

**National Open Track & Field Championships 2021**  
**COMPETITION FORMAT**

Event (Track)	Category	Competition Format	Remarks	Qualifying Mark*
<b>Hurdles</b>				
100m Hurdles	Women Open		0.838m	
110m Hurdles	Men Open		1.067m	
400m Hurdles	Women Open		0.762m	
400m Hurdles	Men Open		0.914m	
<b>Middle &amp; Long Distance Race</b>				
5000m	Women Open			
5000m	Men Open			
10000m	Women Open			
10000m	Men Open			
<b>Steeplechase</b>				
3000m Steeplechase	Women Open		0.762m	
3000m Steeplechase	Men Open		0.914m	
<b>Racewalk</b>				
10000m Racewalk	Women Open			
10000m Racewalk	Men Open			

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Event (FIELD)	Category	Competition Format	Remarks	Qualifying Mark*
<b>Shot Put</b>				
Shot Put (4kg)	Women Open	3 + 3 trials	All Measured**	
Shot Put (7.26kg)	Men Open	3 + 3 trials	All Measured**	
<b>Long Jump</b>				
Long Jump	Women All Categories	3 + 3 trials	All Measured**	
Long Jump	Men All Categories	3 + 3 trials	All Measured**	
<b>Javelin</b>				
Javelin (800g)	Men Open	3 + 3 trials	All Measured**	
Javelin (600g)	Women Open	3 + 3 trials	All Measured**	
<b>High Jump</b>				
High Jump	Women Open	elimination after 3 consecutive failures	1.40m + 5cm, till 160m + 2cm thereafter, no jump off.	Practice Height: 1.40m onwards
High Jump	Men Open	elimination after 3 consecutive failures	1.65m + 5cm, till 180m + 3cm, till 1.95m + 2cm thereafter, no jump off.	Practice Height: 1.65m onwards
<b>Pole Vault</b>				
Pole Vault	Women Open	elimination after 3 consecutive failures	2.23m + 20cm, till 3.63m + 10cm, till 3.93m + 5cm, no jump off 1st position can choose 1 height beyond 3.20m to jump before competition end	Practice Height: 2.43m onwards
Pole Vault	Men Open	elimination after 3 consecutive failures	3.62m + 20cm, till 4.62m + 10cm, till 4.92m + 5cm and thereafter, no jump off 1st position can choose 1 height beyond 3.20m to jump before competition end	Practice Height: 3.60m onwards
<b>Triple Jump</b>				
Triple Jump	Women Open	3 + 3 trials	9m Board, All Measured**	
Triple Jump	Men Open	3 + 3 trials	11m Board, All Measured**	
<b>Hammer</b>				
Hammer (4kg)	Women Open	3 + 3 trials	All Measured**	
Hammer (7.26kg)	Men Open	3 + 3 trials	All Measured**	
<b>Discus</b>				
Discus (1kg)	Women Open	3 + 3 trials	All Measured**	
Discus (2kg)	Men Open	3 + 3 trials	All Measured**	

\* 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.

\*\*Please note that for field events (except vertical jumps) if 12 entries or less is received based on start list, all participants will have 3+3 trials.

\*\*\* Please note that for field events (except vertical jumps) if 13 entries or more is received based on start list, all participants will have 2+2 trials.