



INDIAN ATHLETICS SERIES - 14

COMPLETE SCHEDULE



25 Aug 2026



***Panchkula,
Haryana***

Event No.	Scheduled Time	Event	Specification	Group	Round
101	06:00	5000m		Men	Final
102	06:25	5000m		Women	Final
103	06:50	800m		Men	Final A
104	06:57	800m		Men	Final B
105	07:04	800m		Men	Final C
106	07:11	800m		Women	Final A
107	07:18	800m		Women	Final B
108	07:40	200m		Men	Final A
109	07:47	200m		Men	Final B
110	07:54	200m		Men	Final C
111	08:00	Hammer Throw	4.000kg	Women	Final
112	08:01	200m		Men	Final D
113	08:08	200m		Women	Final A
114	08:15	200m		Women	Final B
115	08:15	Triple Jump		Women	Final
116	08:22	200m		Women	Final C
117	08:30	Pole Vault		Women	Final
118	08:45	High Jump		Women	Final
119	09:30	Hammer Throw	7.260kg	Men	Final
120	09:45	Triple Jump		Men	Final
BREAK					
125	15:00	Pole Vault		Men	Final
126	15:00	Shot Put	4.000kg	Women	Final
127	15:58	100m		Men	Final A
128	16:00	Discus Throw	1.000kg	Women	Final
129	16:05	100m		Men	Final B
130	16:00	Long Jump		Women	Final
131	16:10	High Jump		Men	Final
132	16:12	100m		Men	Final C
133	16:15	Shot Put	7.260kg	Men	Final
135	16:19	100m		Men	Final D
136	16:26	100m		Women	Final A
137	16:33	100m		Women	Final B
138	16:40	100m		Women	Final C
139	17:03	400m		Men	Final A
140	17:10	400m		Men	Final B
141	17:17	400m		Men	Final C



142	17:24	400m		Men	Final D
143	17:30	Discus Throw	2.000kg	Men	Final
144	17:31	400m		Women	Final A
148	17:38	400m		Women	Final B
149	17:30	Long Jump		Men	Final
150	17:45	400m		Women	Final C
151	18:05	1500m		Men	Final A
152	18:15	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
Pole Vault	Progression of heights	Practice Heights
Men	3.80m – 20cm – 4.60m – 10cm – 5.10m – 5 cm	3.80m & 4.80m
Women	2.50m – 25cm – 3.00m – 20cm – 3.40m - 10cm - 3.80m – 5cm	2.60m & 3.60m
Call Room Reporting Time		
Track Events	30 minutes prior to the Scheduled Time	
High Jump	70 minutes prior to the Scheduled Time	
Pole Vault	90 minutes prior to the Scheduled Time	
Other Field Events	50 minutes prior to the Scheduled Time	

