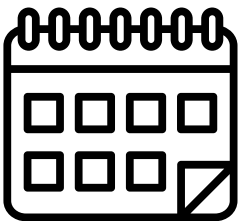




24TH NATIONAL JUNIOR ATHLETICS FEDERATION COMPETITION



24th APRIL 2026



***Tumkur,
Karnataka***

24th National Junior Athletics Federation Competition

Venue : Tumkur, Karnataka

version 1.2 Dated 18/04/2026

Please refer to the important instructions at the end of the schedule

(24/04/2026) Day 1

Event No.	Scheduled Time	Event	Specification	Section	Round
101	6:00	5000m		Jr. Men	Final 1
102	6:25	5000m		Jr. Women	Final 2
103	6:50	1500m		Jr. Men	Round 1
104	7:25	100m		Jr. Men	Decathlon 1
105	7:40	Shot Put	6.0kg	Jr. Men	Qualification Round Group A & B
106	7:50	400m		Jr. Women	Round 1
107	8:10	Long Jump		Jr. Men	Decathlon 2
108	7:50	Javelin Throw	800gm	Jr. Men	Qualification Round Group A
109	8:20	400m		Jr. Men	Round 1
110	9:30	100m		Jr. Women	Round 1
111	9:30	Shot Put	6.0kg	Jr. Men	Decathlon 3
112	9:20	Javelin Throw	800gm	Jr. Men	Qualification Round Group B
113	10:00	100m		Jr. Men	Round 1

10:30 Opening Ceremony

Lunch Break

114	15:30	High Jump		Jr. Men	Decathlon 4
115	16:30	Long Jump		Jr. Men	Qualification Round Group A & B
116	15:20	Pole Vault		Jr. Women	Final 3
117	15:50	Discus Throw	1.0kg	Jr. Women	Final 4
118	16:00	100m		Jr. Women	Semi Final
119	16:15	100m		Jr. Men	Semi Final
120	17:00	100m		Jr. Women	Final 5
121	17:10	100m		Jr. Men	Final 6
122	17:25	400m		Jr. Women	Semi Final
123	17:40	400m		Jr. Men	Semi Final
124	18:00	400m		Jr. Men	Decathlon 5

Medal Ceremony as per LOC

(25/04/2026) Day 2

201	5:45	5000m Race walk		Jr. Men	Final 7
202	6:25	5000m Race walk		Jr. Women	Final 8
203	7:15	110m Hurdls	0.991m	Jr. Men	Decathlon 6
204	7:30	110m Hurdls	0.991m	Jr. Men	Round 1
205	8:00	Triple Jump		Jr. Men	Qualification Round Group A & B
206	8:05	100M Hurdle	0.838m	Jr. Women	heptathlon 1



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207	8:10	Discus Throw	1.75kg	Jr. Men	Decathlon 7
208	8:15	100M Hurdle	0.838m	Jr. Women	Round 1
209	8:20	Shot Put	4.0kg	Jr. Women	Final 9
210	8:40	200m		Jr. Women	Round 1
211	8:45	High Jump		Jr. Women	heptathlon 2
212	9:10	200m		Jr. Men	Round 1
213	9:20	Pole Vault		Jr. Men	Decathlon 8
214	9:40	Hammer throw	6.0kg	Jr. Men	Final 10
215	10:30	110m Hurdls	0.991m	Jr. Men	Semi Final
Lunch Break					
216	14:20	Discus Throw	1.75kg	Jr. Men	Qualification Round Group A
217	15:00	Pole Vault		Jr. Men	Final 11
218	15:10	Long Jump		Jr. Women	Final 12
219	15:20	Shot Put	4.0kg	Jr. Women	heptathlon 3
220	15:30	100M Hurdles	0.838m	Jr. Women	Final 13
221	15:35	Discus Throw	1.75kg	Jr. Men	Qualification Round Group B
222	15:45	110m Hurdles	0.991m	Jr. Men	Final 14
223	16:00	400m		Jr. Women	Final 15
224	16:10	400m		Jr. Men	Final 16
225	16:25	200m		Jr. Women	heptathlon 4
226	16:30	Shot Put	6.0kg	Jr. Men	Final 17
227	16:40	Long Jump		Jr. Men	Final 18
228	16:45	1500m		Jr. Women	Final 19
229	16:50	Javelin Throw	800gm	Jr. Men	Decathlon 9
230	16:55	1500m		Jr. Men	Final 20
231	17:05	400m Hurdles	0.914m	Jr. Men	Round 1
232	17:40	400m Hurdles	0.762m	Jr. Women	Round 1
233	18:00	1500m		Jr. Men	Decathlon 10 Final 21
Medal Ceremony as per LOC					
(26/04/2026) Day 3					
301	6:20	3000m		Jr. Women	Final 22
302	6:40	3000m		Jr. Men	Final 23
303	7:00	800m		Jr. Women	Round 1
304	7:15	Hammer Throw	4.0kg	Jr. Women	Final 24
305	7:20	800m		Jr. Men	Round 1
306	7:30	long jump		Jr. Women	heptathlon 5
307	7:50	200m		Jr. Women	Semi Final
308	8:05	200m		Jr. Men	Semi Final
309	8:30	High Jump		Jr. Men	Final 25
310	8:40	400m Hurdles	0.914m	Jr. Men	Semi Final



311	8:45	Triple Jump		Jr. Women	Final 26
312	8:50	Discus Throw	1.75kg	Jr. Men	Final 27
313	10:20	Javelin Throw	600gm	Jr. Women	heptathlon 6
Lunch Break					
314	15:00	Javelin Throw	600gm	Jr. Women	Final 28
315	15:10	High Jump		Jr. Women	Final 29
316	15:50	400m Hurdles	0.914m	Jr. Men	Final 30
317	16:05	400m Hurdles	0.762m	Jr. Women	Final 31
318	16:15	Triple Jump		Jr. Men	Final 32
319	16:25	800m		Jr. Women	Final 33
320	16:35	800m		Jr. Men	Final 34
321	16:40	Javelin Throw	800gm	Jr. Men	Final 35
322	16:45	800m		Jr. Women	heptathlon 7 Final 36
323	17:00	200m		Jr. Women	Final 37
324	17:10	200m		Jr. Men	Final 38
325	17:20	3000m SC	0.762m	Jr. Women	Final 39
326	17:40	3000m SC	0.914m	Jr. Men	Final 40
Medal Ceremony as per LOC					

Progression of Heights in Vertical Jumps

High Jump		Practice Heights
Jr Men	1.80m - 5 cm - 2.00m - 3 cm - 2.12m - 2 cm	1.75m - 1.90m - 2.05m [Any Two Heights]
Jr Women	1.45m - 5 cm - 1.60m - 3cm - 1.72 - 2cm	1.40m - 1.60m - 1.70m [Any Two Heights]
Pole Vault		Practice Heights
Jr Men	3.60m - 20cm - 4.40m - 10cm - 4.80m - 5cm	3.50m - 4.50m - 4.80m [Any Two Heights]
Jr Women	2.50m - 20cm - 3.10m - 10cm - 3.60m - 5cm	2.50m - 3.00m - 340m [Any Two Heights]

Call Room Reporting Time

Track Events	30 minutes prior to the Scheduled Time
Hurdles Races	40 minutes prior to the Scheduled Time
High Jump	70 minutes prior to the Scheduled Time
Pole Vault	90 minutes prior to the Scheduled Time
Other Field Events	50 minutes prior to the Scheduled Time

