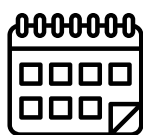




16TH HARYANA STATE SENIOR ATHLETICS CHAMPIONSHIPS

SCHEDULE



30-31 May 2026  **Kurukshetra**

30 May 2026 (Morning Session)

Time	Event	Age Group	Call Room Time
06:30 AM	10000 m.	Men & Women	6:00 AM
07:30 AM	1500 m.	Men	6:30 AM
07:30 AM	Discus Throw	Men	6:30 AM
07:45 AM	1500 m.	Women	6:45 AM
08:00 AM	400 m. Heat	Men	7:00 AM
08:00 AM	Triple Jump	Men	7:00 AM
08:15 AM	400 m. Heat	Women	7:15 AM
08:30 AM	Discus Throw	Women	7:30 AM
08:30 AM	Triple Jump	Women	7:30 AM
08:30 AM	100 m. Heat	Men	7:30 AM
08:45 AM	100 m. Heat	Women	7:45 AM
08:50 AM	100 m. Decathlon	Men	7:50 AM
09:00 AM	100 m. Hurdles Heptathlon	Women	8:00 AM
09:30 AM	Long Jump Decathlon	Men	
09:40 AM	High Jump Heptathlon	Women	
10:00 AM	Shot Put Decathlon	Men	

Evening Session

03:00 PM	Javelin Throw	Women	2:30 PM
03:30 PM	Javelin Throw	Men	3:00 PM
04:00 PM	High Jump Decathlon	Men	
04:00 PM	Shot Put Heptathlon	Women	



05:00 PM	100 m. Final	Men	4:00 PM
05:10 PM	100 m. Final	Women	4:10 PM
05:15 PM	400 m. Final	Men	4:15 PM
05:20 PM	400 m. Final	Women	4:20 PM
05:30 PM	400 m. Decathlon	Men	
05:40 PM	200 m. Heptathlon	Women	
06:00 PM	3000 m. Steeplechase	Men	5:00 PM
06:30 PM	3000 m. Steeplechase	Women	5:30 PM

31 May 2026

05:30 AM	20000 m. Walk	Men & Women	5:15 AM
06:30 AM	5000 m.	Men & Women	5:30 AM
07:00 AM	Shot Put	Men	6:00 AM
07:00 AM	High Jump	Men	6:00 AM
07:00 AM	Long Jump	Men	6:00 AM
07:15 AM	110 m. Hurdles Decathlon	Men	
07:30 AM	800 m. Heat	Men	6:30 AM
07:30 AM	High Jump	Women	6:30 AM
07:30 AM	Long Jump	Women	6:30 AM
07:40 AM	800 m.	Women	6:40 AM
08:00 AM	200 m. Heat	Men	7:00 AM
08:00 AM	Shot Put	Women	7:00 AM
08:00 AM	Long Jump Heptathlon	Women	



08:30 AM	200 m. Heat	Women	7:30 AM
08:30 AM	110 m. Hurdles	Men	7:30 AM
08:45 AM	Discus Throw Decathlon	Men	
08:45 AM	100 m. Hurdles	Women	7:45 AM
09:00 AM	400 m. Hurdles	Men	8:00 AM
09:00 AM	Hammer Throw	Men	8:00 AM
09:15 AM	400 m. Hurdles	Women	8:15 AM
09:15 AM	Javelin Throw Heptathlon	Women	
09:30 AM	800 m. Final	Men	8:30 AM
09:30 AM	Hammer Throw	Women	8:30 AM
09:45 AM	Javelin Throw Decathlon	Men	
09:45 AM	200 m. Final	Men	8:45 AM
09:50 AM	200 m. Final	Women	8:50 AM
10:15 AM	800 m. Heptathlon	Women	
10:20 AM	1500 m. Decathlon	Men	

