

ATHLETIC STANDARDS

THE STANDARDS OF VARIOUS EVENTS FOR PARTICIPATION IN UNIVERSITY ATHLETICS MEET

Standard for Men			Standard for Women		
Sr. No.	Event	Standard	Sr. No.	Event	Standard
1	100 M	13.00 Sec	1	100 M	15.00 Sec
2	200 M	27.00 Sec	2	200 M	32.00 Sec
3	400 M	58.00 Sec	3	400 M	1 Min. 10 Sec
4	800 M	2 Min. 10 Sec	4	800 M	2 Min. 52 Sec
5	1500 M	4 Min. 30 Sec	5	1500 M	5 Min. 35 Sec
6	5000 M	18 Min.	6	5000 M	---
7	10000 M	36 Min	7	100 MHR	21.00 Sec
8	110 MHR	18.50 Sec	8	400 MHR	---
9	400 MHR	1 M 08.00 Sec.	9	4 x 100 M Relay	1 Min. 05 Sec
10	4 x 100 M Relay	52.00 Sec	10	4 x 400 M Relay	---
11	4 x 400 M Relay	4 Min. 00 Sec	11	Long Jump	3.85 Mts
12	Long Jump	5.25 Mts	12	High Jump	1.17 Mts
13	High Jump	1.50 Mts	13	Triple Jump	8.50 Mts
14	Triple Jump	11.00 Mts	14	Shot Put	7.30 Mts
15	Pole Vault	2.80 Mts	15	Discus Throw	20.35 Mts
16	Shot Put	8.70 Mts	16	Javelin Throw	21.50 Mts
17	Discus Throw	30.00 Mts	17	Hammer Throw	---
18	Javelin Throw	40.00 Mts	18	Long Jump Hadicap	
19	Hammer Throw	24.00 Mts	19	Shot Put Handicap	
20	Long Jump Hadicap	--	20	50 M. Run Handicap	
21	Shot Put Handicap	--			
22	50 M. Run Handicap	---			