

DELHI ATHLETICS

**Delhi State Open
Athletics Championship 2025**

05th Sep to 07th Sep 2025
East Vinod Nagar Sports Complex, New Delhi

**Organized by
DELHI ATHLETICS**

Abhishek Tandon
President

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Secretary



Tentative Schedule & Instructions

Delhi State Open Athletics Championships-2025

East Vinod Nagar Sports Complex, Mayur Vihar, Phase-II, New Delhi 05-07 Sep 2025

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IMPORTANT INSTRUCTIONS FOR ALL ATHLETES (For Both Boys and Girls)

General Guidelines

1. This is a tentative program and may be subject to change if required.
2. The Pole Vault event for all age categories & for the Decathlon event will be held on Saturday, 6th September 2025, at IIT Delhi, Hauz Khas (Athletics Ground), starting at 9:00 AM.
 - o Important: For Pole Vault participants, bib (chest) numbers will be distributed on Day 1 at East Vinod Nagar Sports Complex.
 - o No bib numbers will be distributed at the Pole Vault venue.
 - o All participants must use their **own poles** for the Pole Vault event. This instruction also applies to participants competing in the **Decathlon**.
3. For track events (100m, 200m, 400m, etc.), the best 08 athletes will be selected for the finals.
4. In the Heptathlon, Women and Junior Women will run 800m, while all other categories will run 1000m.

Call Room Reporting Timings

5. For track events, athletes must report to the Call Room 30 minutes before the event.
6. For jumping events, athletes must report 50 minutes before the event.
7. For throwing events, athletes must report 50 minutes before the event.
8. For the Pole Vault event, athletes must report to the Call Room 1 hour before the event.

Participation Rules

9. Athletes who fail to report to the Call Room on time will not be allowed to participate in their event.
10. All athletes must wear their bib numbers on both the chest and back inside the Call Room. Bib numbers must be clearly visible.
11. Bib numbers for all events (except Pole Vault) will be distributed 2 hours before the event at the venue.
12. Athletes must bring their UID, Aadhaar Card, or any valid Government ID proof. Without a valid ID, participation in any event will not be allowed.

Personal Equipment Guidelines

13. Athletes who wish to use their personal equipment must submit it to the event officials at the event arena at least 1 hour before the start of the event.
14. Without prior submission, athletes will not be allowed to use personal equipment.

Special Instructions

15. Long-distance events and race walk events for boys and girls may be conducted together, depending on the number of participants.
16. Any athlete **suspected of being overage** will receive their **medal/certificate only after successful document verification** and/or **medical examination for age**, which will be conducted **at the athlete's own cost**.
17. Any athlete who **participates in the heats** and **qualifies for the finals** must compete in the final. **Skipping the final without providing a valid justification to Delhi Athletics** may lead to **disciplinary action** against the athlete.
18. The event timings mentioned in the schedule are subject to change and may be delayed depending on the prevailing weather conditions.

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Tentative Schedule (Version 1.2)

Day 1 - 05.09.2025

Sr. No	Scheduled Time	Event	Specifications	Section	Round
101	0700hrs	10000m	MEN (38.00.00)	MEN	FINAL
102	0700hrs	10000m	WOMEN (47.00.00)	WOMEN	FINAL
103	0800hrs	1500m		MEN	TIME TRIAL/FINAL
104	0800hrs	DISCUS THROW	1KG	GIRLS-18	FINAL
105	0800hrs	LONG JUMP	(5m APPROACH)	BOYS-16	FINAL
106	0810hrs	1500m		JR MEN (BOYS-20)	TIME TRIAL/FINAL
107	0820hrs	1500m		WOMEN	TIME TRIAL/FINAL
108	0820hrs	1500m		JR WOMEN (GIRLS-20)	TIME TRIAL/FINAL
109	0830hrs	400m		MEN	HEATS
110	0850hrs	DISCUS THROW	1.5kg	BOYS-18	FINAL
111	0855hrs	400m		JR MEN (BOYS-20)	HEATS
112	0920hrs	400m		BOYS-18	HEATS
113	0930hrs	TRIPLEJUMP		JR WOMEN (GIRLS-20)	FINAL
114	0930hrs	TRIPLEJUMP		WOMEN	FINAL
115	0950hrs	400m		WOMEN	FINAL
116	0955hrs	400m		JR WOMEN (GIRLS- 20)	HEATS
117	1000hrs	HIGH JUMP		WOMEN	FINAL
118	1000hrs	HIGH JUMP		JR WOMEN (GIRLS- 20)	FINAL
119	1000hrs	DISCUS THROW	1.75KG	JR MEN (BOYS-20)	FINAL

