



# ATHLETICS FEDERATION OF INDIA

G-3 & 4, Community Center, C-Block, Naraina Vihar, New Delhi-110028

T: +91 11 40104712 E: [afi@indianathletics.in](mailto:afi@indianathletics.in), [indianathletics@gmail.com](mailto:indianathletics@gmail.com) W : [www.indianathletics.in](http://www.indianathletics.in)

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**LIST OF EVENTS AND ENTRY STANDARDS FOR 26TH FEDERATION CUP SENIOR ATHLETICS COMPETITION 2023, WHICH IS SCHEDULED TO BE HELD FROM 15-18 MAY 2023 AT RANCHI (JHARKHAND).**

**(REVISED ENTRY STANDARD FOR 400 MTR. HURDLES)**

MEN		WOMEN	
EVENT	ENTRY STANDARD	EVENT	ENTRY STANDARD
100m	10.60s	100m	12.10s
200m	21.70s	200m	24.50s
400m	48.50s	400m	55.00s
800m	1:52.00s	800m	2:15.00s
1500m	3:50.00s	1500m	4:30.00s
5000m	14:40.00s	5000m	17:00.00s
10000m	31:30.00s	10000m	35:00.00s
110m Hurdles	14.50s	100m Hurdles	15.00s
<b>400m Hurdles</b>	<b>53.00s</b>	400m Hurdles	1:02.00s
3000m SC	9:10.00s	3000m SC	12:30.00s
High Jump	2.00m	High Jump	1.60m
Pole Vault	4.40m	Pole Vault	3.30m
Long Jump	7.30m	Long Jump	5.85m
Triple Jump	15.30m	Triple Jump	12.50m
Shot Put	16.20m	Shot Put	13.50m
Discus Throw	50.00m	Discus Throw	43.00m
Hammer Throw	60.00m	Hammer Throw	45.00m
Javelin Throw	70.00m	Javelin Throw	46.00m
Decathlon	5500pts.	Heptathlon	4000pts.

*Ravinder Chaudhry*

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Secretary, AFI