

**22nd J&K UT ATHLETICS CHAMPIONSHIP-2024**

**\* JAMMU\* 20th & 21st AUGUST 2024 \***

**\*~\*~\* DAY-1\*~\*~\***

EVENT NO	TIME	Ev Code	EVENT	GROUP	ROUND
101	7:55 Hrs		100M	DECATHLON-1	FINAL
102	8:00 Hrs		5000M	MEN	FINAL
103	8:00 Hrs		5000M	WOMEN	FINAL
104	8:00 Hrs		HIGH JUMP	Boys-14,16,18,20,Men	FINAL
105	8:00 Hrs		SHOT PUT	Boys-14,16,18,20,Men	FINAL
106	8:30 Hrs		5000M	Boys-20	FINAL
107	8:30 Hrs		5000M	Girls-20	FINAL
108	9:00 Hrs		2000M	Girls-16	FINAL
109	9:15 Hrs		2000M	Boys-16	FINAL
110	9:30 Hrs		1000M	Boys-18	FINAL
111	9:35 Hrs		1000M	Girls-18	FINAL
112	9:40 HrS		800M	Men	FINAL
113	9:45 Hrs		800M	Boys-20	FINAL
114	9:50 Hrs		800M	WOMEN	FINAL
115	9:55 Hrs		800M	Girls-20	FINAL
116	10:00 Hrs		HIGH JUMP	Girls-16,20,Women	FINAL
117	10:00 Hrs		SHOT PUT	Girls-14,16,18,20,Women	FINAL
118	10:00 Hrs		800M	Girls-16	FINAL
119	10:05 Hrs		800M	Boys-16	FINAL
120	10:10 Hrs		600M	Boys-14	FINAL
121	10:15 Hrs		600M	Girls-14	FINAL
122	10:20 Hrs		400M	MEN	HEATS
123	10:30 Hrs		400M	Boys-20	HEATS
124	10:40 Hrs		400M	Boys-18	HEATS
125	10:50 Hrs		400M	WOMEN	HEATS
126	11:00 Hrs		400M	Girls-20	HEATS
127	11:10 Hrs		400M	Girls-18	HEATS
128	11:20 Hrs		300M	Girls-16	HEATS
129	11:30 Hrs		300M	Boys-16	HEATS
130	11:45 Hrs		100M	MEN	HEATS
131	12:00 Hrs		JAVELIN THROW	Girls-16,18,20,Women	FINAL
132	12:00 Hrs		100M	Boys-20	HEATS
133	12:15 Hrs		100M	Boys-18	HEATS
134	12:30 Hrs		100M	Boys-16	HEATS
135	12:45 Hrs		100M	WOMEN	HEATS
136	12:50 Hrs		100M	Girls-20	HEATS
137	12:55 Hrs		100M	Girls-18	HEATS
138	13:00 Hrs		100M	Girls-16	HEATS
139	<b>13:00 Hrs</b>		<b>LUNCH BREAK</b>		
140	14:00 Hrs		JAVELIN THROW	Boys-16,18,20,Men	FINAL
141	14:00 Hrs		TRIPLE JUMP	Men, Boys-20	FINAL
142	14:00 Hrs		400M	MEN	FINAL
143	14:05 Hrs		400M	Boys-20	FINAL
144	14:10 Hrs		400M	Boys-18	FINAL
145	14:15 Hrs		400M	WOMEN	FINAL
146	14:20 Hrs		400M	Girls-20	FINAL
147	14:25 Hrs		400M	Girls-18	FINAL
148	14:30 Hrs		300M	Girls-16	FINAL
149	14:35 Hrs		300M	Boys-16	FINAL
150	16:00 Hrs		4X100M	Men, Boys-20,Women, Girls-20	TIME TRIAL FINAL

*** DAY-2***						
EVENT NO	TIME	Ev Code	EVENT	GROUP	ROUND	
201	7:30 Hrs		110M Hurdles	Deathlon-5	FINAL	
202	8:00 Hrs		10000M	Men	FINAL	
203	8:00 Hrs		10000M	Boys-20	FINAL	
204	8:00 Hrs		LONG JUMP	Boys-14,16,18,20, Men	FINAL	
205	8:00 Hrs		DISCUS THROW	Boys-16,18,20, Men	FINAL	
206	8:45 Hrs		3000M	Women	FINAL	
207	9:10 Hrs		200M	Men	HEATS	
208	9:20 Hrs		200M	Boys-20	HEATS	
209	9:30 Hrs		200M	Boys-18	HEATS	
210	9:40 Hrs		200M	Women	HEATS	
211	9:50 Hrs		200M	Girls-20	HEATS	
212	10:00 Hrs		200M	Girls-18	HEATS	
213	10:15 Hrs		60M	Boys-14	HEATS	
214	10:30 Hrs		60M	Girls-14	HEATS	
215	10:45 Hrs		1500M	Men	FINAL	
216	10:50 Hrs		1500M	Boys-20	FINAL	
217	11:00 Hrs		LONG JUMP	Girls-14,16,18,20 Women	FINAL	
218	11:00 Hrs		DISCUS THROW	Girls-16,18,20,Women	FINAL	
219	11:05 Hrs		1500M	Women	FINAL	
220	11:15 Hrs		1500M	Girls-20	FINAL	
221	<b>13:00 Hrs</b>		<b>LUNCH BREAK</b>			
222	14:00 Hrs		200M	Men	FINAL	
223	14:05 Hrs		200M	Boys-20	FINAL	
224	14:10 Hrs		200M	Boys-18	FINAL	
225	14:15 Hrs		200M	Women	FINAL	
226	14:20 Hrs		200M	Girls-20	FINAL	
227	14:25 Hrs		200M	Girls-18	FINAL	
228	14:35 Hrs		60M	Boys-14	FINAL	
229	14:40 Hrs		60M	Girls-14	FINAL	
230	15:00 Hrs		4X400M	Men,Boys-20	TIME TRIAL FINAL	
	<b>16:00 Hrs</b>		<b>Closing Ceremony</b>			