



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. 10-20/AFI/18

December 22, 2018

All Affiliated Units – AFI

Subject :- Entry Standards 2019

Dear Sir,

The Athletics Federation of India Competition Calendar for the year 2019 has already been finalized and put on AFI Website.

The Competition Calendar for the year 2019 will commence in February with the conduct of Race Walking Championships and National Youth Athletics Championships.

Like previous year, I am herewith sending the entry standard prescribed for various Events in all age groups.

You are requested to adhere to the prescribed entry standard and send entry of eligible athletes only for participation in National Senior and Junior Athletics Championships 2019.

Your co-operation in this regard is solicited.

Thanking You

Yours Sincerely

C.K. VALSON
Secretary, AFI



Athletics Federation of India

TECHNICAL COMMITTEE

~* ENTRY STANDARDS ~ MALE ATHLETES ~ 2019 ~*~

| Events & Specifications | | GROUPS & STANDARDS | | | | |
|------------------------------|----------------|--------------------|------------------------------|-------------------------------|-------------------------------|-------------------------------|
| | | 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 |
| Events | Specifications | | | | | |
| 100m . | | 11.00s. | 11.70s. | 11.80s. | 12.00s. | 12.80s. |
| 200m. | | 22.50s. | 23.50s. | 24.00s. | 24.50s. | |
| 400m. | | 50.00s. | 52.50s. | 53.00s. | 53.50s. | |
| 600m. | | | | | | * |
| 800m. | | 1:55.00s. | 2:00.00s. | 2:03.00s. | 2:08.00s. | |
| 1500m. | | 3:58.00s. | 4:20.00s. | 4:25.00s. | | |
| 2000m. | | | | | 6:30.00s. | |
| 3000m. | | | | 9:30.00s. | | |
| 5000m. | | 15:10.00s. | 16:00.00s. | | | |
| 10,000m. | | 32:50.00s. | 35:50.00s. | | | |
| 100m. Hurdles | 0.914m | | | | 16.00s. | |
| 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 | 55.00s. | 1:02.00s. | | | |
| 2000m. Steeplechase | 0.838m. | | | 7:00.00s. | | |
| 3000m. Steeplechase | 0.914m. | 9:50.00s. | 11:50.00s. | | | |
| High Jump | | 1.90m. | 1.70m. | 1.65m. | 1.55m. | * |
| Pole Vault | | 4.20m. | 3.50m. | 3.20m. | | |
| Long Jump | | 7.00m. | 6.30m. | 6.20m. | 5.90m. | * |
| Triple Jump | | 14.50m. | 13.25m. | 13.00m. | | |
| Shot Put | 4.000kg. | | | | | * |
| Shot Put | 5.000kg. | | | 13.50m. | 11.50m. | |
| Shot Put | 6.000kg. | | 13.00m. | | | |
| Shot Put | 7.260kg. | 15.50m. | | | | |
| Discus Throw | 1.500kg. | | | 42.00m. | 37.00m. | |
| Discus Throw | 1.750kg. | | 42.00m. | | | |
| Discus Throw | 2.000kg. | 45.50m. | | | | |
| Hammer Throw | 5.000kg. | | | 45.00m. | 40.00m. | |
| Hammer Throw | 6.000kg. | | 45.00m. | | | |
| Hammer Throw | 7.260kg. | 54.00m. | | | | |
| Javelin Throw | 700g. | | | 53.00m. | 48.00m. | |
| Javelin Throw | 800g. | 65.00m. | 56.00m. | | | |
| Medley Relay | | | | * | * | |
| 4 x 100m. Relay Race | | 42.50s. | * | | | |
| 4 x 400m. Relay Race | | 3:12.00s. | * | | | |
| Triathlon (One Day) | | | | | | * |
| Pentathlon (Two Days) | | | | | * | |
| Decathlon | | * | * | * | | |
| 5000m. Race Walking (Track) | | | | | 31:00.00s. | |
| 10000m. Race Walking (Track) | | | 55:00.0s. | 58:00.00s. | | |
| 20000m. Race Walking (Track) | | 1:40.00s. | | | | |
| 20 km. Race Walking (Road) | | 1:40.00s. | | | | |
| 50 km. Race Walking (Road) | | * | | | | |

* - No restriction of qualifying standards.



Athletics Federation of India

TECHNICAL COMMITTEE

~ ENTRY STANDARDS ~ FEMALE ATHLETES ~ 2019 *~*

| 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 . | | 12.50s. | 13.00s. | 13.50s. | 14.00s. | 15.00s. |
| 200m. | | 25.00s. | 27.00s. | 28.00s. | 29.00s. | |
| 400m. | | 57.00s. | 1:00.00s. | 1:05.00s. | 1:10.00s. | |
| 600m. | | | | | | * |
| 800m. | | 02:20.00s. | 2:25.00s. | 2:35.00s. | 2:40.00s. | |
| 1500m. | | 04:35.00s. | 5:00.00s. | 5:30.00s. | | |
| 2000m. | | | | | 8:00.00s. | |
| 3000m. | | | 12:00.00s. | 12:30.00s. | | |
| 5000m. | | 17:50.00s. | 21:00.00s. | | | |
| 10,000m. | | 37:50.00s. | | | | |
| 100m. Hurdles | 0.762m | | | 17.00s. | 18.00s. | |
| 100m. Hurdles | 0.838m. | 15.30s. | 17.00s. | | | |
| 400m. Hurdles | 0.762m. | 1:04.50s. | 1:10.00s. | 1:15.00s. | | |
| 2000m. Steeplechase | 0.762m. | | 13:00.00s. | 10:05.00s. | | |
| 3000m. Steeplechase | 0.762m. | 12:50.00s. | | | | |
| High Jump | | 1.55m. | 1.50m. | 1.40m. | 1.35m. | * |
| Pole Vault | | 3.10m. | 2.60m. | 2.50m. | | |
| Long Jump | | 5.70m. | 5.10m. | 4.80m. | 4.50m. | * |
| Triple Jump | | 11.75m. | 11.20m. | 10.00m. | | |
| Shot Put | 3.000kg | | | 11.00m. | 9.50m. | * |
| Shot Put | 4.000kg | 11.75m. | 9.50m. | | | |
| Discus Throw | 1.000kg | 35.00m. | 31.00m. | 29.00m. | 25.00m. | |
| Hammer Throw | 3.000kg | | | 37.00m. | | |
| Hammer Throw | 4.000kg | 40.00m. | 35.00m. | | | |
| Javelin Throw | 500g. | | | 32.00m. | 28.00m. | |
| Javelin Throw | 600g. | 42.50m. | 38.00m. | | | |
| Medley Relay | | | | * | * | |
| 4 x 100m. Relay Race | | 48.00s. | * | | | |
| 4 x 400m. Relay Race | | 3:52.00s. | * | | | |
| Triathlon (One Day) | | | | | | * |
| Pentathlon (Two Days) | | | | | * | |
| Heptathlon | | * | * | * | | |
| 3000m. Race Walking (Track) | | | | | 24:00.00s. | |
| 5000m. Race Walking (Track) | | | | 35:00.00s. | | |
| 10,000m. Race Walking (Track) | | | 1::10:00.0s. | | | |
| 20,000m. Race Walking (Track) | | 2::00:00s. | | | | |
| 20km. Race Walking (Road) | | 2::00:00s. | | | | |

* - No restriction of qualifying standards.