

20TH NATIONAL FEDERATION CUP JUNIORS (U 20) ATHLETICS CHAMPIONSHIP**NADIAD, GUJARAT****COMPETITION SCHEDULE (VERSION 1.0 AS ON 28TH MAY, 2022)****DAY-1 (02-06-2022)**

EVENT NO.	TIME	EVENT	GROUP	ROUND
101	06:00 HRS	5000M	UNDER 20 MEN	FINAL 1
102	06:30 HRS	5000M	UNDER 20 WOMEN	FINAL 2
103	07:15 HRS	100M	UNDER 20 MEN	DECATHLON 1
104	07:30 HRS	100M	UNDER 20 MEN	ROUND 1
	07:55 HRS	5000M	UNDER 20 MEN	MEDAL CEREMONY-1
105	08:00 HRS	100M	UNDER 20 WOMEN	ROUND 1
106	08:10 HRS	LONG JUMP	UNDER 20 MEN	DECATHLON 2
	08:15 HRS	5000M	UNDER 20 WOMEN	MEDAL CEREMONY-2
107	08:15HRS	POLE VAULT	UNDER 20 MEN	FINAL 3
108	08:30 HRS	400M	UNDER 20 MEN	ROUND 1
109	08:50 HRS	400M	UNDER 20 WOMEN	ROUND 1
110	09:10 HRS	100 M HURDLES	UNDER 20 WOMEN	ROUND 1
111	09:15 HRS	LONG JUMP	UNDER 20 MEN	QUALIFYING ROUND 1
112	09:30 HRS	SHOT PUT [6.000KG]	UNDER 20 MEN	DECATHLON 3
113	09:30 HRS	HIGH JUMP	UNDER 20 MEN	QUALIFYING ROUND-1&2
114	09:30 HRS	110 M HURDLES	UNDER 20 MEN	ROUND 1
115	09:45 HRS	100 M	UNDER 20 MEN	SEMI FINAL
	10:00 HRS	POLE VAULT	UNDER 20 MEN	MEDAL CEREMONY-3
116	10:00 HRS	100 M	UNDER 20 WOMEN	SEMI FINAL
117	10:00 HRS	LONG JUMP	UNDER 20 MEN	QUALIFYING ROUND 2
LUNCH BREAK				
118	16:00 HRS	HIGH JUMP	UNDER 20 MEN	DECATHLON 4
119	16:05 HRS	DISCUS THROW [1.750KG]	UNDER 20 MEN	FINAL 4
120	16:10 HRS	SHOT PUT [4.000KG]	UNDER 20 WOMEN	FINAL 5
121	16:15 HRS	110M HURDLES [99.1CM]	UNDER 20 MEN	SEMI FINAL
122	16:30 HRS	400M	UNDER 20 MEN	SEMI FINAL
123	16:40 HRS	400 M	UNDER 20	DECATHLON 5
124	16:50 HRS	1500M	UNDER 20 WOMEN	FINAL 6
125	17:05 HRS	1500M	UNDER 20 MEN	FINAL 7
	17.10 HRS	INAUGURATION CEREMONY		
	17:10 HRS	DISCUS THROW [1.750KG]	UNDER 20 MEN	MEDAL CEREMONY-4
	17:15 HRS	SHOT PUT [4.000KG]	UNDER 20 WOMEN	MEDAL CEREMONY-5
	17:25 HRS	1500M	UNDER 20 WOMEN	MEDAL CEREMONY-6
	17:30 HRS	1500M	UNDER 20 MEN	MEDAL CEREMONY-7

