



ATHLETICS FEDERATION OF INDIA

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Circular No. 13-03/2022

March 11, 2022

To

All Affiliated Units - AFI

Dear Madam/Sirs,

Please find attached herewith **REVISED ENTRY STANDARDS** for 25th National Federation Cup Senior Athletics Competition 2022, which is scheduled to be held from 2-6 APRIL 2022.

Regards

Ravinder Chaudhry
Secretary, AFI



ATHLETICS FEDERATION OF INDIA

REVISED ENTRY STANDARDS FOR 25TH NATIONAL FEDERATION CUP SENIOR ATHLETICS COMPETITION 2022, WHICH IS SCHEDULED TO BE HELD FROM 2-6 APRIL 2022.

MEN		WOMEN	
EVENT	ENTRY STANDARD	EVENT	ENTRY STANDARD
100m	10.70s	100m	12.20s
200m	21.80s	200m	24.50s
400m	48.70s	400m	56.50s
800m	1:53.00s	800m	2:20.00s
1500m	3:55.00s	1500m	4:50.00s
5000m	14:55.00s	5000m	17:20.00s
10000m	31:50.00s	10000m	35:00.00s
110m Hurdles	14.50s	100m Hurdles	15.20s
400m Hurdles	52.00s	400m Hurdles	1:03.00s
3000m SC	9:30.00s	3000m SC	12:30.00s
High Jump	2.00m	High Jump	1.60m
Pole Vault	4.40m	Pole Vault	3.30m
Long Jump	7.15m	Long Jump	5.80m
Triple Jump	15.20m	Triple Jump	12.20m
Shot Put	16.00m	Shot Put	13.40m
Discus Throw	50.00m	Discus Throw	43.00m
Hammer Throw	60.00m	Hammer Throw	43.00m
Javelin Throw	70.00m	Javelin Throw	45.00m
Decathlon	5500pts.	Heptathlon	3900pts.

Released on 11 March 2022 at 20:20 HRS