



ATHLETICS FEDERATION OF INDIA JANUARY 2021 NEWSLETTER



TOP STORY

FEDERATION CUP JUNIOR U20 MARKS MEMORABLE RETURN OF NATIONAL-LEVEL COMPETITION AFTER A YEAR

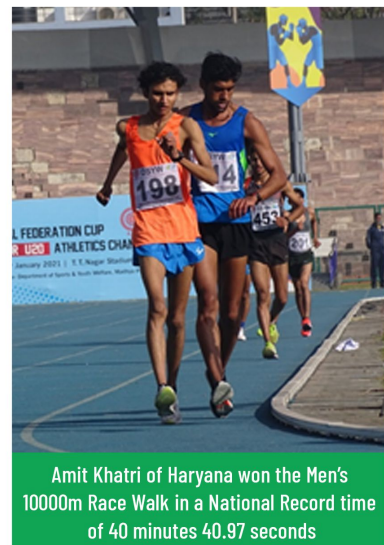


Yashvir Singh (78.68m) broke Neeraj Chopra's Meet Record of 76.91m in
U20 Boys Javelin Throw

The successful conduct of the 18th National Federation Cup Junior U20 Athletics Championships at the TT Nagar Stadium in Bhopal has come as a feather in the cap for the Athletics Federation of India, which is among the first National Sports Federations to get off the blocks in resuming national-level competition.

Athletics Federation of India President Adille J. Sumariwalla, who attended the closing ceremony of the three-day meet on January 27, complimented the Department of Sports and Youth Welfare, Government of Madhya Pradesh, for the wonderful conduct of the first national-level track and field competition since February last.

Uttarakhand's Reshma Patel, who qualified to take part in the Championships after turning 16 in September, was in great form when winning the women's 10000m Race Walk with a National Record to boot. She clocked 48:25.90 to improve on Priyanka Goswami's existing mark and please her coach Anoop Bisht and brother, long distance runner Indrajeet Patel.



Amit Khatri of Haryana won the Men's 10000m Race Walk in a National Record time of 40 minutes 40.97 seconds

The Standard Operating Procedure, issued by the Athletics Federation of India and the Ministry of Youth Affairs and Sports through the Sports Authority of India were adhered to seamlessly.

The manner in which the schedule was adhered to and the discipline of the athletes and officials in following the protocols combined ensured the success of the meet.

18th Federation Cup Junior Under-20 Championship kicks off

STAFF REPORTER BHOPAL

The 18th Federation Cup Junior Under-20 National Athletics Championships began on Monday at the T.T. Nagar Stadium.

inaugurating the three-day competition, Director General of Police, Madhya Pradesh, Virendra Singh said that it is a privilege to host the biggest national competition in the country.

He congratulated the Sports Department and said that the event is being organised by following all the rules and precaution of Corona, which is paramount.

Placing the participating players from various states, DGP Singh said that the players have to maintain social distancing and wear masks while watching the players by following all the rules while remaining safe and encouraging them to perform well.

The special guest of the programme, Chief Justice of India, Justice N. Gopal Gowda, said that it is a tradition that parents did not give much time to play sports.

A total of 39 players including 24 boys and 15 girls will be part of the competition in Madhya Pradesh team.

Patel said that Madhya Pradesh is now becoming a part of the Games and its medal table is constantly increasing. He said that now the sports tradition is also strengthening in tribal areas.

Players from rural areas are winning gold medals in traditional sports like archery while encouraging the players, that Patel said that it is necessary to give the best performance in every game, not by losing or winning.

Director, Sports and Youth Welfare, Pawan Kumar Jain said that this is the first start of any national competition in the country. He mentioned that more than 300 boys and girls players from 20 states across the country are participating in this championship.

A total of 39 players including 24 boys and 15 girls will be part of the competition in Madhya Pradesh team. The selected players from this championship will represent the country at the Junior World Athletics Championships held in Nairobi (Kenya) from 17 to 22 August 2021.

Reshma Patel, Academy gold medalist, Madhya Pradesh and Khajuraho, said that the goal is to win a Captain's Cup. She said that she will be part of the competition in Madhya Pradesh team. The selected players from this championship will represent the country at the Junior World Athletics Championships held in Nairobi (Kenya) from 17 to 22 August 2021.

