



**3rd INDIAN OPEN
THROWS
COMPETITION 2024**

22nd MARCH, 2024 PATIALA, PUNJAB

3rd INDIAN OPEN THROWS COMPETITION 2024

22nd Mar, 2024 Patiala, Punjab

Organised by

Athletics Federation of India

SCHEDULE



3rd Indian Open Throws Competition

Athletics Stadium SAI NS NIS, Patiala on 22.03.2024

Schedule of Events

Morning Session

S.No	Event.No	Time	Event along with Age Category & Specifications	Round
1	101	08:00	Men Hammer Throw U -20 (6.000 kg)	Final 1
2	102	08:50	Men Hammer Throw (7.260 kg)	Final 2
3	103	10:10	Men Javelin Throw U20 (800 g)	Final 3
4	104	10:50	Women Javelin Throw (600 g) & Women Javelin Throw U-20 (600 g)	Final 4 & Final 5
5	105	12:00	Women Discus Throw (1.000 kg) & Women Discus Throw U-20 (1.000 kg)	Final 6 & Final 7

Afternoon Session

6	106	13:20	Men Discus Throw (2.000 kg)	Final 8
7	107	14:00	Men Shotput (6.000 kg) U20	Final 9
8	108	14:50	Women Shot Put (4.000kg) & Women Shot Put U-20 (4.000kg)	Final 10 & Final 11
9	109	15:00	Men Discus Throw Under 20 (1.750 kg)	Final 12
10	110	15:10	Victory Ceremony Men Hammer Throw U-20	VC1
11	111	15:20	Men Hammer Throw (7.260 kg)	VC2
12	112	15:30	Men Javelin Throw U20 (800 g)	VC3
14	114	15:40	Men Javelin Throw (800 g)	Final 13
13	113	15:50	Women Javelin Throw (600 g)	VC4
16	116	16:00	Men Shot Put (7.2600 kg)	Final 14
15	115	16:10	Women Javelin Throw U-20 (600 g)	VC5
17	117	16:20	Women Discus Throw (1.000 kg)	VC6
18	118	16:30	Women Discus Throw U-20 (1.000 kg)	VC7
19	119	16:40	Men Discus Throw (2.000 kg)	VC8
20	120	16:50	Men Shotput (6.000 kg) U20	VC9
21	121	17:00	Women Shot Put (4.000kg)	VC10
22	122	17:10	Women Shot Put U-20 (4.000kg)	VC11
23	123	17:20	Men Discus Throw Under 20 (1.750 kg)	VC12
24	124	17:30	Men Shot Put (7.2600 kg)	VC13
25	125	17:50	Women Hammer Throw (4.000 kg) & Women Hammer Throw U-20 (4.000 kg)	Final 15 & Final 16
26	126	18:40	Men Javelin Throw (800 g)	VC14
27	127	18:50	Women Hammer Throw (4.000 kg)	VC15
28	128	19:00	& Women Hammer Throw U-20 (4.000 kg)	VC16

Note 1

Bib Number can be collected from 7:00AM onwards on 22.03.2024
Athletes are directed to report One Hour Prior to the Event Time in call room 1

