



**CENTRE FOR PHYSICAL EDUCATION**

**மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்**

**MANONMANIAM SUNDARANAR UNIVERSITY**

Abishekapatti, Tirunelveli-627 012.

Tamilnadu, India.

**ATHLETICS QUALIFYING NORMS FOR 2017-18**

**(MEN & WOMEN)**

Sl.No	Event	Men	Women
1	100 Mts	10.78 Sec	12.26 Sec
2	200 Mts	22.44 Sec	24.96 Sec
3	400 Mts	47.95 Sec	56.30 Sec
4	800 Mts	1:56.67 Sec	2:18.54 Sec
5	1500 Mts	4:00.29 Sec	4:44.07 Sec
6	5000 Mts	14:43.55 Sec	18:06.81 Sec
7	10000 Mts	31:28.97 Sec	37:55.73 Sec
8	110/100 Mts Hur.	15.25 Sec	14.46 Sec
9	400 Mts Hur.	53.83 Sec	1:02.93 Sec
10.	Long Jump	7.22 Mts	5.76 Mts
11	High Jump	2.00 Mts	1.63 Mts
12	Triple Jump	15.13 Mts	12.59 Mts
13	Pole vault	4.60 Mts	3.10 Mts
14	Shot put	16.48 Mts	13.20 Mts
15	Discus Throw	48.44 Mts	40.04 Mts
16	Javelin Throw	66.86 Mts	42.90 Mts
17	Hammer Throw	53.20 Mts	48.91 Mts
18	Decathlon/Heptathlon	6183Points	4288 Points
19	20 KM /5 KM Walk	1:: 35:51.14 Sec	24:38.30 Sec
20	Half Marathon	1::10:09.00 Sec	1::25:05.00 Sec



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**WEIGHT LIFTING QUALIFYING NORMS FOR 2017-18**

**MEN**

<b>Sl.No</b>	<b>Weight Category</b>	<b>Qualifying Norms</b>
1	56 KGS	212 KGS
2	62 KGS	226 KGS
3	69 KGS	235 KGS
4	77 KGS	257 KGS
5	85 KGS	254 KGS
6	94 KGS	272 KGS
7	105 KGS	282 KGS
8	+105 KGS	259 KGS

**WOMEN**

<b>Sl.No</b>	<b>Weight Category</b>	<b>Qualifying Norms</b>
1	48 KGS	135 KGS
2	53 KGS	149 KGS
3	58 KGS	153 KGS
4	63 KGS	149 KGS
5	69 KGS	153 KGS
6	75 KGS	157 KGS
7	+75 KGS	164 KGS

**MINIMUM STARTING WEIGHT FOR PARTICIPATION**

<b>Weight Category</b>	<b>Minimum Weight Snatch</b>	<b>Minimum Weight Jerk</b>
56 Kg to 69 Kg (Men)	55 KGS	75 KGS
77 Kg and above (Men)	60 KGS	80 KGS
All Categories (Women)	25 KGS	35 KGS

**DIRECTOR**  
**Centre for Physical Education**



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**SWIMMING QUALIFYING NORMS FOR 2017-18**  
**(MEN & WOMEN)**

Sl.No	Event	Men	Women
1	50 M Free Style	00:25.44	00:29.81
2	100M Free Style	00:56.39	01:05.13
3	200 M Free Style	02:04.82	02:21.49
4	400 M Free Style	04:38.30	05:11.80
5	1500 M/800M Free Style	18:13.25	10:55.14
6	50 M Butterfly	00:26.67	00:31.27
7	100 M Butterfly	01:00.46	01:10.60
8	200 M Butterfly	02:28.56	03:01.38
9	50 M Back Stroke	00:28.58	00:33.98
10.	100 M Back Stroke	01:02.72	01:16.58
11.	200M Back Stroke	02:20.15	02:52.01
12.	50 M Breast Stroke	00:30.69	00: 39.57
13.	100 M Breast Stroke	01:11.30	01:25.85
14	200 M Breast Stroke	02:37.10	03:09.50
15	200 M Individual Medley	02:25.52	02:51.29
16	400 M Individual Medley	05:11.25	06:10.75
17	4x100 M FS Relay	03:50.71	04:42.83
18	4x200 M FS Relay	08:53.40	10:32.16
19	4x100 m Medley Relay	04:13.38	05:16.27

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