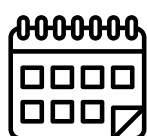




41TH NATIONAL JUNIOR ATHLETICS CHAMPIONSHIPS 2026



23-27 Oct



***Chennai,
Tamil Nadu***

COMPLETE SCHEDULE

ATHLETICS INDIA



41th National Junior Athletics Championships 2026

Jawaharlal Nehru Stadium, Chennai, Tamil Nadu

23-27 October 2026

Organized By Tamil Nadu Athletics Association

Competition Schedule Version 1.1 as on 13-10-2026

23rd October 2026 Forenoon Session

Sl No	Scheduled Time	Event	Specification	Section	Round
101	0630hrs	5000m		Men U 20	Final 1
102	0655hrs	5000m		Women U 20	Final 2
103	0730hrs	100m		Men U 20	Decathlon 1
104	0745hrs	100m		Women U 18	Round 1
105	0800hrs	Shot Put	4.000kg (Standing)	Boys U 16	Q Round Group A & Group B
106	0810hrs	100m		Men U 18	Round 1
107	0815hrs	Long Jump		Men U 20	Decathlon 2
108	0815hrs	High Jump	Scissor Only	Girls U 16	Q Round Group A & Group B
109	0830hrs	Javelin Throw	600gm (10m Approach)	Boys U 16	Q Round Group A
110	0845hrs	100m		Women U 20	Round 1
111	0910hrs	100m		Men U 20	Round 1
112	0940hrs	Shot Put	3.000kg (Standing)	Girls U 16	Q Round Group A & Group B
113	0950hrs	60m		Girls U 14	Triathlon B 1
114	0950hrs	Javelin Throw	600gm (10m Approach)	Boys U 16	Q Round Group B
115	1000hrs	High Jump		Men U 20	Q Round Group A & Group B
116	1010hrs	60m		Girls U 14	Triathlon C 1
117	1030hrs	60m		Boys U 14	Triathlon B 1
118	1040hrs	Long Jump	5m Approach	Girls U 14	Triathlon B 2
119	1050hrs	60m		Boys U 14	Triathlon C 1
120	1050hrs	Long Jump	5m Approach	Girls U 14	Triathlon C 2
121	1110hrs	60m		Girls U 16	Round 1
122	1120hrs	Shot Put	6.000kg	Men U 20	Decathlon 3
123	1140hrs	60m		Boys U 16	Round 1
124	1150hrs	Long Jump	5m Approach	Boys U 14	Triathlon B 2
125	1210hrs	Long Jump	5m Approach	Boys U 14	Triathlon C 2

23rd October 2026 Afternoon Session

126	1500hrs	100m		Women U 18	Semi Final
127	1510hrs	Discus Throw	1.000kg	Women U 20	Final 3
128	1515hrs	100m		Men U 18	Semi Final
129	1530hrs	Back Throw	1.000kg Shot	Boys U 14	Triathlon B 3 / Final 4
130	1530hrs	Javelin Throw	500gm (10m Approach)	Girls U 16	Final 5
131	1535hrs	100m		Women U 20	Semi Final
132	1540hrs	High Jump		Men U 20	Decathlon 4
133	1550hrs	100m		Men U 20	Semi Final
134	1600hrs	Pole Vault		Men U 20	Final 6
135	1610hrs	60m		Girls U 16	Semi Final
136	1630hrs	60m		Boys U 16	Semi Final
137	1655hrs	400m		Women U 18	Round 1
138	1700hrs	Back Throw	1.000kg Shot	Girls U 14	Triathlon B 3 / Final 7
139	1720hrs	Long Jump		Men U 20	Q Round Group A & Group B
140	1720hrs	400m		Men U 18	Round 1

141	1730hrs	Javelin Throw	500gm	Women U 18	Final 8
142	1750hrs	400m		Women U 20	Round 1
143	1755hrs	1500m		Women U 20	Final 9
144	1805hrs	1500m		Men U 20	Final 10
145	1810hrs	400m		Men U 20	Round 1
146	1820hrs	Shot Put	3.000kg	Women U 18	Final 11
147	1835hrs	400m		Men U 20	Decathlon 5
148	1850hrs	600m		Girls U 14	Triathlon C 3 / Final 12
149	1905hrs	600m		Boys U 14	Triathlon C 3 / Final 13
150	1925hrs	60m		Girls U 16	Final 14
151	1932hrs	60m		Boys U 16	Final 15
152	1945hrs	100m		Women U 18	Final 16
153	1952hrs	100m		Men U 18	Final 17
154	2000hrs	100m		Women U 20	Final 18
155	2007hrs	100m		Men U 20	Final 19