120	1005hrs	400m		GIRLS-18	FINAL
121	1010hrs	100m		MEN	DECA-1
122	1015hrs	100m		JR MEN (BOYS-20)	DECA-1
123	1020hrs	100m		MEN	HEATS
124	1050hrs	100m		JR MEN (BOYS-20)	HEATS
125	1100hrs	HIGH JUMP		MEN	FINAL
126	1100hrs	HIGH JUMP		JR MEN (BOYS-20)	FINAL
127	1110hrs	100m		BOYS - 18	HEATS
128	1115hrs	JAVELIN THROW	500 gm (10m APPROACH)	GIRLS - 16	FINAL
129	1130hrs	LONG JUMP		MEN	DECA-2
130	1130hrs	LONG JUMP		JR MEN (BOYS-20)	DECA-2
131	1140hrs	100m		WOMEN	HEATS
132	1150hrs	100m		JR WOMEN (GIRLS 20)	HEATS
133	1200hrs	100m		GIRLS 18	HEATS
134	1210hrs	60m		GIRLS -16	HEATS
135	1230hrs	SHOTPUT	7.26kg	MEN	DECA-3
136	1230hrs	SHOTPUT	6kg	JR MEN (BOYS 20)	DECA-3
137	1230hrs	60m		BOYS -16	HEATS
	1300hrs	LUNCH	LUNCH	LUNCH	LUNCH
138	1400hrs	JAVELIN THROW	600gm (10m APPROACH)	BOYS - 16	FINAL
139	1400hrs	TRIPLE JUMP		JR MEN (BOYS-20)	FINAL
140	1400hrs	TRIPLE JUMP		MEN	FINAL
141	1400hrs	60m		GIRLS - 16	FINAL
142	1400hrs	HIGH JUMP		MEN	DECA-4
143	1400hrs	HIGH JUMP		JR MEN (BOYS-20)	DECA-4

144	1405hrs	60m		BOYS - 16	FINAL
145	1415hrs	400m		MEN	FINAL
146	1420hrs	400m		JR MEN (BOYS-20)	FINAL
147	1425hrs	400m		BOYS-18	FINAL
148	1430hrs	400m		JR WOMEN (GIRLS- 20)	FINAL
149	1435hrs	100m		MEN	FINAL
150	1440hrs	100m		JR MEN (BOYS-20)	FINAL
151	1445hrs	100m		BOYS - 18	FINAL
152	1450hrs	100m		WOMEN	HEATS
153	1455hrs	100m		JR WOMEN (GIRLS 20)	HEATS
154	1500hrs	100m		GIRLS 18	HEATS
155	1510hrs	1000m		BOYS-18	FINAL
156	1525hrs	1000m		GIRLS-18	FINAL
157	1530hrs	DISCUS THROW	1kg	JR WOMEN (GIRLS-20)	FINAL
158	1530hrs	LONG JUMP	(5m APPROACH)	GIRLS-16	FINAL
159	1530hrs	400m		MEN	DECA-5
160	1530hrs	DISCUS THROW	2kg	MEN	FINAL
161	1535hrs	400m		JR MEN (BOYS - 20)	DECA-5
162	1545hrs	RACE WALK 5000m (05KM)	(30 Min)	BOYS-18	FINAL
163	1545hrs	RACE WALK 3000m (03KM)	(22 Min)	GIRLS - 18	FINAL
164	1600hrs	HAMMER THROW	4.000 kg	WOMEN	FINAL
165	1600hrs	HAMMER THROW	4.000 kg	JR WOMEN (GIRLS - 20)	FINAL
166	1615hrs	20000m Race Walk	Men - (02hr 00min)	MEN	FINAL
167	1615hrs	20000m Race Walk	Women - 20km-(2hr 15min)	WOMEN	FINAL
168	1615hrs	10000m Race Walk	JE MEN (Boys - 20) (50 min)	JR MEN (BOYS - 20)	FINAL
169	1615hrs	10000m Race Walk	JR WOMEN (Girls - 20) (1hr 21min)	JR WOMEN (GIRLS-20)	FINAL
170	1630hrs	HAMMER THROW	7.26kg	MEN	FINAL
171	1630hrs	HAMMER THROW	6.000 kg	JR MEN (BOYS-20)	FINAL

