

**ATHLETICS FEDERATION OF INDIA**  
**32nd EAST ZONE JUNIOR ATHLETICS CHAMPIONSHIPS 2020**

**LIST of EVENTS \* Year 2020**

<b>U20 MEN</b>				<b>U20 WOMEN</b>			
Sl.No.	EVENTS	Abbreviations	Specification	Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m		1	100 Metres	100m	
2	200 Metres	200m		2	200 Metres	200m	
3	400 Metres	400m		3	400 Metres	400m	
4	800 Metres	800m		4	800 Metres	800m	
5	1500 Metres	1500m		5	1500 Metres	1500m	
6	5000 Metres	5000m		6	3000 Metres	3000m	
7	10,000 Metres	10,000m		7	5000 Metres	5000m	
8	110 Metres Hurdles	110mH	0.991m	8	100 Metres Hurdles	100mH	0.838m.
9	400 Metres Hurdles	400mH	0.914m	9	400 Metres Hurdles	400mH	0.762m.
10	High Jump	HJ		10	High Jump	HJ	
11	Pole Vault	PV		11	Pole Vault	PV	
12	Long Jump	LJ		12	Long Jump	LJ	
13	Triple Jump	TJ		13	Triple Jump	TJ	
14	Shot Put	SP	6.000kg	14	Shot Put	SP	4.000kg
15	Discus Throw	DT	1.750kg	15	Discus Throw	DT	1.000kg
16	Hammer Throw	HT	6.000kg	16	Hammer Throw	HT	4.000kg
17	Javelin Throw	JT	800g	17	Javelin Throw	JT	600g
18	10000 Metres Race Walk	10000mRW	10,000m	18	10,000 Metres Race Walk	10,000mRW	10,000m.

<b>U18 BOYS</b>				<b>U18 GIRLS</b>			
Sl.No.	EVENTS	Abbreviations	Specification	Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m		1	100 Metres	100m	
2	200 Metres	200m		2	200 Metres	200m	
3	400 Metres	400m		3	400 Metres	400m	
4	800 Metres	800m		4	800 Metres	800m	
5	1500 Metres	1500m		5	1500 Metres	1500m	
6	3000 Metres	3000m		6	3000 Metres	3000m	
7	110 Metres Hurdles	110mH	0.914m	7	100 Metres Hurdles	100mH	0.762m.
8	400 Metres Hurdles	400mH	0.838m	8	400 Metres Hurdles	400mH	0.762m.
9	High Jump	HJ		9	High Jump	HJ	
10	Pole Vault	PV		10	Pole Vault	PV	
11	Long Jump	LJ		11	Long Jump	LJ	
12	Triple Jump	TJ		12	Triple Jump	TJ	
13	Shot Put	SP	5.000kg	13	Shot Put	SP	3.000kg
14	Discus Throw	DT	1.500kg	14	Discus Throw	DT	1.000kg
15	Hammer Throw	HT	5.000kg	15	Hammer Throw	HT	3.000kg
16	Javelin Throw	JT	700g	16	Javelin Throw	JT	500g
17	10,000 Metres Race Walk	10,000mRW	10,000m	17	5000 Metres Race Walk	5000mRW	5000m

**ATHLETICS FEDERATION OF INDIA**  
**32nd NORTH ZONE JUNIOR ATHLETICS CHAMPIONSHIPS 2020**

**LIST of EVENTS \* Year 2020**

<b>U16 BOYS</b>				<b>U16 GIRLS</b>			
1	100 Metres	100m		1	100 Metres	100m	
2	300 Metres	300m		2	300 Metres	300m	
3	800 Metres	800m		3	800 Metres	800m	
4	2000 Metres	2000m		4	2000 Metres	2000m	
5	80 Metres Hurdles (7 flight.)	80mH	0.838m	5	80 Metres Hurdles (8 flight.)	80mH	0.762m
6	High Jump	HJ		6	High Jump	HJ	
7	Long Jump	LJ		7	Long Jump	LJ	
8	Shot Put	SP	4.000kg	8	Shot Put	SP	3.000kg
9	Discus Throw	DT	1.250kg	9	Discus Throw	DT	1.000kg
10	Hammer Throw	HT	4.000kg	10	Javelin Throw	JT	500g
11	Javelin Throw	JT	600g	11	3000 Metres Race Walk	3000mRW	3000m
12	5000 Metres Race Walk	5000mRW	5000m				

<b>U14 BOYS</b>				<b>U14 GIRLS</b>			
1	60 Metres	60m		1	60 Metres	60m	
2	600 Metres	600m.		2	600 Metres	600m.	
3	High Jump	HJ		3	High Jump	HJ	
4	Long Jump	LJ		4	Long Jump	LJ	
5	Shot Put	SP	3.000kg	5	Shot Put	SP	2.000kg
6	Ball Throw	BT	159g.± 4g.	6	Ball Throw	BT	159g.± 4g.

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

**U16 BOYS \* U16 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
<b>U14 BOYS * U14 GIRLS</b>	
1	Boys & Girls - <b>High Jump</b> shall be on Scissor pattern.
2	Boys & Girls - <b>Ball Throw- Sector</b> - Javelin * Specification - Leather or Synthetic Ball of 159g.±4g. & 0.23m circumference.

**GENERAL RULES**

1	An Athlete can enter in Two Individual Events..
2	If the Two individual events are track events, only one of these races should be longer than 200m. in U 18 & U16 groups.
4	Only Two athletes can enter in each event from One State.
6	No athlete below 16 years of age is entitled to enter in U 20, U18 years Men, Boys, Women & Girls categories.
9	No athlete below 12 years of age is entitled to enter in this Athletics Championships.
10	It is mandatory to follow the AFI Standard Operating Procedures (SOP) for participating in this Championships.
11	<b>The date of reckoning the Age of an Athlete will be as on 25th February 2021.</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 01.10.2020) will be applicable to all Athletics Championship