



Athletics Federation of India

TECHNICAL COMMITTEE

~ EVENTS ~* 2021 *~*

MALE GROUPS & STANDARDS

MEN & U23 MEN (Under 23 years)	Specifications	U20 * MEN (Under 20 years)	Specifications	U18 * BOYS (Under 18 years)	Specifications	U16 * BOYS (Under 16 years)	Specifications	U14 * BOYS (Under 14 years)	Specifications
100 Metres		100 Metres		100 Metres		100 Metres		60 Metres	
200 Metres		200 Metres		200 Metres		200 Metres		600 Metres	
400 Metres		400 Metres		400 Metres		800 Metres		High Jump	
800 Metres		800 Metres		800 Metres		2000 Metres		Long Jump	
1500 Metres		1500 Metres		1500 Metres		80 Metres Hurdles (7 flight.)	0.838m	Shot Put	3.000kg.
5000 Metres		5000 Metres		3000 Metres		High Jump		Ball Throw	159g ± 4g
10,000 Metres		10,000 Metres		110 Metres Hurdles	0.914m	Long Jump		Triathlon (One Day)	Three Events
110 Metres Hurdles	1.067m.	110 Metres Hurdles	0.991m.	400 Metres Hurdles	0.838m	Shot Put	4.000kg.		
400 Metres Hurdles	0.914m	400 Metres Hurdles	0.914m	2000 Metres Steeplechase	0.838m.	Discus Throw	1.250kg.	TRIATHLON (U 14 BOYS)	
3000 Metres Steeplechase	0.914m.	3000 Metres Steeplechase	0.914m.	High Jump		Hammer Throw	4.000kg.	ONE DAY: 60m, Long Jump & Ball Throw.	
High Jump		High Jump		Pole Vault		Javelin Throw	600g.		
Pole Vault		Pole Vault		Long Jump		Medley Relay			
Long Jump		Long Jump		Triple Jump		Hexathlon (Two Days)	Six Events		
Triple Jump		Triple Jump		Shot Put	5.000kg.	5000 Metres Race Walk	5000m.		
Shot Put	7.260kg.	Shot Put	6.000kg.	Discus Throw	1.500kg.	2 Kilometres Cross-Country	2 km.		
Discus Throw	2.000kg.	Discus Throw	1.750kg.	Hammer Throw	5.000kg.				
Hammer Throw	7.260kg.	Hammer Throw	6.000kg.	Javelin Throw	700g.	HEXATHLON (U 16 BOYS)			
Javelin Throw	800g.	Javelin Throw	800g.	Medley Relay		DAY "1": 100m, Long Jump & Shot Put.			
4 x 100 Metres Relay		4 x 100 Metres Relay		Decathlon (Two Days)	Ten Events	DAY "2": High Jump, Javelin Throw & 1000m.			
4 x 400 Metres Relay		4 x 400 Metres Relay		10,000 Metres Race Walk	10000m.				
4 x 400 Metres Mixed Relay		4 x 400 Metres Mixed Relay		6 Kilometres Cross-Country	6 km.				
Decathlon (Two Days)	Ten Events	Decathlon (Two Days)	Ten Events						
20,000 Metres Race Walk	20,000m.	10000 Metres Race Walk	10,000m.	DECATHLON (MEN, U 23 Men & U20 Men)					
20 Kilometres Race Walk	20 km.	10 Kilometres Race Walk	10 km.	DECATHLON (U18 Boys)					
50 Kilometres Race Walk	50 km.	8 Kilometres Cross-Country	8 km.	DAY "1": 100m, Long Jump, Shot Put, High Jump & 400m.					
10 Kilometres Cross-Country	10 km.			DAY "2": 110mH, Discus Throw, Pole Vault, Javelin Throw & 1500m					

FEMALE GROUPS & STANDARDS

WOMEN & U23 WOMEN (Under 23 years)	Specifications	U 20 * WOMEN (Under 20 years)	Specifications	U 18 * GIRLS (Under 18 years)	Specifications	U 16 * GIRLS (Under 16 years)	Specifications	U14 * GIRLS (Under 14 years)	Specifications
100 Metres		100 Metres		100 Metres		100 Metres		60 Metres	
200 Metres		200 Metres		200 Metres		300 Metres		600 Metres	
400 Metres		400 Metres		400 Metres		800 Metres		High Jump	
800 Metres		800 Metres		800 Metres		2000 Metres		Long Jump	
1500 Metres		1500 Metres		1500 Metres		80 Metres Hurdles (8 flight.)	0.762m	Shot Put	2.000kg.
5000 Metres		3000 Metres		3000 Metres		High Jump		Ball Throw	159g ± 4g
10,000 Metres		5000 Metres		100 Metres Hurdles	0.762m	Long Jump		Triathlon (One Day)	Three Events
100 Metres Hurdles	0.838m.	100 Metres Hurdles	0.838m.	400 Metres Hurdles	0.762m	Shot Put	3.000kg.		
400 Metres Hurdles	0.762m	400 Metres Hurdles	0.762m	2000 Metres Steeplechase	0.762m.	Discus Throw	1.000kg.	TRIATHLON (U 14 GIRLS)	
3000 Metres Steeplechase	0.762m.	3000 Metres Steeplechase	0.762m.	High Jump		Javelin Throw	500g.	ONE DAY: 60m, Long Jump & Ball Throw.	
High Jump		High Jump		Pole Vault		Medley Relay			
Pole Vault		Pole Vault		Long Jump		Hexathlon (Two Days)	Six Events		
Long Jump		Long Jump		Triple Jump		3000 Metres Race Walk	3000m.		
Triple Jump		Triple Jump		Shot Put	3.000kg.	2 Kilometres Cross-Country	2 km.		
Shot Put	4.000kg.	Shot Put	4.000kg.	Discus Throw	1.000kg.				
Discus Throw	1.000kg.	Discus Throw	1.000kg.	Hammer Throw	3.000kg.	HEXATHLON (U 16 GIRLS)			
Hammer Throw	4.000kg.	Hammer Throw	4.000kg.	Javelin Throw	500g.	DAY "1": 100m H, Long Jump & Shot Put.			
Javelin Throw	600g.	Javelin Throw	600g.	Medley Relay		DAY "2": High Jump, Javelin Throw & 800m.			
4 x 100 Metres Relay		4 x 100 Metres Relay		Heptathlon (Two days)	Seven Events				
4 x 400 Metres Relay		4 x 400 Metres Relay		5000 Metres Race Walk	5000m.				
4 x 400 Metres Mixed Relay		4 x 400 Metres Mixed Relay		4 Kilometres Cross-Country	4 km.				
Heptathlon (Two days)	Seven Events	Heptathlon (Two days)	Seven Events	HEPTATHLON (Women, U 23 Women & U20 Women)					
20,000 Metres Race Walk	20000m.	10,000 Metres Race Walk	10000m.	HEPTATHLON (U 18 GIRLS)					
20 Kilometres Race Walk	20 km.	10 Kilometres Race Walk	10 km.	DAY "1": 100m H, High Jump, Shot Put & 200m.					
10 Kilometres Cross-Country	10 km.	6 Kilometres Cross-Country	6 km.	DAY "2": Long Jump, Javelin Throw & 800m.					

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