

APPENDIX-A

OLD RULES 2024-25

YOGA

List of Asanas for Boys and Girls category :

- Surya Namaskar,
- Halasana,
- Gomukhasana,
- Padahasthasana,
- Ek-padasirasana,
- Baddha Padmasana,
- Virbhadrasana,
- Chakrasana,
- Purna Dhanurasana,
- Matsyasana,
- Ushtrasana,
- Akarna Dhanurasana,
- Utthita Padmasana,
- Bakasana,
- Kukutasana
- Ardha Matsyendrasana.

NEW RULES 2025-26

YOGA

(I) The Group competition will include the following asanas:

S.No.	Group-A	Group-B	Group-C
1	Paschimottanasana	Purna Chakrasana	Sankhyasana
2	Sarvangasana	Kukutasana	Vyaghrasana
3	Matsyasana	Garbhasana	Urdhava Kukutasana
4	Dhanurasana (Competitor can perform Purna Dhanurasana)	Bhumasana	Shirshasana
5	Purna Matsendrasana	Purna shalabhasana	Utthit Padahasthasana
6	Uttanapadasana	Bakasana	Utthit Titivasana

(ii) Individual Artistic Yoga Competition:

- A. A separate competition will be held for boys and girls in each category under 14, 17 and 19 Yrs.
- B. One competitor for each school will be allowed in each group and age category. The player will have to perform any five asanas of their choice from the following.
- | | | |
|---------------------------------|---------------------------------|------------------------------|
| 1. Vrischikasana | 2. Standing Linkarasana | 3. Natarajasana |
| 4. Sthambh Sirasan (Dhruvasana) | 5. Dhawajasana | 6. Utthit Dwipad Skandhasana |
| 7. Kand Pidasana | 8. Standing Eka Pada Skandasana | |

APPENDIX-B

OLD RULES 2024-25

ARCHERY

The details of the events are given below.

U14 Boys and Girls

a) Indian Round

1. 30 m in 122 cm face target ---3 arrows/ 1 min 30 Secs - total 12 rounds of 3 arrows each.
2. 20 m in 80 cm face target ---3 arrows/ 1 min 30 Secs - total 12 rounds of 3 arrows each.

b) Recurve

1. 50 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.
2. 30 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.

c) Compound

1. 50 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.
2. 30 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.

U17 Boys and Girls

a) Indian Round

1. 50 m in 122 cm face target ---3 arrows/ 1 min 30 Secs - Total 12 rounds of 3 arrows each.
2. 30 m in 80 cm face target-----3 arrows/ 1 min 30 Secs - Total 12 rounds of 3 arrows each.

b) Recurve

1. 60 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.
2. 50 m in 122 cm face target ---6 arrows/ 3 Mins Total 12 rounds of 3 arrows each.
3. 30 m in 122 cm face target ---6 arrows/ 3 Mins Total 12 rounds of 3 arrows each.

c) Compound

1. 60 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.
2. 50 m in 122 cm face target ---6 arrows/ 3 Mins Total 12 rounds of 3 arrows each.

U19 Boys and Girls

a) Indian Round

1. 50 m in 122 cm face target ---3 arrows/ 1 min 30 Secs - Total 12 rounds of 3 arrows each
2. 30 m in 80 cm face target-----3 arrows/ 1 min 30 Secs - Total 12 rounds of 3 arrows each.

b) Recurve

1. 70 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.
2. 60 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each
3. 50 m in 122 cm face target ---6 arrows/ 3 Mins Total 12 rounds of 3 arrows each

c) Compound

1. 70 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.
2. 60 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each
3. 50 m in 122 cm face target ---6 arrows/ 3 Mins Total 12 rounds of 3 arrows each

Cont.....

NEW RULES 2025-26

ARCHERY

The details of the events are given below.

