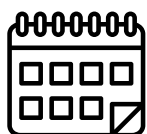




21ST NATIONAL YOUTH ATHLETICS CHAMPIONSHIPS 2026



01-03 Sep



***Ludhiana,
Punjab***

COMPETITION SCHEDULE

ATHLETICS INDIA



21st National Youth Athletics Championships 2026 - Ludhiana, Punjab					
Organised by Punjab Athletics Association					
1 to 3 of September 2026					
Competition Schedule Version 1.1 as on 26-08-2026					
Event No	Scheduled Time	Event	Specification	Section	Round
01-09-2026 Forenoon					
101	0700hrs	110m Hurdles	0.914m	Youth Men Under 18	Heptathlon 1
102	0710hrs	Discus Throw	1.500kg	Youth Men Under 18	Qualification Round Group A
103	0725hrs	400m		Youth Women Under 18	Round 1
104	0740hrs	High Jump		Youth Men Under 18	Heptathlon 2
105	0750hrs	400m		Youth Men Under 18	Round 1
106	0820hrs	Discus Throw	1.500kg	Youth Men Under 18	Qualification Round Group B
107	0825hrs	100m		Youth Women Under 18	Round 1
108	0850hrs	100m		Youth Men Under 18	Round 1
01-09-2026 Afternoon					
109	1530hrs	High Jump		Youth Men Under 18	Qualification Round Group A
110	1600hrs	100m		Youth Women Under 18	Semi Final
111	1610hrs	Discus Throw	1.000kg	Youth Women Under 18	Final 1
112	1615hrs	100m		Youth Men Under 18	Semi Final
113	1645hrs	400m		Youth Women Under 18	Semi Final
114	1700hrs	High Jump		Youth Men Under 18	Qualification Round Group B
115	1700hrs	Shot Put	5.000kg	Youth Men Under 18	Heptathlon 3
116	1700hrs	400m		Youth Men Under 18	Semi Final
117	1720hrs	1000m		Youth Women Under 18	Round 1
118	1735hrs	1000m		Youth Men Under 18	Round 1
119	1755hrs	100m		Youth Women Under 18	Final 2
120	1805hrs	100m		Youth Men Under 18	Final 3
121	1820hrs	200m		Youth Men Under 18	Heptathlon 4
02-09-2026 Forenoon					
201	0600hrs	5000m Race Walk		Youth Men Under 18	Final 4
202	0640hrs	3000m Race Walk		Youth Women Under 18	Final 5
203	0700hrs	Javelin Throw	700gm	Youth Men Under 18	Qualification Round Group A
204	0710hrs	Long Jump		Youth Men Under 18	Heptathlon 5
205	0720hrs	100m Hurdles	0.762m	Youth Women Under 18	Heptathlon 1
206	0740hrs	Shot Put	5.000kg	Youth Men Under 18	Qualification Round Group A & B
207	0750hrs	110m Hurdles	0.914m	Youth Men Under 18	Round 1
208	0800hrs	Javelin Throw	700gm	Youth Men Under 18	Qualification Round Group B
209	0800hrs	High Jump		Youth Women Under 18	Heptathlon 2
210	0830hrs	Long Jump		Youth Men Under 18	Qualification Round Group A & B
211	0900hrs	Javelin Throw	700gm	Youth Men Under 18	Heptathlon 6
02-09-2026 Afternoon					
212	1500hrs	Discus Throw	1.500kg	Youth Men Under 18	Final 6
213	1530hrs	Shot Put	5.000kg	Youth Women Under 18	Heptathlon 3
214	1545hrs	High Jump		Youth Women Under 18	Final 7

