

ATHLETICS FEDERATION OF INDIA
TECHNICAL COMMITTEE

~ **ENTRY STANDARDS 2017** *~*

~ **MEN & WOMEN** *~*

MEN		
Events & Specifications		Standards
100m.		11.20 s.
200m.		22.80 s.
400m.		51.00 s.
800m.		1:59.00 s.
1,500m.		4:00.00 s.
5,000m.		15:10.00 s.
10,000m.		33.00.00 s.
110m. Hurdles	106.7 cms.	15.20 s.
400m. Hurdles	91.4 cms.	56.00 s.
3,000m. Steeple Chase	91.4 cms.	9:50.00 s.
Long Jump		6.90 m.
Triple Jump		14.30 m.
High Jump		1.90 m.
Pole Vault		4.00 m.
Shot Put	7.26 .Kgs.	14.50 m.
Discus Throw	2.00 Kgs.	43.00 m.
Hammer Throw	7.26 Kgs.	50.00 m.
Javelin Throw	800 gms.	63.50 m.
4x100m. Relay		*
4x400m. Relaly		*
Decathlon		*
20,000m. Race Walking		1::44.00 s.
50,000m. Race Walking		*

WOMEN		
Events & Specifications		Standards
100m.		13.00 s.
200m.		26.00 s.
400m.		58.00 s.
800m.		2:20.00 s.
1,500m.		4:50.00 s.
5,000m.		19:00.00 s.
10,000m.		38:00.00 s.
100m. Hurdles	84.0 cms.	15.50 s.
400m. Hurdles	76.2 cms.	1:05.00 s.
3,000m. Steeple Chase	76.2 cms.	12:50.00 s.
Long Jump		5.50 m.
Triple Jump		11.50 m.
High Jump		1.55 m.
Pole Vault		3.10 m.
Shot Put	4.00 Kgs.	11.00 m.
Discuss Throw	1.00 Kgs.	35.00 m.
Hammer Throw	4.00 Kgs.	40.00 m.
Javelin Throw	6000 gms.	38.00 m.
4x100m. Relay		*
4x400m. Relaly		*
Heptathlon		*
20,000m. Race Walking		2::00:00 s.

*- No restriction of qualifying standards

C. K. Valson
Hony Secretary - AFI

26th February 2017