



# ATHLETICS FEDERATION OF INDIA

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F. No. 10-20/AFI/18

March 13, 2018

All Affiliated Units – AFI

**Subject :- List of Events & Entry Standard 2018**

Dear Sir,

Please find enclosed the list of Events to be conducted for various age groups and also the Entry Standard prescribed for each Event/Age Group.

You are requested to comply with the entry standard and send the entries of your athletes for participation in various Championships to be held in 2018 accordingly.

Thanking You

Yours Sincerely

(C.K. VALSON)  
Secretary, AFI

# ATHLETICS FEDERATION OF INDIA

## TECHNICAL COMMITTEE

\*~\* ENTRY STANDARDS 2018 \*~\*

\*~\* MEN & WOMEN \*~\*

MEN			WOMEN		
Events & Specifications		Standards	Events & Specifications		Standards
100m.		11.00 s	100m.		12.60 s
200m.		22.40 s	200m.		24.50 s
400m.		50.00 s	400m.		57.50 s
800m.		1:54.00s	800m.		2:18.00 s
1,500m.		3:58.00s	1,500m.		4:40.00 s
5,000m.		14.50	5,000m.		18:30.00 s
10,000m.		31.50	10,000m.		38:00.00 s
110m. Hurdles		15.10 s.	100m. Hurdles		15.00 s.
400m. Hurdles		54.00 s.	400m. Hurdles		1:05.00 s
3,000m. Steeple Chase		9:15.00 s	3,000m. Steeple Chase		12:30.00 s
Long Jump		7.00 m	Long Jump		<b>5.50 m.</b>
Triple Jump		15.00 m	Triple Jump		<b>11.50 m.</b>
High Jump		1.95 m	High Jump		<b>1.55 m.</b>
Pole Vault		4.40 m	Pole Vault		<b>3.10 m.</b>
Shot Put		15.50 m	Shot Put		12.00 m.
Discus Throw		48.00m	Discuss Throw		1.00 m.
Hammer Throw		55.00 m.	Hammer Throw		45.00m
Javelin Throw	650 gms	63.50 m.	Javelin Throw	600 gms	38.00m .
4x100m. Relay		*	4x100m. Relay		*
4x400m. Relaly		*	4x400m. Relaly		*
Decathlon		*	Heptathlon		*
20,000m. Race Walking		1:36:00 s	20,000m. Race Walking		<b>2::00:00 s.</b>
50,000m. Race Walking					

\*- No restriction of qualifying standards

**C. K. Valson**

Hony Secretary - AFI

September 22, 2017

**Note :-** The performance must have been achieved in any AFI National Championships or State Meet where electronic equipment had been used. The proof of performance is required to be attached failing which the entry will not be accepted.





# Athletics Federation of India

## TECHNICAL COMMITTEE

**\*\* ENTRY STANDARDS ~ MALE ATHLETES ~ 2018 \*\***

Events & Specifications		GROUPS & STANDARDS				
Events	Specifications	MEN OPEN	U 20 * MEN Below 20 Years	U 18 * BOYS Below 18 Years	U 16 * BOYS Below 16 Years	U 14 * BOYS Below 14 Years
100m .		11.20s.	12.00s.	12.00s.	12.20s.	12.80s.
200m.		22.80s.	24.00s.	25.00s.	25.50s.	
400m.		51.00s.	54.00s.	55.00s.	56.00s.	
600m.						*
800m.		1:59.00s.	2:00.00s.	2:10.00s.	2:15.00s.	
1500m.		4:00.00s.	4:25.00s.	4:30.00s.		
2000m.					6:50.00s.	
3000m.				9:30.00s.		
5000m.		15:10.00s.	16:10.00s.			
10,000m.		33:00.00s.	36:00.00s.			
100m. Hurdles	0.914m				17.00s.	
110m. Hurdles	0.914m			16.00s.		
110m. Hurdles	0.991m		17.00s.			
110m. Hurdles	1.067m.	15.20s.				
400m. Hurdles	0.838m			1:00.00s.		
400m. Hurdles	0.914m	56.00s.	1:05.00s.			
2000m. Steeplechase	0.838m.			7:10.00s.		
3000m. Steeplechase	0.914m.	9:50.00s.	12:00.00s.			
High Jump		1.90m.	1.60m.	1.50m.	1.45m.	*
Pole Vault		4.00m.	3.40m.	3.20m.		
Long Jump		6.90m.	6.00m.	5.90m.	5.80m.	*
Triple Jump		14.30m.	13.00m.	13.00m.		
Shot Put	4.000kg.					*
Shot Put	5.000kg.			12.00m.	10.00m.	
Shot Put	6.000kg.		12.00m.			
Shot Put	7.260kg.	14.50m.				
Discus Throw	1.500kg.			40.00m.	35.00m.	
Discus Throw	1.750kg.		40.00m.			
Discus Throw	2.000kg.	43.00m.				
Hammer Throw	5.000kg.			45.00m.	35.00m.	
Hammer Throw	6.000kg.		45.00m.			
Hammer Throw	7.260kg.	50.00m.				
Javelin Throw	700g.			50.00m.	45.00m.	
Javelin Throw	800g.	63.50m.	50.00m.			
Medlay Relay				*	*	
4 x 100m. Relay Race		*	*			
4 x 400m. Relaly Race		*	*			
Trithlon (One Day)						*
Pentathlon (Two Days)					*	
Decathlon		*	*	*		
5000m. Race Walking (Track)					32:00.0s.	
10000m. Race Walking (Track)			55:00.0s.	1::00:00.0s.		
20000m. Race Walking (Track)		1::44.00s.				
20 km. Race Walking (Road)		1::44.00s.				
50 km. Race Walking (Road)		*				

