

QUALIFYING STANDARD FOR 62ND ANNUAL ATHLETIC MEET (2025-26)

29TH TO 31ST OCTOBER, 2025

<u>S.No.</u>	<u>EVENT(S)</u>	<u>MEN</u>	<u>WOMEN</u>
1.	100 Meters	12.50 Sec	14.00 sec.
2.	200 Meters	24.87 sec.	30.00 sec.
3.	400 Meters	52.00 sec.	1:10.00 sec.
4.	800 Meters	2:00.00 sec.	2:55.00 sec.
5.	1500 Meters	5:15.00 sec.	6:20.00 sec.
6.	5000 Meters	20:50.00 sec.	27:50.00 sec.
7.	10000 Meters	40:20.00 sec.	46:15.00 sec.
8.	110 M. Hurdles	19.09 sec.	-
9.	100 M. Hurdles	-	25.00 sec.
10.	400 M. Hurdles	1:20.00 sec.	1:40.00 sec.
11.	20 K.M. Walk	1:46:00.00 sec.	2:05:00.00 sec.
12.	3000 M. Steeple Chase	13:50.00 sec.	15:20.00 sec.
13.	Long Jump	4.00 mtr.	3.15 mtr.
14.	Triple Jump	10.00 mtr.	8.00 mtr.
15.	High Jump	1.40 mtr.	1.20 mtr.
16.	Pole Vault	3.00 mtr.	2.00 mtr.
17.	Shot Put	10.00 mtr.	7.00 mtr.
18.	Hammer Throw	30.00 mtr.	25.00 mtr.
19.	Discus Throw	30.00 mtr.	25.00 mtr.
20.	Javelin Throw	40.00 mtr.	25.00 mtr.
21.	Decathlon	3000 points	-
22.	Heptathlon	-	2000 points
23.	Half Marathon	1:35.00.00 sec	1:55:00.00 sec

NOTE:

- *All the Colleges are advised to please stick to the above said qualifying standards.*
- *It is compulsory for all the participants of 20KM Walk and Half Marathon to bring Medical Fitness Certificates with them, without which they will not be allowed to participate in particular event(s).*


Director Sports
**Punjab University,
Patiala.**