



PUNJAB ATHLETICS ASSOCIATION

ਪੰਜਾਬ ਅਥਲੈਟਿਕਸ ਐਸੋਸੀਏਸ਼ਨ



Affiliated to Athletics Federation of India and Pb. Olympic Association

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Ref no. 280/PAA26

Dated: 11/09/2026

To
All Affiliated Units- PAA

Subject: Punjab State Open & U-23 Athletics Championship 2026.

Dear Sir,

I am pleased to inform you that **Punjab State Open & U-23 Athletics Championship 2026** is schedule to be conducted at **Shri Guru Arjun Dev ji Stadium, Tarn Taran, Punjab** from **19 to 20 Sept. 2026**.

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

Venue of Competition: Shri Guru Arjun Dev ji Stadium, Tarntaran

Date of Competition: 19 to 20 Sept. 2026.

Age Category: U-23 & Open

Age Brackets

- Men & Women Under 23yrs- Born between -19.10.2003 & 18.10.2010

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

Last Date of Entry: 16-09-2026 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 65th-National-Open-Athletics-Championships-2026 be held at Jawaharlal Nehru Stadium, New Delhi from 08 – 11 October 2026.

Events Details: Men & Women Under 23 yrs- 100Mts, 200Mts, 400Mts, 800Mts, 1500Mtrs, 5000m., 10000Mts, 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 for Girls (110m Hurdles, High jump, Shotput, 200m., Long Jump, Javelin, 800m.), Decathlon for Boys, 20km Race walk.

Men & Women Open: - 100Mts, 200Mts, 400Mts, 800Mts, 1500Mtrs, 5000m., 10000Mts, 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 for Girls (100m Hurdles, High jump, Shotput, 200m., Long Jump, Javelin, 800m.), Decathlon for Boys, Half Marathon Racewalk, Full Marathon Racewalk.

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.
- An athlete can participate in his/her age group. If Athlete participated in his/her Senior Age group, he/she will not be eligible for Nation Competition.
- An athlete can participate in only ONE age group.
- Kindly Fill Your Date of Birth Care Fully, as per age Bracket If you will fill Wrong Year of Birth or Category, Your Entry will be Rejected.**
- 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.**
- Chest Number will be Distributed in Call room 2hr Before Event at 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. Prem Singh (HGS PAA) 9815073046 and Mr. Harjit Singh (Joint Secretary PAA) 9878860060.
- 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.

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Hony Gen Secretary
Punjab Athletics Association

