



4th INDIAN OPEN U-23 ATHLETICS COMPETITION 2024



Organized by

Bihar Athletics Association



28th – 30th
September 2024



**Patna,
Bihar**



COMPETITION SCHEDULE



HSBC



Indian Oil Corporation Limited

Athletics Federation of India

www.indianathletics.in

4th Under 23 National Athletics Competition - 2024

Organised by Bihar Athletics Association @ Patliputra Sports Complex, Patna

28th to 30th of September 2024

Event No	Scheduled Time	Event	Specification	Section	Round
Day 1 - 28th September Morning Session					
101	0545hrs	10000m		Men Under 23	Final 1
102	0620hrs	10000m		Women Under 23	Final 2
103	0700hrs	1500m		Men Under 23	Round 1
104	0720hrs	Discus Throw	2.000 kg	Men Group A	Qualifying Round
105	0725hrs	100m		Men Under 23	Decathlon 1
106	0740hrs	100m		Men Under 23	Round 1
107	0815hrs	Long Jump		Men Under 23	Decathlon 2
108	0820hrs	100m		Women Under 23	Round 1
109	0820hrs	Discus Throw	2.000 kg	Men Group B	Qualifying Round
110	0850hrs	400m		Women Under 23	Round 1
111	0905hrs	400m		Men Under 23	Round 1
112	0920hrs	Shot Put	7.260 kg	Men Under 23	Decathlon 3
Day 1 - 28th September Evening Session					
113	1430 hrs	Pole Vault		Men Under 23	Final 3
114	1435hrs	Triple Jump		Men Under 23	Final 4
115	1440hrs	High Jump		Men Under 23	Decathlon 4
116	1445hrs	Hammer Throw	4.000 kg	Women Under 23	Final 5
117	1500hrs	Shot Put	7.260 kg	Men Under 23	Final 6
118	1500hrs	100m		Women Under 23	Semi Final
119	1520hrs	100m		Men Under 23	Semi Final
	1530hrs	10000m		Men Under 23	Medal Ceremony 1
	1540hrs	10000m		Women Under 23	Medal Ceremony 2
120	1550hrs	400m		Women Under 23	Final 7
121	1610hrs	400m		Men Under 23	Semi Final
122	1620hrs	Triple Jump		Women Under 23	Final 8
123	1630hrs	400m		Men Under 23	Decathlon 5

124	1635hrs	Shot Put	4.000 kg	Women Under 23	Final 9
	1640hrs	400m		Women Under 23	Medal Ceremony 3
	1650hrs	Triple Jump		Men Under 23	Medal Ceremony 4
125	1700hrs	110m Hurdles	1.067 m	Men Under 23	Round 1
	1715hrs	Hammer Throw	4.000 kg	Women Under 23	Medal Ceremony 5
	1720hrs	Shot Put	7.260 kg	Men Under 23	Medal Ceremony 6
126	1725hrs	100m Hurdles	83.8 cm	Women Under 23	Final 10
127	1735hrs	1500m		Women Under 23	Final 11
	1740hrs	Triple Jump		Women Under 23	Medal Ceremony 7
	1745hrs	Pole Vault		Men Under 23	Medal Ceremony 8
	1750hrs	Shot Put	4.000 kg	Women Under 23	Medal Ceremony 9
	1755hrs	100m Hurdles	83.8 cm	Women Under 23	Medal Ceremony 10
	1800hrs	1500m		Women Under 23	Medal Ceremony 11
Day 2 - 29th September Morning Session					
201	0545hrs	20000m/20km Race Walk		Women Under 23	Final 12
202	0550hrs	20000m/20km Race Walk		Men Under 23	Final 13
203	0745hrs	110m Hurdles	1.067 m	Men Under 23	Decathlon 6
204	0800hrs	Long Jump		Men Group A & Group B	Qualifying Round
205	0810hrs	110m Hurdles	1.067 m	Men Under 23	Final 14
206	0830hrs	100m Hurdles	83.8 cm	Women Under 23	Heptathlon 1
207	0830hrs	Discus Throw	2.000 kg	Men Under 23	Decathlon 7
208	0900hrs	1500m		Men Under 23	Final 15
209	0910hrs	High Jump		Women Under 23	Heptathlon 2
210	0920hrs	Pole Vault		Men Under 23	Decathlon 8
211	0930hrs	Javelin Throw	800 gm	Men Group A	Qualifying Round
	0940hrs	20000m/20km Race Walk		Women Under 23	Medal Ceremony 12
	0945hrs	20000m/20km Race Walk		Men Under 23	Medal Ceremony 13
	0950hrs	110m Hurdles	1.067 m	Men Under 23	Medal Ceremony 14
	0955hrs	1500m		Men Under 23	Medal Ceremony 15
212	1030hrs	Javelin Throw	800 gm	Men Group B	Qualifying Round
Day 2 - 29th September Evening Session					

