



# ATHLETICS FEDERATION OF INDIA

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**Circular No. 21/20**

F.No. 10-20/AFI/20

February 29, 2020

**ALL AFFILIATED UNITS – AFI**

**Subject :- Revised List of Events for Senior & Junior Athletes including NIDJAM**

Dear Sir/Madam,

Please find enclosed the revised list of Events for the following age groups indicating the specifications, wherever required:

- (a) **Men, Women & Under 23 Men/Women**
- (b) **Under-20 Men & Women**
- (c) **Under-18 Boys & Girls**
- (d) **Under-16 Boys & Girls**
- (e) **Under-14 Boys & Girls**
- (f) **Under 14 & 16 Boys & Girls (NIDJAM)**

The Affiliated State Units are requested to go through the list and also the specifications shown against some of the Events and organize State Meets for Juniors accordingly. The district units of your State may also be apprised of the changes made in the Events to be conducted in NIDJAM in 2020 onwards. This may, please be done on “**Priority**” basis.

**This supersedes all previous circulars recently issued in this regard.**

Your cooperation in this regard is solicited.

Thanking You  
Yours Sincerely

C.K. VALSON  
Secretary, AFI

# ATHLETICS FEDERATION OF INDIA

## TECHNICAL COMMITTEE

### LIST of EVENTS \* MEN & BOYS \* Year 2020

MEN & U 23 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	4x100m Relay	
20	4x400m Relay	
21	4x400m Mixed Relay	
22	Decathlon (Two Days)	Ten events
23	Race Walking (Track)	20,000m
24	Race Walking (Road)	20km
25	Race Walking (Road) {For Men only}	50km
26	Cross-Country	10km

U 20 MEN		
Sl.No.	EVENTS	Specification
1	100m	
2	200m	
3	400m	
4	800m	
5	1500m	
6	3000m	
7	5000m.	
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	4x100m Relay	
20	4x400m Relay	
21	4x400m Mixed Relay	
22	Decathlon (Two Days)	Ten events
23	Race Walking (Track)	10,000m
24	Race Walking (Road):	10km
25	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)	Ten events
20	Race Walking (Track):	10,000m.
21	Cross-Country	6km
<b>DECATHLON (MEN , U 23 Men, U20 Men &amp; U18 Boys)</b>		
<b>DAY "1":</b> 100m, Long Jump, Shot Put, High Jump & 400m.		
<b>DAY "2":</b> 110m Hurdles, Discus Throw, Pole Vault, Javelin Throw & 1500m.		
<b>TRIATHLON (U 14 BOYS)</b>		
<b>ONE DAY:</b> 60m, Long Jump & Ball Throw.		

U 16 BOYS		
Sl.No.	EVENTS	Specification
1	100m	
2	300m.	
3	800m	
4	2000m	
5	80m Hurdles (7 flight.)	0.838m
6	High Jump	
7	Long Jump	
8	Shot Put	4.000kg
9	Discus Throw	1.250kg
10	Hammer Throw	4.000kg
11	Javelin Throw	600g
12	Medley Relay	
13	Hexathlon (Two Days)	Six Events
14	Race Walking (Track):	5000m.
15	Cross-Country	2km

U 14 BOYS		
Sl.No.	EVENTS	Specification
1	60m	
2	600m	
3	High Jump	
4	Long Jump	
5	Shot Put	3.000kg
6	Ball Throw	159g. ± 4g.
7	Triathlon (One Day)	Three Events
<b>HEXATHLON (U 16 BOYS)</b>		
<b>DAY "1":</b> 100m, Long Jump & Shot Put.		
<b>DAY "2":</b> High Jump, Javelin Throw & 1000m.		

# ATHLETICS FEDERATION OF INDIA

## TECHNICAL COMMITTEE

### LIST of EVENTS \* WOMEN & GIRLS \* Year 2020

WOMEN & U 23 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	4x100m Relay	
20	4x400m Relay	
21	4x400m Mixed Relay	
22	Heptathlon (Two days)	Seven Events
23	Race Walking (Track)	20,000m
24	Race Walking (Road):	20km
25	Cross-Country	10km

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)	Seven Events
20	Race Walking (Track):	5000m.
21	Cross-Country	4km

HEXATHLON (U 16 GIRLS)	
DAY "1":	100m Hurdles, Long Jump & Shot Put.
DAY "2":	High Jump, Javelin Throw & 800m.
TRIATHLON (U 14 GIRLS)	
ONE DAY:	60m, Long Jump & Ball Throw.

