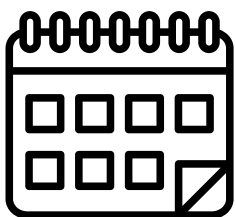




INDIAN ATHLETICS

SERIES - 7

COMPETITION SCHEDULE



6th june 2026



**Nalbari,
Assam**



INDIAN ATHLETICS SERIES - 7

INDIAN
ATHLETICS

VENUE: Nalbari Athletics Stadium , Date: 6th June 2026

TENTATIVE SCHEDULE (ver 1.0, dated 13/05/2026)

| Sr. No. | Time | Event Name | Specification | Group | Round |
|--------------------------|-------|---------------|---------------|----------|---------|
| Forenoon Session | | | | | |
| 101 | 06:30 | 800m | | Men | Final A |
| 102 | 06:40 | 800m | | Men | Final B |
| 103 | 06:50 | 800m | | Jr Men | Final A |
| 104 | 07:00 | 800m | | Jr Men | Final B |
| 105 | 07:10 | 800m | | Women | Final A |
| 106 | 07:20 | 800m | | Women | Final B |
| 107 | 07:30 | 800m | | Jr Women | Final A |
| 108 | 07:35 | High Jump | | Women | Final |
| 109 | 07:40 | 800m | | Jr Women | Final B |
| 110 | 07:50 | Javelin Throw | 800 g | Jr Men | Final |
| 111 | 08:00 | 200m | | Jr Men | Final A |
| 112 | 08:10 | 200m | | Jr Men | Final B |
| 113 | 08:20 | 200m | | Jr Women | Final A |
| 114 | 08:30 | 200m | | Jr Women | Final B |
| 115 | 08:40 | 200m | | Men | Final A |
| 116 | 08:50 | 200m | | Men | Final B |
| 117 | 09:00 | 200m | | Men | Final C |
| 118 | 09:10 | 200m | | Women | Final A |
| 119 | 09:20 | 200m | | Women | Final B |
| 120 | 09:30 | Javelin Throw | 600 g | Jr Women | Final |
| 121 | 09:40 | 110m Hurdles | 1.067 m | Men | Final A |
| 122 | 09:45 | 110m Hurdles | 1.067 m | Men | Final B |
| 123 | 10:00 | 100m Hurdles | 0.838 m | Women | Final A |
| 124 | 10:05 | 100m Hurdles | 0.838 m | Women | Final B |
| Afternoon Session | | | | | |
| 125 | 13:30 | Javelin Throw | 600 g | Women | Final |
| 126 | 14:00 | 400m | | Jr Men | Final A |
| 127 | 14:00 | Long Jump | | Women | Final |
| 128 | 14:10 | 400m | | Jr Men | Final B |
| 129 | 14:10 | High Jump | | Men | Final |
| 130 | 14:20 | 400m | | Jr Men | Final C |
| 131 | 14:30 | 400m | | Jr Women | Final A |
| 132 | 14:40 | 400m | | Jr Women | Final B |
| 133 | 14:50 | 400m | | Men | Final A |
| 134 | 15:00 | 400m | | Men | Final B |
| 135 | 15:00 | Javelin Throw | 800 g | Men | Final |
| 136 | 15:10 | 400m | | Men | Final C |
| 137 | 15:20 | 400m | | Women | Final A |
| 138 | 15:30 | 400m | | Women | Final B |
| 139 | 15:30 | Long Jump | | Men | Final |
| 140 | 15:40 | 400m | | Women | Final C |



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| | | | | | |
|-----|-------|-------|--|----------|---------|
| 141 | 15:50 | 100m | | Jr Men | Final A |
| 142 | 15:55 | 100m | | Jr Men | Final B |
| 143 | 16:00 | 100m | | Jr Men | Final C |
| 144 | 16:05 | 100m | | Jr Women | Final A |
| 145 | 16:10 | 100m | | Jr Women | Final B |
| 146 | 16:15 | 100m | | Jr Women | Final C |
| 147 | 16:20 | 100m | | Men | Final A |
| 148 | 16:25 | 100m | | Men | Final B |
| 149 | 16:30 | 100m | | Men | Final C |
| 150 | 16:35 | 100m | | Women | Final A |
| 151 | 16:40 | 100m | | Women | Final B |
| 152 | 16:45 | 100m | | Women | Final C |
| 153 | 16:55 | 1500m | | Men | Final |
| 154 | 17:05 | 1500m | | Women | Final |

Progression of Heights & Practice Heights in Vertical Jumps

| High Jump | Progression of heights | Practice Heights |
|-----------|---|------------------|
| Jr Men | 1.75m - 5 cm - 2.00m - 3 cm - 2.12m - 2 cm | 1.75m & 1.90m |
| Jr Women | 1.35m - 5 cm - 1.60m - 3cm - 1.72 - 2cm | 1.40m & 1.70m |
| Men | 1.90m - 5 cm - 2.10m - 3 cm - 2.19m - 2cm | 1.90m & 2.10m |
| Women | 1.35m - 5cm - 1.60m - 4cm - 1.68m - 3cm - 1.74m - 2cm | 1.40m & 1.70m |

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 |
| Other Field Events | 50 minutes prior to the Scheduled Time |

Age verification for Junior athletes will be done at the venue on 5th June 2026 from 10:00am onwards



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