



# PUNJAB ATHLETICS ASSOCIATION



## ਪੰਜਾਬ ਅਥਲੈਟਿਕਸ ਐਸੋਸੀਏਸ਼ਨ

Affiliated to Athletics Federation of India and Pb. Olympic Association

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**Junior Coach**

Sarbjeet Singh Happy

Ref no: 620PAA2025

Dated: 04/11/2025

All Affiliated Units – PAA

**Subject: 60th Punjab State Cross Country Athletics Championships 2025**

Dear Sir/Madam,

I am pleased to inform you that **60th Punjab State Cross Country Athletics Championships 2025** will be held at **RIMT university, Mandi Gobindgarh** on **07 December 2025**. The Championships will be organized by of Punjab Athletics Association  
The Championships and events will be organized in accordance with the Rules of Athletics Federation of India and Competition & Technical Rules 2024 Edition of World Athletics & Indian Athletics Manual (updated as on 01.10.2020).

➤ **The details of the Championships are as follows:**

The competition will be organized in Men, Women, Under 20 Years (Boys and Girls), Under 18 Years (Boys and Girls) and Under 16 Years (Boys and Girls) categories.

**CROSS-COUNTRY RACES & DISTANCES:**

MEN 10 KM	WOMEN 10 KM
U-20 BOYS 8 KM	U-20 GIRLS 6 KM
U-18 BOYS 6 KM	U-18 GIRLS 4 KM
U-16 BOYS 2 KM	U-16 GIRLS 2 KM

➤ **Composition of Teams:**

- In Men, Women, U20 Boys, U20 Girls Categories score of First FOUR Athletes of concern team will be considered for team Championships.
- No team championships will be awarded in U18 Boys and Girls and U16 Boys and Girls categories. Individual Positions will be Awarded in these Category.

➤ **Procedure for Sending Entries:**

The entries should be submitted **“ONLINE”** on Website (link will be send later) Direct by Athletes from **15 November 2025**. Entries sent by the mode other than **“ONLINE”** will not be accepted. Last date for receipt of **Entries is 04 December 2025**.

**On the Spot/Offline Entries Will Not Be Accepted.**

➤ **Competition Fees:**

The details of Competition fees to be paid as under: -

**Senior Athlete - INR 500/- per head** (Men, Women, U20 Boys, U20 Girls)

**Junior Athlete – INR 300/- Per head** (U18 Boys and Girls and U16 Boys and Girls)

➤ **Eligibility Criteria for Junior Athlete:**

- The date of reckoning the age for Junior Athletes will be as on 20th January 2026.
- An athlete can participate in his/her age group only.
- **Entry of Athletes below 14 years of age as on 12 January 2025 will not be accepted.**

**Age Brackets**

**I. U20 Boys & Girls - Born between 21.01.2006 & 20.01.2008**

**II. U18 Boys & Girls - Born between 21.01.2008 & 20.01.2010**

**III. U16 Boys & Girls - Born between 21.01.2010 & 20.01.2012**

➤ **Rules:**

- Every finisher will score points equal to his/her finishing order i.e. the athlete who finish first will score one point, second will score two points, fifth - five points.... fortieth - forty points and so on.
- The team championships will be decided by the aggregate points recorded by the scoring athletes of each team. The team with lowest aggregate points will be the winner.
- If a team fails to finish with a complete scoring team (i.e. four finishers), the runners finishing shall be counted as individuals in the race result and be eligible for the individual awards only and will not be considered for team championships.
- In assessing the aggregate for team championship, no adjustment to the scoring of the finishing teams shall be made in respect of non-scoring team runners or of the individual entries.
- No team championships will be awarded in U18 Boys and Girls and U16 Boys and Girls categories.
- Cut off Time will be applied on all race. After cut off time an Athlete will be considered DNF. Cut off time of race will be announced during the Start.

**TIE:** In the event of a Tie of a team championship, it should be resolved in favour of the team whose last scoring member finishes nearer to the first place.

**Guidelines for Participation: -**

- The Individual representing the “Affiliated District units” will enter in the Championships.
- Read carefully Guidelines and Age Brackets before entry Because Entry fee is Non-refundable.
- Athletes to carry Valid Address proof and Date of Birth at the time of competition.
- Original Address proof and Date of Birth documents will be checked before medal ceremony of each event.
- Chest Number should be collected on 06/12/2025 from 5pm to 6:30 pm at Competition Venue
- Lodging and Food Facilities will be Provided by RIMT University, Mandi Gobindgarh LDH
- AFI rules will be followed.
- **Parents/Coaches are not allowed inside the Track/Finish Line area during the competition.**
- For any Query contact, Mr. Prem Singh (HGS PAA) 9815073046.
- **Disclaimer:** Punjab Athletics Association or Organizing Unit will not be held responsible directly or indirectly for any loss of life/damage/illness/injury in connection with participation in this competition All Athletes/officials/vendors have to participate on their own risk. Your cooperation in this regard is solicited



Hony Gen Secretary  
Punjab Athletics Association