24th October 2026 Forenoon Session

201	0730hrs	110m Hurdles	0.991m	Men U 20	Decathlon 6
202	0750hrs	60m		Girls U 14	Triathlon A 1
203	0810hrs	60m		Boys U 14	Triathlon A 1
204	0820hrs	Discus Throw	1.750kg	Men U 20	Decathlon 7
205	0820hrs	Long Jump	5m Approach	Girls U 14	Triathlon A 2
206	0830hrs	400m		Women U 18	Semi Final
207	0830hrs	High Jump	Scissor Only	Boys U 16	Q Round Group A & Group B
208	0840hrs	Shot Put	5.000kg	Men U 18	Q Round Group A & Group B
209	0845hrs	400m		Men U 18	Semi Final
210	0850hrs	Long Jump	5m Approach	Boys U 14	Triathlon A 2
211	0900hrs	Hammer Throw	6.000kg	Men U 20	Final 20
212	0920hrs	400m		Men U 20	Semi Final
213	0950hrs	Pole Vault		Men U 20	Decathlon 8
214	0950hrs	110m Hurdles	0.914m	Men U 18	Round 1
215	0950hrs	Kids Javelin Throw	5m Runway	Girls U 14	Q Round Group A & Group B
216	1010hrs	Long Jump		Men U 18	Q Round Group A & Group B
217	1030hrs	80m Hurdles	0.762m	Girls U 16	Round 1
218	1110hrs	80m Hurdles	0.838m	Boys U 16	Round 1
219	1130hrs	Long Jump		Women U 18	Q Round Group A & Group B
220	1140hrs	Kids Javelin Throw	5m Runway	Boys U 14	Q Round Group A & Group B

24th October 2026 Afternoon Session

221	1450hrs	110m Hurdles	0.991m	Men U 20	Round 1
222	1500hrs	Javelin Throw	700gm	Men U 18	Final 21
223	1500hrs	High Jump	Scissor Only	Girls U 14	Triathlon A 3 / Final 22
224	1510hrs	Pole Vault		Women U 20	Final 23
225	1515hrs	110m Hurdles	0.914m	Men U 18	Semi Final
226	1530hrs	Shot Put	4.000kg (Standing)	Boys U 16	Final 24
227	1545hrs	100m Hurdles	0.838m	Women U 20	Round 1
228	1600hrs	Discus Throw	1.750kg	Men U 20	Final 25
229	1610hrs	100m Hurdles	0.762m	Women U 18	Round 1
230	1610hrs	Long Jump		Men U 20	Final 26
231	1635hrs	80m Hurdles	0.762m	Girls U 16	Semi Final
232	1700hrs	80m Hurdles	0.838m	Boys U 16	Semi Final
233	1700hrs	Javelin Throw	800gm	Men U 20	Decathlon 9

234	1700hrs	High Jump	Scissor Only	Boys U 14	Triathlon A 3 / Final 27
235	1710hrs	Long Jump		Women U 20	Final 28
236	1720hrs	400m		Women U 18	Final 29
237	1720hrs	Shot Put	3.000kg (Standing)	Girls U 16	Final 30
238	1727hrs	400m		Men U 18	Final 31
239	1735hrs	400m		Women U 20	Final 32
240	1742hrs	400m		Men U 20	Final 33
241	1815hrs	1500m		Men U 20	Decathlon 10 / Final 34
242	1830hrs	1000m Medley Relay		Women U 18	Round 1
243	1840hrs	Javelin Throw	600gm (10m Approach)	Boys U 16	Final 35
244	1845hrs	1000m Medley Relay		Men U 18	Round 1
245	1900hrs	1000m Medley Relay		Girls U 16	Round 1
246	1915hrs	1000m Medley Relay		Boys U 16	Round 1
247	1930hrs	4 X 100m Relay		Women U 20	Round 1
248	1945hrs	4 X 100m Relay		Men U 20	Round 1