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Tentative Schedule (Version 1.2)

Day 2 - 06.09.2025

Sr. No	Scheduled Time	Event	Specifications	Section	Round
201	1400hrs	60m		BOYS-16	PENTA-1
202	1400hrs	JAVELIN THROW	500 gm.	GIRLS-18	FINAL
203	1415hrs	60m		GIRLS-16	PENTA-1
204	1430hrs	110m(H)	Men 1.067m (10 Flights)	DECATHLON MEN	DECA-6
205	1440hrs	110m(H)	Men 1.067m (10 Flights)	MEN	TIME TRIAL / FINAL
206	1450hrs	110m(H)	Jr. Men – 0.99m (10 Flights)	DECATHLON JR MEN (BOYS - 20)	DECA-6
207	1450hrs	JAVELIN THROW	600gm	WOMEN	FINAL
208	1450hrs	JAVELIN THROW	600gm	JR WOMEN (GIRLS-20)	FINAL
209	1455hrs	110m(H)	Jr. Men – 0.99m (10 Flights)	JR MEN (BOYS - 20)	TIME TRIAL / FINAL
210	1500hrs	110m(H)	Boys 18 – 0.914m (10 Flights)	HEPTATHLON (BOYS - 18)	HEPTA - 1
211	1500hrs	LONG JUMP	(5m APPROACH)	BOYS-16	PENTA-2
212	1510hrs	HIGH JUMP		GIRLS-18	FINAL
213	1515hrs	110m(H)	Boys 18 – 0.914m (10 Flights)	BOYS - 18	TIME TRIAL / FINAL
214	1535hrs	100m(H)	0.838m (10 flight)	HEPTATHLON WOMEN	HEPTA-1
215	1540hrs	100m(H)	0.838m (10 flight)	HEPTATHLON JR WOMEN (GIRLS - 20)	HEPTA-1
216	1540hrs	DISCUS THROW	2kg	MEN	DECA-7

217	1540hrs	LONG JUMP	(5m APPROACH)	GIRLS-16	PENTA-2
218	1545hrs	100m(H)	0.838m (10 flight)	WOMEN	TIME TRIAL/FINAL
219	1545hrs	100m(H)	0.838m (10 flight)	JR WOMEN (GIRLS-20)	TIME TRIAL/FINAL
220	1550hrs	100m(H)	0.762m (10 Flights)	HEPTATHLON (GIRLS - 18)	HEPTA-1
221	1600hrs	100m(H)	0.762m (10 Flights)	GIRLS-18	TIME TRIAL/FINAL
222	1610hrs	HIGH JUMP		BOYS-18	FINAL
223	1610hrs	DISCUS THROW	1.75KG	JR MEN (BOYS - 20)	DECA-7
224	1615hrs	80m HURDLE	Boys 16 – 0.838 m, (07 Flight)	PENTATHLON (BOYS - 16)	PENTA - 3
225	1620hrs	LONG JUMP		WOMEN	FINAL
226	1620hrs	LONG JUMP		JR WOMEN (GIRLS- 20)	FINAL
227	1630hrs	80m HURDLE	Boys 16 – 0.838 m, (07 Flight)	BOYS - 16	TIME TRIAL / FINAL
228	1640hrs	DISCUS THROW	1kg	WOMEN	FINAL
229	1655hrs	80m HURDLE	Girls 16 - 0.762m (08 Flight)	PENTATHLON (GIRLS - 16)	PENTA-3
230	1700hrs	LONG JUMP		JR MEN (BOYS-20)	FINAL
231	1710hrs	80m HURDLE	Girls 16 - 0.762m (08 Flight)	GIRLS - 16	TIME TRIAL / FINAL
232	1710hrs	HIGH JUMP		HEPTATHLON BOYS-18	HEPTA-2
233	1710hrs	HIGH JUMP		HEPTATHLON WOMEN	HEPTA-2
234	1710hrs	HIGH JUMP		HEPTATHLON GIRLS- 20	HEPTA-2
235	1710hrs	HIGH JUMP		HEPTATHLON GIRLS-18	HEPTA-2
236	1710hrs	JAVELIN THROW	700gm.	BOYS-18	FINAL
237	1730hrs	800m		MEN	TIME TRIAL/FINAL
238	1745hrs	800m		JR MEN (BOYS-20)	TIME TRIAL/FINAL
239	1755hrs	800m		WOMEN	TIME TRIAL/FINAL

