

22nd NATIONAL JUNIOR [U20] FEDERATION ATHLETICS CHAMPIONSHIPS**SAI CENTRE, LUCKNOW, UTTAR PRADESH****8 to 10 of March 2024****Event Schedule as on 05-03-2024**

Event No	Scheduled Time	Event	Implement Specification	Automatic Qualification	Section	Round
8th March, 2024 Forenoon						
101	0630hrs	10000m			Jr Men U 20	Final 1
102	0710hrs	3000m			Jr Men U 20	Final 2
103	0725hrs	3000m			Jr Women U 20	Final 3
104	0745hrs	100m			Jr Men U 20	Decathlon 1
105	0750hrs	Discus Throw	1.750kg	50.00m	Jr Men U 20	Qualification Round Group A
106	0800hrs	100m			Jr Women U 20	Round 1
107	0820hrs	Long Jump			Jr Men U 20	Decathlon 2
108	0825hrs	100m			Jr Men U 20	Round 1
109	0850hrs	Discus Throw	1.750kg	50.00m	Jr Men U 20	Qualification Round Group B
	0855hrs	10000m			Jr Men U 20	Medal Ceremony 1
	0900hrs	3000m			Jr Men U 20	Medal Ceremony 2
	0905hrs	3000m			Jr Women U 20	Medal Ceremony 3
110	0910hrs	Long Jump		7.35m	Jr Men U 20	Qualification Round Group A
111	0915hrs	400m			Jr Men U 20	Round 1
112	0920hrs	Shot Put	6.000kg		Jr Men U 20	Decathlon 3
113	1010hrs	Long Jump		7.35m	Jr Men U 20	Qualification Round Group B
8th March, 2024 Afternoon						
114	1430hrs	Pole Vault			Jr Men U 20	Final 4
115	1500hrs	High Jump			Jr Men U 20	Decathlon 4
116	1530hrs	Hammer Throw	4.000kg		Jr Women U 20	Final 5
117	1615hrs	100m			Jr Women U 20	Semi Final
118	1620hrs	Shot Put	6.000kg		Jr Men U 20	Final 6
119	1630hrs	100m			Jr Men U 20	Semi Final
120	1645hrs	Long Jump			Jr Women U 20	Final 7
121	1700hrs	400m			Jr Women U 20	Round 1
122	1715hrs	400m			Jr Men U 20	Semi Final
123	1735hrs	400m			Jr Men U 20	Decathlon 5
	1740hrs	Hammer Throw	4.000kg		Jr Women U 20	Medal Ceremony 4

