**UNIVERSITY SPORTS BOARD**

**PANDIT DEENDAYAL UPADHYAYA SHEKHAWATI UNIVERSITY, SIKAR**

**(State Govt. Univ) Behind S.K. College**

**(SIKAR- 332001) RAJASTHAN**

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**ATHLETICS QUALIFYING NORMS FOR 2017-18**

**(MEN & WOMEN)**

|  |  |  |  |
| --- | --- | --- | --- |
| **S. No.** | **Event** | **Men** | **Women** |
| **1** | **100 m** | **10.78 sec** | **12.26 sec** |
| **2** | **200 m** | **22.44 sec** | **24.96 sec** |
| **3** | **400 m** | **47.95 sec** | **56.30 sec** |
| **4.** | **800 m** | **1:56.67 sec** | **2:18.54 sec** |
| **5** | **1500 m** | **4:00.29 sec** | **4:44.07 sec** |
| **6.** | **5000 m** | **14:43.55 sec** | **18:06.81 sec** |
| **7.** | **10000 m** | **31:28.97 sec** | **37:55.73 sec** |
| **8** | **110/100 m hur.** | **15.25 sec** | **14.46 sec** |
| **9.** | **400 m hur.** | **53.83 sec** | **1:02.93 sec** |
| **10** | **Long Jump** | **7.22 m** | **5.76 m** |
| **11** | **High Jump** | **2.00 m** | **1.63 m** |
| **12** | **Tripple Jump** | **15.13 m** | **12.59 m** |
| **13** | **Pole Vault** | **4.60 m** | **3.10 m** |
| **14.** | **Shot Put** | **16.48 m** | **13.20 m** |
| **15** | **Discus Throw** | **48.44 m** | **40.04 m** |
| **16** | **Javelin Throw** | **66.86 m** | **42.90 m** |
| **17** | **Hammer Throw** | **53.20 m** | **48.91 m** |
| **18** | **Decathlon/Heptathlon** | **6183 point** | **4288 points** |
| **19** | **20 km/5 km walk** | **1:35:1.14 sec** | **24:38.30 sec** |
| **20** | **Half Marathon** | **1:10:09.00 sec** | **1:25:05.00 sec** |

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**Dr. R.K.Dhaka**

**Secretary**

**Sports Board**