The children of Madhya Pradesh Academy performed brilliantly in the last of Haryana's Chaitan, Principal Secretary, Sports and Youth Welfare, Pawan Kumar Jain, said that the goal is to win a Captain's Cup. She said that she will be part of the competition in Madhya Pradesh team. The selected players from this championship will represent the country at the Junior World Athletics Championships held in Nairobi (Kenya) from 17 to 22 August 2021.

From the performance perspective, some excellent results indicated the eagerness of the athletes to showcase their talent. Race walkers Amit Khatri and Reshma Patel accounted for National U20 Records while and four other U20 Meet Records were rewritten in the 36-event competition.

Amit Khatri (Haryana), who won the Men's 10000m Race Walk in a National Record time of 40 minutes 40.97 seconds, and Delhi sprinter Taranjeet Kaur who claimed the 100-200 double, were named the best athletes of the Championship while Haryana swept all three team championships at stake - men, women and overall.

Madhya Pradesh's Sunil Dawar (1500m), Maharashtra's Vikas Anand Khodke (110m Hurdles), Tamil Nadu Triple Jumper Praveen Chithravel and Haryana's Yashvir Singh (Javelin Throw) were those who breached the meet marks in the men's events while Rajasthan's Chatru Ghanaram (3000m) and Uttarakhand's Ankita Dhyani (5000m) did likewise in the women's events.



INDIAN JAVELIN SQUAD PRAISES ODISHA GOVERNMENT FOR PROVIDING UNSTINTED SUPPORT

The Indian Javelin Team is delighted at how well things have fallen in place in its training camp in Bhubaneswar, and at how it has been able to keep its preparation for the coming season on track. The unanimous view emerging from its base in the Odisha capital is that it could not have asked for better facilities than in the Kalinga Stadium.



Indian Javelin Throw Team at Bhubaneswar

Nearly six weeks after it moved from the cold climes in Patiala to the warmer location on India's east coast, the team believes that the move to Bhubaneswar has proved productive. If things had been normal and the world was not dealing with the Covid-19 pandemic, the squad may have been based in the High Performance Institute for Sports in the South African city of Potchefstroom.

Neeraj Chopra has been loving his return to the venue where he won the Javelin Throw gold in the Asian Athletics Championships 2017. "It feels good to be here and the arrangements made by the Government of Odisha are great. We have been training well and are using all the facilities available to us," he said. "We are gearing up for the competitive season in the best way possible."

Coaches Uwe Hohn and Dr. Klaus Bartonietz also reflect the mood in the camp when they speak highly of the support from the Government of Odisha. "Of course, there would have been some disappointment that we could not travel to South Africa, but we are convinced that we could not have had a better venue for the crucial camp," Hohn said.

Besides the Kalinga Stadium, the Javelin throwers are making optimal use of the facilities in the Abhinav Bindra Targeting Performance centre and Reliance Foundation Odisha Athletics High Performance Centre. "It is better than being in Patiala," Hohn said of the recovery sessions for the squad, the equipment and the facilities.

Coach Dr. Bartonietz praised the Odisha Government's speed of response to requests made by the team. "The people here are so helpful and are wonderfully responsive to the team's needs," he said. "Bhubaneswar has been great for training after we came from the cold of Patiala. We got a nutritionist to come from Mumbai to speak with the hotel staff, who have been very receptive."



Neeraj Chopra & Rohit Yadav during a training session at the Kalinga Stadium in Bhubaneswar

Shivpal Singh, who became the second Indian Javelin thrower after Neeraj Chopra to qualify for the Tokyo Olympic Games, said it was a good decision by AFI to shift the squad to Odisha. "It was too cold in Patiala and we have been training twice a day since we came to Bhubaneswar," he said. "I am looking forward to making an impact in the competition season."

Annu Rani, who is ranked 15th on the World Athletics Road To Tokyo rankings for women's Javelin Throw, said Odisha's readiness to provide the best facilities for the athletes is an example for other States. "The training here is good, the ground is in well-maintained, the accommodation is comfortable, and we have an Indian diet," she said.

Neeraj Chopra threw the spear over 87.86m in Potchefstroom in the ACNW League Meeting 1 at the McArthur Stadium, Potchefstroom, on January 28 last. It was his first competition in more than 15 months. And as things turned out, it has been the last as well, given the world was driven to take extreme measures in the wake of the Covid-19 outbreak.

