



# U. P. Athletics Association

Affiliated to U. P. Olympic Association & Athletics Federation of India

## **56<sup>th</sup> National Open Athletics Championships 2016**

Organised by U. P. Athletics Association Under the auspices of Athletics Federation of India

**LUCKNOW (Uttar Pradesh) \* 27<sup>th</sup> & 30<sup>th</sup> SEPTEMBER 2016**

**Participating Teams:** Men & Women Teams of

1. State Athletics Team
2. Sports Control Boards
3. AFI Recognised Boards.
4. Nepal National Athletics Team

### **Organisation details**

1. Men & Women Athletes.
2. One Team can enter only Three athletes in each event.
3. An athlete is eligible to enter / participate in TWO individual events & BOTH Relays only.
4. The Entry shall be accepted of only those athletes who will meet the minimum standards of Entry for this Championship. The minimum standards of Entry is already declared by Athletics Federation of India & it is uploaded on AFI Web-site.

#### **5. Events:**

**MEN:** 100m., 200m., 400m., 800m., 1500m., 5000m., 10,000m., 110m. Hurdles (106.7 cms.), 400m. Hurdles (91.4 cms.), 3,000m. Steeple Chase (91.4 cms.), Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put (7.26 Kgs.), Discus Throw (2.00 Kgs.), Hammer Throw (7.26 Kgs.), Javelin Throw (800 gms.), Decathlon, 4x100m. Relay, 4x400m. Relay & 20 Kms. Race Walking – **Total 22 events.**

**WOMEN:** 100m., 200m., 400m., 800m., 1500m., 5000m., 10,000m., 100m. Hurdles (84.0 cms.), 400m. Hurdles (76.2 cms.), 3,000m. Steeple Chase (76.2 cms.), Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put (4.00 Kgs.), Discus Throw (1.00 Kgs.), Hammer Throw (4.00 Kgs.), Javelin Throw (600 gms.), Heptathlon, 4x100m. Relay, 4x400m. Relay & 20 Kms. Race Walking – **Total 22 events..**

**6. Duration:** The Competition will be organized in FOUR days from 27<sup>th</sup> to 30<sup>th</sup> September 2016.

#### **7. Technical Conduct:**

- I. The Technical conduct of the Championship will be in accordance with the Rules & Regulations of IAAF Competition Rule Book 2016-2017.
- II. The Technical Conduct of the Championships will be under the supervision of AFI Technical Delegates & Key Officials.

**8. Entry:** The last date of entry is **15<sup>th</sup> September 2016.**

#### **9. Entry Procedure:**

- A. It is mandatory to fill up all the columns of the Entry form. (Name, Father's name, Date of Birth, Events, performance in all the events)
- B. As per the AFI guidelines, the incomplete entry will not be accepted.
- C. The Secretaries and Team Management are required to send the coloured Photograph of all the participants, latest by 23rd September 2016 through Courier/Speed-Post or through mail for making the Accreditation cards.
- D. It is mandatory to have the accreditation done prior to their arrival in Lucknow so that the participants will be issued the cards on their arrival. The entry in the place of stay and the SAI Sports Complex will not be allowed without proper accreditation card.

#### **10. Boarding & Lodging:**

The Boarding, Lodging and local hospitality will be the responsibility of Organising Committee comprising of members from Lucknow District Athletics Association and U. P. Athletics Association.

#### **11. Schedule of Events:**

The copy of the day wise event schedule is being enclosed for ready reference..



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### **Brief Details of previous editions of National Championship:**

- **55<sup>th</sup> National Open Athletics Championships 2015.**
- Organised by **West Bengal Athletics Association** under the auspices of AFI.
- Venue: SAI East Centre (Sal Lake) Stadium, KOLKATA,
- Dates: 16<sup>th</sup> to 19<sup>th</sup> September 2016.
- Number of Teams entered in the Championships – 33 (States & Boards)
- Number of Athletes entered in the Championships – Total – 983 (665 Men & 318 Women)
  - Number of States – 25 (418 men & 167 Women)
  - Number of Boards & Departments – 8 ( 247 Men & 151 Women)
  - Number of Team Officials – 39 (28 Male & 11 Female)
- Number of events organised during the Championships – 21 events in Men & Women categories.
- Team Championships:

❖ <b><u>Over All</u></b>	i.-	<b>Railways</b> -	<b>267 points.</b>
	ii.-	ONGC -	185 points.
	iii.-	Services -	175 points.

❖ <b><u>Men:</u></b>	i.-	<b>Services</b> -	<b>175 points.</b>
	ii.-	ONGC -	85 points.
	iii.	Railways -	83 points.

