



ATHLETICS FEDERATION OF INDIA

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CIRCULAR NO. 19/20

F. No. 4-13/AFI/20

25 February, 2020

All Affiliated State Units – AFI

Subject :- 24th Federation Cup National Senior Athletics Championships 2020

Dear Sir,

I am pleased to inform you that **24th Edition of Federation Cup National Senior Athletics Championships** will be held at **NS-NIS, Patiala** from **10-13 April 2020**. This Championships will give another opportunity to Indian athletes to book their berth for Tokyo Olympics.

Organiser:- AFI in collaboration with Punjab Athletics Association will organise this Championships.

Entry: - The Athletes can visit AFI Website from **11th March to 30th March 2020** and submit ONLINE entry. Entry sent otherwise will not be accepted under any circumstances.

Men – 100m, 200m 400m, 800m, 1500m, 5000m, 10000m, 110mH, 400mH, 3000m SC, Long Jump, High Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Hammer Throw, Javelin Throw, Decathlon

Women -100m, 200m 400m, 800m, 1500m, 5000m, 10000m, 100mH, 400mH, 3000m SC, Long Jump, High Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Hammer Throw, Javelin Throw, Heptathlon.

ELIGIBILITY :-

Athletes who meet the entry standard fixed for 24th Federation Cup National Senior Athletics Championships 2020 by AFI (copy enclosed) are eligible to participate. This performance must have been achieved either in National Championships or State/Board Championships 2019 where electronic system had been used. An athlete can participate in **maximum two events**.

Entry Procedure: - An athlete has to submit the entry “**ONLINE**” on AFI Website www.indianathletics.in The entry fee of **Rs. 1,500/- per event** will have to be deposited **Online** only. No entry will be accepted at the competition venue. BIB Nos. will be issued from 3:00 PM to 7:00 PM a day before the competition at the venue. The last date of the entry is 30th March 2020.

Failure to Participate: - If any athlete fails to participate after sending the entry without any valid reason, he/she may not be allowed to take part in any subsequent event. The entry fee paid is non-refundable. The Federation has the right to reject any entry without assigning any reason. In no case, entry fee will be refunded. Hence, the athletes are advised to send the entry only if he/she has valid document and have achieved the entry standard.

Accommodation/Transport: - Athletes will have to make their own arrangements for transport and accommodation. No other logistics will be provided.

Dope: - Dope Samples will be collected by the officials of National Anti-Doping Agency (NADA).

Victory Ceremony: - Medals to winners of I, II & III place will be awarded soon after the Event is over. The medals winners are, therefore, advised to remain in the stadium till the victory ceremony of their Event.

Merit Certificates:- Merit Certificates will be sent to the concerned units after three months of the conclusion of the Championships. The medal winners are, therefore, advised to collect Merit Certificate (s) from the State they belong to.

Participation Certificates: - Participation Certificates will be issued during the course of the Competition. Participation Certificates will be issued only to those athletes who achieve the qualification standards set by AFI. The exact time for distributions of certificates will be notified. It is, therefore, the responsibility of Athletes to collect the Participation Certificates by depositing the BIB Number with the concerned AFI official. In no case, at a later date, request for Participation Certificate on “**Letter Head**” will be entertained by the Federation.

You are requested to bring it to the notice of your athletes.

Your cooperation in this regard is solicited.

Thanking You
Yours Sincerely



Q.K. VALSON
Secretary, AFI

**ATHLETICS FEDERATION OF INDIA
ENTRY STANDARDS 2020
MEN & WOMEN**

24th Federation Cup National Senior Athletics Championships 2020

MEN			WOMEN		
Events & Specifications		Standards	Events & Specifications		Standards
100m		10.98 s	100m		12.90 s
200m		22.40 s	200m		25.00 s
400m		49.00 s	400m		58.00 s
800m		1:54.00 s	800m		2:17.00 s
1500m		3:56.00 s	1500m		4:55.00 s
5000m		15:00.00 s	5000m		19:00.00 s
10000m		31.20.00 s	10000m		40:00.00 s
110m Hurdles	106.7 cms	15.20 s	100m Hurdles	84.0 cms	15.40 s
400m Hurdles	91.4 cms	55.00 s	400m Hurdles	76.2 cms	1:05.00 s
3000m Steeple Chase	91.4 cms	9:30.00 s	3000m Steeple Chase	76.2 cms	12:30.00 s
Long Jump		7.00 m	Long Jump		5.50 m
Triple Jump		14.90 m	Triple Jump		11.50 m
High Jump		2.00 m	High Jump		1.50 m
Pole Vault		4.25 m	Pole Vault		3.00 m
Shot Put	7.26 kgs	15.50 m	Shot Put	4.00 Kgs	12.50 m
Discus Throw	2.00 kgs	46.50 m	Discus Throw	1.00 Kgs	40.00 m
Hammer Throw	7.26 kgs	55.50 m	Hammer Throw	4.00 Kgs	45.00 m
Javelin Throw	800 gms	66.50 m	Javelin Throw	6000 gms	40.00 m
Decathlon		5500 pts	Heptathlon		4400 pts