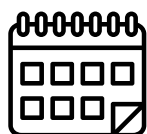




# ***37TH NORTH ZONE JUNIOR ATHLETICS CHAMPIONSHIPS 2026***



***14-16 Sep 2026***



***Dehradun,  
Uttarakhand***

## ***COMPLETE SCHEDULE***

**ATHLETICS INDIA**



# 37th NORTH ZONE JUNIOR ATHLETICS CHAMPIONSHIPS 2026

Venue: Maharana Pratap Sports College, Raipur,  
Dehradun, Uttarakhand

Date: 14th September to 16th September 2026

## COMPETITION SCHEDULE (Ver 1.0, dated 02/09/2026, Subject to change as per actual entries)

### DAY - 1 (14-09-2026)

#### MORNING SESSION

| SR. No. | TIME  | EVENT                   | SPECS.     | GROUP         | ROUND           |
|---------|-------|-------------------------|------------|---------------|-----------------|
| 101     | 06:40 | 5000M                   |            | MEN U20 YRS   | FINAL           |
| 102     | 07:00 | DISCUS THROW            | 1.750 KGS. | MEN U20 YRS   | FINAL           |
| 103     | 07:05 | 5000M                   |            | WOMEN U20 YRS | FINAL           |
| 104     | 07:20 | LONG JUMP               |            | WOMEN U20 YRS | FINAL           |
| 105     | 07:40 | 100M                    |            | MEN U20 YRS   | DECATHLON - 1   |
| 106     | 07:50 | 100M                    |            | MEN U18 YRS   | HEATS           |
| 107     | 08:00 | HIGH JUMP               |            | MEN U18 YRS   | FINAL           |
| 108     | 08:00 | SHOT PUT (STANDING)     | 4.000 KGS. | BOYS U16YRS   | FINAL           |
| 109     | 08:05 | 100M                    |            | MEN U20 YRS   | HEATS           |
| 110     | 08:15 | DISCUS THROW            | 1.500 KGS. | MEN U18 YRS   | FINAL           |
| 111     | 08:20 | 100M                    |            | WOMEN U18 YRS | HEATS           |
| 112     | 08:35 | 100M                    |            | WOMEN U20 YRS | HEATS           |
| 113     | 08:40 | LONG JUMP               |            | MEN U20 YRS   | DECATHLON - 2   |
| 114     | 08:55 | 60M                     |            | BOYS U16YRS   | PENTATHLON 1    |
| 115     | 09:00 | POLE VAULT              |            | MEN U20 YRS   | FINAL           |
| 116     | 09:05 | 60M                     |            | GIRLS U16YRS  | PENTATHLON 1    |
| 117     | 09:15 | 60M                     |            | GIRLS U14 YRS | TRIATHLON A - 1 |
| 118     | 09:25 | 60M                     |            | GIRLS U14 YRS | TRIATHLON B - 1 |
| 119     | 09:30 | DISCUS THROW            | 1.000 KGS  | WOMEN U18 YRS | FINAL           |
| 120     | 09:30 | SHOT PUT                | 6.000 KGS. | MEN U20 YRS   | DECATHLON - 3   |
| 121     | 09:35 | 60M                     |            | BOYS U14 YRS  | TRIATHLON B - 1 |
| 122     | 09:40 | LONG JUMP (5M APPROACH) |            | GIRLS U14 YRS | TRIATHLON A - 2 |
| 123     | 09:45 | 60M                     |            | BOYS U16YRS   | HEATS           |
| 124     | 09:45 | HIGH JUMP               |            | WOMEN U18 YRS | FINAL           |
| 125     | 10:00 | 60M                     |            | GIRLS U16YRS  | HEATS           |
| 126     | 10:25 | 80M HURDLES             | 0.838M     | BOYS U16YRS   | PENTATHLON 2    |
| 127     | 10:30 | SHOT PUT (STANDING)     | 3.000 KGS. | GIRLS U16YRS  | FINAL           |
| 128     | 10:35 | 80M HURDLES             | 0.838M     | BOYS U16YRS   | HEATS           |
| 129     | 10:40 | LONG JUMP (5M APPROACH) |            | GIRLS U14 YRS | TRIATHLON B - 2 |
| 130     | 10:45 | DISCUS THROW            | 1.000 KGS. | WOMEN U20 YRS | FINAL           |
| 131     | 10:55 | 80M HURDLES             | 0.762M     | GIRLS U16YRS  | PENTATHLON 2    |
| 132     | 11:05 | 80M HURDLES             | 0.762M     | GIRLS U16YRS  | HEATS           |

