



ATHLETICS FEDERATION OF INDIA

G-3 & 4, Community Center, C-Block, Naraina Vihar, New Delhi-110028

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

Circular No. 23-A-4/2023

Dated: 26.04.2023

LIST OF EVENTS AND ENTRY STANDAR

62nd NATIONAL INTER STATE SENIOR ATHLETICS CHAMPIONSHIPS 2023

15-19 JUNE BHUBANESWAR, ODISHA

REVISED ENTRY STANDARD)

EVENT	MEN ENTRY STANDARD	WOMEN ENTRY STANDARD
100m	10.75s	12.10s
200m	21.75s	24.50s
400m	47.70s	57.00s
800m	1:52.50s	2:08.00s
1500m	3:52.00s	4:30.00s
5000m	14:20.00s	16:50.00s
10000m	30:30.00s	36:00.00s
110m/100m Hurdles	14.20s	14.300s
400m Hurdles	52.00	1:02.00s
3000m SC	9:10.00s	11:00.00s
High Jump	2.05m	1.65 m
Pole Vault	4.50m	3.50m
Long Jump	7.35m	5.80m
Triple Jump	15.50m	12.50m
Shot Put	16.50m	13.00 M
Discus Throw	52.00m	45.00m
Hammer Throw	60.00m	52.00m
Javelin Throw	70.00m	45.50m
Decathlon / Heptathlon	6000pts.	4500pts.
20 Km Race Walk	1::30:00 Sec	1::42:00 S
35 KM Race Walk	3::00:00 S	4::00: 00 S
4x100m Relay	-	-
4x400m Relay	-	-
4x400m Mix Relay	-	-

Ravinder chandhry

Ravinder Chaudhry
Secretary, AFI