



NEWSLETTER

SEPTEMBER 2020



Adille J Sumariwalla

President
Athletics Federation of India

From AFI President's Desk

Athletics Federation of India has successfully conducted a lot of developmental activities in the past six months which included up gradation of Technical Officials, Coaches and Announcers. The activities during the lockdown phase of COVID-19 pandemic also included meetings with over 550 District Presidents, Secretaries, Office Bearers, AFI Executive Council Meeting and Special General Meeting through video conferencing. However, due to the unusual circumstances and restrictions the AFI could not organise the competitions till now. The World Athletics has already announced the suspension of the Olympic qualification process from 6 April to 30 November, 2020 and informed that the performance achieved during this period will not be considered for the purpose of qualification for any major championship.

The AFI Competition Calendar was re-drawn but keeping in mind the rise in the Covid-19 cases across the country, it has now been again prepared pushing most of the competitions either by end of this year or the beginning of the next year. AFI is duty bound to provide competitions to all the athletes but under the prevailing circumstances the safety of our athletes is paramount. We are still monitoring the situation closely and if the conditions permit, we are ready to organise the competitions for both juniors and seniors.

We are making endeavors to ensure that the junior competitions must be held this year, otherwise, a lot of junior athletes will be deprived of the competitions in the age group competitions as they will grow by one year by the time competitions resume next year and they may not be eligible to participate in their respective age group competitions.

The coaching camps for the elite athletes are in progress at Patiala, Bengaluru and Thiruvananthapuram, and we are likely to add more athletes in the camps for preparation for the future competitions. We have suspended the overseas training of our senior athletes due to pandemic. The developmental activities of AFI are appreciated all over the world and I wish to thank you all for your support.

It was heartening to have 17 ultra-marathon runners, including nine women, put their best foot forward at different locations during the IAU 6hr Virtual Run Challenge on August 29. It was wonderful to note that eight other men ran in support of the official team. While Pranaya Mohanty (75.45km) and Nupur Singh (70.93km) topped the charts, the spirit shown by each runner and his or her support team is worthy of praise.

It is with immense pleasure that we present to you the revamped newsletter, including some new features that will be of interest to all our stakeholders. We are aware of the diverse range of our partners and we humbly attempt to provide them with content that will keep them engaged. We look forward to your feedback and suggestions.



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Featured Interview: Tajinderpal Singh Toor eager to put up best show in Tokyo

National record holder Tajinderpal Singh Toor knows it is not really a race against time, though the window of opportunity is small, as the strapping 25-year-old prepares to make a mark in the Olympic Games shot put competition.

"I know I will have to first nail a throw beyond 21.10m to secure automatic qualification, and then work towards my target – 22.50m in the Olympic Games in Tokyo next year. That number is imprinted on my mind. I know it is not an easy journey, but I am ready to do that neat and clean, without taking recourse to any shortcuts," Tajinderpal Singh Toor says from his base in Patiala.



Tajinderpal Singh Toor

"The goal is not to only qualify for the Olympic Games but to perform well in Tokyo. I really want to do well for the country. For, I recognise the faith that Athletics Federation of India and the Sports Authority of India have shown in us athletes," he says, one afternoon when he has a scheduled break from training.

There are two reasons that give the left-hander confidence – his faith in his coach Mohinder Singh Dhillon and in his own abilities.

"I am sure I will go close to the 21.50m mark in the first official competition and not leave to chance qualification by world rankings. I was set for a 21.50m effort in the Grand Prix that was scheduled for March 20, but as my luck would have it, the meet was cancelled a day before," he says, pointing out that he threw 21.47m in a meet for national campers in Patiala before lockdown.

"It is a challenge for all athletes, especially those who have not secured qualification yet, to train smart and compete in the short time span available to them before the Olympic Games. The long break, due to lockdown, and the inadequate practice has affected my technique but, together with my coach, I am ironing the issues out," says the thrower from Moga in Punjab.

"With no immediate competition in sight, I must admit it is tough to motivate oneself to train with intensity every day. However, I draw inspiration from my coach who has been away from his family for such a long time. It is the mind that drives the body and I am working to make it tougher," he says.

