



# AFI

## NEWSLETTER

**2020**  
NOVEMBER

### PRESIDENT'S MESSAGE

The uncertainty over the resumption of sports, as we knew it, in India still remains. This is despite the best efforts by everyone in the ecosystem to overcome the hurdles caused by the Covid-19 Pandemic. Yet we remain confident and positive that we will be able to restore the competition calendar at the earliest.

We are working towards ensuring that our competition calendar gets back on track and are hopeful that State Governments will allow the conduct of such meets. Assam has set an example by organising a one-day prize money Meet in Guwahati. We are confident that our Member Associations will work with their respective State Governments to resume Athletic competitions sooner rather than later.

With the Olympic Games drawing closer, we are leaving no stone unturned in ensuring that our athletes are in good shape. Therefore we have made the decisions to move the Javelin throwers from Patiala to Bhubaneshwar and the middle and long-distance runners to Bengaluru.

Ideally, we would have liked to have the best of our athletes training overseas but the pandemic has made that a difficult option for us. So we are finding good alternatives within India.

It warms my heart that our well-wishers in the Central and State Governments and the private sector are always ready to support our programmes.

As I start my final term as AFI President, I am determined to realise my dream of getting our athletes to contribute to India's Olympic Games medals tally. I am very confident that our planning and hard work will enable talented athletes secure success that India richly deserves both in Tokyo in 2021 and Paris in 2024.



**ADILLE J SUMARIWALLA**

**President Athletics Federation of India**

At AFI, we have welcomed India's only World Athletics Championships medalist, Anju Bobby George, as AFI Senior Vice-President, Asian Games bronze medallist Suman Rawat Mehta as Vice-President, former National 800m champion C Latha as Joint Secretary and Akula Hyma as Executive Committee member. We are pleased that AFI now has four prominent women in the Executive Council.

World Athletics President Lord Sebastian Coe said it is important that our sport reflects the world in which we live in. "We have parity on the field of play and we also need this off the field. Balanced Boards simply make better decisions and help us to achieve our equity goal," he said.

We are gearing ourselves up to take Indian athletics to the next level, determined to ensure that the mother discipline remains in the forefront of India's Olympic sports.



# AFI AGM 2020- MR. SUMARIWALLA ELECTED PRESIDENT, MS. ANJU BOBBY GEORGE SENIOR VICE PRESIDENT

Olympian Adille J. Sumariwalla was elected President for his third term while Anju Bobby George, India's only medallist in the World Athletics Championships, was elected as Senior Vice President of the Athletics Federation of India at its annual general meeting held at Hyatt Regency in Gurugram on October 31-November 1, 2020. Ravinder Chaudhary and Madhukant Pathak were elected Secretary and Treasurer respectively. All the candidates were elected unopposed.

Anju Bobby George expressed delight at the increasing number of women in the Executive Council and said she is looking forward to serving the sport in her new capacity. Besides the 2003 World Championship long jump bronze medal winner, former long-distance runner Suman Rawat Mehta (Vice President), former middle-distance runner C Latha (Joint Secretary) and A Hyma (Executive Council member) were the other women who were elected to the Executive Council for the four-year term.

Anju said, "It is the right time for her to take up a leadership position in AFI. "I have taken up other roles before this. Having served the country as an athlete and winning laurels for the country at the highest level, I believe I can connect well with all athletes and coaches to take India forward."



