

ATHLETIC STANDARDS

THE STANDARDS OF VARIOUS EVENTS FOR PARTICIPATION IN UNIVERSITY ATHLETICS MEET

<u>Standard for Men</u>			<u>Standard for Women</u>		
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	3000 M	11 Min.
7	10000 M	36 Min	7	5000 M	---
8	110 MHR	18.50 Sec	8	100 MHR	21.00 Sec
9	400 MHR	1 M 08.00 Sec.	9	400 MHR	---
10	4 x 100 M Relay	52.00 Sec	10	4 x 100 M Relay	1 Min. 05 Sec
11	4 x 400 M Relay	4 Min. 00 Sec	11	4 x 400 M Relay	---
12	Broad Jump	5.25 Mts	12	Broad Jump	3.85 Mts
13	High Jump	1.50 Mts	13	High Jump	1.17 Mts
14	Triple Jump	11.00 Mts	14	Triple Jump	8.50 Mts
15	Pole Vault	2.80 Mts	15	Shot Put	7.30 Mts
16	Shot Put	8.70 Mts	16	Discus Throw	20.35 Mts
17	Discus Throw	30.00 Mts	17	Javelin Throw	21.50 Mts
18	Javelin Throw	40.00 Mts	18	Hammer Throw	---
19	Hammer Throw	24.00 Mts			