



# 63RD NATIONAL INTER STATE Senior Athletics Championships

27th to 30th June 2024.

Tau Devi Lal Stadium,  
Punchkula, Haryana



## Competition Schedule

Organised by  
HARYANA ATHLETICS ASSOCIATION



HSBC



Athletics Federation of India

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63rd National Inter State Senior Athletics Championships 2024					
Tau Devi Lal Stadium, Panchkula, Haryana - 27 to 30 June					
Competition Schedule As on 23 06 2024					
27-06-2024 Forenoon					
Event	Scheduled	Event	Specification	Gender	Round
<b>Day One 27 06 2024 Forenoon</b>					
101	0700hrs	High Jump		Men	Q.Round Group 1 & 2
102	0730hrs	100m		Men	Decathlon 1
103	0800hrs	400m		Women	Round 1
104	0810hrs	Long Jump		Men	Decathlon 2
105	0830hrs	400m		Men	Round 1
106	0900hrs	100m		Women	Round 1
107	0910hrs	Shot Put	7.260kg	Men	Decathlon 3
108	0930hrs	100m		Men	Round 1
<b>Day One 27 06 2024 Afternoon</b>					
109	1730hrs	100m		Women	Semi Final
110	1740hrs	High Jump		Men	Decathlon 4
111	1750hrs	100m		Men	Semi Final
112	1810hrs	1500m		Men	Round 1
113	1840hrs	400m		Women	Semi Final
<b>114</b>	<b>1900hrs</b>	<b>Hammer Throw</b>	<b>4.000kg</b>	<b>Women</b>	<b>Final 1</b>
115	1900hrs	400m		Men	Semi Final
116	1930hrs	400m		Men	Decathlon 5
<b>117</b>	<b>2000hrs</b>	<b>5000m</b>		<b>Women</b>	<b>Final 2</b>
<b>118</b>	<b>2025hrs</b>	<b>5000m</b>		<b>Men</b>	<b>Final 3</b>
119	2045hrs	4 X 400m Relay		Women	Round 1
120	2055hrs	4 X 400m Relay		Men	Round 1
	2105hrs	Hammer Throw	4.000kg	Women	Medal Ceremony 1
	2112hrs	5000m		Women	Medal Ceremony 2
	2120hrs	5000m		Men	Medal Ceremony 3
<b>Day Two 28 06 2024 Forenoon</b>					
<b>201</b>	<b>0515hrs</b>	<b>20km Race Walk</b>		<b>Men</b>	<b>Final 4</b>
202	0800hrs	110m Hurdles	1.067m	Men	Decathlon 6
203	0840hrs	Discus Throw	2.000kg	Men	Decathlon 7
204	0930hrs	Pole Vault		Men	Decathlon 8
<b>Day Two 28 06 2024 Afternoon</b>					
<b>205</b>	<b>1730hrs</b>	<b>Discus Throw</b>	<b>2.000kg</b>	<b>Men</b>	<b>Final 5</b>
<b>206</b>	<b>1740hrs</b>	<b>Pole Vault</b>		<b>Women</b>	<b>Final 6</b>
207	1750hrs	Shot Put	7.260kg	Men	Q.Round Group 1 & 2
208	1800hrs	Long Jump		Men	Q.Round Group 1 & 2
<b>209</b>	<b>1820hrs</b>	<b>100m</b>		<b>Women</b>	<b>Final 7</b>
<b>210</b>	<b>1830hrs</b>	<b>100m</b>		<b>Men</b>	<b>Final 8</b>
	1835hrs	20km Race Walk		Men	Medal Ceremony 4

	1842hrs	100m		Women	Medal Ceremony 7
	1855hrs	100m		Men	Medal Ceremony 8
	1902hrs	Discus Throw	2.000kg	Men	Medal Ceremony 5
<b>211</b>	<b>1905hrs</b>	<b>Shot Put</b>	<b>4.000kg</b>	<b>Women</b>	<b>Final 9</b>
<b>212</b>	<b>1910hrs</b>	<b>400m</b>		<b>Women</b>	<b>Final 10</b>
<b>213</b>	<b>1920hrs</b>	<b>400m</b>		<b>Men</b>	<b>Final 11</b>
214	1920hrs	Javelin Throw	800gm	Men	Decathlon 9
<b>215</b>	<b>1930hrs</b>	<b>Triple Jump</b>		<b>Women</b>	<b>Final 12</b>
<b>216</b>	<b>1930hrs</b>	<b>1500m</b>		<b>Women</b>	<b>Final 13</b>
<b>217</b>	<b>1940hrs</b>	<b>1500m</b>		<b>Men</b>	<b>Final 14</b>
<b>218</b>	<b>1950hrs</b>	<b>Javelin Throw</b>	<b>600gm</b>	<b>Women</b>	<b>Final 15</b>
	1950hrs	400m		Women	Medal Ceremony 10
	2000hrs	400m		Men	Medal Ceremony 11
	2010hrs	1500m		Women	Medal Ceremony 13
	2020hrs	Shot Put	4.000kg	Women	Medal Ceremony 9
	2030hrs	1500m		Men	Medal Ceremony 14
	2040hrs	Pole Vault		Women	Medal Ceremony 6
<b>219</b>	<b>2050hrs</b>	<b>4 X 100m Relay</b>		<b>Women</b>	<b>Final 16</b>
<b>220</b>	<b>2100hrs</b>	<b>4 X 100m Relay</b>		<b>Men</b>	<b>Final 17</b>
	2110hrs	Triple Jump		Women	Medal Ceremony 12
	2117hrs	Javelin Throw	600gm	Women	Medal Ceremony 15
<b>221</b>	<b>2125hrs</b>	<b>4 X 400m Relay</b>		<b>Women</b>	<b>Final 18</b>
<b>222</b>	<b>2135hrs</b>	<b>4 X 400m Relay</b>		<b>Men</b>	<b>Final 19</b>
223	2145hrs	1500m		Men	Decathlon 10 /20
	2155hrs	4 X 100m Relay		Women	Medal Ceremony 16
	<b>2202hrs</b>	<b>4 X 400m Relay</b>		<b>Women</b>	<b>Medal Ceremony 18</b>
	2210hrs	4 X 100m Relay		Men	Medal Ceremony 17
	<b>2217hrs</b>	<b>4 X 400m Relay</b>		<b>Men</b>	<b>Medal Ceremony 19</b>
	2225hrs	Decathlon		Men	Medal Ceremony 20
<b>Day Three 29 06 2024 Forenoon</b>					
<b>301</b>	<b>0515hrs</b>	<b>20km Race Walk</b>		<b>Women</b>	<b>Final 21</b>
302	0710hrs	Javelin Throw	800gm	Men	Q.Round Group 1
303	0740hrs	High Jump		Women	Heptathlon 2
304	0800hrs	100m Hurdles	0.838m	Women	Heptathlon 1
305	0810hrs	Javelin Throw	800gm	Men	Q.Round Group 2
306	0815hrs	100m Hurdles	0.838m	Women	Round 1
307	0840hrs	110m Hurdles	1.067m	Men	Round 1
308	0910hrs	800m		Women	Round 1
309	0930hrs	800m		Men	Round 1
310	0950hrs	200m		Women	Round 1
311	1010hrs	200m		Men	Round 1

