

To,
All Affiliated Units
Athletics Federation of India

Subject: **5th Indian Open Throws Competition 2026**

Dear Sirs/Madam,

I am pleased to inform you that 5th Indian Open Throws Competition 2026 shall be held on 07th & 08th March 2026 at NS NIS Patiala, Punjab. The Competition will be organized by Punjab Athletics Association under the aegis of Athletics Federation of India.

The Competition and events will be organized in accordance with the Rules of World Athletics Competition & Technical Rules 2024 Edition & Indian Athletics Manual (updated as on 01.10.2020).

The SOP (Standard Operating Procedure) issued by Athletics Federation of India, Government of Punjab and Government of India will be followed for hosting this National Athletics Competition.

The details of the Competition are as follows:

1. The individuals representing the “Affiliated States/UT Athletics Associations” and “Recognized Units” will enter in this Competition.
2. Any athlete who is having valid AFI UID can participate in the competition by achieving the qualification standard fixed by AFI and can represent his/her Institution/State provided their entries are sent by them. The various institutions like Army, Navy, Air Force, Services, ONGC, Reliance, JSW, Railways and Police etc., can also send their entries.
3. The Athletes belonging to the Men, Women, under 20 years Boys, under 20 years Girls, under 18 years Boys and Under 18 years Girls will enter in this competition.
4. The athletes who meet the Entry Standards will only be allowed to enter in the Competition. The performance must have been achieved either in National Championships/State Championships or AFI recognized Championships. The proof of achievement is mandatory to attach during the online entry. It is advised to send the entry only if you have achieved the Entry Standard.
5. Entry Fee of INR 1000/- (non-refundable) per event per athlete will have to be paid online along with entry. The entries should be submitted “ONLINE” on AFI Website by the individual athletes from 02 February 2026 to 20 February 2026. Entries sent by the mode other than “ONLINE” will not be accepted. Last date for receipt of Entries is 20th February 2026.
6. **Reckoning of Age for Junior Athletes:**

An athlete should be below 20 years and 18 years as the case may be, on 08.03.2026. The following

age groups will facilitate the junior athletes to send the entry in the appropriate age group:

Under 20 Years - Born between 09.03.2006 & 08.03.2008

Under 18 Years - Born between 09.03.2008 & 08.03.2010

7. Events for Men & Women, Boys and Girls under 20 yrs.

- a. Shot Put
- b. Discus Throw
- c. Hammer Throw
- d. Javelin Throw

8. Events for Boys U/18 and Girls U/18 yrs.

- a. Shot Put
- b. Discus Throw
- c. Javelin Throw

9. Entry Standards:

The competition will be organized only in Open (single) category, but Entry standards will be as per the age groups. Details are given as under: –

Men	Entry Standard	Women	Entry Standard	Men u/20	Entry Standard	Women u/20	Entry Standard
Shot Put	16.50m	Shot Put	13.00m	Shot Put	16.00m	Shot Put	11.00m
Discus Throw	50.00m	Discus Throw	45.00m	Discus Throw	48.00m	Discus Throw	35.00m
Hammer Throw	60.00m	Hammer Throw	50.00m	Hammer Throw	60.00m	Hammer Throw	39.00m
Javelin Throw	72.50m	Javelin Throw	42.00m	Javelin Throw	58.00m	Javelin Throw	35.00m

Boys U/18	Entry Standard	Girls U/18	Entry Standard
Shot Put (5kg)	14.00m	Shot Put (3kg)	11.50m
Discus Throw (1.5kg)	44.00m	Discus Throw (1kg)	33.00m
Javelin Throw (700gms)	55.00m	Javelin Throw (500gms)	35.00m

10. UID Card:

Kindly note that it is mandatory to produce UID Card issued by AFI in the Call Room whenever it is demanded by AFI/NADA Officials. However, those athletes who are not in possession of AFI UID Card will be issued the same during the meet at the competition venue.

11. BIB Numbers:

BIB nos. will be issued to concerned Athletes two hours before their event at the Entry Gate of Stadium after showing their valid Photo – ID card.

12. Medals & Certificates:

Medal ceremony will be conducted but since this is a ‘B’ grade competition, Participation Certificates will NOT be issued to athletes. The Digital Merit Certificates will be issued to the athlete only after receiving the “Dope Test “report from NADA.

13. Boarding, Lodging & Transport:

Please be informed that the Boarding, Lodging & Local Transport facilities to participating Athletes will not be provided by the Organising Committee/Athletics Federation of India. Therefore, Athletes will have to make their own arrangements in this regard.

14. Dope Samples:

Dope Samples will be collected by the officials of National Anti-Doping Agency (NADA).

Disclaimer:

AFI or Organizing State Unit will not be held responsible directly or indirectly for any loss of life/damage/illness/injury in connection to participation in 5th Indian Open Throws Competition 2026.

Your cooperation in this regard is solicited.

Regards



G. Srinibas Patnaik
Officiating Secretary
Athletics Federation of India