

19th National Federation Cup Junior (Under-20) Athletics Championships- 2021**Venue: War Hero Stadium, Sangrur, Punjab****Tentative Schedule (Updated as on 27th July, 2021 version 1.1)****Day-1 31st July, 2021****Morning Session**

Event No.	Time	Event	Group	Round 1
101	06.00 hrs	5000 m	Under 20 Men	Final 1
102	06.30 hrs	5000 m	Under 20 Women	Final 2
103	07.00 hrs	100 m	Under 20 Men	Decathlon 1
104	07.20 hrs	100 m	Under 20 Men	Round 1
105	07.40 hrs	100 m	Under 20 Women	Round 1
106	07.45 hrs	Long Jump	Under 20 Men	Decathlon 2
107	08.00 hrs	400 m	Under 20 Men	Round 1
108	08.20 hrs	400 m	Under 20 Women	Round 1
109	09.00 hrs	Shot Put [6.000kg]	Under 20 Men	Decathlon 3

Evening Session

110	15.55 hrs	Long Jump	Under 20 Women	Final 3
111	16.00 hrs	High Jump	Under 20 Men	Decathlon 4
112	16.05 hrs	Discus Throw [1.750kg]	Under 20 Men	Final 4
113	16.25 hrs	110 m hurdles [99.1cm]	Under 20 Men	Round 1
114	16.40 hrs	100 m	Under 20 Men	Semi Final
115	17.00 hrs	400 m	Under 20 Men	Final 5
116	17.10 hrs	400 m	Under 20 Women	Final 6
117	17.20 hrs	Shot Put [4.000kg]	Under 20 Women	Final 7
118	17.45 hrs	400 m	Under 20 Men	Decathlon 5
119	18.00 hrs	1500 m	Under 20 Women	Final 8
120	18.15 hrs	1500 m	Under 20 Men	Final 9

Day-2 1st August, 2021				
Morning Session				
Event No.	Time	Event	Group	Round 1
201	06.00 hrs	10000 m Race Walk	Under 20 Men	Final 10
202	07.20 hrs	110 m hurdles [99.1cm]	Under 20 Men	Decathlon 6
203	07.15 hrs	High Jump	Under 20 Men	Final 11
204	07.40hrs	100 m hurdles [83.8cm]	Under 20 Women	Heptathlon 1
205	08.00 hrs	Pole Vault*	Under 20 Women	Final 12
206	08.00 hrs	Discus Throw [1.750kg]	Under 20 Men	Decathlon 7
207	08.05 hrs	200 m	Under 20 Women	Round 1
208	08.20 hrs	200 m	Under 20 Men	Round 1
209	08.25 hrs	Shot Put [6.000kg]	Under 20 Men	Final 13
210	08.30 hrs	High Jump	Under 20 Women	Heptathlon 2
211	09.15 hrs	Pole Vault*	Under 20 Men	Final 14
212	09.15 hrs	Discus Throw [1.000kg]	Under 20 Women	Final 15
213	11.30 hrs	Pole Vault*	Under 20 Men	Decathlon 8
Evening Session				
214	15.30 hrs	Javelin Throw [800gm]	Under 20 Men	Decathlon 9
215	15.40 hrs	110m hurdles [99.1cm]	Under 20 Men	Final 16
216	15.50 hrs	Shot Put [4.000kg]	Under 20 Women	Heptathlon 3
217	15.55 hrs	100 m hurdles [83.8cm]	Under 20 Women	Final 17
218	16.10 hrs	100 m	Under 20 Men	Final 18
219	16.20 hrs	100 m	Under 20 Women	Final 19
220	16.25 hrs	High Jump	Under 20 Women	Final 20
221	16.30 hrs	Long Jump	Under 20 Men	Final 21
222	16.35 hrs	200 m	Under 20 Women	Heptathlon 4
223	16.45 hrs	Javelin Throw [800gm]	Under 20 Men	Final 22
224	16.50 hrs	800 m	Under 20 Men	Round 1
225	17.10 hrs	800 m	Under 20 Women	Round 1
226	17.20 hrs	3000 m	Under 20 Men	Final 23
227	17.40 hrs	3000 m	Under 20 Women	Final 24
228	18.00 hrs	1500 m	Under 20 Men	Decathlon 10/25

