

To,
All Affiliated Units
Athletics Federation of India

Subject: Indian Athletics Series – 5

Dear Sir / Ma'am,

I am pleased to inform you that the Indian Athletics Series – 5 is scheduled to be held at Sangrur (Punjab) on 09th May 2026.

The above meet being an inaugural meet will enable the athletes from the inferior Areas of Punjab State to promote Athletics.

The Competition will be organized under the aegis of Athletics Federation of India in association with Punjab Athletics Association as per following details:

Venue of Competition : War Heroes Stadium, Sangrur (Punjab)
Date of Competition : 09th May 2026

The Competition and events will 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 Athletics Federation of India, Government of Punjab and Government of India will be followed for hosting this Indian Athletics Series-5.

Competition Details:

1. The Competition will be organized in into the following sections:
 - Men & Women
 - Men U20 & Women U20
2. Any athlete who has 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.

Events & Entry Standard:

The details of events to be conducted and the Entry Standards for participation in these



competitions are enclosed.

Eligibility:

Athletes who meet the enclosed Entry Standards of AFI are eligible to participate in these competitions. Their performance must have been achieved either in the National or the State Championships or the AFI recognised Championships, where the electronic system had been used for the last 1 year.

For Junior Athletes - Age to participate in this competition is between 16 – 20 years. In other words, Athletes who are born between 10.05.2006 to 09.05.2010 are eligible to participate.

Athletes born after 2007 will only be considered for the selection of Indian Team for Asian Junior Championships and World Junior Championships as per the guidelines issued by Asian Athletics Associations and World Athletics.

Procedure for Sending Entries:

The entries should be submitted “ONLINE” on AFI Website by the individual Athlete who meet the Entry Standards with a copy of proof achieving the Qualifying Standard. The athletes may visit AFI Website from **16th April 2026** onwards.

The last date of entries for **Indian Athletics Series – 5 is 30th April 2026.**

Entry Fee & Bib Number:

Entry fee of INR 1200/- (non-refundable) per event will have to be deposited ONLINE only. Bib Numbers will be issued 2 hours prior to the start of event at the venue on the day of the competition. Athletes are once again advised to submit the Online Entry if they have achieved the qualification mark set by AFI, otherwise their entry will be rejected.

UID Card:

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.

Accommodation & Transport:

Athletes have to make their own arrangements of Boarding, Lodging & Local transport for their participation in Indian Athletics Series - 5 – Sangrur (Punjab).

It may please be noted that the Federation has the right to reject any entry without assigning any reason. You are requested to give it wide publicity.

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The details of the event to be conducted during the athletics meet along with the qualification standard are enclosed.

Regards

S. Srik. Patnaik

G. Srinibas Patnaik
Officiating Secretary
Athletics Federation of India

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INDIAN ATHLETICS SERIES - 5		
Sangrur, Punjab on 09th May 2026		
Qualification Standards		
Men's (Senior)	Events	Women's (Senior)
11.00s	100M	12.70s
22.50s	200M	26.00s
49.50s	400M	58.50s
1:55.00s	800M	2:20.00s
4:00.00s	1500M	4:50.00s
15:20.00s	5000M	18:30.00s
31:50.00s	10000M	37:50.00s
9:25.00s	3000m SC	11:00.00s
7.00m	Long Jump	5.30m
14.70m	Triple Jump	11.20m
1.95m	High Jump	1.40m
4.00m	Pole Vault	2.75m
15.20m	Shot Put	11.00m
50.00m	Hammer Throw	40.00m
65.00m	Javelin Throw	38.00m

INDIAN ATHLETICS SERIES - 5		
Sangrur, Punjab on 09th May 2026		
Qualification Standards		
Men's (Junior)	Events	Women's (Junior)
11.20s	100M	12.80s
1:58.00s	800M	2:25.00s
4:20.00s	1500M	4:58.00s
16.00s	110MH/100MH	16.10s
6.40m	Long Jump	5.10m
4.00m	Pole Vault	3.00m
58.00m	Javelin Throw	35.00m