❖ <b><u>Women:</u></b>	i.-	<b>Railways</b> -	<b>184 points.</b>
	ii.-	ONGC -	100 points.
	iii.-	Police	38 points.

#### ❖ **Best Athlete:**

MEN –	<b>AROKIYA RAJEEV</b> (Services)	400m. -	- 45.70 s.
WOMEN –	<b>LALITA BABAR</b> (Railways)	3,000m. Steeple Chase. -	9:39.83 s.

- New Records:
  - ❖ National Record – SHOT PUT (Women) – Manpreet Kaur (Railways) 17.96 m.
  - ❖ Meet Records – Total Nine Records (Men – 3 & Women – 6)
  - ❖ Equal Meet Record – One record only.
- Indian Athletes were selected for National Coaching Camp which was being organised for forthcoming Olympics & International Championships.

Dr. Sudhir M. Bobde, IAS  
Director Competition

P.K.Srivastava  
Organising Secretary

Kunwar Fateh Bahadur, IAS  
Chairman Organising Committee

**56<sup>th</sup> NATIONAL OPEN ATHLETICS CHAMPIONSHIP 2016****27<sup>th</sup> to 30<sup>th</sup> September, 2016 Lucknow.****Competition Schedule \* (Version '1')****DAY "1" - 27<sup>th</sup> September 2016 (Tuesday)**

<b>Event No.</b>	<b>Time</b>	<b>Event</b>	<b>Group</b>	<b>Round</b>	
101	06.00 hrs	5,000 Meters	Women	<b>FINAL</b>	
102	06.30 hrs	5,000 Meters	Men	<b>FINAL</b>	
103	08.00 hrs	High Jump	Men	QF Rounds	
104	08.00 hrs	100 Meters	Men	Decathlon-1	
105	08.30 hrs	Shot Put	Men	QF Rounds	
106	09.00 hrs	Long Jump	Men	Decathlon-2	
107	09.30 hrs	400 Meters	Women	Heats	
108	10.00 hrs	400 Meters	Men	Heats	
109	10.15 hrs	Shot Put	Men	Decathlon-3	
110	10.30 hrs	Long Jump	Men	QF Round	
111	12.00 hrs	High Jump	Men	Decathlon-4	
	<b>14.00 hrs</b>	<b>INAUGURATION</b>			
	<b>14.10 hrs</b>	<b>MARCH PAST</b>			
112	15.00 hrs	Javelin Throw	Men	QF Rounds	
113	15.00 hrs	100 Meters	Women	Heats	
114	15.15 hrs	100 Meters	Men	Heats	
115	15.30 hrs	Long Jump	Women	<b>FINAL</b>	
116	15.30 hrs	400 Meters	Women	Semi-Finals	
117	15.45 hrs	400 Meters	Men	Semi-Finals	
118	16.00 hrs	High Jump	Women	<b>FINAL</b>	
119	16.00 hrs	Shot Put	Men	<b>FINAL</b>	
120	16.00 hrs	Hammer Throw	Women	<b>FINAL</b>	
121	16.00 hrs	400 Meters	Men	Decathlon-5	
122	16.30 hrs	1,500 Meters	Women	Heats	
123	17.00 hrs	1,500 Meters	Men	Heats	

**DAY "2" - 28<sup>th</sup> September 2016 (Wed.day)**

201	06.00 hrs	20 Kms. Race Walking	Women	<b>FINAL</b>	
202	08.30 hrs	110 Meters Hurdles	Men	Decathlon-6	
203	08.45 hrs	110 Meters Hurdles	Men	Heats	
204	09.00 hrs	100 Meters hurdles	Women	Heats	
205	09.15 hrs	Discus Throw	Men	Decathlon-7	
206	09.15 hrs	Triple Jump	Men	QF Rounds	
207	09.45 hrs	Discus Throw	Men	QF Rounds	
208	10.00 hrs	Pole Vault	Men	Decathlon-8	
<b>Break</b>					
209	14.00 hrs	Javelin Throw	Men	Decathlon-9	
210	14.00 hrs	Long Jump	Men	<b>FINAL</b>	
211	14.00 hrs	Shot Put	Women	<b>FINAL</b>	
212	14.45 hrs	100 Meters Hurdles	Women	<b>FINAL</b>	

