



**University Sports Board
Maharaja Ganga Singh University
NH-15 Bikaner (Raj.)**

Qualifying Standards For Inter College/ University Athletics Meet 2018-19

(The standard has taken As the 6th position in each event of the Inter University Athletics Meet)

S. No.	Event	Qualifying Norms in Time/Distance	Event	Qualifying Norms in Time/Distance
Men			Women	
1	100 M (Men)	11:13 sec.	100 M (Women)	12:56 sec.
2	200 M (Men)	22:67 sec.	200 M (Women)	25:86 sec.
3	400 M (Men)	50:99 sec.	400 M (Women)	01:10:09 sec.
4	800 M (Men)	1:57:87 sec.	800 M (Women)	02:24:16 sec.
5	1500 M (Men)	4:05:94 sec.	1500 M (Women)	04:58:50 sec.
6	5000 M (Men)	15:44:09 sec.	5000 M (Women)	18:38:06 sec.
7	10000 M (Men)	31:55:45 sec.	5 KM Walk (Women)	26:32:32 sec.
8	Half Marathon (Men)	01:10:53 sec.	10000 M Run (Women)	38:31:76 sec.
9	3000 Steeple Chase (Men)	10:18:69 sec.	Half Marathon (Women)	01:25:37 sec.
10	110 M Hurdle (Men)	15:67 sec.	3000 Steeple Chase (Women)	12:27:91 sec.
11	400 M Hurdle (Men)	58:25 sec.	110 M Hurdle (Women)	15:79 sec.
12	High Jump (Men)	01 .95 mt.	400 M Hurdle (Women)	01:05:80 sec.
13	Pole Vault (Men)	04.20 mt.	High Jump (Women)	01.62 mt.
14	Long Jump (Men)	06.66 mt.	Pole Vault (Women)	03.05 mt.
15	Tripple Jump (Men)	14.76 mt.	Long Jump (Women)	05.41 mt.
16	Shot Put (Men)	16.10 mt.	Tripple Jump (Women)	11.90 mt.
17	Discus Throw (Men)	47.89 mt.	Shot Put (Women)	11.69 mt.
18	Hammer Throw (Men)	50.75 mt.	Discus Throw (Women)	38.39 mt.
19	Javelin Throw (Men)	64.68 mt.	Hammer Throw (Women)	43.08 mt.
20	Decathlon (Men)	5333 Points	Javelin Throw (Women)	40.11 mt.
21	20000 MTR Walk (Men)	01:37:13 sec.	Heptathlon (Women)	3761 Point
22	4×100 M Relay (Men)	43:13 sec.	4×100 M Relay (Women)	50:42 sec.
23	4× 400 M Relay (Men)	03:20:30 sec.	4× 400 M Relay (Women)	04:05:70 sec.


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