



## ATHLETICS FEDERATION OF INDIA

### 32nd NORTH ZONE JUNIOR ATHLETICS CHAMPIONSHIPS 2020-21

20th to 22nd MARCH 2021 \* MEERUT (U.P.) \* LIST of EVENTS

#### U20 MEN

#### U20 WOMEN

Athletes born between 11th February 2001 to 10th February 2003

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

#### U18 MEN

#### U18 WOMEN

Athletes born between 11th February 2003 to 10th February 2005

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
9	High Jump	HJ	
10	Pole Vault	PV	
11	Long Jump	LJ	
12	Triple Jump	TJ	
13	Shot Put	SP	5.000kg
14	Discus Throw	DT	1.500kg
15	Hammer Throw	HT	5.000kg
16	Javelin Throw	JT	700g

8	400 Metres Hurdles	400mH	0.762m.
9	High Jump	HJ	
10	Pole Vault	PV	
11	Long Jump	LJ	
12	Triple Jump	TJ	
13	Shot Put	SP	3.000kg
14	Discus Throw	DT	1.000kg
15	Hammer Throw	HT	3.000kg
16	Javelin Throw	JT	500g

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#### U16 BOYS

#### U16 GIRLS

Athletes born between 11th February 2005 to 10th February 2007

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	4.000kg
11	Javelin Throw	JT	600g

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

#### U14 BOYS

#### U14 GIRLS

Athletes born between 11th February 2007 to 10th February 2009

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.

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.

\*~\* RULES \*~\*

<b>U16 BOYS * U16 GIRLS</b>	
*	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
<b>GENERAL RULES</b>	
1	An Athlete can enter in Two Individual Events only
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 <b>Two athletes</b> from each State can enter in each event in all Age groups. .
4	No athlete below 16 years of age is entitled to enter in U 20 & U18 years categories.
5	No athlete below 12 years of age is entitled to enter in this Junior Athletics Championships..
6	The athletes are required to produce the Original Date of Birth Certificate (as per AFI Guidelines) at the time of Age Verification.
7	<b>The date of reckoning the Age of an Athlete will be as on 10th February 2021.</b>
8	Running Shoes or Sports Shoes are compulsory for participating in this Athletics Championships.
9	It is mandatory to follow the AFI Standard Operating Procedures (SOP) for participating in this Championships.
10	The Rules of <b>World Athletics Competition &amp; Technical Rules 2020 Edition</b> will be applicable on this Athletics Championships.
11	The Rules & Guidelines of Indian Athletics Manual (updated on 01.10.2020) will be applicable to this Athletics Championships.
<b>AFI Circular No. 14/1-2021 dated January 22, 2021 (Amended on 26th January 2021 &amp; 4th March 2021)</b>	

**4th MARCH 2021**

**Ravinder Chaudhry**  
Secretary - AFI

**Ashutosh Bhalla**  
Chairman - Organising Committee