



ATHLETICS FEDERATION OF INDIA

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F.No. 4-6/AFI/2023

September 16, 2023

The Secretaries,

Athletics Association of – Chandigarh, Delhi, Haryana, Himachal Pradesh, Jammu & Kashmir, Punjab, Uttar Pradesh, Uttarakhand and Ladakh

Subject – 34th North Zone Junior Athletics Championships 2023

I am pleased to inform you that 34th North Zone Junior Athletics Championships 2023 will be organized by J&K Amateur Athletics Association **from 15-17 October 2023**. The various details of the Championships are given below:-

Venue : Jammu University
Dates : 15-17 October 2023
Organizing Secretary : Mr. Sharat Chander Singh
Secretary
J&K Amateur Athletics Association
Mob: 9419136504

Last date for receipt of Entries : **7th October through AFI Website**

The **ONLINE entries** of Athletes can be done on AFI Website from **18th September to 7th October 2023**. Entries sent otherwise will not be accepted under any circumstances. **The Entries should be sent by concerned State Association only**. However, for the participation in AFI meets, the registration of athletes is mandatory on AFI website.

Age Groups : Boys & Girls under 20 Yrs, 18Yrs, 16Yrs, & 14 Yrs.

For the convenience of the State Units for determining the Age Groups of athletes, the age brackets are mentioned below:

U-14 Years	Born Between 18.10.2009 & 17.10.2011
U-16 Years	Born Between 18.10.2007 & 17.10.2009
U-18 Years	Born Between 18.10.2005 & 17.10.2007
U-20 Years	Born Between 18.10.2003 & 17.10.2005

No. of events an athlete can participate:

Two individual events.

No. of entries States can send:

Each State can send two entries per event in each age group. No Reserve entry will be accepted.

Verification of Age: The following Certificates are valid for verification of age of athletes.

(a) Under 16 Years:

Birth Certificate issued by Birth & Death Registration Office or Municipality/Corporation/Nagar Palika/District Headquarters.

(b) Above 16 Years:

- (i) Certificate from Central/State Education Board showing date of birth.
- (ii) Athletes, who have not gone to School at all, should produce Birth Certificate from authorities as indicated above.
- (iii) Athletes, who are drop outs, should bring Birth Certificate and School Leaving Certificate from the School last attended.

The original Age Proof Certificates are required to be produced by the athletes. No other Certificate will be accepted as Proof of Age.

Responsibilities of Organizing Secretary:

- (a) Age Verification Committee should be constituted to identify overage athletes. The list of athletes found overage should be sent to this office.
- (b) The results should be prepared Group-wise/Event-wise e.g. Boys U/20-100m, 200m, 400m, Boys U/18- 100m, 200m, 400m... & so on). It is absolutely necessary that results are prepared on the prescribed proforma sent by AFI. **The proforma for the same will be sent to Organising Secretary.** If the results are not sent to this office through e-mail, the Merit Certificates will not be prepared and the Organizing unit will be held responsible for this.
- (c) **Date of birth and Father's name must be mentioned in the Results failing which the Merit Certificates will not be prepared.**
- (d) A team of doctors should be nominated to assess age of athletes.
- (e) AFI/World Athletics approved equipment should be used i.e. Vinex/ATE/Nelco.
- (f) In throwing events, weights of implements should be mentioned in the results.
- (g) The height of hurdles in case of Junior Men (Below 20 years) **is now 99 cm and not 106 cm.**
- (h) The participating units should ensure that overage athletes already banned for participation are not entered.
- (i) Please note the change in weight of throwing implements for Girls U/18, U/16 & U/14.

MINIMUM NUMBER of ENTRIES FOR HOLDING THE EVENT

- i) The event may be conducted with a minimum number of THREE entries from two different States.
- ii) In case, if entries are less than the numbers specified, the event shall be conducted for the purpose of recording the performances. No certificate and medals shall be awarded in that event.

Boarding & Lodging:

It may also be noted that Boarding and Lodging facilities to Athletes/Managers/Coaches will not be provided by the Organizers. The participating states will therefore have to make their own arrangements in this regard.

It may please be noted that Standard Operating Procedure (SOP) prepared by AFI and other guidelines issued by the concerned State Government are strictly followed to ensure that the competition is conducted smoothly.

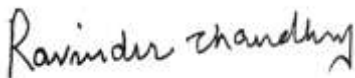
Separate SOP in this regard will also be issued by the Organising State Association and participating State Units should adhere the same for the safety of Athletes/Officials.

