



# 35<sup>th</sup> North Zone Junior Athletics Championships 2024

10<sup>th</sup> - 12<sup>th</sup> Oct 2024

Jawaharlal Nehru Stadium Lodhi road, New Delhi

Organised by  
Delhi Athletics Association



## COMPETITION SCHEDULE



HSBC



Athletics Federation of India

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## 35th NORTH ZONE JUNIOR ATHLETICS CHAMPIONSHIPS 2024

JLN STADIUM, NEWDELHI 10 TO 12th OCTOBER 2024

### COMPETITION SCHEDULE

#### 10th October 2024 Fornoon

Event No	Scheduled Time	EVENT	SPECS.	GROUP	ROUND
101	0640hrs	5000M		MEN UNDER 20 YRS	FINAL
102	0705hrs	5000M		WOMEN UNDER 20 YRS	FINAL
103	0735hrs	60M		GIRLS UNDER 16YRS	PENTATHLON 1
104	0750hrs	60M		BOYS UNDER 16YRS	PENTATHLON 1
105	0800hrs	LONG JUMP		WOMEN UNDER 18 YRS	FINAL
106	0805hrs	60M		GIRLS UNDER 14 YRS	TRIATHLON A - 1
107	0815hrs	HIGH JUMP		MEN UNDER 18 YRS	FINAL
108	0820hrs	60M		BOYS UNDER 14 YRS	TRIATHLON A - 1
109	0835hrs	60M		GIRLS UNDER 14 YRS	TRIATHLON C - 1
110	0850hrs	60M		BOYS UNDER 14 YRS	TRIATHLON C - 1
111	0900hrs	LONG JUMP (5M APPROACH)		GIRLS UNDER 14 YRS	TRIATHLON A - 2
112	0910hrs	60M		GIRLS UNDER 16YRS	HEATS
113	0925hrs	60M		BOYS UNDER 16YRS	HEATS
114	0940hrs	LONG JUMP (5M APPROACH)		BOYS UNDER 14 YRS	TRIATHLON A - 2
115	0945hrs	100M		WOMEN UNDER 18 YRS	HEATS
116	0945hrs	HIGH JUMP		MEN UNDER 20 YRS	FINAL
117	0955hrs	100M		MEN UNDER 18 YRS	HEATS
118	1010hrs	100M		WOMEN UNDER 20 YRS	HEATS
119	1020hrs	100M		MEN UNDER 20 YRS	HEATS
120	1020hrs	LONG JUMP (5M APPROACH)		GIRLS UNDER 14 YRS	TRIATHLON C - 2
121	1045hrs	400M		WOMEN UNDER 20 YRS	HEATS
122	1055hrs	400M		MEN UNDER 20 YRS	HEATS
123	1100hrs	LONG JUMP (5M APPROACH)		BOYS UNDER 14 YRS	TRIATHLON C - 2

124	1110hrs	400M		WOMEN UNDER 18 YRS	HEATS
125	1125hrs	400M		MEN UNDER 18 YRS	HEATS
126	1145hrs	LONG JUMP		MEN UNDER 20 YRS	FINAL
127	1150hrs	80M HURDLES	0.838M	BOYS UNDER 16YRS	PENTATHLON 2
128	1210hrs	80M HURDLES	0.762M	GIRLS UNDER 16YRS	PENTATHLON 2
129	1230hrs	100M HURDLES	0.762M	WOMEN UNDER 18 YRS	HEATS
130	1250hrs	100M HURDLES	0.838M	WOMEN UNDER 20 YRS	HEATS
<b>10th October 2024 Afternoon</b>					
131	1415hrs	HIGH JUMP (SCISSOR ONLY)		GIRLS UNDER 14 YRS	TRIATHLON A - 3
132	1420hrs	LONG JUMP (5M APPROACH)		BOYS UNDER 16YRS	FINAL
133	1425hrs	100M HURDLES	0.838M	WOMEN UNDER 20 YRS	FINAL
134	1440hrs	100M HURDLES	0.762M	WOMEN UNDER 18 YRS	FINAL
135	1500hrs	60M		GIRLS UNDER 16YRS	FINAL
136	1510hrs	60M		BOYS UNDER 16YRS	FINAL
137	1520hrs	100M		MEN UNDER 18 YRS	FINAL
138	1530hrs	100M		MEN UNDER 20 YRS	FINAL
139	1530hrs	LONG JUMP		WOMEN UNDER 20 YRS	FINAL
140	1540hrs	100M		WOMEN UNDER 20 YRS	FINAL
141	1540hrs	HIGH JUMP (SCISSOR ONLY)		BOYS UNDER 14 YRS	TRIATHLON A - 3
142	1550hrs	100M		WOMEN UNDER 18 YRS	FINAL
143	1610hrs	400M		WOMEN UNDER 20 YRS	FINAL
144	1620hrs	400M		MEN UNDER 20 YRS	FINAL
145	1630hrs	400M		WOMEN UNDER 18 YRS	FINAL
146	1630hrs	LONG JUMP (5M APPROACH)		BOYS UNDER 16YRS	PENTATHLON 3
147	1640hrs	400M		MEN UNDER 18 YRS	FINAL
148	1650hrs	1500M		WOMEN UNDER 20 YRS	FINAL
149	1700hrs	1500M		MEN UNDER 20 YRS	FINAL
150	1710hrs	600M		GIRLS UNDER 14 YRS	TRIATHLON C - 3
151	1710hrs	LONG JUMP (5M APPROACH)		GIRLS UNDER 16YRS	PENTATHLON 3
152	1720hrs	600M		BOYS UNDER 14 YRS	TRIATHLON C - 3

