



INDIAN ATHLETICS SERIES - 13

COMPLETE SCHEDULE



18 Aug 2026



***Hanamkonda,
Telangana***

Event No.	Scheduled Time	Event	Specification	Group	Round
101	07:30	1500M		MEN	FINAL
102	07:40	1500M		WOMEN	FINAL
103	08:00	400M		MEN	RACE-A
104	08:07	400M		MEN	RACE-B
105	08:14	400M		MEN	RACE-C
106	08:21	400M		WOMEN	RACE-A
107	08:28	400M		WOMEN	RACE-B
108	08:30	LONG JUMP		WOMEN	FINAL
109	08:35	400M		WOMEN	RACE-C
110	09:00	110MH		MEN	RACE-A
111	09:10	110MH		MEN	RACE-B
112	09:10	JAVELIN THROW	600g	WOMEN	FINAL
113	09:15	HIGH JUMP		WOMEN	FINAL
114	09:20	110MH	1.067m	MEN	RACE-C
115	09:30	SHOT PUT	4.000kg	WOMEN	FINAL
116	09:40	100MH	0.838m	WOMEN	RACE-A
117	09:50	100MH	0.838m	WOMEN	RACE-B
118	09:55	LONG JUMP		MEN	FINAL
119	10:00	100MH	0.838m	WOMEN	RACE-C
120	10:20	100M		MEN	RACE-A
121	10:27	100M		MEN	RACE-B
122	10:34	100M		MEN	RACE-C
123	10:41	100M		WOMEN	RACE-A
124	10:48	100M		WOMEN	RACE-B
125	10:55	100M		WOMEN	RACE-C
BREAK					
126	14:50	400MH	0.914m	MEN	RACE-A
127	15:00	400MH	0.914m	MEN	RACE-B
128	15:10	400MH	0.914m	MEN	RACE-C
129	15:15	TRIPLE JUMP		WOMEN	FINAL
130	15:20	HIGH JUMP		MEN	FINAL
131	15:30	400MH	0.762m	WOMEN	RACE-A
132	15:40	400MH	0.762m	WOMEN	RACE-B
133	15:50	400MH	0.762m	WOMEN	RACE-C
134	15:55	SHOT PUT	7.260m	MEN	FINAL
135	16:00	JAVELIN THROW	800g	MEN	FINAL
136	16:10	200M		MEN	RACE-A



137	16:17	200M		MEN	RACE-B
138	16:24	200M		MEN	RACE-C
139	16:31	200M		WOMEN	RACE-A
140	16:38	200M		WOMEN	RACE-B
141	16:45	TRIPLE JUMP		MEN	FINAL
142	16:45	200M		WOMEN	RACE-C
143	17:00	800M		MEN	RACE-A
144	17:10	800M		MEN	RACE-B
145	17:20	800M		MEN	RACE-C
146	17:30	800M		WOMEN	RACE-A
147	17:40	800M		WOMEN	RACE-B
148	17:50	800M		WOMEN	RACE-C

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	