Disclaimer:

AFI or Organizing State Unit will not be held responsible directly or indirectly for any loss of life/damage/illness/injury in connection with participation in 34th West Zone Junior Athletics Championships 2023. All Athletes/officials/vendors have to participate on their own risk. You are requested to bring it to the notice of your athletes. Your cooperation in this regard is solicited.

Thanking you,

Yours Sincerely,

A handwritten signature in black ink, appearing to read 'Ravinder Chaudhry', written in a cursive style.

**Ravinder Chaudhry
Secretary, AFI**

LIST OF EVENTS TO BE CONDUCTED IN NORTH ZONE, EAST ZONE, SOUTH ZONE AND WEST ZONE JUNIOR ATHLETICS CHAMPIONSHIPS 2023

UNDER 20 MEN	BOYS UNDER 18	BOYS UNDER 16	BOYS UNDER 14
			60m
100m	100m	100m	
200m	200m		
		300m	
400m	400m		
			600m
800m	800m	800m	
1500m	1500m		
		2000m	
	3000m		
5000m			
10000m			
110m Hurdles	110m Hurdles	80m Hurdles	
400m Hurdles	400m Hurdles		
3000m Steeplechase	2000m Steeplechase		
High Jump	High Jump	High Jump	High Jump
Pole Vault	Pole Vault		
Long Jump	Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump		
Shot Put (6 Kg)	Shot Put (5 Kg)	Shot Put (4 Kg)	Shot Put (3 Kg)
Discus Throw (1.750 Kg)	Discus Throw (1.500 Kg)	Discus Throw (1.250 Kg)	
Hammer Throw (6 Kg)	Hammer Throw (5 Kg)	Hammer Throw (4 Kg)	
Javelin Throw (800g)	Javelin Throw (700g)	Javelin Throw (600g)	Kids Javelin Throw
4x100m Relay	Medley Relay	Medley Relay	
4x400m Relay			
4x400m Mixed Relay			
Decathlon (Ten Event) DAY "1": 100m, Long Jump, Shot Put, High Jump & 400m. DAY "2": 110mH, Discus Throw, Pole Vault, Javelin Throw & 1500m.	Decathlon (Ten Event) DAY "1": 100m, Long Jump, Shot Put, High Jump & 400m. DAY "2": 110mH, Discus Throw, Pole Vault, Javelin Throw & 1500m.	Hexathlon (Six Event) DAY "1": 100m, Long Jump & Shot Put DAY "2": High Jump, Javelin Throw & 1000m	Triathlon (Three Event) ONE DAY: 60m, Long Jump & Kids Javelin
10000m Race Walk	10000m Race Walk	5000m Race Walk	

UNDER 20 WOMEN	GIRLS UNDER 18	GIRLS UNDER 16	GIRLS UNDER 14
			60m
100m	100m	100m	
200m	200m		
		300m	
400m	400m		
			600m
800m	800m	800m	
1500m	1500m		
		2000m	
3000m	3000m		
5000m			
100m Hurdles	100m Hurdles	80m Hurdles	
400m Hurdles	400m Hurdles		
3000m Steeplechase	2000m Steeplechase		
High Jump	High Jump	High Jump	High Jump
Pole Vault	Pole Vault		
Long Jump	Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump		
Shot Put (4 Kg)	Shot Put (3 Kg)	Shot Put (3 Kg)	Shot Put (2 Kg)
Discus Throw (1.000 Kg)	Discus Throw (1.000 Kg)	Discus Throw (1.000 Kg)	
Hammer Throw (4 Kg)	Hammer Throw (3 Kg)		
Javelin Throw (600g)	Javelin Throw (500g)	Javelin Throw (500g)	Kids Javelin Throw
4x100m Relay	Medley Relay	Medley Relay	
4x400m Relay			
Heptathlon (Seven Event) DAY "1": 100m H, High Jump, Shot Put & 200m DAY "2": Long Jump, Javelin Throw & 800m.	Heptathlon (Seven Event) DAY "1": 100m H, High Jump, Shot Put & 200m DAY "2": Long Jump, Javelin Throw & 800m.	Hexathlon (Six Event) DAY "1": 100m, Long Jump & Shot Put DAY "2": High Jump, Javelin Throw & 800m	Triathlon (Three Event) ONE DAY: 60m, Long Jump & Kids Javelin
10000m Race Walk	5000m Race Walk	3000m Race Walk	