**MS. ANJU BOBBY GEORGE**

(Sr. Vice President-AFI)



**MR. RAVINDER CHAUDHRY**

(Secretary- AFI)



**MR. MADHUKANT PATHAK**

(Treasurer- AFI)

## LIST OF ELECTED OFFICE BEARERS

POST	ELECTED CANDIDATES
PRESIDENT	MR. ADILLE J SUMARIWALLA
SENIOR VICE PRESIDENT	MS. ANJU BOBBY GEORGE
VICE PRESIDENT	MR. ASHUTOSH BHALLA
VICE PRESIDENT	MS. SUMAN RAWAT MEHTA
VICE PRESIDENT	MR. MUMTAZ KHAN
VICE PRESIDENT	MR. LAKHYA KONWAR
VICE PRESIDENT	Late Mr. Pramod Jadam *passed away on 24/11/2020
SECRETARY	MR. RAVINDER CHAUDHRY
SENIOR JOINT SECRETARY	MR. SANDEEP MEHTA
JOINT SECRETARY	MS. C LATHA
JOINT SECRETARY	MR. SANDEEP SHARMA
JOINT SECRETARY	MR. BABU PI
JOINT SECRETARY	MR. A V RAGHAVENDRA
JOINT SECRETARY	MR. RAJ KUMAR MITTAN
TRESURER	MR. MADHUKANT PATHAK
EXECUTIVE COUNCIL MEMBER	MR. A K SHARMA
EXECUTIVE COUNCIL MEMBER	MR. V A SHIYAD
EXECUTIVE COUNCIL MEMBER	MR. LIAQUT ALI
EXECUTIVE COUNCIL MEMBER	MR. LAXMAN V KARANJGAOKAR
EXECUTIVE COUNCIL MEMBER	MR. RADHAKRISHNAN PILLAI
EXECUTIVE COUNCIL MEMBER	MS. A HYMA
EXECUTIVE COUNCIL MEMBER	DR. LALIT K BHANOT
EXECUTIVE COUNCIL MEMBER	



# AFI ANNUAL GENERAL MEETING 2020



## AFI PICKS FOUR EVENTS TO POPULARISE AT THE GRASSROOTS LEVEL

The Athletics Federation of India has decided to popularise the Javelin Throw, 400m and Race Walk events by getting the District and State Athletics Associations to conduct these events at District and State levels. AFI also discussed the promotion of running events to create awareness among youth at the District, State and National levels and attract sponsors. These suggestions were welcomed whole-heartedly and unanimously at the AFI annual general meeting in Gurugram on October 31 and November 1.

Among the key decisions made at the meeting were to motivate more candidates to take up the Coaches Education and Certification System conducted by the sport's international governing body, World Athletics.

Mr. Adille J. Sumariwalla, Ms. Anju Bobby George, Mr. Ravinder Chaudhry and Mr. Madhu Kant Pathak were elected as President, Senior Vice President, Secretary and Treasurer respectively for the term 2020-2024.

Discussing the impact of Covid-19 on Athletics activities, AFI decided that State and Districts unites would immediately encourage their State and district administrations to resume competitions and other activities. The House approved the Standard Operating Procedure (SOP) for the conduct of competitions.

AFI President Adille J. Sumariwalla nominated Olympians GS Randhawa and PT Usha as Chairpersons of the Senior Selection Committee and of the Junior and Youth Selection Committee respectively. These nominations were announced in the wake of the two-day meeting of the Federation.

The House also expressed concern about the use of prohibited substances and said every effort must be made to curb this menace.

The State Associations were asked to educate coaches, athletes and parents while increasing vigilance to prevent those instigating athletes to use forbidden substances.

AFI has also formed a Constitution Revision Committee to further streamline the AFI Constitution so that the mistakes and ambiguities in the present version are removed. The committee has been given two months to come up with its recommendations to be placed before the AFI Executive Council.

The meeting ratified the decision to give grant of Rs. 10,000 to 100 districts as recognition of being among the most active districts in terms of conducting their activities and sending teams. However, payment has been transferred to only 39 district associations as the others were yet to send their bank account details and PAN numbers.

The House formed a committee to formalise the look and feel of various National Championships as well as State and District Championships. Together with the Indian Athletics Manual 2020, which it approved, a standard look and feel would attract and retain more youngsters to track and field sport, it was felt.



