



INDIAN ATHLETICS SERIES - 15

COMPLETE SCHEDULE



02 Sep 2026



**Meerut,
Uttar Pradesh**

Event No.	Scheduled Time	Event	Specification	Group	Round
101	07:00	800 m		Women	Final Race A
102	07:07	800 m		Women	Final Race B
103	07:14	800 m		Women	Final Race C
104	07:21	800 m		Men	Final Race A
105	07:28	800 m		Men	Final Race B
106	07:35	800 m		Men	Final Race C
107	07:55	200 m		Women	Final Race A
108	08:00	Hammer Throw	4.00 Kg	Women	Final
109	08:00	Long Jump		Women	Final
110	08:02	200 m		Women	Final Race B
111	08:09	200 m		Women	Final Race C
112	08:16	200 m		Women	Final Race D
113	08:23	200 m		Men	Final Race A
114	08:30	200 m		Men	Final Race B
115	08:35	High Jump		Women	Final
116	08:37	200 m		Men	Final Race C
117	08:44	200 m		Men	Final Race D
118	09:00	Shot Put	4.00 Kg	Women	Final
119	09:05	110 m H	1.067m	Men	Final Race A
120	09:15	110 m H	1.067m	Men	Final Race B
121	09:25	110 m H	1.067m	Men	Final Race C
122	09:30	Long Jump		Men	Final
123	09:35	Hammer Throw	7.260 Kg	Men	Final
124	09:45	100 m H	0.838m	Women	Final Race A
125	09:55	100 m H	0.838m	Women	Final Race B
126	10:05	100 m H	0.838m	Women	Final Race C
BREAK					
127	14:00	Javelin Throw	600 gm	Women	Final
128	15:00	100 m		Women	Final Race A
129	15:05	Triple Jump		Women	Final
130	15:07	100 m		Women	Final Race B
131	15:14	100 m		Women	Final Race C
132	15:20	Shot Put	7.260 Kg	Men	Final
133	15:21	100 m		Women	Final Race D
134	15:28	100 m		Men	Final Race A
135	15:30	High Jump		Men	Final
136	15:35	100 m		Men	Final Race B



137	15:40	Javelin Throw	800 gm	Men	Final
138	15:42	100 m		Men	Final Race C
139	15:49	100 m		Men	Final Race D
140	16:10	400 m		Women	Final Race A
141	16:17	400 m		Women	Final Race B
142	16:24	400 m		Women	Final Race C
143	16:31	400 m		Women	Final Race D
144	16:38	400 m		Men	Final Race A
145	16:40	Triple Jump		Men	Final
146	16:45	400 m		Men	Final Race B
147	16:52	400 m		Men	Final Race C
148	16:59	400 m		Men	Final Race D
149	17:15	1500 m		Women	Final Race A
150	17:25	1500 m		Women	Final Race B
151	17:35	1500 m		Men	Final Race A
152	17:45	1500 m		Men	Final Race 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	

