

24th National Federation Cup Senior Athletics Championships 2021**NSNIS - Patiala (Punjab)****15th to 19th March 2021****Event Schedule***Ver 1.1 updated as on 13 March 2021*

SN	Time	Event	Specifications	Section	Round	Group
Day 1 - 15th March 2021 (Monday)						
1.01	07.00 hrs	10000m		Women	Final 1	
1.02	07.45 hrs	10000m		Men	Round 1	
1.03	09.00 hrs	100m		Men	Decathlon 1	
1.04	09.15 hrs	100m		Men	Round 1	
1.05	09.30 hrs	Long Jump		Men	Decathlon 2	Group A & B
1.06	09.45 hrs	100m		Women	Round 1	
1.07	10.10 hrs	400m		Men	Round 1	
1.08	10.20 hrs	Long Jump		Men	Qualifying Round	Group A & B
1.09	10.30 hrs	Shot Put	7.26 kg	Men	Decathlon 3	Group A
1.10	10.35 hrs	400m		Women	Round 1	
1.11	11.15 hrs	Shot Put	7.26 kg	Men	Decathlon 3	Group B
Break						
1.12	15.00 hrs	Pole Vault		Women	Final 2	
1.13	15.10 hrs	High Jump		Men	Decathlon 4	
1.14	15.30 hrs	100m		Men	Semi Final	
1.15	15.45 hrs	100m		Women	Semi Final	
1.16	15.50 hrs	Shot Put	4.0 kg	Women	Final 3	
1.17	17.00 hrs	Javelin Throw	600 gm	Women	Final 4	
1.18	17.10 hrs	400m		Men	Semi Final	
1.19	17.25 hrs	400m		Men	Decathlon 5	
1.20	17.45 hrs	1500m		Men	Round 1	
Day 2 - 16th March 2021 (Tuesday)						
2.01	07.00 hrs	10000m		Men	Final 5	
2.02	08.00 hrs	110m Hurdles	1.067 m	Men	Decathlon 6	
2.03	08.30 hrs	Shot Put	7.26 kg	Men	Qualifying Round	Group A
2.04	08.40 hrs	Discus Throw	2.0 kg	Men	Decathlon 7	Group A
2.05	09.10 hrs	Discus Throw	2.0 kg	Men	Decathlon 7	Group B
2.06	09.30 hrs	Shot Put	7.26 kg	Men	Qualifying Round	Group B
2.07	10.00 hrs	Pole Vault		Men	Decathlon 8	
Break						
2.08	15.10 hrs	Javelin Throw	800 gm	Men	Decathlon 9	Group A

2.09	16.00 hrs	Javelin Throw	800 gm	Men	Decathlon 9	Group B
2.10	16.10 hrs	Long Jump		Men	Final 6	
2.11	16.20 hrs	100m		Women	Final 7	
2.12	16.30 hrs	100m		Men	Final 8	
2.13	16.40 hrs	400m		Women	Final 9	
2.14	16.50 hrs	400m		Men	Final 10	
2.15	17.15 hrs	1500m		Men	Decathlon 10 - Final 11	
2.16	17.30 hrs	1500m		Men	Final 12	
2.17	17.45 hrs	1500m		Women	Final 13	

Day 3 - 17th March 2021 (Wednesday)

3.01	08.00 hrs	Discus Throw	2.0 kg	Men	Qualifying Round	Group A
3.02	08.10 hrs	100m Hurdles	0.838 m	Women	Heptathlon 1	
3.03	08.25 hrs	100m Hurdles	0.838 m	Women	Round 1	
3.04	08.45 hrs	110m Hurdles	1.067 m	Men	Round 1	
3.05	08.50 hrs	High Jump		Women	Heptathlon 2	
3.06	09.10 hrs	Discus Throw	2.0 kg	Men	Qualifying Round	Group B
3.07	10.15 hrs	Shot Put	4.0 kg	Women	Heptathlon 3	

Break

3.08	15.30 hrs	High Jump		Men	Final 14	
3.09	15.40 hrs	110m Hurdles	1.067 m	Men	Final 15	
3.10	16.00 hrs	100m Hurdles	0.838 m	Women	Final 16	
3.11	16.10 hrs	Shot Put	7.26 kg	Men	Final 17	
3.12	16.15 hrs	200m		Women	Heptathlon 4	
3.13	16.20 hrs	Long Jump		Women	Final 18	
3.14	16.30 hrs	800m		Men	Round 1	
3.15	16.50 hrs	800m		Women	Round 1	
3.16	17.00 hrs	Javelin Throw	800g	Men	Final 19	
3.17	17.25 hrs	3000m SC	0.762 m	Women	Final 20	
3.18	17.50 hrs	3000m SC	0.914 m	Men	Final 21	

Day 4 - 18th March 2021 (Thursday)

4.01	07.00 hrs	5000m		Men	Round 1	
4.02	08.00 hrs	Hammer Throw	4.0 kg	Women	Final 22	
4.03	08.00 hrs	Long Jump		Women	Heptathlon 5	
4.04	08.30 hrs	200m		Men	Round 1	
4.05	08.50 hrs	Javelin Throw		Women	Heptathlon 6	
4.06	09.00 hrs	200m		Women	Round 1	

4.07	09.00 hrs	Pole Vault		Men	Final 23	
4.08	09.50 hrs	Hammer Throw	7.26 kg	Men	Qualifying Round	Group A
4.09	10.45 hrs	Hammer Throw	7.26 kg	Men	Qualifying Round	Group B
Break						
4.10	15.00 hrs	Discus Throw	2.0 kg	Men	Final 24	
4.11	15.30 hrs	High Jump		Women	Final 25	
4.12	16.00 hrs	400m Hurdles	0.914 m	Men	Round 1	
4.13	16.25 hrs	400m Hurdles	0.762 m	Women	Round 1	
4.14	16.30 hrs	Triple Jump		Women	Final 26	
4.15	16.50 hrs	200m		Men	Semi Final	
4.16	17.15 hrs	800m		Men	Final 27	
4.17	17.30 hrs	800m		Women	Final 28	
4.18	17.45 hrs	800m		Women	Heptathlon 7 - Final 29	

Day 5 - 19th March 2021 (Friday)

5.01	14.00 hrs	Hammer Throw	7.26 kg	Men	Final 30	
5.02	15.30 hrs	Discus Throw		Women	Final 31	
5.03	15.40 hrs	Triple Jump		Men	Final 32	
5.04	15.55 hrs	400m Hurdles	0.914 m	Men	Final 33	
5.05	16.05 hrs	400m Hurdles	0.762 m	Women	Final 34	
5.06	16.15 hrs	200m		Men	Final 35	
5.07	16.25 hrs	200m		Women	Final 36	
5.08	16.35 hrs	5000m		Men	Final 37	
5.09	16.55 hrs	5000m		Women	Final 38	

Entry to NIS Campus will be given 2 hours prior of their event with RTPCR Negative Report.

No Spectators are allowed inside the Campus.

Athletes have to leave the campus immediately after their event.

BIB nos will be distributed at NIS Gate everyday after showing the Entry confirmation.

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