#### EVENING SESSION

|     |       |                          |           |               |                 |
|-----|-------|--------------------------|-----------|---------------|-----------------|
| 133 | 14:00 | HIGH JUMP (SCISSOR ONLY) |           | GIRLS U14 YRS | TRIATHLON A - 3 |
| 134 | 14:00 | JAVELIN THROW            | 700G      | MEN U18 YRS   | FINAL           |
| 135 | 14:00 | LONG JUMP (5M APPROACH)  |           | BOYS U14 YRS  | TRIATHLON B - 2 |
| 136 | 15:00 | 80M HURDLES              | 0.762M    | GIRLS U16YRS  | FINAL           |
| 137 | 15:00 | LONG JUMP (5M APPROACH)  |           | BOYS U16YRS   | PENTATHLON 3    |
| 138 | 15:10 | 80M HURDLES              | 0.838M    | BOYS U16YRS   | FINAL           |
| 139 | 15:15 | BACK THROW               | 1.000 KGS | GIRLS U14 YRS | TRIATHLON B - 3 |
| 140 | 15:15 | JAVELIN THROW            | 600G      | WOMEN U20 YRS | FINAL           |
| 141 | 15:30 | 100M                     |           | MEN U20 YRS   | FINAL           |
| 142 | 15:30 | HIGH JUMP                |           | MEN U20 YRS   | DECATHLON - 4   |
| 143 | 15:40 | 100M                     |           | MEN U18 YRS   | FINAL           |

|     |       |                                |           |               |                 |
|-----|-------|--------------------------------|-----------|---------------|-----------------|
| 144 | 15:50 | 100M                           |           | WOMEN U20 YRS | FINAL           |
| 145 | 16:00 | 100M                           |           | WOMEN U18 YRS | FINAL           |
| 146 | 16:00 | LONG JUMP (5M APPROACH)        |           | GIRLS U16YRS  | PENTATHLON 3    |
| 147 | 16:15 | BACK THROW                     | 1.000 KGS | BOYS U14 YRS  | TRIATHLON B - 3 |
| 148 | 16:20 | 60M                            |           | BOYS U16YRS   | FINAL           |
| 149 | 16:30 | 60M                            |           | GIRLS U16YRS  | FINAL           |
| 150 | 16:30 | KIDS JAVELIN THROW (5M RUNWAY) | 0.3 KGS   | BOYS U14 YRS  | FINAL           |
| 151 | 16:40 | 800M                           |           | MEN U20 YRS   | HEATS           |
| 152 | 16:50 | 800M                           |           | WOMEN U20 YRS | HEATS           |
| 153 | 17:05 | MEDLEY RELAY                   |           | MEN U18 YRS   | FINAL           |
| 154 | 17:15 | MEDLEY RELAY                   |           | WOMEN U18 YRS | FINAL           |
| 155 | 17:30 | 400M                           |           | MEN U20 YRS   | DECATHLON - 5   |
| 156 | 17:40 | 4 X 100M MIXED RELAY           |           | MIXED U20 YRS | FINAL           |
| 157 | 17:50 | 4 X 400M MIXED RELAY           |           | MIXED U20 YRS | FINAL           |