215	1600hrs	400m		Youth Women Under 18	Final 8
216	1610hrs	400m		Youth Men Under 18	Final 9
217	1615hrs	Long Jump		Youth Women Under 18	Qualification Round Group A & B
218	1620hrs	1000m		Youth Women Under 18	Final 10
219	1620hrs	Javelin Throw	500gm	Youth Women Under 18	Qualification Round Group A
220	1630hrs	1000m		Youth Men Under 18	Final 11
221	1640hrs	200m		Youth Women Under 18	Heptathlon 4
222	1650hrs	200m		Youth Women Under 18	Round 1
223	1715hrs	200m		Youth Men Under 18	Round 1
224	1720hrs	Javelin Throw	500gm	Youth Women Under 18	Qualification Round Group B
225	1745hrs	1000m		Youth Men Under 18	Heptathlon 7 / Final 12
226	1800hrs	Medley Relay		Youth Women Under 18	Round 1
227	1815hrs	Medley Relay		Youth Men Under 18	Round 1
03-09-2026 Forenoon					
301	0720hrs	110m Hurdles	0.914m	Youth Men Under 18	Semi Final
302	0730hrs	Long Jump		Youth Women Under 18	Heptathlon 5
303	0745hrs	100m Hurdles	0.762m	Youth Women Under 18	Round 1
304	0815hrs	200m		Youth Women Under 18	Semi Final
305	0830hrs	200m		Youth Men Under 18	Semi Final
306	0845hrs	Javelin Throw	500gm	Youth Women Under 18	Heptathlon 6
03-09-2026 Afternoon					
307	1515hrs	Javelin Throw	700gm	Youth Men Under 18	Final 13
308	1525hrs	Shot Put	3.000kg	Youth Women Under 18	Final 14
309	1535hrs	Long Jump		Youth Women Under 18	Final 15
310	1545hrs	High Jump		Youth Men Under 18	Final 16
311	1645hrs	100m Hurdles	0.762m	Youth Women Under 18	Final 17
312	1650hrs	Javelin Throw	500gm	Youth Women Under 18	Final 18
313	1700hrs	Shot Put	5.000kg	Youth Men Under 18	Final 19
314	1700hrs	110m Hurdles	0.914m	Youth Men Under 18	Final 20
315	1710hrs	Long Jump		Youth Men Under 18	Final 21
316	1715hrs	200m		Youth Women Under 18	Final 22
317	1725hrs	200m		Youth Men Under 18	Final 23
318	1740hrs	1000m		Youth Women Under 18	Heptathlon 7 / Final 24
319	1750hrs	Medley Relay		Youth Women Under 18	Final 25
320	1800hrs	Medley Relay		Youth Men Under 18	Final 26
IMPORTANT INSTRUCTIONS					
Techncial / Manager's Meeting shall be held at the Ludhiana Outdoor Stadium on 1st September 2026 at 1600hrs					
Progression of Height for Vertical Jumps					
High Jump Men Under 18 years					
Practice Height:1.60m & 1.90m Progression:1.70-5cm-1.85-4cm193-3cm-2.02-2cm					
High Jump Women Under 18 years					
Practice Height:1.335m & 1.60m Progression:1.40-5cm-1.50-3cm-1.65-2cm					
Combined Events, the Referee shall decide the progression in consultation with the Technical Delegate					
CALL ROOM PROCEDURE					

EVENT	CALL ROOM-1	FOP	
TRACK EVENTS	30 MINUTES BEFORE START	10 MINUTES BEFORE START	
HURDLES	40 MINUTES BEFORE START	15 MINUTES BEFORE START	
FIELD EVENTS	45 MINUTES BEFORE START	30 MINUTES BEFORE START	
HIGH JUMP	60 MINUTES BEFORE START	45 MINUTES BEFORE START	
RACE WALK	30 MINUTES BEFORE START	10 MINUTES BEFORE START	
Automatic Qualification Standard			
Long Jump		Youth Men Under 18	7.00m
High Jump		Youth Men Under 18	1.95m
Shot Put		Youth Men Under 18	16.70m
Discus Throw		Youth Men Under 18	50.50m
Javelin Throw		Youth Men Under 18	63.00m
Long Jump		Youth Women Under 18	5.40m