# WALK DOWN MEMORY LANE

## REMEMBERING PIONEERING SPRINT STARS LAVY PINTO AND VIOLET PETERS

Two of independent India's earliest sprint stars passed this year. Lavy Pinto and Violet Peters, who dominated their events in the 1950s, represented India with distinction, picked up Asian Games gold medals, died in distant lands – Chicago in the United States of America and Melbourne in Australia. They will always be remembered in Indian sports circles as pioneers.

Born in Nairobi in Kenya, then a British Colony, on October 23, 1929, Lavinho Thomas Pinto moved to Bombay and emerged as a promising athlete when studying in St. Xavier's School and College. Trained by Benson Proudfoot, he was 20 when he won the sprint double in the Bombay State Athletics Meet and started dominating the national scene the following year.

In the 14th National Games in New Delhi, he set the 200m mark at 21.8 seconds in the heats before improving it to 21.7 seconds in the final. He continued to win the sprints in Bombay (Mumbai) in 1950, Ludhiana in 1951, Madras (Chennai) in 1952, Jabalpur in 1953 when he clocked his career best time of 10.6 seconds in the 100m and Calcutta (Kolkata) in 1955. He withdrew from the 200m race in Madras owing to a pulled muscle.

In Patiala in 1956, he came up with a 21.5 second 200m before he quit the track at just 27 years of age, but he was already a hero in India. For, he emerged fastest man in Asia with victories in the 100m and 200m in 10.8 and 22 seconds respectively in the inaugural Asian Games in 1951 and helped India finish with 10 gold, only one fewer than Japan.

Had it not been for a muscle pull in the wake of the 100m victory, he could well have anchored India to gold in the 4x100m relay as well, but he was unable to bridge the lead that the Japanese had opened up after three legs. Along with Alfred Shamin, M Gabriel and Ram Swaroop, he was delighted to take silver, well ahead of the Philippines quartet.

In the Olympic Games in Helsinki the next year, Lavy Pinto was the captain of the Indian athletics team. He finished fourth in 10.7 seconds in the 100m semifinals and was just outside the top six who made it to the final. Similarly, he clocked 21.7 seconds in the 200m semifinals. He clocked 21.6 seconds in the first and second round heats for his personal best.

In many ways, he was the pioneer, having spent a couple of months in London, training with the renowned Austrian-born coach Franz Stampfl at the London Athletic Club. By all accounts, he was a slow starter, but his endurance was such that he seemed to be able to accelerate even when the others were slowing down.

Later, he would have keen competition with Summa Navaratnam of Ceylon and Abdul Khaliq of Pakistan. He retired from competitive athletics in 1956 after the Indo-Pak dual meet in Delhi, focused on his career with the Tatas in the Taj Hotel and Air India before moving to the United States of America in 1969. He passed in Chicago on February 15, 2020.

The year also saw the passing of Violet Peters, who was among the first Indian women to win an Asian Games gold medal as part of the 4x100m team in 1954 and won bronze in 1958. A hockey and basketball player as well, representing her State in the National championships, she represented Maharashtra in 18 successive all India athletics championships.

Initially coached by Leslie Woodcock and then by Kal Pardiwalla and Ulal Rao, her specialty was the sprint hurdles event and she set four National records in the event. In the National Hockey Championships in Pune in 1965, she scored 12 goals to emerge top-scorer. She migrated to Australia in her later years and passed in Melbourne in July 2020.



**LAVY PINTO**

Lavy Pinto (India) breasting the tape in grand style to win the 100 metres men's race. The second and third places went to Japan.



**VIOLET PETERS**



# FROM WORLD ATHLETICS WEBSITE-FINALISTS FOR THE PHOTOGRAPH OF THE YEAR AWARD ANNOUNCED

**As the countdown to the [World Athletics Awards 2020](#) continues, the finalists for the Photograph of the Year award have been selected.**

From the 77 images that were submitted, a panel of judges – comprising Raquel Cavaco Nunes, Ivo Gonzalez, Bob Martin, Thomas Rohler and Katerina Stefanidi – were given the task to narrow the entries to 30 shortlisted images before deciding on the three finalists.

