

**LIST OF EVENTS TO BE CONDUCTED IN NORTH ZONE, EAST ZONE, SOUTH ZONE  
AND WEST ZONE JUNIOR ATHLETICS CHAMPIONSHIPS 2022**

UNDER 20 MEN	BOYS UNDER 18	BOYS UNDER 16	BOYS UNDER 14
			60m
100m	100m	100m	
200m	200m		
		300m	
400m	400m		
			600m
800m	800m	800m	
1500m	1500m		
		2000m	
	3000m		
5000m			
10000m			
110m Hurdles	110m Hurdles	80m Hurdles	
400m Hurdles	400m Hurdles		
3000m Steeplechase	2000m Steeplechase		
High Jump	High Jump	High Jump	High Jump
Pole Vault	Pole Vault		
Long Jump	Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump		
Shot Put (6 Kg)	Shot Put (5 Kg)	Shot Put (4 Kg)	Shot Put (3 Kg)
Discus Throw (1.750 Kg)	Discus Throw (1.500 Kg)	Discus Throw (1.250 Kg)	
Hammer Throw (6 Kg)	Hammer Throw (5 Kg)	Hammer Throw (4 Kg)	
Javelin Throw (800g)	Javelin Throw (700g)	Javelin Throw (600g)	Kids Javelin Throw
4x100m Relay	Medley Relay	Medley Relay	
4x400m Relay			
4x400m Mixed Relay			
Decathlon (Ten Event) DAY "1": 100m, Long Jump, Shot Put, High Jump & 400m. DAY "2": 110mH, Discus Throw, Pole Vault, Javelin Throw & 1500m.	Decathlon (Ten Event) DAY "1": 100m, Long Jump, Shot Put, High Jump & 400m. DAY "2": 110mH, Discus Throw, Pole Vault, Javelin Throw & 1500m.	Hexathlon (Six Event) DAY "1": 100m, Long Jump & Shot Put DAY "2": High Jump, Javelin Throw & 1000m	Triathlon (Three Event) ONE DAY: 60m, Long Jump & Ball Throw
10000m Race Walk	10000m Race Walk	5000m Race Walk	

<b>UNDER 20 WOMEN</b>	<b>GIRLS UNDER 18</b>	<b>GIRLS UNDER 16</b>	<b>GIRLS UNDER 14</b>
			60m
100m	100m	100m	
200m	200m		
		300m	
400m	400m		
			600m
800m	800m	800m	
1500m	1500m		
		2000m	
3000m	3000m		
5000m			
100m Hurdles	100m Hurdles	80m Hurdles	
400m Hurdles	400m Hurdles		
3000m Steeplechase	2000m Steeplechase		
High Jump	High Jump	High Jump	High Jump
Pole Vault	Pole Vault		
Long Jump	Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump		
Shot Put (4 Kg)	Shot Put (3 Kg)	Shot Put (3 Kg)	Shot Put (2 Kg)
Discus Throw (1.000 Kg)	Discus Throw (1.000 Kg)	Discus Throw (1.000 Kg)	
Hammer Throw (4 Kg)	Hammer Throw (3 Kg)		
Javelin Throw (600g)	Javelin Throw (500g)	Javelin Throw (500g)	Kids Javelin Throw
4x100m Relay	Medley Relay	Medley Relay	
4x400m Relay			
Heptathlon (Seven Event) DAY "1": 100m H, High Jump, Shot Put & 200m DAY "2": Long Jump, Javelin Throw & 800m.	Heptathlon (Seven Event) DAY "1": 100m H, High Jump, Shot Put & 200m DAY "2": Long Jump, Javelin Throw & 800m.	Hexathlon (Six Event) DAY "1": 100m, Long Jump & Shot Put DAY "2": High Jump, Javelin Throw & 1000m	Triathlon (Three Event) ONE DAY: 60m, Long Jump & Ball Throw
10000m Race Walk	5000m Race Walk	3000m Race Walk	