



# ATHLETICS FEDERATION OF INDIA

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**Circular No. 12**

F.No. 4-7/AFI/19

June 29, 2019

**All the Affiliated State Units – AFI**

**Subject :- 59<sup>th</sup> National Inter State Senior Athletics Championships 2019 – Events to be conducted**

Dear Sir,

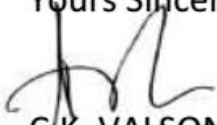
This is in continuation to this office letter of even number dated 17<sup>th</sup> June 2019 regarding 59<sup>th</sup> National Inter State Senior Athletics Championships 2019.

In this connection, please find enclosed the list of Events which will be conducted in 59<sup>th</sup> National Inter State Senior Athletics Championships to be held at Lucknow from 27-30 August 2019.

It is also intimated that, as approved in the last Annual General Meeting, 4X400 Mixed Relay has also been introduced and this event will, therefore, be conducted in the 59<sup>th</sup> National Inter State Senior Athletics Championships 2019.

The quota allotted to State Units has already been sent to you alongwith this office letter of even number dated 17<sup>th</sup> June 2019 **(Circular No. 11)**

Thanking You  
Yours Sincerely

  
C.K. VALSON  
Secretary, AFI

**Encl: As above**

**Events to be conducted in 59<sup>th</sup> National Inter State Senior Athletics Championships to be held at Lucknow from 27-30 August 2019**

**MEN**

100 m  
200 m  
400 m  
800 m  
1500 m  
5000 m  
10000 m  
3000 m SC  
110 m Hurdles  
400m Hurdles  
Long Jump  
High Jump  
Triple Jump  
Pole Vault  
Shot Put  
Discus Throw  
Hammer Throw  
Javelin Throw  
Decathlon  
4X100 Relay  
4X400 Relay  
20 KM RW

**WOMEN**

100 m  
200 m  
400 m  
800 m  
1500 m  
5000 m  
10000 m  
3000 m SC  
100m Hurdles  
400m Hurdles  
Long Jump  
High Jump  
Triple Jump  
Pole Vault  
Shot Put  
Discus Throw  
Hammer Throw  
Javelin Throw  
Heptathlon  
4X100 Relay  
4X400 Relay  
20 KM RW

**Newly Introduced Event**

Men & Women Joint Event (Two Men & Two Women)  
4X400m Mixed Relay