U14 Boys and Girls

a) Indian Round

- | | | | |
|----|-----------------------------|---|----------------------------------|
| 1. | 50 m in 122 cm face target | — | Total 6 rounds of 3 arrows each. |
| 2. | 30 m in 80 cm face target — | — | Total 6 rounds of 3 arrows each |

b) Recurve

- | | | | |
|----|----------------------------|---|---------------------------------|
| 1. | 70 m in 122 cm face target | — | Total 6 rounds of 3 arrows each |
| 2. | 50 m in 122 cm face target | — | Total 6 rounds of 3 arrows each |

c) Compound

- | | | | |
|----|----------------------------|---|---------------------------------|
| 1. | 50 m in 122 cm face target | — | Total 6 rounds of 3 arrows each |
| 2. | 30 m in 80 cm face target | — | Total 6 rounds of 3 arrows each |

U17 Boys and Girls

a) Indian Round

- | | | | |
|----|----------------------------|---|---------------------------------|
| 1. | 50 m in 122 cm face target | — | Total 6 rounds of 3 arrows each |
| 2. | 30 m in 80 cm face target | — | Total 6 rounds of 3 arrows each |

b) Recurve

- | | | | |
|----|----------------------------|---|---------------------------------|
| 1. | 70 m in 122 cm face target | — | Total 6 rounds of 3 arrows each |
| 2. | 50 m in 122 cm face target | — | Total 6 rounds of 3 arrows each |

c) Compound

- | | | | |
|----|----------------------------|---|---------------------------------|
| 1. | 50 m in 122 cm face target | — | Total 6 rounds of 3 arrows each |
| 2. | 30 m in 80 cm face target | — | Total 6 rounds of 3 arrows each |

U19 Boys and Girls

a) Indian Round

- | | | | |
|----|----------------------------|---|---------------------------------|
| 1. | 50 m in 122 cm face target | — | Total 6 rounds of 3 arrows each |
| 2. | 30 m in 80 cm face target | — | Total 6 rounds of 3 arrows each |

b) Recurve

- | | | | |
|----|----------------------------|---|---------------------------------|
| 1. | 70 m in 122 cm face target | — | Total 6 rounds of 3 arrows each |
| 2. | 50 m in 122 cm face target | — | Total 6 rounds of 3 arrows each |

c) Compound

- | | | | |
|----|----------------------------|---|---------------------------------|
| 1. | 50 m in 122 cm face target | — | Total 6 rounds of 3 arrows each |
| 2. | 30 m in 80 cm face target | — | Total 6 rounds of 3 arrows each |

APPENDIX-C

OLD RULES 2024-25

KABADDI

The competition shall be governed and played as per the prevailing rules:

Under 14: for girls [below 50 Kg weight] & boys [below 55 Kg weight].

Under 17: for girls [below 55 Kg weight] & boys [below 60 Kg weight].

Under 19: for girls [below 60 Kg weight] & boys [below 65 Kg weight]

NEW RULES 2025-26

KABADDI

The competition shall be governed and played as per the prevailing rules:

Under 14: for girls [below 48 Kg weight] & boys [below 51 Kg weight].

Under 17: for girls [below 55 Kg weight] & boys [below 55 Kg weight].

Under 19: for girls [below 65 Kg weight] & boys [below 70 Kg weight]

OLD RULES 2024-25

WRESTLING

U-14		U-17		U-19	
BOYS	GIRL	BOYS	GIRLS	BOYS	GIRLS
32	30	38	36	45	40
34	32	42	38	50	44
38	34	46	40	55	48
41	38	50	43	60	51
44	41	54	46	64	55
47	44	58	49	68	59
50	47	63	52	74	63
54	50	64	56	80	67
58	54	70	60	+84	72
62	58	76	65		+84
+66	+62	+85	+70		

NEW RULES 2025-26

WRESTLING

Sr.No	U-14 Boys KG	U-14 Girls KG	U-17 Boys KG	U-17 Girls KG	U-19 Boys KG	U-19 Girls KG
1.	35	30	45	40	57	50
2.	38	33	48	43	61	53
3	41	36	51	46	65	55
4.	44	39	55	49	70	57
5.	48	42	60	53	74	59
6.	52	46	65	57	79	62
7.	57	50	71	61	86	65
8.	62	54	80	65	92	68
9.	68	58	92	69	97	72
10.	75	62	110	73	125	76

OLD RULES 2024-25

WEIGHT LIFTING

U-14		U-17 & 19	
BOYS	GIRLS	BOYS	GIRLS
49 kg	40 kg	55 kg	45 kg
55 kg	45 kg	61 kg	49 kg
61 kg	49 kg	67 kg	55 kg
67 kg	55 kg	73 kg	59 kg
73 kg	59 kg	81 kg	64 kg
81 kg	64 kg	89 kg	71 kg
89 kg	71 kg	96 kg	76 kg
96 kg	76 kg	102 kg	81 kg
102 kg	81 kg	109 kg	87 kg
+102 kg	+81 kg	+109 kg	+87 kg

