

Head Quarter Building
Jawaharlal Nehru Stadium
Complex, (East Gate) Lodhi Road
New Delhi-110 003

Date: 22.03.2022

To,

Sh. Adille Sumariwalla,
President, Athletics Federation of India
A-90, Naraiana Industrial Area,
Phase-1, New Delhi-110028

Sub: Minutes of Athletics ACTC 2022-23 uploaded on the online ACTC portal-reg.

Sir,

This is with reference to the meeting of ACTC 2022-23 (till March 2023) for the discipline of 'Athletics' held on 14th March 2022 under the chairmanship of Secretary (Sports).

2. In this regard, please find the minutes of the meeting for ACTC attached herewith for further necessary action.

Encl: As Above

Yours faithfully


(Prashant Singh)
SDO (Athletics)

Copy to:

1. CEO, TOPS
2. Jt. CEO, TOPS
3. DS, MYAS
4. Sr. PPS to Secretary (Sports)
5. AD to DG, SAI

SPORTS AUTHORITY OF INDIA
(TOPS Division)

ACTC 2022-2023 for ATHLETICS

Minutes of ACTC meeting held on 14th March, 2022: Athletics Federation of India (AFI)

A meeting to finalize the Annual Calendar for Training and Competition (ACTC) for Athletics for the year 2022-23 was held on 14th March 2022 at 10.30 AM under the Chairmanship of Smt. Sujata Chaturvedi, Secretary (Sports) MYA&S at the Conference Hall, Sports Authority of India HQ, New Delhi. The list of participants is annexed.

2. At the outset, Chairman, Planning Committee, AFI listed the projected targets for Athletics including Asian & Commonwealth Games 2022, and submitted the following measurable outcomes:

S. No.	Competition	Targets and Milestones	
		Gold Medals	Total Medals
1	World Championship 2022	-	1-3 Medals
2	Common Wealth Games 2022	2-4 Gold Medals	4-8 Medals
3	Asian Games 2022	10-13 Gold Medals	25-26 Medals
4	World Championship 2023	-	3-5 Medals
5	Olympics 2024	-	3-5 Medals

3. AFI presented the plans for the National Coaching Camps and Foreign Exposures for events leading to Asian Games 2022 in September. The budget summary was presented thereafter in accordance with the revised norms for funding under Assistance to NSF Scheme.

4. In accordance with the minutes of ACTC held on 26th November, 2021, some of notable achievements of AFI for the ACTC 2021-22 were presented as follows:

- 4.1 Periodic scientific tests of National Campers have been conducted by AFI and information shared with SAI.
- 4.2 Technical Officials exam (DTO and FSTO) conducted by AFI.
- 4.3 National Coaching Camps are being conducted by AFI based on the medal probability for the upcoming Commonwealth Games, 2022 and Asian Games, and Olympics 2024 in targeted events.

5. Chairman, Planning Committee, AFI made following commitments, which were included as binding decisions as a part of approved ACTC calendar and budget:

- 5.1 More focussed and targeted Junior Development Programme with ratio for expenditure for Senior and Junior age groups as presented in the ACTC proposal.
- 5.2 Gender Budgeting to be done so as to ensure equal expenditure for Men and Women.
- 5.3 Strengthening and capacity building in National Camps through inclusion of Sports Science Staff and ensuring scientific evaluation of campers and targeted interventions thereof. Data management of the performance evaluations be ensured.



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- 5.4 Maintaining a proper system of utilisation of government grants under the scheme.
- 5.5 Displaying of grants received through the scheme on website of AFI.
- 5.6 Strict compliance of WADA Code and NADA rules, details of educational plans for athletes and display of Anti-Doping awareness programmes on their respective websites.
- 5.7 Putting in place HPD for junior development program under TOPS NCOE.
- 5.8 Partnership for various programs under Khelo India.