	<i>1745hrs</i>	<i>Shot Put</i>	<i>6.000kg</i>		<i>Jr Men U 20</i>	<i>Medal Ceremony 5</i>
124	1750hrs	1500m			Jr Men U 20	Round 1
	<i>1800hrs</i>	<i>Pole Vault</i>			<i>Jr Men U 20</i>	<i>Medal Ceremony 6</i>
	<i>1805hrs</i>	<i>Long Jump</i>			<i>Jr Women U 20</i>	<i>Medal Ceremony 7</i>
9th March, 2024 Forenoon						
201	0615hrs	10000m Race Walk			Jr Men U 20	Final 8
202	0715hrs	10000m Race Walk			Jr Women U 20	Final 9
203	0730hrs	Hammer Throw	6.000kg		Jr Men U 20	Final 10
204	0825hrs	110m Hurdles	0.991m		Jr Men U 20	Decathlon 6
205	0840hrs	110m Hurdles	0.991m		Jr Men U 20	Round 1
206	0910hrs	100m Hurdles	0.838m		Jr Women U 20	Heptathlon 1
207	0910hrs	Discus Throw	1.750kg		Jr Men U 20	Decathlon 7
	<i>0915hrs</i>	<i>10000m Race Walk</i>			<i>Jr Women U 20</i>	<i>Medal Ceremony 8</i>
	<i>0920hrs</i>	<i>10000m Race Walk</i>			<i>Jr Men U 20</i>	<i>Medal Ceremony 9</i>
208	0925hrs	100m Hurdles	0.838m		Jr Women U 20	Round 1
	<i>0940hrs</i>	<i>Hammer Throw</i>	<i>6.000kg</i>		<i>Jr Men U 20</i>	<i>Medal Ceremony 10</i>
209	0950hrs	High Jump			Jr Women U 20	Heptathlon 2
210	0950hrs	100m			Jr Women U 20	Final 11
211	1000hrs	Javelin Throw	800gm	63.00m	Jr Men U 20	Qualification Round Group A
212	1000hrs	100m			Jr Men U 20	Final 12
	<i>1010hrs</i>	<i>100m</i>			<i>Jr Women U 20</i>	<i>Medal Ceremony 11</i>
	<i>1015hrs</i>	<i>100m</i>			<i>Jr Men U 20</i>	<i>Medal Ceremony 12</i>
213	1000hrs	Pole Vault			Jr Men U 20	Decathlon 8
214	1020hrs	400m			Jr Women U 20	Final 13
215	1030hrs	400m			Jr Men U 20	Final 14
	<i>1045hrs</i>	<i>400m</i>			<i>Jr Women U 20</i>	<i>Medal Ceremony 13</i>
	<i>1055hrs</i>	<i>400m</i>			<i>Jr Men U 20</i>	<i>Medal Ceremony 14</i>
216	1100hrs	Javelin Throw	800gm	63.00m	Jr Men U 20	Qualification Round Group B
9th March, 2024 Afternoon						
217	1400hrs	Discus Throw	1.750kg		Jr Men U 20	Final 15
218	1430hrs	110m Hurdles	0.991m		Jr Men U 20	Final 16
219	1450hrs	100m Hurdles	0.838m		Jr Women U 20	Final 17
220	1500hrs	Pole Vault			Jr Women U 20	Final 18
	<i>1505hrs</i>	<i>110m Hurdles</i>			<i>Jr Men U 20</i>	<i>Medal Ceremony 15</i>

221	1515hrs	Shot Put	4.000kg		Jr Women U 20	Heptathlon 3
222	1515hrs	200m			Jr Women U 20	Round 1
223	1520hrs	Discus Throw	1.000kg		Jr Women U 20	Final 19
	1525hrs	100m Hurdles			Jr Women U 20	Medal Ceremony 16
224	1530hrs	High Jump			Jr Women U 20	Final 20
225	1535hrs	200m			Jr Men U 20	Round 1
226	1600hrs	Long Jump			Jr Men U 20	Final 21
227	1615hrs	200m			Jr Women U 20	Heptathlon 4
	1625hrs	Discus Throw			Jr Men U 20	Medal Ceremony 17
	1630hrs	Shot Put			Jr Women U 20	Medal Ceremony 18
228	1640hrs	400m Hurdles	0.914m		Jr Men U 20	Round 1
229	1650hrs	Javelin Throw	800gm		Jr Men U 20	Decathlon 9
230	1700hrs	400m Hurdles	0.762m		Jr Women U 20	Round 1
	1710hrs	Discus Throw			Jr Women U 20	Medal Ceremony 19
	1720hrs	High Jump			Jr Women U 20	Medal Ceremony 20
231	1730hrs	1500m			Jr Women U 20	Final 22
232	1740hrs	1500m			Jr Men U 20	Final 23
233	1750hrs	1500m			Jr Men U 20	Decathlon 10 Final 24
	1800hrs	1500m			Jr Women U 20	Medal Ceremony 21
	1805hrs	1500m			Jr Men U 20	Medal Ceremony 22
	1810hrs	Decathlon			Jr Men U 20	Medal Ceremony 23
	1815hrs	Long Jump			Jr Men U 20	Medal Ceremony 24
10th March, 2024 Forenoon						
301	0700hrs	5000m			Jr Men U 20	Final 25
302	0725hrs	5000m			Jr Women U 20	Final 26
303	0800hrs	800m			Jr Women U 20	Round 1
304	0815hrs	800m			Jr Men U 20	Round 1
305	0825hrs	Long Jump			Jr Women U 20	Heptathlon 5
306	0830hrs	Triple Jump	11.00m Board		Jr Women U 20	Final 27
	0835hrs	5000m			Jr Men U 20	Medal Ceremony 25
	0840hrs	5000m			Jr Women U 20	Medal Ceremony 26
307	0850hrs	200m			Jr Women U 20	Semi Final
308	0905hrs	200m			Jr Men U 20	Semi Final
309	0915hrs	Javelin Throw	600gm		Jr Women U 20	Heptathlon 6

