## ATHLETICS FEDERATION OF INDIA

LIST of EVENTS * MEN & BOYS *							
MEN & U23 MEN				U20 MEN	1	1	
Sl.No.	EVENTS	Abbreviations	Specification	Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m		1	100 Metres	100m	
2	200 Metres	200m		2	200 Metres	200m	
3	400 Metres	400m		3	400 Metres	400m	
4	800 Metres	800m		4	800 Metres	800m	
5	1500 Metres	1500m		5	1500 Metres	1500m	
6	5000 Metres	5000m		6	5000 Metres	5000m	
7	10,000 Metres	10,000m		7	10,000 Metres	10,000m	
8	110 Metres Hurdles	110mH	1.067m	8	110 Metres Hurdles	110mH	0.991m
9	400 Metres Hurdles	400mH	0.914m	9	400 Metres Hurdles	400mH	0.914m
10	3000 Metres Steeplechase	3000mSC	0.914m	10	3000 Metres Steeplechase	3000mSC	0.914m
11	High Jump	HJ		11	High Jump	HJ	
12	Pole Vault	PV		12	Pole Vault	PV	
13	Long Jump	LJ		13	Long Jump	LJ	
14	Triple Jump	TJ		14	Triple Jump	TJ	
15	Shot Put	SP	7.260kg	15	Shot Put	SP	6.000kg
16	Discus Throw	DT	2.000kg	16	Discus Throw	DT	1.750kg
17	Hammer Throw	HT	7.260kg	17	Hammer Throw	HT	6.000kg
	Javelin Throw	JT	800g	18	Javelin Throw	JT	800g
	4 x 100 Metres Relay	4 x 100mR		19	4 x 100 Metres Relay	4 x 100mR	
20	4 x 400 Metres Relay	4 x 400mR		20	4 x 400 Metres Relay	4 x 400mR	
21	4 x 400 Metres Mixed Relay	4 x 400mMR		21	4 x 400 Metres Mixed Relay	4 x 400mMR	
22	Decathlon (Two Days)	Dec	10 events	22	Decathlon (Two Days)	Dec	10 events
23	20,000 Metres Race Walk (Track)	20,000mRW	20,000m	23	10000 Metres Race Walk (Track)	10000mRW	10,000m
24	20 Kilometres Race Walk (Road)	20kmRW	20km	24	10 Kilometres Race Walk (Road)	10kmRW	10km
25	50 Kilometres Race Walk (Road)	50kmRW	50km	25	8 Kilometres Cross-Country	JM	8km
26 10 Kilometres Cross-Country SM 10km							
U18 MEN			1	U16 BOYS 100 Metres	100m		
1	100 Metres	100m		2	300 Metres	300m	
2	200 Metres	200m		3	800 Metres	800m	
3	400 Metres	400m		4	2000 Metres	2000m	
4	800 Metres	800m		5	80 Metres Hurdles (7 flight.)	80mH	0.838m
5	1500 Metres	1500m		6	High Jump	HJ	
6	3000 Metres	3000m		7	Long Jump	LJ	
7	110 Metres Hurdles	110mH	0.914m	8	Shot Put	SP	4.000kg
8	400 Metres Hurdles	400mH	0.838m	9	Discus Throw	DT	1.250kg
9	2000 Metres Steeplechase	2000mSC	0.838m.	10	Hammer Throw	HT	4.000kg
-	High Jump	HJ			Javelin Throw	JT	600g
11	Pole Vault	PV		12	Medley Relay	MedleyR	Ŭ
12	Long Jump	LJ		13	Hexathlon (Two Days)	Hex	Six Events
13	Triple Jump	TJ		14	5000 Metres Race Walk (Track)	5000mRW	5000m
14	Shot Put	SP	5.000kg	15	2 Kilometres Cross-Country	JB2	2km
15	Discus Throw	DT	1.500kg			•	•
16	Hammer Throw	HT	5.000kg		U14 BOYS		
17	Javelin Throw	JT	700g	1	60 Metres	60m	
18	Medley Relay	MedleyR		2	600 Metres	600m.	
19	Decathlon (Two Days)	Dec	10 events	3	High Jump	HJ	
20	10000 Metres Race Walk (Track)	10,000mRW	10,000m	4	Long Jump	LJ	
	6 Kilometres Cross-Country	JB6	6km	5	Shot Put	SP	3.000kg
	DECATHLON (MEN, U 23 Men, 1			6	Ball Throw	BT	159g.± 4g.
DAY "1": 100m, Long Jump, Shot Put, High Jump & 400m.				7	Triathlon (One Day)	Tri	Three Event
DAY "2": 110mH, Discus Throw, Pole Vault, Javelin Throw & 1500m. HEXAT HLON (U16 Boys)						The Lyon	
<u>T RIAT H LO N (U 14 Boys)</u> DAY "1": 100m, Long Jump & Shot Put.							
ONE DAY: 60m, Long Jump & Ball Throw.     DAY "1": 100m, Long Jump & Bolt Tut.       DAY "2": High Jump, Javelin Throw & 1000m.							
