

KERALA STATE ATHLETICS ASSOCIATION

Women	Junior Women Under 20	Youth Girls Under 18	Girls Under 16	Girls Under 14
100m	100m	100m	100m	100m
200m	200m	200m	200m	600m
400m	400m	400m	400m	Long Jump
800m	800m	800m	800m	High Jump
1500m	1500m	1500m	2000m	Shot Put (3 Kg)
5000m	3000m	3000m	100mH (76.2 cm)	Triathlon
10000m	5000m		3000m RW	One Day 100m, LJ, SP (4Kg)
100mH (84.0 cm)	100mH (84.0 cm)	100mH (76.2 cm)	Long Jump	4x100m Relay *
400mH (76.2 cm)	400mH (76.2 cm)	400mH (76.2 cm)	High Jump	* State Level
3000m SC (76.2cm)	2000m SC (76.2cm)	2000m SC (76.2cm)	Shot Put (3 Kg)	NIDJAM Girls U-14
20000m RW	10000m RW	5000m RW	Discus Throw (1 Kg)	100m
Long Jump	Long Jump	Long Jump	Javelin Throw (500gm)	600m
Triple Jump	Triple Jump	Triple Jump	Pentathlon (2 Days)	Long Jump
High Jump	High Jump	High Jump	Day 1- 100mH, HJ and SP	High Jump
Pole Vault	Pole Vault	Pole Vault	Day 2-LJ and 800m	Shot Put (3 Kg)
Shot Put (4 Kg)	Shot Put (4 Kg)	Shot Put (3 Kg)	Medley Relay	
Discus Throw (1 Kg)	Discus Throw (1 Kg)	Discus Throw (1 Kg)	NIDJAM Girls U-16	
Javelin Throw (600gm)	Javelin Throw (600gm)	Javelin Throw (500gm)	100m	
Hammer Throw (4 Kg)	Hammer Throw (4 Kg)	Hammer Throw (3 Kg)	200m	
Heptathlon (2 Days)	Heptathlon (2 Days)	Heptathlon (2 Days)	400m	
Day 1- 100mH, HJ, SP and 200m	Day 1- 100mH, HJ, SP and 200m	Day 1- 100mH, HJ, SP & 200m	1000m	
Day 2-LJ, JT and 800m	Day 2-LJ, JT and 800m	Day 2-LJ, JT and 800m	100mH (76.2 cm)	
4x100m Relay	4x100m Relay	Medley Relay	Long Jump	
4x400m Relay	4x400m Relay		High Jump	
Cross Country (8 km)	Cross Country (6 km)	Cross Country (4 km)	Shot Put (3 Kg)	
			Javelin Throw (500gm)	
			Discus Throw (1 Kg)	

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Men	Junior Men Under 20	Youth Boys Under 18	Boys Under 16	Boys Under 14
100m	100m	100m	100m	100m
200m	200m	200m	200m	600m
400m	400m	400m	400m	Long Jump
800m	800m	800m	800m	High Jump
1500m	1500m	1500m	2000m	Shot Put (4 Kg)
5000m	5000m	3000m	100mH (91.4 cm)	Triathlon
10000m	10000m	110mH (91.4 cm)	5000m RW	One Day 100m, LJ, SP (4Kg)
110mH (106.7 cm)	110mH (99.0 cm)	400mH (84.0 cm)	Long Jump	4x100m Relay
400mH (91.4 cm)	400mH (91.4 cm)	2000m SC (84.0cm)	High Jump	NIDJAM Boys U-14
3000m SC (91.4 cm)	3000m SC (91.4cm)	10000m RW	Shot Put (5 Kg)	100m
20000m RW	10000m RW	Long Jump	Discus Throw (1.5	600m
Long Jump	Long Jump	Triple Jump	Hammer Throw (5	Long Jump
Triple Jump	Triple Jump	High Jump	Javelin Throw (700gm)	High Jump
High Jump	High Jump	Pole Vault	Pentathlon (2 Days)	Shot Put (3 Kg)
Pole Vault	Pole Vault	Shot Put (5 Kg)	Day 1- 100m, HJ and SP	
Shot Put (7.625 Kg)	Shot Put (6 Kg)	Discus Throw (1.5 Kg)	Day 2-LJ and 800m	
Discus Throw (2 Kg)	Discus Throw (1.75 Kg)	Javelin Throw	Medley Relay	
Javelin Throw (800gm)	Javelin Throw (800gm)	Hammer Throw (5 Kg)	NIDJAM Boys U-16	
Hammer Throw (7.625 Kg)	Hammer Throw (6 Kg)	Decathlon (2 Days)	100m	
Decathlon (2 Days)	Decathlon (2 Days)	Day 1- 100m, LJ, SP, HJ &	200m	
Day 1- 100m, LJ, SP, HJ & 400m	Day 1- 100m, LJ, SP, HJ & 400m	Day 2-110mH,DT, PV,JT & 1500m	400m	
Day 2-110mH,DT, PV,JT & 1500m	Day 2-110mH,DT, PV,JT & 1500m	Medley Relay	1000m	
4x100m Relay	4x100m Relay	Cross Country (6 km)	100mH (91.4 cm)	
4x400m Relay	4x400m Relay		Long Jump	
Cross Country (12 km)	Cross Country (8 km)		High Jump	
			Shot Put (5 Kg)	
			Javelin Throw (700gm)	
			Discus Throw (1.5 Kg)	