

**QUALIFICATION STANDARDS FOR 22ND ASIAN U20 ATHLETICS
CHAMPIONSHIPS, HONG KONG, CHINA
28-31 MAY 2026**

WOMEN	EVENTS	MEN
11.79s	100M	10.46s
24.34s	200M	21.28s
55.99s	400M	47.53s
2:07.56s	800M	1:49.73s
4:30.58s	1500M	3:51.76s
9:38.91s	3000M	8:33.00s
16:52.54s	5000M	14:09.63s
13.66s	100MH/110MH	13.74s
59.20s	400MH	52.00s
11:31.35s	3000M SC	9:36.78s
1.74m	High Jump	2.11m
3.60m	Pole Vault	5.10m
6.13m	Long Jump	7.52m
12.67m	Triple Jump	15.62m
15.13m	Shotput	19.02m
50.13m	Discus Throw	50.41m
61.19m	Hammer Throw	65.97m
51.02m	Javelin Throw	65.32m
22:41.50s	5000M Racewalk	19:53.57s
5432 pts	Heptathlon/ Decathlon	6274 pts
46.75s	4X100M Relay	40.01s
3:46.20s	4X400M Relay	3:09.48s
Mixed 4X400M Relay		3:28.18s

**# Selection will be done based on performance at the
24th National Junior Athletics Federation Competition,
scheduled to be held in Tumkur, Karnataka, from 24th
to 26th April 2026.**