DAL 2. Figh Julip, Javenii Tillow & 1000ili.							

Ioo Metres         OOm         Ioo Metres         Oom           2 200 Metres         200m           3 400 Metres         200m           4 800 Metres         200m           5 1500 Metres         5000m           5 1500 Metres         5000m           6 100 Metres         5000m           7 10,000 Metres         1000mH           8 100 Metres         1000mH           9 400 Metres         400mH           10 3000 Metres         3000mSC           11 High Jump         HJ           12 Pole Vanit         PV           13 100 Metres Streeplechase         3000mSC           11 High Jump         HJ           12 Pole Vanit         PV           13 Long Jump         LJ           14 Triple Jump         TJ           15 Shot Put         SP           16 Discus Throw         DT           17 Hammer Throw         HT           18 Jarvelin Throw         JT           19 4 x 100 Metres Relay         4 x 400mR           21 4 x 400 Metres Metres Mac Relay         4 x 400mR           22 4 X 400 Metres Relay         4 x 400mR           21 4 x 400 Metres Relay         4 x 400mR           22 10 Kilometres Racew Val	RLS * Year 2021 (With Abbreviations)				
Image: 100 Metres					
2       200 Metres       200m.         3       400 Metres       400m.         4       800 Metres       900m.         5       1500 Metres       1500m.         6       5000 Metres       5000m.         7       10.000 Metres       1000ml       0.838m.         8       100 Metres       1000ml       0.838m.         9       400 Metres       400m.         9       400 Metres       3000 Metres       3000msC         10       100 Metres       1000ml       0.762m.         11       116 pls unp       HJ       7         12       Pols Vault       PV       13       Long Jump       HJ         14       Trigle Jamp       TJ       13       Long Jump       HJ         14       Trigle Jamp       TJ       13       Long Jump       SP       1         15       Shor Pat       SP       4.000Mgt       15       Shor Pat       SP       1         18       Javelin Throw       JT       4.000Mgt       15       Harmare Throw       JT       18         19       4.100 Metres Relay       4.x 4.00mR       2       4.x 4.00 Metres Relay       4.x 4.00mR	Specification				
3       400 Metres       400m         4       800 Metres       800m         5       1500 Metres       1500m         6       5000 Metres       1500m         7       10,000 Metres       100,000m         8       100 Metres       3000 Metres         9       400 Metres       100,000m         9       400 Metres       5         9       400 Metres       100,000m         9       400 Metres       100 Metres         10       3000 Metres       5         11       10 mone       10         10       3000 Metres       400mH         11       10 mone       10         12       Pole Vault       PV         13       Long Jump       HJ         14       Triple Jump       TJ         15       Shot Put       SP         16       Discus Throw       DT       1.000kg         17       Hammer Throw       HT       4.000kg         18       Javelin Throw       HT         21       4 x 400 Metres Relay       4 x 400m         22       Metres Relay       4 x 400m         23       100 Kineres Const-Cou					
4       800 Metres       800m         5       1500 Metres       1500m         6       5000 Metres       1500m         7       10,000 Metres       100mH       0.838m.         8       100 Metres Hurdles       100mH       0.838m.         10       000 Metres       100mH       0.762m.         9       400 Metres Steeplechase       3000mSC       10         11       High Jump       HJ       10       100 Metres       400mH         12       Pole Vault       PV       13       100 Metres Steeplechase       3000mSC       11         12       Pole Vault       PV       13       100 Metres Steeplechase       3000mSC       11         13       Long Jump       TJ       13       Long Jump       TJ         14       Triple Jamp       TJ       100 Metres       Steep Metres       Steep Metres         16       Discus Throw       TT       600g       14       15       Steep Metres       Metres         21       4 x 400 Metres Relay       4 x 400mR       22       Heptathon (Two days)       Hep       7         23       10 Kineres Race Walk (Road)       20.000mRW       22       1000Metres Relay       <					
5         1500 Metres         1500 m           6         5000 Metres         5         1500 Metres         1500 m           6         5000 Metres         5         1500 Metres         3000 m           7         10,000 Metres         5         1500 Metres         5000 m           8         100 Metres         10         3000 Metres         5000 Metres         5000 Metres           9         400 Metres Hurdles         400mH         0.752m.         10         3000 Metres         400 Metres<					
6       5000 Metres       5000 Metres       3000 metres         7       10.000 Metres       10.000 metres       5000 Metres       5000 Metres         8       100 Metres Hurdles       100mH       0.838m.       8       100 Metres       100mH       0         9       400 Metres       100mH       0.762m.       9       400 Metres       400mH       400mH       10         10       3000 Metres       100 Metres       100 Metres       400mH       10       100 Metres       400mH       10         11       High Jump       HJ       11       10					