DAY 2 (03-06-2022)				
201	06:30 HRS	10000M RACE WALK	UNDER 20 MEN	FINAL 8
202	07:30 HRS	POLE VAULT	UNDER 20 WOMEN	FINAL 9
203	07:45 HRS	3000 M	UNDER 20 MEN	ROUND 1
205	08:20 HRS	110M HURDLES [99.1CM]	UNDER 20 MEN	DECATHLON 6
206	08:25 HRS	100M HURDLES [83.8CM]	UNDER 20 WOMEN	HEPTATHLON 1
	08:25 HRS	10000M RACE WALK	UNDER 20 MEN	MEDAL CEREMONY-8
207	08:25 HRS	LONG JUMP	UNDER 20 MEN	FINAL 10
208	08:25 HRS	SHOT PUT [6.000KG]	UNDER 20 MEN	FINAL 11
209	08:40 HRS	100M	UNDER 20 MEN	FINAL 12
210	08:50 HRS	100M	UNDER 20 WOMEN	FINAL 13
211	08:50 HRS	DISCUS THROW [1.750KG]	UNDER 20 MEN	DECATHLON 7
212	08:55 HRS	HIGH JUMP	UNDER 20 WOMEN	HEPTATHLON 2
	08:55 HRS	100M	UNDER 20 WOMEN	MEDAL CEREMONY-9
	09:00 HRS	100M	UNDER 20 MEN	MEDAL CEREMONY-10
213	09:00 HRS	400M	UNDER 20 MEN	FINAL 14
214	09:15 HRS	400M	UNDER 20 WOMEN	FINAL 15
	09:20 HRS	400M	UNDER 20 MEN	MEDAL CEREMONY-11
	09:25 HRS	400M	UNDER 20 WOMEN	MEDAL CEREMONY-12
	09:30 HRS	POLE VAULT	UNDER 20 WOMEN	MEDAL CEREMONY-13
215	09:45 HRS	POLE VAULT	UNDER 20 MEN	DECATHLON 8
	09:50 HRS	LONG JUMP	UNDER 20 MEN	MEDAL CEREMONY-14
	09:55 HRS	SHOT PUT [6.000KG]	UNDER 20 MEN	MEDAL CEREMONY-15
216	10:05 HRS	DISCUS THROW [1.KG]	UNDER 20 WOMEN	FINAL 16
LUNCH BREAK				
217	16:00 HRS	JAVELIN THROW [800GM]	UNDER 20 MEN	DECATHLON 9
	16:05 HRS	DISCUS THROW [1.KG]	UNDER 20 WOMEN	MEDAL CEREMONY-16
218	16:10 HRS	110M HURDLES [99.1CM]	UNDER 20 MEN	FINAL 17
219	16:15 HRS	SHOT PUT [4.000KG]	UNDER 20 WOMEN	HEPTATHLON 3
	16:20 HRS	110M HURDLES [99.1CM]	UNDER 20 MEN	MEDAL CEREMONY-17
220	16:25 HRS	100M HURDLES [83.8CM]	UNDER 20 WOMEN	FINAL 18
	16:35 HRS	100M HURDLES [83.8CM]	UNDER 20 WOMEN	MEDAL CEREMONY-18
221	16:40 HRS	200M	UNDER 20 MEN	ROUND 1
222	16:45 HRS	HIGH JUMP	UNDER 20 WOMEN	FINAL 19
223	17:00 HRS	200M	UNDER 20 WOMEN	ROUND 1
224	17:10 HRS	LONG JUMP	UNDER 20 WOMEN	FINAL 20
225	17:15 HRS	JAVELIN THROW [800GM]	UNDER 20 MEN	FINAL 21
226	17:20 HRS	200M	UNDER 20 WOMEN	HEPTATHLON 4
227	17:30 HRS	800M	UNDER 20 MEN	ROUND 1
228	17:45 HRS	800M	UNDER 20 WOMEN	ROUND 1
	17:50 HRS	HIGH JUMP	UNDER 20 WOMEN	MEDAL CEREMONY-19
229	18:00 HRS	1500M	UNDER 20 MEN	DECATHLON 10/22
	18:10 HRS	DECATHLON	UNDER 20 MEN	MEDAL CEREMONY-20
	18:20 HRS	LONG JUMP	UNDER 20 MEN	MEDAL CEREMONY-21
	18:30 HRS	JAVELIN THROW [800GM]	UNDER 20 MEN	MEDAL CEREMONY-22