In the ACNW League Meeting 6 in Potchefstroom a couple of months later, Shivpal Singh, registered an 85.47m throw to become the second Indian Javelin thrower to attain the Olympic qualification. Annu Rani, who found her career-best mark of 62.43m in the World Athletics Championships in Doha in 2019, is looking to breach the 64m to secure Olympic qualification. Rajender Singh and Rohit Yadav, who is preparing for the World U-20 Athletics Championships in Kenya, are the other throwers in the camp in Bhubaneswar.

AFI CONDUCTS LARGEST TECHNICAL OFFICIALS' COURSE FOR DISTRICTS

Athletics Federation of India took a huge step towards improving the technical conduct of track and field sport at the grassroots level by organising a certification course for more than 2100 District Technical Officials. AFI aims to have 10000 such district technical officials across the country in the next five years.

Over three weeks, 2164 candidates underwent the district technical officials' online course. Split into many groups to ensure that there is no loss of quality in the instruction, officials were trained in the rules and regulations that govern all athletics competition before appearing for an online examination.

AFI President Adille J. Sumariwalla said the course has its roots in National Inter-District Junior Athletics Meet. "We want all the 5000 athletes who participate in NIDJAM to have experienced competing in a well-conducted meet at the district level. We have imparted coach education at the grassroots level, and it was imperative that we also enhance the conduct of a meets," he said.

भारतीय एथलेटिक महासंघ के द्वारा तीन दिवसीय वेबिनार सेमिनार सम्पन्न

अटल हिंद/योगेश गर्ग

फरीदाबाद | जिला एथलेटिक संघ फरीदाबाद के कार्यकारी अध्यक्ष और एथलेटिक्स हरियाणा मीडिया प्रभारी सत्यवीर धनखड़ के द्वारा दी गई जानकारी के अनुसार भारतीय एथलेटिक महासंघ के द्वारा जिला स्तर पर तकनीकी अधिकारी तैयार करने के लिए तीन दिवसीय वेबिनार सेमिनार सम्पूर्ण हुआ।

भारतीय एथलेटिक महासंघ प्लानिंग कमेटी के चेयरमैन डॉ. ललित के भनोट के द्वारा जिला स्तर पर प्रतियोगिता कराने का आगाज किया गया और नये खिलाड़ी खोजने का कार्य भी किया गया। महासचिव रविन्द्र चौधरी ने बताया कि खेल में



खिलाड़ी संयम और अनुशासन के साथ खेले और अपनी प्रतिभा का

प्रदर्शन दिखाएँ। भारतीय एथलेटिक महासंघ के अध्यक्ष जे सुमारीवाला ने कहा कि जिला स्तर पर खिलाड़ियों के माता और उनके प्रशिक्षक कम आयु में पदक के लिए दबाव न बनाए। प्रतियोगिता निदेशक नितिन आर्य ने कहा कि खिलाड़ी गलत आयु में खेलने से बचें और किसी भी प्रकार के नशीले पदार्थ का सेवन न करें। तकनीकी कमेटी के चेयरमैन स्टैलेजोस ने कहा प्रतियोगिता के दौरान सभी तकनीकी अधिकारी अपनी जिम्मेदारी को समझते हुए अपना शत प्रतिशत दें। उपाध्यक्षा अंजू बाबी जार्ज ने खेल इवेंटों से सम्बंधित जानकारी जिला तकनीकी अधिकारियों को प्रदान की।

जिला स्तर पर तकनीकी अधिकारी तैयार कर रहे

फरीदाबाद | कार्यालय संवाददाता

भारतीय एथलेटिक महासंघ की तरफ से जिला स्तर पर तकनीकी अधिकारी तैयार करने के लिए आयोजित तीन दिवसीय वेबिनार शनिवार को संपन्न हुआ। जिला एथलेटिक संघ फरीदाबाद के कार्यकारी अध्यक्ष और एथलेटिक्स हरियाणा के मीडिया प्रभारी सत्यवीर धनखड़ ने बताया कि अब जिला स्तर पर तकनीकी अधिकारी तैयार करने पर जोर है।

भारतीय एथलेटिक महासंघ प्लानिंग कमेटी के चेयरमैन डॉ. ललित के भनोट ने जिला स्तर पर प्रतियोगिता करवाने

