



# ATHLETICS FEDERATION OF INDIA

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**Circular No. 39-A/10-2022**

October 04, 2022

To  
All Affiliated Units–AFI

Dear Sir/Madam,

Further to AFI circular no. 39/09-2022 dated 29th September 2022, please find herebelow list of events and revised entry standards for 2<sup>nd</sup> National Open U-23 Athletics Championships 2022. This is for your information and necessary action accordingly.

Regards,

Ravinder Chaudhry  
Secretary, AFI

## **2<sup>nd</sup> National Open U-23 Athletics Championships 2022** **LIST OF EVENTS & REVISED ENTRY STANDARDS**

| S.NO. | MEN        | EVENT     | WOMEN      |
|-------|------------|-----------|------------|
| 1     | 10.90 S    | 100 M     | 12.20 S    |
| 2     | 22.30 S    | 200 M     | 24.50 S    |
| 3     | 49.00 S    | 400 M     | 57.00 S    |
| 4     | 1:55.00 S  | 800 M     | 2:15.00 S  |
| 5     | 3:55.00 S  | 1500 M    | 4:40.00 S  |
| 6     | 14:55.00 S | 5000 M    | 17:30.00 S |
| 7     | 32:00.00 s | 10000 M   | 37:00.00 S |
| 8     | 9:40.00 S  | 3000 M SC | 12:00.00 S |
| 9     |            | 100 M H   | 15.30 S    |
| 10    | 15.20 S    | 110 M H   |            |
| 11    | 55.00 S    | 400 M H   | 1:04.00 S  |

|    |           |                              |           |
|----|-----------|------------------------------|-----------|
| 12 | 2.00 M    | <b>HIGH JUMP</b>             | 1.55 M    |
| 13 | 4.30 M    | <b>POLE VAULT</b>            | 3.00 M    |
| 14 | 7.15 M    | <b>LONG JUMP</b>             | 5.75 M    |
| 15 | 15.00 M   | <b>TRIPLE JUMP</b>           | 12.00 M   |
| 16 | 15.80 M   | <b>SHOT PUT</b>              | 12.00 M   |
| 17 | 50.00 M   | <b>DISCUS THROW</b>          | 40.00 M   |
| 18 | 57.00 M   | <b>HAMMER THROW</b>          | 45.00 M   |
| 19 | 65 .00 M  | <b>JAVELIN THROW</b>         | 44.50 M   |
| 20 | 5400 PTS  | <b>DECATHLON</b>             |           |
| 21 |           | <b>HEPTATHLON</b>            | 3900 PTS  |
| 22 | 1:35.00 S | <b>20 KM/20000 RACE WALK</b> | 1:52.00 S |