DAY 3 (04-06-2022)				
301	06:00 HRS	10000M RACE WALK	UNDER 20 WOMEN	FINAL 23
302	07:30 HRS	HAMMER THROW [4.000KG]	UNDER 20 WOMEN	FINAL 24
303	07:40 HRS	LONG JUMP	UNDER 20 WOMEN	HEPTATHLON 5
304	08:00 HRS	HIGH JUMP	UNDER 20 MEN	FINAL 25
305	07:45 HRS	3000M	UNDER 20 MEN	FINAL 26
	08:00 HRS	10000M RACE WALK	UNDER 20 WOMEN	MEDAL CEREMONY-23
	08:10 HRS	3000M	UNDER 20 MEN	MEDAL CEREMONY-24
306	08:15 HRS	3000M	UNDER 20 WOMEN	FINAL 27
	08:25 HRS	3000M	UNDER 20 WOMEN	MEDAL CEREMONY-25
307	08:30 HRS	200M	UNDER 20 MEN	SEMI FINAL
	08:40 HRS	HAMMER THROW [4.000KG]	UNDER 20 WOMEN	MEDAL CEREMONY-26
308	08:45 HRS	200M	UNDER 20 WOMEN	FINAL 28
309	08:50 HRS	TRIPLE JUMP	UNDER 20 MEN	FINAL 29
310	09:00 HRS	JAVELIN THROW [600GM]	UNDER 20 WOMEN	HEPTATHLON 6
311	09:05 HRS	400M HURDLES [91.4CM]	UNDER 20 MEN	ROUND 1
312	09:20 HRS	400M HURDLES [76.2CM]	UNDER 20 WOMEN	ROUND 1
313	10:10 HRS	HAMMER THROW [6.000KG]	UNDER 20 MEN	FINAL 30
	10:00 HRS	HIGH JUMP	UNDER 20 MEN	MEDAL CEREMONY-27
	10:15 HRS	TRIPLE JUMP	UNDER 20 WOMEN	MEDAL CEREMONY-28
LUNCH BREAK				
	16:00 HRS	HAMMER THROW [6.000KG]	UNDER 20 MEN	MEDAL CEREMONY-29
314	16:00 HRS	400M HURDLES [91.4CM]	UNDER 20 MEN	FINAL 31
315	16:05 HRS	TRIPLE JUMP	UNDER 20 WOMEN	FINAL 32
316	16:10 HRS	JAVELIN THROW [600GM]	UNDER 20 WOMEN	FINAL 33
	16:45 HRS	400M HURDLES [91.4CM]	UNDER 20 MEN	MEDAL CEREMONY-30
317	16:15 HRS	400M HURDLES [76.2CM]	UNDER 20 WOMEN	FINAL 34
	16:55 HRS	400M HURDLES [76.2CM]	UNDER 20 WOMEN	MEDAL CEREMONY-31
318	16:30 HRS	200M	UNDER 20 MEN	FINAL 35
319	16:40 HRS	800M	UNDER 20 MEN	FINAL 36
320	16:50 HRS	800M	UNDER 20 WOMEN	FINAL 37
321	17:00 HRS	800M	UNDER 20 WOMEN	HEPTATHLON 7/38
	17:10 HRS	200M	UNDER 20 MEN	MEDAL CEREMONY-32
322	17:15 HRS	3000M STEEPLE CHASE [91.4CM]	UNDER 20 MEN	FINAL 39
	17:20 HRS	200M	UNDER 20 WOMEN	MEDAL CEREMONY-33
	17:25 HRS	800M	UNDER 20 MEN	MEDAL CEREMONY-34
323	17:30 HRS	3000M STEEPLE CHASE [76.2 CM]	UNDER 20 WOMEN	FINAL 40
	17:35 HRS	800M	UNDER 20 WOMEN	MEDAL CEREMONY-35
	17:40 HRS	CLOSING CEREMONY		
	17:45 HRS	JAVELIN THROW [600GM]	UNDER 20 WOMEN	MEDAL CEREMONY-36
	17:50 HRS	TRIPLE JUMP	UNDER 20 MEN	MEDAL CEREMONY-37
	18:00 HRS	HEPTATHLON	UNDER 20 WOMEN	MEDAL CEREMONY-38
	18:10 HRS	3000M STEEPLE CHASE [91.4CM]	UNDER 20 MEN	MEDAL CEREMONY-39
	18:20 HRS	3000M STEEPLE CHASE [76.2 CM]	UNDER 20 WOMEN	MEDAL CEREMONY-40

AGE VERIFICATION, CHECKING OF RT-PCR AND BIB DISTRIBUTION OF ALL THE ATHLETES WILL BE CONDUCTED ON 1ST JUNE, 2022 FROM 2.00 PM ONWARDS
BIB NUMBERS HAVE TO BE COLLECTED AT LEAST A DAY BEFORE THE DAY OF EVENT

CALL ROOM PROCEDURES

	EVENT	TIME OF PRE CALL ANNOUNCEMENT BEFORE THE START OF THE EVENT	LAST REPORTING TIME IN CALL ROOM	TO FOP
	TRACK EVENTS	40 MINUTES	30 MINUTES	10 MINUTES
	HURDLES	45 MINUTES	35 MINUTES	15 MINUTES
	HIGH JUMP	65 MINUTES	50 MINUTES	45 MINUTES
	POLE VAULT	70 MINUTES	60 MINUTES	55 MINUTES
	OTHER FIELD EVENTS	50 MINUTES	40 MINUTES	35 MINUTES

PRACTICE HEIGHT, STARTING HEIGHT AND PROGRESSION OF HEIGHTS IN HIGH JUMP AND PV

HIGH JUMP	UNDER 20 MEN (P.H 1.65M AND 1.85M)	1.70M-10CMS-1.80M-5CMS-2.00M-3CMS
	UNDER 20 WOMEN--(PH1.40M AND 1.55 M)	1.40M-5CMS-1.55M-3CMS
POLE VAULT	UNDER 20 MEN--(PH 3.70 M AND 4.20 M)	3.80M-10 4.10M-5CMS
	UNDER 20 WOMEN--(PH 2.50M AND 3.10 M)	2.50M-10CMS-2.90M-5CMS

QUALIFYING MARK FOR LONG JUMP UNDER 20 MEN WILL BE 7.00 M
 QUALIFYING MARK FOR HIGH JUMP UNDER 20 MEN WILL BE 1.90 M

COMPETITION SCHEDULE SUBJECT TO ALTERATION

RAVINDER CHOUDHARY
 SECRETARY, AFI