

ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ
(1961 ਦੇ ਪੰਜਾਬ ਐਕਟ ਨੰ.35 ਤਹਿਤ ਸਥਾਪਤ)
ਡਾਇਰੈਕਟੋਰੇਟ ਆਫ ਸਪੋਰਟਸ

ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਪਟਿਆਲਾ ਦੀ 61^{ਵੀਂ} ਸਾਲਾਨਾ ਐਥਲੈਟਿਕ ਮੀਟ
26 ਤੋਂ 28 ਨਵੰਬਰ, 2024, ਸਿੰਥੈਟਿਕ ਐਥਲੈਟਿਕਸ ਟਰੈਕ,
ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਕੈਂਪਸ, ਪਟਿਆਲਾ
61st ANNUAL ATHLETICS MEET, 2024-25

DETAILED PROGRAMME

DATED : 26.11.2024

1. 10000 M. Final M 07.45 a.m.
2. 800 M. Heats M 08.30 a.m.

OPENING CEREMONY

3. 800 M. Final W 10.30 a.m.
4. Pole Vault Final W 10.30 a.m.
5. 100 M. Decathlon M 10.50 a.m.
6. Hop, Step & Jump Final W 10.50 a.m.
7. 400 M. Heats M 11.00 a.m.
8. 400 M. Heats W 11.20 a.m.
9. Broad Jump Decathlon M 11.20 a.m.
10. Javelin Throw Final W 11.30 a.m.
11. 100 M. Heats M 11.40 a.m.
12. 100 M. Heats W 12.00 Noon

LUNCH BREAK

13. Discus Throw Final M 1.15 p.m.
14. Shot Put Decathlon M 1.30 p.m.
15. 400 M. Semi Final M 2.00 p.m.
16. 400 M. Semi Final W 2.15 p.m.
17. High Jump Decathlon M 2.30 p.m.
18. 100 M. Semi Final M 2.30 p.m.
19. 100 M. Semi Final W 2.45 p.m.
20. 10000 M. Final W 3.00 p.m.
21. Javelin Throw Final M 3.00 p.m.
22. 100 M. Final M 3.50 p.m.
23. 100 M. Final W 4.00 p.m.

24. 400x400 M. Mix Relay Final MIX 4.20 p.m.
25. 400 M. Decathlon M 4.30 p.m.

DATED : 27.11.2024

1. 20 KM Walk Final M & W 06.15 a.m.
2. 110 M.H. Decathlon - 09.30 a.m.
1. Pole Vault Final M 09.30 a.m.
3. 100 M.H. Heptathlon - 09.45 a.m.
4. 200 M. Heats M 09.55 a.m.
5. Discus Throw Decathlon - 10.20 a.m.
6. Broad Jump Final M 10.20 a.m.
7. 800 M. Final M 10.25 a.m.
8. 200 M. Heats W 10.35 a.m.
9. High Jump Heptathlon - 10.45 a.m.
10. Shot Put Final W 10.55 a.m.
11. Pole Vault Decathlon - 11.00 a.m.
12. 400 M.H. Heats/Final M 11.00 a.m.
13. 400 M.H. Heats/Final W 11.15 a.m.
14. Hammer Throw Final W 12.00 Noon

LUNCH BREAK

15. 200 M. Semi Final W 1.15 p.m.
16. High Jump Final M 1.15 p.m.
17. Shot Put Final M 1.15 p.m.
18. 200 M. Semi Final M 1.25 p.m.
19. Shot Put Heptathlon W 1.30 p.m.
20. 400 M.H. Final M 1.35 p.m.
21. 400 M.H. Final W 1.45 p.m.
22. 200 M. Final W 2.00 p.m.
23. Broad Jump Final W 2.00 p.m.
24. Javelin Throw Decathlon - 2.00 p.m.
25. 200 M. Final M 2.15 p.m.
26. 200 M. Heptathlon - 2.30 p.m.
27. 4x100 M. Relay Heats W 2.45 p.m.
28. Discus Throw Final W 3.00 p.m.
29. 4x100 M. Relay Heats M 3.00 p.m.
30. 1500 M. Heats M 3.15 p.m.

31. 1500 M. Decathlon M 3.25 p.m.
32. 4x400 M. Relay Heats M 3.40 p.m.
33. 4x400 M. Relay Heats W 3.55 p.m.
34. 3000 M. Steeplechase Final M 4.10 p.m.
35. 3000 M. Steeplechase Final W 4.30 p.m.
36. 4x400 Mix. Relay Heats / - 4.50 p.m.
Final

DATED : 28.11.2024

1. Half Marathon Final M & W 06.15 a.m.
2. 5000 Mts. Final M 08.30 a.m.
3. 5000 Mts. Final W 08.50 a.m.
4. 110 M.H. Heats M 09.30 a.m.
5. 100 M.H. Heats W 09.40 a.m.
6. Broad Jump Heptathlon W 10.00 a.m.
7. 400 M. Final M 10.15 a.m.
8. Hammer Throw Final M 10.30 a.m.
9. High Jump Final W 10.30 a.m.
10. Hop, Step & Jump Final M 10.30 a.m.
11. 400 M. Final W 10.35 a.m.
12. Javelin Throw Heptathlon - 11.00 a.m.
13. 110 M.H. Final M 12.00 Noon
14. 100 M.H. Final W 12.10 p.m.
15. 800 M. Heptathlon - 12.30 p.m.
16. 1500 M. Final W 12.45 p.m.
17. 1500 M. Final M 12.50 p.m.
18. 4x400 M. Relay Final M 1.00 p.m.
19. 4x400 M. Relay Final W 1.10 p.m.
20. 4x100 M. Relay Final W 1.20 p.m.
21. 4x100 M. Relay Final M 1.30 p.m.

ਨੋਟ: ਪਹਿਲਾ ਈਵੈਂਟ ਮਿਤੀ 26.11.2024 ਨੂੰ 10000ਮੀਟਰ ਸਵੇਰੇ 07.45 ਵਜੇ ਸ਼ੁਰੂ ਹੋਵੇਗਾ। ਸਬੰਧਤ ਖਿਡਾਰੀਆਂ ਦਾ ਸਵੇਰੇ 06.45 ਵਜੇ ਤੱਕ ਕਾਲ ਰੂਮ ਨੇੜੇ ਰਿਪੋਰਟ ਕਰਨਾ ਲਾਜ਼ਮੀ ਹੋਵੇਗਾ।