The full shortlist of 30 images can be seen in the online gallery on the World Athletics Awards 2020 [website at www.worldathletics.org](http://www.worldathletics.org)

***The winning photograph will be announced live during the virtual World Athletics Awards 2020 on Saturday 5 December.***

## THE FINALISTS



Amanda Ngandu-Ntumba competes in the shot put at the French Indoor Championships in Lievin, France.  
Photo by Philippe Millereau / KMSP.



A man stands on his bike to look over the fence when Armand Duplantis makes his final jump to win the pole vault at the Folsam Grand Prix in Karlstad, Sweden. Due to the coronavirus pandemic, no spectators were allowed in the arena.  
Photo by Pontus Orre.



Children aged three to five compete at the Discovery Cross Country Championships in Eldoret, Kenya.  
Photo by Michael Steele, Getty Images.

FOR ALL THE 30 SHORTLISTED PHOTOGRAPHS, [CLICK- WORLDATHLETICSAWARDS](#)



# COACHES' CORNER: MOTIVATIONAL CLIMATE OF A SHOT PUTTER

(By- Parveer Singh, Throws coach at NS-NIS Patiala)



It is vital for throwers and coaches to understand multiple factors affecting road to success in throws. Training in sports can be exciting and sometime can make you feel terrible. Environment created around athletes by Athletics Federation of India, coaches, supporting staff and parents contributes to motivation of athletes, which effects decision making and performance of the athletes. This environment created around an athlete is known as 'Motivational Climate.' An athlete's traits are reflection of his or her motivational climate. Thus, we asked our champion shot putter Tejinder Toor to share his experiences as he is preparing for Tokyo Olympics. These experiences can be valuable for young throwers. India had always dominated shot put men event at Asian level. Tejinder Toor won gold medal in Asian Games 2018 at Jakarta with new Asian Games record of 20.75m. In 2019 he again improved his national record with a distance of 20.92m in national championship.

**Q 1.** How do you prepare for the stress and anticipation before a competition?

**Ans.** I try to stay normal and keep my routine as normal as possible, as if it were a normal day and try to preserve my emotional state up until 4-5 hours before the competition at which point, I try let loose and let the emotions flow.

**Q 2.** Any tips that helped you give your best performance?

**Ans.** Once I'm in the circle I try to concentrate only on a single point that I know I need to focus on and zone everything out.

**Q 3.** Do you ever focus on your rivals?

**Ans.** Not really, I just try to improve on what I did last time whenever I'm in the circle and focus on improving my weak points.

**Q 4.** Shot put is an event that has huge emphasis on strength, power and speed. As you've progressed in your career, what changes have you seen in these aspects?

**Ans.** What I often see is a lot of youngsters focusing on raw power and strength in their bench press and other lifts which they tend to have a problem converting over into actual performance on the field, what often happens is they tend to not focus on their drills. They need to focus more on their technique work in the early years even if they don't see immediate increases in strength and power.

**Q 5.** Any tips for the younger shot put throwers?

**Ans.** An important thing I'd like to say is I've observed many younger players throwing foul throws often coming out as much as 1 meter, they need to keep this in check and also work on the rotation of their feet, from the start as well as the center. keep it as smooth as possible. That is the key.

**Q 6.** What do you think about social media use?

**Ans.** I don't think they're negative in any sense, but if you're using it 7-8 hours a day that will obviously be deteriorating to your game, sleep quality and life, so it's best if you're keeping to it to an hour.

**Q 7.** Covid-19 has changed a lot for the world, after all this time training in the isolated green zone have you noticed any positive and negative effects on your game?

**Ans.** Well we are all in this together, but we athletes are huddled up together without any contact with the outer world and that has led to a sense of uneasiness throughout the training period, I think we humans require socialisation to maintain a holistic level of health and maintain concentration on our game. During this period Athletics Federation of India planned well about our training programs and facilities in national camp and kept us motivated.

