

3rd National Open U-23 Athletics Championships - 2023				
Organised by Chandigarh Athletics Association under the aegis of Athletics Federation of India				
20th to 22nd, October, 2023				
Tentative Schedule 1.2 version as on 15th October, 2023				
Day 1 20th October, 2023				
Morning Session				
Event No	Time	Event	Gender	Round
101	06.00 hrs	10000m	Men	Final 1
102	06.40hrs	10000m	Women	Final 2
103	07.30 hrs	800m	Men	Round 1
104	08.00 hrs	Pole Vault	Men	Final 3
105	08.10 hrs	Discus Throw	Men Group A	Qualifying Round
106	08.15 hrs	100m	Men	Decathlon 1
107	08.25 hrs	100m	Men	Round 1
108	08.50 hrs	Long Jump	Men	Decathlon 2
109	09.15 hrs	Discus Throw	Men Group B	Qualifying Round
110	09.20 hrs	100m	Women	Round 1
111	10.00 hrs	Shot Put	Men	Decathlon 3
112	10.10 hrs	400m	Men	Round 1
Evening Session				
	15.00 hrs	Pole Vault	Men	MC-1
	15.10 hrs	10000m	Men	MC-2
	15.20 hrs	10000m	Women	MC-3
113	15.30 hrs	Triple Jump	Men	Final 4
114	15.35 hrs	Shot Put	Men Group A	Qualifying Round
115	15.40 hrs	High Jump	Men	Decathlon 4
115	15.45 hrs	Hammer Throw	Women	Final 5
116	16.20 hrs	Shot Put	Men Group B	Qualifying Round
116	16.30 hrs	100m	Men	Semi Final
117	16.40 hrs	Triple Jump	Women	Final 6
118	16.45 hrs	100m	Women	Semi Final
	17.10 hrs	Triple Jump	Men	MC-4
119	17.15 hrs	Shot Put	Women	Final 7

	17.20 hrs	Triple Jump	Women	MC-5
	17.30 hrs	Hammer Throw	Women	MC-6
120	17.40 hrs	400m	Women	Semi fFinal
121	17.50 hrs	400m	Men	Semi Final
122	18.10 hrs	400m	Men	Decathlon 5
	18.20 hrs	Shot Put	Women	MC-7
123	18.20 hrs	800m	Men	Semi Final
124	18.30 hrs	800m	Women	Semi Final
Day 2 21st October, 2023				
Morning Session				
201	06.00 hrs	20km Race Walk	Women	Final 8
202	06.10 hrs	20km Race Walk	Men	Final 9
203	08.10 hrs	110m Hurdles	Men	Decathlon 6
204	08.20 hrs	110m Hurdles	Men	Round 1
205	08.30 hrs	Long Jump	Men Group A	Qualifying Round
206	08.45 hrs	100m Hurdles	Women	Heptathlon 1
207	08.50 hrs	Discus Throw	Men	Decathlon 7
208	09.00 hrs	100m Hurdles	Women	Heat / Semi Final
209	09.30 hrs	800m	Men	Final 10
210	09.30 hrs	High Jump	Women	Heptathlon 2
211	09.35 hrs	Long Jump	Men Group B	Qualifying Round
212	09.40 hrs	800m	Women	Final 11
213	09.45 hrs	Pole Vault	Men	Decathlon 8
214	09.50 hrs	Javelin Throw	Men Group A	Qualifying Round
215	11.00 hrs	110m Hurdles	Men	Semi Final
216	10.45 hrs	Javelin Throw	Men Group B	Qualifying Round
217	11.15 hrs	Shot Put	Women	Heptathlon 3
Evening Session				
	14.20 hrs	20km Race Walk	Women	MC 8
	14.30 hrs	20km Race Walk	Men	MC-9
	14.40 hrs	800m	Women	MC-10
	14.50 hrs	800m	Men	MC-11