## DAY - 2 (15-09-2026)

### MORNING SESSION

| SR. No. | TIME  | EVENT                      | SPECS.     | GROUP         | ROUND          |
|---------|-------|----------------------------|------------|---------------|----------------|
| 201     | 06:15 | 5000M RACE WALK            |            | MEN U20 YRS   | FINAL          |
| 202     | 06:15 | 5000M RACE WALK            |            | WOMEN U20 YRS | FINAL          |
| 203     | 06:50 | 5000M RACE WALK            |            | MEN U18 YRS   | FINAL          |
| 204     | 06:50 | 3000M RACE WALK            |            | WOMEN U18 YRS | FINAL          |
| 205     | 07:30 | 1500M                      |            | MEN U20 YRS   | FINAL          |
| 206     | 07:30 | HAMMER THROW               | 6.000 KGS. | MEN U20 YRS   | FINAL          |
| 207     | 07:30 | LONG JUMP (5M APPROACH)    |            | BOYS U16YRS   | FINAL          |
| 208     | 07:40 | 1500M                      |            | WOMEN U20 YRS | FINAL          |
| 209     | 08:00 | 110M HURDLES               | 0.991M     | MEN U20 YRS   | DECATHLON - 6  |
| 210     | 08:10 | 110M HURDLES               | 0.991M     | MEN U20 YRS   | HEATS          |
| 211     | 08:30 | 110M HURDLES               | 0.914M     | MEN U18 YRS   | HEPTATHLON - 1 |
| 212     | 08:30 | DISCUS THROW               | 1.750 KGS. | MEN U20 YRS   | DECATHLON - 7  |
| 213     | 08:30 | SHOT PUT (STANDING)        | 3.000 KGS. | GIRLS U16YRS  | PENTATHLON 4   |
| 214     | 08:40 | 110M HURDLES               | 0.914M     | MEN U18 YRS   | HEATS          |
| 215     | 08:40 | LONG JUMP                  |            | MEN U18 YRS   | FINAL          |
| 216     | 09:00 | HIGH JUMP                  |            | MEN U18 YRS   | HEPTATHLON - 2 |
| 217     | 09:05 | 100M HURDLES               | 0.838M     | WOMEN U20 YRS | HEPTATHLON - 1 |
| 218     | 09:15 | 100M HURDLES               | 0.838M     | WOMEN U20 YRS | HEATS          |
| 219     | 09:30 | JAVELIN THROW              | 500G       | WOMEN U18 YRS | FINAL          |
| 220     | 09:30 | SHOT PUT (STANDING)        | 4.000 KGS. | BOYS U16YRS   | PENTATHLON 4   |
| 221     | 09:35 | 100M HURDLES               | 0.762M     | WOMEN U18 YRS | HEPTATHLON - 1 |
| 222     | 09:45 | 100M HURDLES               | 0.762M     | WOMEN U18 YRS | HEATS          |
| 223     | 09:50 | LONG JUMP                  |            | WOMEN U18 YRS | FINAL          |
| 224     | 10:00 | 400M                       |            | MEN U18 YRS   | HEATS          |
| 225     | 10:00 | POLE VAULT                 |            | MEN U20 YRS   | DECATHLON - 8  |
| 226     | 10:15 | 400M                       |            | WOMEN U18 YRS | HEATS          |
| 227     | 10:30 | 400M                       |            | MEN U20 YRS   | HEATS          |
| 228     | 10:30 | HIGH JUMP                  |            | WOMEN U20 YRS | HEPTATHLON - 2 |
| 229     | 10:30 | JAVELIN THROW (10M RUNWAY) | 500 G      | GIRLS U16YRS  | FINAL          |
| 230     | 10:45 | 400M                       |            | WOMEN U20 YRS | HEATS          |

### EVENING SESSION

|     |       |               |            |               |                |
|-----|-------|---------------|------------|---------------|----------------|
| 231 | 14:00 | HIGH JUMP     |            | WOMEN U18 YRS | HEPTATHLON - 2 |
| 232 | 14:00 | JAVELIN THROW | 800G       | MEN U20 YRS   | FINAL          |
| 233 | 14:00 | LONG JUMP     |            | MEN U20 YRS   | FINAL          |
| 234 | 14:00 | SHOT PUT      | 5.000 KGS. | MEN U18 YRS   | HEPTATHLON - 3 |
| 235 | 14:15 | 110M HURDLES  | 0.991M     | MEN U20 YRS   | FINAL          |
| 236 | 14:30 | 110M HURDLES  | 0.914M     | MEN U18 YRS   | FINAL          |

