



## U.P. Athletics Association TECHNICAL COMMITTEE

**\*\* ENTRY STANDARDS ~ FEMALE ATHLETES ~ 2017 \*\***

Events & Specifications		GROUPS & STANDARDS				
		WOMEN OPEN	U 20 * WOMEN Below 20 Years	U 18 * GIRLS Below 18 Years	U 16 * GIRLS Below 16 Years	U 14 * GIRLS Below 14 Years
Events	Specifications					
100m .		13.50 m.	13.80 s.	14.50 s.	15.00 s.	15.50 s.
200m.		28.00 m.	30.00 s.	31.00 s.	34.00 s.	
400m.		1:00.00 sd.	1:20.00 s.	1:25.00 s.	1:30.00 s.	
600m.						*
800m.		2:40.00 s.	2:45.00 s.	2:50.00 s.	2:55.00 s.	
1,500m.		5:20.00 s.	6:00.00 s.	5:50.00 s.		
2,000m.					8:50.00 s.	
3,000m.			13:50.00 s.	13:80.00 s.		
5,000m.		20:00.00 s.	25:00.00 s.			
10,000m.		40:00.00 s.				
100m. Hurdles	76.2 cms.			19.50 s.	19.60 s.	
100m. Hurdles	84.0 cms.	18.00 s.	18.50 s.			
400m. Hurdles	76.2 cms.	1:20.00 s.	1:25.00 s.	1:30.00 s.		
2,000m. Steeple Chase	76.2 cms.			10:20.00 s.		
3,000m. Steeple Chase	76.2 cms.	13:50.00 s.	13:80.00 s.			
Long Jump		5.00 m.	4.00 m.	3.90 m.	3.80 m.	*
Triple Jump		10.00 m.	9.50 m.	9.00 m.		
High Jump		1.40 m.	1.30 m.	1.20 m.	1.10 m.	*
Pole Vault		2.80 m.	2.50 m.	2.30 m.		
Shot Put	3.00 Kgs.			8.50 m.	8.20 m.	*
Shot Put	4.00 Kgs.	10.00 m.	8.50 m.			
Discus Throw	1.00 Kg.	30.00 m.	24.00 m.	22.00 m.	20.00 m.	
Hammer Throw	3.00 Kgs.			28.00 m.		
Hammer Throw	4.00 Kgs.	30.00 m.	26.00 m.			
Javelin Throw	500 gms.			24.00 m.	22.00 m.	
Javelin Throw	600 gms.	35.00 m.	24.00 m.			
Medlay Relay				*	*	
4x100m. Relay Race		*	*			
4x400m. Relaly Race		*	*			
Trithlon (One Day)						*
Pentathlon (Two Days)					*	
Heptathlon		*	*	*		
3,000m. Race Walking					28:00.0 s.	
5,000m. Race Walking				40:00.0 s.		
10,000m. Race Walking			1:20:00.0 s.			
20,000m. Race Walking		2:10:00 s.				

\* - No restriction of qualifying standards.

**P.K.Srivastava**  
Hony Secretary

**11th MARCH 2017**

**Dr. Ashok K. Gupta**  
Chairman - Technical Committee