NEW RULES 2025-26

WEIGHT LIFTING

Sr.No	U-14 Boys KG	U-14 Girls KG	U-17 Boys KG	U-17 Girls KG	U-19 Boys KG	U-19 Girls KG
1.	-49	-40	-49	-40	-55	-45
2.	-55	-45	-55	-45	-61	-49
3	-61	-49	-61	-49	-67	-55
4.	-67	-55	-67	-55	-73	-59
5.	-73	-59	-73	-59	-81	-64
6.	-81	-64	-81	-64	-89	-71
7.	-89	-71	-89	-71	-96	-76
8.	-96	-76	-96	-76	-102	-81
9.	-102	-81	-102	-81	+102	-87
10.	+102	+81	+102	+81	--	+87

OLD RULES 2024-25

TAEKWONDO

Boys			Girls		
Under 19 Years	Under 17 years	Under 14 Years	Under 19 years	Under 17 Years	Under 14 years
Below-54	Below-45	Below-33	Below-46	Below-42	Below-29
Below-58	Below-48	Below-37	Below-49	Below-44	Below-33
Below-63	Below-51	Below-41	Below-53	Below-46	Below-37
Below-68	Below-55	Below-45	Below-57	Below-49	Below-41
Below-74	Below-59	Below-49	Below-62	Below-52	Below-44
Below-80	Below-63	Below-53	Below-67	Below-55	Below-47
Below-87	Below-68	Below-57	Below-73	Below-59	Below-51
Above-87	Below-73	Below-61	Above-73	Below-63	Below-55
	Below-78	Above-61		Below-68	Above-55
	Above-78			Above-68	

NEW RULES 2025-26

TAEKWONDO

Under 14		Under 17		Under 19	
Boys	Girls	Boys	Girls	Boys	Girls
Below 18 Kg	Below 16 Kg	Below 35 Kg	Below 32 Kg	41-45 Kg	Below 40 Kg
18-21 Kg	16-18 Kg	35-38 Kg	32-35 Kg	45-48 Kg	40-42 Kg
21-23 Kg	18-20 Kg	38-41 Kg	35-38 Kg	48-51 Kg	42-44 Kg
23-25 Kg	20-22 Kg	41-45 Kg	38-42 Kg	51-55 Kg	44-46 Kg
25-27 Kg	22-24 Kg	45-48 Kg	42-44 Kg	55-59 Kg	46-49 Kg
27-29 Kg	24-26 Kg	48-51 Kg	44-46 Kg	59-63 Kg	49-52 Kg
29-32 Kg	26-29 Kg	51-55 Kg	46-49 Kg	63-68 Kg	52-55 Kg
32-35 Kg	29-32 Kg	55-59 Kg	49-52 Kg	68-73 Kg	55-59 Kg
35-38 Kg	32-35 Kg	59-63 Kg	52-55 Kg	73-78 Kg	59-63 Kg
38-41 Kg	35-38 Kg	63-68 Kg	55-59 Kg	Above 78 Kg	63-68 Kg
Above 41 Kg	Above 38 Kg	68-73 Kg	59-63 Kg		Above 68 Kg
		73-78 Kg	63-68 Kg		
		Above 78 Kg	Above 68 Kg		

OLD RULES 2024-25

BOXING

BOYS' (Weight in Kgs)			GIRLS' (Weight in Kgs)		
U-14	U-17	U-19	U-14	U-17	U-19
30 kg	38 kg	46 kg	28 KG	36 kg	48 kg
32 kg	42 kg	49 kg	30 kg	40 kg	51 kg
34 kg	46 kg	52 kg	32 kg	44 kg	54 kg
36 kg	50 kg	56 kg	34 kg	48 kg	57 kg
38 kg	55 kg	60 kg	36 kg	52 kg	60 kg
40 kg	60 kg	64 kg	38 kg	56 kg	64 kg
42 kg	65 kg	69 kg	40 kg	60 kg	69 kg
44 kg	70 kg	75 kg	42 kg	65 kg	75 kg
46 kg	75 kg	81 kg	44 kg	70 kg	81 kg
48 kg	80 kg	+81 kg	46 kg	75 kg	+81 kg
50 kg	+80 kg		48 kg	+ 75 kg	
+50 kg			+48 kg		