|     |       |                                |            |               |                |
|-----|-------|--------------------------------|------------|---------------|----------------|
| 237 | 14:50 | 100M HURDLES                   | 0.838M     | WOMEN U20 YRS | FINAL          |
| 238 | 15:00 | SHOT PUT                       | 4.000 KGS. | WOMEN U20 YRS | HEPTATHLON - 3 |
| 239 | 15:05 | 100M HURDLES                   | 0.762M     | WOMEN U18 YRS | FINAL          |
| 240 | 15:10 | TRIPLE JUMP                    |            | WOMEN U20 YRS | FINAL          |
| 241 | 15:15 | JAVELIN THROW                  | 800G       | MEN U20 YRS   | DECATHLON - 9  |
| 242 | 15:25 | 400M                           |            | WOMEN U18 YRS | FINAL          |
| 243 | 15:30 | HIGH JUMP (SCISSOR ONLY)       |            | GIRLS U16YRS  | FINAL          |
| 244 | 15:35 | 400M                           |            | WOMEN U20 YRS | FINAL          |
| 245 | 15:45 | 400M                           |            | MEN U18 YRS   | FINAL          |
| 246 | 15:55 | 400M                           |            | MEN U20 YRS   | FINAL          |
| 247 | 16:00 | SHOT PUT                       | 3.000 KGS. | WOMEN U18 YRS | HEPTATHLON - 3 |
| 248 | 16:10 | 600M                           |            | BOYS U16YRS   | PENTATHLON 5   |
| 249 | 16:15 | KIDS JAVELIN THROW (5M RUNWAY) | 0.3 KGS    | GIRLS U14 YRS | FINAL          |
| 250 | 16:20 | 600M                           |            | GIRLS U16YRS  | PENTATHLON 5   |
| 251 | 16:20 | LONG JUMP (5M APPROACH)        |            | GIRLS U16YRS  | FINAL          |
| 252 | 16:30 | 600M                           |            | BOYS U16YRS   | FINAL          |
| 253 | 16:40 | 600M                           |            | GIRLS U16YRS  | FINAL          |
| 254 | 16:50 | 200M                           |            | MEN U18 YRS   | HEPTATHLON - 4 |
| 255 | 17:00 | 200M                           |            | WOMEN U20 YRS | HEPTATHLON - 4 |
| 256 | 17:10 | 200M                           |            | WOMEN U18 YRS | HEPTATHLON - 4 |
| 257 | 17:20 | 1500M                          |            | MEN U20 YRS   | DECATHLON - 10 |
| 258 | 17:30 | 4 X 100M RELAY                 |            | MEN U20 YRS   | FINAL          |
| 259 | 17:40 | 4 X 100M RELAY                 |            | WOMEN U20 YRS | FINAL          |

### DAY - 3 (16-09-2026)

#### MORNING SESSION

| SR. No. | TIME  | EVENT                    | SPECS.     | GROUP         | ROUND           |
|---------|-------|--------------------------|------------|---------------|-----------------|
| 301     | 07:00 | 3000M                    |            | WOMEN U20 YRS | FINAL           |
| 302     | 07:20 | 3000M                    |            | MEN U20 YRS   | FINAL           |
| 303     | 07:30 | HAMMER THROW             | 4.000 KGS. | WOMEN U20 YRS | FINAL           |
| 304     | 07:30 | LONG JUMP                |            | WOMEN U18 YRS | HEPTATHLON - 5  |
| 305     | 08:00 | HIGH JUMP (SCISSOR ONLY) |            | BOYS U16YRS   | FINAL           |
| 306     | 08:20 | 60M                      |            | BOYS U14 YRS  | TRIATHLON A - 1 |
| 307     | 08:20 | LONG JUMP                |            | WOMEN U20 YRS | HEPTATHLON - 5  |
| 308     | 08:30 | 60M                      |            | GIRLS U14 YRS | TRIATHLON C - 1 |
| 309     | 08:30 | SHOT PUT                 | 5.000 KGS. | MEN U18 YRS   | FINAL           |
| 310     | 08:40 | 60M                      |            | BOYS U14 YRS  | TRIATHLON C - 1 |
| 311     | 08:40 | JAVELIN THROW            | 500G       | WOMEN U18 YRS | HEPTATHLON - 6  |
| 312     | 09:00 | 800M                     |            | WOMEN U20 YRS | FINAL           |
| 313     | 09:10 | 800M                     |            | MEN U20 YRS   | FINAL           |
| 314     | 09:20 | LONG JUMP                |            | MEN U18 YRS   | HEPTATHLON - 5  |
| 315     | 09:30 | 200M                     |            | MEN U18 YRS   | HEATS           |
| 316     | 09:30 | HIGH JUMP                |            | MEN U20 YRS   | FINAL           |
| 317     | 09:30 | POLE VAULT               |            | WOMEN U20 YRS | FINAL           |
| 318     | 09:40 | JAVELIN THROW            | 600G       | WOMEN U20 YRS | HEPTATHLON - 6  |
| 319     | 09:45 | 200M                     |            | MEN U20 YRS   | HEATS           |
| 320     | 09:45 | SHOT PUT                 | 6.000 KGS. | MEN U20 YRS   | FINAL           |
| 321     | 10:00 | 200M                     |            | WOMEN U18 YRS | HEATS           |
| 322     | 10:15 | 200M                     |            | WOMEN U20 YRS | HEATS           |
| 323     | 10:20 | LONG JUMP (5M APPROACH)  |            | BOYS U14 YRS  | TRIATHLON A - 2 |
| 324     | 10:35 | 400M HURDLES             | 0.914M     | MEN U20 YRS   | HEATS           |
| 325     | 10:40 | JAVELIN THROW            | 700G       | MEN U18 YRS   | HEPTATHLON - 6  |
| 326     | 10:55 | 400M HURDLES             | 0.762M     | WOMEN U20 YRS | HEATS           |