Tajinderpal Singh Toor, who finished eighth with 19.42m in the 2018 Commonwealth Games but bounced back with a 20.75m effort that gave him Asian Games gold with a record, says his body is on its way back now. "The load on the barbell during weight training is between 80 and 85 per cent of my normal. I have to be careful to increase the load in steps to avoid injury," he says.

Moments before he ends the conversation, he reminds himself that between now and August 2021, he has his mind trained on that magic mark – 22.50m.

Hall of Fame: Praveen Kumar urges athletes to bring A game in major events

He has not fully recovered from a back surgery and spends much of his time in bed, but that has not stopped two-time Asian Games discus throw gold medalist, Praveen Kumar, from keeping track of developments in the society in general and athletics in particular. This Indian athletics Hall of Famer lights up each time he speaks about his sport and his own exploits.

"There would be nothing better than being able to watch an Indian on the Olympic Games podium, but it seems tough at the moment," the gentle giant says. "I like how Neeraj Chopra, who I call a pocket transistor, has overcome his lack of height to throw the javelin great distances, but we have to be mindful of his competition," he says, drawing attention to Johannes Vetter's 97.76m throw.

Praveen Kumar, who will turn 73 in December, believes the outbreak of Covid-19 has been destructive for Indian athletes. "For them to return to their peak, they will need to compete in a number of events. This break will have weakened many athletes. With the absence of competitions from their schedule, most will have been set back by a number of years," he says.



Praveen Kumar

He hasn't forgotten either his rise from a humble family in Sarhali Kalan village, some 50km south of Amritsar, or any of his achievements in either discus throw or hammer throw during an international career that extended from 1966 to 1977 before he shifted attention to another aspect of entertainment, the world of films

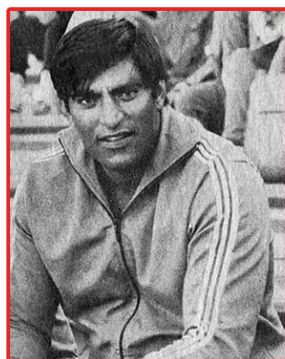
"I had just finished school examinations when I went to Kingston for the 1966 Commonwealth Games. We had reached a few days before my event. And when I wanted to go and practice, I was asked to take it easy. 'Have we won medals at this level ever? Have fun and return home,' I was told. I was determined to do well – and won a hammer throw silver there," he recalls.

He speaks with the confidence of an athlete who took his A game in the big-ticket events as shown by a career-best hammer throw over 60.84m in the 1968 Olympic Games in Mexico City and a 53.12m discus throw in Munich four years later. "There is no other way to be. I had to be at the best possible at these events," he says, wishing that facilities had been different in the 60s and 70s.

"I see how the Athletics Federation of India, under the leadership of (Dr. Lalit) Bhanot, has secured such wonderful training and competition opportunities for the athletes. I wish we had such backing in our times. I remember having to train for hammer throw with a chain that would be on the verge of breaking," Praveen Kumar says.

"I am not exaggerating when I say that no one bothered about us. I did not even have a coach who could look at my technique. Each time I went to train in NIS, Patiala, my performance suffered. I used the services of my brother to analyse my throwing technique in my village until a coach from Los Angeles gave me a programme, asking me to concentrate on generating power," he says.

Praveen Kumar recalls with fondness that none of his contemporaries had an ego problem. "There was a time when as a senior athlete I would go to meet newcomers in a camp to try and make them feel comfortable. We had wonderful camaraderie in the team and a great connect with the people who came to watch us compete," he says. "We drew much from the recognition we got from them."



Praveen Kumar also hoped that school principals are encouraged to enable a sports revolution. "I remember my school principal and teachers taking an interest in sports and encouraging us to play. We used to have three hockey teams in our school, but that pitch lies in state of repair now," he says.

He got nostalgic recalling the times trains were stopped en route by fans to be able to catch a glimpse of the stars of the time. "I wish our athletes become popular, not just on social media. Of course, they have to accept the popularity of cricket and football that is shown on television. I hope that we become a sports-playing nation rather than a sports-watching country," he says.

