



ATHLETICS FEDERATION OF INDIA

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CIRCULAR NO. 15/20

F.No. 10-20/AFI/20

February 19, 2020

All Affiliated Units – AFI

Subject :- Entry Standard for the year 2020

Dear Sir,

The Competition Calendar for the year 2020 of Athletics Federation of India has already been finalized and also put on AFI Website www.indianathletics.in

In this connection, please find enclosed Entry Standards prescribed for all the age group categories and also for Men and Women.

You are requested to adhere to the prescribed entry standard and send entry of eligible athletes only for participation in National Athletics Championships for Juniors and Seniors.

Your cooperation in this regard will definitely help in uplifting the standard of Athletics.

Thanking You
Yours Sincerely

C.K. VALSON
Secretary, AFI



Athletics Federation of India

TECHNICAL COMMITTEE

~ ENTRY STANDARDS ~~ MALE ATHLETES ~~ 2020 *~*

Events & Specifications		GROUPS & STANDARDS				
		MEN	U 20 * MEN	U 18 * BOYS	U 16 * BOYS	U 14 * BOYS
Events	Specifications	OPEN	Below 20 Years	Below 18 Years	Below 16 Years	Below 14 Years
100m .		11.00s.	11.60s.	11.80s.	12.00s.	13.00s.
200m.		22.00s.	23.40s.	24.00s.	24.50s.	
400m.		49.00s.	51.50s.	52.50s.	53.50s.	
600m.						1:50.00s.
800m.		1:54.00s.	2:00.00s.	2:03.00s.	2:08.00s.	
1500m.		3:58.00s.	4:10.00s.	4:25.00s.		
2000m.					6:25.00s.	
3000m.				9:30.00s.		
5000m.		15:10.00s.	15:55.00s.			
10,000m.		32:50.00s.	34:00.00s.			
100m. Hurdles	0.914m				16.00s.	
110m. Hurdles	0.914m			16.00s.		
110m. Hurdles	0.991m		15.80s.			
110m. Hurdles	1.067m.	15.20s.				
400m. Hurdles	0.838m			1:00.00s.		
400m. Hurdles	0.914m	55.00s.	58.50s.			
2000m. Steeplechase	0.838m.			7:00.00s.		
3000m. Steeplechase	0.914m.	9:30.00s.	11:50.00s.			
High Jump		1.90m.	1.80m.	1.70m.	1.55m.	1.40m.
Pole Vault		4.20m.	3.50m.	3.40m.		
Long Jump		7.00m.	6.50m.	6.25m.	5.50m.	5.20m.
Triple Jump		14.50m.	13.50m.	12.80m.		
Shot Put	4.000kg.					10.00m.
Shot Put	5.000kg.			13.50m.	11.50m.	

Shot Put	6.000kg.		14.00m.				
Shot Put	7.260kg.	15.00m.					
Discus Throw	1.500kg.			42.00m.	38.00m.		
Discus Throw	1.750kg.		40.00m.				
Discus Throw	2.000kg.	45.00m.					
Hammer Throw	5.000kg.			45.00m.	40.00m.		
Hammer Throw	6.000kg.		48.00m.				
Hammer Throw	7.260kg.	54.00m.					
Javelin Throw	700g.			53.00m.	40.00m.		
Javelin Throw	800g.	68.00m.	55.00m.				
Medley Relay				2:00.00s.	2:10.00s.		
4 x 100m. Relay Race		42.50s.	46.00s.				
4 x 400m. Relay Race		3:12.00s.	3:30.00s.				
Triathlon (One Day)						*	
Pentathlon (Two Days)					*		
Decathlon		5000pts.	4000pts.	3500pts.			
5000m. Race Walking (Track)					31:00.0s.		
10000m. Race Walking (Track)			52.00.0s.	56.00.0s.			
20000m. Race Walking (Track)		1::40.00s.					
20 km. Race Walking (Road)		1::40.00s.					
50 km. Race Walking (Road)		*					
		* - No restriction of qualifying standards.					

