



# ***INDIAN ATHLETICS SERIES - 10***

# ***UPDATED COMPETITION SCHEDULE***



***14 June 2026***



***Kerala***

Sr. No.	Time	Event	Specifications	Group	Round
101	06:00	3000m		Men Junior	Final
102	06:20	3000m		Women Junior	Final
103	06:40	800m		Men Junior	Final A
104	06:50	800m		Men Junior	Final B
105	07:00	800m		Women Junior	Final A
106	07:10	800m		Women Junior	Final B
107	07:20	800m		Men	Final A
108	07:30	800m		Men	Final B
109	07:40	800m		Women	Final A
110	07:50	800m		Women	Final B
111	07:55	Pole Vault		Women Junior	Final
112	08:00	Long Jump	Pit 1	Men Junior	Final
113	08:10	High Jump		Men Junior	Final
114	08:15	Triple Jump	Pit 2	Men	Final (Pit 2)
115	08:20	400m Hurdles	0.914m	Men	Final A
116	08:30	400m Hurdles	0.914m	Men	Final B
117	08:40	400m Hurdles	0.914m	Men Junior	Final A
118	08:50	400m Hurdles	0.914m	Men Junior	Final B
119	09:10	400m Hurdles	0.762m	Women	Final A
120	09:20	400m Hurdles	0.762m	Women	Final B
121	09:25	Long Jump	Pit 1	Women Junior	Final (Pit 1)
122	09:30	400m Hurdles	0.762m	Women Junior	Final A
123	09:40	400m Hurdles	0.762m	Women Junior	Final B
124	09:50	Triple Jump	Pit 2	Women Junior	Final (Pit 2)
125	10:00	200m		Men Junior	Final A
126	10:10	200m		Men Junior	Final B
127	10:20	200m		Men Junior	Final C
128	10:25	High Jump		Women Junior	Final
129	10:30	Pole Vault		Men Junior	Final
130	10:30	200m		Women Junior	Final A
131	10:40	200m		Women Junior	Final B
132	10:50	200m		Men	Final A
133	11:00	200m		Men	Final B
134	11:10	200m		Men	Final C
135	11:20	200m		Women	Final A
136	11:30	200m		Women	Final B

BREAK					
137	13:00	110m Hurdles	1.067m	Men	Final A
138	13:10	110m Hurdles	1.067m	Men	Final B
139	13:30	110m Hurdles	0.991m	Men Junior	Final A
140	13:40	110m Hurdles	0.991m	Men Junior	Final B
141	13:50	High Jump		Men	Final
142	14:00	100m Hurdles	0.838m	Women	Final A
143	14:10	100m Hurdles	0.838m	Women	Final B
144	14:20	100m Hurdles	0.838m	Women Junior	Final A
145	14:30	100m Hurdles	0.838m	Women Junior	Final B
146	14:35	Triple Jump		Men Junior	Final (Pit 2)
147	14:50	100m		Men Junior	Final A
148	14:55	Long Jump		Men	Final (Pit 1)
149	15:00	100m		Men Junior	Final B
150	15:10	100m		Men Junior	Final C
151	15:20	100m		Women Junior	Final A
152	15:30	100m		Women Junior	Final B
153	15:40	100m		Men	Final A
154	15:50	100m		Men	Final B
155	16:00	100m		Men	Final C
156	16:05	Triple Jump		Women	Final (Pit 2)
157	16:10	100m		Women	Final A
158	16:20	100m		Women	Final B
159	16:25	High Jump		Women	Final
160	16:30	Long Jump		Women	Final (Pit 1)
161	16:40	400m		Men Junior	Final A
162	16:50	400m		Men Junior	Final B
163	17:00	400m		Men Junior	Final C
164	17:10	400m		Women Junior	Final A
165	17:20	400m		Women Junior	Final B
166	17:30	400m		Men	Final A
167	17:40	400m		Men	Final B
168	17:50	400m		Men	Final C
169	18:00	400m		Women	Final A
170	18:10	400m		Women	Final B

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	
Vertical Jumps	70 minutes prior to the Scheduled Time	
Other Field Events	50 minutes prior to the Scheduled Time	

