

Kerala State Athletics Association

Technical Details of the Events

COMPETITIONS WILL BE HELD IN THE FOLLOWING AGE GROUPS AND EVENTS

Female						
Under 14	Under 16	Youth Girls Under 18 yrs.	Jr. Women Under 20 yrs.	Women	Under 10 Yrs	Under 12 Yrs
100m	100m	100m	100m	100m	50m *	50m*
Long Jump	200m	200m	200m	200m		
High Jump	300m*	300m*	---	---	100m*	100m*
Shot Put (3kg)	400m	400m	400m	400m	200m*	300m*
600m		800m	800m	800m	Long Jump*	Long Jump*
Triathlon 100m Long Jump Shot Put	1000m	1500m	1500m	1500m	High Jump*	High Jump*
	3000m	3000m	3000m	5000m	Shot Put* (3 Kg)	Shot Put* (3 Kg)
	---	---	5000m	10000m	4x100m Relay*	4x100m Relay*
	--	2000m SC(76.2cm)	3000m SC(76.2cm)	3000m SC (76.2cm)		
	100m H (76.2cm)	100m H(76.2cm)	100m H(84cm)	100m H(84 cm)		
4x100 R*	--	400m H (76.2cm)	400m H (76.2cm)	400m H (76.2cm)		
	Long Jump	Long Jump	Long Jump	Long Jump		
	High Jump	High Jump	High Jump	High Jump		
	---	Triple Jump	Triple Jump	Triple Jump		
	---	Pole Vault	Pole Vault	Pole Vault		
	Shot put (3kg)	Shot Put (3kg)	Shot Put (4kg)	Shot Put (4kg)		
	Discus (1kg)	Discus (1kg)	Discus (1kg)	Discus (1kg)		
	Javelin (500gm)	Javelin (500gm)	Javelin (600gm)	Javelin (600gm)		
	---	Hammer (3kg)	Hammer (4kg)	Hammer (4kg)		
	Medley Relay 100m,200m, 300m,400m	Medley Relay 100m,200m,300m,400m	4x100m R	4x100m R		
	---	---	4x400m R	4x400m R		
	3000m RW	5000m RW	10000m RW	20000m RW		
	---	---	---	1/2 Marathon (21.098km)		
	Pentathlon Day "1" 100mH High Jump Shot Put	Heptathlon Day "1" 100mH High Jump Shot Put 200m	Heptathlon Day "1" 100mH High Jump Shot Put 200m	Heptathlon Day "1" 100mH High Jump Shot Put 200m		
	Day "2" Long Jump 800m	Day "2" Long Jump Javelin 800m	Day "2" Long Jump Javelin 800m	Day "2" Long Jump Javelin 800m		
		Cross Country 3 km	Cross Country 4 km	Cross Country 6km	Cross Country 8km	

Note: Note:
**Cross Country Race and
Marathon will be
conducted as
TWO separate
Championships**

*** These events will be
conducted as trials at
District
and State Level**

Male

Under 14	Under 16	Under 18 yrs. Youth	Under 20 yrs. Jr. Men	Men	Under 10 Yrs	Under 12 Yrs
100m	100m	100m	100m	100m	50m *	50m*
Long Jump	200m	200m	200m	200m	100m*	100m*
High Jump	300m*	300m*	---	---	400m*	600m*
Shot Put*(4kg)	400m	400m	400m	400m	Long Jump*	Long Jump*
600m		800m	800m	800m	High Jump*	High Jump*
4x100 R*	1000m	1500m	1500m	1500m	Shot Put*(3 Kg)*	Shot Put*(3 Kg)*
Triathlon 100m Long Jump Shot Put	3000m	3000m	5000m	5000m	4x100m Relay*	4x100m Relay*
	---	---	10000m	10000m	<p align="center"><i>Note:</i> <i>Cross Country Race and Marathon will be conducted as TWO separate Championships</i></p> <p align="center"><i>* These events will be conducted as trials at District and State Level</i></p>	
	---	2000m SC	3000m SC (91.4cm)	3000m SC (91.4cm)		
	100mH(91.4 cm)	110mH(91.4cm)	110mH(99.1 cm)	110mH(106.7 cm)		
	---	400mH (91.4cm)	400mH (91.4cm)	400m H (91.4cm)		
	Long Jump	Long Jump	Long Jump	Long Jump		
	High Jump	High Jump	High Jump	High Jump		
	---	Triple Jump	Triple Jump	Triple Jump		
	---	Pole Vault	Pole Vault	Pole Vault		
	Shot put (5 kg)	Shot Put (5 kg)	Shot Put (6 kg)	Shot Put (7.260 kg)		
	Discus (1.5kg)	Discus (1.5 kg)	Discus (1.75 kg)	Discus (2 kg)		
	Javelin (700gm)	Javelin (700gm)	Javelin (800gm)	Javelin (800gm)		
	Hammer (5kg)	Hammer (5kg)	Hammer (6kg)	Hammer (7.260kg)		
	Medley Relay 100m,200m, 300m,400m	Medley Relay 100m,200m, 300m,400m	4x100m R	4x100m R		
	---	---	4x400m R	4x400m R		
	---	---	---	1/2 Marathon (21.098 Km)		
	5000m RW	10000m RW	10000m RW	20000m RW		
	Pentathlon Day "1" 100m High Jump Shot Put	Octathlon Day "1" 100m Long Jump Shot Put 400m	Decathlon Day "1" 100m Long Jump Shot Put High ump 400m	Decathlon Day "1" 100m Long Jump Shot Put High ump 400m		
	Day "2" Long Jump 800m	Day "2" 110mH High Jump Javelin 1000m	Day "2" 110mH Discus Pole Vault Javelin 1500m	Day "2" 110mH Discus Pole Vault Javelin 1500m		
	Cross Country 3 km	Cross Country 6 km	Cross Country 8 km	Cross Country 12 km		