6. AFI has finalized the following targeted events towards preparation for Olympics 2024:

S.No.	MEN	S.No.	WOMEN	MIXED
1	200 M	1	200 m	Mixed Relay
2	400 m	2	400 m	
3	800 m	3	800 m	
4	1500 m	4	1500 m	
5	3000 Steeple Chase	5	3000 Steeple Chase	
6	400 m Hurdles	6	Javelin Throw	
7	Javelin Throw	7	Shot Put	
8	Shot Put	8	Discus Throw	
9	Long Jump	9	Long Jump	
10	Triple Jump	10	Race Walk 20 Km	
11	Race walk 20 Km	11	4X100 m Relay	
12	Race Walk 35 Km	12	4x400 M Relay	
13	4X 400 M Relay			
Total Events – 26 (Men- 13, Women-12, Mixed - 1)				

7. The calendar and budget were considered and approved with modifications pursuant to deliberations. The total budget for the ACTC was approved for AFI up to March, 2023 with a cap of **Rs. 30.00 Crores**, of this 10% is earmarked for contingencies and 3% for administrative expenses of the NSF as per the latest norms of MYAS dated 28th February 2022. It is emphasized that NSF will allocate adequate budget as demanded for Asian Games & Commonwealth Games 2022 & ensure that all the needs of athletes as projected under ACTC are fulfilled.

8. The budget is approved for the following requirements:

8.1 National Coaching Camp (Senior)

A limit of maximum of 300 camps days and 60 camp days in a year for Seniors and Juniors age group respectively shall be adhered to.

Placed at Annexure – I.



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8.2 International Competition (Senior & Juniors)

Foreign Exposure in all age groups and across all events should be with a focused approach on targeted events where there are realistic medal chances and with commensurate exposures to the Junior Group. Further, limit of 90 days in a year for training and competition abroad has to be adhered to.

Placed at Annexure – II

8.3 Remuneration - Indian Coaches & Support Staff

The names and salaries of the coaches and support staff to be empaneled for the National Coaching Camp shall be approved separately by the Empanelment Committee by **30.04.2022**.

Placed at Annexure – III.

8.4 Remuneration - Foreign Coaches & Support Staff

The overall expenditure of foreign coaches & support staff not to exceed 30% of the total budget sanctioned under ACTC.

Placed at Annexure – IV.

8.5 Equipment (Consumables & Non-Consumables)

The NSF to procure equipment as per circular of MYAS.

Placed at Annexure – V.

8.6 International Competition in India

Placed at Annexure – VI.

8.7 Domestic Competitions

Placed at Annexure – VII.

8.8 Coach, Referee & Technical Official Development Plan

Placed at Annexure – VIII.

9. The proposed ACTC is approved within the approved budgetary ceiling as stated at Para 7 above. A review would be undertaken after Asian Games 2022, in the month of October 2022, based on the achievements of Asian Games & Commonwealth Games 2022 and targeted preparation for Olympics 2024, for any additional requirement of funds subject to availability of budget under the 'Assistance to NSF' Scheme.

10. Modifications to the calendar can be made by NSF with the approval by DG SAI within the overall approved budget. It is reiterated that all the guidelines mentioned in MYAS circular dated 28th February 2022 will be adhered to.



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11. Further, AFI also enquired regarding the provisions of "Food Supplements" change in the revised norms. It was agreed to revisit the issue. NSF has no other issue on the above guidelines.
12. Secretary (Sports) emphasised on the following aspects:
- a. NSF should closely monitor Asian Games & Commonwealth Games preparation & ensure that all needs of the medal probable athletes are fulfilled.
 - b. AFI to plan talent identification and development (*in-situ*, if required) thereof for specific tribes across the country having genetic advantage towards Athletics, such as Siddhis in Karnataka, in consultation with various State Governments. SAI to provide all necessary assistance in this regard.
 - c. AFI should prepare the roadmap to Olympics 2024 with detailed training plan. NSF should also make complete plan for excellence in 2028 & 2032 Olympics which includes strengthening junior development programme under TOPS NCOE, strengthening domestic competition structure in lines with best practices in the world, coach development plan to reduce reliance on foreign coaches, referees'/judges' development, athlete education, grass root development plan, etc. Complete plan may be submitted by 15th April 2022, post which separate discussion would be held.
 - d. AFI should conduct Grassroot training program for PE teachers & other trainers under the e-Khel Pathshala program. It was agreed that the AFI would provide all support for development of modules for the programme & monitor implementation.
 - e. Alternate training and competition plans should be prepared to cater for any possible further outbreaks of COVID 19. Also, strict protocols should be put in place to avoid Covid 19 infections during training.
 - f. Training and Competitions for athletes should cater for adequate recovery and peaking at the right time to ensure maximum medal probability.
13. The meeting ended with a vote of thanks to the Chair.



