



PUNJAB ATHLETICS ASSOCIATION

ਪੰਜਾਬ ਅਥਲੈਟਿਕਸ ਐਸੋਸੀਏਸ਼ਨ

Affiliated to Athletics Federation of India and Punjab Olympic Association

101st Punjab State Junior Athletics Championship 2026

Event Schedule Ver. 1.4



Day -1, 16.08.2026 (Sunday)

7:00 AM		Chest No. Distribution (No offline entry will be made on the spot)				
Ev. No.	Time	Event	Gender	Group	Specification	Round
1	09:00 AM	1500m	Boys	U-20		Final
3	09:00 AM	Long Jump	Boys	U-16, U-18		Final
2	09:00 AM	High Jump	Girls	U-18, U-20		Final
4	09:00 AM	ShotPut	Boys	U-18, U-20	5kg, 6kg	Final
5	09:20 AM	1500m	Girls	U-20		Final
6	09:35 AM	100m	Boys	U-20		Deca-1
7	10:00 AM	100m Hurdles	Girls	U-18, U-20	0.762m, 0.838m	Hepta-1
8	10:20 AM	100m Hurdles	Girls	U-18, U-20		Time Trails
9	10:30 AM	Long Jump	Boys	U-20		Deca-2
	10:30 AM	ShotPut	Girls	U-18, U-20	3kg, 4kg	Final
11	10:40 AM	110m Hurdles	Boys	U-18	0.914m	Hepta-1
12	11:00 AM	110m Hurdles	Boys	U-18, U-20	0.914m, 0.991m	Time Trails
13	11:00 AM	High Jump	Girls	U-18, U-20		Hepta-2
14	11:20 AM	100m	Boys	U-18, U-20		Heats
15	11:40 AM	100m	Girls	U-18, U-20		Heats
16	12:00 PM	ShotPut	Boys	U-20	6kg	Deca-3
17	12:00 PM	400m	Boys	U-18, U-20		Heats
18	12:20 PM	400m	Girls	U-18, U-20		Heats
19	01:00 PM	High Jump	Boys	U-18		Hepta-2
20	01:40 PM	100m	Boys	U-18, U-20		SemiFinal
21	02:00 PM	100m	Girls	U-18, U-20		SemiFinal
	02:00 PM			Lunch		
22	03:00 PM	Discuse Throw	Girls	U-18, U-20	1kg	Final
23	03:00 PM	High Jump	Boys	U-18, U-20		Final
24	03:00 PM	Long Jump	Girls	U-18, U-20		Final
25	03:00 PM	ShotPut	Girls	U-18, U-20	3kg, 4kg	Hepta-3
26	04:30 PM	High Jump	Boys	U-20		Deca-4
27	04:30 PM	ShotPut	Boys	U-18	5kg	Hepta-3
28	04:30 PM	Discuse Throw	Boys	U-18, U-20	1.500kg, 1.750kg	Final
29	04:40 PM	400m	Boys	U-18, U-20		Final
30	04:50 PM	400m	Girls	U-18, U-20		Final
31	05:00 PM	100m	Boys	U-18, U-20		Final
32	05:15 PM	100m	Girls	U-18, U-20		Final
33	05:20 PM	200m	Girls	U-18, U-20		Hepta-4
34	05:45 PM	200m	Boys	U-18		Hepta-4
35	06:00 PM	400m	Boys	U-20		Deca-5

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DAY-2 (17-08-2026) Monday

Ev. No.	Time	Event	Gender	Group	Specification	Round
36	06:00 AM	5km Race Walk	Boys	U-20		Final
37	06:00 AM	5km Race Walk	Girls	U-20		Final
39	06:40 AM	5km Race Walk	Boys	U-18		Final
38	06:40 AM	3km Race Walk	Girls	U-18		Final
40	07:20 AM	5000m	Boys	U-20		Final
41	07:50 AM	5000m	Girls	U-20		Final
42	08:00 AM	Hammer Throw	Girls	U-20	4kg	Final
44	08:00 AM	Pole Vault	Boys	U-20		Final
43	08:00 AM	Long Jump	Girls	U-18, U-20		Hepta-5
45	08:30 AM	60m	Boys	U-16		Penta-1
46	08:45 AM	60m	Girls	U-16		Penta-1
47	09:00 AM	200m	Boys	U-18, U-20		Heats
48	09:00 AM	Long Jump	Boys	U-18		Hepta-5
50	09:30 AM	Hammer Throw	Boys	U-20	6kg	Final
49	09:30 AM	200m	Girls	U-18, U-20		Heats
51	10:00 AM	110m Hurdles	Boys	U-20	0.991m	Deca-6
52	10:00 AM	Pole Vault	Girls	U-20		Final
53	10:25 AM	80m. Hurdles	Boys	U-16	0.838m	Penta-2
54	10:40 AM	80m. Hurdles	Girls	U-16	0.762m	Penta-2
56	11:00 AM	Discus Throw	Boys	U-20	1.750kg	Deca-7
55	11:00 AM	80m. Hurdles	Boys	U-16	0.838m	Time Trails
57	11:20 AM	80m. Hurdles	Girls	U-16	0.762m	Time Trails
58	11:40 AM	200m	Boys	U-18, U-20		Semifinal
62	12:00 PM	Pole Vault	Boys	U-20		Deca-8
61	12:00 PM	Long Jump	Boys	U-16		Penta-3
60	12:00 PM	Javelin Throw	Girls	U-18, U-20	500g, 600g	Hepta-6
59	12:00 PM	200m	Girls	U-18, U-20		Semifinal
63	12:20 PM	800m	Boys	U-20		Final
64	12:40 PM	800m	Girls	U-20		Final
65	01:00 PM	1000m	Boys	U-18		Final
66	01:00 PM	Javelin Throw	Boys	U-18	700g	Hepta-6
67	01:00 PM	Long Jump	Girls	U-16		Penta-3
68	01:20 PM	1000m	Girls	U-18		Final
	02:00 PM			Lunch		
	03:00 PM	Triple Jump	Boys	U-20		Final
69	03:00 PM	Javelin Throw	Boys	U-20	800g	Deca-9
70	03:00 PM	1000m	Boys	U-18		Hepta-7
71	03:20 PM	1000m	Girls	U-18		Hepta-7
72	03:40 PM	800m	Girls	U-20		Hepta-7
73	04:00 PM	200m	Boys	U-18, U-20		Final
74	04:20 PM	200m	Girls	U-18, U-20		Final
	04:30 PM	Triple Jump	Girls	U-20		Final
75	04:40 PM	1500m	Boys	U-20		Deca-10
76	05:00 PM	400m Hurdles	Boys	U-20	0.914m	Time Trails
77	05:20 PM	400m Hurdles	Girls	U-20	0.762m	Time Trails
78	06:00 PM	3000m Steeplechase	Boys	U-20		Final
79	06:30 PM	3000m Steeplechase	Girls	U-20		Final