The bureaucrats appointed to the Ministry of Youth Affairs and Sports see their posting as a punishment. There can be no expectations from such officials. The sport is lucky that Bhanot has guided it the way he has, with passion and vision. Be it conducting international meets or ensuring that athletes trained methodically in extended national camps, he has been good for our sport.

I have given up hope that I would get the Padma Shri, but I do wonder how many Indian athletes have won two Asian Games gold medals, a silver each in an Asian Games and Commonwealth Games and a bronze in the Asian Games like I have. One of the more worrying things is how we have degraded our National Sports Awards, picking undeserving sportspersons for the honours.

"I hope the athletes will always put country ahead of all else. And if they have the fire within, they can take on the world," Praveen Kumar says.



Coaches Corner: On the road to Tokyo Olympic Games in 2021

By Radhakrishnan Nair P & Dr. Klaus Bartonietz

The summer of 2020 rolled out as an extra-long 'transition phase' for our athletes as a result of the Nation-wide lockdown and its impact because of the Covid Pandemic. Athletes with Olympic ambitions took the chance to turn in deep work on technical issues, basic endurance and strength and to overcome health-issues such as back, shoulder and foot problems, to stay fit and healthy.

The Indians' disadvantage because of missed competitions, when compared with athletes from European countries who competed from May to August, can turn into an advantage to develop a higher performance potential at the beginning of the new preparation cycle in October.

Most Indian athletes, with the exception of Dutee Chand and the javelin throwers who trained and competed in South Africa, missed competition in 2020.



As of August 31, 2020, 11 Indian athletes have already qualified for the Olympics. These include Neeraj Chopra and Shivpal Singh (both Javelin Throw), Avinash Sable (3000m Steeplechase), KT Irfan and Bhavana Jat (20km Race Walking) and the 4x400 Mixed Relay squad of six.

Others like race walkers Sandeep Kumar, Priyanka Goswamy and Rahul Rohila missed the standard by 34, 36 and 59 seconds respectively. Tajinderpal Singh Toor (Shot Put), Sree Shankar (Long Jump), Annu Rani (Javelin), Dutee Chand Archana and Hima Das (200m women) as well as the 4x400 men's and women's teams and some Triple Jumpers are also close to qualification. The Olympic qualification period ends on May 31, 2021 (for race walk and marathon) and June 29, 2021 for other events.

Creativity has been the need of the hour when it came to training, so that athletes could make the best out of the situation. This came through several meetings for coaches and athletes on Zoom as a new means of communication to support the process.

As one example, sprint coach N. Ramesh used a Mobile App to help the top sprinters he is coaching to do some visualization ahead of the training session each day. This has proved to have good effect, said a report in the Sportstar magazine dated April 4 2020.

Meanwhile, some coaches and athletes around the world have shown a certain carelessness by ignoring the anti-Corona-safety measures. This was underlined by the Covid-positive test by men's 400m world record holder Wayde Van Niekerk (South Africa) during quarantine in his training camp in Italy.

In India, we have been extremely careful in following safety precautions laid down by Government. The Tokyo Olympic test event will be held on May 5 and 6 next to ensure that the venue and officials are ready for the competitions. Although there are uncertainties caused by the Covid-19-situation worldwide, we are looking forward to the resumption of competition with a sense of optimism.

(Radhakrishnan Nair P is AFI Acting Chief Coach and Coaching Development Director and Dr. Klaus Bartonietz is Javelin Throw Coach)



SpiceJet

Technical Officials Corner: What makes you a Good Athletics Technical Official

By U. Hari Dass (TD AFI)

All of us know that Athletics is a complex sport comprising of diversified events like Running, Jumping, Throwing, Race Walking, Cross Country Race and Road Running with various types of stakeholders such as Athletes, Coaches, Technical Officials, Volunteers, Organisers, Sponsors, Promoters and Media are involving in it directly or indirectly. It also involves different types of infrastructure, equipment & implements. However, the Technical Officials are playing a vital role in conducting Athletics competitions.

