91.4 Cms.
8	LONG JUMP	
9	HIGH JUMP	
10	SHOT PUT	5.00 Kgs.
11	DISCUS THROW	1.50 Kgs.
12	HAMMER THROW	5.00 Kgs.
13	JAVELIN THROW	700 gms.
14	MEDLAY RELAY	
15	PENTATHLON (Two Days)	
16	5,000m. Race walking	

BOYS {Under 14 Years}		
S.N.	EVENTS	Specification
1	100m.	
2	600m.	
3	HIGH JUMP	
4	LONG JUMP	
5	SHOT PUT	4.00 Kgs.
6	TRITHLON (One Day)	
i	100m.	
ii	LONG JUMP	
iii	SHOT PUT	4.00 Kgs.

OCTATHLON

DAY "1": 100m., Long Jump, Shot Put & 400m.

DAY "2": 110m. Hurdles, High Jump, Javelin Throw & 1,000m.

TRITHLON will be conducted on Single day.

ATHLETICS FEDERATION OF INDIA

TECHNICAL COMMITTEE

LIST of EVENTS * WOMEN, JUNIOR WOMEN , YOUTH & GIRLS

WOMEN		
1	100m.	
2	200m.	
3	400m.	
4	800m.	
5	1,500m.	
6	5,000m.	
7	10,000m.	
8	100m. Hurdles	84.0 Cms.
9	400m. Hurdles	76.2 Cms.
10	3,000m. Steeple Chase	76.2 cms.
11	LONG JUMP	
12	TRIPLE JUMP	
13	HIGH JUMP	
14	POLE VAULT	
15	SHOT PUT	4.00 Kgs.
16	DISCUS THROW	1.00 Kgs.
17	HAMMER THROW	4.00 Kgs.
18	JAVELIN THROW	600 gms.
19	4x100m. RELAY	
20	4x400m. RELAY	
21	HEPTATHLON	
22	20,000m. Race Walking	
23	CROSS COUNTRY (Long Course)	8 Kms.
24	CROSS COUNTRY (Short Course)	4 Kms.

JUNIOR WOMEN {Under 20 Years}		
1	100m.	
2	200m.	
3	400m.	
4	800m.	
5	1,500m.	
6	3,000m.	
7	5,000m.	
8	100m. Hurdles	84.0 Cms.
9	400m. Hurdles	76.2 Cms.
10	LONG JUMP	
11	TRIPLE JUMP	
12	HIGH JUMP	
13	POLE VAULT	
14	SHOT PUT	4.00 Kgs.
15	DISCUS THROW	1.00 Kgs.
16	HAMMER THROW	4.00 Kgs.
17	JAVELIN THROW	600 gms.
18	4x100m. RELAY	
19	4x400m. RELAY	
20	HEPTATHLON	
21	10,000m. Race Walking	
22	CROSS COUNTRY	6 Kms.

GIRLS {Under 18 Years}		
1	100m.	
2	200m.	
3	400m.	
4	800m.	
5	1,500m.	
6	3,000m.	
7	100m. Hurdles	76.2 Cms.
8	400m. Hurdles	76.2 Cms.
9	LONG JUMP	
10	TRIPLE JUMP	
11	HIGH JUMP	
12	POLE VAULT	
13	SHOT PUT	4.00 Kgs.
14	DISCUS THROW	1.00 Kgs.
15	HAMMER THROW	4.00 Kgs.
16	JAVELIN THROW	600 gms.
17	MEDLAY RELAY	
18	HEPTATHLON	
19	5,000m. Race walking	

GIRLS {Under 16 Years}		
1	100m.	
2	200m.	
3	400m.	
4	800m.	
5	1,500m.	
6	3,000m.	
7	100m. Hurdles	76.2 Cms.
8	LONG JUMP	
9	HIGH JUMP	
10	SHOT PUT	4.00 Kgs.
11	DISCUS THROW	1.00 Kgs.
12	JAVELIN THROW	600 gms.
13	MEDLAY RELAY	
14	PENTATHLON	
15	3,000m. Race Walking	

GIRLS {Under 14 Years}		
1	100m.	
2	600m.	
3	HIGH JUMP	
4	LONG JUMP	
5	SHOT PUT	4.00 Kgs.
6	TRITHLON (One Day)	
i	100m.	
ii	LONG JUMP	
iii	SHOT PUT	4.00 Kgs.

TRITHLON will be conducted on Single day.

ATHLETICS FEDERATION OF INDIA
TECHNICAL COMMITTEE
NATIONAL INTER DISTRICT ATHLETICS CHAMPIONSHIPS
LIST of EVENTS * BOYS & GIRLS,

BOYS {Under 16 Years}		
1	100m.	
2	400m.	
3	800m.	
4	1,500m.	
5	100m. Hurdles	91.4 Cms.
6	LONG JUMP	
7	HIGH JUMP	
8	SHOT PUT	5.00 Kgs.
9	DISCUS THROW	1.50 Kgs.
10	JAVELIN THROW	700 gms.

GIRLS {Under 16 Years}		
1	100m.	
2	400m.	
3	800m.	
4	1,500m.	
5	100m. Hurdles	76.2 Cms.
6	LONG JUMP	
7	HIGH JUMP	
8	SHOT PUT	4.00 Kgs.
9	DISCUS THROW	1.00 Kgs.
10	JAVELIN THROW	600 gms.

BOYS {Under 14 Years}		
1	60m.	
2	200m.	
3	800m.	
4	LONG JUMP	
5	HIGH JUMP	
6	SHOT PUT	4.00 Kgs.

BOYS {Under 14 Years}		
1	60m.	
2	200m.	
3	800m.	
4	LONG JUMP	
5	HIGH JUMP	
6	SHOT PUT	4.00 Kgs.

~* RULES *~

1	An athlete can enter in Two regular events and Two relay events in Senior National Athletics Championships.
2	An athlete can enter in Two regular events and One relay event in Junior National Athletics Championships.
3	The State/Unit can enter maximum Three Athletes in each event (Except Relay) in Senior National Athletics Championships.
4	The State/Unit can enter maximum Two Athletes in each event (Except Relay) in Junior National Athletics Championships.
5	The State/Unit can enter maximum Six Athletes in each Relay event in all National Athletics Championships.
6	The District Unit can enter only one athlete in each event in National Inter District Athletics Championships.
7	Running Shoe or Sports Shoe is compulsory for participating in all Athletics Championships.

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 SECRETARY - AFI