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DAY-3 (18-08-2026) Tuesday

Ev. No.	Time	Event	Gender	Group	Specification	Round
80	06:00 AM	3000m	Boys	U-20		Final
81	06:30 AM	3000m	Girls	U-20		Final
82	07:00 AM	60m	Boys	U-16		Heats
83	07:20 AM	60m	Girls	U-16		Heats
84	07:40 AM	60m	Boys	U-14	Triathlon A	TR-1
85	08:00 AM	High Jump	Boys	U-16		Final
86	08:00 AM	Javelin Throw	Boys	U-18, U-20	700g, 800g	Final
87	08:00 AM	Shotput	Boys	U-16	4kg	Penta-4
88	08:00 AM	Long Jump	Girls	U-16		Final
89	08:00 AM	60m	Girls	U-14	Triathlon A	TR-1
90	08:20 AM	60m	Boys	U-14	Triathlon B	TR-1
91	08:40 AM	60m	Girls	U-14	Triathlon B	TR-1
92	09:00 AM	60m	Boys	U-14	Triathlon C	TR-1
93	09:00 AM	Shotput	Girls	U-16	3kg	Penta-4
94	09:20 AM	60m	Girls	U-14	Triathlon C	TR-1
95	09:30 AM	Long Jump	Boys	U-20		Final
96	09:40 AM	600m	Boys	U-16		Final
97	10:00 AM	Shotput	Boys	U-16	4kg	Final
98	10:00 AM	Long Jump	Boys	U-14	Triathlon A	TR-2
99	10:00 AM	600m	Girls	U-16		Final
100	10:00 AM	High Jump	Girls	U-16		Final
101	10:00 AM	Javelin Throw	Girls	U-18, U-20	500g, 600g	Final
102	10:30 AM	600m	Boys	U-16		Penta-5
103	10:50 AM	600m	Girls	U-16		Penta-5
104	11:00 AM	Shotput	Girls	U-16	3kg	Final
105	11:00 AM	Long Jump	Girls	U-14	Triathlon A	TR-2
106	12:00 PM	60m	Boys	U-16		Final
107	12:00 PM	Javelin Throw	Boys	U-16	600g	Final
108	12:00 PM	Long Jump	Boys	U-14	Triathlon B	TR-2
109	12:00 PM	High Jump	Boys	U-14	Triathlon A	TR-3
110	12:20 PM	60m	Girls	U-16		Final
111	01:00 PM	Javelin Throw	Girls	U-16	500g	Final
112	01:00 PM	High Jump	Girls	U-14	Triathlon A	TR-3
113	01:00 PM	Long Jump	Girls	U-14	Triathlon B	TR-2
114	02:00 PM	Long Jump	Boys	U-14	Triathlon C	TR-2
	02:00 PM			Lunch		
115	02:30 PM	Back Throw (1kg)	Boys	U-14	Triathlon B	TR-3
116	03:00 PM	Long Jump	Girls	U-14	Triathlon C	TR-2
117	03:30 PM	Back Throw (1kg)	Girls	U-14	Triathlon B	TR-3
118	04:00 PM	600m	Girls	U-14	Triathlon C	TR-3
119	04:20 PM	600m	Boys	U-14	Triathlon C	TR-3
120	04:30 PM	Kids Javelin	Girls	U-14		Final
121	05:00 PM	Kids Javelin	Boys	U-14		Final

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Note:

- Schedule may be change due to weather or technical reason.
- Bib No. will be issued at the Call Room Two Hours before the respective Events.
- Athlete must Properly Pinned their Bib No. with 4 pins.
- The event's prize distribution ceremony will be held within two hours of the event's conclusion.
- Last Date of Online Entries was 12.08.2026. On the spot Entry will not be accepted.
- Bib List will be published on 14.08.2026. Issues regarding online entries will be resolved on 15.08.2026 from 5:00 PM to 6:00 PM on the competition Venue (Guru Nanak Stadium, Ludhiana). No new Entry will be accepted at that time.