NEW RULES 2025-26

BOXING

Under 14		Under 17		Under 19	
Boys	Girls	Boys	Girls	Boys	Girls
28-30 Kg	26-28 KG	Below 46 Kg	Below 42 Kg	Below 46 Kg	Below 45 Kg
30-32 Kg	28-30 Kg	46-48 Kg	42-44 Kg	46-49 Kg	45-48 Kg
32-34 Kg	30-32 Kg	48-50 Kg	44-46 Kg	49-52 Kg	48-51 Kg
34-36 Kg	32-34 Kg	50-52 Kg	46-48 Kg	52-56 Kg	51-54 Kg
36-38 Kg	34-36 Kg	52-54 Kg	48-50 Kg	56-60 Kg	54-57 Kg
38-40 Kg	36-38 Kg	54-57 Kg	50-52 Kg	60-64 Kg	57-60 Kg
40-42 Kg	38-40 Kg	57-60 Kg	52-54 Kg	64-69 Kg	60-64 Kg
42-44 Kg	40-42 Kg	60-63 Kg	54-57 Kg	69-75 Kg	64-66 Kg
44-46 Kg	42-44 Kg	63-66 Kg	57-60 Kg	75-81 Kg	66-69 Kg
46-48 Kg	44-46 Kg	66-70 Kg	60-63 Kg	81-91 Kg	69-75 Kg
48-50 Kg	46-48 Kg	70-75 Kg	63-66 Kg	91+ Kg	75-81 Kg
	48-50 Kg	75-80 Kg	66-70 Kg		81+ Kg
		80+ Kg	70-75 Kg		
			75-80 Kg		
			80+ Kg		

OLD RULES 2024-25

WUSHU

U-14

BOYS	GIRLS
1. 20 Kg	16
2. 20 - 24 Kg	16 - 20 Kg
3. 24 - 28 Kg	20 - 24 Kg
4. 28 - 32 Kg	24 - 28 Kg
5. 32 - 36 Kg	28 - 32 Kg
6. 36 - 40 Kg	32 - 36 Kg
7. 40 - 44 Kg	36 - 40 Kg
8. 44 - 48 Kg	40 - Above
9. 48 - 52 Kg	
10. 52 - Above	

U-17

BOYS	GIRLS
1. - 42 Kg	- 40 Kg
2. 42 - 45 Kg	40 - 42 Kg
3. 45 - 48 Kg	42 - 45 Kg
4. 48 - 52 Kg	45 - 48 Kg
5. 52 - 56 Kg	48 - 52 Kg
6. 56 - 60 Kg	52 - 56 Kg
7. 60 - 65 Kg	56 - 60 Kg
8. 65 - 70 Kg	60 - Above
9. 70 - 75 Kg	
10. 75 - Above	

U-19

BOYS	GIRLS
1. 48 Kg	45 Kg
2. 48 - 52 Kg	45 - 48 Kg
3. 52 - 56 Kg	48 - 52 Kg
4. 56 - 60 Kg	52 - 56 Kg
5. 60 - 65 Kg	56 - 60 Kg
6. 65 - 70 Kg	60 - 65 Kg
7. 70 - 75 Kg	65 - Above
8. 75 - 80 Kg	
9. 80 - 85 Kg	
10. 85 - Above	

NEW RULES 2025-25

WUSHU

S.No.	U-14 Boys Kg	U-17 Boys Kg	U-19 Boys Kg	U-14 Girls Kg	U-17 Girls Kg	U-19 Girls kg
1	Below 24	Below 40	Below 40	Below 20	Below 36	Below 36
2	24-28	40-45	40-45	20-24	36-40	36-40
3	28-32	45-48	45-48	24-28	40-45	40-45
4	32-36	48-52	48-52	28-32	45-48	45-48
5	36-40	52-56	52-56	32-36	48-52	48-52
6	40-44	56-60	56-60	36-40	52-56	52-56
7	44-48	60-65	60-65	40-44	56-60	56-60
8	48-52	65-70	65-70	Above 44	60-65	60-65
9	Above 52	70-75	70-75	—	65-70	Above 65
10	—	75-80	75-80	—	—	—
11	—	80-85	80-85	—	—	—

