



# PUNJAB ATHLETICS ASSOCIATION



## ਪੰਜਾਬ ਅਥਲੈਟਿਕਸ ਐਸੋਸੀਏਸ਼ਨ

Affiliated to Athletics Federation of India and Pb. Olympic Association

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Sh. Prem Singh  
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Sh. Harbhajan Singh  
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(Chairman)  
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Sh. Kulwant Singh Hoshiarpur

### Chief Coach

Sh. S.S. Pannu

### Junior Coach

Sh. Sarbjeet Singh Happy

Ref no. 110/PAA26

Dated: 05/03/2026

To  
All Affiliated District Units- PAA

**Subject: Punjab State Senior and U-20 Athletics Meet 2026**

Dear Sir,

I am pleased to inform you that **Punjab State Senior and U-20 Athletics Meet 2026** is schedule to be conducted at War Hero Stadium, Sangrur, Punjab from 21 to 22 March 2026.

The competition will be organised by District Athletics Association Sangrur under the aegis of Punjab Athletics Association as per following details.

**Venue of Competition:** War Hero Stadium, Sangrur

**Date of Competition:** 21 to 22 March 2026

**Age Category:** 1. Open

2. U-20 (Born After 27 April 2006)

**Entry fee:** 550/- Rs. (Per Athlete) Non-Refundable

**Last Date of Entry:** 18-03-2026 till evening 5pm. (Entry will be Accepted Online Mode ONLY.)

**Link for entry:** <https://pbatletics.in/registration/>

### Events Details:

**For Open Men & Women:** 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 110m. Hurdles for Men only, 100mH for Women only, 400mH, 3000m SC, High Jump, Pole Vault, Long Jump, Triple jump, Shot put, Discus Throw, Javelin Throw, Hammer Throw, Decathlon for Men and Heptathlon for Women

**For U-20 Men & Women:** 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 110m. Hurdles for Men only, 100mH for Women only, 400mH, 3000m SC, 10Km Walk, High Jump, Pole Vault, Long Jump, Triple jump, Shot put, Discus Throw, Javelin Throw, Hammer Throw, Decathlon for Men and Heptathlon for Women

### 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 Nonrefundable.
- An Athlete can participate in Two Individual Events.
- Minimum 4 athletes are required for competition in each event otherwise Event will consider as Trail. Certificate and Medal will not be distributed in these conditions
- Lodging, Boarding, and Fair will not be Provided by PAA
- If both Individual events are track events, only one of these events should be longer than 200m.
- There is no limit of participants from Affiliated Units.
- 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.**
- Bib numbers will be given out at 8:30 am. on 21st March 2026 at the Competition Venue.
- AFI rules will be followed.
- The First three winners of each event will be awarded certificates & Medal, however for Gradation; Department of Punjab Sports Policy will apply.
- **The Entries should be submitted Online through Website with entry fee. Entries Sent by other mode (Offline, E-mail., Etc) then Given link of website will Strictly not be accepted as per Guideline of the AFI.**
- Dope Samples will be Collected by the officials of National Anti-Doping Agency (NADA).
- **Parents/Coaches are not allowed inside the Track/Finish Line area during the competition.**
- For any Query contact Mr Sanjay Kumar (Secy. DAAS) 9814388578, 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