The Technical Officials, who are functioning inside the Field of Play (FOP), are the only people directly interact with the Athletes and managing the infrastructure, equipment, etc., during the competitions and it is their responsibility to conduct the competitions in an efficient and effective manner without a single mistake. It is mainly because any such mistakes by any Technical Official will adversely reflect on the entire Competition.

In many parts of the World, the Athletics Technical Officiating has not been undertaken on a professional way. But the interesting scenario in the recent times is that a plenty of people are showing keen interest to join Athletics Officiating. The National Federations, with the support of World Athletics, is initiating efforts to create efficient Athletics Officials right from the district level to global standard, i.e. the World Athletics ITO Level-3, the highest, for proper development and educating the Officials.

In the following article, I am trying to share my views highlighting the qualities a person should possess in becoming an efficient Athletics Technical Official. The qualities we can broadly classify in to Professional which are few in number and Personal traits which are more.



On Professional aspects, the points to be followed are:

Thorough Knowledge of Rules: World Athletics (WA) is publishing updated Competition Rules in every two years as approved by the General Council of WA that include modification or revision of Rules. In addition to it, the Athletics Federation of India (AFI) is also publishing its own Guidelines in its Competition Manual for Athletics Competitions in India. The updates are published in the websites of WA and AFI regularly, which are freely downloadable. It is essential for the Technical Officials to get updated to ensure that the Rules or Guidelines of WA/AFI are implemented in the Competitions. He / She should know each and every Rule thoroughly, going in to the minute aspects of it. In the Rule Book, every word has its own significance and a Technical Official should clearly understand the significance of that word in that context. AFI and various State Athletics Associations are taking much initiatives and conduct seminars on regular basis for educating and updating the Officials with regard to the Rules in force.

Right Interpretation of Rules: The Rules are only static statements and mere knowledge of it does not have much to do in the efficient and effective functioning of a Technical Official. It becomes effective only if these Rules are applied in specific contexts and that is what a Technical Official to do in the Competition Field. In most of the cases, there may be so many points to be considered before making a decision. The Technical Official should have a sharp mind for right analysis and proper interpretation for applying these Rules in specific contexts. For example, if an Athlete had gone out of his allotted lane in a track event, for making a decision on disqualification a Track Referee has to consider whether the infringement has occurred in the straight or bend part of the Track. Even if it is in bend, whether it is towards inside or outside and if it is to outside whether any other Athlete was getting obstructed or not, as also is there any material advantage to the Athlete, whether he/she has left the Track or not, if left whether it is on his/her own action or forced/pushed by some other Athlete etc., has to be considered and the situation should be analysed properly and the specific Rule should be applied in that context by right interpretation.

On personal traits, we can enlist innumerable such things. Still I would like to elaborate a few essential qualities, in my view, a Technical Official should follow in his career.

The first and foremost quality a Technical Official should possess is the passion for the job. It is applicable not only in Officiating, but in every field you work. No one is insisting or persuading you to be in the field except your own interest and commitment for Athletics. Hence please do the job with utmost devotion and dedication. Always have a positive approach in every moment you spend in the field. It will help to fill more energy among those who work with you. You should be able to enjoy the things within yourself and once you start losing your appetite or enthusiasm and no longer able to enjoy it as earlier, it will be the right time that you think of quitting the Officiating job.

Technical Officiating is a job which requires utmost concentration throughout and even prior and after the Competition. You have to observe the entire proceedings that happen in your area and be able to make quick decisions. You should always be alert expecting something to happen at every moment of the Competition so as to make an immediate decision based on that incident. So please develop the habit of thorough observation on what's happening around, analyse the entire situation and make decisions at the earliest which is essential to get the confidence on you from the Athletes and Coaches. There may be situations where the Rules may be silent or application of Rules with your own interpretation will be difficult. In both the cases, the decision-making ability of the Technical Official is tested. There may be situations where you have to be more diplomatic rather than sticking to the word by word meaning of the Rules. But when taking a decision which have no proper backing of the Rules or not covered under the Rules, one has to be utmost vigilant and should be convincing the other stakeholders that the decision was right in that context. In this regard your unassuming presence and involvement in the field is important that can help you gain acceptance among Athletes, Coaches and all

For obtaining the above mentioned qualities, the essential thing is fitness. The physical as well as mental fitness of a Technical Official is crucial in discharging his duties in the field. Physical fitness is vital because it will influence in your concentration level, observation skill, ability to analyse the situations, decision making potential etc. So always spare some time for maintaining your fitness to the optimum level. It will help you to be pleasant and energetic in the field.