बात कही। महासचिव रविन्द्र चौधरी ने बताया कि खिलाड़ी संयम और अनुशासन से खेले और अपनी प्रतिभा का प्रदर्शन करें। भारतीय एथलेटिक महासंघ के अध्यक्ष जे सुमारीवाला ने कहा कि खिलाड़ियों पर प्रशिक्षक कम आयु में पदक के लिए दबाव न बनाएं। प्रतियोगिता निदेशक नितिन आर्य ने कहा कि खिलाड़ी गलत आयु में खेलने से बचें और नशीले पदार्थ का सेवन न करें। तकनीकी कमेटी के चेयरमैन स्टैलेजोस ने कहा कि प्रतियोगिता में तकनीकी अधिकारी अपनी जिम्मेदारी को समझते हुए अपना शत प्रतिशत दें।

"We want at least 30 qualified officials in each district so that their meets are conducted efficiently and effectively," he said. "It will ensure that even the district meets offer the athletes fair competition. Besides, this will also allow district associations to be self-reliant and not need to engage technical officials from other parts of a State."

Sports Authority of India Director-General Sandip Pradhan, who inaugurated the certification course, said it was important for athletes at the entry level to have the confidence that they would be fairly judged by qualified officials. "I applaud the steps taken by the Athletics Federation of India in ensuring quality education for the officials in all districts in the country," he said.

RELAY RACES: THE EVER RISING SPORT

(By Dr. Kuldeep Singh, Senior AFI Technical Official)

Relay race is a track-and-field sport consisting of a set number of stages (legs), usually four, where each leg is run by a different member of a team. The runner finishing his/her leg is required to pass on a baton (a hollow cylinder of wood or plastic) to the next runner while both are running in a marked exchange zone.

The most common events of Relay Races are 4x100m, 4x400m, Medley Relay and 4x400m mixed relay and the less common competition of 4x200m, 4x800m, 4x1500m, 4x1600 and distance medley 400m-800m-1200m-1600m. The road relay races are also organised without carrying the baton, for which the exchange zone is 20m long and exchange is considered as the touch of the hands of incoming and outgoing runners.

The medley relay is usually held in 100m-200m-300m-400m though other variations like 400m-300m-200m-100m are also held. In 4x400m mixed relay two male and two female athletes are the members of the team. The order of running of the athletes in mixed relay is up to the team meaning thereby that it is a part of the strategy of the team to decide the turn of running of any of the four male and four female athletes on any position, also known as 'Leg'.

In all the relay events held in the track are the carrying of the Baton is compulsory. The baton is a circular hollow tube which has 38mm to 40mm diameter, is 28 to 30 length and has more than 50 grams of weight. Baton of different colors are provided to each team and are marked from No.1 to No. 8 so as to match with the lane number.

The colour and the number marked on the baton and to which team the baton is issued is declared in the start list issued well in advance of the competition. This helps in conducting the competition of relay race in a smooth manner in addition to pinpoint any violation of rule committed by any team during the progress of the race.

The baton must be carried throughout the race. It happens many times that the baton falls during the progress of relay race which is more common during the exchange of baton. The baton can be retrieved but it can be retrieved only by the athlete who dropped it. It also happens that many times it moves sideways in other team lanes. In these situations, the athletes of the teams running in those lanes must not be disturbed and their progress shall not be impeded. If it happens then the team, whose athlete disturb other is liable to be disqualified. When the baton falls ahead or sideways, it must be carried at least up to that position, in which it was in the hand of the athlete last time before it falls.



Athletes in action during baton exchange in a Relay Race

Entire 4x100m, first and second leg of Medley relay, first leg of 4x400m and second leg of 4x400m till the break line are run in the lanes. The remaining portion of second leg and entire 3rd & 4th leg are run despite of lanes and hence called non laned races. In all races run entirely in lanes or the portion of the relay run in lane one check mark of 0.05mx0.40m at maximum and made of adhesive tape in contrast colour to all markings, track colour and surroundings can be used for each baton exchange. The purpose of the check marks is to help athletes and their team the exchange of baton while the athletes are at the top of their speed. The exchange zone of each race run in lane as well as the first and second leg of medley relay race is 30m long and for all other races it is 20m long. The baton must be exchanged within this exchange zone and validity of the exchange is decided by the position of the baton and not by the position of the athletes. The leg of the relay races is denoted by the scratch line marked on the track.

