

**25th National Federation Cup Senior Athletics Competition****CH Muhammed Koya Stadium, University of Calicut, Calicut (Kerala)****02-06 April 2022****Tentative Event Schedule***Version 1.1 as on 31st March 2022*

<b>E. No.</b>	<b>Time</b>	<b>Event</b>	<b>Section</b>	<b>Round</b>
<b>2nd April 2022 (Day-1)</b>				
<b>Morning Session</b>				
101	06.00	10000m	Men	<b>Final 1</b>
102	06.40	10000m	Women	<b>Final 2</b>
103	07.50	100m	Men	Decathlon 1
104	08.05	100m	Men	Round 1
105	08.40	Long Jump	Men	Decathlon 2
106	08.45	100m	Women	Round 1
107	09.10	400m	Men	Round 1
108	09.20	Long Jump	Men	Qualifying Round
109	09.30	Shot Put	Men	Decathlon 3
110	09.35	400m	Women	Round 1
<b>OPENING CEREMONY: 11.00 AM</b>				
<b>Evening Session</b>				
111	15.00	Pole Vault	Women	<b>Final 3</b>
112	15.15	High Jump	Men	Decathlon 4
113	16.00	100m	Men	Semi Final
114	17.00	400m	Men	Semi Final
115	17.30	400m	Men	Decathlon 5
	17.30	10000m	Men	Medal Ceremony 1
	17.40	10000m	Women	Medal Ceremony 2
116	17.45	1500m	Men	Round 1
	17.50	Pole Vault	Women	Medal Ceremony 3
117	18.00	1500m	Women	Round 1
<b>3rd April 2022 (Day-2)</b>				
<b>Morning Session</b>				
201	07.30	110m Hurdles	Men	Decathlon 6
202	08.00	110m Hurdles	Men	Round 1
203	08.10	Discus Throw	Men	Decathlon 7
204	08.40	100m Hurdles	Women	Round 1
205	09.05	Pole Vault	Men	Decathlon 8
<b>Evening Session</b>				
206	15.30	Javelin Throw	Men	Decathlon 9
207	16.30	Javelin Throw	Men	<b>Final 4</b>
208	16.35	100m	Men	<b>Final 5</b>
209	16.40	Long Jump	Men	<b>Final 6</b>
210	16.45	100m	Women	<b>Final 7</b>
	16.50	100m	Men	Medal Ceremony 4
211	16.50	Shot Put	Women	<b>Final 8</b>
	17.00	100m	Women	Medal Ceremony 5
212	17.05	400m	Women	<b>Final 9</b>
	17.10	400m	Women	Medal Ceremony 6
213	17.15	400m	Men	<b>Final 10</b>

	17.25	400m	Men	Medal Ceremony 7
214	17.35	1500m	Men	<b>Final 11</b>
	17.45	1500m	Men	Medal Ceremony 8
215	17.45 hrs	1500m	Women	<b>Final 12</b>
	17.55	1500m	Women	Medal Ceremony 9
	18.00	Javelin Throw	Men	Medal ceremony 10
216	18.00	1500m	Men	<b>Decathlon 10-Final 13</b>
	18.10	Long jump	men	Medal Ceremony 11
	18.20	Shot Put	Women	Medal Ceremony 12
	18.30	Decathlon	Men	Medal Ceremony 13