7         10,000 Metres         10,000 Metres         5000m           8         100 Metres Hurdles         100 Metres         100 Metres Hurdles         100 Metres           9         400 Metres Hurdles         400mH         0.838m.         9         400 Metres Hurdles         100 Metres           10         3000 Metres Steeplechase         3000mSC         0.762m.         10         3000 Metres Steeplechase         3000mSC           11         High Jump         HJ         11         High Jump         HJ         12         Pole Vault         PV         13         Long Jump         HJ           12         Log Jump         TJ         13         Long Jump         LJ         14         Triple Jump         TJ           14         Discus Throw         DT         1.000kg         16         Discus Throw         DT         16           15         Stor Put         SP         4.000kg         17         Haanner Throw         TT         17           18         Javelin Throw         JT         600g         18         Javelin Throw         JT         17           21         4 x 400 Metres Relay         4 x 400mR         22         4 x 400 Metres Relay         4 x 400mR           22 <td></td>					
8         100 Metres Hurdles         100 mH         0.88 m.         100 Metres Hurdles         100 mH         0.762 m.         9         400 Metres Hurdles         100 mH         100 Metres Hurdles         100 mH         100 Metres Hurdles         100 mH         100 Metres Hurdles         100 mH         11					
9       400 Metres Hurdles       400mH $0.762m.$ 9       400 Metres Hurdles       400mH       10         10       3000 Metres Steeplechase       300mSC $0.762m.$ 10       3000 Metres Steeplechase       300mSC $0.762m.$ 11       High Jump       H1       11       11gh Jump       H1       12       Pole Vault       PV         12       Pole Vault       PV       13       Long Jump       13       13       Long Jump       13         14       Triple Jump       TJ       14       Triple Jump       TJ       14       Triple Jump       TJ         15       Shot Put       SP       4.000kg       15       Shot Put       SP       14         18       Jacelin Throw       JT       600g       17       Hanner Throw       HT       .000kg         19       4 x 100 Metres Relay       4 x 400mR       24       x 4 x 400mR       24       x 4 x 400mR       22       4 x 400 Metres Relay       4 x 400mR       22       4 x 400 Metres Relay       4 x 400mR       22       4 x 400 Metres Relay       4 x 400mR       22       12       4 x 400 Metres Relay       4 x 400mR       22       12       14 x 400 Metres Relay       4 x 400mR					
10         3000 Metres Steeplechase         3000mSC         0.762m.           11         High Jump         HJ         11         High Jump         HJ           12         Pole Vault         PV         11         High Jump         HJ           12         Pole Vault         PV         13         Long Jump         LJ           14         Triple Jump         TJ         SP         4.000kg         14         Triple Jump         TJ           15         Shot Put         SP         4.000kg         16         Discus Throw         DT         100 Metres Relay         4 x 400mR           20         4 x 400 Metres Relay         4 x 400mR         20         18         Javelin Throw         JT         600g           19         4 x 100 Metres Relay         4 x 400mR         20         14 x 400 Metres Mixed Relay         4 x 400mR         20         4 x 400 Metres Mixed Relay         4 x 400mR           21         4 x 400 Metres Mixed Relay         4 x 400mR         21         21 4 x 400 Metres Mixed Relay         4 x 400mR           22         Heptathon (Two days)         Hep         7 Events         21         14 x 400 Metres Metres Mixed Relay         4 x 400mR           22         20,000 Metres Mack (Raad)	0.838m.				
11       High Jump       HJ         12       Pole Vault       PV         13       Long Jump       LJ         14       Triple Jump       TJ         15       Shole Put       SP         16       Discus Throw       DT       1.000kg         17       Hammer Throw       HT       4.000kg         18       Javelin Throw       HT       4.000kg         19       4 x 100 Metres Relay       4 x 100mR         21       4 x 400 Metres Relay       4 x 400mR         21       4 x 400 Metres Relay       4 x 400mR         21       4 x 400 Metres Relay       4 x 400mR         21       4 x 400 Metres Relay       4 x 400mR         22       4 x 400 Metres Relay       4 x 400mR         23       20,000 Metres Race Walk (track)       10,000 Metres Race Walk (track)       10,000 Metres         24       20 Kilometres Race Walk (track)       20,000m W       23       10,000 Metres         23       10 Kilometres Cross-Country       SW       10km       2       6 Kilometres Cross-Country       JW         2       100 Metres       400mH       0.762m.       1       100 Metres       3000m         3       400 Me	0.762m.				
12       Pole Vault       PV         13       Long Jump       LJ         14       Triple Jump       TJ         15       Shot Put       SP       4.000kg         16       Discus Throw       DT       1.000kg         17       Hammer Throw       HT       4.000kg         18       Javelin Throw       HT       4.000kg         19       4 x 100 Metres Relay       4 x 400mR       JT         20       4 x 400 Metres Kaed Relay       4 x 400mR         21       4 x 400 Metres Mixed Relay       4 x 400mR         22       Heptathon (Two days)       Hep       7 Events         23       20,000 Metres Race Walk (track)       20,000mRW       200m         24       10 Kilometres Cross-Country       SW       10km         25       10 Kilometres Race Walk (Road)       10kmRW         24       100 Metres       1000mL       2         2       100 Metres       3 800 Metres       300m         5       100 Metres       100mL       2       100 Metres       100mL         2       100 Metres       100mL       2       6 Kilometres Cross-Country       JW         100 Metres       100 Metres <td>0.762m.</td>	0.762m.				