153	1735hrs	4 X 400M MIXED RELAY		MIXED UNDER 20 YRS	FINAL
<b>11th October 2024 Fornoon</b>					
201	0610hrs	10000M RACE WALK		MEN UNDER 20 YRS	FINAL
202	0610hrs	10000M RACE WALK		WOMEN UNDER 20 YRS	FINAL
203	0710hrs	10000M		MEN UNDER 20 YRS	FINAL
204	0750hrs	1000M		WOMEN UNDER 18 YRS	FINAL
205	0800hrs	1000M		MEN UNDER 18 YRS	FINAL
206	0800hrs	HAMMER THROW	4.000 KGS.	WOMEN UNDER 20 YRS	FINAL
207	0810hrs	100M		MEN UNDER 20 YRS	DECATHLON - 1
208	0815hrs	POLE VAULT		WOMEN UNDER 20 YRS	FINAL
209	0820hrs	SHOT PUT (STANDING)	4.000 KGS.	BOYS UNDER 16YRS	PENTATHLON 4
210	0825hrs	60M		BOYS UNDER 14 YRS	TRIATHLON B - 1
211	0850hrs	110M HURDLES	0.914M	MEN UNDER 18 YRS	HEPTATHLON - 1
212	0850hrs	LONG JUMP		MEN UNDER 20 YRS	DECATHLON - 2
213	0900hrs	HAMMER THROW	6.000 KGS.	MEN UNDER 20 YRS	FINAL
214	0910hrs	100M HURDLES	0.838M	WOMEN UNDER 20 YRS	HEPTATHLON - 1
215	0910hrs	SHOT PUT (STANDING)	3.000 KGS.	GIRLS UNDER 16YRS	PENTATHLON 4
216	0930hrs	100M HURDLES	0.762M	WOMEN UNDER 18 YRS	HEPTATHLON - 1
217	0930hrs	HIGH JUMP		MEN UNDER 18 YRS	HEPTATHLON - 2
218	0940hrs	LONG JUMP (5M APPROACH)		BOYS UNDER 14 YRS	TRIATHLON B - 2
219	0950hrs	110M HURDLES	0.991M	MEN UNDER 20 YRS	HEATS
220	1000hrs	SHOT PUT	6.000 KGS.	MEN UNDER 20 YRS	DECATHLON - 3
221	1010hrs	110M HURDLES	0.914M	MEN UNDER 18 YRS	HEATS
222	1010hrs	DISCUS THROW	1.500 KGS.	MEN UNDER 18 YRS	FINAL
223	1015hrs	POLE VAULT		MEN UNDER 20 YRS	FINAL
224	1030hrs	80M HURDLES	0.838M	BOYS UNDER 16YRS	HEATS
225	1050hrs	80M HURDLES	0.762M	GIRLS UNDER 16YRS	HEATS
226	1050hrs	SHOT PUT (STANDING)	4.000 KGS.	BOYS UNDER 16YRS	FINAL
227	1100hrs	HIGH JUMP		WOMEN UNDER 18 YRS	HEPTATHLON - 2
228	1100hrs	HIGH JUMP		WOMEN UNDER 20 YRS	HEPTATHLON - 2