213	15.00 hrs	110 Meters Hurdles	Men	<b>FINAL</b>	
214	15.15 hrs	100 Meters	Women	Semi-Finals	
215	15.30 hrs	100 Meters	Men	Semi-Finals	
216	16.00 hrs	400 Meters	Women	<b>FINAL</b>	
217	16.00 hrs	Javelin Throw	Men	<b>FINAL</b>	
218	16.15 hrs	400 Meters	Men	<b>FINAL</b>	
219	16.30 hrs	1,500 Meters	Women	<b>FINAL</b>	
220	16.45 hrs	1,500 Meters	Men	<b>FINAL</b>	
221	17.00 hrs	1,500 Meters	Men	Decathlon-10	
222	17.15 hrs	100 Meters	Women	<b>FINAL</b>	
223	17.30 hrs	100 Meters	Men	<b>FINAL</b>	

**DAY "3" - 29<sup>th</sup> September 2016 (Thursday)**

301	06.00 hrs	20 Kms. Race Walking	Men	<b>FINAL</b>	
302	08.00 hrs	Hammer Throw	Men	QF Round	
303	08.15 hrs	100 Meters Hurdles	Women	Heptathlon-1	
304	08.45 hrs	800 Meters	Women	Heats	
305	09.00 hrs	800 Meters	Men	Heats	
306	09.00 hrs	High Jump	Women	Heptathlon-2	
307	09.30 hrs	400 Meters Hurdles	Women	Heats	
308	09.45 hrs	400 Meters Hurdles	Men	Heats	
309	10.00 hrs	200 Meters	Women	Heats	
310	10.15 hrs	200 Meters	Men	Heats	

**Break**

311	14.00 hrs	Pole Vault	Men	<b>FINAL</b>	
312	14.00 hrs	High Jump	Men	<b>FINAL</b>	
313	14.30 hrs	Shot Put	Women	Heptathlon-3	
314	14.45 hrs	Javelin Throw	Women	<b>FINAL</b>	
315	14.55 hrs	200 Meters	Women	Heptathlon-4	
316	15.05 hrs	Triple Jump	Women	<b>FINAL</b>	
317	15.00 hrs	Discus Throw	Men	<b>FINAL</b>	
318	15.30 hrs	400 Meters Hurdles	Women	<b>FINAL</b>	
319	15.45 hrs	400 Meters Hurdles	Men	<b>FINAL</b>	
320	16.00 hrs	200 Meters	Men	Semi-Finals	
321	16.15 hrs	200 Meters	Women	Semi-Finals	
322	16.30 hrs	3,000 m. Steeple Chase	Men	<b>FINAL</b>	
323	16.45 hrs	3,000 m. Steeple Chase	Women	<b>FINAL</b>	
324	17.10 hrs	4x100 Meters Relay	Men	Heats	
325	17.20 hrs	4x100 Meters Relay	Women	Heats	

**DAY "4" - 30<sup>th</sup> September 2016 (Friday)**

401	06.00 hrs	10,000 Meters	Women	<b>FINAL</b>	
402	06.45 hrs	10,000 Meters	Men	<b>FINAL</b>	
403	07.30 hrs	Long Jump	Women	Heptathlon-5	
404	08.00 hrs	4x400 Meters Relay	Women	Heats	
405	08.30 hrs	4x400 Meters Relay	Men	Heats	
406	08.30 hrs	Javelin Throw	Women	Heptathlon-6	
407	08.30 hrs	Hammer Throw	Men	<b>FINAL</b>	
		<b>Break</b>			

<b>408</b>	13.30 hrs	Pole Vault	Women	<b>FINAL</b>	
<b>409</b>	14.00 hrs	200 Meters	Women	<b>FINAL</b>	
<b>410</b>	14.10 hrs	200 Meters	Men	<b>FINAL</b>	
<b>411</b>	14.15 hrs	Discus Throw	Women	<b>FINAL</b>	
<b>412</b>	14.15 hrs	Triple Jump	Men	<b>FINAL</b>	
<b>413</b>	14.25 hrs	800 Meters	Women	<b>FINAL</b>	
<b>414</b>	14.35 hrs	800 Meters	Men	<b>FINAL</b>	
<b>415</b>	14.45 hrs	800 Meters	Women	Heptathlon-7	
<b>416</b>	15.00 hrs	4x100 Meters Relay	Women	<b>FINAL</b>	
<b>417</b>	15.15 hrs	4x100 Meters Relay	Men	<b>FINAL</b>	
<b>418</b>	15.30 hrs	4x400 Meters Relay	Women	<b>FINAL</b>	
<b>419</b>	15.45 hrs	4x400 Meters Relay	Men	<b>FINAL</b>	
<b>16.00 Hrs.: VALEDICTORY FUNCTION</b>					
<b>16.30 Hrs.: CLOSING CEREMONY</b>					

**Stanley Jones**  
Technical Delegate

**P.K.Srivastava**  
Organising Secretary

**C. K. Valson**  
Hony Secretary - AFI