

1st National Under 23 Athletics Championship 2021				
JLN Stadium (Warm up Track) New Delhi - 27 to 29 September 2021				
Schedule Version 1.1 as on 24th September 2021				
<i>Please follow the important instructions given below the schedule</i>				
Day-1 27th September,2021				
Morning Session				
E. No.	Time	Event	Group	Round 1
101	06.30 hrs	5000m	Men Under 23	Final 1
102	07.00 hrs	5000m	Women Under 23	Final 2
103	07.45 hrs	100m	men Under 23	Decathlon 1
104	08.00 hrs	100m	Women Under 23	Round 1
105	08.20 hrs	100m	Men Under 23	Round 1
106	08.25 hrs	Long Jump	Men Under 23	Decathlon 2
107	09.00 hrs	400m	Men Under 23	Round 1
108	09.30 hrs	400m	Women Under 23	Round 1
109	09.50 hrs	Shot Put [7.260kg]	Men Under 23	Decathlon 3
110	10.15 hrs	110m hurdles [1.067m]	Men Under 23	Round 1
111	10.40 hrs	100m hurdles [83.8cm]	Women Under 23	Round 1
Evening Session				
112	14.30 hrs	Pole Vault	Men Under 23	Final 3
113	14.35 hrs	Discus Throw [2.000kg]	Men Under 23	Qualifying Round Group A
114	14.45 hrs	High Jump	Men Under 23	Decathlon 4
115	15.00 hrs	100m	Men Under 23	Semi Final
116	15.10 hrs	Shot Put [4.000kg]	Women Under 23	Final 4
117	15.15 hrs	400m	Men Under 23	Semi Final
118	15.30 hrs	Long Jump	Women Under 23	Qualifying Round Group A
119	15.35 hrs	Discus Throw [2.000kg]	Men Under 23	Qualifying Round Group B
120	16.00 hrs	1500m	Women Under 23	Final 5
121	16.30 hrs	1500m	Men Under 23	Final 6
122	16.45 hrs	Long Jump	Women Under 23	Qualifying Round Group B
123	17.00 hrs	400m	Men Under 23	Decathlon 5

Day-2 28th September,2021				
Morning Session				
E. No.	Time	Event	Group	Round 1
201	06.00 hrs	20km Race Walk	Men Under 23	Final 7
202	06.05 hrs	20km Race Walk	Women Under 23	Final 8
203	07.45 hrs	110m hurdles [1.067m]	Men Under 23	Decathlon 6
204	08.15 hrs	100m hurdles [83.8cm]	Women Under 23	Heptathlon 1
205	08.20 hrs	Shot Put [7.260kg]	Men Under 23	Final 9
206	08.25 hrs	High Jump	Women Under 23	Final 10
207	08.30 hrs	Discus Throw [2.000kg]	Men Under 23	Decathlon 7
208	08.45 hrs	100m	Men Under 23	Final 11
209	09.00 hrs	100m	Women Under 23	Final 12
210	09.30 hrs	400m	Men Under 23	Final 13
211	09.40 hrs	400m	Women Under 23	Final 14
212	09.45 hrs	Discus Throw [1.000kg]	Women Under 23	Final 15
213	10.15 hrs	High Jump	Women Under 23	Heptathlon 2
214	10.30 hrs	Pole Vault	Men Under 23	Decathlon 8
Evening Session				
215	14.00 hrs	Long Jump	Men Under 23	Qualifying Round Group A
216	14.05 hrs	Javelin Throw [800gm]	Men Under 23	Decathlon 9
217	14.50 hrs	Shot Put [4.000kg]	Women Under 23	Heptathlon 3
218	15.15 hrs	High Jump	Men Under 23	Qualifying Round Group A & B
219	15.20 hrs	Long Jump	Men Under 23	Qualifying Round Group B
220	15.30 hrs	110m hurdles [1.067m]	Men Under 23	Final 16
221	15.45 hrs	Discus	Men Under 23	Final 17
222	15.50 hrs	100m hurdles [83.8cm]	Women Under 23	Final 18
223	16.00 hrs	Pole Vault	Women Under 23	Final 19
224	16.10 hrs	200m	Men Under 23	Round 1
225	16.30 hrs	200m	Women Under 23	Round 1
226	16.35 hrs	Long Jump	Women Under 23	Final 20
227	16.45 hrs	200m	Women Under 23	Heptathlon 4
228	17.00 hrs	800m	Men Under 23	Round 1
229	17.05 hrs	Javelin Throw [800gm]	Men Under 23	Final 21
230	17.15 hrs	800m	Women Under 23	Round 1
231	17.30 hrs	1500m	Men Under 23	Decathlon 10/22