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The list of participants who attended the meeting:

1. Sh. Sandip Pradhan, DG, SAI
2. Cmde. P. K. Garg (Retd.), C.E.O. (TOPS), SAI
3. Col. Rakesh Yadav, Joint C.E.O (TOPS), SAI
4. Sh. S. P. S. Tomar, Deputy Secretary, MYA&S
5. Sh. Prashant Singh, SDO (Athletics), TOPS, SAI
6. Sh. Sandeep M. Chaudhary, DO (Athletics), TOPS, SAI
7. Sh. Tridib Bhuyan, Senior Lead Research (Athletics), TOPS, SAI
8. Ms. Kritika Bhasin, ARM (Athletics), TOPS, SAI

Representatives of Athletics Federation of India (AFI) present in the meeting:

1. Dr. Lalit K. Bhanot, Chairman Planning Committee, AFI
2. Shri Radhakrishnan Nair, Chief Coach, AFI
3. Shri Digvijay, Manager, AFI



Annexure- I**National Coaching Camp for Senior**

S. No	Purpose of the coaching camp	Composition of the campers	Duration	Venue
1	Preparing Indian Athletes for World Championship, Commonwealth Games, Asian Games 2022 and Olympic Games 2024	125 Athletes, 48 coaches / support staff Total: 173	300 days	SAI NS NIS Patiala, NSSC Bangalore, SAI LNCPE Trivandrum, Ooty, Welington PT Usha School, Balusheri Dharamshala/Shilaru
2	Preparing Indian Athletes for World Championship, World Relays, Asian Championship 2023 and Olympic Games 2024			SAI NS NIS Patiala , NSSC Bangalore, SAI LNCPE Trivandrum, Ooty, Welington PT Usha School, Balusheri. Bhubaneswar, ASI Pune
3	Travel budget for Chief Coach and HPD			expenses for domestic monitoring national campers& Meetings at AFI &SAI, travelling for Domestic competitions



Annexure- II**Foreign Training and Competition for Senior**

S. No.	Name of training cum competition abroad	Composition of the participants			Proposed date for submission of proposal	Period		Total days	Venue	Status of the competition
		Players	Coaches Indian/ foreign	Support staff		From	To			
1.	400m Men & Women	20	2 (1/1)	5		14/4/2 022	06/06/ 2022	53 days	Turkey / Czech/SA	Prep. for World Championships /CWG?AG 2022
2.	400m Men & Women	20	2 (1/1)	5		12/08/ 2022	8/09/2 022	27 days	POL/CZ/	Preparation for &AG 22
3.	4x100m Women	8	2 (2/0)	1		14/4/2 022	06/06/ 2022	53 days	Turkey / Czech/SA	Prep. for World Championships /CWG/AG 2022
4.	4x100m Women If Get Qualified for AG	8	2 (2/0)	1		12/08/ 2022	8/09/2 022	27 days	POL/CZ/	Preparation for &AG 22
5.	Horizontal Jumps Men & Women	10	3 (1/2)	2		05/05/ 2022	6/06/2 022	32	Poland / Czech / Germany / Spain	Preparation for World Championships, CWG &AG



6.	Javelin Men & Women	6	2 (0/2)	3		12/04/ 2022	06/6/2 022	45	Poland / Turkey / Czech / Finland	Preparation for World Championship s, CWG &AG
7.	Shot Put Men ,Women & Discus Throw Women	6	3	2		12/04/ 2022	06/06/ 2022	55	Poland / Turkey / Czech / Finland	Preparation for World Championship s, CWG &AG
8.	Middle Long Distance Men & Women	7	2 (1/1)	1		15/04/ 2022	06/06/ 2022	52	Poland / Czech / Germany / Spain / France / UK/USA	Preparation for World Championship s, CWG &AG
9.	Race walk Men & Women	7	2 (1/1)	2		2/04/2 022	05/06/ 2022	63 days	Poland / Czech / Germany / Spain / Portugal	Preparation for World Race walking Championship s/World Championship /CWG and AG.
10.	All the qualified Athletes for World Championships	40	12	08		18/6/2 022	13/7/2 022	26	Chulawist a, USA	Preparation for World Championship s
11.	Asian Indoor Athletics Championships	40	10	04		TBD	TBD	06	Kazakhsta n	Asian Indoor Ath Champs
12.	Asian Indoor Games	35	10	06		TBD	TBD	22	Bangkok	Asian Indoor Champ

