

KERALA STATE ATHLETICS ASSOCIATION

List of Events for State Championships

LIST of EVENTS * MEN & BOYS *							
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
				U16 BOYS			
U18 MEN				1	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
10	High Jump	HJ		11	Javelin Throw	JT	600g
11	Pole Vault	PV		12	Medley Relay	MedleyR	
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	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)	10,000mR W	10,000m	4	Long Jump	LJ	
				5	Shot Put	SP	3.000kg
DECATHLON (MEN , U 23 Men, U20 Men & U18 Men)				6	Javelin Throw (Kids' Javelin)	KJ	
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.				<u>HEXATHLON (U 16 Boys)</u>			
<u>TRIATHLON (U 14 Boys)</u>				DAY "1": 100m, Long Jump & Shot Put.			
ONE DAY: 60m, Long Jump & Javelin Throw.				DAY "2": High Jump, Javelin Throw & 1000m.			

LIST of EVENTS * WOMEN & GIRLS *

WOMEN				U20 WOMEN			
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	3000 Metres	3000m	
7	10,000 Metres	10,000m		7	5000 Metres	5000m	
8	100 Metres Hurdles	100mH	0.838m.	8	100 Metres Hurdles	100mH	0.838m.
9	400 Metres Hurdles	400mH	0.762m.	9	400 Metres Hurdles	400mH	0.762m.
10	3000 Metres Steeplechase	3000mSC	0.762m.	10	3000 Metres Steeplechase	3000mSC	0.762m.
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	4.000kg	15	Shot Put	SP	4.000kg
16	Discus Throw	DT	1.000kg	16	Discus Throw	DT	1.000kg

17	Hammer Throw	HT	4.000kg	17	Hammer Throw	HT	4.000kg	
18	Javelin Throw	JT	600g	18	Javelin Throw	JT	600g	
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	Heptathlon (Two days)	Hep	7 Events	22	Heptathlon (Two days)	Hep	7 Events	
23	20,000 Metres Race Walk (track)	20,000mRW	20,000m	23	10,000 Metres Race Walk (track)	10,000mRW	10,000m.	
U18 WOMEN				U16 GIRLS				
1	100 Metres	100m		1	100 Metres	100m		
2	200 Metres	200m		2	300 Metres	300m		
3	400 Metres	400m		3	800 Metres	800m		
4	800 Metres	800m		4	2000 Metres	2000m		
5	1500 Metres	1500m		5	80 Metres Hurdles (8 flight.)	80mH		0.762m
6	3000 Metres	3000m		6	High Jump	HJ		
7	100 Metres Hurdles	100mH	0.762m.	7	Long Jump	LJ		
8	400 Metres Hurdles	400mH	0.762m.	8	Shot Put	SP	3.000kg	
9	2000 Metres Steeplechase	2000mSC	0.762m.	9	Discus Throw	DT	1.000kg	
10	High Jump	HJ		10	Javelin Throw	JT	500g	
11	Pole Vault	PV		11	Medley Relay	Medley R		
12	Long Jump	LJ		12	Hexathlon (Two Days)	Hex	Six Events	
13	Triple Jump	TJ		13	3000 Metres Race Walk (track)	3000mRW	3000m	
14	Shot Put	SP	3.000kg	14				
15	Discus Throw	DT	1.000kg					
16	Hammer Throw	HT	3.000kg	U14 GIRLS				
17	Javelin Throw	JT	500g	1	60 Metres	60m		
18	Medley Relay	MedleyR		2	600 Metres	600m.		
19	Heptathlon (Two days)	Hep	7 Events	3	High Jump	HJ		
20	5000 Metres Race Walk (Track)	5000mRW	5000m	4	Long Jump	LJ		
21				5	Shot Put	SP	2.000kg	
				6	Javelin Throw (Kids' Javelin)	JT		
<u>HEXATHLON (U 16 Girls)</u>				7	Triathlon (One Day)	Tri	Three Event	
DAY "1": 100m Hurdles, Long Jump & Shot Put.				<u>HEPTATHLON (Women, U 23 Women & U20 Women)</u>				
DAY "2": High Jump, Javelin Throw & 800m.				<u>HEPTATHLON (U 18 Women)</u>				
<u>TRIATHLON (U 14 Girls)</u>				DAY "1": 100m Hurdles, High Jump, Shot Put & 200m.				
ONE DAY: 60m, Long Jump & Javelin Throw.				DAY "2": Long Jump, Javelin Throw & 800m.				

**** 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.