

ATHLETICS FEDERATION OF INDIA

TECHNICAL COMMITTEE

LIST of EVENTS * MEN & BOYS * Year 2021 (With Abbreviations)

MEN & U23 MEN			
Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m	
2	200 Metres	200m	
3	400 Metres	400m	
4	800 Metres	800m	
5	1500 Metres	1500m	
6	5000 Metres	5000m	
7	10,000 Metres	10,000m	
8	110 Metres Hurdles	110mH	1.067m
9	400 Metres Hurdles	400mH	0.914m
10	3000 Metres Steeplechase	3000mSC	0.914m
11	High Jump	HJ	
12	Pole Vault	PV	
13	Long Jump	LJ	
14	Triple Jump	TJ	
15	Shot Put	SP	7.260kg
16	Discus Throw	DT	2.000kg
17	Hammer Throw	HT	7.260kg
18	Javelin Throw	JT	800g
19	4 x 100 Metres Relay	4 x 100mR	
20	4 x 400 Metres Relay	4 x 400mR	
21	4 x 400 Metres Mixed Relay	4 x 400mMR	
22	Decathlon (Two Days)	Dec	10 events
23	20,000 Metres Race Walk (Track)	20,000mRW	20,000m
24	20 Kilometres Race Walk (Road)	20kmRW	20km
25	50 Kilometres Race Walk (Road)	50kmRW	50km
26	10 Kilometres Cross-Country	SM	10km

U20 MEN			
Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m	
2	200 Metres	200m	
3	400 Metres	400m	
4	800 Metres	800m	
5	1500 Metres	1500m	
6	5000 Metres	5000m	
7	10,000 Metres	10,000m	
8	110 Metres Hurdles	110mH	0.991m
9	400 Metres Hurdles	400mH	0.914m
10	3000 Metres Steeplechase	3000mSC	0.914m
11	High Jump	HJ	
12	Pole Vault	PV	
13	Long Jump	LJ	
14	Triple Jump	TJ	
15	Shot Put	SP	6.000kg
16	Discus Throw	DT	1.750kg
17	Hammer Throw	HT	6.000kg
18	Javelin Throw	JT	800g
19	4 x 100 Metres Relay	4 x 100mR	
20	4 x 400 Metres Relay	4 x 400mR	
21	4 x 400 Metres Mixed Relay	4 x 400mMR	
22	Decathlon (Two Days)	Dec	10 events
23	10000 Metres Race Walk (Track)	10000mRW	10,000m
24	10 Kilometres Race Walk (Road)	10kmRW	10km
25	8 Kilometres Cross-Country	JM	8km

U18 MEN			
Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m	
2	200 Metres	200m	
3	400 Metres	400m	
4	800 Metres	800m	
5	1500 Metres	1500m	
6	3000 Metres	3000m	
7	110 Metres Hurdles	110mH	0.914m
8	400 Metres Hurdles	400mH	0.838m
9	2000 Metres Steeplechase	2000mSC	0.838m
10	High Jump	HJ	
11	Pole Vault	PV	
12	Long Jump	LJ	
13	Triple Jump	TJ	
14	Shot Put	SP	5.000kg
15	Discus Throw	DT	1.500kg
16	Hammer Throw	HT	5.000kg
17	Javelin Throw	JT	700g
18	Medley Relay	MedleyR	
19	Decathlon (Two Days)	Dec	10 events
20	10000 Metres Race Walk (Track)	10,000mRW	10,000m
21	6 Kilometres Cross-Country	JB6	6km
DECATHLON (MEN, U 23 Men, U20 Men & U18 Men)			
DAY "1": 100m, Long Jump, Shot Put, High Jump & 400m.			
DAY "2": 110mH, Discus Throw, Pole Vault, Javelin Throw & 1500m.			
TRIATHLON (U 14 Boys)			
ONE DAY: 60m, Long Jump & Ball Throw.			

U16 BOYS			
Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m	
2	300 Metres	300m	
3	800 Metres	800m	
4	2000 Metres	2000m	
5	80 Metres Hurdles (7 flight.)	80mH	0.838m
6	High Jump	HJ	
7	Long Jump	LJ	
8	Shot Put	SP	4.000kg
9	Discus Throw	DT	1.250kg
10	Hammer Throw	HT	5.000kg
11	Javelin Throw	JT	600g
12	Medley Relay	MedleyR	
13	Hexathlon (Two Days)	Hex	Six Events
14	5000 Metres Race Walk (Track)	5000mRW	5000m
15	2 Kilometres Cross-Country	JB2	2km

U14 BOYS			
Sl.No.	EVENTS	Abbreviations	Specification
1	60 Metres	60m	
2	600 Metres	600m.	
3	High Jump	HJ	
4	Long Jump	LJ	
5	Shot Put	SP	3.000kg
6	Ball Throw	BT	159g.± 4g.
7	Triathlon (One Day)	Tri	Three Events
HEXATHLON (U 16 Boys)			
DAY "1": 100m, Long Jump & Shot Put.			
DAY "2": High Jump, Javelin Throw & 1000m.			

