



J&K Amateur Athletics Association

No. JKAAA/2024

July 29, 2024

The Secretaries,
District Athletics Associations
Affiliated / Recognized by J&K Amateur Athletics Associations

Subject – 22nd J&K UT Athletics Championships-2024

I am pleased to inform you that 22nd J&K UT Athletics Championships 2024 will be organized by J&K Amateur Athletics Association from 20th to 21st August 2024. The various details of the Championships are given below:-

Venue Jammu University 20th to 21st August 2024 Mr. Sharat Chander Singh Secretary
Dates General J&K Amateur Athletics Association Mob: 9419136504
Organizing Secretary Last date for receipt of Entries :16th of August 2024 online

The ONLINE entries of Athletes can be done on <https://jkathletics.daasport.com/> from 30th July to 16th August 2024. Entries sent otherwise will not be accepted under any circumstances. The Entries should be sent by concerned District Association / by Athlete himself.

Age Groups: Boys & Girls Open, under 20 Yrs, 18Yrs, 16Yrs, & 14 Yrs.

For the convenience of the State Units for determining the Age Groups of athletes, the age brackets are mentioned below:

U-14 Years	Born Between 12.11.2010 & 11.11.2012
U-16 Years	Born Between 12.11.2008 & 12.11.2010
U-18 Years	Born Between 12.11.2006 & 12.11.2008
U-20 Years	Born Between 12.11.2004 & 12.11.2006
Open Category	Born Before 31.10.2004

No. of events an athlete can participate: Two individual events and Relays.

Verification of Age: The following Certificates are valid for verification of age of athletes.

(a) Under 16 Years:

Birth Certificate issued by Birth & Death Registration Office or Municipality / Corporation/ Nagar Palika/District Headquarters.

(b) Above 16 Years:

- (i) Certificate from Central/State Education Board showing date of birth.
- (ii) Athletes, who have not gone to School at all, should produce Birth Certificate from authorities as indicated above.
- (iii) Athletes, who are drop outs, should bring Birth Certificate and School Leaving Certificate from the School last attended.

The original Age Proof Certificates are required to be produced by the athletes. No other Certificate will be accepted as Proof of Age.

MINIMUM NUMBER of ENTRIES FOR HOLDING THE EVENT

- i) The event may be conducted with a minimum number of THREE entries from two different Districts.
- ii) In case, if entries are less than the numbers specified, the event shall be conducted for the purpose of recording the performances. No certificate and medals shall be awarded in that event.

Boarding & Lodging:

Boarding and Lodging will be provided to Athletes and officials from other than Jammu district

It may please be noted that Standard Operating Procedure (SOP) prepared by JKAAA and other guidelines issued by the Government of J&K are strictly followed to ensure that the competition is conducted smoothly.

Disclaimer:

J&K Amateur Athletics Association will not be held responsible directly or indirectly for any loss of life/damage/illness/injury in connection with participation in 22nd J&K UT Athletics Championships- 2024. All Athletes/officials/vendors have to participate on their own risk. You are requested to bring it to the notice of your athletes. Your cooperation in this regard is solicited.

Thanking you,

Yours Sincerely,



Sharat Chander Singh Secretary, J&KAAA

LIST OF EVENTS TO BE CONDUCTED IN 22nd J&K UT ATHLETICS CHAMPIONSHIPS 2024

Open Men	Un 20 MEN	BOYS Un 18	BOYS Un 16	BOYS Un 14
100m	100m	100m	100m	60m
200m	200m	200m		
			300m	
400m	400m	400m		
				600m
800m	800m		800m	
		1000m		
1500m	1500m			
			2000m	
5000m	5000m			
10000m	10000m			
High Jump	High Jump	High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump			
Shot Put (7.26 Kg)	Shot Put (6 Kg)	Shot Put (5 Kg)	Shot Put (4 Kg)	Shot Put (3 Kg)
Discus Throw (2 Kg)	Discus Throw (1.750 Kg)	Discus Throw (1.500 Kg)	Discus Throw (1.250 Kg)	
Javelin Throw (800g)	Javelin Throw (800g)	Javelin Throw (700g)	Javelin Throw(600g)	
4x100m relay	4x100m relay			
4x400m relay	4x400m relay			
Decathlon DAY-1 100m, Long Jump,Shot put,High Jump,400m DAY-2 110m Hur, Discus Throw,Pole Vault, Javelin Throw,1500m				
Open Women	Un 20WOMEN	GIRLS Un 18	GIRLS Un 16	GIRLS Un 14
100m	100m	100m	100m	60m
200m	200m	200m		
			300m	
400m	400m	400m		
				600m
800m	800m		800m	
		1000m		
1500m	1500m			
			2000m	
3000m				
5000m	5000m			
High Jump	High Jump		High Jump	
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Shot Put (5Kg)	Shot Put (4 Kg)	Shot Put (3 Kg)	Shot Put (3 Kg)	Shot Put (2 Kg)
Discus Throw (1.500 Kg)	Discus Throw (1.000 Kg)	Discus Throw (1.000 Kg)	Discus Throw (1.000 Kg)	
Javelin Throw (700g)	Javelin Throw (600g)	Javelin Throw (500g)	Javelin Throw (500g)	
4x100m Relay	4x100m Relay			

