

**ATHLETICS FEDERATION OF INDIA
TECHNICAL COMMITTEE
ENTRY STANDARD 2020
MEN & WOMEN**

24th Federation Cup National Senior Athletics Championships 2020

MEN			WOMEN		
Events & Specifications		Standards	Events & Specifications		Standards
100m		10.98s	100m		12.90s
200m		22.40s	200m		25.00s
400m		49.00s	400m		58.00s
800m		1:54.00s	800m		2:17.00s
1500m		3:56.00s	1500m		4:55.00s
5000m		15:00.00s	5000m		19:00.00s
10000m		31:20.00s	10000m		40:00.00s
110m Hurdles	106.7 cms	15.20s	100m Hurdles	84.0 cms	15.40s
400m Hurdles	91.4 cms	55.00s	400m Hurdles	76.2 cms	1:05.00s
3000m Steeple Chase	91.4 cms	9:30.00s	3000m Steeple Chase	76.2 cms	12:30.00s
Long Jump		7.00m	Long Jump		5:50m
Triple Jump		14.90m	Triple Jump		11.50m
High Jump		2.00m	High Jump		1.50m
Pole Vault		4.25m	Pole Vault		3.00m
Shot Put	7.26 kgs	15.50m	Shot Put	4.00 kgs	12.50m
Discus Throw	2.00 kgs	46.50m	Discus Throw	1.00 kgs	40.00m
Hammer Throw	7.26 kgs	55.50m	Hammer Throw	4.00 kgs	45.00m
Javelin Throw	800 gms	66.50m	Javelin Throw	600 gms	40.00m

Decathlon		5500 pts	Heptathlon		4400 pts
-----------	--	-----------------	------------	--	-----------------