25th October 2026 Forenoon Session

301	0600hrs	5000m Race Walk		Men U 20	Final 36
302	0640hrs	5000m Race Walk		Women U 20	Final 37
303	0730hrs	800m		Women U 20	Round 1
304	0745hrs	800m		Men U 20	Round 1
305	0800hrs	High Jump		Men U 18	Q Round Group A & Group B
306	0810hrs	60m		Girls U 16	Pentathlon 1
307	0820hrs	Long Jump	5m Approach	Girls U 16	Q Round Group A & Group B
308	0830hrs	Long Jump		Women U 18	Final 38
309	0830hrs	Shot Put	5.000kg	Men U 18	Final 39
310	0840hrs	60m		Boys U 16	Pentathlon 1
311	0920hrs	110m Hurdles	0.914m	Men U 18	Heptathlon 1
312	0930hrs	Long Jump	5m Approach	Boys U 16	Q Round Group A & Group B
313	0940hrs	High Jump		Men U 18	Heptathlon 2 Group A & Group B
314	0955hrs	100m Hurdles	0.838m	Women U 20	Heptathlon 1
315	1010hrs	Hammer Throw	4.000kg	Women U 20	Final 40
316	1020hrs	100m Hurdles	0.762m	Women U 18	Heptathlon 1
317	1055hrs	80m Hurdles	0.762m	Girls U 16	Pentathlon 2
318	1120hrs	High Jump		Women U 20	Heptathlon 2 Group A & Group B
319	1135hrs	80m Hurdles	0.838m	Boys U 16	Pentathlon 2
320	1300hrs	High Jump		Women U 18	Heptathlon 2 Group A & Group B

25th October 2026 Afternoon Session

321	1500hrs	Shot Put	5.000kg	Men U 18	Heptathlon 3 Group A & B
322	1510hrs	Long Jump	5m Approach	Boys U 16	Pentathlon 3 Group A & B
323	1515hrs	80m Hurdles	0.838m	Boys U 16	Final 41
324	1520hrs	High Jump	Scissor Only	Girls U 16	Final 42
325	1530hrs	Kids Javelin Throw	5m Runway	Boys U 14	Final 43
326	1530hrs	80m Hurdles	0.762m	Girls U 16	Final 44
327	1550hrs	100m Hurdles	0.762m	Women U 18	Final 45
328	1605hrs	100m Hurdles	0.838m	Women U 20	Final 46
329	1615hrs	Shot Put	3.000kg	Women U 18	Heptathlon 3 Group A & B
330	1625hrs	110m Hurdles	0.914m	Men U 18	Final 47
331	1640hrs	110m Hurdles	0.991m	Men U 20	Final 48
332	1645hrs	Long Jump	5m Approach	Girls U 16	Pentathlon 3 Group A & B
333	1700hrs	Kids Javelin Throw	5m Runway	Girls U 14	Final 49

334	1700hrs	200m		Men U 18	Heptathlon 4
335	1720hrs	High Jump		Men U 20	Final 50
336	1725hrs	200m		Women U 18	Heptathlon 4
337	1730hrs	Shot Put	4.000kg	Women U 20	Heptathlon 3 Group A & B
338	1745hrs	200m		Women U 20	Heptathlon 4
339	1805hrs	3000m		Women U 20	Final 51
340	1815hrs	Long Jump		Men U 18	Final 52
341	1820hrs	3000m		Men U 20	Final 53
342	1840hrs	1000m Medley Relay		Girls U 16	Final 54
343	1850hrs	1000m Medley Relay		Boys U 16	Final 55
344	1900hrs	1000m Medley Relay		Women U 18	Final 56
345	1910hrs	1000m Medley Relay		Men U 18	Final 57
346	1925hrs	4 X 100m Relay		Women U 20	Final 58
347	1935hrs	4 X 100m Relay		Men U 20	Final 59

