

ATHLETICS FEDERATION OF INDIA
TECHNICAL COMMITTEE

~ ENTRIES STANDARDS ^ 2011-2012 *~*

~ Junior MEN & BOYS *~*

EVENTS		JUNIOR MEN	BOYS * 18 years	BOYS * 16 years
		<i>Minimum Standards for Entry</i>		
100m.		12.0 s.	12.3 s.	12.6 s.
200m.		25.0 s.	26.0 s.	26.5 s.
400m.		56.0 s.	58.0 s.	1:00.0 s.
800m.		2:12.0 s.	2:16.0 s.	2:25.0 s.
1,500m.		4:28.0 s.	4:48.0 s.	4:50.0 s.
3,000m.				11:00.0 s.
5,000m.		17:05.0 s.	18:50.0 s.	
10,000m.		40:00.0 s.		
100m. Hurdles	91.4 cms.			18.0 s.
110m. Hurdles	91.4 cms.		18.5 s.	
110m. Hurdles	99.0 cms.	17.5 s.		
400m. Hurdles	84.0 cms.		1:10.0 s.	
400m. Hurdles	91.4 cms.	1:08.0 s.		
2,000m. Steeple Chase	84.0 cms.		8:00.0 s.	
3,000m. Steeple Chase	91.4 cms.	12:05.0 s.		
LONG JUMP		6.00 m.	5.75 m.	5.25 m.
TRIPLE JUMP		13.20 m.	13.0 m.	
HIGH JUMP		1.50 m.	1.40 m.	1.35 m.
POLE VAULT		3.30 m.	3.00 m.	
SHOT PUT	5.000 Kgs.		11.50 m.	10.00 m.
SHOT PUT	6.000 Kgs.	12.50 m.		
DISCUS THROW	1.500 Kgs.		32.00 m.	28.0 m.
DISCUS THROW	1.750 Kgs.	35.0 m.		
HAMMER THROW	5.000 Kgs.		35.00 m.	30.0 m.
HAMMER THROW	6.000 Kgs.	42.0 m.		
JAVELIN THROW	700 gms.		45.00 m.	42.0 m.
JAVELIN THROW	800 gms.	52.0 m.		
MEDLAY RELAY			*	*
4x100m. Relay		*		
4x400m. Relay		*		
PENTATHLON				*
OCTATHLON			*	
DECATHLON		*		
5,000m. Race Walking				35:00.0 s.
10,000m. Race Walking		1::00:00.0 s.	1::15:00.0	

* - No restriction of qualifying standards

! - Events are being introduced this year.

RAVINDER CHAUDHRY
OFFG. SECRETARY - AFI