U 20 WOMEN		
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	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	4x100m Relay	
20	4x400m Relay	
21	4x400m Mixed Relay	
22	Heptathlon (Two days)	Seven Events
23	Race Walking (Track):	10,000m.
24	Race Walking (Road):	10km
25	Cross-Country	6km

U 16 GIRLS		
1	100m	
2	300m	
3	800m	
4	2000m	
5	80m Hurdles (8 Flights)	0.762m.
6	High Jump	
7	Long Jump	
8	Shot Put	3.000kg
9	Discus Throw	1.000kg
10	Javelin Throw	500g
11	Medley Relay	
12	Hexathlon (Two Days)	Six Events
13	Race Walking (Track):	3000m.
14	Cross-Country	2km

U 14 GIRLS		
1	60m	
2	600m	
3	High Jump	
4	Long Jump	
5	Shot Put	2.000kg
6	Ball Throw	159g. ± 4g.
7	Triathlon (One Day)	Three Events
HEPTATHLON (Women, U 23 Women & U20 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**

**18th NATIONAL INTER DISTRICT JUNIOR ATHLETICS MEET 2020**

**LIST of EVENTS \* BOYS & GIRLS \* Year 2020**

U 16 BOYS		
1	100m	
2	300m	
3	1000m	
4	80m Hurdles (7 flight.) *	0.838m
5	High Jump	
6	Long Jump	
7	Shot Put	4.000kg
8	Discus Throw	1.250kg
9	Javelin Throw	600g

U 16 GIRLS		
1	100m	
2	300m	
3	1000m	
4	80m Hurdles (8 Flights) *	0.762m.
5	High Jump	
6	Long Jump	
7	Shot Put	3.000kg
8	Discus Throw	1.000kg
9	Javelin Throw	500g

U 14 BOYS		
1	60m	
2	600m	
3	High Jump (Scissor)	
4	Long Jump	
5	Shot Put	3.000kg
6	Ball Throw	159g. ± 4g.

U 14 GIRLS		
1	60m	
2	600m	
3	High Jump (Scissor)	
4	Long Jump	
5	Shot Put	2.000kg
6	Ball Throw	159g. ± 4g.

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

U 16 BOYS * U 16 GIRLS	
*	BOYS - <b>80 m. Hurdles</b> - 7 Flights * Height - 0.838m. * 13.5m / 8.6m / 14.9m
*	GIRLS - <b>80 m. Hurdles</b> - 8 Flights * Height - 0.762m. * 12m / 8m / 12m
U 14 BOYS * U 14 GIRLS	
1	Boys & Girls - <b>High Jump</b> shall be on Scissor pattern.
2	Boys & Girls - <b>Ball Throw</b> - Sector - Javelin * Specification - Like Cricket Ball of 159g.±4g. & 0.23m circumference.
GENERAL RULES	
1	A Senior Athlete can enter maximum in Two Individual Event & Two Relay events. However, A Junior Athlete can enter in Two Individual Events & One Relay event.
2	If the Two individual events are track events, only one of these races should be longer than 200m. in U 18 & U16 groups.
3	Only Three athletes can enter in each event (Except relays) in Seniors (Men, Women & U 23) Athletics Championships and also in single age group Championships for Juniors i.e. Federation Cup National Junior Athletics Championships & National Youth Athletics Championships.
4	Only Two athletes can enter in each event (Except relays) in all Age group Junior Athletics Championships i.e. National Junior Athletics Championships & Zonal Junior Athletics Championships.
5	Four Athletes can enter in each relay event in all Athletics championships . Any Four Additional Athletes from among those entered for the Championships, whether for Relay or any other event, may be used in the composition of the Relay Team in any Round. * <b>World Athletics Technical Rules 2020</b> - Part 'I' - Para 24.10 of Rule 170 {Relay Races}
6	No athlete below 16 years of age is entitled to enter in Men, Women and U 23, U 20, U18 years Boys & Girls categories.
7	The District Units can enter Two Athletes in one event in National Inter District Junior Athletics Meet. However an Athlete can participate in One Event Only.
8	The District Units can enter only 13 Athletes with 2 Team Officials in National Inter District Junior Athletics Meet.
9	No athlete below 12 years of age is entitled to enter in National Junior, Zonal & National Inter District Junior Athletics Meet.
10	The athletes are required to produce the Original Date of Birth Certificate (as per AFI Guidelines) at the time of Age Verification
11	<b>The date of reckoning the Age of an Age Group Athlete will be the last date/day of the Championships.</b>
12	Running Shoes or Sports Shoes are compulsory for participating in all Athletics Championships.
13	The Rules/Regulations of World Athletics Technical Rules 2020 will be applicable on Athletics Championships.
14	The Rules & Guidelines of Indian Athletics Manual (updated on 01.01.2020) will be applicable to all Athletics Championships.

**C. K. Valson**

Hony Secretary- AFI

**26th February 2020**

New Delhi.