Day Three 29 06 2024 Afternoon					
312	1740hrs	Pole Vault		Men	Final 22
313	1810hrs	Hammer Throw	7.260kg	Men	Final 23
314	1820hrs	High Jump		Men	Final 24
315	1825hrs	200m		Women	Semi Final
316	1830hrs	Shot Put	4.000kg	Women	Heptathlon 3
317	1840hrs	200m		Men	Semi Final
318	1855hrs	200m		Women	Heptathlon 4
319	1915hrs	400m Hurdles	0.762m	Women	Round 1
320	1930hrs	Long Jump		Men	Final 25
321	1930hrs	400m Hurdles	0.914m	Men	Round 1
	1940hrs	20km Race Walk		Women	Medal Ceremony 21
322	1940hrs	Shot Put	7.260kg	Men	Final 26
	1950hrs	Hammer Throw	7.260kg	Men	Medal Ceremony 23
323	2000hrs	3000m Steeple Chase	0.914m	Men	Final 27
324	2020hrs	Discus Throw	1.000kg	Women	Final 28
325	2020hrs	3000m Steeple Chase	0.762m	Women	Final 29
	2035hrs	High Jump		Men	Medal Ceremony 24
326	2100hrs	4 X 400m Mixed Relay		Men & Women	Round 1
	2105hrs	Pole Vault		Men	Medal Ceremony
	2112hrs	Long Jump		Men	Medal Ceremony 25
	2120hrs	Shot Put	7.260kg	Men	Medal Ceremony 26
	2127hrs	Discus Throw	1.000kg	Women	Medal Ceremony 28
	2135hrs	3000m Steeple Chase	0.914m	Men	Medal Ceremony 27
	2142hrs	3000m Steeple Chase	0.762m	Women	Medal Ceremony 29
Day Four 30 06 2024 Forenoon					
401	0700hrs	Long Jump		Women	Heptathlon 5
402	0740hrs	Javelin Throw	600gm	Women	Heptathlon 6
Day Four 30 06 2024 Afternoon					
403	1700hrs	100m Hurdles	0.838m	Women	Final 30
404	1710hrs	Triple Jump		Men	Final 31
405	1720hrs	110m Hurdles	1.067m	Men	Final 32
	1730hrs	100m Hurdles	0.838m	Women	Medal Ceremony 30
	1737hrs	110m Hurdles	1.067m	Men	Medal Ceremony 32
406	1750hrs	200m		Women	Final 33
407	1755hrs	High Jump		Women	Final 34
408	1800hrs	200m		Men	Final 35
409	1810hrs	800m		Women	Final 36
	1810hrs	200m		Women	Medal Ceremony 33
410	1820hrs	800m		Men	Final 37
	1820hrs	200m		Men	Medal Ceremony 35
411	1830hrs	800m		Women	Heptathlon 7/38
	1830hrs	800m		Women	Medal Ceremony 36

	1840hrs	800m		Men	Medal Ceremony 37
412	1850hrs	400m Hurdles	0.762m	Women	Final 39
413	1910hrs	400m Hurdles	0.914m	Men	Final 40
414	1915hrs	Javelin Throw		Men	Final 41
	1920hrs	Heptathlon		Women	Medal Ceremony 38
	1927hrs	400m Hurdles	0.762m	Women	Medal Ceremony 39
	1940hrs	400m Hurdles	0.914m	Men	Medal Ceremony 40
415	1945hrs	10000m		Women	Final 42
416	1950hrs	Long Jump		Women	Final 43
	2020hrs	Triple Jump		Men	Medal Ceremony
417	2030hrs	10000m		Men	Final 44
418	2110hrs	4 X 400m Mixed Relay		Men & Women	Final 45
	2115hrs	High Jump		Women	Medal Ceremony 34
	2122rs	10000m		Women	Medal Ceremony 42
	2130hrs	Javelin Throw		Men	Medal Ceremony 41
	2137hrs	10000m		Men	Medal Ceremony 44
	2145hrs	Long Jump		Women	Medal Ceremony 43
	2152hrs	4 X 400m Mixed Relay		Men & Women	Medal Ceremony 45
	22.00hrs	VALIDECTORY FUNCTION			



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