

Competition Format

#CelebrateAthletics Meet COMPETITION FORMAT

Event (FIELD)	Category	Competition Format	Remarks	Qualifying Mark*
Long Jump				
Long Jump	Women Open	3 + 3 trials	Measured if above qualifying mark	4.50m
Long Jump	Men Open	3 + 3 trials	Measured if above qualifying mark	6.20m
Javelin				
Javelin (800g)	Men Open	3 + 3 trials	Measured if above qualifying mark	40.00m
High Jump				
High Jump	Women Open	elimination after 3 consecutive failures	Starting height + 5cm, till 160cm + 3cm, till 1.69m + 2cm thereafter	Practice Height: 1.55m & 1.70m
High Jump	Men Open	elimination after 3 consecutive failures	Starting height + 5cm, till 190cm + 3cm, till 1.99m + 2cm thereafter	Practice Height: 1.85m & 1.95m
Discus				
Discus (1kg)	Women Open	3 + 3 trials	Measured if above qualifying mark	30.00m
Discus (2kg)	Men Open	3 + 3 trials	Measured if above qualifying mark	35.00m
Pole Vault				
Pole Vault	Women Open	elimination after 3 consecutive failures	Starting height + 20cm, till 3.40m + 10cm, till 3.60m + 5cm thereafter	Practice Height: 2.80m, 3.20m & 3.60m
Pole Vault	Men Open	elimination after 3 consecutive failures	Starting height + 20cm, till 4.40m + 10cm, till 4.90m + 5cm thereafter	Practice Height: 4.00m, 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.