13       Long Jump       LJ         14       Triple Jump       TJ         15       Shok Pat       SP         16       Discus Throw       DT         17       Hammer Throw       HT         18       Javelin Throw       JT       600g         19       4 x 100 Metres Relay       4 x 100mR         20       4 x 400 Metres Relay       4 x 100mR         21       4 x 400 Metres Relay       4 x 400mR         22       Heptathon (Two days)       Hep         23       20,000 Metres Race Walk (track)       20,000mRW         23       20,000 Metres Race Walk (track)       20,000mRW         24       10 Kinnetres Kace Walk (track)       10,000 Metres Race Walk (track)       10,000mRW         25       10 Kinnetres Cross-Country       SW       10km       24         100 Metres       100 Metres       100m       2       300 Metres       300m         3       400 Metres Seleplechase       100m       2       300 Metres       300m         4       800 Metres       100mH       0.762m.       1       10 Gettres Aural (A Gitght.)       80mH         4       Shot Put       SP       3       3000 Metres       11					
14       Triple Jump       TJ         15       Shor Put       SP       4.000kg         16       Discus Throw       DT       1.000kg         17       Hammer Throw       HT       4.000kg         18       Javelin Throw       HT       600g         19       4 x 100 Metres Relay       4 x 100mR       17         20       4 x 400 Metres Relay       4 x 100mR       19         21       4 x 400 Metres Relay       4 x 400mR       20         21       4 x 400 Metres Relay       4 x 400mR       20         22       Heptathlon (Two days)       Hep       7 Events         23       20,000 Metres Race Walk (track)       20,000mRW       20,000mRW       20         22       Hotometres Race Walk (track)       20,000mRW       20,000m       23       10.000 Metres Race Walk (track)       10,000MRW         22       10 Kilometres Race Walk (track)       20,000m       23       30.000 Metres       100Metres         3       400 Metres       100m       25       6 Kilometres Race Walk (track)       10,000MrW         2       200 Metres       300m       3       300 Metres       300m         4       200 Metres       300m       3 <td></td>					
15       Shot Put       SP $4.000 kg$ 15       Shot Put       SP $4.000 kg$ 16       Discus Throw       DT $1.000 kg$ 16       Discus Throw       DT       16         17       Hammer Throw       HT $4.000 kg$ 17       Hammer Throw       HT $1.5$ 19 $4 \times 100$ Metres Relay $4 \times 100 mR$ 18       Javelin Throw       JT       19         20 $4 \times 400$ Metres Relay $4 \times 400mR$ 19 $4 \times 400$ Metres Relay $4 \times 400mR$ 21 $4 \times 400$ Metres Relay $4 \times 400mR$ 20 $4 \times 400$ Metres Relay $4 \times 400mR$ 22       Heptathlon (Two days)       Hep       7 Events       10.000 Metres Race Walk (track)       10.000mRW       12         21       0 Kilometres Cross-Country       SW       10km       25       6 Kilometres Cross-Country       JW         22       10 Kilometres       1000 Metres       1000 Metres       1000m       2       300 Metres       3000m         3       10 Metres       1000 Metres       1000m       2       300 Metres       3000m       3       800 Metres       800m         2       200 Metres					
16Discus ThrowDT $1.000 kg$ 16Discus ThrowDT17Hammer ThrowHT $4.000 kg$ 17Hammer ThrowHT.18Javelin ThrowJT600g18Iavelin ThrowJT.20 $4 \times 100$ Metres Relay $4 \times 100mR$ .19 $4 \times 100$ Metres Relay $4 \times 100mR$ 21 $4 \times 400$ Metres Relay $4 \times 400mR$ .19 $4 \times 400$ Metres Mixed Relay $4 \times 400mR$ 22 $4 \times 400$ Metres Race Walk (track)20,000mRW20,000m22Heptathlon (Two days)Hep.2320,000 Metres Race Walk (track)20,000mRW20,000m2310,000 Metres Race Walk (track)10,000mRW122420 Kilometres Cross-CountrySW10km256 Kilometres Race Walk (track)10,000mRW122200 Metres100m.256 Kilometres Cross-CountryJW.2200 Metres100m1100 Metres.100m3400 Metres100m1100 Metres4100 Metres100mH0.762m.3800 Metres.800mH6100 Metres Hurdles100mH0.762m.9Discus ThrowDT110Heres Hurdles2000mSC0.762m.9Discus ThrowDT111Nedley RelayMedley R1110 Javelin ThrowJT11012 </td <td></td>					
17       Hammer Throw       HT $4.000 kg$ 17       Hammer Throw       HT $4.000 kg$ 18       Javelin Throw       JT $600 g$ 18       Javelin Throw       JT $600 g$ 20 $4 \times 400$ Metres Relay $4 \times 100 m R$ $200 kg c g$ $4 \times 100 m R$ $4 \times 100 m R$ 20 $4 \times 400$ Metres Relay $4 \times 400 m R$ $20 kg c g c g c g c g c g c g c g c g c g $	4.000kg				