Coming to the next point, 'Punctuality' is very crucial for every Technical Official. For an event scheduled for a particular time, the Athlete will have to be prepared well in advance. Actually, we should do reverse planning for it. Example, for an event scheduled at 16:30 Hrs, the Athletes will be at the Warm-Up site around one to two hours earlier so that they can go through the Call Room procedure and get ready for the Competition in time. For that definitely they have to adjust their lunch earlier and that leads to adjustments in breakfast too. Actually, the Athletes will be preparing and planning for so long to compete in that particular time. Similarly you can imagine the conditions of Athletes participating in early morning events. Another important thing affecting the punctuality is the Promoter's and Broadcaster's interest. The value of even minutes is huge which no one can compromise. Hence it is the primary responsibility of every Technical Official to keep utmost punctuality and make the plan to be there at the Competition Site at least 30 minutes prior to the arrival of the Athletes in the competition site and One hour before the start of the Competition Session.

Sincerity and Impartiality are the two inter-related terms an honest person should keep in life. They have greater significance in Officiating of Athletics Competitions. Most of the Technical Officials for any Competitions will be from host State or Nation. But once we have been nominated as an Official for the Meet, you are the Official of the Meet and not for the host Team. There may be Athletes from host Team who may be favorites too. However, any leniency or partiality from your side will adversely reflect on the Competition. Your perfect impartiality as well as sincerity will command the respect and acceptance from all concerned which is helpful and essential for the smooth and successful conduct of the Competition. The Technical Officials should be fair and friendly to all the Athletes in interacting with them

While inside the FOP, you are in-charge of the activities going on there and the entire things should be strictly under your control. To get this command, the Technical Official should have full confidence in managing the activities in the FOP--the people inside including the Athletes, fellow Officials, Volunteers, Media--and respect them as well as their sentiments. You should understand the mood and tension an Athlete have during the Competition. You should be able to guide the others in your team in a way that you expect them to perform in discharging their responsibilities. To get this command as well as cooperation, your attitude and behaviour in interacting with them during Competitions should be healthy and friendly at the same time also strict whenever the situation demand so.

There are certain routine things which a Technical Official is bound to follow. Be always in proper attire inside the FOP. The Organisers may provide you the uniform for the Competition or else, the Federation has prescribed a specific uniform for Technical Officials. Also has to wear the Official Badge or Accreditation / FOP Card provided to you. These Uniform and Accreditation / FOP Card will help to identify you as an Official and will give you more confidence in your actions. It will also help in drawing more respect from the Athletes and Coaches.

In the FOP, an Official should be cautious in certain things that will help you get acceptance and make your job better and convincing to get respect from the Athletes and Coaches

Every Technical Official in the event site has a specific place assigned, which will be decided well in advance by the Referees concerned in consultation with Technical Delegate, Competition Director, Host Broadcasters etc., so as to perform the assigned duties in a perfect manner. Be in that position throughout the Competition. Your unnecessary movements will disturb the rhythm and functioning of the others. Hence do minimize your movements inside the FOP and if required be it in an orderly and disciplined way. For example, going in to and coming out of the FOP

Good communication skill is an important personal quality a Technical Official should possess. Athletics Officiating is a team work and everyone in the team has to contribute for the successful conduct of the Competition. There has to be a plenty of silent communication in the field which the Technical Officials alone can understand. So that any mistakes in communication can cause lot of issues in the field. And keep in mind that to be a good communicator, at first be a patient listener. The Athletes and other stakeholders may also be communicating with you and you are bound to give a patient hearing to it.

If you have something to communicate with anyone either on or off the field, do it clearly and convincingly. It will help to perform the duties of everyone in a complementary manner to each other and avoid the chances of conflicts. This is more important in calling out the performances in field events especially at lower level Competitions where the technology or display boards may not be available.