**Q 8.** We might have the vaccine soon, if once vaccinated and able to interact with the outer world, will it be better?

**Ans.** Yes, for sure, even then if we're opening up in Feb and life returns to normal that would be great, because we're on the ground Monday to Friday and it very important to unwind on the weekends to maintain a good psychological state and de-load. The first step is to get away from the ground for that, and hopefully we will be able to do that soon.

**Q 9.** Do you have any tips on diet and food that athletes need to keep an eye on?

**Ans.** Laughs I do like to eat gol gappas on the weekend, I think there is importance to sticking to a good diet but also for cheat meals.

Weekends are very important for that.

**Q 10.** Everyone likes fashion, street wear and sportswear, what do you feel about clothes.

**Ans.** I'm a huge advocate for having a good sports kit, if you feel you look good then you perform good, if your kit is dirty, I think it has a negative net effect on your performance.

**Q 11.** Once a competition is over, there is the transition period between the next season, how do you catch up with your life and family and try to maintain training in between?

**Ans.** I like to travel with my family, but I like staying home with family and keep close to training.

**Q 12.** Any tips for the younger generation?

**Ans.** The new generation should educate themselves on what supplements they're using, what's safe and what's real or fake and not fall for shortcuts such as steroids that might end up hurting them in the long term.

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# TECHNICAL OFFICIALS PAGE: CALL ROOM- AN OVERVIEW

(By- V Sreekumar, AFI Technical Delegate, WA Level-1 Technical Official)

At the outset it may be mentioned that the name Call Room itself indicates the very purpose of this entity. In every National and International Championships, the role of a call room is very prominent and crucial. This is the gateway to the FOP (Field Of Play) for all the participating athletes. An efficient and effective call room plans, operation, process and well trained call room staff can make or break a competition. Not everything that is required for an international meeting will be needed for a national championship, but the formalities does not change.

*The call room shall be divided into two areas i.e, First Call Room and the Final Call Room.*

**First call room-** This shall be situated near the warm up area itself (if possible). This will enable the athletes to report to the call room without being to search for the venue. All the athletes who have completed the warm up activities shall check in at the first call room. Once the athlete check in, they may not leave without the permission of the official concerned. The officials at the first call room, carryout the inspection of the athletes and their belongings such as attire, bib number shoes and their specifications etc. The athletes have to carry only the permissible items, which are in compliance with the advertisement specifications and technical regulations. The following facilities shall be available at the first call room - Pod systems, drinking water, start lists, wash rooms, wall clock and a visual media / TV which shall display live telecast of the competition. Entry to the first call room is managed according to the approved call room flow chart schedule and the official meeting schedule which is already published well before the commencement of the championship. Entry to the first call room is restricted to the participating athletes and officials concerned only.



**Final call room-** This is the place where the athletes are made to move to the FOP in ready to competition vests at the specified time in track events. Here the athletes are arranged to move to the FOP as per the heats and lane order. In the case of a relay event, the athletes move to the assigned zones straight from the final call room in order to avoid crowding at the finish. All the competitors taking part in field events are allowed to carry their bags with permissible items.

Of late the entry to the FOP in the case of track events, have been very elaborately done with the help of event presentation team. Here entry of each athlete / team in relay race are highlighted and is made a visual treat. Final call room shall be furnished with 4 lane synthetic surface with adequate equipment for the last minute warm up before they enter into the competition arena. Refreshments, drinking water, wash rooms and an electronic display which shall provide a live coverage of the competitions.

CALL ROOM OFFICIALS

ONE OR MORE REFEREES

CHIEF JUDGE

CALL ROOM JUDGES

BASKET CREWS  
(SPORTS SPECIFIC VOLUNTEERS)

DUTIES

REFEREES- Shall ensure that these rules (and applicable technical regulations) are observed and shall decide up on any matters which arise in the call room and on the way to the competition arena.