\* - No restriction of qualifying standards.

**C. K. Valson**  
Hony Secretary

1st FEBRUARY 2018





# Athletics Federation of India

## TECHNICAL COMMITTEE

**\*\* ENTRY STANDARDS ~ FEMALE ATHLETES ~ 2018 \*\***

Events & Specifications		GROUPS & STANDARDS				
		WOMEN OPEN	U 20 * WOMEN Below 20 Years	U 18 * GIRLS Below 18 Years	U 16 * GIRLS Below 16 Years	U 14 * GIRLS Below 14 Years
Events	Specifications					
100m .		13.00s.	13.50s.	14.00s.	14.50s.	15.00s.
200m.		26.00s.	29.00s.	30.00s.	31.00s.	
400m.		58.00s.	1:10.00s.	1:15.00s.	1:20.00s.	
600m.						*
800m.		2:20.00s.	2:35.00s.	2:40.00s.	2:50.00s.	
1500m.		4:50.00s.	5:50.00s.	5:30.00s.		
2000m.					8:30.00s.	
3000m.			13:00.00s.	13:00.00s.		
5000m.		19:00.00s.	24:00.00s.			
10,000m.		38:00.00s.				
100m. Hurdles	0.762m			19.00s.	19.20s.	
100m. Hurdles	0.838m.	15.50s.	18.00s.			
400m. Hurdles	0.762m.	1:05.00s.	1:12.00s.	1:20.00s.		
2000m. Steeplechase	0.762m.		13:00.00s.	10:05.00s.		
3000m. Steeplechase	0.762m.	12:50.00s.				
High Jump		1.55m.	1.40m.	1.20m.	1.15m.	*
Pole Vault		3.10m.	2.60m.	2.30m.		
Long Jump		5.50m.	4.25m.	4.10m.	4.00m.	*
Triple Jump		11.50m.	10.50m.	9.50m.		
Shot Put	3.000kg			9.00m.	8.50m.	*
Shot Put	4.000kg	11.00m.	7.50m.			
Discus Throw	1.000kg	35.00m.	25.00m.	23.00m.	20.00m.	
Hammer Throw	3.000kg			30.00m.		
Hammer Throw	4.000kg	40.00m.	28.00m.			
Javelin Throw	500g.			25.00m.	22.00m.	
Javelin Throw	600g.	38.00m.	25.00m.			
Medlay Relay				*	*	
4 x 100m. Relay Race		*	*			
4 x 400m. Relaly Race		*	*			
Trithlon (One Day)						*
Pentathlon (Two Days)					*	
Heptathlon		*	*	*		
3000m. Race Walking (Track)					25:00.0s.	
5000m. Race Walking (Track)				38:00.0s.		
10,000m. Race Walking (Track)			1:10:00.0s.			
20,000m. Race Walking (Track)						
20km. Race Walking (Road)		2:00:00s.				

\* - No restriction of qualifying standards.

**C. K. Valson**  
Hony Secretary

1st FEBRUARY 2018



# ATHLETICS FEDERATION OF INDIA

## TECHNICAL COMMITTEE

### LIST of EVENTS \* MEN & BOYS \* Year 2018

MEN		
Sl.No.	EVENTS	Specification
1	100m	
2	200m	
3	400m	
4	800m	
5	1500m	
6	5000m	
7	10,000m	
8	110m Hurdles	1.067m
9	400m Hurdles	0.914m
10	3000m Steeplechase	0.914m
11	High Jump	
12	Pole Vault	
13	Long Jump	
14	Triple Jump	
15	Shot Put	7.260kg
16	Discus Throw	2.000kg
17	Hammer Throw	7.260kg
18	Javelin Throw	800g
19	4 x 100m Relay	
20	4 x 400m Relay	
21	Decathlon (Two Days)	10 events
22	Race Walking (Track)	20,000m
23	Race Walking (Road)	20km
24	Race Walking (Road)	50km
25	Cross-Country	10km