#### 4th April 2022 (Day-3)

##### Morning Session

301	07.40	100m Hurdles	Women	Heptathlon 1
302	08.30	High Jump	Women	Heptathlon 2

##### Evening Session

303	15.55	Shot Put	Women	Heptathlon 3
304	16.00	High Jump	Men	<b>Final 14</b>
305	16.00	110m Hurdles	Men	<b>Final 15</b>
	16.10	110m Hurdles	Men	Medal Ceremony 14
306	16.20	100m Hurdles	Women	<b>Final 16</b>
	16.30	100m Hurdles	Women	Medal Ceremony 15
307	16.30 hrs	Javelin Throw	Women	<b>Final 17</b>
308	16.35	Long Jump	Women	<b>Final 18</b>
309	16.50	200m	Women	Heptathlon 4
310	17.10	800m	Men	Round 1
311	17.05	Shot Put	Men	<b>Final 19</b>
312	17.20	800m	Women	Round 1
	17.25	High Jump	Men	Medal Ceremony 16
	17.35	Long Jump	Women	Medal Ceremony 17
313	17.35	3000m SC	Women	<b>Final 20</b>
	17.45	Shot Put	Men	Medal Ceremony 18
314	17.50	3000m SC	Men	<b>Final 21</b>
	17.55	3000m SC	Women	Medal Ceremony 19
	18.05	Javelin Throw	Women	Medal Ceremony 20
	18.15	3000m SC	Men	Medal Ceremony 21

#### 5th April 2022 (Day-4)

##### Morning Session

401	08.00	Long Jump	Women	Heptathlon 5
402	08.20	200m	Men	Round 1
403	08.50	200m	Women	Round 1
404	09.00	Javelin Throw	Women	Heptathlon 6

##### Evening Session

405	15.30	Pole Vault	Men	<b>Final 22</b>
406	16.00	Discus Throw	Men	<b>Final 23</b>
407	16.00	400m Hurdles	Men	Round 1
408	16.15	High Jump	Women	<b>Final 24</b>
409	16.30	Triple Jump	Women	<b>Final 25</b>
410	16.30	400m Hurdles	Women	Round 1
411	17.20	Discus Throw	Women	<b>Final 26</b>

	17.25	Discus Throw	Men	Medal Ceremony 22
412	17.30	800m	Men	Final 27
	17.35	800m	Men	Medal Ceremony 23
413	17.40	800m	Women	Final 28
	17.45	800m	Women	Medal Ceremony 24
414	17.50	800m	Women	Heptathlon 7-Final 29
	17.55	High Jump	Women	Medal Ceremony 25
	18.05	Triple Jump	Women	Medal Ceremony 26
	18.15	Pole Vault	Men	Medal Ceremony 27
	18.25	Heptathlon	Women	Medal Ceremony 28
	18.35	Discus Throw	Women	Medal Ceremony 29

### 6th April 2022 (Day-5)

#### Evening Session

501	16.00	Hammer	Men	Final 30
502	16.10	200m	Men	Final 31
	16.20	200m	Men	Medal Ceremony 30
503	16.20	200m	Women	Final 32
	16.30	200m	Women	Medal Ceremony 31
504	16.30	Triple Jump	Men	Final 33
505	16.45	400m Hurdles	Men	Final 34
	17.10	400m Hurdles	Men	Medal Ceremony 32
506	17.00	400m Hurdles	Women	Final 35
	17.20	400m Hurdles	Women	Medal Ceremony 33
507	17.15	Hammer	Women	Final 36
		Hammer	Men	Medal Ceremony 34
508	17.30	5000m	Men	Final 37
509	17.50	5000m	Women	Final 38
	17.50	5000m	Men	Medal Ceremony 35
	18.00	Triple Jump	Men	Medal Ceremony 36
	18.10	5000m	Women	Medal Ceremony 37
	18.20	Hammer	Women	Medal Ceremony 38

### 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 1st April to 6th April, 2022 at the entrance gate of warm area.
3. Medals ceremony will be held as per the schedule. No medal will be given if athlete is absent from Medal ceremony.

#### Progression Height

##### High Jump Men

Practice Height: 1.90-2.20 Progression: 1.90-5 cm - 2.10 3 cm - 2.16 - 2cm

##### High Jump Women

Practice Height: 1.50 -1.75 Progression: 1.50 -5 cm- 1.65- 3cm- 1.71- 2cm

##### Pole Vault Men

Practice Height: 4.00-5.00 Progression: 4.00- 20 cm- 4.60- 10 cm- 4.80- 5 cm

##### Pole Vault Women

Practice Height: 2.80-4.00 Progression: 2.80- 20 cm- 3.40- 10 cm- 3.80 - 5 cm

#### Call Room Procedures

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

#### Important Phone Numbers

Mr. G. Krishnan: +91 9582040882 Mr. Haridass: +917907266486