Day-3 29th September,2021				
Morning Session				
E. No.	Time	Event	Group	Round 1
301	06.30 hrs	10000m	Men Under 23	Final 23
302	07.10 hrs	10000m	Women Under 23	Final 24
303	07.30 hrs	Hammer Throw [4.000kg]	Women Under 23	Final 25
304	07.40 hrs	Long Jump	Women Under 23	Heptathlon 5
305	08.30 hrs	200m	Men Under 23	Semi Final
306	08.50 hrs	Triple Jump	Women Under 23	Final 26
307	09.00 hrs	Javelin Throw [600gm]	Women Under 23	Heptathlon 6
308	09.10 hrs	400m hurdles [91.4cm]	Men Under 23	Round 1
309	09.50 hrs	Hammer Throw [7.260kg]	Men Under 23	Final 27
310	10.30 hrs	Triple Jump	Men Under 23	Final 28
Evening Session				
311	14.55 hrs	High Jump	Men Under 23	Final 29
312	15.00 hrs	400m hurdles [91.4cm]	Men Under 23	Final 30
313	15.10 hrs	Javelin Throw [600gm]	Women Under 23	Final 31
314	15.20 hrs	Long Jump	Men Under 23	Final 32
315	15.30 hrs	400m hurdles [76.2cm]	Women Under 23	Final 33
316	15.50 hrs	200m	Men Under 23	Final 34
317	16.00 hrs	200m	Women Under 23	Final 35
318	16.20 hrs	800m	Men Under 23	Final 36
319	16.30 hrs	800m	Women Under 23	Final 37
320	16.50 hrs	800m	Women Under 23	Heptathlon 7/38
321	17.10 hrs	3000m Steeple Chase [91.4cm]	Men Under 23	Final 39
322	17.30 hrs	3000m Steeple Chase [76.2 cm]	Women Under 23	Final 40

IMPORTANT INSTRUCTIONS

- 1. No Athlete will be allowed to participate without RTPCR negative report not earlier than 72 hours**
- 2. BIBS will be distributed from 10.00 am to 2.00 pm from 26th to 28th September , 2021 at the entrance gate of warm area of JN Stadium, New Delhi**
- 3. Medals ceremony will be held after the conclusion of every event**

Progression Height	
High Jump Men under 23	
Practice Height: 1.75-2.10 Progression: 1.75-5cm- 2.05- 3cm- 2.14- 2cm	
High Jump Women under 23	
Practice Height: 1.40 -1.60 Progression: 1.45 -5cm- 1.60- 3cm- 1.69- 2cm	
Pole Vault Men under 23	
Practice Height: 3.50-4.50 Progression: 3.60- 20 cm- 4.00- 10 cm- 4.70- 5 cm	
Pole vault Women under 23	
Practice Height: 2.50-3.50 Progression: 2.60- 20 cm- 3.00- 10 cm- 3.50- 5 cm	

Call Room		
Event	Call Room -1	FOP
Track Events	30 Minutes Berfore Start Time	10 Minutes before start
Hurdles	40 Minutes Berfore Start Time	15 Minutes before start
Field Event	45 Minutes Berfore Start Time	30 Minutes before start
Pole Vault	90 Minutes Berfore Start Time	60 Minutes before start
High Jump	60 Minutes Berfore Start Time	45 Minutes before start
Race Walk	30 Minutes Berfore Start Time	10 Minutes before start

Important Phone Number
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