ATHLETICS FEDERATION OF INDIA

TECHNICAL COMMITTEE

LIST of EVENTS * WOMEN & GIRLS * Year 2021 (With Abbreviations)

WOMEN & U 23WOMEN			
Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m	
2	200 Metres	200m	
3	400 Metres	400m	
4	800 Metres	800m	
5	1500 Metres	1500m	
6	5000 Metres	5000m	
7	10,000 Metres	10,000m	
8	100 Metres Hurdles	100mH	0.838m.
9	400 Metres Hurdles	400mH	0.762m.
10	3000 Metres Steeplechase	3000mSC	0.762m.
11	High Jump	HJ	
12	Pole Vault	PV	
13	Long Jump	LJ	
14	Triple Jump	TJ	
15	Shot Put	SP	4.000kg
16	Discus Throw	DT	1.000kg
17	Hammer Throw	HT	4.000kg
18	Javelin Throw	JT	600g
19	4 x 100 Metres Relay	4 x 100mR	
20	4 x 400 Metres Relay	4 x 400mR	
21	4 x 400 Metres Mixed Relay	4 x 400mMR	
22	Heptathlon (Two days)	Hep	7 Events
23	20,000 Metres Race Walk (track)	20,000mRW	20,000m
24	20 Kilometres Race Walk (Road)	20kmRW	20km
25	10 Kilometres Cross-Country	SW	10km

U20 WOMEN			
Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m	
2	200 Metres	200m	
3	400 Metres	400m	
4	800 Metres	800m	
5	1500 Metres	1500m	
6	3000 Metres	3000m	
7	5000 Metres	5000m	
8	100 Metres Hurdles	100mH	0.838m.
9	400 Metres Hurdles	400mH	0.762m.
10	3000 Metres Steeplechase	3000mSC	0.762m.
11	High Jump	HJ	
12	Pole Vault	PV	
13	Long Jump	LJ	
14	Triple Jump	TJ	
15	Shot Put	SP	4.000kg
16	Discus Throw	DT	1.000kg
17	Hammer Throw	HT	4.000kg
18	Javelin Throw	JT	600g
19	4 x 100 Metres Relay	4 x 100mR	
20	4 x 400 Metres Relay	4 x 400mR	
21	4 x 400 Metres Mixed Relay	4 x 400mMR	
22	Heptathlon (Two days)	Hep	7 Events
23	10,000 Metres Race Walk (track)	10,000mRW	10,000m.
24	10 Kilometres Race Walk (Road)	10kmRW	10km
25	6 Kilometres Cross-Country	JW	6km

U18 WOMEN			
Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m	
2	200 Metres	200m	
3	400 Metres	400m	
4	800 Metres	800m	
5	1500 Metres	1500m	
6	3000 Metres	3000m	
7	100 Metres Hurdles	100mH	0.762m.
8	400 Metres Hurdles	400mH	0.762m.
9	2000 Metres Steeplechase	2000mSC	0.762m.
10	High Jump	HJ	
11	Pole Vault	PV	
12	Long Jump	LJ	
13	Triple Jump	TJ	
14	Shot Put	SP	3.000kg
15	Discus Throw	DT	1.000kg
16	Hammer Throw	HT	3.000kg
17	Javelin Throw	JT	500g
18	Medley Relay	MedleyR	
19	Heptathlon (Two days)	Hep	7 Events
20	5000 Metres Race Walk (Track)	5000mRW	5000m
21	4 Kilometres Cross-Country	JG4	4km

U16 GIRLS			
Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m	
2	300 Metres	300m	
3	800 Metres	800m	
4	2000 Metres	2000m	
5	80 Metres Hurdles (8 flight.)	80mH	0.762m
6	High Jump	HJ	
7	Long Jump	LJ	
8	Shot Put	SP	3.000kg
9	Discus Throw	DT	1.000kg
10	Javelin Throw	JT	500g
11	Medley Relay	MedleyR	
12	Hexathlon (Two Days)	Hex	Six Events
13	3000 Metres Race Walk (track)	3000mRW	3000m
14	2 Kilometres Cross-Country	JB2	2km

U14 GIRLS			
Sl.No.	EVENTS	Abbreviations	Specification
1	60 Metres	60m	
2	600 Metres	600m.	
3	High Jump	HJ	
4	Long Jump	LJ	
5	Shot Put	SP	2.000kg
6	Ball Throw	BT	159g.± 4g.
7	Triathlon (One Day)	Tri	Three Events

HEXATHLON (U 16 Girls)			
DAY "1": 100m Hurdles, Long Jump & Shot Put.			
DAY "2": High Jump, Javelin Throw & 800m.			
TRIATHLON (U 14 Girls)			
ONE DAY: 60m, Long Jump & Ball Throw.			