Agam

13.	World Athletics World Championship 2022	40	12	8		15/7/ 2022	24/7/ 2022	12 days	Oregon, USA	World Athletics World Championships
14.	Commonwealth Games 2022	40	14	8		25/7/ 2022	08/08 /2022	22	Birmingham	CWG 2022
15.	Asian Grand Prix or Any Other Asian level Build up competitions	30	8	4		TBD	TBD	10-15	CHN / JPN / KOR / TW / MY / INA	International Exposure
16.	SAF Championships	60	15	4		TBD	TBD	06	TBD	
17.	SAF Cross Country	12	2	-		TBD	TBD	04	TBD	
18.	18 th Asian Marathon Championships	4	1	1		TBD	TBD	04	Chiangrai, Thailand	Asian Champ
19.	Asian Relays Championships	24	4	5		TBD	TBD	05	Songkhla Thailand	Asian Champ
20.	International Competition T. Kolpakova	35	6	4		TBD	TBD	4	Bishkek, Kirghizstann	Asian Champ
21.	International Meeting G. Qosanov Memorial	35	6	4		TBD	TBD	4	Almaty, Kazakhstan	Asia Champ

22.	Medical Emergencies									Per require.
23.	Travel budget for Chief Coach		1			01/04/20 22	31/03 /2023	TBD		Expenses monitoring int. camps
24.	Travel budget for HPD		1			01/04/20 22	31/03 /2023	TBD		Expenses monitoring int. camps
25.	Horizontal Jumps Men & Women	10	3 (1/2)	2		01/01/20 23	15/03 /2023	73	South Africa/Chula Vista	Preparation for World Championships, CWG &AG
26.	Shot Put Men & Women	3	2 (2/1)	2		15/11/20 23	15/3/ 2023	120	South Africa/Turkey/ Chula Vista	Preparation for World Championships, CWG &AG
27.	Discus Throw Women	2	2 (1/1)	1		15/11/20 22	15/3/ 2023	120	South Africa/Turkey/ Chula Vista	Preparation for World Championships, CWG &AG
28.	Javelin Men & Women	6	2 (0/2)	3		15/11/20 22	15/3/ 2023	120	Australia / South Africa / Turkey/Chula Vista	. Preparation for World Championships, CWG &AG
29.	Asian 20 KM Race Walking Championships	8	2	2		TBD	TBD	5	Nomi, Japan	Asian Race Walk Championships

Foreign Training and Competition for Junior

Sr. No.	Name of training cum competition abroad	Composition of the participants			Proposed date of submission of proposal	Period		Total days	Venue
		Players	Coaches Indian/ foreign	Support staff		From	To		
1	World Junior Championships	35	08	02		02/8/2022	08/8/2022	08	Calli, Colombia
2	Asian Youth Championships	40	10	02		TBD	TBD	07	Kuwait
3	Asian Junior Championship	50	12	04		16/6/2022	19/6/2022	07	S. Korea
4	Commonwealth Youth Games	35	08	02	TBD	TBD	TBD	10	Trinidad Tobago
5	SAF Cross Country Youth + Junior Ch.	12	2	2	TBD	TBD		4	TBD
6	Invitational Meetings Youth + Juniors (2-3)	20	6	2	TBD	TBD		5 (each)	TBD