There may be instances where an Athlete is injured. Definitely show a concern to the Athlete and help him/her to get the medical attention at the earliest, sometimes even ignoring the Competition Protocol. You may have to ignore certain aspects like Rules related to delay, assistance by another Athlete, etc., for such an Athlete to a limited extend. In simple terms, have a humanistic approach when it is needed.

There are so many other things which the Technical Officials are not supposed to do rather keep the decorum in officiating. You have to sacrifice some of the personal habits you may have. You may be casual very often, may have the certain habits which may not be desirable at least to some people or sometimes you may feel to have a cup of coffee or even hungry while in duty or so on. You should be able to compromise with all such things which will disturb your functioning as a Technical Official.

Make sure that your presence in the field is limited absolutely to your duty alone and abstain from any place where your presence is not at all required. Even if your presence is needed somewhere, limit your movements to the utmost necessity alone. When not in duty, please be in the designated place alone. That will help the Organisers or other Management Officials to communicate with you or planning the upcoming events etc.

Also never harass or get in to arguments with anyone in the field whether it is an Athlete or a Coach or fellow Official or Media Persons or Camera Crew or even the Spectators in the stands. It will help only in creating more tension to everyone including yourself and losing the rhythm and charm of the Competition.

The last but the most important philosophy all the Technical Official who wants to establish and gain acceptance and progress in the field is "Always think what you can give to the field of Athletics Officiating as a Professional and never think of what you get back from it". Your contribution and sacrifice to the Field of Athletics will definitely be paid off in a day or the other.

Let me conclude with some Golden but Simplest Rules of Athletics Officiating that "Every Technical Official's post is important and there is no mean job in Athletics Officiating". So take every job in its own seriousness, dedication and proud. As final one, the principle to be followed in Officiating is "No Athlete should be allowed to gain an unfair advantage and to suffer an unfair disadvantage". That is the very purpose why you are there in the job.

Ultra Running: Team AFI competes with world at IAU 6 Hour Global Solidarity Virtual Run

Due to global pandemic, most races across the globe have been cancelled in 2020. To motivate the Ultra running community, International Association of UltraRunners (IAU) organised a 6 Hour Global Solidarity Run on 29/30 August and invited all member countries to participate with upto 9 Women and 9 Men in each team.

Entries were invited from our top Ultra runners with emphasis being put on running in a safe place with proper distancing from other runners/support crew. Runners were also advised not to push too hard as they had not been training much due to the circumstances and this was a non competitive friendly run. Runners from Mumbai and Kolkata chose not to participate due to the risks of running outdoor and the restrictions in their city.

Over 400 runners from more than 30 countries participated in the event. Most of our runners ran on 29th morning (India time) in their home towns – we had our runners across the length and breadth of the country from Trivandrum to Bangalore to Surat to Delhi to Manali to Shillong and Vizag and several other small towns. Team managers Sunil Chainani and Ashok Danial got hourly updates from most runners and kept a live tracker which was shared with the Ultra community.

This was a non competitive run and the results were based on the timings provided by the runners.

Our Top Performers Were:

IAU Event Women's team

Nupur Singh 70.93 km

Bindu Juneja 64.08 km

IAU Event Men's team

Pranaya Mohanty 75.45 km

Binay Sah 73 km

AFI team

Sandeep Kumar 79.53 km

Sikander Lamba 69.26 km



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From World Athletics: Duplantis scales 6.15m in Rome, world's highest ever outdoor vault

Swedish wunderkind Armand 'Mondo' Duplantis confirmed his status as the world's greatest pole vaulter, jumping higher than anyone ever has in an outdoor stadium, 6.15m, at the Wanda Diamond League meeting in Rome on 17th September 2020.

In February this year, Duplantis set world records of 6.17m and 6.18m on the World Indoor Tour. The latter remains the official world record* across both indoor and outdoor venues.

But no one had ever jumped higher than 6.14m in an outdoor stadium. Sergey Bubka's 6.14m monument from 1994 had stood inviolate for 26 years, but it has been under siege from Duplantis this season. Such has been his form this year that he has made vaulting over six metres look like rolling out of bed. And he's only 20.