CHIEF JUDGE- Shall super wise the transit between the warm up area and the competition area to ensure that the athletes after being checked in the call room, be present and ready at the FOP for the scheduled start of their events.

CALL ROOM JUDGES- Shall ensure that the athletes are wearing the National or Club uniform clothing officially approved by the National governing body, checking of bags and supply of hip numbers.



# POST COMPETITION AREA

After having completed the competition, the athletes move to the Mixed Zone where the media interact with the athletes. The athletes then move to the post competition area from the mixed zone. Normally this area is situated near the finish. Here the athletes can take brief rest, collect their personal belongings and the confiscated items by producing the receipt issued to them from the first call room. The athletes are provided with light refreshments, wash room facilities and dress changing rooms. Separate area are to be arranged for ladies and gentlemen. The officials posted in this area have to keep a record of the confiscated items brought from the first call room and get an acknowledgment of their distribution to the athletes concerned. The articles which have not claimed, shall be handed over to the TIC (Technical Information Center).

### End Note:

The officials who are in duty in the call room should have a thorough knowledge of latest competition / technical rules. The call room is unique unto itself. It is the only area where all the Track and Field athletes come together. Call room staff are the first point of contact at the competition and as such can help “make their day” when done with the calm expected of them. It is desirable that officials also have excellent communication skills. In the event of any doubtful situations the officials shall take decisions in consultation with the higher authorities. The Referee should be in constant touch with other Referees, Announcer, Competition Director and Technical Delegate(s).



**Final preparations of athletes in the call room at IAAF Worlds 2018 (Photo- Twitter @WorldAthletics)**

## OFFICIAL PAGES



[www.indianathletics.in](http://www.indianathletics.in)



[www.instagram.com/afiindia\\_official/](https://www.instagram.com/afiindia_official/)



[www.twitter.com/afiindia](https://www.twitter.com/afiindia)



[www.facebook.com/AFIindiaofficial](https://www.facebook.com/AFIindiaofficial)



[www.youtube.com/channel/UCFJn9dja3hnrU8Hi18Tw1ig](https://www.youtube.com/channel/UCFJn9dja3hnrU8Hi18Tw1ig)



# QUIZ TIME

1. When will the winners of the 2020 World Athlete of the Year (Male and Female) be announced?
2. The Polish city of Gdynia held the only World Athletics Championships in 2020. Which event did it host?
3. Which Indian State held an invitational prize money athletics competition becoming the first to hold a track and field meet after the nation-wide lockdown owing to Covid-19?
4. What was the event in which Jagmohan Singh competed in the 1960 Olympic Games in Rome?
5. Which athlete set the latest National record as approved in the recent annual general meeting?
6. Why did AFI transfer the grant to only 39 of the 100 district athletics associations identified?
7. Which famous Indian athlete was recently elected as Senior Vice President of the Athletics Federation of India?
8. When does a Javelin Thrower get a maximum of two minutes in which to complete a trial?
9. If a photo finish system is not available, what is the minimum number of manual time-keepers to take the time for each athlete?
10. The World Anti-Doping Agency prohibits the use of Methylnhexaneamine (MHA) by an athlete only in competition. True or false?

## ANSWERS

1. December 5.
2. The World Athletics Half Marathon Championships.
3. Assam. The Assam Athletics Association joined hands with Assam Olympic Association, Sports Authority of Assam and Directorate of Sports to conduct the meet on October 2.
4. 110m hurdles.
5. Baby Soumya. Her time of 1:31:29 in the women's 20km Race Walking event in the National Race Walking Championships in Ranchi was set on February 15, 2020.
6. Only these 39 district athletics associations had submitted bank details to AFI.
7. Anju Bobby George
8. Only when the athlete is required, for any reason, to follow himself or herself in the competition order.
9. Three.
10. True. MHA is banned only in competition.

