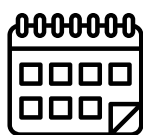




INDIAN ATHLETICS SERIES - 9

UPDATED COMPETITION SCHEDULE



13th June 2026



**LUDHIANA,
PUNJAB**

Sr. No.		Event	Specifications	Group	Round
DAY 1 - (13TH JUNE 2026)					
101	05:30	10000m RW		Men	Final
102	06:00	Discus Throw	1.000kg	Women Junior	Final
103	06:20	5000m		Women Junior	Final
104	06:40	5000m		Men Junior	Final
105	07:00	800m		Men Junior	Final A
106	07:00	Discus Throw	1.750kg	Men Junior	Final
107	07:00	Shot Put	4.000kg	Women Junior	Final
108	07:07	800m		Men Junior	Final B
109	07:14	800m		Women Junior	Final
110	07:21	800m		Men	Final A
111	07:28	800m		Men	Final B
112	07:35	800m		Men	Final C
113	07:42	800m		Men	Final D
114	07:45	Shot Put	6.000kg	Men Junior	Final
115	07:49	800m		Men	Final E
116	07:56	800m		Women	Final
117	08:00	High Jump		Women	Final
118	08:10	200m		Men Junior	Final A
119	08:17	200m		Men Junior	Final B
120	08:24	200m		Women Junior	Final
121	08:31	200m		Men	Final A
122	08:38	200m		Men	Final B
123	08:40	Discus Throw	1.000kg	Women	Final
124	08:45	200m		Men	Final C
125	08:50	Shot Put	4.000kg	Women	Final
126	08:52	200m		Men	Final D
127	08:59	200m		Men	Final E
128	09:06	200m		Men	Final F
129	09:13	200m		Women	Final A
130	09:20	200m		Women	Final B
131	09:27	200m		Women	Final C
132	09:40	1500m		Women Junior	Final
133	09:50	1500m		Men Junior	Final
134	10:10	110m Hurdles		Men	Final A
135	10:17	110m Hurdles		Men	Final B
136	10:30	100m Hurdles		Women	Final
137	10:10	Javelin Throw	800g	Men Junior	Final B
138	11:30	Shot Put	7.260kg	Men	Final B (FOP 2)
139	11:40	Javelin Throw	600g	Women Junior	Final

BREAK

140	13:00	Javelin Throw	800g	Men Junior	Final A
141	14:30	100m		Women	Final A
142	14:35	100m		Women	Final B
143	14:40	100m		Women	Final C
144	14:45	100m		Men	Final A
145	14:45	Javelin Throw	800g	Men	Final B
146	14:50	100m		Men	Final B
147	14:55	100m		Men	Final C
148	15:00	Triple Jump		Men	Final
149	15:00	100m		Men	Final D
150	15:05	100m		Men	Final E
151	15:10	100m		Men	Final F
152	15:15	High Jump		Men	Final
153	15:15	100m		Men	Final G
154	15:20	100m		Men	Final H
155	15:35	400m		Women Junior	Final
156	15:42	400m		Men Junior	Final A
157	15:49	400m		Men Junior	Final B
158	15:56	400m		Women	Final A
159	16:03	400m		Women	Final B
160	16:10	400m		Women	Final C
161	16:17	400m		Men	Final A
162	16:24	400m		Men	Final B
163	16:30	Javelin Throw	800g	Men	Final A
164	16:31	400m		Men	Final C
165	16:38	400m		Men	Final D
166	16:45	400m		Men	Final E
167	16:52	400m		Men	Final F
168	17:00	Long Jump		Women	Final
169	17:10	3000m Steeplechase		Men	Final
170	17:30	3000m Steeplechase		Men Junior	Final
171	17:50	3000m Steeplechase		Women Junior	Final
172	18:00	Javelin Throw	600g	Women	Final
173	18:05	3000m Steeplechase		Women	Final
174	18:20	1500m		Women	Final
175	18:30	1500m		Men	Final A
176	18:40	1500m		Men	Final B
177	19:30	Shot Put	7.260kg	Men	Final A
178	19:30	Discus Throw	2.000kg	Men	Final A
179	21:00	Discus Throw	2.000kg	Men	Final B



DAY 2 - (14TH JUNE 2026)

201	08:00	Hammer Throw	6.000kg	Men Junior	Final
202	10:00	Hammer Throw	4.000kg	Women Junior	Final
203	11:00	Hammer Throw	4.000kg	Women	Final
204	14:00	Hammer Throw	7.260kg	Men	Final B
205	16:00	Hammer Throw	7.260kg	Men	Final A

* FOP 2 - Warmup Area of Main Stadium

Progression of Heights & Practice Heights in Vertical Jumps

High Jump	Practice Heights
Men	1.90m & 2.10m
Women	1.40m & 1.70m

Call Room Reporting Time

Track Events	30 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