HEPTATHLON (Women, U 23 Women & U20 Women)			
HEPTATHLON (U 18 Women)			
DAY "1": 100m Hurdles, High Jump, Shot Put & 200m.			
DAY "2": Long Jump, Javelin Throw & 800m.			

ATHLETICS FEDERATION OF INDIA
TECHNICAL COMMITTEE

18th NATIONAL INTER DISTRICT JUNIOR ATHLETICS MEET 2021

LIST of EVENTS * BOYS & GIRLS * Year 2021 (With Abbreviations)

U16 BOYS				U16 GIRLS			
Sl.No.	EVENTS	Abbreviations	Specification	Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m		1	100 Metres	100m	
2	300 Metres	300m		2	300 Metres	300m	
3	1000 Metres	1000m		3	1000 Metres	1000m	
4	80 Metres Hurdles (7 flight) *	80mH	0.838m.	4	80 Metres Hurdles (8 flight) *	80mH	0.762m.
5	High Jump	HJ		5	High Jump	HJ	
6	Long Jump	LJ		6	Long Jump	LJ	
7	Shot Put	SP	4.000kg	7	Shot Put	SP	3.000kg
8	Discus Throw	DT	1.250kg	8	Discus Throw	DT	1.000kg
9	Javelin Throw	JT	600g	9	Javelin Throw	JT	500g

U14 BOYS				U14 GIRLS			
Sl.No.	EVENTS	Abbreviations	Specification	Sl.No.	EVENTS	Abbreviations	Specification
1	60 Metres	60m		1	60 Metres	60m	
2	600 Metres	600m		2	600 Metres	600m	
3	High Jump (Scissor)	HJ		3	High Jump (Scissor)	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 - 80 m. Hurdles - 7 Flights * Height - 0.838m. * 13.5m / 8.6m / 14.9m
*	GIRLS - 80 m. Hurdles - 8 Flights * Height - 0.762m. * 12m / 8m / 12m
U14 BOYS * U14 GIRLS	
1	Boys & Girls - High Jump shall be on Scissor pattern.
2	Boys & Girls - Ball Throw- Sector - Javelin * Specification - Leather or Synthetic Ball of 159g.±4g. & 0.23m circumference

GENERAL RULES

1	A Senior Athlete can enter maximum in Two Individual Event & Two Relay events. However, A Junior Athlete can enter in Two Individual Events & One Relay event.
2	If the Two individual events are track events, only one of these races should be longer than 200m. in U 18 & U16 groups.
3	Only Three athletes can enter in each event (Except relays) in Seniors (Men, Women & U 23) Athletics Championships and also in single age group Championships for Juniors i.e. National Federation Cup Junior Athletics Championships & National Youth Athletics Championships.
4	Only Two athletes can enter in each event (Except relays) in all Age group Junior Athletics Championships i.e. National Junior Athletics Championships & Zonal Junior Athletics Championships.
5	Four Athletes can enter in each relay event in all Athletics championships . Any Four Additional Athletes from among those entered for the Championships, whether for Relay or any other event, may be used in the composition of the Relay Team in any Round. * World Athletics Technical Rules 2020 - Part 'I' - Para 24.10 of Rule 170 {Relay Races}
6	No athlete below 16 years of age is entitled to enter in Men, Women and U 23, U 20, U18 years Boys & Girls categories.
7	The District Units can enter Two Athletes in one event in National Inter District Junior Athletics Meet. However an Athlete can participate in One Event Only.
8	The District Units can enter only 13 Athletes with 2 Team Officials in National Inter District Junior Athletics Meet.
9	No athlete below 12 years of age is entitled to enter in National Junior, Zonal & National Inter District Junior Athletics Meet.
10	The athletes are required to produce the Original Date of Birth Certificate (as per AFI Guidelines) at the time of Age Verification.
11	The date of reckoning the Age of an Age Group Athlete will be the last date/day of the Championships.
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 Championships.