U 20 - MEN		
Sl.No.	EVENTS	Specification
1	100m	
2	200m	
3	400m	
4	800m	
5	1500m	
6	5000m	
7	10,000m.	
8	110m Hurdles	0.991m
9	400m Hurdles	0.914m
10	3000m Steeplechase	0.914m
11	High Jump	
12	Pole Vault	
13	Long Jump	
14	Triple Jump	
15	Shot Put	6.000kg
16	Discus Throw	1.750kg
17	Hammer Throw	6.000kg
18	Javelin Throw	800g
19	4 x 100m Relay	
20	4 x 400m Relay	
21	Decathlon (Two Days)	10 events
22	Race Walking (Track)	20,000m
23	Race Walking (Road):	20km
24	Cross-Country	8km

U 18 * BOYS		
Sl.No.	EVENTS	Specification
1	100m	
2	200m	
3	400m	
4	800m	
5	1500m	
6	3000m	
7	110m Hurdles	0.914m
8	400m Hurdles	0.838m
9	2000m Steeplechase	0.838m.
10	High Jump	
11	Pole Vault	
12	Long Jump	
13	Triple Jump	
14	Shot Put	5.000kg
15	Discus Throw	1.500kg
16	Hammer Throw	5.000kg
17	Javelin Throw	700g
18	Medley Relay	
19	Decathlon (Two Days)	10 events
20	Race Walking (Track):	10,000m.
21	Cross-Country	6km

U 16 * BOYS		
Sl.No.	EVENTS	Specification
1	100m	
2	200m	
3	400m	
4	800m	
5	2000m	
6	100m Hurdles	0.914m
7	High Jump	
8	Long Jump	
9	Shot Put	5.000kg
10	Discus Throw	1.500kg
11	Hammer Throw	5.000kg
12	Javelin Throw	700g
13	Medley Relay	
14	Pentathlon (Two Days)	Five Events
15	Race Walking (Track):	5000m.

U 14 * BOYS		
Sl.No.	EVENTS	Specification
1	100m	
2	600m	
3	High Jump	
4	Long Jump	
5	Shot Put	4.000kg
6	Trithlon (One Day)	Three Events

DECATHLON (MEN )		
DECATHLON (U 20 * MEN)		
DECATHLON (U 18 * BOYS)		

DAY "1": 100m, Long Jump, Shot Put, High Jump & 400m.		
DAY "2": 110m Hurdles, Discus Throw, Pole Vault, Javelin Throw & 1500m.		

PENTATHLON (U 16 * BOYS )		
DAY "1": 100m, High Jump & Shot Put.		
DAY "2": Long Jump & 800m.		

TRITHLON (U 14 * BOYS)		
ONE DAY: 100m, Long Jump & Shot Put.		



# ATHLETICS FEDERATION OF INDIA

## TECHNICAL COMMITTEE

### LIST of EVENTS \* WOMEN & GIRLS \* Year 2018

WOMEN		
Sl.No.	EVENTS	Specification
1	100m	
2	200m	
3	400m	
4	800m	
5	1500m	
6	5000m	
7	10,000m.	
8	100m Hurdles	0.838m.
9	400m Hurdles	0.762m.
10	3000m Steeplechase	0.762m.
11	High Jump	
12	Pole Vault	
13	Long Jump	
14	Triple Jump	
15	Shot Put	4.000kg
16	Discus Throw	1.000kg
17	Hammer Throw	4.000kg
18	Javelin Throw	600g
19	4 x 100m Relay	
20	4 x 400m Relay	
21	Heptathlon (Two days)	7 Events
22	Race Walking (Track)	20,000m
23	Race Walking (Road):	20km
24	Cross-Country	10km

U 20 * GIRLS		
Sl.No.	EVENTS	Specification
1	100m	
2	200m	
3	400m	
4	800m	
5	1500m	
6	3000m	
7	5000m	
8	100m Hurdles	0.838m.
9	400m Hurdles	0.762m.
10	2000m Steeplechase	0.762m.
11	High Jump	
12	Pole Vault	
13	Long Jump	
14	Triple Jump	
15	Shot Put	4.000kg
16	Discus Throw	1.000kg
17	Hammer Throw	4.000kg
18	Javelin Throw	600g
19	4 x 100m Relay	
20	4 x 400m Relay	
21	Heptathlon (Two days)	7 Events
22	Race Walking (Track):	10,000m.
23	Cross-Country	6km

