



U. P. Athletics Association TECHNICAL COMMITTEE

ENTRY STANDARDS ~ MALE ATHLETES ~ 2020-2021

Details of EVENTS & Specifications		Groups & Minimum Entry Standards				
EVENTS	Specifications	Men	U20 Men	U18 Men	U16 Boys	U14 Boys
100m		11.00s.	11.10s.	11.80s.	12.20s.	13.00s.
200m		22.20s.	23.50s.	24.00s.	24.50s.	
400m		50.00s.	51.00s.	52.00s.	53.50s.	
600m						2:00.00s.
800m		1:55.00s.	1:58.00s.	2:05.00s.	2:10.00s.	
1500m		3:55.00s.	4:10.00s.	4:25.00s.		
2000m					6:20.00s.	
3000m				9:25.00s.		
5000m		14:50.00s.	15:30.00s.			
10000m		31:50.00s.	33:50.00s.			
100m Hurdles	0.914m.				16.00s.	
110m Hurdles	0.914m.			16.20s.		
110m Hurdles	0.991m.		16.00s.			
110m Hurdles	1.067m.	15.50s.				
400m Hurdles	0.838m.			58.00s.		
400m Hurdles	0.914m.	52.30s.	55.00s.			
2000m Steaplechase	0.838m.			6:55.00s.		
3000m Steaplechase	0.914m.	9:30.00s.	10:30.00s.			
High Jump		1.80m.	1.75m.	1.70m.	1.55m.	1.40m.
Pole Vault		4.20m.	3.60m.	3.50m.		
Long Jump		7.00m.	6.50m.	6.25m.	5.60m.	5.20m.
Triple Jump		15.00m.	14.00m.	13.00m.		
Shot Put	4.000kg.					9.50m.
Shot Put	5.000kg.			13.50m.	12.00m.	
Shot Put	6.000kg.		15.00m.			
Shot Put	7.260kg.	15.50m.				
Dicus Throw	1.5000kg.			40.00m.	38.00m.	
Dicus Throw	1.750kg.		40.00m.			
Dicus Throw	2.000kg.	42.00m.				
Hammer Throw	5.000kg.			45.00m.	40.00m.	
Hammer Throw	6.000kg.		50.00m.			
Hammer Throw	7.260kg.	50.00m.				
Javelin Throw	700g.			50.00m.	35.00m.	
Javelin Throw	800g.	60.00m.	55.00m.			
Medley Relay				*	*	
4 X 100m Relay		*	*			
4 X 400m Relay		*	*			
Triathlon [One day]						*
Pentathlon [Two day]					*	
Decathlon		*	*	*		
5000m Race Walk [Track]					30:00.0s.	
10,000m Race Walk [Track]			1:00:00.0s.	1:00:00.0s.		
20,000m Race Walk [Track]		1:45:00s.				
20km Race Walk [Road]		1:45:00s.				
50km Race Walk [Road]		*				

* - No limitation of standards



U. P. Athletics Association
TECHNICAL COMMITTEE

ENTRY STANDARDS ~ FEMALE ATHLETES ~ 2020-2021

Details of EVENTS & Specifications		Groups & Minimum Entry Standards				
EVENTS	Specifications	Women	U20 Women	U18 Women	U16 Girls	U14 Girls
100m		12.50s.	13.00s.	14.00s.	14.50s.	15.50s.
200m		25.00s.	27.00s.	27.50s.	28.50s.	
400m		58.00s.	1:00.00s.	1:08.00s.	1:10.00s.	
600m						2:00.00s.
800m		2:25.00s.	2:30.00s.	2:40.00s.	2:45.00s.	
1500m		4:40.00s.	5:00.00s.	5:30.00s.		
2000m					8:00.00s.	
3000m			12:00.00s.	12:30.00s.		
5000m		18:00.00s.	19:00.00s.			
10000m		36:00.00s.				
100m Hurdles	0.762m.			17.00s.	17.50s.	
100m Hurdles	0.838m.	16.00s.	17.00s.			
400m Hurdles	0.762m.	1:10.00s.	1:10.50s.	1:20.00s.		
2000m Steaplechase	0.762m.		12:00.00s.	12:50.00s.		
3000m Steaplechase	0.762m.	12:50.00s.				
High Jump		1.50m.	1.45m.	1.35m.	1.30m.	1.20m.
Pole Vault		3.00m.	2.50m.	2.30m.		
Long Jump		5.25m.	5.10m.	4.75m.	4.50m.	4.00m.
Triple Jump		12.00m.	11.00m.	10.00m.		
Shot Put	3.000kg			10.00m.	9.00m.	8.00m.
Shot Put	4.000kg	12.00m.	10.00m.			
Dicus Throw	1.000kg	35.00m.	30.00m.	28.00m.	25.00m.	
Hammer Throw	3.000kg			35.00m.		
Hammer Throw	4.000kg	40.00m.	35.00m.			
Javelin Throw	500g.			30.00m.	28.00m.	
Javelin Throw	600g.	40.00m.	35.00m.			
Medley Relay				*	*	
4 X 100m Relay		*	*			
4 X 400m Relay		*	*			
Triathlon [One day]						*
Pentathlon [Two day]					*	
Heptathlon		*	*	*		
3000m Race Walk [Track]					25:00.00s.	
5000m Race Walk [Track]				34:00.00s.		
10,000m Rac Walk [Track]			1:20:00.0s.			
20,000m Race Walk [Track]		2:00:00s.				
20km Race Walk [Road]		2:00:00s.				

* - No limitation of standards

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P.K.Srivastava
Hony Secretary

1st October 2020