17       Hammer Throw       HT       4.000kg       17       Hammer Throw       HT       4.000kg         18       Javelin Throw       JT       600g       18       Javelin Throw       JT       18         20       4 x 100 Metres Relay       4 x 100mR       19       4 x 100 Metres Relay       4 x 100mR         20       4 x 400 Metres Relay       4 x 400mR       20       4 x 400 Metres Relay       4 x 400mR         21       4 x 400 Metres Mixed Relay       4 x 400mR       20       4 x 400 Metres Mixed Relay       4 x 400mR         22       4 patahlon (Two days)       Hep       7 Events       21       4 x 400 Metres Mixed Relay       4 x 400mR         23       10,000 Metres Race Walk (track)       20,000mRW       20,000m       23       10,000 Metres Race Walk (Road)       10kmRW         25       10 Kilometres Cross-Country       SW       10km       2       6 Kilometres Cross-Country       100 Metres         2       200 Metres       100m       2       3000 Metres       3000m       2       300 Metres       3000m         4       100 Metres       100mH       0.762m.       1       100 Metres Race Walk (track)       3000m         5       10 Metres Hurdles       100mH <t< td=""><td>1.000kg</td></t<>	1.000kg				
18       Javelin Throw       JT       600g         19       4 x 100 Metres Relay       4 x 100mR         20       4 x 400 Metres Relay       4 x 400mR         21       4 x 400 Metres Relay       4 x 400mR         21       4 x 400 Metres Mixed Relay       4 x 400mR         21       4 x 400 Metres Mixed Relay       4 x 400mR         21       4 x 400 Metres Relay       4 x 400mR         22       Heptathlon (Two days)       Hep       7 Events         23       20.000 Metres Race Walk (track)       20.000mRW       20.000mRW         24       20 Kilometres Race Walk (track)       20.000mRW       23         25       10 Kilometres Cross-Country       SW       10km         2       200 Metres       200m       3       300 Metres         3       400 Metres       400m       0.762m.       1       100 Metres Murdles (8 flight.)         4       800 Metres       2000mSC       0.762m.       3       3000 Metres Race Walk (track)       3000mRW         10       High Jump       HJ       11       Medley Relay       Medley Relay       4         11       Dol Metres Hurdles       400mH       0.762m.       9       10       Shot Put       SP	4.000kg				
194 x 100 Metres Relay4 x 100mR204 x 400 Metres Relay4 x 400mR214 x 400 Metres Ricked Relay4 x 400mMR22Heptathlon (Two days)Hep7 Events2320,000 Metres Race Walk (track)20,000mRW20,000m2410 Kilometres Race Walk (track)20,000mRW20,000mRW2510 Kilometres Cross-CountrySW10km2510 Kilometres Cross-CountrySW10km20200 Metres200 Metres10 Kilometres Race Walk (Road)200 Metres200 Metres200 Metres200 Metres200 Metres3000m3400 Metres100mH4100 Metres3000m4100 Metres3000 Metres3400 Metres3000m4100 Metres100mH7100 Metres100mH63000 Metres3000 Metres92000 Metres2000mSC10High JumpHJ7100 Metres Steeplechase2000mSC10High JumpHJ11Pelc VaultPV12Long JumpLJ13Triple JumpTJ14Shot PutSP15Discus ThrowDT16Hammer ThrowHT17Javelin ThrowJT18Medley R19Heptathlon (Two days)Hep10Javelin ThrowJT11Stot Put205000 Metres Rac	600g				
20         4 x 400 Metres Relay         4 x 400mR           21         4 x 400 Metres Mixed Relay         4 x 400mR           21         4 x 400 Metres Mixed Relay         4 x 400mR           22         Heptathlon (Two days)         Hep         7           23         20,000 Metres Race Walk (track)         20,000mRW         20,000m           24         20 Kilometres Race Walk (track)         20,000mRW         20,000m           25         10 Kilometres Cross-Country         SW         10km           20         10 Kilometres Cross-Country         SW         10km           200 Metres         200m         3         800 Metres         100m           2         200 Metres         200m         3         800 Metres         300m           3         400 Metres         400mH         0.762m.         1         100 Metres Hurdles         2000m           4         Stor Put         SP         3         3000 Metres         SP         1           11         Pole Vault         PV         11         Medley Relay         MedleyR         1           12         Long Jump         HJ         1         100 Metres         SP         1           10         SP         <					
21       4 x 400 Metres Mixed Relay       4 x 400mMR         22       Heptathlon (Two days)       Hep       7 Events         23       20,000 Metres Race Walk (track)       20,000mRW       20,000m         24       20 Kilometres Race Walk (Road)       20 kmRW       20,000         25       10 Kilometres Race Walk (Road)       20 kmRW       20,000         24       20 Kilometres Cross-Country       SW       10 km         25       10 Kilometres Cross-Country       SW       10 km         2       200 Metres       200m       24         3       400 Metres       200m       2       3 800 Metres       300m         4       800 Metres       800m       4       2000 Metres       300m         5       1500 Metres       100mH       0.762m.       8       Shot Put       SP         8       400 Metres Steeplechase       2000mSC       0.762m.       9       Discus Throw       DT         11       Pole Vault       PV       11       Medley Relay       MedleyR       12         12       Long Jump       LJ       10       Iavelin Throw       JT       500g         14       Stot Put       SP       3.000kg       14					