U 18 * GIRLS		
1	100m	
2	200m	
3	400m	
4	800m	
5	1500m	
6	3000m	
7	100m Hurdles	0.762m.
8	400m Hurdles	0.762m.
9	2000m Steeplechase	0.762m.
10	High Jump	
11	Pole Vault	
12	Long Jump	
13	Triple Jump	
14	Shot Put	3.000kg
15	Discus Throw	1.000kg
16	Hammer Throw	3.000kg
17	Javelin Throw	500g
18	Medley Relay	
19	Heptathlon (Two days)	7 Events
20	Race Walking (Track):	5000m.
21	Cross-Country	4km

U 16 * GIRLS		
1	100m	
2	200m	
3	400m	
4	800m	
5	2000m	
6	100m Hurdles	0.762m.
7	High Jump	
8	Long Jump	
9	Shot Put	3.000kg
10	Discus Throw	1.000kg
11	Javelin Throw	500g
12	Medley Relay	
13	Pentathlon (Two Days)	Five Events
14	Race Walking (Track):	3000m.

U 14 * GIRLS		
1	100m	
2	600m	
3	High Jump	
4	Long Jump	
5	Shot Put	3.000kg
6	Trithlon (One Day)	Three Events

#### PENTATHLON (U 16 \* GIRLS)

DAY "1": 100m Hurdles, High Jump & Shot Put.

DAY "2": Long Jump & 800m.

#### TRITHLON (U 14 \* GIRLS)

ONE DAY: 100m, Long Jump & Shot Put.

#### HEPTATHLON (WOMEN)

#### HEPTATHLON (U 20 \* WOMEN)

#### HEPTATHLON (U 18 \* GIRLS)

DAY "1": 100m Hurdles, High Jump, Shot Put & 200m.

DAY "2": Long Jump, Javelin Throw & 800m.



**ATHLETICS FEDERATION OF INDIA**  
**TECHNICAL COMMITTEE**

**16th NATIONAL INTER DISTRICT SUB-JUNIOR ATHLETICS CHAMPIONSHIPS 2018**

**LIST of EVENTS \* BOYS & GIRLS \* Year 2018**

<b>U 16 * BOYS</b>		
1	100m	
2	200m	
3	400m	
4	1000m	
5	100m Hurdles	0.914m
6	High Jump	
7	Long Jump	
8	Shot Put	5.000kg
9	Discus Throw	1.500kg
10	Javelin Throw	700g

<b>U 16 * GIRLS</b>		
1	100m	
2	200m	
3	400m	
4	1000m	
5	100m Hurdles	0.762m.
6	High Jump	
7	Long Jump	
8	Shot Put	3.000kg
9	Discus Throw	1.000kg
10	Javelin Throw	500g

<b>U 14 * BOYS</b>		
1	100m	
2	600m	
3	High Jump	
4	Long Jump	
5	Shot Put	4.000kg

<b>U 14 * GIRLS</b>		
1	100m	
2	600m	
3	High Jump	
4	Long Jump	
5	Shot Put	3.000kg

**\*~\* RULES \*~\***

1	An athlete can enter in Two Individual events and Two relay events (For Men & Women) in all Athletics Championships.
2	An athlete can enter in Two Individual events and One relay event (For Age group athletes) in all Athletics Championships.
3	If the Two individual events are track events, only one of these races should be longer than 200m. in U 18 (Youth) Championship.
4	Only Two athletes can enter in each event (Except relay) in Juniors (Age group) Athletics Championships.
5	Only Three athletes can enter in each event (Except relay) in Seniors (Men & Women) Athletics Championships.
6	Only Three athletes can enter in each event (Except relay) in U 20 (Men & Women) and U 18 (Boys & Girls) Athletics Championships.
7	Maximum Six athletes can enter in each relay event in all Athletics championships.
8	No athlete below 16 years of age is entitled to enter in Men & Women categories.
9	No athlete below 16 years of age is entitled to enter in under 18 years Boys & Girls and under 20 years Men & Women categories.
10	The District teams can enter only one athlete in each event in 16th National Inter District Sub--Junior Athletics Championships 2018.
11	The District teams can enter only 13 Athletes with 2 Team Officials in 16th National Inter District Sub-Junior Athletics Championships 2018.
12	<b>The date of reckoning the Age of an Age Group Athlete will be the last date/day of the Championships.</b>
13	No athlete below 12 years of age is entitled to enter in 16th National Inter District Junior Athletics Championships 2018.
14	Running Shoes or Sports Shoes is compulsory for participating in all Athletics Championships.
15	The athletes are required to produce the Original Date of Birth Certificate at the time of Age Verification.
16	The Rules/Regulations IAAF Competition Rules 2018-2019 will be applicable on Athletics Championships.
17	The Rules/Regulations & Guidelines of Indian Athletics Manual (updated on 01.01.2018) will be applicable on Athletics Championships.

**C. K. Valson**  
Hony Secretary AFI

**1st February 2018**  
New Delhi