



ATHLETICS FEDERATION OF INDIA

A-90, Phase I, Naraina Industrial Area, New Delhi - 110028
E: afi@indianathletics.in, indianathletics@gmail.com W : www.indianathletics.in

F.No. 4-29/AFI/19

March 08 , 2019

ALL THE AFFILIATED UNITS – AFI

Subject :- 2nd National 400m Open Championships

Dear Sir,

I am pleased to inform you that the 2nd National 400m Open Championships will be held at Lucknow (UP) on 15th & 16th April 2019. The various details of the Championships are as under:-

Organizing Unit :- Uttar Pradesh Athletics Association
Venue :- SAI Centre, Lucknow
Date of Championships :- 15th & 16th April 2019
Age Groups :- **Men & Women**
Under 20 Boys & Girls
Under 18 Boys & Girls
Under 16 Boys & Girls

Entry

The athletes can visit AFI Website from 26th March to 5th April 2019 and submit "Online" entry by himself/herself. Entry sent otherwise will not be accepted. The entry should be made indicating the following :-

Name :
Date of Birth :
Performance indicating name of Championships, Venue, date (s)
Complete Postal Address :
Photo :
Mob No. :
Email Id :
Age Proof
(For athletes below 20 years) - Original Xth Standard Certificate indicating
DOB/Birth Certificate.

Entry Form to be filled on AFI Website www.indianathletics.in

Eligibility

The entry is open to all aspirants/athletes of 400m **as per entry standard** fixed by AFI for the year 2019 which is as under :

Men	– 50.00s	Women–	57.00s
Under 20 Boys	– 52.50s	Under 20 Girls	- 1:00.00s
Under 18 Boys	– 53.00s	Under 18 Girls	- 1:05.00s
Under 16 Boys	– 53.50s	Under 16 Girls	- 1:10.00s

Reckoning of Age for Junior Athletes

An athlete should be below 20 years, 18 years, 16 years, as the case may be, on 15th April 2019. The following age groups will facilitate the junior athletes to send the entry in the appropriate age group.

Under 20 Years - Born between 17.04.1999 & 16.04.2001

Under 18 Years - Born between 17.04.2001 & 16.04.2003

Under 16 Years - Born between 17.04.2003 & 16.04.2005

Note :-

- a) **An Athlete below 14 years on 16.04.2019 are not eligible to participate.**
- b) **An Athlete can participate in his/her own age group only**

Last date of Entry :- 5th April 2019

Entry Fee :- Rs. 500/- per head to be sent "On Line".

BIB Number :- BIB Numbers will be issued to the athletes on 14th April 2019 between 5:00 PM to 7:00 PM at the Venue of Championships.

Accommodation

Accommodation will be provided by the host State from 14th April to 16th April 2019. However, athletes who fail to qualify for finals will have to vacate the accommodation on 15th April 2019 by 7:00 P.M. The athletes are required to reach the venue of accommodation of their own.

The details of accommodation for athletes will be put on AFI website

Dope

Dope Samples will be collected by NADA Officials.

Victory Ceremony

Medals to winners 1st 2nd & 3rd places will be awarded on 16th April 2019.

Merit Certificates

Merit Certificates will be issued to winners of 1st, 2nd & 3rd Places in all age groups.

Participation Certificate

Participation Certificates will be issued only to those athletes who meet the Entry Standards mentioned above.

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

Thanking You
Yours Sincerely


C.K. VALSON
Secretary, AFI

CC: - All Office Bearers –AFI
All Chairmen, AFI Committees