26th October 2026 Forenoon Session

401	0610hrs	5000m Race Walk		Men U 18	Final 60
402	0650hrs	3000m Race Walk		Women U 18	Final 61
403	0715hrs	600m		Boys U 16	Round 1 3 Heats 3 Q + 3 q
404	0745hrs	600m		Girls U 16	Round 1 3 Heats 3 Q + 3 q
405	0800hrs	Long Jump		Men U 18	Heptathlon 5
406	0810hrs	200m		Women U 20	Round 1
407	0830hrs	Discus Throw	1.000kg	Women U 18	Final 62
408	0835hrs	200m		Men U 20	Round 1
409	0840hrs	High Jump	Scissor Only	Boys U 16	Final 63
410	0910hrs	200m		Women U 18	Round 1
411	0915hrs	Long Jump		Women U 18	Heptathlon 5
412	0935hrs	200m		Men U 18	Round 1
413	0940hrs	Javelin Throw	700gm	Men U 18	Heptathlon 6
414	1020hrs	400m Hurdles	0.762m	Women U 20	Round 1
415	1030hrs	Long Jump		Women U 20	Heptathlon 5
416	1100hrs	Javelin Throw	500gm	Women U 18	Heptathlon 6
417	1110hrs	4 X 100m Mixed Relay		Men & Women U 20	Round 1
418	1125hrs	4 X 400m Relay		Men U 20	Round 1
419	1200hrs	Javelin Throw	600gm	Women U 20	Heptathlon 6

26th October 2026 Afternoon Session

420	1500hrs	Long Jump	5m Approach	Boys U 16	Final 64
421	1500hrs	Discus Throw	1.500kg	Men U 18	Final 65
422	1500hrs	200m		Women U 18	Semi Final
423	1510hrs	High Jump		Women U 18	Final 66
424	1515hrs	200m		Men U 18	Semi Final
425	1530hrs	Shot Put	4.000kg (Standing)	Boys U 16	Pentathlon 4 Group A & B
426	1535hrs	200m		Women U 20	Semi Final
427	1550hrs	200m		Men U 20	Semi Final
428	1630hrs	400m Hurdles	0.914m	Men U 20	Round 1
429	1630hrs	Long Jump	5m Approach	Girls U 16	Final 67
430	1700hrs	400m Hurdles	0.762m	Women U 20	Semi Final
431	1710hrs	Shot Put	3.000kg (Standing)	Girls U 16	Pentathlon 4 Group A & B
432	1715hrs	Shot Put	6.000kg	Men U 20	Final 68
433	1730hrs	Javelin Throw	600gm	Women U 20	Final 69
434	1740hrs	600m		Girls U 16	Pentathlon 5 / Final 70

435	1745hrs	High Jump		Women U 20	Final 71
436	1810hrs	600m		Boys U 16	Pentathlon 5 / Final 72
437	1820hrs	1000m		Women U 18	Heptathlon 7 / Final 73
438	1830hrs	1000m		Men U 18	Heptathlon 7 / Final 74
439	1845hrs	1000m		Women U 18	Round 1 [2 Heats]
440	1900hrs	1000m		Men U 18	Round 1 [3 Heats]
441	1950hrs	800m		Women U 20	Heptathlon 7 / Final 75
442	1950hrs	4 X 100m Mixed Relay		Men & Women U 20	Final 76
443	2000hrs	800m		Women U 20	Final 77
444	2000hrs	4 X 400m Mixed Relay		Men & Women U 20	Final 78
445	2010hrs	800m		Men U 20	Final 79
27th October 2026 Forenoon Session					
No Events					
27th October 2026 Afternoon Session					
501	1530hrs	Triple Jump		Women U 20	Final 80
502	1620hrs	High Jump		Men U 18	Final 81
503	1630hrs	Javelin Throw	800gm	Men U 20	Final 82
504	1645hrs	400m Hurdles	0.914m	Men U 20	Final 83
505	1645hrs	Shot Put	4.000kg	Women U 20	Final 84
506	1700hrs	400m Hurdles	0.762m	Women U 20	Final 85
507	1720hrs	200m		Women U 18	Final 86
508	1730hrs	200m		Men U 18	Final 87
509	1740hrs	200m		Women U 20	Final 88
510	1740hrs	Triple Jump		Men U 20	Final 89
511	1750hrs	200m		Men U 20	Final 90
512	1800hrs	600m		Girls U 16	Final 91
513	1810hrs	600m		Boys U 16	Final 92
514	1820hrs	1000m		Women U 18	Final 93
515	1830hrs	1000m		Men U 18	Final 94
516	1840hrs	3000m Steeple Chase	0.914m	Men U 20	Final 95
517	1900hrs	3000m Steeple Chase	0.762m	Women U 20	Final 96
518	1920hrs	4 X 400m Relay		Women U 20	Final 97
519	1930hrs	4 X 400m Relay		Men U 20	Final 98