C. K. Valson

Hony Secretary - AFI

17th February 2020



Athletics Federation of India

TECHNICAL COMMITTEE

~ ENTRY STANDARDS ~~ FEMALE ATHLETES ~~ 2020 *~*

Events & Specifications		GROUPS & STANDARDS				
		WOMEN	U 20 * WOMEN	U 18 * GIRLS	U 16 * GIRLS	U 14 * GIRLS
Events	Specifications	OPEN	Below 20 Years	Below 18 Years	Below 16 Years	Below 14 Years
100m .		12.50s.	13.00s.	13.50s.	14.00s.	15.00s.
200m.		25.00s.	27.00s.	27.50s.	28.50s.	
400m.		57.00s.	1:00.00s.	1:05.00s.	1:10.00s.	
600m.						1:55.00s.
800m.		2:20.00s.	2:25.00s.	2:35.00s.	2:40.00s.	
1500m.		4:35.00s.	5:00.00s.	5:30.00s.		
2000m.					8:00.00s.	
3000m.			12:00.00s.	12:30.00s.		
5000m.		17:50.00s.	20:00.00s.			
10,000m.		37:50.00s.				
100m. Hurdles	0.762m			17.00s.	17.80s.	
100m. Hurdles	0.838m.	15.30s.	17.00s.			
400m. Hurdles	0.762m.	1:04.50s.	1:10.00s.	1:15.00s.		
2000m. Steeplechase	0.762m.		12:00.00s.	10:05.00s.		
3000m. Steeplechase	0.762m.	12:50.00s.				
High Jump		1.55m.	1.50m.	1.40m.	1.35m.	1.30m.
Pole Vault		3.10m.	2.60m.	2.50m.		
Long Jump		5.70m.	5.10m.	4.80m.	4.50m.	4.00m.
Triple Jump		11.75m.	11.20m.	10.50m.		
Shot Put	3.000kg			11.00m.	9.50m.	8.00m.
Shot Put	4.000kg	11.75m.	10.00m.			
Discus Throw	1.000kg	38.00m.	32.00m.	30.00m.	28.00m.	
Hammer Throw	3.000kg			35.00m.		
Hammer Throw	4.000kg	40.00m.	35.00m.			

Javelin Throw	500g.			32.00m.	28.00m.	
Javelin Throw	600g.	42.50m.	34.00m.			
Medlay Relay				2:25.00s.	2:30.00s.	
4 x 100m. Relay Race		48.00s.	55.00s.			
4 x 400m. Relaly Race		3:52.00s.	4:10.00s.			
Triathlon (One Day)						*
Pentathlon (Two Days)					*	
Heptathlon		3500pts.	3000pts.	2800pts.		
3000m. Race Walking (Track)					24:00.00s.	
5000m. Race Walking (Track)				35:00.00s.		
10,000m. Race Walking (Track)			1::10:00.0s.			
20,000m. Race Walking (Track)		2::00:00s.				
20km. Race Walking (Road)		2::00:00s.				
* - No restriction of qualifying standards.						

C. K. Valson
Hony Secretary

17th February 2020



ATHLETICS FEDERATION OF INDIA

TECHNICAL COMMITTEE

~* ENTRY STANDARDS ~~ 2020 *~

~* MEN & WOMEN *~

MEN		
Events & Specifications		Standards
100m.		11.00s.
200m.		22.00s.
400m.		49.00s.
800m.		1:54.00s.
1500m.		3:58.00s.
5000m.		15:10.00s.
10,000m.		32:50.00s.
110m. Hurdles	1.067m	15.20s.
400m. Hurdles	0.914m	55.00s.
3000m. Steeplechase	0.914m	9:30.00s.
High Jump		1.90m.
Pole Vault		4.20m.
Long Jump		7.00m.
Triple Jump		14.50m.
Shot Put	7.260kg.	15.00m.
Discus Throw	2.000kg.	45.00m.
Hammer Throw	7.260kg.	54.00m.
Javelin Throw	800g.	68.00m.
4 x 100m. Relay Race		42.50s.
4 x 400m. Relay Race		3:12.00s.
Decathlon		*
20,000m Race Walking (Track)		1::40.00s.
20 km Race Walking		1::40.00s.

WOMEN			
Events & Specifications		Standards	
100m .			12.50s.
200m.			25.00s.
400m.			57.00s.
800m.			2:20.00s.
1500m.			4:35.00s.
5000m.			17:50.00s.
10,000m.			37:50.00s.
100m. Hurdles	0.838m		15.30s.
400m. Hurdles	0.762m		1:04.50s.
3000m Steeplechase	0.762m		12:50.00s.
High Jump			1.55m.
Pole Vault			3.10m.
Long Jump			5.70m.
Triple Jump			11.75m.
Shot Put	4.000kg.		11.75m.
Discus Throw	1.000kg.		38.00m.
Hammer Throw	4.000kg.		40.00m.
Javelin Throw	600g.		42.50m.
4 x 100m Relay Race			48.00s.
4 x 400m Relay Race			3:52.00s.
Heptathlon			*
20,000m Race Walking (Track)			2::00:00s.
20 km Race Walking			2::00:00s.

50 km Race Walking		*
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*- No restriction of qualifying standards

C.K. Valson

Hony Secretary - AFI.

1st January 2020