



ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ

(1961 ਦੇ ਪੰਜਾਬ ਐਕਟ ਨੰ. 35 ਤਹਿਤ ਸਥਾਪਤ)

ਡਾਇਰੈਕਟੋਰੇਟ ਆਫ ਸਪੋਰਟਸ

ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਪਟਿਆਲਾ ਦੀ 62^{ਵੀਂ} ਸਾਲਾਨਾ ਐਥਲੈਟਿਕ ਮੀਟ
29, 30 ਅਤੇ 31 ਅਕਤੂਬਰ, 2025, ਸਿੰਥੈਟਿਕ ਐਥਲੈਟਿਕਸ ਟਰੈਕ,

ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਕੈਂਪਸ, ਪਟਿਆਲਾ

62nd ANNUAL ATHLETICS MEET, 2025-26

DETAILED PROGRAMME

DATED : 29.10.2025

1. 10000 M.	Final	M	07.45 a.m.
2. 800 M.	Heats	M	08.30 a.m.

OPENING CEREMONY

3. 800 M.	Final	W	10.00 a.m.
4. Pole Vault	Final	W	10.30 a.m.
5. 100 M.	Decathlon	M	10.50 a.m.
6. Hop, Step & Jump	Final	W	10.50 a.m.
7. 400 M.	Heats	M	11.00 a.m.
8. 400 M.	Heats	W	11.20 a.m.
9. Broad Jump	Decathlon	M	11.20 a.m.
10. Javelin Throw	Final	W	11.30 a.m.
11. 100 M.	Heats	M	11.40 a.m.
12. 100 M.	Heats	W	12.00 Noon

LUNCH BREAK

13. Discus Throw	Final	M	1.15 p.m.
14. Shot Put	Decathlon	M	1.30 p.m.
15. 400 M.	Semi Final	M	2.00 p.m.
16. 400 M.	Semi Final	W	2.15 p.m.
17. High Jump	Decathlon	M	2.30 p.m.
18. 100 M.	Semi Final	M	2.30 p.m.
19. 100 M.	Semi Final	W	2.45 p.m.
20. 10000 M.	Final	W	3.00 p.m.
21. Javelin Throw	Final	M	3.00 p.m.

22. 100 M.	Final	M	3.50 p.m.
23. 100 M.	Final	W	4.00 p.m.
24. 400x400 M. Mix Relay	Heats/Final	MIX	4.20 p.m.
25. 400 M.	Decathlon	M	4.30 p.m.

DATED : 30.10.2025

1. 20 KM Walk*	Final	M & W	06.15 a.m.
2. 110 M.H.	Decathlon	-	09.30 a.m.
1. Pole Vault	Final	M	09.30 a.m.
3. 100 M.H.	Heptathlon	-	09.45 a.m.
4. 200 M.	Heats	M	09.55 a.m.
5. Discus Throw	Decathlon	-	10.20 a.m.
6. Broad Jump	Final	M	10.20 a.m.
7. 800 M.	Final	M	10.25 a.m.
8. 200 M.	Heats	W	10.35 a.m.
9. High Jump	Heptathlon	-	10.45 a.m.
10. Shot Put	Final	W	10.55 a.m.
11. Pole Vault	Decathlon	-	11.00 a.m.
12. 400 M.H.	Heats/Final	M	11.00 a.m.
13. 400 M.H.	Heats/Final	W	11.15 a.m.
14. Hammer Throw	Final	W	12.00 Noon

LUNCH BREAK

15. 200 M.	Semi Final	W	1.15 p.m.
16. High Jump	Final	M	1.15 p.m.
17. Shot Put	Final	M	1.15 p.m.
18. 200 M.	Semi Final	M	1.25 p.m.
19. Shot Put	Heptathlon	W	1.30 p.m.
20. 400 M.H.	Final	M	1.35 p.m.
21. 400 M.H.	Final	W	1.45 p.m.
22. 200 M.	Final	W	2.00 p.m.
23. Broad Jump	Final	W	2.00 p.m.
24. Javelin Throw	Decathlon	-	2.00 p.m.
25. 200 M.	Final	M	2.15 p.m.
26. 200 M.	Heptathlon	-	2.30 p.m.
27. 4x100 M. Relay	Heats	W	2.45 p.m.
28. Discus Throw	Final	W	3.00 p.m.

29. 4x100 M. Relay	Heats	M	3.00 p.m.
30. 1500 M.	Heats/Final	M	3.15 p.m.
31. 1500 M.	Decathlon	M	3.25 p.m.
32. 4x400 M. Relay	Heats	M	3.40 p.m.
33. 4x400 M. Relay	Heats	W	3.55 p.m.
34. 3000 M. Steeplechase	Final	M	4.10 p.m.
35. 3000 M. Steeplechase	Final	W	4.30 p.m.
36. 4x400 Mix. Relay	Final	-	4.50 p.m.

DATED : 31.10.2025

1. Half Marathon*	Final	M & W	06.15 a.m.
2. 5000 Mts.	Final	M	08.30 a.m.
3. 5000 Mts.	Final	W	08.50 a.m.
4. 110 M.H.	Heats	M	09.30 a.m.
5. 100 M.H.	Heats	W	09.40 a.m.
6. Broad Jump	Heptathlon	W	10.00 a.m.
7. 400 M.	Final	M	10.15 a.m.
8. Hammer Throw	Final	M	10.30 a.m.
9. High Jump	Final	W	10.30 a.m.
10. Hop, Step & Jump	Final	M	10.30 a.m.
11. 400 M.	Final	W	10.35 a.m.
12. Javelin Throw	Heptathlon	-	11.00 a.m.
13. 110 M.H.	Final	M	12.00 Noon
14. 100 M.H.	Final	W	12.10 p.m.
15. 800 M.	Heptathlon	-	12.30 p.m.
16. 1500 M.	Final	W	12.45 p.m.
17. 1500 M.	Final	M	12.50 p.m.
18. 4x400 M. Relay	Final	M	1.00 p.m.
19. 4x400 M. Relay	Final	W	1.10 p.m.
20. 4x100 M. Relay	Final	W	1.20 p.m.
21. 4x100 M. Relay	Final	M	1.30 p.m.

ਨੋਟ: ਪਹਿਲਾ ਈਵੈਂਟ ਮਿਤੀ 29.10.2025 ਨੂੰ 10000ਮੀਟਰ ਸਵੇਰੇ 07.45 ਵਜੇ ਸ਼ੁਰੂ ਹੋਵੇਗਾ। ਸਬੰਧਤ ਖਿਡਾਰੀਆਂ ਦਾ ਸਵੇਰੇ 06.45 ਵਜੇ ਤੱਕ ਕਾਲ ਰੂਮ ਨੇੜੇ ਰਿਪੋਰਟ ਕਰਨਾ ਲਾਜ਼ਮੀ ਹੋਵੇਗਾ।

* Medical Fitness Certificate is mandatory for participants of 20KM Walk and Half Marathon for both Men & Women.