229	1115hrs	200M		WOMEN UNDER 18 YRS	HEATS
230	1120hrs	JAVELIN THROW	600G	WOMEN UNDER 20 YRS	FINAL
231	1130hrs	200M		MEN UNDER 18 YRS	HEATS
232	1145hrs	200M		WOMEN UNDER 20 YRS	HEATS
233	1200hrs	200M		MEN UNDER 20 YRS	HEATS
234	1200hrs	SHOT PUT	5.000 KGS.	MEN UNDER 18 YRS	HEPTATHLON - 3
<b>11th October 2024 Afternoon</b>					
235	1300hrs	DISCUS THROW	1.000 KGS	WOMEN UNDER 18 YRS	FINAL
236	1330hrs	80M HURDLES	0.762M	GIRLS UNDER 16YRS	FINAL
237	1330hrs	SHOT PUT	4.000 KGS.	WOMEN UNDER 20 YRS	HEPTATHLON - 3
238	1345hrs	80M HURDLES	0.838M	BOYS UNDER 16YRS	FINAL
239	1400hrs	110M HURDLES	0.914M	MEN UNDER 18 YRS	FINAL
240	1400hrs	DISCUS THROW	1.750 KGS.	MEN UNDER 20 YRS	FINAL
241	1405hrs	HIGH JUMP		MEN UNDER 20 YRS	DECATHLON - 4
242	1415hrs	110M HURDLES	0.991M	MEN UNDER 20 YRS	FINAL
243	1420hrs	SHOT PUT	3.000 KGS.	WOMEN UNDER 18 YRS	HEPTATHLON - 3
244	1430hrs	200M		WOMEN UNDER 18 YRS	FINAL
245	1440hrs	200M		MEN UNDER 18 YRS	FINAL
246	1450hrs	200M		WOMEN UNDER 20 YRS	FINAL
247	1500hrs	200M		MEN UNDER 20 YRS	FINAL
248	1500hrs	LONG JUMP (5M APPROACH)		GIRLS UNDER 16YRS	FINAL
249	1510hrs	200M		MEN UNDER 18 YRS	HEPTATHLON - 4
250	1520hrs	200M		WOMEN UNDER 18 YRS	HEPTATHLON - 4
251	1520hrs	JAVELIN THROW (10M RUNWAY)	600 G	BOYS UNDER 16YRS	FINAL
252	1520hrs	SHOT PUT	4.000 KGS.	WOMEN UNDER 20 YRS	FINAL
253	1530hrs	200M		WOMEN UNDER 20 YRS	HEPTATHLON - 4
254	1540hrs	600M		GIRLS UNDER 16YRS	FINAL
255	1550hrs	600M		BOYS UNDER 16YRS	FINAL
256	1600hrs	600M		GIRLS UNDER 16YRS	PENTATHLON 5
257	1600hrs	HIGH JUMP (SCISSOR ONLY)		GIRLS UNDER 16YRS	FINAL

258	1610hrs	600M		BOYS UNDER 16YRS	PENTATHLON 5
259	1620hrs	800M		WOMEN UNDER 20 YRS	HEATS
260	1620hrs	BACK THROW	1.000 KGS	BOYS UNDER 14 YRS	TRIATHLON B - 3
261	1630hrs	800M		MEN UNDER 20 YRS	HEATS
262	1630hrs	JAVELIN THROW	500G	WOMEN UNDER 18 YRS	FINAL
263	1630hrs	JAVELIN THROW (10M RUNWAY)	500 G	GIRLS UNDER 16YRS	FINAL
264	1640hrs	3000M STEEPLECHASE	0.914M	MEN UNDER 20 YRS	FINAL
265	1700hrs	3000M STEEPLECHASE	0.762M	WOMEN UNDER 20 YRS	FINAL
266	1720hrs	4 X 400M RELAY		WOMEN UNDER 20 YRS	FINAL
267	1730hrs	4 X 400M RELAY		MEN UNDER 20 YRS	FINAL
268	1740hrs	400M		MEN UNDER 20 YRS	DECATHLON - 5
<b>12th October 2024 Fornoon</b>					
301	0700hrs	5000M RACE WALK		MEN UNDER 18 YRS	FINAL
302	0720hrs	3000M RACE WALK		WOMEN UNDER 18 YRS	FINAL
303	0745hrs	3000M		WOMEN UNDER 20 YRS	FINAL
304	0800hrs	3000M		MEN UNDER 20 YRS	FINAL
305	0800hrs	DISCUS THROW	1.000 KGS.	WOMEN UNDER 20 YRS	FINAL
306	0800hrs	KIDS JAVELIN THROW (5M RUNWAY)	0.3 KGS	GIRLS UNDER 14 YRS	FINAL
307	0800hrs	LONG JUMP		MEN UNDER 18 YRS	HEPTATHLON - 5
308	0820hrs	110M HURDLES	0.991M	MEN UNDER 20 YRS	DECATHLON - 6
309	0820hrs	HIGH JUMP		WOMEN UNDER 18 YRS	FINAL
310	0830hrs	SHOT PUT (STANDING)	3.000 KGS.	GIRLS UNDER 16YRS	FINAL
311	0845hrs	60M		GIRLS UNDER 14 YRS	TRIATHLON B - 1
312	0845hrs	LONG JUMP		WOMEN UNDER 18 YRS	HEPTATHLON - 5
313	0900hrs	800M		WOMEN UNDER 20 YRS	FINAL
314	0900hrs	DISCUS THROW	1.750 KGS.	MEN UNDER 20 YRS	DECATHLON - 7
315	0910hrs	800M		MEN UNDER 20 YRS	FINAL
316	0930hrs	400M HURDLES	0.914M	MEN UNDER 20 YRS	HEATS
317	0930hrs	KIDS JAVELIN THROW (5M RUNWAY)	0.3 KGS	BOYS UNDER 14 YRS	FINAL
318	0930hrs	LONG JUMP		WOMEN UNDER 20 YRS	HEPTATHLON - 5

