



ATHLETICS FEDERATION OF INDIA

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20TH NATIONAL FEDERATION CUP U20 ATHLETICS CHAMPIONSHIPS

LIST OF EVENTS & ENTRY STANDARDS

S.No.	Junior Men (Under-20 Boys)	Entry Standard for 20 th Fed Cup Jr AC	World Championship U-20 (Entry Standard)	Junior Women (Under-20 Girls)	Entry Standard for 20 th Fed Cup Jr AC	World Championship U-20 (Entry Standard)
1	100m	10.90s	10.60s	100m	12.75s	11.90s
2	200m	23.00s	21.40s	200m	26.50s	24.40s
3	400m	49.00s	47.60s	400m	58.50s	55.20s
4	800m	1:53.00s	1:51.00s	800m	2:20.00s	2:09.00s
5	1500m	4:00.00s	3:48.50s	1500m	4:50.00s	4:29.00s
6	3000m	9:30.00s	8:15.00s	3000m	11:40.00s	9:32.00s
7	5000m	15:10.00s	14:15.00s	5000m	18:50.00s	16:40.00s
8	3000m SC	10:10.00s	9:08.00s	3000m SC	14:05.00s	10:36.00s
9	110m Hurdles (0.991m)	15.00s	14.20s	100m Hurdles (0.838m)	16.20s	14.20s
10	400m Hurdles (0.914m)	54.00s	53.20s	400m Hurdles (0.762m)	1:07.50s	1:01.00s
11	10,000m Race Walking	50:00.00s	43:50.00s	10,000m Race Walking	1:06:00.00s	50:40.00s
12	High Jump	1.90m	2.15m	High Jump	1.55m	1.81m
13	Pole Vault	3.80m	5.05m	Pole Vault	2.80m	4.05m
14	Long Jump	6.80m	7.55m	Long Jump	5.30m	6.12m
15	Triple Jump	14.50m	15.55m	Triple Jump	11.60m	12.85m
16	Shot Put (6.0 kg)	15.50m	18.20m	Shot Put (4.0 kg)	10.50m	14.50m
17	Discus Throw (1.75 kg)	44.00m	56.50m	Discus Throw (1.0 kg)	35.00m	48.50m
18	Hammer Throw (6.0 kg)	60.00m	68.30m	Hammer Throw (4.0 kg)	38.00m	57.50m
19	Javelin Throw (800g)	65.00m	69.00m	Javelin Throw (600g)	38.50m	50.00m
20	Decathlon	5000pts	7050pts	Heptathlon	3250pts	5300pts