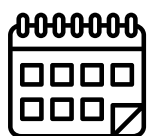




65TH NATIONAL OPEN ATHLETICS CHAMPIONSHIPS 2026



08 & 11 Oct



**JLN,
NEW DELHI**

COMPLETE SCHEDULE

ATHLETICS INDIA



65th National Open Athletics Championships 2026				
J L N Stadium, New Delhi				
Date : 08 to 11 of October 2026				
Competition Schedule Version 1.0 as on 30th September 2026				
08-10-2026 Forenoon				
Event No	Scheduled Time	Event & Specification	Gender	Round
101	0730hrs	100m	Men	Decathlon 1
102	0815hrs	Long Jump	Men	Decathlon 2
103	0830hrs	Discus Throw [2.000kg]	Men	Q.Round Group A
104	0930hrs	Shot Put [7.260kg]	Men	Decathlon 3
105	0940hrs	Discus Throw [2.000kg]	Men	Q.Round Group B
08-10-2026 Afternoon				
106	1600hrs	400m	Women	Round 1
107	1625hrs	Pole Vault	Men	Final 1
108	1630hrs	400m	Men	Round 1
109	1640hrs	High Jump	Men	Decathlon 4
110	1645hrs	Hammer Throw [7.260kg]	Men	Final 2
111	1700hrs	100m	Men	Round 1
112	1730hrs	100m	Women	Round 1
113	1810hrs	100m	Men	Semi Final
114	1830hrs	100m	Women	Final 3
115	1840hrs	Discus Throw [1.000kg]	Women	Final 4
116	1850hrs	400m	Men	Decathlon 5
117	1900hrs	Triple Jump	Women	Final 5
118	1910hrs	400m	Women	Semi Final
119	1925hrs	400m	Men	Semi Final
120	1945hrs	5000m	Women	Final 6
121	2005hrs	10000m	Men	Final 7
09-10-2026 Forenoon				
201	0545hrs	Half Marathon Race Walk	Men	Final 8
202	0547hrs	Half Marathon Race Walk	Women	Final 9
203	0730hrs	110m Hurdles [1.067m]	Men	Decathlon 6
204	0810hrs	Discus Throw [2.000kg]	Men	Decathlon 7
205	0940hrs	Pole Vault	Men	Decathlon 8

09-10-2026 Afternoon				
206	1700hrs	Javelin Throw [800gm]	Men	Decathlon 9
207	1730hrs	100m Hurdles [83.8cm]	Women	Round 1
208	1800hrs	400m	Women	Final 10
209	1810hrs	400m	Men	Final 11
210	1820hrs	Shot Put [4.000kg]	Women	Final 12
211	1830hrs	Triple Jump	Men	Final 13
212	1830hrs	100m	Men	Final 14
213	1840hrs	Discus Throw [2.000kg]	Men	Final 15
214	1850hrs	110m Hurdles [1.067m]	Men	Final 16
215	1910hrs	100m Hurdles [83.8cm]	Women	Final 17
216	1925hrs	1500m	Women	Final 18
217	1935hrs	1500m	Men	Final 19
218	1945hrs	1500m	Men	Decathlon 10 /Final 20
219	2000hrs	4 X 100m Mixed Relay	Men & Women	Final 21
10-10-2026 Forenoon				
301	0730hrs	100m Hurdles [83.8cm]	Women	Heptathlon 1
302	0815hrs	High Jump	Women	Heptathlon 2
10-10-2026 Afternoon				
303	1630hrs	400m Hurdles [91.4cm]	Men	Round 1
304	1640hrs	Pole Vault	Women	Final 22
305	1645hrs	Shot Put [7.260kg]	Men	Final 23
306	1650hrs	400m Hurdles [76.2cm]	Women	Round 1
307	1700hrs	Hammer Throw [4.000kg]	Women	Final 24
308	1715hrs	200m	Women	Round 1
309	1720hrs	High Jump	Men	Final 25
310	1730hrs	200m	Men	Round 1
311	1800hrs	200m	Women	Heptathlon 4
312	1815hrs	Shot Put [4.000kg]	Women	Heptathlon 3
313	1815hrs	Javelin Throw [600gm]	Women	Final 26
314	1820hrs	800m	Men	Round 1
315	1835hrs	4 X 100m Relay	Women	Final 27
316	1840hrs	Long Jump	Women	Final 28
317	1845hrs	4 X 100m Relay	Men	Final 29
318	1900hrs	10000m	Women	Final 30

319	1940hrs	5000m	Men	Final 31
320	2000hrs	4 X 400m Mixed Relay	Men & Women	Final 32
11-10-2026 Forenoon				
401	0540hrs	Marathon Race Walk	Men	Final 33
402	0542hrs	Marathon Race Walk	Women	Final 34
403	0830hrs	Long Jump	Women	Heptathlon 5
404	0945hrs	Javelin Throw [600gm]	Women	Heptathlon 6
11-10-2026 Afternoon				
405	1720hrs	Javelin Throw [800gm]	Men	Final 35
406	1730hrs	400m Hurdles [91.4cm]	Men	Final 36
407	1745hrs	400m Hurdles [76.2cm]	Women	Final 37
408	1750hrs	High Jump	Women	Final 38
409	1800hrs	200m	Women	Final 39
410	1810hrs	200m	Men	Final 40
411	1820hrs	800m	Women	Final 41
412	1830hrs	800m	Men	Final 42
413	1835hrs	Long Jump	Men	Final 43
414	1840hrs	800m	Women	Heptathlon 7/ Final 44
415	1900hrs	3000m Steeplechase [91.4cm]	Men	Final 45
416	1920hrs	3000m Steeplechase [76.2cm]	Women	Final 46
417	1940hrs	4 X 400m Relay	Women	Final 47
418	1950hrs	4 X 400m Relay	Men	Final 48
Manager's Meeting will be held at Stadium Gallery at1700hrs on 7th September 2026				
Starting Height and Progression of Heights in Vertical Jumps				
High Jump				
	Entry Standard	Height Progression		
Men	2.05m	1.95m - 5cm - 2.10m - 3cm - 2.22 - 2cm		
Women	1.65m	1.55m - 5 cm - 1.70m - 3 cm - 1.82m - 2cm		
Pole Vault				
	Entry Standard	Height Progression		
Men	4.50m	4.30m - 20cm - 4.70m - 10cm -5.10m - 5cm		
Women	3.00m	2.80m - 20cm - 3.60m - 10cm -4.00cm - 5cm		
Qualification Mark for Discus Throwm Men will be 58.50m				