

Participating Events

	Girls U15	Boys U15	Girls U18	Boys U18	Girls U20	Boys U20
100m	H / F	H / F	H / F	H / F	H / F	H / F
200m	H / F	H / F	H / F	H / F	H / F	H / F
400m	H / F	H / F	H / F	H / F	H / F	H / F
800m	F	F	F	F	F	F
1500m	F	F	F	F	F	F
3000m	F	F	F	F	F	
5000m						F
2000mSC				F	F	
3000mSC						F
1500mRW	F	F	F	F		
3000mRW					F	
5000mRW						F
80mH	H / F (0.762m)					
100mH		H / F (0.838m)	H / F (0.762m)		H / F (0.838m)	
110mH				H / F (0.914m)		H / F (0.991m)
400mH		F (0.838m)	F (0.762m)	F (0.838m)	F (0.762m)	F (0.914m)
Pole Vault	F	F	F	F	F	F
High Jump	F	F	F	F	F	F
Discus	F (1kg)	F (1kg)	F (1kg)	F (1.5kg)	F (1kg)	F (1.75kg)
Javelin	F (500g)	F (600g)	F (500g)	F (700g)	F (600g)	F (800g)
Shot Put	F (3kg)	F (4kg)	F (3kg)	F (5kg)	F (4kg)	F (6kg)
Hammer			F (3kg)	F (5kg)	F (4kg)	F (6kg)
Long Jump	F	F	F	F	F	F
Triple Jump	F	F	F	F	F	F

H = Heats

F = Final

Qualifying Marks

	Girls U15	Boys U15	Girls U18	Boys U18	Girls U20	Boys U20
100m	14.10	12.50	13.80	11.80	13.60	11.80
200m	29.60	25.40	28.50	24.00	28.50	23.50
400m	1:09	58.40	1:07	54.70	1:07	52.10
800m	2:48	2:20	2:42	2:10	2:50	2:04.70
1500m	5:50	4:51	5:47	4:31	5:55	4:28
3000m	13:30	11:00	13:25	10:14	13:12	
5000m						18:00
2000mSC				7:30	8:30	
3000mSC						12:00
1500m Racewalk	11:30	10:30	10:30	10:00		
3000m Racewalk					22:00	
5000m Racewalk						32:00
80mH	17.00					
100mH		16.50	20.00		20.00	
110mH				17.60		17.60
400mH		1:08	1:20	1:03.20	1:16	1:00

Note: Qualifying mark format using reference from SSSC National Inter School Track & Field Championships 2017

Hurdle Heights & Distances

Category	Distance	No. of hurdles	Hurdle height	Distance to 1 st hurdle	Distance between hurdles	Distance from last hurdle to finish
Girls U15	80m	8	0.762m	12.00m	8.00m	12.00m
Girls U18	100m	10	0.762m	13.00m	8.50m	10.50m
Boys U15	100m	10	0.838m	13.00m	8.50m	10.50m
Girls U20	100m	10	0.838m	13.00m	8.50m	10.50m
Boys U18	110m	10	0.914m	13.00m	8.50m	10.50m
Boys U20	110m	10	0.991m	13.72m	9.14m	14.02m

Qualifying Mark for Field Events
THROWS & HORIZONTAL JUMPS

Events	Qualifying Standards (Metres)					
	Girls U15	Boys U15	Girls U18	Boys U18	Girls U20	Boys U20
High Jump	1.25	1.45	1.30	1.60	1.25	1.60
Pole Vault	1.60	2.45	1.60	2.70	1.60	2.80
Long Jump	3.90	5.00	4.10	5.30	4.10	5.60
Triple Jump	8.50 (7m/8m)	11.00 (10m/11m)	9.30 (8m/9m)	11.50 (10m/11m)	9.30 (8m/9m/10m)	12.00 (10m/11m)
Shot Put	7.00 (3kg)	9.00 (4kg)	7.50 (3kg)	10.00 (5kg)	7.00 (4kg)	10.50 (6kg)
Discus	16.50 (1kg)	28.00 (1kg)	18.00 (1kg)	27.00 (1.5kg)	20.00 (1kg)	29.00(1.75kg)
Javelin	16.00 (500g)	27.00 (600g)	20.50 (500g)	34.00 (700g)	20.00 (600g)	35.00 (800g)

**** Initial participants will have 3 trials and the best 8 participants will proceed to the next round with additional 3 trials**

VERTICAL JUMPS

Events	Practice (P) & Starting (S) Heights (Metres)					
	Girls U15	Boys U15	Girls U18	Boys U18	Girls U20	Boys U20
High Jump	P: 1.25 1.40 S: 1.25 1.25 + 5cm 1.45 + 3cm 1.54 + 2cm..	P: 1.45 1.73 S: 1.45 1.45 + 5cm 1.75 + 3cm 1.82 + 2cm..	P: 1.30 1.50 S: 1.30 1.30 + 5cm 1.50 + 3cm 1.62 + 2cm....	P: 1.60 1.80 S: 1.60 1.60 + 5cm 1.80 + 3cm 1.89 + 2cm..	P: 1.25 1.50 S: 1.25 1.25 + 5cm 1.50 + 3cm 1.62 + 2cm..	P: 1.60 1.80 S: 1.60 1.60 + 5cm 1.85 + 3cm 1.91 + 2cm..
Pole Vault	P: 1.60 2.00/ 2.40 S: 1.60 Ht Increase 20cm till 3 left 10cm thereafter	P: 2.20 2.60/3.00 S: 2.20 Ht Increase 20cm till 3 left 10cm thereafter	P: 1.60 2.20/ 2.80 S: 1.60 Ht Increase 20cm till 3 left 10cm thereafter	P: 2.60 3.20/ 3.80 S: 2.60 Ht Increase 20cm till 3 left 10cm thereafter	P: 1.80 2.40/ 3.00 S: 1.80 Ht Increase 20cm till 3 left 10cm thereafter	P: 2.80 3.60/ 4.20 S: 2.80 Ht Increase 20cm till 3 left 10cm thereafter