



ATHLETICS FEDERATION OF INDIA

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Circular No. 40/10-2022

October 17, 2022

F. No. 4-29/AFI/22

All Affiliated State Units – AFI

Sub: Entry Standards 2022 - 37th National Junior Athletics Championships.

Dear Sir/Madam,

Please find attached the Entry Standards 2022 with reference to 37th National Junior Athletics Championships. This is for your information and necessary action.

Regards,

Ravinder Chaudhry
Secretary, AFI



Athletics Federation of India
37th National Junior Athletics Championships 2022
ENTRY STANDARDS ~ MALE ATHLETES

Details of EVENTS & Specifications		Groups & Minimum Entry Standards				
EVENTS	Specifications		MEN U20	MEN U18	BOYS U16	BOYS U14
60m						8.20 sec
100m			11.10sec	11.40s.	11.80s.	
200m			22.70 sec	23.00sec		
300m					38.0sec	
400m			50.00sec	51.70s.		
600m						1:43.00 sec
800m			1:57.00s.	2:02.00s.	2:04.00s.	
1500m			4:10.00s.	4:20.00s.		
2000m					6:10.00s.	
3000m				9:25.00s.		
5000m			16:00.00sec			
10000m			33:00.0			
80m Hurdles	0.838m.				12.2 sec	
100m Hurdles	0.914m.					
110m Hurdles	0.914m.			15.30s.		
110m Hurdles	0.991m.		15.15s.			
110m Hurdles	1.067m.					
400m Hurdles	0.838m.			58.0s.		
400m Hurdles	0.914m.		57.00s.			
2000m Steaplechase	0.838m.			6:45.00s.		
3000m Steaplechase	0.914m.		10:15.00s.			
High Jump			1.90m.	1.80m.	1.65m.	1.45m.
Pole Vault			3.90m.	3.70m		
Long Jump			6.80m.	6.50m.	5.80m.	5.20m.
Triple Jump			14.00m.	13.40m		
Shot Put	3.000kg.					10.80m.
Shot Put	4.000kg.				12.50m.	
Shot Put	5.000kg.			14.50m.		
Shot Put	6.000kg.		15.00m.			
Shot Put	7.260kg.					
Dicus Throw	1.2500kg.				40.00m.	
Dicus Throw	1.5000kg.			43.00m.		
Dicus Throw	1.750kg.		45.00m.			
Dicus Throw	2.000kg.					
Hammer Throw	4.000kg.				42.00m.	
Hammer Throw	5.000kg.			46.30m.		
Hammer Throw	6.000kg.		50.00m.			
Hammer Throw	7.260kg.					
Javelin Throw	600g.				42.00m.	
Javelin Throw	700g.			52.00m.		
Javelin Throw	800g.		59.00m			
Kids Javelin Throw						*/#
Medley Relay				2:00.00sec.	2:04.00s.	
4 X 100m Relay			44.00s.			
4 X 400m Relay			3:24.00s.			
4 X 400m Mixed Relay			*/#			
Triathlon [One day]						*
Hexathlon [Two day]					*/#	
Decathlon			5000pts.	3900pts		
5000m Race Walk [Track]					29:00.00sec.	
10,000m Race Walk [Track]			50.00.00s.	54.00.00s.		
10km Race Walk [Road]			50.00.00s.	53.00.00s.		
20,000m Race Walk [Track]						
20km Race Walk [Road]						
50km Race Walk [Road]						
* - No restriction of Entry standards. ~ # - Introduced in the year 2020.						



Athletics Federation of India
37th National Junior Athletics Championships 2022
ENTRY STANDARDS ~ FEMALE ATHLETES

Details of EVENTS & Specifications		Groups & Minimum Entry Standards				
EVENTS	Specifications		WOMEN U20	WOMEN U18	GIRLS U16	GIRLS U14
60m						9.00sec
100m			12.80s.	13.10s.	13.60s.	
200m			26.50s.	27.00sec.		
300m					46.0sec	
400m			58.50s.	1:01.00s.		
600m						02:00.0
800m			2:25.00s.	2:30.00s.	2:37.00s.	
1500m			5:05.00s.	5:25.00s.		
2000m					7:46.00s.	
3000m			11:40.00s.	12:10.00s.		
5000m			18:50.00s.			
10000m						
80m Hurdles	0.762m.				14.30sec	
100m Hurdles	0.762m.			16.30s.		
100m Hurdles	0.838m.		16.20s.			
400m Hurdles	0.762m.		1:07.00s.	1:10.00s.		
2000m Steaplechase	0.762m.			10:00.00s.		
3000m Steaplechase	0.762m.		14:05.00s.			
High Jump			1.55m.	1.45m.	1.35m.	1.30m
Pole Vault			2.80m.	2.60m.		
Long Jump			5.20m.	5.00m.	4.75m.	4.00m
Triple Jump			11.60m.	11.00m.		
Shot Put	2.000kg					9.00m
Shot Put	3.000kg			10.50m.	10.30m.	
Shot Put	4.000kg		10.50m.			
Dicus Throw	1.000kg		35.00m.	33.0m.	28.00m.	
Hammer Throw	3.000kg			36.00m.		
Hammer Throw	4.000kg		38.00m.			
Javelin Throw	500g.			34.00m.	30.00m.	
Javelin Throw	600g.		35.0m.			
Kids Javelin Throw						*/#
Medley Relay				2:30.00s.	2:25.00s.	
4 X 100m Relay						
4 X 400m Relay						
4 X 400m Mixed Relay			*/#			
Triathlon [One day]						*
Hexathlon [Two day]					*/#	
Heptathlon			3250pts.	3000pts.		
3000m Race Walk [Track]					22:00.00s.	
5000m Race Walk [Track]				33:00.00s.		
10,000m Race Walk [Track]			1::06:00.0s.			
10km Race Walk [Road]			1::06:00.0s.			
20,000m Race Walk [Track]						
20km Race Walk [Road]						

* - No restriction of Entry standards. ~ # - Introduced in the year 2020.