Sr. No	Scheduled Time	Event	Specifications	Section	Round
240	1800hrs	LONG JUMP		MEN	FINAL
241	1800hrs	800m		JR WOMEN(GIRLS- 20)	TIME TRIAL/FINAL
242	1805hrs	5000m	Men - (17:00.00 Min)	MEN	FINAL
243	1805hrs	5000m	WOMEN - (23:00.00)	WOMEN	FINAL
244	1810hrs	JAVELIN THROW	800 gm.	DECATHLON MEN	DECA - 9
245	1810hrs	JAVELIN THROW	800 gm.	DECATHLON JR MEN (BOYS - 20)	DECA - 9
246	1815hrs	SHOTPUT	Boys - 18 (5kg)	HEPTATHLON BOYS-18	HEPTA-3
247	1815hrs	SHOTPUT	Women- 4kg	HEPTATHLON WOMEN	HEPTA-3
248	1815hrs	SHOTPUT	Jr women GIRLS - 20 (4kg)	HEPTATHLON JR WOMEN (GIRLS- 20)	HEPTA-3
249	1815hrs	SHOTPUT	Girls - 18 (3kg)	HEPTATHLON GIRLS-18	HEPTA-3
250	1840hrs	5000m	JR Men BOYS - 20 (18:00.00Min)	JR MEN (BOYS - 20)	FINAL
251	1840hrs	5000m	Jr Women GIRLS - 20 (25:00.0min)	JR WOMEN (GIRLS - 20)	FINAL
252	1910hrs	JAVELIN THROW	800 gm.	JR MEN (BOYS - 20)	FINAL
253	1920hrs	200m		HEPTATHLON BOYS-18	HEPTA-4
254	1925hrs	200m		HEPTATHLON WOMEN	HEPTA-4
255	1930hrs	200m		HEPTATHLON JR WOMEN (GIRLS- 20)	HEPTA-4
	1930hrs	DINNER	DINNER	DINNER	DINNER
256	1935hrs	200m		HEPTATHLON GIRLS-18	HEPTA-4
257	1940hrs	1500m		MEN	DECA-10
258	1945hrs	1500m		JR MEN (BOYS - 20)	DECA-10
259	2010hrs	JAVELIN THROW	800 gm.	Men	FINAL

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Day 3 - 07.09.2025					
Sr. No	Scheduled Time	Event	Specifications	Section	Round
301	0700hrs	3000m		JR MEN (BOYS - 20)	FINAL
302	0700hrs	3000m		JR WOMEN (GIRLS - 20)	FINAL
303	0730hrs	60m		BOYS-14	TRIATHLON A-B-C
304	0800hrs	LONG JUMP		HEPTATHLON BOYS-18	HEPTA-5
305	0800hrs	SHOTPUT	3kg (STANDING)	GIRLS-16	FINAL
306	0800hrs	HIGH JUMP	{SCISSORS}	BOYS-16	FINAL
307	0800hrs	KIDS JAVELIN	(5m APPROACH)	BOYS-14	FINAL
308	0810hrs	60m		GIRLS-14	TRIATHLON A-B-C
309	0830hrs	LONG JUMP		HEPTATHLON WOMEN	HEPTA-5
310	0830hrs	LONG JUMP		HEPTATHLON JR WOMEN (GIRLS- 20)	HEPTA-5
311	0830hrs	LONG JUMP		HEPTATHLON GIRLS-18	HEPTA-5
312	0840hrs	200m		MEN	HEATS
313	0850hrs	SHOTPUT	4 KG (STANDING)	BOYS-16	FINAL
314	0900hrs	KIDS JAVELIN	(5m APPROACH)	GIRLS-14	FINAL
315	0910hrs	200m		JR MEN (Boys - 20)	HEATS
316	0915hrs	LONG JUMP	(5m APPROACH)	BOYS-14	TRIATHLON A-B-C
317	0930hrs	HIGH JUMP	{SCISSORS}	GIRLS-16	FINAL
318	0930hrs	200m		BOYS-18	HEATS
319	0950hrs	SHOTPUT	Boys 16 – 4 Kg (Standing)	PENTATHLON BOYS-16	PENTA-4
320	1000hrs	JAVELIN THROW	Boys - 18 (700gm)	HEPTATHLON BOYS-18	HEPTA-6
321	1000hrs	200m		WOMEN	HEATS
322	1010hrs	200m		JR.WOMEN (GIRLS - 20)	FINAL
323	1015hrs	200m		GIRLS- 18	HEATS
324	1030hrs	JAVELIN THROW	WOMEN (600gm)	HEPTATHLON WOMEN	HEPTA-6
325	1030hrs	JAVELIN THROW	JR WOMEN GIRLS - 20 (600gm)	HEPTATHLON JR WOMEN (GIRLS- 20)	HEPTA-6
326	1030hrs	SHOTPUT	Girls 16 - 3kg (Standing)	PENTATHLON GIRLS-16	PENTA-4
327	1030hrs	400m(H)	0.914m	MEN	TIME TRIAL/FINAL
328	1045hrs	400m(H)	0.914m	JR MEN (BOYS-20)	TIME TRIAL/FINAL
329	1100hrs	JAVELIN THROW	Girls - 18 (500gm)	HEPTATHLON GIRLS-18	HEPTA-6
330	1100hrs	SHOTPUT	5kg	BOYS-18	FINAL
331	1100hrs	400m(H)	0.762m	WOMEN	TIME TRIAL/FINAL
332	1100hrs	LONG JUMP	(5m APPROACH)	GIRLS -14	TRIATHLON A-B-C
333	1115hrs	400m(H)	0.762m	JR WOMEN (GIRLS - 20)	TIME TRIAL/FINAL

