



PUNJAB ATHLETICS ASSOCIATION

ਪੰਜਾਬ ਅਥਲੈਟਿਕਸ ਐਸੋਸੀਏਸ਼ਨ



Affiliated to Athletics Federation of India and Pb. Olympic Association

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Ref no. 210/PAA26

Dated: 06/07/2026

To
All Affiliated Units- PAA

Subject: 101st Punjab State Junior Athletics Championship 2026.

Dear Sir,

I am pleased to inform you that **101st Punjab State Junior Athletics Championship 2026** is schedule to be conducted at **Guru Nanak Stadium, Ludhiana, Punjab** from **16 to 18 August 2026**.

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

Venue of Competition: Guru Nanak Stadium, Ludhiana.

Date of Competition: 16 to 18 August 2026.

Age Category: 1.U-14, U-16, U-18, U-20 (Boys & Girls)

Age Brackets

- Boys & Girls Under 14 yrs- Born between -17.09.2012 & 16.09.2014
- Boys & Girls Under 16 yrs- Born between -17.09.2010 & 16.09.2012
- Boys & Girls Under 18 yrs- Born between -17.09.2008 & 16.09.2010
- Boys & Girls Under 20 yrs- Born between -17.09.2006 & 16.09.2008

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

Last Date of Entry: 12-08-2026 till evening 5pm. (Entry will be Accepted Online Mode ONLY.)

Link for entry: <https://pbathletics.in/registration/>

The purpose of this State meet is to select the Punjab Athletics team for the 21st National Youth Athletics Championships (1st to 3rd Sept. 2026), North Zone Junior (14th to 16th Sept. 2026) and 41st National junior Athletics Championships 2026 (23rd to 27th Oct 2026).

Events Details: Boys & Girls Under 14 yrs- Triathlon(A) [60m, Long Jump (5m approach), High Jump (Scissor)], Triathlon(B) [60m, Long Jump (5m approach), Back Throw (1kg Shot put)], Triathlon(C) [60m, Long Jump (5m approach), 600m], Kids javelin.

- **Boys & Girls Under 16 yrs** – 60Mts, 600Mts, 80Mts Hurdles, Long Jump (5Mts. Approach), High Jump (Scissor), Shotput (Standing), Javelin Throw (10mts Approach), Pentathlon {60m, 80m.H, Long jump, shotput, 600m.}
- **Boys & Girls Under 18 yrs**-100Mts, 200mts, 400mts, 1000mts, 110mts or 100mts Hurdles, Long Jump, High Jump, Shotput, Discus Throw, Javelin Throw, Heptathlon (110m Hurdles, High jump, Shotput, 200m., Long Jump, Javelin, 800m.), 5km walk for boys, 3km walk for girls.
- **Boys & Girls Under 20 yrs**-100Mts, 200Mts, 400Mts, 800Mts, 1500Mts, 3000m., 5000Mts, 110mts or 100mts Hurdles, 400m. Hurdles, 3000m. SC, Long Jump, Triple Jump, High Jump, Pole Vault, Shot put, Discus Throw, Hammer throw, Javelin Throw, Heptathlon (110m Hurdles, High jump, Shotput, 200m., Long Jump, Javelin, 800m.), 5km walk.

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.
- 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 Call Room.
- 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. Prem Singh (HGS PAA) 9815073046 and Mr. Sandeep Singh Sandhu (Joint Secretary PAA) WhatsApp No.9499571000.
- **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

Pssami

Hony Gen Secretary
Punjab Athletics Association