In order to avoid the confusion and collision of athletes for the exchange of baton during the non laned portion of a race or non laned races certain rules are framed. The most important rule is the positioning of outgoing runners which is always done under the supervision of a designated official. Once positioned, they can never change their relative position though they can take inner positions when the athletes of the teams ahead them has already exchanged their baton.

This positioning is done by the position of their incoming runner on the entry curve opposite of the baton exchange curve. The outgoing athlete whose incoming athlete is ahead of all other athletes is given the inside position adjacent to the curve and in this way the position of all outgoing runner is decided. All incoming athletes must not hinder other athletes after their baton exchange.

In addition to 4x400m this rule is also followed in distance medley i.e. 1600m-1200m-800m-400m or reverse order; 4x800m, 4x1500m & 4x1600m.

ZANGO SMASHES WORLD INDOOR TRIPLE JUMP RECORD WITH 18.07M



Hugues Fabrice Zango; Photo- WA website

World bronze medallist Hugues Fabrice Zango produced the first standout athletics moment of 2021 by sailing to a world indoor triple jump record of 18.07m* in Aubiere on Saturday (16).

The 27-year-old from Burkina Faso added 15 centimetres to the previous record, set by his coach Teddy Tamgho back in 2011, and becomes the first man to leap beyond 18 metres indoors.

He opened his series with a foul but then landed a valid 17.33m effort in round two. After another foul in round three, he improved to 17.61m and then 17.70m – just seven centimetres shy of his lifetime best.

He saved his best for last, though, and bounded out to 18.07m with his sixth and final effort.

Melvin Raffin of France was second with 16.98m while Jean-Marc Pontvianne was third with 16.49m.

Zango becomes the first athlete from Burkina Faso to set a world record and the first African athlete to set a world record in a men's jumping event.

Hugues' previous outright best of 17.77m was also set indoors and it came in his first competition of 2020. His outdoor PB of 17.66m was set at the World Athletics Championships Doha 2019.

(Jon Mulkeen for World Athletics- www.worldathletics.org)

EVENTS IN FEBRUARY 2021

36TH NATIONAL JUNIOR ATHLETICS CHAMPIONSHIPS 2021

6TH TO 10TH

FEB, 2021

GUWAHATI, ASSAM

8TH NATIONAL & INTERNATIONAL RACE WALK CHAMPIONSHIPS 2021

13TH TO 14TH

FEB, 2021

RANCHI, JHARKHAND

INDIAN GRAND PRIX - 1 - 2021

18TH FEB, 2021

PATIALA, PUNJAB

55TH NATIONAL CROSS COUNTRY CHAMPIONSHIPS 2021

21ST FEB, 2021

CHANDIGARH

AFI Newsletter Quiz January 2021

1. Which event became the first national-level track and field event to be held in India post the Lockdown imposed due to the Covid-19 outbreak?
2. Name the two athletes who were named the Best Athletes in the 18th Federation Cup Junior U20 Athletics Championships in Bhopal in January?
3. Which 27-year-old from Burkina Faso who added 15cm to the previous world Indoor triple jump record in Aubiere where he became the first man to leap beyond 18m indoors.
4. Who has been appointed to coach India's long-distance runners including steeplechaser Avinash Sable?
5. Which State Government pulled out all stops to facilitate the training of the Indian Javelin Throw team when it was too cold in Patiala and could not travel to South Africa?
6. Which three-day AFI certification course have more than 2100 officials registered to undergo?
7. What will be the correct entry in results when an athlete does not present himself or herself in the Call Room at the relevant time as published in the Call Room schedule?
8. What are the two kinds of Whereabouts Failures that can be recorded against an athlete by the relevant Dope Testing Agency?
9. What is the applicable sanction when an athlete commits an anti-doping rule violation by any combination of three Whereabouts Failures in a period of 12 months?
10. Which Haryana athlete broke Neeraj Chopra's Federation Cup Juniors U20 Javelin Throw meet record in Bhopal recently?

• **SEND YOUR REPLIES to communications@indianathletics.in BY 10TH FEBRUARY 2021 & STAND A CHANCE TO WIN EXCLUSIVE AFI T-SHIRT.**