22Heptathlon (Two days)Hep7 Events2320,000 Meres Race Walk (track)20,000mRW20,000mRW2420 Kilometres Race Walk (coad)20kmRW20km2510 Kilometres Cross-CountrySW10 Kilometres Race Walk (Road)10 kmRW2510 Kilometres Cross-CountrySW10 Kilometres Cross-CountryJWU18 WOMEN1100 Metres200m2200 Metres200m3400 Metres400m4800 Metres800m51500 Metres3000m51500 Metres3000m63000 Metres3000m7100 Metres Hurdles100mH92000 Metres Steeplechase2000mSC00.762m.911Pole VaultPV12Long JumpHJ13Triple JumpHJ14Shot PutSP15Discus ThrowDT16Hammer ThrowJT17Javelin ThrowJT18Medley Relay19Heptathlon (Two days)Hep19Heptathlon (Trok days)Hep205000 Metres Race Walk (Track)5000mRW124 Kilometres Cross-CountryJG4144 Kilometres Cross-CountryJB215Discus ThrowDT16Hammer ThrowJT205000 Metres Race Walk (Track)5000mRW214 Kilometres Cross-CountryJG4<					
23         20,000 Metres Race Walk (track)         20,000mRW         20,000mRW         2000m           24         20 Kilometres Race Walk (Road)         20kmRW         20km         23         10,000 Metres Race Walk (track)         10,000mRW         1           25         10 Kilometres Race Walk (Road)         20kmRW         20km         24         10 Kilometres Race Walk (track)         10,000mRW         1           25         10 Kilometres Cross-Country         SW         10km         24         10 Kilometres Race Walk (track)         10,000mRW         1           25         6 Kilometres Cross-Country         JW         25         6 Kilometres Race Walk (track)         10,000mRW         1           2         200 Metres         2000m         2         300 Metres         3000m         3         300 Metres         800m         3         800 Metres         2000m         5         80 Metres         400m         6         High Jump         HJ         1         1         1         1         1         1         1         1         1         1         1         1	7 Events				
24         20 Kilometres Race Walk (Road)         20kmRW         20km           25         10 Kilometres Cross-Country         SW         10km         25         6 Kilometres Race Walk (Road)         10kmRW           25         10 Kilometres Cross-Country         SW         10km         25         6 Kilometres Race Walk (Road)         10kmRW           25         10 Kilometres Cross-Country         SW         10km         25         6 Kilometres Race Walk (Road)         10kmRW           2         200 Metres         200m         3         400 Metres         300m         2         300 Metres         300m           4         800 Metres         800m         4         2000 Metres         2000m         5         80 Metres         800m           4         400 Metres         100mH         0.762m.         1         Long Jump         HJ         7           7         100 Metres Hurdles         400mH         0.762m.         9         Discus Throw         DT         10           10         High Jump         HJ         7         I         Medley R         12         Hexathon (Two Days)         Hex         S           13         Triple Jump         T         3         3000 Metres Race Walk (track)	10,000m.				
25         10 Kilometres Cross-Country         SW         10km         25         6 Kilometres Cross-Country         JW           1         100 Metres         100m         1         100 Metres         100m         2         200 Metres         200m         3         800 Metres         100m         2         300 Metres         300m         3         800 Metres         300m         3         800 Metres         800m         3         800 Metres         800m         4         2000 Metres         3000m         4         2000 Metres         3000m         4         2000 Metres         2000m         4         2000 Metres         2000m         4         2000 Metres         2000m         5         800 Metres         2000m         5         800 Metres         2000m         5         800 Metres         2000m         5         9         2000 Metres         2000m         4         2000 Metres         2000m         5         9         2000 Metres         2000m         5         9         2000 Metres         2000m         5         8         10         10         14         10         10         10         10         10         10         10         10         10         10         10         10         10         <	10,000m.				
