

ATHLETICS FEDERATION OF INDIA
TECHNICAL COMMITTEE
ENTRY STANDARDS 2018
MEN & WOMEN

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