Before Rome, he had taken 13 attempts at 6.15m after cutting a swathe through the world's best pole vaulters in this short, sharp competition season.

As has become his habit, he despatched the competition early, confirming victory with a second-attempt clearance of 5.85m. He glided over 6.00m, then raised the bar to the ultimate target of 6.15m. He appeared to have mastered the historic height at the first try, but just grazed the bar with his chest on the way down.

However, he adjusted his technique fractionally on his next attempt and the 15th was the charm. He sailed over the bar, celebrating already as he fell back to earth. It was enough to make you believe that a man can fly.

"I hit the mat but I haven't really fallen back to earth," a delighted Duplantis said later. "I think I'm still up in the clouds right now. It's just one of those feelings where you are kind of dreaming a little bit... It's surreal, it's surreal, it's a super-crazy feeling when everything lines up like that and you do a really good performance."

Lavillenie was eliminated earlier after failing at 5.80m, leaving three men to fight out the podium places. Belgium's Ben Broeders posted a national record of 5.80m to take second on a countback from Ernest Obiena of the Philippines.

(From www.worldathletics.org)



QUIZ TIME: Test your T&F Skills

So, you believe you know track and field sport well? Test yourself in this fun quiz.

1. Which of these was among the three athletes who set world records in the first week of September 2020?

- a) Brigid Kosgei
- b) Bashir Abdi
- c) Sifan Hassan
- d) Mondo Duplantis

2. What is the maximum allowed thickness of the sole of the shoes that any thrower can wear?

- a) 20mm
- b) 25mm
- c) 40mm
- d) No restriction



3. Who recently donated the singlet and bib number (above) which he wore in 1985 when setting a triple jump world record to Heritage Collection?

- a) Jonathan Edwards
- b) Willie Banks
- c) Mike Powell
- d) Carl Lewis

4. Where in Lausanne was an intense pole vault battle between Armand 'Mondo' Duplantis (Sweden) and Sam Kendricks (USA) Athletissima - City Event held?

- a) Olympic Stadium
- b) Pierre de Coubertin Stadium
- c) Palud Square
- d) Europe Square

5. Which city will host the next Asian Games from September 10 to 25, 2022?

- a) Hangzhou, China
- b) Nagoya, Japan
- c) Bangkok-Chonburi, Thailand
- d) Ashgabat, Turkmenistan

6. Which Indian athlete was given the Arjuna Award on August 29, 2020?

- a) Tajinderpal Singh Toor
- b) Arpinder Singh
- c) M R Poovamma
- d) Dutee Chand

7. Which Indian athletics coach was selected for the Dronacharya Award (lifetime) this year?

- a) Purshottam Rai
- b) PT Usha
- c) Bahadur Singh
- d) N Ramesh

8. India's gold medal count in the 2018 Asian Games went up by one after Bahrain's Oluwakemi Adekoya was disqualified for a dope-positive. Which Indian was/were upgraded to gold?

- a) Men's relay team (Kunhu Mohammed, Ayyasamy Dharun, Mohammed Anas and Arokia Rajiv)
- b) Jauna Murmu
- c) Mixed relay team (Mohammed Anas, MR Poovamma, Hima Das and Arokia Rajiv)
- d) Anu Raghavan

9. What is the full form of TUE that has to be secured before an athlete can take a medication to treat an illness or condition which happens to fall under the WADA Prohibited List?

- a) Totally Useful Evidence
- b) Therapeutic Use Exemption
- c) The Utility Experiment
- d) Therapy Under Expertcare

10. What is the name of the digital initiative launched by AFI partner Nestle-Milo, rolling out workout videos inspiring kids to enjoy effective and easy exercises?

- a) Starting Blocks
- b) Leap Of Faith
- c) OverTheHurdles
- d) HomeGround

Answers: 1- Sifan Hassan 2-20mm 3-Willie Banks 4-Europe Square 5-Hangzhou 6-Dutee Chand 7-Purshottam Rai 8-Mixed relay team (Mohammed Anas, MR Poovamma, Hima Das and Arokia Rajiv) 9-Therapeutic Use Exemption 10-HomeGround



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