OLD RULES 2024-25

JUDO

BOYS' (Weight in Kgs)			GIRLS' (Weight in Kgs)		
U-14	U-17	U-19	U-14	U-17	U-19
Below-35	Below-50	Below-55	Below-35	Below-40	Below-45
Below-40	Below-55	Below-60	Below-40	Below-44	Below-50
Below-45	Below-60	Below-65	Below-45	Below-48	Below-55
Below-50	Below-66	Below-70	Below-50	Below-52	Below-60
Above-50	Below-73	Below-75	Above-50	Below-57	Below-65
	Below-81	Below-80		Below-63	Above-65
	Below-90 Above-90	Above-80		Below-70 Above-70	

NEW RULES 2025-26

JUDO

BOYS' (Weight in Kgs)			GIRLS' (Weight in Kgs)		
U-14	U-17	U-19	U-14	U-17	U-19
Below 25	Below 40	Below 40	Below 23	Below 36	Below 36
Below 30	Below 45	Below 45	Below 27	Below 40	Below 40
Below 35	Below 50	Below 50	Below 32	Below 44	Below 44
Below 40	Below 55	Below 55	Below 36	Below 48	Below 48
Below 45	Below 60	Below 60	Below 40	Below 52	Below 52
Below 50	Below 66	Below 66	Below 44	Below 57	Below 57
Above 50	Below 73	Below 73	Below 50	Below 63	Below 63
	Below 81	Below 81	Above 50	Below 70	Below 70
	Below 90	Below 90		Above 70	Above 70
	Above 90	Above 90			

OLD RULES 2024-25

SKATING

Events of Speed Skating (Quads) – Girls' & Boys'

	Under 14	Under 17	Under 19
Rink Race 1 Time Trial	300 M Speed	300 M Speed	300 M Speed
Rink Race 2	500 M Speed	500 M Speed	500 M Speed
Rink Race 3	1000 M Speed	1000 M Speed	1000 M Speed

Events for In-Line Skating – Girls' & Boys'

	Under 14	Under 17	Under 19
Rink Race 4 Time Trial	300 M Speed	300 M Speed	300 M Speed
Rink Race 5	500 M Speed	500 M Speed	500 M Speed
Rink Race 6	1000 M Speed	1000 M Speed	1000 M Speed

NEW RULES 2025-26

SKATING

Events of Speed Skating (Quads) – Girls' & Boys'

	Under 14	Under 17	Under 19
Rink Race 1	500 M Speed	500 M Speed	500 M Speed
Rink Race 2	1000 M Speed	1000 M Speed	1000 M Speed
Road 1	One Lap	One Lap	One Lap

Events for In-Line Skating – Girls' & Boys'

	Under 14	Under 17	Under 19
Time Trial	300 M Speed	300 M Speed	300 M Speed
Rink Race 3	500 M Speed	500 M Speed	500 M Speed
Rink Race 4	1000 M Speed	1000 M Speed	1000 M Speed
Road 2	One Lap	One Lap	One Lap

OLD RULES 2024-25

SWIMMING

+

Under 14 yrs.	Under 16 yrs.	Under 19 yrs.
50 m Free Style	50 m Free Style	50 M Free Style
100 m Free Style	100 m Free Style	100 M Free Style
200 m Free Style*	200 m Free Style*	200 M Free Style*
50 m Back Stroke	400 M Free Style*	400 M Free Style*
	800 M Free Style*	
100 m Back Stroke	50 M Back Stroke	800 M Free Style* for Girls' & 1500 M Free Style* for Boys'
50 m Breast Stroke	100 M Back Stroke	50 M Back Stroke
100 m Breast Stroke	200 M Back Stroke*	100 M Back Stroke
50 m Butterfly	50 M Breast Stroke	200 M Back Stroke*
100 m Butterfly	100 M Breast Stroke	50 M Breast Stroke
200 m Individual Medley*	200 M Breast Stroke*	100 M Breast Stroke
4x100 m Free Style Relay	50 M Butterfly Stroke	200 M Breast Stroke*
4x100 m Medley Relay	100 M Butterfly Stroke	50 M Butterfly Stroke
	200 M Butterfly Stroke*	100 M Butterfly Stroke
	200 M Individual Relay*	200 M Butterfly Stroke*
	4x100 M Free Style Relay	200 M Individual Medley*
	4x100 M Medley Relay	400 M Individual Medley*
		4x100 M Free Style Relay
		4x100 M Medley Relay

