

MANGALORE UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION
University Qualifying Standards for the Year 2017-18

ATHLETICS (MEN AND WOMEN)

SL. NO.	EVENT	MEN	WOMEN
TRACK EVENTS			
1	100 meters	10.90 sec.	12.30 sec.
2	200 meters	22.30 sec.	25.50 sec.
3	400 meters	48.30 sec.	57.70 sec.
4	800 meters	1:55.70 sec.	2:16.70 sec.
5	1,500 meters	4:00.50 sec.	4:45.10 sec.
6	5,000 meters	15:10.00 sec.	18:25.30 sec.
7	10,000 meters	31:42.40 sec.	37:38.80 sec.
8	100 meters Hurdles	---	14.80 sec.
9	110 meters Hurdles	15.30 sec.	---
10	400 meters Hurdles	54.30 sec.	1:04.40 sec.
11	Half Marathon	1:11:21 sec.	1:27:43 sec.
12	3000 M. Steeple chase	10:10.00	12:06.60
FIELD EVENTS			
13	Long Jump	7.22 Mts	5.70 Mts
14	High Jump	2.02 Mts	1.60 Mts
15	Triple Jump	15.05 Mts	12.40 Mts
16	Pole Vault	4.50 Mts	2.80 Mts
17	Shot Put	16.00 Mts	12.40 Mts
18	Discus Throw	47.60 Mts	39.40 Mts
19	Javelin Throw	67.19 Mts	40.97 Mts
20	Hammer Throw	52.70 Mts	45.90 Mts
COMBINED EVENTS			
21	Decathlon	5999 points	---
22	Heptathlon	---	3880 points
WALKING EVENTS			
23	20 Kilometers	1:37:30.10 sec.	---
24	5 Kilometers	---	25:10.90 sec.
RELAYS			
25	4 X 100 meters	42.30	48.60
26	4 X 400 meters	3:16.60	4:36.80


DIRECTOR OF PHYSICAL EDUCATION
Director of Physical Education
Mangalore University
Mangalagangothri, D.K. - 574 199