Annexure- III**Indian Coaches and Support Staff**

S. No.	Designation	Event	Department/State
1	Chief Coach	Chief Coach	SAI (on contract)
2	Dy Chief Coach	Dy Chief Coach	SAI (on contract)
3	Coach	Shot put	SAI (on contract)
4	Coach	400 M	SAI (on contract)
5	Asst. Coach	Javelin Throw	SAI (on contract)
6	TBD	400m	SAI (on contract)
7	Asst. Coach	MLD	SAI (on contract)
8	Coach	MLD	SAI (on contract)
9	Asst. Coach	Horizontal Jumps	SAI (on contract)
10	TBD	Rotational Throws	SAI (on contract)
1	Support Staff	Physiotherapist (M)	SAI (on contract)
2	Support Staff	Male Masseur	SAI (on contract)
3	Support Staff	Male Masseur	SAI(On contract)
4	Support Staff	Male Masseur	SAI on Contact
5	Support Staff	Female Masseur	SAI (on contract)
6	Support Staff	Female Masseur	SAI (on contract)
7	Support Staff	Female Masseur	SAI (on contract)
8	High Performance Manager	Senior Athletes	TBD
9	Athlete RelationManager	Seniors	TBD
10	Talent Id Manager	Talent	TBD



Annexure- IV

Foreign Coaches and Support Staff

S. No.	Discipline	Discipline	Country
1	HPD	TBD	TBD
1	HPD JUNIORS	TBD	TBD
2	Javelin	Coach	Germany
3	Javelin	TBD	TBD
4	Javelin	TBD	TBD
5	400m	Coach	USA
6	400m	TBD	TBD
7	400m	TBD	TBD
8	MLD	Coach	USA
9	Hor. Jumps (Men)	Coach	RUSSIA
10	Hor. Jumps (Women)	TBD	TBD
11	Heptathlon	TBD	TBD
12	Rot. Throws	Coach	GERMANY
13	Race Walk (Men)	Coach	Russia / TBD
14	Race Walk (Women)	TBD	TBD



Foreign Support Staff

S. No.	Discipline	Discipline	Country
1.	Recovery Expert	TBD	TBD
2.	Head Physio	TBD	TBD
3.	Bio Mechanist	TBD	TBD
4.	Physio (M)	TBD	TBD
5.	Psychologist	TBD	TBD
6.	Masseur (M)	Support Staff	Russia
7.	Masseur (F)	Support Staff	Russia
8.	Masseur (M)	TBD	TBD
9.	Masseur (F)	TBD	TBD



Annexure- V

Equipment (Consumable and Non-consumable)

Sr. NO.	Name of equipment	Qty
1.	Resistance Bands (different sizes / strengths)	120
2.	Overspeed training system	4
3.	Bosu balls	10
4.	Balance Stability Disc	20
5.	TRX Suspension Trainer	12
6.	Photo Cells	3
7.	Video Analysis software license (e.g. Dartfish 360)	1
8.	V Max Pro software (trainer licence)	6
9.	Portable chemical analyser	1
10.	Development / Purchase of AMS	1
11.	Miscellaneous	



Estimated for NIS Patiala

Sr. NO.	Name of equipment	Qty
12.	Starting Blocks	12
13.	Take off boards	10
14.	Starting block cart	01
15.	Hurdles cart	02
16.	Shot returning channel	01
17.	Crossbar high jump (Fibre glass)	04
18.	Plyometric boxes	2 sets
19.	1080 Sprint (Resistance device)	01
20.	Portable timing gates	1 set
21.	ATE superb spin 1kg	12
22.	ATE superb spin 1.5kg	06
23.	ATE superb spin 1.75kg	06
24.	ATE superb spin 2kg	06
25.	ATE Medium spin 1kg	06
26.	ATE Supra XX yellow 1kg	06
27.	Discus 1.25kg	12
28.	ATE Shot Aspero (7.26k/129mm)	04
29.	ATE Shot Aspero (6k/124mm)	02
30.	ATE Shot Aspero (5k/119mm)	02
31.	ATE Shot Aspero (4k/109mm)	02
32.	ATE Shot Aspero (3k/108mm)	02
33.	ATE Competition Steel Shot 7.260 kg 125 mm	06
34.	ATE Competition Steel Shot 7.260 kg 120 mm	02
35.	ATE Competition Steel Shot 7.26 kg 115mm	02
36.	ATE Competition Steel Shot 7.26 kg 110mm	02
37.	ATE Competition Steel Shot 6.00 kg 124mm	03
38.	ATE Competition Steel Shot 6.00 kg 115mm	03
39.	ATE Competition Steel Shot 6.00 kg 105mm	02
40.	ATE Competition Steel Shot 5.45 kg 103mm	02
41.	ATE Competition Steel Shot 5.45 kg 115mm	02
42.	ATE Competition Steel Shot 5.00 kg 119mm	04



