



ATHLETICS FEDERATION OF INDIA

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F. No. 4-13/AFI/19

February 02, 2019

All Affiliated State Units – AFI

Subject :- 23rd Federation Cup National Senior Athletics Championships 2019

Dear Sir,

I am pleased to inform you that **23rd Edition of Federation Cup National Senior Athletics Championships** will be held at **NS-NIS, Patiala** from **15-18 March 2019**. This Championships will serve as trials for selection of athletes for **Asian Athletics Championships** to be held at Doha from 21-24 April 2019.

Organiser: AFI in collaboration with Punjab Athletics Association will organise this Championships.

Entry: - The Athletes will have to visit AFI Website from **15th February to 2nd March 2019** and submit ONLINE entry. Entry sent otherwise will not be accepted under any circumstances.

Name:-

Date of Birth:-

Event (s):-

Performance indicating name of championships, venue, date (s).

Complete Postal Address:-

Mob No. :-

Email Id:-

Events to be conducted:-

Men – 100m, 200m 400m, 800m, 1500m, 5000m, 10000m, 110mH, 400mH, 3000m SC, Long Jump, High Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Hammer Throw, Javelin Throw, Decathlon

Women -100m, 200m 400m, 800m, 1500m, 5000m, 10000m, 100mH, 400mH, 3000m SC, Long Jump, High Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Hammer Throw, Javelin Throw, Heptathlon

Eligibility:-

Athletes who meet the entry standard fixed by AFI (copy enclosed) are eligible to participate. This performance must have been achieved either in National Championships or State Championships 2018 where electronic system had been used. An athlete can participate in **maximum two events**.

Last date of Entry: - The last date of entry is **2nd March 2019**.

Failure to Participate: - If any athlete fails to participate after sending the entry without any valid reason, he/she may not be allowed to take part in any subsequent event. The entry fee paid is non-refundable and decision of AFI Competition Committee will be final regarding refund of the entry fee in case an athlete fails to participate. The Federation has the right to reject any entry without assigning any reason.

Entry Fee & BIB No. : - An entry fee of **Rs. 1,000/- per event** will have to be deposited **Online** only. No cash will be accepted at the competition venue. Bib nos. will be issued from 10:00 AM to 1:00 PM a day before the competition at the venue.

Accommodation/Transport: - Athletes will have to make their own arrangements for transport and accommodation. No other logistics will be provided.

Dope: - Dope Samples will be collected by the officials of National Anti-Doping Agency (NADA).

Victory Ceremony: - Medals to winners of I, II & III place will be awarded soon after the Event is over. The medals winners are, therefore, advised to remain in the stadium till the victory ceremony of their Event.

Merit Certificates:- Merit Certificates will be sent to the concerned units after three months of the conclusion of the Championships.

Participation Certificates: - Participation Certificates will be issued during the course of the Competition. Participation Certificates will be issued only to those athletes who achieve the qualification standards set by AFI. The exact time for distributions of certificates will be notified. It is, therefore, the responsibility of Athletes to collect the Participation Certificates by depositing the BIB Number with the concerned official.

You are requested to bring it to the notice of your athletes.

Your cooperation in this regard is solicited.

Thanking You
Yours Sincerely


C.K. VALSON
Secretary, AFI

ATHLETICS FEDERATION OF INDIA
TECHNICAL COMMITTEE
ENTRY STANDARDS 2019
MEN & WOMEN

23rd Federation Cup National Senior Athletics Championships 2019

MEN			WOMEN		
Events & Specifications		Standards	Events & Specifications		Standards
100m		11.00 s	100m		13.00 s
200m		22.50 s	200m		25.80 s
400m		49.00 s	400m		58.50 s
800m		1:54.00 s	800m		2:18.00 s
1500m		3:56.00 s	1500m		4:56.00 s
5000m		15:00.00 s	5000m		20:00.00 s
10000m		31.20.00 s	10000m		40:00.00 s
110m Hurdles	106.7 cms	15.10 s	100m Hurdles	84.0 cms	15.50 s
400m Hurdles	91.4 cms	54.50 s	400m Hurdles	76.2 cms	1:07.00 s
3000m Steeple Chase	91.4 cms	9:20.00 s	3000m Steeple Chase	76.2 cms	12:30.00 s
Long Jump		7.00 m	Long Jump		5.60 m
Triple Jump		14.80 m	Triple Jump		11.50 m
High Jump		2.00 m	High Jump		1.50 m
Pole Vault		4.30 m	Pole Vault		3.00 m
Shot Put	7.26 kgs	16.00 m	Shot Put	4.00 Kgs	12.50 m
Discus Throw	2.00 kgs	46.00 m	Discus Throw	1.00 Kgs	40.00 m
Hammer Throw	7.26 kgs	56.00 m	Hammer Throw	4.00 Kgs	45.00 m
Javelin Throw	800 gms	65.00 m	Javelin Throw	600 gms	40.00 m
Decathlon		5500 pts	Heptathlon		4500 pts