



KANNUR DISTRICT ATHLETICS ASSOCIATION

Kannur District Athletics Championship 2024

Circular

20 September 2024

To,

All Affiliated Units – KDAA

The Kannur District Athletics Championship will be held **Justice V. R. Krishna Iyer Memorial, Thalassery Municipal Stadium** from 28 to 30 September 2024

1. **Rules:** Competitions will be conducted as per IAAF Rules
2. **Competitions will be held for Age Groups & Age Brackets**
Boys & Girls (Under 14): Born between 12-11-2010 & 11-11-2012
Boys & Girls (Under 16): Born between 12-11-2008 & 11-11-2010
Boys & Girls (Under 18): Born between 12-11-2006 & 11-11-2008
Boys & Girls (Under 20): Born between 12-11-2004 & 11-11-2006
Men and Women (Born on or before 11/11/2004)

No. of Events, an athlete can participate

Boys & Girls Under 20 Yrs. an athlete can participate in two individual events and one Relay event. **Boys & Girls Under 18 Yrs., 16 Yrs.**

- (a) An athlete can participate in two individual events and one Relay event.
- (b) If the two individual events are track events, one of these individual events may be longer than 200m.

(c) An athlete can participate in his/her own age group only.

In case of U 14 an athlete can choose any one of the triathlon groups and the Kids Javelin Throw will be mandatory for all the U-14 athletes.

3. **Merit certificate** shall be awarded to the 1st 2nd and 3rd place winners.
4. However, competition will be held even with a **minimum of 2 athletes** and the winners will be awarded certificates and the team will be credited with points.
5. **Team championship** will be declared on the basis of points i.e, 1st- 5 points, 2nd - 3 points, 3rd- 1 point for individual events and 1st- 10 points, 2nd- 6 points, 3rd- 2 point for relay events and it shall be declared section wise. Overall championship also will be declared.
6. Only Clubs/ Institutions affiliated to the District Athletics Associations are eligible to participate.
7. **Team Participation:** There is no limit to the number of athletes a club or institution can enter in a single Individual event. In case of Relay, number of team limited to one in each category from a team.

8. The entry fee for all the Athletes will be Rs. 200/- (for online registration please visit [www. Kannurathletic.com](http://www.Kannurathletic.com))

9. The Kannur District team which is to participate in the Kerala state Junior and senior Athletics Championship to be held at Calicut University stadium on October 2024 will be selected mainly on the basis of the performance of this meet.

10. An athlete can participate in his/her own age group only. Events to be conducted (The list of events to be conducted is enclosed)

11. Athlete Registration: Only AFI Registered Athletes (with UID) and Kerala State registered athletes are eligible to participate in the Kerala State Athletic Championship.

12. Malpractice Warning: Any form of malpractice (Related to age, impersonation, or otherwise) will result in legal consequences.

13. Disclaimer

Kannur District Athletics Association will not be held responsible directly or indirectly for any loss of life/damage/illness/injury in connection to participation in the Kannur District Athletics Championship 2024. All Athletes/officials have to participate on their own risk. You are requested to bring the above to the notice of your athletes.

General Guidelines for Participation:

- 1. Spike Requirement:** Athletes are required to wear spikes with synthetic nails.
- 2. Entry Deadline:** The last date for submitting entries is 5 PM on 24-09-2024.
- 3. Registration Requirements:** Athletes must upload their Aadhar Card and a recent passport-sized photo for registration.
- 4. ID Verification:** All athletes must carry their original Aadhar Card during the competition.
- 5. Age Verification:** Age may be verified at any time—before, during, or after the competition.
- 6. Kids Athletics:** Special events for kids will be included.
- 7. Pole Vault Equipment:** Pole vaulter's must bring their own poles. (*Bamboo poles are not allowed.*)
- 8. Personal Equipment:** Athletes must obtain permission from the technical committee at least two days before the competition to use personal equipment. All approved personal equipment must be made available for use by other participants as per IAAF rules.
- 9. Reporting Time:** Athletes must report to the call room at least 30 minutes before the start of their event.

Secretary



KANNUR DISTRICT ATHLETICS ASSOCIATION

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LIST OF EVENTS

UNDER-14 YEARS

Sl: No	EVENTS	DESCRIPTION
1	Triathlon(A)	60m,Long Jump(5m approach), High Jump(Scissor)
2	Triathlon(B)	60m,Long Jump(5m approach),Back Throw(1kg Shot put)
3	Triathlon(C)	60m, Long Jump(5m approach),600m
4	Kids Javelin	05- Meter Approach

UNDER-16 YEARS

Sl: No	Boys	EVENTS	Girls
		60m	
	0.838m	80mH	0.762m
		600 m	
		High Jump(Scissor Only)	
		Long Jump(5m Approach)	
	4kg	Shot put(Standing)	3kg
	600gms	Javelin Throw(10m Approach)	500gms
		Medley Relay	
		Pentathlon 60m, 80mH, Long Jump (5m Approach) Shot Put (Standing), 600m	

UNDER-18 YEARS

Sl: No	Boys	EVENTS	Girls
1		100M	
2		200M	
3		400M	
4		1000M	
5		Long Jump	
6	Fosbury Flop	High Jump	Fosbury Flop
7	0.914m	110MH/100MH	0.762m
8	5kg	Shot Put	3kg
9	1.5kg	Discus Throw	1.kg
10	700gms	Javelin Throw	500gms
11	5km	Walk	3km
12		Medley Relay	
13		Heptathlon 110mH/100mH, High Jump, Shot Put 200m, Long Jump, Javelin Throw,1000m	

UNDER-20 YEARS

Sl: No	Boys	EVENTS	Girls
1		100M	
2		200M	
3		400M	
4		800M	
5		1500M	
6		5000M / 3000M	
7		10000M / 5000M	
8	0.991m	110MH/100MH	0.838m
9	0.914m	400MH	0.762m
10	0.914m	3000M Steeplechase	0.762m
11		Long Jump	
12		High Jump	
13		Pole Vault	
14		Triple Jump	
15	6.000kg	Shot Put	4.000kg
16	1.750kg	Discus Throw	1.kg
17	6.000kg	Hammer Throw	4.000kg
18	800g	Javelin Throw	600g
19		4x100mR	
20		4x400mR	
21		4x400mMixed Relay	
22	10- events	Decathlon / Heptathlon (Two days)	7- events
23		10000mRW(Track)	

MEN & WOMEN

Sl: No	MEN	EVENTS	WOMEN
1		100M	
2		200M	
3		400M	
4		800M	
5		1500M	
6		5000M / 3000M	
7		10000M / 5000M	
8	1.067m	110MH/100MH	0.838m
9	0.914m	400MH	0.762m
10	0.914m	3000M Steeplechase	0.762m
11		Long Jump	
12		High Jump	
13		Pole Vault	
14		Triple Jump	
15	7.260kg	Shot Put	4.000kg
16	2.000kg	Discus Throw	1.kg
17	7.260kg	Hammer Throw	4.000kg
18	800g	Javelin Throw	600g
19		4x100mR	
20		4x400mR	
21		4x400mMixed Relay	
22	10- events	Decathlon / Heptathlon (Two days)	7- events
23		20000mRW(Track)	