319	0930hrs	SHOT PUT	3.000 KGS.	WOMEN UNDER 18 YRS	FINAL
320	0950hrs	400M HURDLES	0.762M	WOMEN UNDER 20 YRS	HEATS
321	1000hrs	HIGH JUMP (SCISSOR ONLY)		BOYS UNDER 16YRS	FINAL
322	1000hrs	JAVELIN THROW	500G	WOMEN UNDER 18 YRS	HEPTATHLON - 6
323	1000hrs	POLE VAULT		MEN UNDER 20 YRS	DECATHLON - 8
324	1015hrs	LONG JUMP (5M APPROACH)		GIRLS UNDER 14 YRS	TRIATHLON B - 2
325	1015hrs	MEDLEY RELAY		GIRLS UNDER 16YRS	FINAL
326	1025hrs	MEDLEY RELAY		BOYS UNDER 16YRS	FINAL
327	1035hrs	MEDLEY RELAY		WOMEN UNDER 18 YRS	FINAL
328	1045hrs	MEDLEY RELAY		MEN UNDER 18 YRS	FINAL
329	1050hrs	JAVELIN THROW	600G	WOMEN UNDER 20 YRS	HEPTATHLON - 6
330	1100hrs	LONG JUMP		MEN UNDER 18 YRS	FINAL
331	1140hrs	JAVELIN THROW	700G	MEN UNDER 18 YRS	FINAL
332	1230hrs	JAVELIN THROW	700G	MEN UNDER 18 YRS	HEPTATHLON - 6
<b>12th October 2024 Afternoon</b>					
333	1400hrs	JAVELIN THROW	800G	MEN UNDER 20 YRS	DECATHLON - 9
334	1400hrs	TRIPLE JUMP		MEN UNDER 20 YRS	FINAL
335	1410hrs	BACK THROW	1.000 KGS	GIRLS UNDER 14 YRS	TRIATHLON B - 3
336	1415hrs	HIGH JUMP		WOMEN UNDER 20 YRS	FINAL
337	1450hrs	JAVELIN THROW	700G	MEN UNDER 18 YRS	FINAL
338	1500hrs	SHOT PUT	6.000 KGS.	MEN UNDER 20 YRS	FINAL
339	1515hrs	400M HURDLES	0.914M	MEN UNDER 20 YRS	FINAL
340	1515hrs	TRIPLE JUMP		WOMEN UNDER 20 YRS	FINAL
341	1530hrs	400M HURDLES	0.762M	WOMEN UNDER 20 YRS	FINAL
342	1600hrs	JAVELIN THROW	800G	MEN UNDER 20 YRS	FINAL
343	1600hrs	800M		WOMEN UNDER 20 YRS	HEPTATHLON - 7
344	1620hrs	1000M		WOMEN UNDER 18 YRS	HEPTATHLON - 7
345	1630hrs	1000M		MEN UNDER 18 YRS	HEPTATHLON - 7
346	1640hrs	1500M		MEN UNDER 20 YRS	DECATHLON - 10
347	1650hrs	4 X 100M RELAY		WOMEN UNDER 20 YRS	FINAL

348	1700hrs	4 X 100M RELAY		MEN UNDER 20 YRS	FINAL
<b>1715hrs Closing Function</b>					



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