



पंडित दीनदयाल उपाध्याय शेखावाटी विश्वविद्यालय, सीकर (राज)
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आज़ादी का
अमृत महोत्सव

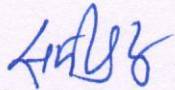
No. Sports/2024-25/1226

Dated 26/11/2024

Athletics Qualifying Standards

EVENT	MEN	WOMEN
100 M	10.70 SEC	12.17 SEC
200 M	22.59 SEC	25.32 SEC
400 M	49.31 SEC	56.95 SEC
800 M	1:59.61 SEC	2:11.51 SEC
1500 M	3:52.21 SEC	4:39.86 SEC
5000 M	14:28.28 SEC	17:19.97 SEC
10000 M	30:11.85 SEC	36:37.36 SEC
HALF MARATHON	1:08:37.21	1:25:05.30 SEC
4X100 M	41.92 SEC	49.42 SEC
4X400 M	3:18.69 SEC	4:08.41 SEC
LONG JUMP	7.28 M	5.71 M
HIGH JUMP	2.00 M	1.60 M
TRIPPLE JUMP	14.79 M	12.65 M
DISCUS THROW	47.88 M	44.65 M
HAMMER THROW	55.16 M	49.70 M
SHOT PUT	16.25 M	13.67 M
110 M HURDLES	15.75 SEC	--
100 M HURDLES	--	14.05 SEC
20 KM WALK	1:32:07.22 SEC	1:46:36.50 SEC
JAVELIN THROW	67.20 M	45.94 M
3000m steeple chase	9.24.07	11.23.39
400m Hurdle	53.80	1:08.16

NOTE:- Only One Athlete (Winner of the event) who qualify the qualifying standard in particular event will be eligible for university team.


(Dr. Sanjeev Kumar)
Sports Incharge