U18         WOMEN         U16         GIRLS           1         100 Metres         100m         1         100 Metres         100m           2         200 Metres         200m         3         400 Metres         300m           3         400 Metres         400m         3         800 Metres         300m           5         1500 Metres         1500m         5         80 Metres         2000 Metres           6         3000 Metres         100mH         0.762m.         7         Long Jump         HJ           7         100 Metres Hurdles         400mH         0.762m.         8         Shot Put         SP         1           8         400 Metres Hurdles         400mH         0.762m.         9         Discus Throw         DT         1           9         2000 Metres Steeplechase         2000mSC         0.762m.         9         Discus Throw         DT         10           10         High Jump         HJ         10         Javelin Throw         JT         11           11         Pol vault         PV         11         MedleyR         12         Long Jump         LJ         13         3000 Metres Race Walk (track)         3000mRW         14	6km				
2         200 Metres         200m           3         400 Metres         400m           4         800 Metres         800m           5         1500 Metres         1500m           6         3000 Metres         2000mH           7         100 Metres Hurdles         100mH           8         400 Metres         100mH           9         2000 Metres Steeplechase         2000mSC           9         2000 Metres Steeplechase         2000mSC           10         High Jump         HJ           11         Pole Vault         PV           12         Long Jump         LJ           13         3000 Metres Race Walk (track)         3000mRW           14         Shot Put         SP           15         Discus Throw         DT           15         Discus Throw         DT           16         Hammer Throw         JT           17         Javelin Throw         JT           18         Medley Relay         MedleyR           19         Heptathlon (Two days)         Hep           19         Heptathlon (Two days)         Hep           19         Heptathlon (Two days)         Hep	U16 GIRLS				
3         400 Metres         400m           4         800 Metres         800m           5         1500 Metres         1500m           6         3000 Metres         3000m           7         100 Metres Hurdles         100mH           8         400 Metres Steeplechase         100mH           9         2000 Metres Steeplechase         2000mSC           9         2000 Metres Steeplechase         2000mSC           10         High Jump         HJ           11         Pole Vault         PV           12         Long Jump         LJ           13         Triple Jump         TJ           14         Shot Put         SP           15         Discus Throw         DT           16         Hammer Throw         JT           17         Javelin Throw         JT           18         Medley Relay         MedleyR           19         Heptathlon (Two days)         Hep           19         Heptathlon (Two days)         Hep           20         5000 Metres Race Walk (Track)         5000m           21         4 Kilometres Cross-Country         JJ           20         50000 Metres Race Cross-Country <td></td>					
4       800 Metres       800m         5       1500 Metres       1500m         6       3000 Metres       3000m         7       100 Metres Hurdles       100mH         8       400 Metres Hurdles       100mH         9       2000 Metres Steeplechase       2000mSC         0       High Jump       HJ         10       High Jump       HJ         11       Pole Vault       PV         12       Long Jump       LJ         13       Triple Jump       TJ         14       Shot Put       SP         15       Discus Throw       DT         14       Shot Put       SP         15       Discus Throw       DT         16       Hammer Throw       JT         17       Javelin Throw       JT         15       Discus Throw       DT         16       Hammer Throw       JT         17       Javelin Throw       JT         18       Medley Relay       MedleyR         20       5000 Metres Race Walk (Track)       5000mRW         19       Heptathlon (Two days)       Hep         14       Kilometres Cross-Country       <					
5       1500 Metres       1500m         6       3000 Metres       3000m         7       100 Metres Hurdles       100mH       0.762m.         8       400 Metres Hurdles       400mH       0.762m.         9       2000 Metres Steeplechase       2000mSC       0.762m.         9       2000 Metres Steeplechase       2000mSC       0.762m.         10       High Jump       HJ       8         11       Pole Vault       PV       10         12       Long Jump       LJ       10         13       Triple Jump       TJ       11         14       Shot Put       SP       3.000kg         15       Discus Throw       DT       1.000kg         16       Hammer Throw       HT       3.000kg         17       Javelin Throw       JT       500g         18       Medley Relay       MedleyR         19       Heptathlon (Two days)       Hep         21       4 Kilometres Cross-Country       JG4         4       Long Jump       LJ         5       Shot Put       SP         19       Heptathlon (Two days)       Hep         21       4 Kilometres Cro					
