

To,  
All Affiliated Units  
Athletics Federation of India

**Subject: 7th Indian Open 400m Competition 2026**

Dear Sirs/Madam,

I am pleased to inform you that the **7th Indian Open 400m Competition 2026** is scheduled to be held at LNCPE, Trivandrum (Kerala) on 21st March 2026.

The Championships and events shall be organized in accordance with the Rules of World Athletics- Competition & Technical Rules 2026 Edition & Indian Athletics Manual (updated as on 01.10.2020).

The SOP (Standard Operating Procedure) issued by the Government of India/MYAS/SAI/AFI & the Government of Kerala shall be followed for hosting this National Athletics Championships.

**Championships & Eligibility Details:**

1. The individuals representing the “Affiliated States/UT Athletics Associations” and “Recognized Units” will enter in the Championships.
2. 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 this competition.
3. The entries should be submitted “ONLINE” on the AFI Website directly by the individual athlete from February 19, 2026, to March 06, 2026. Entries sent by a mode other than “ONLINE” will not be accepted. In other words, no manual entry will be accepted.
4. The athletes who meet the Entry Standards will only be allowed to enter the Competition. The performance must have been achieved either in National Championships/State Championships or AFI-recognised Championships where an electronic system had been used.
5. Entry Fee of **INR 1000/-** per athlete will have to be paid online along with the entry. **Last date** for receipt of Entries is **06 March 2026**. In no case will entries after the target date be entertained. The entry fee paid is **non-refundable**, hence athletes are advised to submit the entries only if they achieve the Entry Standard in National/State/UT Meets or AFI-recognised meets.

### **BIB Numbers:**

BIB nos. will be issued to concerned Athletes as per day wise Start list and two hours before their event at the Entry Gate of Championships Venue after showing their valid Photo ID card.

### **Entry Standard:**

The entry is open to all aspirants /athletes of 400m as per the entry Standards fixed by AFI, which are as follows:

| <b>Category</b> | <b>Standard</b> | <b>Category</b> | <b>Standard</b> |
|-----------------|-----------------|-----------------|-----------------|
| Men             | 49.00s          | Women           | 56.00s          |
| Under 20 Boys   | 50.00s          | Under 20 Girls  | 59.00s          |
| Under 18 Boys   | 52.00s          | Under 18 Girls  | 1:04.00s        |

It is once again advised to enter your name for the championships only if you have achieved the prescribed Entry standards fixed by AFI either in National/State/UT Meets or AFI-recognised meets where an electronic system had been used, and the proof must be attached in online portal.

### **Reckoning of Age for Junior Athletes:**

An athlete should be below 20 years and 18 years as the case may be, on **21.03.2026**. The following age groups will facilitate the junior athletes to send their entries in the appropriate age group

- **Under 20 Years - Born between 21.03.2006 & 20.03.2008**
- **Under 18 Years - Born between 21.03.2008 & 20.03.2010**

### **Medals & Certificates:**

The medals will be issued during the course of the Competition. Participation Certificates will be issued ONLINE only to those athletes who achieve the qualification standards set by AFI. The Digital Merit Certificates will be issued to the athlete only after receiving the “Dope Test “report from NADA

### **Dope Samples:**

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

### **Boarding & Lodging:**

Please be informed that the Boarding, Lodging & Local Transport facilities to participating



Athletes will not be provided by the Athletics Federation of India. Athletes will therefore have to make their own arrangements in this regard.

**Disclaimer:**

AFI or Organizing State Unit will not be held responsible directly or indirectly for any loss of life/damage/illness/injury in connection with participation in the **7th Indian Open 400m Competition 2026**. All Athletes/officials/vendors have to participate at their own risk.

You are requested to bring it to the notice of your athletes.

Regards

*S. S. Patnaik*

G. Srinibas Patnaik  
Officiating Secretary  
Athletics Federation of India

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