



# ATHLETICS FEDERATION OF INDIA

G-3 & 4, Community Center, C-Block, Naraina Vihar, New Delhi-110028  
T: +91 11 40104712 E: [afi@indianathletics.in](mailto:afi@indianathletics.in), [indianathletics@gmail.com](mailto:indianathletics@gmail.com) W : [www.indianathletics.in](http://www.indianathletics.in)

**Circular No. 38/09-2022**  
September 19, 2022

To  
All Affiliated Units – AFI

Dear Sir/Madam,

Please find attached herewith Event Entry Standards for 61<sup>st</sup> National Open Athletics Championships to be held at Bangalore (Karnataka) from 15-19 October 2022.

Regards.

Yours sincerely,

Ravinder Chaudhry  
Secretary

**EVENT ENTRY STANDARDS**  
**61TH NATIONAL OPENATHLETICS CHAMPIONSHIPS 2022**  
**15-19 OCTOBER 2022 AT BANGALORE (KARNATAKA)**

Sr. no	Event	Men	Event	Women
1	100m	10.90s.	100m	12.10s.
2	200m	22.00s.	200m	25.00s.
3	400m	48.50s.	400m	55.50s.
4	800m	1:55.00s.	800m	2:20.00s.
5	1500m	4:00.00s.	1500m	4:50.00s.
6	5000m	15:00.00s.	5000m	17:30.00s.
7	10000m	32:00.00s.	10000m	38:00.00s.
8	110m Hurdles	15.50s.	100m Hurdles	14.50s.
9	400m Hurdles	54.00s.	400m Hurdles	1:05.00s.
10	3000m Steeplechase	10:00.00s.	3000m Steeplechase	12:20.00s.
11	High Jump	2.00m.	High Jump	1.60m.
12	Pole Vault	4.00m.	Pole Vault	3.20m.
13	Long Jump	7.20m.	Long Jump	5.60m.
14	Triple Jump	15.00m.	Triple Jump	12.20m.
15	Shot Put	16.00m.	Shot Put	13.00m.
16	Discus Throw	48.00m.	Discus Throw	42.00m.
17	Hammer Throw	52.00m.	Hammer Throw	45.00m.
18	Javelin Throw	65.00m.	Javelin Throw	45.00m.
19	4 X 100m Relay	42.00s.	4 X 100m Relay	48.00s.
20	4 X 400m Relay	3:20.00s.	4 X 400m Relay	3:48.00s.
21	Decathlon	5000pts.	Heptathlon	4000pts.
22	20km Race Walk [Road]	1:40:00.0s.	20km Race Walk [Road]	1:50:00.0s.
23	35km Race Walk [Road]	3:15:00s.	35km Race Walk [Road]	3:50:00s.
24	Mixed Relay	3:25.00s.		