

UNIVERSITY QUALIFYING STANDARDS FOR THE YEAR 2018-19

Athletics (Men and Women)

S. NO.	EVENT	MEN	WOMEN
TRACK EVENTS			
1	100 meters	10.91 sec.	12.36 sec.
2	200 meters	22.21 sec.	25.2 sec.
3	400 meters	48.41 sec.	56.72 sec.
4	800 meters	1:56.63 sec.	2:15.23 sec.
5	1,500 meters	4:17.50 sec.	4:41.15 sec.
6	5,000 meters	14:59.55 sec.	17:53.64 sec.
7	10,000 meters	31:28.59 sec.	36:43.58 sec.
8	100 meters Hurdles	--	14.55 sec.
9	110 meters Hurdles	15.18 sec.	--
10	400 meters Hurdles	53.98 sec.	1:04.72 sec.
11	Half Marathon	1.10:59.50 sec	1.31:70.15 sec.
FIELD EVENTS			
12	Long Jump	7.25 Mts.	5.58 Mts.
13	High Jump	2.02 Mts.	1.61 Mts.
14	Triple Jump	15.04 Mts.	12.38 Mts.
15	Pole Vault	4.40 Mts.	3.1 Mts.
16	Shot Put	15.84 Mts.	12.27 Mts.
17	Discus Throw	49.16 Mts.	41.34 Mts.
18	Javelin Throw	67.65 Mts.	41.45 Mts.
19	Hammer Throw	53.92 Mts.	45.74 Mts.
COMBINED EVENTS			
20	Decathlon	6001 Pts.	--
21	Heptathlon	--	4183 Pts.
WALKING EVENTS			
22	20 Kilometers	1.46:31.30 sec.	--
23	5 Kilometers	--	24:39:45 sec.
RELAYS			
24	4 X 100 meters	42.44 sec.	48.47 sec.
25	4 X 400 meters	3:15.70 sec.	3:56.33 sec.

Swimming (Men-Women)

S. No.	EVENT	MEN	WOMEN
Free Style			
1	50 meters	0:25.59 sec.	00:30.40 sec.
2	100 meters	0:55.22 sec.	01:05.47 sec.
3	200 meters	02:5.18 sec.	02:21.57 sec.
4	400 meters	04:50.58 sec.	05:05.14 sec.
5	800 meters	-----	10:55.14 sec.
6	1,500 meters	14:47.67 sec.	19:18.69 sec.
Back stroke			
7	50 meters	0:28.69 sec.	00:36.12 sec.
8	100 meters	01:03.67 sec.	01:16.76 sec.
9	200 meters	02:18.72 sec.	02:56.44 sec.
Breast Stroke			
10	50 meters	00:31.61 sec.	00:39.69 sec.
11	100 meters	01:09.42 sec.	01:23.68 sec.
12	200 meters	02:26.63 sec.	02:56.48 sec.
Butterfly Stroke			
13	50 meters	00:27.09 sec.	00:32.25 sec.
14	100 meters	01:02.36 sec.	01:13.26 sec.
15	200 meters	02:17.73 sec.	02:38.58 sec.

Weight Lifting (Men and Women)

MEN					WOMEN			
Sl. No.	Weight Category	Snatch	Clean & Jerk	Total	Weight Category	Snatch	Clean & Jerk	Total
1	56 Kg.	89	114	203	48Kg.	63	71	134
2	62 Kg.	95	121	216	53Kg.	60	80	140
3	69 Kg.	103	136	239	58Kg.	63	82	145
4	77 Kg.	110	140	250	63Kg.	67	84	151
5	85 Kg.	115	143	258	69Kg.	68	85	153
6	94 Kg.	121	149	270	75Kg.	64	87	151
7	105 Kg.	120	151	271	+75Kg.	71	94	165
8	+105 Kg.	120	142	262				

Power Lifting (Men and Women)

MEN			WOMEN		
SL No	Weight Category	Total	Sl. No.	Weight Category	Total
1	Upto 59 Kgs	518	1	Upto 47 Kgs	297
2	Upto 66 Kgs	580	2	Upto 52 Kgs	333
3	Upto 74 Kgs	622	3	Upto 57 Kgs	328
4	Upto 83 Kgs	675	4	Upto 63 Kgs	352
5	Upto 93 Kgs	714	5	Upto 72 Kgs	341
6	Upto 105 Kgs	678	6	Upto 84 Kgs	371
7	Upto 120 Kgs	736	7	+ 84 Kgs	397
8	+ 120 Kgs	614			