



Athletics Federation of India
TECHNICAL COMMITTEE

ENTRY STANDARDS ~ MALE ATHLETES ~ 2021

Details of EVENTS & Specifications		Groups & Minimum Entry Standards				
EVENTS	Specifications	Men	U20 Men	U18 Men	U16 Boys	U14 Boys
60m						*/#
100m		10.60s.	10.90s.	11.50s.	11.80s.	
200m		21.70s.	23.00s.	23.60s.		
300m					*/#	
400m		48.50s.	49.00s.	51.70s.		
600m						1:45.00s.
800m		1:52.00s.	1:53.00s.	2:00.00s.	2:04.00s.	
1500m		3:50.00s.	4:00.00s.	4:15.00s.		
2000m					6:10.00s.	
3000m				9:15.00s.		
5000m		14:40.00s.	15:10.00s.			
10000m		31:30.00s.	32:50.00s.			
80m Hurdles	0.838m.				*/#	
100m Hurdles	0.914m.					
110m Hurdles	0.914m.			15.40s.		
110m Hurdles	0.991m.		15.00s.			
110m Hurdles	1.067m.	14.50s.				
400m Hurdles	0.838m.			57.50s.		
400m Hurdles	0.914m.	51.30s.	54.00s.			
2000m Steeplechase	0.838m.			6:45.00s.		
3000m Steeplechase	0.914m.	9:10.00s.	10:10.00s.			
High Jump		2.00m.	1.90m.	1.80m.	1.65m.	1.50m.
Pole Vault		4.40m.	3.80m.	3.70m.		
Long Jump		7.30m.	6.80m.	6.50m.	5.80m.	5.40m.
Triple Jump		15.30m.	14.50m.	13.50m.		
Shot Put	3.000kg.					10.70m.
Shot Put	4.000kg.				12.50m.	
Shot Put	5.000kg.			14.50m.		
Shot Put	6.000kg.		15.50m.			
Shot Put	7.260kg.	16.20m.				
Dicus Throw	1.2500kg.				42.00m.	
Dicus Throw	1.5000kg.			46.00m.		
Dicus Throw	1.750kg.		44.00m.			
Dicus Throw	2.000kg.	50.00m.				
Hammer Throw	4.000kg.				44.00m.	
Hammer Throw	5.000kg.			48.50m.		
Hammer Throw	6.000kg.		60.00m.			
Hammer Throw	7.260kg.	60.00m.				
Javelin Throw	600g.				44.00m.	
Javelin Throw	700g.			58.00m.		
Javelin Throw	800g.	75.00m.	65.00m.			
Ball Throw	159g (+,- 4g)					*/#
Medley Relay				1:56.00s.	2:04.00s.	
4 X 100m Relay		41.30s.	44.00s.			
4 X 400m Relay		3:07.00s.	3:24.00s.			
4 X 400m Mixed Relay		*/#	*/#			
Triathlon [One day]						*
Hexathlon [Two day]					*/#	
Decathlon		5500pts.	5000pts.	3900pts.		
5000m Race Walk [Track]					28:50.00s.	
10,000m Race Walk [Track]			50.00.00s.	54.00.00s.		
10km Race Walk [Road]			50.00.00s.	54.00.00s.		
20,000m Race Walk [Track]		1:35:00s.				
20km Race Walk [Road]		1:35:00s.				
50km Race Walk [Road]		*				

* - No restriction of Entry standards. ~ # - Introduced in the year 2020.



Athletics Federation of India
TECHNICAL COMMITTEE

ENTRY STANDARDS ~ FEMALE ATHLETES ~ 2021

Details of EVENTS & Specifications		Groups & Minimum Entry Standards				
EVENTS	Specifications	Women	U20 Women	U18 Women	U16 Girls	U14 Girls
60m						*/#
100m		12.10s.	12.75s.	13.25s.	13.80s.	
200m		24.50s.	26.50s.	27.20s.		
300m					*/#	
400m		55.00s.	58.50s.	1:03.00s.		
600m						1:50.00s.
800m		2:15.00s.	2:20.00s.	2:30.00s.	2:35.00s.	
1500m		4:30.00s.	4:50.00s.	5:20.00s.		
2000m					7:70.00s.	
3000m			11:40.00s.	12:10.00s.		
5000m		17:00.00s.	18:50.00s.			
10000m		35:00.00s.				
80m Hurdles	0.762m.				*/#	
100m Hurdles	0.762m.			16.50s.		
100m Hurdles	0.838m.	15.00s.	16.20s.			
400m Hurdles	0.762m.	1:02.00s.	1:07.50s.	1:12.00s.		
2000m Steeplechase	0.762m.			12:30.00s.		
3000m Steeplechase	0.762m.	12:30.00s.	14:05.00s.			
High Jump		1.60m.	1.55m.	1.45m.	1.40m.	1.35m.
Pole Vault		3.30m.	2.80m.	2.70m.		
Long Jump		5.85m.	5.30m.	5.00m.	4.75m.	4.25m.
Triple Jump		12.50m.	11.60m.	11.00m.		
Shot Put	2.000kg					8.60m.
Shot Put	3.000kg			11.50m.	10.00m.	
Shot Put	4.000kg	13.50m.	10.50m.			
Dicus Throw	1.000kg	43.00m.	35.00m.	32.50m.	30.00m.	
Hammer Throw	3.000kg			38.00m.		
Hammer Throw	4.000kg	45.00m.	38.00m.			
Javelin Throw	500g.			35.00m.	30.00m.	
Javelin Throw	600g.	46.00m.	38.50m.			
Ball Throw	159g (+, - 4g)					*/#
Medley Relay				2:20.00s.	2:25.00s.	
4 X 100m Relay		47.00s.	52.00s.			
4 X 400m Relay		3:48.00s.	4:05.00s.			
4 X 400m Mixed Relay		*/#	*/#			
Triathlon [One day]						*
Hexathlon [Two day]					*/#	
Heptathlon		4000pts.	3250pts.	3000pts.		
3000m Race Walk [Track]					22:30.00s.	
5000m Race Walk [Track]				33:30.00s.		
10,000m Race Walk [Track]			1::06:00.0s.			
10km Race Walk [Road]			1::06:00.0s.			
20,000m Race Walk [Track]		1:45:00s.				
20km Race Walk [Road]		1:45:00s.				

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Ravinder Chaudhry
Secretary AFI

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23rd January 2021