43.	ATE Competition Steel Shot 5.00 kg 110mm	02
44.	ATE Competition Steel Shot 5.00 kg 100mm	02
45.	ATE Competition Steel Shot 4.00 kg 109mm	06
46.	ATE Competition Steel Shot 4.00 kg 104mm	04
47.	ATE Competition Steel Shot 4.00 kg 102mm	04
48.	ATE Competition Steel Shot 4.00 kg 100mm	04
49.	ATE Competition Steel Shot 4.00 kg 95mm	02
50.	ATE Club turned iron shots 20lbs	02
51.	ATE Club turned iron shots 18lbs	02
52.	ATE Club turned iron shots 6.25kg	04
53.	ATE Club turned iron shots 5.45kg	03
54.	ATE Club turned iron shots 4.5kg	06
55.	ATE Club turned iron shots 3.63kg	06
56.	Shot 3.5kg	06
57.	Stop board	06
58.	Javelin balls 400gm	24
59.	Javelin balls 600gm	24
60.	Javelin balls 800gm	24
61.	Indoor rubber Shots1kg	01
62.	Indoor rubber Shots2kg	01
63.	Hammer 7.26kg	04
64.	Hammer 6kg	04
65.	Hammer 5kg	04
66.	Hammer 4.5kg	06
67.	Hammer 4kg	06

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Sr. NO.	Name of equipment	Qty
1.	Opto Jump System	25
2.	Flight Scope Biomechanics System Throws	1
3.	Smith Machine (throws)	1
4.	Cable Pull Machine	1
5.	Medicine balls (2-10kg)	30
6.	1080 Sprint machine (speed training)	1
7.	Miscellaneous	

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Equipment for NSSC Bangalore

Sr. NO.	Name of equipment	Qty
1.	Javelin machine	1
2.	Soft Plyo Boxes (set of 4 boxes) for indoor use	2
3.	Outdoor Plyo Boxes (set of 5 boxes)	2
4.	Wooden hor. boxes for jump training (100 x 30 x 5 / 10)	8 (4/4)
5.	Starting block carrying cart	1
6.	Push Sled for resistance training	2
7.	Kobo Weight Jacket 10kg	2
8.	Floor Mats (Gymnastics)	10
9.	Competition hurdles	100
10.	Dumbbell Set 1-10kg	1
11.	Smith Machine (throws)	1
12.	Cable Pull Machine	1
13.	Medicine balls (2-10kg)	30
14.	1080 Sprint machine (speed training)	1
15.	Miscellaneous	



Equipment for LNCPE Trivandrum

Sr. NO.	Name of equipment	Qty
1.	Soft Plyo Boxes (set of 4 boxes) for indoor use	2
2.	Outdoor Plyo Boxes (set of 5 boxes)	2
3.	Wooden hor. boxes for jump training (100 x 30 x 5 / 10)	8 (4/4)
4.	Starting block carrying cart	1
5.	Push Sled for resistance training	2
6.	Kobo Weight Jacket 10kg	2
7.	Floor Mats (Gymnastics)	10
8.	Flat Cones	200
9.	Medium sized Cones	200
10.	Training hurdles / mini hurdles (40-60cm)	100
11.	Competition hurdles	100
12.	Lactate strips	20
13.	Opto Jump System	25
14.	Dumbbell Set 1-10kg	1
15.	Cable Pull Machine	1
16.	Medicine balls (2-10kg)	30
17.	1080 Sprint machine (speed training)	1
18.	Miscellaneous	



Annexure- VI

National Championship

S. No.	Event
1.	National Senior Athletics Championship
2.	National Junior Athletics Championship
3.	National Sub Junior Athletics Championship

