Dear Friends,

As the New Year unfolds, it is with great pleasure & joy that SportingIndia.com, the official IT & social media partner of AFI, brings you this Limited Edition 2019 Calendar.

While we enter a New Year with new dreams & new goals, we must once again applaud the efforts of our Athletes for the Golden Moments they created in the Year 2018. A month each dedicated to one such star.

-SportingIndia.com
JANUARY

MON  TUE  WED  THU  FRI  SAT  SUN
1    2    3    4    5      6
7    8    9   10   11   12   13
14   15   16   17   18   19   20
21   22   23   24   25   26   27
28   29   30   31

EVENT OF THIS MONTH

NATIONAL CROSS COUNTRY CHAMPIONSHIPS 2019
20TH JANUARY
MATHURA (UP)

ATHLETICS
FEDERATION OF INDIA

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NEERAJ CHOPRA
Javelin Throw
88.06m (NR)-Gold Medal-Asian Games 2018
86.47m-Gold Medal-CWG 2018
# February

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**EVENTS OF THIS MONTH**

**INTERNATIONAL RACE WALKING CHAMPIONSHIPS 2019**  
16th to 17th February  
Chennai (TN)

**INDIAN GRAND PRIX - 1**  
23rd February  
Patiala (HR)

**NATIONAL YOUTH CHAMPIONSHIPS 2019**  
19th to 21st February  
Raipur (CG)

**INDIAN GRAND PRIX - 2**  
27th February  
Delhi

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**TAJINDER PAL SINGH TOOR**  
Shot Put  
20.75m (NR)-Gold Medal-Asian Games 2018

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[www.sportingindia.com](http://www.sportingindia.com)

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THE SPORTS NEWS PORTAL
# March

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## Events of This Month

- **Indian Grand Prix - 3**
  - 02nd March
  - Sangrur (PB)

- **Indian Grand Prix - 4**
  - 06th March
  - Panchkula (CG)

- **Federation Cup National Sr. Athletics Championships**
  - 15th to 18th March
  - Patiala (HR)

---

**Arpinder Singh**

**Triple Jump**

16.77m - Gold Medal - Asian Games 2018

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The Sports News Portal
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**EVENTS OF THIS MONTH**

- **NATIONAL JAVELIN CHALLENGE**
  - 15th to 16th April
  - Sonipat (HR)

- **400M NATIONALS**
  - 15th to 16th April
  - Lucknow (UP)

- **ASIAN ATHLETICS CHAMPIONSHIPS**
  - 21st to 24th April
  - Doha (Qatar)

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**SWAPNA BARMAN**

Heptathlon

6026 points—Gold Medal—Asian Games 2018

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**MAY**

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**EVENT OF THIS MONTH**

**ATHLETICS**
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**JINSON JOHNSON**

1500m 3:44.72-Gold Medal-Asian Games 2018
800m 1:46.35-Silver Medal-Asian Games 2018

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MANJIT SINGH
800m
1:46.15-Gold Medal-Asian Games 2018

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www.sportingindia.com

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THE SPORTS NEWS PORTAL
# July 2019 Calendar

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**Event of This Month**

**National Inter State Senior Athletics Championships 2019**

14th to 17th July

Kolkata (WB)

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**Saritaben Gayakwad, Hima Das, V K Vismaya & M R Poovamma**

4x400m Women's Relay

3:28.72 - Gold Medal - Asian Games 2018

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HIMA DAS
400 m
51.46s—Gold Medal—IAAF U20 World Championships 2018
50.79s (NR)—Silver Medal—Asian Games 2018

ATHLETICS
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# September Calendar

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## Events of This Month

1. **Indian Grand Prix - 5**
   - 01st September
   - Chennai (TN)

2. **West Zone Junior Athletics Championships**
   - 10th to 13th September
   - Alwar (RJ)

3. **North Zone Junior Athletics Championships**
   - 10th to 13th September
   - Jammu (J&K)

4. **South Zone Junior Athletics Championships**
   - 10th to 13th September
   - Mysore (KA)

5. **East Zone Junior Athletics Championships**
   - 10th to 13th September
   - Ranchi (JH)

6. **Federation Cup National Junior Athletics Championships**
   - 24th to 26th September
   - Tiruvannamalai (TN)

---

**Seema Punia**

Discus Throw

- 60.41m - Silver Medal - CWG 2018
- 62.26m - Bronze Medal - Asian Games 2018

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**EVENT OF THIS MONTH**

**NATIONAL OPEN ATHLETICS CHAMPIONSHIPS**

10TH TO 13TH OCTOBER

BENGALURU (KA)

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**MUHAMMED ANAS**

400m

45.69s-Silver Medal-Asian Games 2018

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**ATHLETICS FEDERATION OF INDIA**

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**THE SPORTS NEWS PORTAL**
# November

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## Events of This Month

**National Junior Athletics Championships**

02\(^{nd}\) to 06\(^{th}\) November

Vijayawada (AP)

**National Inter District Junior Athletics Championships**

24\(^{th}\) to 26\(^{th}\) November

Tirupati (AP)

---

**Sudha Singh**

3000m Steeplechase

9:40.03 - Silver Medal - Asian Games 2018

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### DECEMBER

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### EVENT OF THIS MONTH

![Race Track](image)

**ATHLETICS FEDERATION OF INDIA**

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**DHARUN AYYASAMY**

400m Hurdles

48.96s (NR) - Silver Medal - Asian Games 2018

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![sportingindia.com](image)
# AFI Domestic Calendar 2019

## National Cross Country Championships 2019
- 20-Jan-2019

## National Youth Championships 2019
- 19-21-Feb-2019

## Indian Grand Prix - 1
- 23-Feb-2019

## Indian Grand Prix - 2
- 27-Feb-2019

## Indian Grand Prix - 3
- 02-Mar-2019

## Indian Grand Prix - 4
- 06-Mar-2019

## Federation Cup National Sr. Athletics Championships

### Neena V
- Long Jump
- 6.51m-Silver Medal-Asian Games 2018

### Dutee Chand
- 100m & 200m
- 11.32s & 23.20s
- Silver Medals (2)-Asian Games 2018

## National Javelin Challenge
- 15-16-Apr-2019

## North Zone Junior Athletics Championships 2019
- 10-13-Sep-2019

## Federation Cup National Junior Athletics Championships
- 24-26-Sep-2019

## 400m Nationals
- 15-16-Apr-2019

## South Zone Junior Athletics Championships 2019
- 10-13-Sep-2019

## National Open Athletics Championships 2019
- 10-13-Oct-2019

## National Inter State Senior Athletics Championships 2019
- 14-17-Jul-2019

## East Zone Junior Athletics Championships 2019
- 10-13-Sep-2019

## National Junior Athletics Championships 2019
- 02-06-Nov-2019

## National Inter District Junior Athletics Championships
- 24-26-Nov-2019

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**Athletics Federation of India**

[www.indianathletics.in](http://www.indianathletics.in)

[www.sportingindia.com](http://www.sportingindia.com)

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KUNHU MUHAMMED
DHARUN AYYASAMY
AROKIA RAJIV
MUHAMMED ANAS

Men’s 4x400m relay team
3:01.85-Silver Medal
Asian Games 2018

M R POOVAMMA
HIMA DAS
MUHAMMED ANAS
AROKIA RAJIV

Mixed 4x400m relay team
3:15.71-Silver Medal
Asian Games 2018

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