

KERALA STATE ATHLETICS ASSOCIATION

LIST OF EVENTS FOR DIFFERENT CATEGORIES - 2014

Men	Junior Men Under 20 yrs	Youth Boys Under 18 yrs	Boys Under 16 yrs	Boys Under 14 yrs
100m	100m	100m	100m	100m
200m	200m	200m	200m	600m
400m	400m	400m	400m	Long Jump
800m	800m	800m	1000m	High Jump
1500m	1500m	1500m	2000m	Shot Put (4.00 kg)
5000m	5000m	3000m	100m Hurdles (91.4cm)	Triathlon (One day)
10000m	10000m	110m Hurdles (91.4cm)	5000m Race Walking	100m, L J and S P
110m Hurdles (106.7cm)	110m Hurdles (99.0cm)	400m Hurdles (84.0cm)	Long Jump	
400m Hurdles (91.4cm)	400m Hurdles (91.4cm)	2000m Steeple Chase (84.0cm)	High Jump	Boys Under 12 yrs
3000m Steeple Chase (91.4cm)	3000m Steeple Chase (91.4cm)	10000m Race Walking	Shot Put (5.00 kg)	50m
20000m Race Walking	10000m Race Walking	Long Jump	Discus Throw (1.5 kg)	100m
50000m Race Walking	Long Jump	Triple Jump	Javelin Throw (700 grms)	600m
Long Jump	Triple Jump	High Jump	Hammer Throw (5.00 kg)	Long Jump
Triple Jump	High Jump	Pole Vault	Pentathlon (2 days)	High Jump
High Jump	Pole Vault	Shot Put (5.00 kg)	<i>Day 1 - 100m, H J and S P</i>	Shot Put (3 kg)
Pole Vault	Shot Put (6.00 kg)	Discus Throw (1.5kg)	<i>Day 2 - L J and 800m</i>	4x100m Relay
Shot Put (7.26 kg)	Discus Throw (1.75kg)	Javelin Throw (700 grms)	Medley Relay	
Discus Throw (2 kg)	Javelin Throw (800 grms)	Hammer Throw (5.00 kg)		Boys Under 10 yrs
Javelin Throw (800 grms)	Hammer Throw (6.00 kg)	<i>Decathlon (2 days)</i>	NATIONAL INTER DISTRICT	50m
Hammer Throw (7.26 kg)	<i>Decathlon (2 days)</i>	<i>Day 1- 100m, L J, S P, H J and 400m</i>	Boys Under 16 yrs	100m
<i>Decathlon (2 days)</i>	<i>Day 1 - 100m, L J, S P, H J and 400m</i>	<i>Day 2 - 110m H, D T, P V, J T and 1500m</i>	100m	600m
<i>Day 1 - 100m, L J, S P, H J and 400m</i>	<i>Day 2 - 110m H, D T, P V, J T and 1500m</i>	Medley Relay	200m	Lonh Jump
<i>Day 2 - 110m H, D T, P V, J T and 1500m</i>	4x100m Relay	Cross Country (6 km)	400m	High Jump
4x100m Relay	4x400m Relay		1000m	Shot Put (3 kg)
4x400m Relay	Cross Country (8 km)		100m Hurdles (91.4cm)	4x100m Relay
Cross Country (12 km)			Long Jump	NATIONAL INTER DISTRICT
			High Jump	Boys Under 14 yrs
			Shot Put (5.00 kg)	100m
			Discus Throw (1.5 kg)	600m
			Javelin Throw (700 grms)	Long Jump
				High Jump
				Shot Put (4.00 kg)

Women
100m
200m
400m
800m
1500m
5000m
10000m
100m Hurdles (84.0 cm)
400m Hurdles (76.2 cm)
3000m Steeple Chase (76.2 cm)
20000m Race Walking
Long Jump
Triple Jump
High Jump
Pole Vault
Shot Put (4.00 kg)
Discus Throw (1.00 kg)
Javelin Throw (600 grms)
Hammer Throw (4.00 kg)
Heptathlon (2 days)
<i>Day 1- 100m H, H J, S P and 200m</i>
<i>Day 2 - L J, J T and 800m</i>
4x100m Relay
4x400m Relay
Cross Country (8 km)

Junior Women Under 20 yrs
100m
200m
400m
800m
1500m
3000m
5000m
100m Hurdles (84.0 cm)
400m Hurdles (76.2 cm)
2000m Steeple Chase (76.2 cm)
10000m Race Walking
Long Jump
Triple Jump
High Jump
Pole Vault
Shot Put (4.00 kg)
Discus Throw (1 kg)
Javelin Throw (600 grms)
Hammer Throw (4.00 kg)
Heptathlon (2 days)
<i>Day 1- 100m H, H J, S P and 200m</i>
<i>Day 2 - L J, J T and 800m</i>
4x100m Relay
4x400m Relay
Cross Country (6 km)

YouthGirls Under 18 yrs
100m
200m
400m
800m
1500m
3000m
100m Hurdles (76.2 cm)
400m Hurdles (76.2 cm)
2000m Steeple Chase (76.2 cm)
5000m Race Walking
Long Jump
Triple Jump
High Jump
Pole Vault
Shot Put (3.00 kg)
Discus Throw (1.00 kg)
Javelin Throw (600 grms)
Hammer Throw (3.00 kg)
Heptathlon (2 days)
<i>Day 1- 100m H, H J, S P and 200m</i>
<i>Day 2 - L J, J T and 800m</i>
Medley Relay
Cross Country (4 km)

Girls Under 16 yrs
100m
200m
400m
1000m
2000m
100m Hurdles (72.2cm)
3000m Race Walking
Long Jump
High Jump
Shot Put (3.00 kg)
Discus Throw (1.00 kg)
Javelin Throw (500 grms)
Hammer Throw (3.00 kg)
Pentathlon (2 days)
<i>Day 1 - 100m, H J and S P</i>
<i>Day 2 - L J and 800m</i>
Medley Relay

Girls Under 14 yrs
100m
600m
Long Jump
High Jump
Shot Put (3.00 kg)
Triathlon (One day)
<i>100m, L J and S P</i>

Girls Under 12 yrs
50m
100m
600m
Long Jump
High Jump
Shot Put (3 kg)
4x100m Relay

NATIONAL INTER DISTRICT
Girls Under 16 yrs
100m
200m
400m
1000m
100m Hurdles (72.2cm)
Long Jump
High Jump
Shot Put (3.00 kg)
Discus Throw (1.00 kg)
Javelin Throw (500 grms)

Girls Under 10 yrs
50m
100m
600m
Lonh Jump
High Jump
Shot Put (3 kg)
4x100m Relay

NATIONAL INTER DISTRICT
Girls Under 14 yrs
100m
600m
Long Jump
High Jump
Shot Put (3.00 kg)