

ATHLETICS FEDERATION OF INDIA

LIST of EVENTS * MEN & BOYS *

MEN & U23 MEN				U20 MEN			
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
18	Javelin Throw	JT	800g	18	Javelin Throw	JT	800g
19	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			
Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m	
2	200 Metres	200m	
3	400 Metres	400m	
4	800 Metres	800m	
5	1500 Metres	1500m	
6	3000 Metres	3000m	
7	110 Metres Hurdles	110mH	0.914m
8	400 Metres Hurdles	400mH	0.838m
9	2000 Metres Steeplechase	2000mSC	0.838m
10	High Jump	HJ	
11	Pole Vault	PV	
12	Long Jump	LJ	
13	Triple Jump	TJ	
14	Shot Put	SP	5.000kg
15	Discus Throw	DT	1.500kg
16	Hammer Throw	HT	5.000kg
17	Javelin Throw	JT	700g
18	Medley Relay	MedleyR	
19	Decathlon (Two Days)	Dec	10 events
20	10000 Metres Race Walk (Track)	10,000mRW	10,000m
21	6 Kilometres Cross-Country	JB6	6km

DECATHLON (MEN , U 23 Men, U20 Men & U18 Men)

DAY "1": 100m, Long Jump, Shot Put, High Jump & 400m.

DAY "2": 110mH, Discus Throw, Pole Vault, Javelin Throw & 1500m.

TRIATHLON (U 14 Boys)

ONE DAY: 60m, Long Jump & Ball Throw.

U16 BOYS			
Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m	
2	300 Metres	300m	
3	800 Metres	800m	
4	2000 Metres	2000m	
5	80 Metres Hurdles (7 flight.)	80mH	0.838m
6	High Jump	HJ	
7	Long Jump	LJ	
8	Shot Put	SP	4.000kg
9	Discus Throw	DT	1.250kg
10	Hammer Throw	HT	4.000kg
11	Javelin Throw	JT	600g
12	Medley Relay	MedleyR	
13	Hexathlon (Two Days)	Hex	Six Events
14	5000 Metres Race Walk (Track)	5000mRW	5000m
15	2 Kilometres Cross-Country	JB2	2km

U14 BOYS

Sl.No.	EVENTS	Abbreviations	Specification
1	60 Metres	60m	
2	600 Metres	600m	
3	High Jump	HJ	
4	Long Jump	LJ	
5	Shot Put	SP	3.000kg
6	Ball Throw	BT	159g.± 4g.
7	Triathlon (One Day)	Tri	Three Event

HEXATHLON (U 16 Boys)

DAY "1": 100m, Long Jump & Shot Put.

DAY "2": High Jump, Javelin Throw & 1000m.

LIST of EVENTS * WOMEN & GIRLS * Year 2021 (With Abbreviations)

WOMEN & U 23WOMEN

Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m	
2	200 Metres	200m	
3	400 Metres	400m	
4	800 Metres	800m	
5	1500 Metres	1500m	
6	5000 Metres	5000m	
7	10,000 Metres	10,000m	
8	100 Metres Hurdles	100mH	0.838m.
9	400 Metres Hurdles	400mH	0.762m.
10	3000 Metres Steeplechase	3000mSC	0.762m.
11	High Jump	HJ	
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	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 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)	20kmRW	20km
25	10 Kilometres Cross-Country	SW	10km

U20 WOMEN

Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m	
2	200 Metres	200m	
3	400 Metres	400m	
4	800 Metres	800m	
5	1500 Metres	1500m	
6	3000 Metres	3000m	
7	5000 Metres	5000m	
8	100 Metres Hurdles	100mH	0.838m.
9	400 Metres Hurdles	400mH	0.762m.
10	3000 Metres Steeplechase	3000mSC	0.762m.
11	High Jump	HJ	
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	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 Mixed Relay	4 x 400mMR	
22	Heptathlon (Two days)	Hep	7 Events
23	10,000 Metres Race Walk (track)	10,000mRW	10,000m.
24	10 Kilometres Race Walk (Road)	10kmRW	10km
25	6 Kilometres Cross-Country	JW	6km

U18 WOMEN

Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m	
2	200 Metres	200m	
3	400 Metres	400m	
4	800 Metres	800m	
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.
10	High Jump	HJ	
11	Pole Vault	PV	
12	Long Jump	LJ	
13	Triple Jump	TJ	
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	7 Events
20	5000 Metres Race Walk (Track)	5000mRW	5000m
21	4 Kilometres Cross-Country	JG4	4km

U16 GIRLS

Sl.No.	EVENTS	Abbreviations	Specification
1	100 Metres	100m	
2	300 Metres	300m	
3	800 Metres	800m	
4	2000 Metres	2000m	
5	80 Metres Hurdles (8 flight.)	80mH	0.762m
6	High Jump	HJ	
7	Long Jump	LJ	
8	Shot Put	SP	3.000kg
9	Discus Throw	DT	1.000kg
10	Javelin Throw	JT	500g
11	Medley Relay	MedleyR	
12	Hexathlon (Two Days)	Hex	Six Events
13	3000 Metres Race Walk (track)	3000mRW	3000m
14	2 Kilometres Cross-Country	JB2	2km

U14 GIRLS

Sl.No.	EVENTS	Abbreviations	Specification
1	60 Metres	60m	
2	600 Metres	600m.	
3	High Jump	HJ	
4	Long Jump	LJ	
5	Shot Put	SP	2.000kg
6	Ball Throw	BT	159g.± 4g.
7	Triathlon (One Day)	Tri	Three Event

HEXATHLON (U 16 Gir ls)

DAY "1": 100m Hurdles, Long Jump & Shot Put.

DAY "2": High Jump, Javelin Throw & 800m.

TRIATHLON (U 14 Gir ls)

ONE DAY: 60m, Long Jump & Ball Throw.

HEPTATHLON (W om en, U 23 W om en & U20 W om en) ,

HEPTATHLON (U 18 W om en)

DAY "1": 100m Hurdles, High Jump, Shot Put & 200m.

DAY "2": Long Jump, Javelin Throw & 800m.

18th NATIONAL INTER DISTRICT JUNIOR ATHLETICS MEET 2021

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

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

U14 BOYS			
Sl.No.	EVENTS	Abbreviations	Specification
1	60 Metres	60m	
2	600 Metres	600m	
3	High Jump (Scissor)	HJ	
4	Long Jump	LJ	
5	Shot Put	SP	
6	Ball Throw	BT	159g. ± 4g.

U14 GIRLS			
Sl.No.	EVENTS	Abbreviations	Specification
1	60 Metres	60m	
2	600 Metres	600m	
3	High Jump (Scissor)	HJ	
4	Long Jump	LJ	
5	Shot Put	SP	
6	Ball Throw	BT	159g. ± 4g.

~* RULES *~

U16 BOYS * U16 GIRLS

*	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