



ATHLETICS FEDERATION OF INDIA

G-3 , Community Center, C-Block, Naraina Vihar, New Delhi-110028

T: +91 11 40104712 E: afi@indianathletics.in, indianathletics@gmail.com W : www.indianathletics.in

QUALIFICATION STANDARDS Asian Championships 2023 12-16 July 2023, Bangkok, Thailand

Date of publication 13 May 2023

Qualification standards for the forthcoming Asian Athletics Championships scheduled to be held in Bangkok, Thailand from 12 to 16 July 2023.

- The selection of the final team will be made based on the performance in the Federation Cup, Interstate Athletics Championships etc.
- It is also informed that the last date for sending the entry is 11th June 2023 and no change can be made later on.
- The interstate can be used as the confirmatory trial for athletes who are training outside India.

Men	Qualification Standard	Women
10.19s	100 M	11.44s
20.61s	200 M	23.50s
46.17s	400 M	53.54s
1:49.05s	800 M	2:05.74s
3:47.84s	1500 M	4:17.90s
14:00.00s	5000 M	15:49.00s
29:30.00s	10000 M	33:00.00s
8:40.00s	3000 M SC	9:58.55s
13.57s	110mh/ 100 MH	13.63s
49.75s	400 M H	57.48s
2.24m	High Jump	1.80m
5.40m	Pole Vault	4.10m
7.85m	Long Jump	6.45m

16.60m	Triple Jump	13.58m
19.00m	Shot Put	16.30m
58.00m	Discus Throw	55.59m
71.10m	Hammer Throw	62.03m
78.23m	Javelin Throw	54.73m
39.00s	4x100 M Relay	44.50s
3:05.00s	4x400 M Relay	3:37.27s
7500pts.	Decathlon/ Heptathlon	5528 pts.
1:23.30hr	20 Km Walk	1:35.00hr

***Note:** It is mandatory for the selected athletes training in India to join the National Camp within 3 days after selection, failing to which the next athlete met the entry standard will be considered in the team.

Ravinder Chaudhry
Secretary