

**QUALIFICATION STANDARDS FOR WORLD ATHLETICS U20
CHAMPIONSHIPS, EUGENE, USA
05-09 AUGUST 2026**

Men	EVENTS	Women
10.51s	100M	11.64s
21.51s	200M	23.40s
47.11s	400M	53.09s
1:50.55s	800M	2:09.36s
3:44.54s	1500M	4:21.05s
8:23.60s	3000M	9:06.92s
13:56.95s	5000M	16:14.34s
13.54s	110mH/100mH	13.53s
51.61s	400MH	59.23s
8:39.79s	3000M SC	9:52.84s
2.08m	High Jump	1.80m
5.05m	Pole Vault	4.05m
7.56m	Long Jump	6.09m
15.60m	Triple Jump	13.11m
19.17m	Shotput	14.95m
59.72m	Discus Throw	51.43m
68.73m	Hammer Throw	62.51m
68.98m	Javelin Throw	49.61m
7505 Pts	Heptathlon	5207 Pts
19:44.75s	5000M Racewalk	22:21.82s
40.26s	4X100M Relay	45.64s
3:14.04s	4X400M Relay	3:39.30s
	4X100 Mixed Relay	43.84s
	4X400 Mixed Relay	3:25.37s

The selection of athletes will be finalized based on their performances at the following competitions:

1. Qualification for the following events will be considered on the basis of the performances during Indian Athletics Series – 9, Ludhiana, Punjab scheduled on 13th June 2026.

Event: 1500m, 3000m, 5000m, 3000m SC, Shotput, Discus Throw, Hammer Throw and Javelin Throw.

2. Qualification for the following events will be considered on the basis of the performances during Indian Athletics Series – 10, Trivandrum, Kerala scheduled on 14th June 2026.

Events: 100m, 200m, 400m, 800m, 110mH/100mH, 400mH, High Jump, Pole Vault, Long Jump, Triple Jump.

3. Qualification for Decathlon/ Heptathlon and Racewalk will be considered on the basis of performances at the 24th National Junior Athletics Federation Competition at Tumkur, Karnataka.

4. Only 1 Athlete per event other than Relay will be automatically considered for selection.

5. As regards to the second entry, it will be on the discretion of the Selection Committee.

6. Performances at the 22nd Asian U20 Athletics Championships scheduled to be held at Hong Kong, China from 28 – 31 May 2026 can be considered for selection, provided that the athlete has participated in the final trials and maintained his/her performance.