213	1400hrs	Javelin Throw	800 gm	Men Under 23	Decathlon 9
214	1430hrs	Pole Vault		Women Under 23	Final 16
215	1450hrs	Shot Put	4.000kg	Women Under 23	Heptathlon 3
216	1450hrs	100m		Women Under 23	Final 17
217	1500hrs	100m		Men Under 23	Final 18
218	1505hrs	Discus Throw	2.000 kg	Men Under 23	Final 19
219	1515hrs	400m		Men Under 23	Final 20
220	1520hrs	High Jump		Women Under 23	Final 21
221	1530hrs	3000m S C	91.4 cm	Men Under 23	Final 22
	<i>1540hrs</i>	<i>100m</i>		<i>Women Under 23</i>	<i>Medal Ceremony 16</i>
	<i>1545hrs</i>	<i>100m</i>		<i>Men Under 23</i>	<i>Medal Ceremony 17</i>
222	1550hrs	3000m S C	76.2 cm	Women Under 23	Final 23
	<i>1600hrs</i>	<i>400m</i>		<i>Men Under 23</i>	<i>Medal Ceremony 18</i>
223	1610hrs	200m		Women Under 23	Heptathlon 4
224	1630hrs	200m		Women Under 23	Round 1
225	1640hrs	Javelin Throw	600 gm	Women Under 23	Final 24
226	1645hrs	200m		Men Under 23	Round 1
227	1720hrs	1500m		Men Under 23	Decathlon 10 / 25
	<i>1725hrs</i>	<i>3000m S C</i>	<i>91.4 cm</i>	<i>Men Under 23</i>	<i>Medal Ceremony 19</i>
	<i>1730hrs</i>	<i>3000m S C</i>	<i>76.2 cm</i>	<i>Women Under 23</i>	<i>Medal Ceremony 20</i>
228	1735hrs	400m Hurdles	91.4 m	Men Under 23	Round 1
	<i>1745hrs</i>	<i>Pole Vault</i>		<i>Women Under 23</i>	<i>Medal Ceremony 21</i>
	<i>1750hrs</i>	<i>Discus Throw</i>	<i>2.000 kg</i>	<i>Men Under 23</i>	<i>Medal Ceremony 22</i>
	<i>1755hrs</i>	<i>High Jump</i>		<i>Women Under 23</i>	<i>Medal Ceremony 23</i>
	<i>1800hrs</i>	<i>Javelin Throw</i>	<i>600 gm</i>	<i>Women Under 23</i>	<i>Medal Ceremony 24</i>
	<i>1805hrs</i>	<i>Decathlon</i>		<i>Men Under 23</i>	<i>Medal Ceremony 25</i>

Day 3 - 30th September Morning Session					
301	0730hrs	400m Hurdles	91.4 m	Men Under 23	Semi Final
302	0740hrs	Long Jump		Women Under 23	Heptathlon 5
303	0800hrs	400m Hurdles	76.2 cm	Women Under 23	Round 1
304	0820hrs	800m		Men Under 23	Round 1
305	0830hrs	Javelin Throw	600gm	Women Under 23	Heptathlon 6
306	0840hrs	800m		Women Under 23	Round 1
307	0900hrs	200m		Men Under 23	Semi Final
308	0920hrs	Hammer Throw	7.260 kg	Men Under 23	Final 26
	<i>1030hrs</i>	<i>Hammer Throw</i>	<i>7.260 kg</i>	<i>Men Under 23</i>	<i>Medal Ceremony 26</i>
Day 3 - 30th September Evening Session					
309	1420 hrs	Javelin Throw	800 gm	Men Under 23	Final 27
310	1430 hrs	Long Jump		Women Under 23	Final 28
311	1440 hrs	High Jump		Men Under 23	Final 29
312	1445 hrs	400m Hurdles	91.4 cm	Men Under 23	Final 30
313	1500 hrs	400m Hurdles	76.2 cm	Women Under 23	Final 31
	<i>1505hrs</i>	<i>400m Hurdles</i>	<i>91.4 cm</i>	<i>Men Under 23</i>	<i>Medal Ceremony 27</i>
	<i>1515hrs</i>	<i>400m Hurdles</i>	<i>76.2 cm</i>	<i>Women Under 23</i>	<i>Medal Ceremony 28</i>
314	1525 hrs	200m		Women Under 23	Final 32
315	1535 hrs	200m		Men Under 23	Final 33
316	1545 hrs	800m		Women Under 23	Final 34
317	1550 hrs	Discus Throw	1.000 kg	Women Under 23	Final 35
	<i>1555hrs</i>	<i>Javelin Throw</i>	<i>800 gm</i>	<i>Men Under 23</i>	<i>Medal Ceremony 29</i>
318	1600 hrs	800m		Men Under 23	Final 36
319	1605 hrs	Long Jump		Men Under 23	Final 37
320	1610hrs	800m		Women Under 23	Heptathlon 7 / 38
	<i>1615hrs</i>	<i>200m</i>		<i>Women Under 23</i>	<i>Medal Ceremony 30</i>
	<i>1620hrs</i>	<i>200m</i>		<i>Men Under 23</i>	<i>Medal Ceremony 31</i>
321	1630 hrs	5000m		Men Under 23	Final 39
	<i>1645hrs</i>	<i>800m</i>		<i>Women Under 23</i>	<i>Medal Ceremony 32</i>

	1650hrs	800m		Men Under 23	Medal Ceremony 33
	1655hrs	Heptathlon		Women Under 23	Medal Ceremony 34
322	17000 hrs	5000m		Women Under 23	Final 40
	1720hrs	Long Jump		Women Under 23	Medal Ceremony 35
	1725hrs	High Jump		Men Under 23	Medal Ceremony 36
	1730hrs	5000m		Men Under 23	Medal Ceremony 37
	1735hrs	5000m		Women Under 23	Medal Ceremony 38
	1740hrs	Discus Throw	1.000 kg	Women Under 23	Medal Ceremony 39
	1745hrs	Long Jump		Men Under 23	Medal Ceremony 40

IMPORTANT INSTRUCTIONS

2.BIB will be distributed from 10 am to 2 pm from 27th to 29th October in TIC at Patliputra Indoor stadium

Progression of Height | Vertical Jumps

High Jump Men Under 23 years

Practice Height:1.85m & 2.10m Progression:1.90-5cm-2.05-3cm-2.17-2cm

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-3.20-10cm-3.50-5cm

CALL ROOM PROCEDURE

EVENT	CALL ROOM-1	FOP
RACK 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



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