6       3000 Metres       3000m       6       High Jump       HJ         7       100 Metres Hurdles       100mH       0.762m.       7       Long Jump       LJ         9       2000 Metres Steeplechase       2000mSC       0.762m.       8       Shot Put       SP       SNot Put       SNot Put <td< td=""><td></td></td<>					
7       100 Metres Hurdles       100mH       0.762m.         8       400 Metres Hurdles       400mH       0.762m.         9       2000 Metres Steeplechase       2000mSC       0.762m.         10       High Jump       HJ       8         11       Pole Vault       PV       9         12       Long Jump       LJ       10         13       Triple Jump       TJ       11         14       Shot Put       SP       3.000kg         15       Discus Throw       DT       1.000kg         16       Hammer Throw       DT       1.000kg         17       Javelin Throw       JB2       V         14       Shot Put       SP       3.000kg         15       Discus Throw       DT       1.000kg         16       Hammer Throw       JT       500g         18       Medley Relay       MedleyR       2       600 Metres       600m.         19       Heptathlon (Two days)       Hep       7 Events       3       16 Hampter Cross-Country       JG4       4km         20       5000 Metres Race Walk (Track)       5000mRW       5000m       4       Long Jump       LJ	0.762m				
8       400 Metres Hurdles       400mH       0.762m.         9       2000 Metres Steeplechase       2000mSC       0.762m.         10       High Jump       HJ         11       Pole Vault       PV         12       Long Jump       LJ         13       Triple Jump       TJ         14       Shot Put       SP         15       Discus Throw       DT         16       Hammer Throw       MT         17       Javelin Throw       JT         18       Medley Relay       MedleyR         19       Heptathlon (Two days)       Hep         20       5000 Metres Race Walk (Track)       5000mRW         20       5000 Metres Race Walk (Track)       5000mRW         21       4 Kilometres Cross-Country       JG4					
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11Pole VaultPV12Long JumpLJ13Triple JumpTJ14Shot PutSP15Discus ThrowDT16Hammer ThrowHT17Javelin ThrowJT18Medley RelayMedley R19Heptathlon (Two days)Hep205000 Metres Race Walk (Track)5000mRW205000 Metres Race Walk (Track)5000mRW214 Kilometres Cross-CountryJG44Long JumpLJ5Shot PutSP6Ball ThrowBT	1.000kg				
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14Shot PutSP3.000kg142 Kilometres Cross-CountryJB215Discus ThrowDT1.000kg16Hammer ThrowHT3.000kgU14GIRLS17Javelin ThrowJT500g160 Metres60m18Medley RelayMedleyR2600 Metres600m.19Heptathlon (Two days)Hep7 Events3High JumpHJ205000 Metres Race Walk (Track)5000mRW5000m4Long JumpLJ214 Kilometres Cross-CountryJG44km5Shot PutSP16Ball ThrowBT11	Six Events				
15Discus ThrowDT1.000kg16Hammer ThrowHT3.000kg17Javelin ThrowJT500g18Medley RelayMedleyR219Heptathlon (Two days)Hep7 Events205000 Metres Race Walk (Track)5000mRW5000m214 Kilometres Cross-CountryJG44km5Shot PutSP6Ball ThrowBT	3000m				
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17Javelin ThrowJT500g160 Metres60m18Medley RelayMedley R2600 Metres600m.19Heptathlon (Two days)Hep7 Events3High JumpHJ205000 Metres Race Walk (Track)5000m RW5000m4Long JumpLJ214 Kilometres Cross-CountryJG44km5Shot PutSP16Ball ThrowBT1					
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19Heptathlon (Two days)Hep7 Events3High JumpHJ205000 Metres Race Walk (Track)5000mRW5000m4Long JumpLJ214 Kilometres Cross-CountryJG44km5Shot PutSP46Ball ThrowBT1					
205000 Metres Race Walk (Track)5000mRW5000m4Long JumpLJ214 Kilometres Cross-CountryJG44km5Shot PutSP16Ball ThrowBT1					
21     4 Kilometres Cross-Country     JG4     4km     5     Shot Put     SP     5       6     Ball Throw     BT     15					
6 Ball Throw BT 1:	2.000kg				
	159g.± 4g.				
HEXAT HLON (U16 Girls) 7 Triathlon (One Day) Tri Th	Three Event				
DAY "1": 100m Hurdles, Long Jump & Shot Put. HEPT AT H LO N (W om en, U 23 W om en & U20 W om en					
DAY "2": High Jump, Javelin Throw & 800m.     HEPT AT H LO N ( U 18 W om en)					
Image: Superson of the second seco					
ONE DAY: 60m, Long Jump & Ball Throw.     DAY ''2": Long Jump, Javelin Throw & 800m.					

## 18th NATIONAL INTER DISTRICT JUNIOR ATHLETICS MEET 2021

	U16 BOYS				U16 GIRLS		
Sl.No.	EVENTS	Abbreviations	Specification	Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m		1	100 Metres	100m	
2	300 Metres	300m		2	300 Metres	300m	
3	1000 Metres	1000m		3	1000 Metres	1000m	
4	80 Metres Hurdles (7 flight) *	80mH	0.838m.	4	80 Metres Hurdles (8 flight) *	80mH	0.762m.
5	High Jump	HJ		5	High Jump	HJ	
6	Long Jump	LJ		6	Long Jump	LJ	
7	Shot Put	SP	4.000kg	7	Shot Put	SP	3.000kg
8	Discus Throw	DT	1.250kg	8	Discus Throw	DT	1.000kg
9	Javelin Throw	JT	600g	9	Javelin Throw	JT	500g

U14 BOYS				U14 GIRLS			
1	60 Metres	60m		1	60 Metres	60m	
2	600 Metres	600m		2	600 Metres	600m	
3	High Jump (Scissor)	HJ		3	High Jump (Scissor)	HJ	
4	Long Jump	LJ		4	Long Jump	LJ	
5	Shot Put	SP	3.000kg	5	Shot Put	SP	2.000kg
6	Ball Throw	BT	159g. ± 4g.	6	Ball Throw	BT	159g. ± 4g.

	*~* RULES *~*				
<b>U16 BOYS * U16 GIRLS</b>					
*	BOYS - 80 m. Hurdles - 7 Flights * Height - 0.838m. * 13.5m / 8.6m / 14.9m				
*	GIRLS - 80 m. Hurdles - 8 Flights * Height - 0.762m. * 12m / 8m / 12m				
U14 BOYS * U14 GIRLS					
1	Boys & Girls - High Jump shall be on Scissor pattern.				
2	Boys & Girls - Ball Throw-Sector - Javelin * Specification - Leather or Synthetic Ball of 159g.±4g. & 0.23m circumferenc				