



INDIAN ATHLETICS SERIES - 8

UPDATED COMPETITION SCHEDULE



07 June 2026



Pune

Sr. No.	Time	Event	Specifications	Group	Round
101	05:30	10000m		Men	Final A
102	06:05	10000m		Men	Final B
103	06:40	10000m		Men	Final C
104	07:20	10000m		Women	Final
105	07:45	Triple Jump		Women	Final
106	08:00	Discus Throw	1.000kg	Women	Final
107	08:20	110m Hurdles	0.991m	Junior Men	Final
108	08:20	Shot Put	4.000kg	Junior Women	Final
109	08:30	High Jump		Men	Final
110	08:35	110m Hurdles	1.067m	Men	Final A
111	08:45	110m Hurdles	1.067m	Men	Final B
112	09:00	Triple Jump		Men	Final
113	09:05	100m Hurdles	0.838m	Women	Final
114	09:05	Discus Throw	2.000kg	Men	Final
115	09:15	100m Hurdles	0.838m	Junior Women	Final
116	09:30	400m		Junior Women	Final
117	09:30	Shot Put	4.000kg	Women	Final
118	09:40	400m		Women	Final A
119	09:50	400m		Women	Final B
120	10:00	400m		Junior Men	Final
121	10:10	400m		Men	Final A
122	10:20	400m		Men	Final B
123	10:30	400m		Men	Final C
124	10:40	400m		Men	Final D
BREAK					
125	14:45	Javelin Throw	800g	Junior Men	Final
126	15:30	Javelin Throw	600g	Women	Final
127	15:00	400m Hurdles		Men	Final
128	15:10	Long Jump		Women	Final
129	15:15	100m		Junior Women	Final
130	15:20	100m		Women	Final A
131	15:25	Shot Put	7.260kg	Men	Final
132	15:25	100m		Women	Final B
133	15:30	100m		Women	Final C
134	15:35	100m		Junior Men	Final A
135	15:40	100m		Junior Men	Final B
136	15:45	100m		Men	Final A
137	15:50	High Jump		Women	Final
138	15:50	100m		Men	Final B
139	15:55	100m		Men	Final C
140	16:00	100m		Men	Final D

141	16:05	100m		Men	Final E
142	16:15	Javelin Throw	800g	Men	Final
143	16:10	100m		Men	Final F
144	16:30	Long Jump		Men	Final
145	16:30	800m		Junior Women	Final
146	16:45	800m		Women	Final A
147	17:00	800m		Women	Final B
148	17:15	800m		Women	Final C
149	17:30	1500m		Junior Men	Final
150	17:45	1500m		Men	Final A
151	18:00	1500m		Men	Final B

Progression of Heights & Practice Heights in Vertical Jumps		
High Jump	Progression of heights	Practice Heights
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 6th June 2026 from 04:00pm onwards

