

**ATHLETIC STANDARDS**

**THE STANDARDS OF VARIOUS EVENTS FOR PARTICIPATION IN UNIVERSITY ATHLETICS MEET**

| <b>Standard for Men</b> |                    |                 | <b>Standard for Women</b> |                    |                 |
|-------------------------|--------------------|-----------------|---------------------------|--------------------|-----------------|
| <b>Sr. No.</b>          | <b>Event</b>       | <b>Standard</b> | <b>Sr. No.</b>            | <b>Event</b>       | <b>Standard</b> |
| 1                       | 100 Mts.           | 13.00 Sec.      | 1                         | 100 Mts.           | 15.00 Sec.      |
| 2                       | 200 Mts.           | 27.00 Sec.      | 2                         | 200 Mts.           | 32.00 Sec.      |
| 3                       | 400 Mts.           | 58.00 Sec.      | 3                         | 400 Mts.           | 1 Min. 10 Sec.  |
| 4                       | 800 Mts.           | 2 Min. 10 Sec.  | 4                         | 800 Mts.           | 2 Min. 52 Sec.  |
| 5                       | 1500 Mts.          | 4 Min. 30 Sec.  | 5                         | 1500 Mts.          | 5 Min. 35 Sec.  |
| 6                       | 5000 Mts.          | 18 Min.         | 6                         | 5000 Mts.          | 24.00 Min.      |
| 7                       | 10000 Mts.         | 36 Min.         | 7                         | 100 Mts. Hurdles   | 21.00 Sec.      |
| 8                       | 110 Mts. Hurdles   | 18.50 Sec.      | 8                         | 400 Mts. Hurdles   | 1 Min. 35 Sec.  |
| 9                       | 400 Mts. Hurdles   | 01 M 08.00 Sec. | 9                         | 4 x 100 Mts. Relay | 1 Min. 05 Sec   |
| 10                      | 4 x 100 Mts. Relay | 52.00 Sec.      | 10                        | 4 x 400 Mts. Relay | 05 M.12.75 Sec. |
| 11                      | 4 x 400 Mts. Relay | 04 Min.         | 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       | 19.00 Mts.      |
| 18                      | Javelin Throw      | 40.00 Mts.      |                           |                    |                 |
| 19                      | Hammer Throw       | 24.00 Mts.      |                           |                    |                 |