



**LIST OF EVENTS AND ENTRY STANDARDS**  
**61ST NATIONAL INTER STATE SENIOR ATHLETICS CHAMPIONSHIPS 2022**  
**10-14 JUNE CHENNAI, TAMILNADU**

<b>EVENT</b>	<b>MEN ENTRY STANDARD</b>	<b>WOMEN ENTRY STANDARD</b>
<b>100m</b>	10.75s	12.10s
<b>200m</b>	21.75s	24.50s
<b>400m</b>	47.70s	57.00s
<b>800m</b>	1:52.50s	2:08.00s
<b>1500m</b>	3:52.00s	4:30.00s
<b>5000m</b>	14:20.00s	16:50.00s
<b>10000m</b>	30:30.00s	36:00.00s
<b>110m/100m Hurdles</b>	14.40s	14.50s
<b>400m Hurdles</b>	52.00	1:05.00s
<b>3000m SC</b>	9:10.00s	11:00.00s
<b>High Jump</b>	2.05m	1.70m
<b>Pole Vault</b>	4.50m	3.50m
<b>Long Jump</b>	7.35m	5.80m
<b>Triple Jump</b>	15.50m	12.50m
<b>Shot Put</b>	17.00m	13.50m
<b>Discus Throw</b>	52.00m	45.00m
<b>Hammer Throw</b>	60.00m	52.00m
<b>Javelin Throw</b>	73.00m	45.50m
<b>Decathlon / Heptathlon</b>	6000pts.	4500pts.
<b>4x100m Relay</b>	-	-
<b>4x400m Relay</b>	-	-
<b>4x400m Mix Relay</b>	-	-