	<i>0950hrs</i>	<i>Triple Jump</i>			<i>Jr Men U 20</i>	<i>Medal Ceremony 27</i>
10th March, 2024 Afternoon						
311	1500hrs	High Jump			Jr Men U 20	Final 28
312	1515hrs	Javelin Throw	800gm		Jr Men U 20	Final 29
310	1530hrs	Triple Jump	13.00m Board		Jr Men U 20	Final 30
313	1540hrs	200m			Jr Women U 20	Final 31
314	1550hrs	200m			Jr Men U 20	Final 32
315	1610hrs	400m Hurdles	0.914m		Jr Men U 20	Final 33
316	1615hrs	Shot Put	4.000kg		Jr Women U 20	Final 34
	<i>1620hrs</i>	<i>200m</i>			<i>Jr Women U 20</i>	<i>Medal Ceremony 28</i>
317	1625hrs	400m Hurdles	0.762m		Jr Women U 20	Final 35
	<i>1630hrs</i>	<i>200m</i>			<i>Jr Women U 20</i>	<i>Medal Ceremony 29</i>
318	1640hrs	3000m Steeple Chase	0.914m		Jr Men U 20	Final 36
319	1640hrs	Javelin Throw	600gm		Jr Women U 20	Final 37
	<i>1655hrs</i>	<i>400m Hurdles</i>			<i>Jr Women U 20</i>	<i>Medal Ceremony 30</i>
320	1700hrs	3000m Steeple Chase	0.762m		Jr Women U 20	Final 38
	<i>1715hrs</i>	<i>400m Hurdles</i>			<i>Jr Men U 20</i>	<i>Medal Ceremony 31</i>
	<i>1720hrs</i>	<i>3000m Steeple Chas</i>	<i>0.914m</i>		<i>Jr Men U 20</i>	<i>Medal Ceremony 32</i>
	<i>1725hrs</i>	<i>Triple Jump</i>			<i>Jr Men U 20</i>	<i>Medal Ceremony 33</i>
321	1730hrs	800m			Jr Women U 20	Heptathlon 7 Final 39
	<i>1735hrs</i>	<i>Javelin Throw</i>	<i>800gm</i>		<i>Jr Men U 20</i>	<i>Medal Ceremony 34</i>
322	1740hrs	800m			Jr Women U 20	Final 40
	<i>1745hrs</i>	<i>3000m Steeple Chas</i>	<i>0.762m</i>		<i>Jr Women U 20</i>	<i>Medal Ceremony 35</i>
323	1750hrs	800m			Jr Men U 20	Final 41
	<i>1755hrs</i>	<i>High Jump</i>			<i>Jr Men U 20</i>	<i>Medal Ceremony 36</i>
	<i>1800hrs</i>	<i>Shot Put</i>	<i>4.000kg</i>		<i>Jr Women U 20</i>	<i>Medal Ceremony 37</i>
	<i>1805hrs</i>	<i>Javelin Throw</i>	<i>600gm</i>		<i>Jr Women U 20</i>	<i>Medal Ceremony 38</i>
	<i>1810hrs</i>	<i>800m</i>			<i>Jr Women U 20</i>	<i>Medal Ceremony 39</i>
	<i>1815hrs</i>	<i>800m</i>			<i>Jr Men U 20</i>	<i>Medal Ceremony 40</i>
	<i>1820hrs</i>	<i>Heptathlon</i>			<i>Jr Women U 20</i>	<i>Medal Ceremony 41</i>

Technical Delegate

SPONSORS & PARTNERS