NEW RULES 2025-26

SWIMMING

+

Under 14 yrs.	Under 17 yrs.	Under 19 yrs.
50 m Free Style	50 m Free Style	50 M Free Style
100 m Free Style	100 m Free Style	100 M Free Style
200 m Free Style*	200 m Free Style*	200 M Free Style*
50 m Back Stroke	400 M Free Style*	400 M Free Style*
	800 M Free Style*	
100 m Back Stroke	50 M Back Stroke	800 M Free Style* for Girls' & 1500 M Free Style* for Boys'
50 m Breast Stroke	100 M Back Stroke	50 M Back Stroke
100 m Breast Stroke	200 M Back Stroke*	100 M Back Stroke
50 m Butterfly	50 M Breast Stroke	200 M Back Stroke*
100 m Butterfly	100 M Breast Stroke	50 M Breast Stroke
200 m Individual Medley*	200 M Breast Stroke*	100 M Breast Stroke
4x100 m Free Style Relay	50 M Butterfly Stroke	200 M Breast Stroke*
4x100 m Medley Relay	100 M Butterfly Stroke	50 M Butterfly Stroke
400 m Free Style	200 M Butterfly Stroke*	100 M Butterfly Stroke
200 m Butterfly	200 M Individual Relay*	200 M Butterfly Stroke*
200 m Back Stroke	4x100 M Free Style Relay	200 M Individual Medley*
200 m Breast Stroke	4x100 M Medley Relay	400 M Individual Medley*
	400 m Individual Medley	4x100 M Free Style Relay
		4x100 M Medley Relay

OLD RULES 2024-25

ATHLETICS

Under 14 years		Under 17 years		Under 19 years	
Boys	Girls	Boys	Girls	Boys	Girls
100 M	100 M	100 M	100 M	100 M	100 M
200 M	200 M	200 M	200 M	200 M	200 M
400 M	400 M	400 M	400 M	400 M	400 M
800 M	800 M	800 M	800 M	800 M	800 M
4 x 100 M Relay	4 x 100 M Relay	1500 M	1500 M	1500 M	1500 M
		4 x 100 M Relay	4 x 100 M Relay	4 x 100 M Relay	4 x 100 M Relay
Long Jump	Long Jump	4 x 400 M Relay	4 x 400 M Relay	4 x 400 M Rclay	4 x 400 M Rclay
		Long Jump	Long Jump	Long Jump	Long Jump
Shot Put 4 Kgs	Shot Put 3 Kgs	High Jump	High Jump	High Jump	High Jump
		Shot Put 5 Kgs	Shot Put 3 Kgs	Shot Put 6 Kgs	Shot Put 4 Kgs
		Discus Throw 1.5 Kgs	Discus Throw 1 Kg	Discus Throw 1.75 Kgs	Discus Throw 1 Kg

NEW RULES 2025-26

ATHLETICS

Under 14 years		Under 17 years		Under 19 years	
Boys	Girls	Boys	Girls	Boys	Girls
100 M	100 M	100 M	100 M	100 M	100 M
200 M	200 M	200 M	200 M	200 M	200 M
400 M	400 M	400 M	400 M	400 M	400 M
800 M	800 M	800 M	800 M	800 M	800 M
1500 M	1500 M	1500 M	1500 M	1500 M	1500 M
4 x 100 M Relay	4 x 100 M Relay	4 x 100 M Relay	4 x 100 M Relay	4 x 100 M Relay	4 x 100 M Relay
4 x 400 M Relay	4 x 400 M Relay	4 x 400 M Relay	4 x 400 M Relay	4 x 400 M Rclay	4 x 400 M Rclay
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
High Jump	High Jump	High Jump	High Jump	High Jump	High Jump
Shot Put 4 Kgs	Shot Put 3 Kgs	Shot Put 5 Kgs	Shot Put 3 Kgs	Shot Put 6 Kgs	Shot Put 4 Kgs
Discus Throw 1 Kg	Discus Throw 1 Kg	Discus Throw 1.5 Kgs	Discus Throw 1 Kg	Discus Throw 1.75 Kgs	Discus Throw 1 Kg
Javelin Throw 600 gms	Javelin Throw 500 gms	Javelin Throw 700 gms	Javelin Throw 500 gms	Javelin Throw 800 gms	Javelin Throw 600 gms