

47th U16, U18 & U20 Athletics Championships 2022

COMPETITION FORMAT

Middle & Long Distance Race				
3000m	Women U20	Cut Off Time	Cut off time will be implemented on start of last lap	20mins
5000m	Men U20	Cut Off Time	Cut off time will be implemented on start of last lap	23mins
Racewalk				
3000m Racewalk	Women U20	Cut Off Time	Cut off time will be implemented on start of last lap	35mins
5000m Racewalk	Men U20	Cut Off Time	Cut off time will be implemented on start of last lap	40mins

Event (Track)	Category	Competition Format	Remarks	Qualifying Mark*
Hurdles				
80m Hurdles	Women U16		0.762m	
100m Hurdles	Women U18		0.762m	
100m Hurdles	Men U16		0.838m	
110m Hurdles	Men U18		0.914m	
110m Hurdles	Men U20		0.991m	
200m Hurdles	Women U16		0.762m	
200m Hurdles	Men U16		0.762m	
400m Hurdles	Women U20/ U18		0.762m	
400m Hurdles	Men U18		0.838m	
400m Hurdles	Men U20		0.914m	
Steeplechase				
2000m Steeplechase	Women U18		0.762m	
2000m Steeplechase	Men U18		0.838m	
2000m Steeplechase	Women U20		0.762m	
3000m Steeplechase	Men U20		0.914m	

Event (FIELD)	Category	Competition Format	Remarks	Qualifying Mark*
Long Jump				
Long Jump	Women U20/U18/ U16	3 + 3 trials	All Measured**	
Long Jump	Men U20/U18/ U16	3 + 3 trials	All Measured**	
Triple Jump				
Triple Jump	Women U16	3 + 3 trials	7m Board, All Measured**	
Triple Jump	Women U20 /U18	3 + 3 trials	8m & 9m Board, All Measured**	
Triple Jump	Men U16/U18	3 + 3 trials	8m & 9m Board, All Measured**	
Triple Jump	Men U20	3 + 3 trials	9m & 11m Board, All Measured**	
Discus				
Discus (1kg)	Women U20/U18/ U16	3 + 3 trials	All Measured**	
Discus (1kg)	Men U16	3 + 3 trials	All Measured**	
Discus (1.5kg)	Men U18	3 + 3 trials	All Measured**	
Discus (1.7kg)	Men U20	3 + 3 trials	All Measured**	
Javelin				
Javelin (500g)	Women U18/ U16	3 + 3 trials	All Measured**	
Javelin (600g)	Women U20	3 + 3 trials	All Measured**	
Javelin (600g)	Men U16	3 + 3 trials	All Measured**	
Javelin (700g)	Men U18	3 + 3 trials	All Measured**	
Javelin (800g)	Men U20	3 + 3 trials	All Measured**	
Shot Put				
Shot Put (3kg)	Women U18/ U16	3 + 3 trials	All Measured**	
Shot Put (4kg)	Women U20	3 + 3 trials	All Measured**	
Shot Put (4kg)	Men U16	3 + 3 trials	All Measured**	
Shot Put (5kg)	Men U18	3 + 3 trials	All Measured**	
Shot Put (6kg)	Men U20	3 + 3 trials	All Measured**	
High Jump				
High Jump	Women U18/ U16	elimination after 3 consecutive failures	1.15m + 5cm, till 140m + 2cm, got jump off 1st position can choose 1 height beyond 1.50m to jump before competition end	Practice Height: 1.15m & 1.40m
High Jump	Women U20	elimination after 3 consecutive failures	1.25m + 5cm, till 165m + 2cm, got jump off. 1st position can choose 1 height beyond 1.75m to jump before competition end	Practice Height: 1.25m & 1.65m
High Jump	Men U18/ U16	elimination after 3 consecutive failures	1.40m + 5cm, till 1.65m + 2cm thereafter, got jump off.	Practice Height: 1.40m, 1.60m & 1.75m
High Jump	Men U20	elimination after 3 consecutive failures	1.65m + 5cm, till 190m + 3cm, till 2.005m + 2cm thereafter , got jump off.	Practice Height: 1.65m, 1.85m and 2.00m
Pole Vault				
Pole Vault	Women U18/ U16	elimination after 3 consecutive failures	2.00m + 20cm, till 2.80m + 10cm, got jump off 1st position can choose 1 height beyond 3.20m to jump before competition end	Practice Height: 2.00m & 2.80m
Pole Vault	Women U20	elimination after 3 consecutive failures	2.80m + 20cm, till 3.40m + 10cm, till 3.90m + 5cm, got jump off	Practice Height: 3.00m & 3.80m
Pole Vault	Men U16	elimination after 3 consecutive failures	2.00m + 20cm, till 2.80m + 10cm, got jump off 1st position can choose 1 height beyond 3.20m to jump before competition end	Practice Height: 2.00m & 2.80m
Pole Vault	Men U18	elimination after 3 consecutive failures	3.00m + 20cm, till 3.80m + 10cm, till 4.00m + 5cm, got jump off 1st position can choose 1 height beyond 4.20m to jump before competition end	Practice Height: 3.00m & 3.80m
Pole Vault	Men U20	elimination after 3 consecutive failures	3.40m + 20cm, till 4.60m + 10cm, till 4.90m + 5cm and thereafter, got jump off 1st position can choose 1 height beyond 3.20m to jump before competition end	Practice Height: 3.40m, 4.40m & 4.80m

* Please note that for field events (except vertical jumps) if 8 entries or less is received based on start list, all participants will have 6 trials.

**Please note that for field events (except vertical jumps) if 12 entries or less is received based on start list, all participants will have 3+3 trials.