Day- 3 2nd August, 2021				
Morning Session				
Event No.	Time	Event	Group	Round 1
301	06.00 hrs	10000 m Race Walk	Under 20 Women	Final 26
302	07.15 hrs	Hammer Throw [4.000kg]	Under 20 Women	Final 27
303	07.20 hrs	Long Jump	Under 20 Women	Heptathlon 5
304	08.30 hrs	200 m	Under 20 Men	Semi Final
305	08.50 hrs	Triple Jump	Under 20 Women	Final 28
306	09.00 hrs	Javelin Throw [600gm]	Under 20 Women	Heptathlon 6
307	09.10 hrs	400 m hurdles [91.4cm]	Under 20 Men	Round 1
308	09.30 hrs	400 m hurdles [76.2cm]	Under 20 Women	Round 1
309	10.15 hrs	Hammer Throw [6.000kg]	Under 20 Men	Final 29
Evening Session				
310	15.30 hrs	400 m hurdles [91.4cm]	Under 20 Men	Final 30
311	15.35 hrs	Triple Jump	Under 20 Men	Final 31
312	15.40 hrs	Javelin Throw [600gm]	Under 20 Women	Final 32
313	15.45 hrs	400 m hurdles [76.2cm]	Under 20 Women	Final 33
314	16.00 hrs	200 m	Under 20 Men	Final 34
315	16.10 hrs	200 m	Under 20 Women	Final 35
316	16.25 hrs	800 m	Under 20 Men	Final 36
317	16.35 hrs	800 m	Under 20 Women	Final 37
318	16.45 hrs	800 m	Under 20 Women	Heptathlon 7/38
319	17.00 hrs	3000 m Steeple Chase [91.4cm]	Under 20 Men	Final 39
320	17.20 hrs	3000 m Steeple Chase [76.2 cm]	Under 20 Women	Final 40
*Athletes participating in Pole Vault event to report at call room at 5.45 am . The event is scheduled at NSNIS, Patiala				
Transport will be provided from Sangrur to NSNIS, Patiala and back				

Height Progression			
Event	Group	Height Progression	Practice Height
High Jump	U-20 Men	1.80 - 5 cm - 2.00 m - 3.00 cm - 2.09 - 2.00cm	1.75 - 2.10
High Jump	U- 20 Women	1.45 - 5.00 cm - 1.60-3.00 cm - 1.69 - 2.00 cm	1.40 - 1.60
Pole Vault	U-20 Men	3.60 - 20 cm- 4.00 - 10 cm- 4.50- 5.00 cm	3.50 - 4.00
Pole Vault	U-20 Women	2.60 - 20 cm- 3.00 - 10 cm- 3.50- 5.00 cm	2.50 - 3.00

Call Room Reporting Time		
Event	Call Room -1	FOP
Track Events	30 Minutes before the scheduled start time	10 Minutes before start
Hurdles	40 Minutes before the scheduled start time	15 Minutes before start
Field Events	45 Minutes before the scheduled start time	30 Minutes before start
High Jump	60 Minutes before the scheduled start time	45 Minutes before start
Race Walk	30 Minutes before the scheduled start time	10 Minutes before start
Important Instructions		
All Athletes must carry AFI UID card or Photo ID Card at all times.		
Age verification will be done in Gymnasium hall nearby the stadium one day prior to their respective event. Timings: 10.00 am to 3.00 pm from 30th July to 1st August, 2021		
RT-PCR reports will also be checked alongwith Age verification. After this Bibs will be distributed.		
Important Phone Numbers		
Mr. Sanjay Kumar: 9814388578 Mr. Jaswinder Singh: 8437041023 Mr. Sahil Gaba: 7888344600		