#### EVENING SESSION

|     |       |              |        |               |       |
|-----|-------|--------------|--------|---------------|-------|
| 327 | 14:00 | 400M HURDLES | 0.762M | WOMEN U20 YRS | FINAL |
|-----|-------|--------------|--------|---------------|-------|

|     |       |                            |            |               |                 |
|-----|-------|----------------------------|------------|---------------|-----------------|
| 328 | 14:00 | LONG JUMP (5M APPROACH)    |            | GIRLS U14 YRS | TRIATHLON C - 2 |
| 329 | 14:00 | SHOT PUT                   | 3.000 KGS. | WOMEN U18 YRS | FINAL           |
| 330 | 14:15 | 400M HURDLES               | 0.914M     | MEN U20 YRS   | FINAL           |
| 331 | 14:30 | 200M                       |            | MEN U18 YRS   | FINAL           |
| 332 | 14:30 | HIGH JUMP (SCISSOR ONLY)   |            | BOYS U14 YRS  | TRIATHLON A - 3 |
| 333 | 14:40 | 200M                       |            | MEN U20 YRS   | FINAL           |
| 334 | 14:50 | 200M                       |            | WOMEN U18 YRS | FINAL           |
| 335 | 15:00 | 200M                       |            | WOMEN U20 YRS | FINAL           |
| 336 | 15:00 | JAVELIN THROW (10M RUNWAY) | 600 G      | BOYS U16YRS   | FINAL           |
| 337 | 15:05 | LONG JUMP (5M APPROACH)    |            | BOYS U14 YRS  | TRIATHLON C - 2 |
| 338 | 15:10 | 1000M                      |            | MEN U18 YRS   | FINAL           |
| 339 | 15:20 | 1000M                      |            | WOMEN U18 YRS | FINAL           |
| 340 | 15:20 | SHOT PUT                   | 4.000 KGS. | WOMEN U20 YRS | FINAL           |
| 341 | 15:30 | 1000M                      |            | WOMEN U18 YRS | HEPTATHLON - 7  |
| 342 | 15:40 | 1000M                      |            | MEN U18 YRS   | HEPTATHLON - 7  |
| 343 | 15:50 | 600M                       |            | GIRLS U14 YRS | TRIATHLON C - 3 |
| 344 | 16:00 | 600M                       |            | BOYS U14 YRS  | TRIATHLON C - 3 |
| 345 | 16:00 | HIGH JUMP                  |            | WOMEN U20 YRS | FINAL           |
| 346 | 16:00 | TRIPLE JUMP                |            | MEN U20 YRS   | FINAL           |
| 347 | 16:15 | MEDLEY RELAY               |            | BOYS U16YRS   | FINAL           |
| 348 | 16:25 | MEDLEY RELAY               |            | GIRLS U16YRS  | FINAL           |
| 349 | 16:40 | 3000M STEEPLECHASE         | 0.914M     | MEN U20 YRS   | FINAL           |
| 350 | 17:00 | 3000M STEEPLECHASE         | 0.762M     | WOMEN U20 YRS | FINAL           |
| 351 | 17:20 | 800M                       |            | WOMEN U20 YRS | HEPTATHLON - 7  |
| 352 | 17:30 | 4 X 400M RELAY             |            | MEN U20 YRS   | FINAL           |
| 353 | 17:40 | 4 X 400M RELAY             |            | WOMEN U20 YRS | FINAL           |