218	15.00 hrs	Javelin Throw	Men	Decathlon 9
219	15.10 hrs	Pole Vault	Women	Final 12
220	15.15 hrs	110m Hurdles	Men	Final 13
221	15.35 hrs	100m Hurdles	Women	Final 14
	15.40 hrs	110m Hurdles	Men	MC-12
	15.50 hrs	100m Hurdles	Women	MC-13
222	16.00 hrs	100m	Men	Final 15
223	16.05 hrs	Discus Throw	Men	Final 16
224	16.10 hrs	100m	Women	Final 17
225	16.30 hrs	400m	Men	Final 18
226	16.40 hrs	400m	Women	Final 19
227	16.45 hrs	Shot Put	Men	Final 20
	16.45 hrs	100m	Men	MC-14
	16.50 hrs	100m	Women	MC-15
228	17.00 hrs	3000m S C	Men	Final 21
229	17.05 hrs	High Jump	Women	Final 22
230	17.20 hrs	3000m S C	Women	Final 23
	17.25 hrs	400m	Men	MC-16
	17.35 hrs	400m	Women	MC-17
231	17.40 hrs	Discus Throw	Women	Final 24
232	17.45 hrs	400 M Hurdles	Men	Round 1
	18.00 hrs	Pole Vault	Women	MC-18
	18.05 hrs	3000m S C	Men	MC-19
	18.15 hrs	3000m S C	Women	MC-20
233	18.25 hrs	200m	Women	Heptathlon 4
234	18.35 hrs	200m	Men	Round 1
235	19.00 hrs	200m	Women	Heat / Semi Final
236	19.20 hrs	1500m	Men	Heat
237	19.40 hrs	1500m	Men	Decathlon 10 / 25
	19.50 hrs	Discus Throw	Men	MC-21
	20.00 hrs	Shot Put	Men	MC-22
	20.10 hrs	High Jump	Women	MC-23
	20.20 hrs	Discus Throw	Women	MC-24
	20.30 hrs	Decathlon	Men	MC-25

Day 3 22nd October, 2023				
Morning Session				
301	06.30 hrs	5000m	Men	Final 26
302	07.10 hrs	5000m	Women	Final 27
302	08.00 hrs	Long Jump	Women	Heptathlon 5
304	08.45 hrs	200m	Men	Semi Final
305	08.50 hrs	Javelin Throw	Women	Heptathlon 6
306	09.15 hrs	400m Hurdles	Men	Semi Final
307	09.40 hrs	400m Hurdles	Women	Heat / Semi Final
308	09.45 hrs	Hammer Throw	Men	Final 28
Evening Session				
	13.00 hrs	5000m	Men	MC-26
	13.10 hrs	5000m	Women	MC-27
	15.20 hrs	Hammer Throw	Men	MC-28
309	15.30 hrs	Javelin Throw	Men	Final 29
310	15.35 hrs	Long Jump	Women	Final 30
311	15.40 hrs	High Jump	Men	Final 31
312	15.45 hrs	400m Hurdles	Men	Final 32
313	16.00 hrs	400m Hurdles	Women	Final 33
	16.10 hrs	400m Hurdles	Men	MC-29
	16.20 hrs	400m Hurdles	Women	MC-30
314	16.30 hrs	200m	Women	Final 34
315	16.40 hrs	200m	Men	Final 35
	16.50 hrs	200m	Women	MC-31
	17.00 hrs	200m	Men	MC-32
316	17.05 hrs	Javelin Throw	Women	Final 36
317	17.15 hrs	Long Jump	Men	Final 37
	17.20 hrs	Javelin Throw	Men	MC-33
	17.30 hrs	Long Jump	Women	MC-34
	17.40 hrs	High Jump	Men	MC-35
318	17.50 hrs	1500m	Men	Final 38
	18.00 hrs	1500m	Women	Final 39
319	18.15 hrs	800m	Women	Heptathlon 7 / 40

	18.20 hrs	1500m	Men	MC-36
	18.30 hrs	1500m	Women	MC-37
	18.40 hrs	Heptathlon	Women	MC-38
	18.50 hrs	Javelin Throw	Women	MC-39
	19.00 hrs	Long Jump	Men	MC-40
	19.10 hrs	Valedictory Function		
IMPORTANT INSTRUCTIONS				
BIBs will be distributed from 10 am to 6 pm from 19th to 21st October at Sports Complex, Sector-7, Chandigarh				
Medals Ceremony will be held as per the schedule				
Progression of Height				
High Jump Men Under 23 years				
Practice Height:1.85m & 2.10m Progression:1.95-5cm-2.10-3cm-2.22-2cm				
High Jump Women Under 23 years				
Practice Height:1.45m & 1.65m Progression:1.50-5cm-1.60-3cm-1.72-2cm				
Pole Vault Men Under 23 years				
Practice Height:3.90m & 4.40m Progression: 4.10-20cm-4.50-10cm-4.80-5cm				
Pole Vault Women Under 23 years				
Practice Height:2.70m & 3.40m Progression:2.80-20cm-3.00-10cm-3.40-5cm				
CALL ROOM PROCEDURE				
EVENT	CALL ROOM-1		FOP	
TRACK EVENTS	30 MINUTES BEFORE START		10 MINUTES BEFORE START	
HURDLES	40 MINUTES BEFORE START		15 MINUTES BEFORE START	
FIELD EVENTS	45 MINUTES BEFORE START		30 MINUTES BEFORE START	
POLE VAULT	90 MINUTES BEFORE START		60 MINUTES BEFORE START	
HIGH JUMP	60 MINUTES BEFORE START		45 MINUTES BEFORE START	
RACE WALK	30 MINUTES BEFORE START		10 MINUTES BEFORE START	
IMPORTANT CONTACT NUMBERS				
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