334	1200hrs	SHOTPUT	3kg	GIRLS-18	FINAL
	1300hrs	LUNCH	LUNCH	LUNCH	LUNCH
335	1400hrs	LONG JUMP		BOYS-18	FINAL
336	1400hrs	HIGH JUMP	{SCISSORS}	BOYS-14	TRIATHLON A
337	1400hrs	200m		MEN	FINAL
338	1400hrs	SHOTPUT	1kg BACK THROW	TRIATHLON BOYS - 14	TRIATHLON B
339	1405hrs	200m		JR MEN (Boys - 20)	FINAL
340	1410hrs	200m		BOYS-18	FINAL
341	1415hrs	200m		WOMEN	FINAL
342	1420hrs	200m		GIRLS- 18	HEATS
343	1430hrs	600m		BOYS-16	TIME TRIAL / FINAL
344	1445hrs	600m		GIRLS-16	TIME TRIAL / FINAL
345	1450hrs	SHOTPUT	7.26kg	MEN	FINAL
346	1500hrs	LONG JUMP		GIRLS-18	FINAL
347	1500hrs	HIGH JUMP	{SCISSORS}	GIRLS-14	TRIATHLON A
348	1500hrs	600m		PENTATHLON BOYS-16	PENTA-5
349	1500hrs	SHOTPUT	1kg BACK THROW	TRIATHLON GIRLS-14	TRIATHLON B
350	1505hrs	600m		PENTATHLON GIRLS-16	PENTA-5
351	1510hrs	600m		TRIATHLON BOYS-14	TRIATHLON C
352	1520hrs	600m		TRIATHLON GIRLS-14	TRIATHLON C
353	1530hrs	1000m		HEPTATHLON BOYS-18	HEPTA-7
354	1535hrs	1000m		HEPTATHLON GIRLS-18	HEPTA-7
355	1540hrs	800m		HEPTATHLON WOMEN	HEPTA-7
356	1540hrs	800m		HEPTATHLON JR WOMEN (GIRLS- 20)	HEPTA-7
357	1550hrs	SHOTPUT	6kg	JR MEN (BOYS-20)	FINAL
358	1550hrs	3000mSC	0.914M	MEN	FINAL
359	1550hrs	3000mSC	0.914M	JR MEN (BOYS - 20)	FINAL
360	1600hrs	SHOTPUT	4 kg	WOMEN	FINAL
361	1600hrs	SHOTPUT	4 kg	JR WOMEN (GIRLS - 20)	FINAL
362	1605hrs	3000mSC	0.762 M	WOMEN	FINAL
363	1605hrs	3000mSC	0.762 M	JR WOMEN (GIRLS - 20)	FINAL