



GOA ATHLETICS ASSOCIATION

AFFILIATED TO ATHLETICS FEDERATION OF INDIA, NEW DELHI
RECOGNIZED BY SPORTS AUTHORITY OF GOA & GOA OLYMPIC ASSOCIATION
REGISTERED UNDER NO. 1/GOA/82 OF SOCIETIES REGISTRATION ACT, XXI OF 1960

GAA/55thStateMeet/Invitation/2024-25/39

Date: 15/07/2024

To,

**Subject: Organisation of Padma Bhushan Manohar Parrikar Memorial 55th
Goa State Athletics Championship 2024**

Sir / Madam,

This is to inform you that Padma Bhushan Manohar Parrikar Memorial 55th Goa State Athletics Championship – 2024 is being organised by the Goa Athletics Association at Athletics Stadium, Bambolim, Goa, on August 7th to 10th, 2024.

In the view of above, I would kindly request you to send your Athletics team to participate in the Championships. Rules and regulations, details of events are attached herewith for your information.

Thanking you in anticipation.

Yours Truly,

Sharendra Naik

Secretary

Goa Athletics Association

RULES & REGULATIONS OF THE
55TH GOA STATE ATHLETICS CHAMPIONSHIP-2024

1. The Championship will be held on Synthetic Track.
2. The Events will be conducted as per AFI and World Athletics Federation Rules.
3. Sports attire with foot wear is mandatory for all the Athletes.
4. An Athlete can participate in only **One Age Category**.
5. For age category U-8, U-10 & U-12, an Athlete can participate in **one individual event only**.
6. For age category U-14, an Athlete can participate in **two individual events only**.
7. For age category U-16 & U-18, an Athlete can participate in **two individual events** and **one relay event**.
8. For age category U-20, Men and Women, an Athlete can participate in **two individual events** and **two relay events**.
9. Once entry is submitted **no change of events** shall be permitted.
10. **ENTRY FEE** for participation is as below:

Age Category	Entry Fee
U-8, U-10 & U-12	Rs. 150/-
U-14, U-16 & U-18	Rs. 300/-
U-20, Men & Women	Rs. 400/-

11. The athletes registering for U-14, U-16, U-18, U-20, Men and Women age Category shall first register with AFI on <http://ors.indianathletics.in> and get UID to register for State Championship.
12. All the Coaches/Team Managers/P.E. Teachers meeting shall be conducted on 07.08.2024 at 3.00 pm at Athletics Stadium, Bambolim, wherein Bibs of the athletes shall be distributed. Bibs shall be collected on 07.08.2024 between 3.00 pm to 7.00 pm only.
13. Following are the cut off dates for age category:
 - a. U-8 Age category born on or after 06/10/2016 and not later than 05/10/2018.
 - b. U-10 Age category born on or after 06/10/2014 and not later than 05/10/2016.
 - c. U-12 Age category born on or after 06/10/2012 and not later than 05/10/2014.
 - d. U-14 Age category born on or after 06/10/2010 and not later than 05/10/2012.
 - e. U-16 Age category born on or after 06/10/2008 and not later than 05/10/2010.
 - f. U-18 Age category born on or after 06/10/2006 and not later than 05/10/2008.
 - g. U-20 Age category born on or after 06/10/2004 and not later than 05/10/2006.
 - h. Men & Women Age Category born on or before 05/10/2004.
14. All entries to be submitted through **ONLINE MODE ONLY**. No offline entries shall be permitted. Athletes shall register the entry on <https://www.goathletics.com/> from **22.07.2024** to **02.08.2024 (midnight)**.
15. If an Athlete wants to lodge a protest he/she shall do so by paying a protest fee of Rs. 3000/-.
16. Events shall be conducted only when there are **3 or more athletes**. When there are less than 3 athletes in an event **Selection Trials** shall be conducted.
17. Accommodation will be provided to the athletes coming from Canacona/Sanguem/ Dharbandora/Sattari and other far of parts of Goa whose events are scheduled early morning on prior request only.

Organising Committee
55th Goa State Athletics Championship-24

LIST OF EVENTS

Age Category	EVENTS
U-8 Boys & Girls	60 M.Run, Broad Jump, Tennis Ball Throw.
U-10 Boys & Girls	60 M.Run, Broad Jump, Tennis Ball Throw.
U-12 Boys & Girls	60 M.Run, 5 Mts. Runway Long Jump, Kids Javelin.
U-14 Boys & Girls	60 M.Run, 600M.Run, Long Jump, High Jump, Shot Put, Kids Javelin, Triathlon (60 M.Run, Long Jump, Kids Javelin).
U-16 Boys	100 M.Run, 300 M.Run, 800 M.Run, 2000 M.Run 80 M. Hurdles, Long Jump, High Jump, Shot Put, Discus Throw, Javelin Throw. Hammer throw, 5 Km. Walk, Medley Relay, Hexathlon.
U-16 Girls	100 M.Run, 300 M.Run, 800M.Run, 2000 M.Run 80 M. Hurdles, Long Jump, High Jump, Shot Put, Discus Throw, Javelin Throw. 3 Km. Walk, Medley Relay, Hexathlon
U-18 Boys	100 M.Run, 200 M.Run, 400 M.Run, 800 M. Run, 1500 M.Run, 3000 M.Run, 110 M.Hurdles, 400 M.Hurdles, 2000 M. Steeplechase Long Jump, High Jump, Tripple Jump, Pole Volt, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, Medley Relay, 10 Km Walk, Decathlon.
U-18 Girls	100 M.Run, 200 M.Run, 400 M.Run, 800 M. Run, 1500 M.Run, 3000 M.Run, 100 M.Hurdles, 400 M.Hurdles, 2000 M. Steeplechase, Long Jump, High Jump, Tripple Jump, Pole Volt, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, Medley Relay, 5 Km walk, Hexathlon.
U-20 Boys	100 M.Run, 200 M.Run, 400 M.Run, 800 M. Run, 1500 M.Run, 5000 M.Run, 10000 M. Run, 110 M.Hurdles, 400 M.Hurdles, 3000 M. Steeplechase, Long Jump, High Jump, Tripple Jump, Pole Volt, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, 4 x100 M.Relay, 4 x 400 M. Relay, 4 x 400 Mixed Relay 10 Km walk, Decathlon.
U-20 Girls	100 M.Run, 200 M.Run, 400 M.Run, 800 M. Run, 1500 M.Run, 3000 M.Run, 5000 M.Run 100 M.Hurdles, 400 M.Hurdles, 3000 M. Steeplechase, Long Jump, High Jump, Tripple Jump, Pole Volt, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, 4 x 100 M. Relay, 4 x 400 M. Relay, 4 x 400 M. Mixed Relay, 10 Km walk, Heptathlon.
MEN	100 M.Run, 200 M.Run, 400 M.Run, 800 M. Run, 1500 M.Run, 5000 M.Run, 10000 M.Run, 110 M.Hurdles, 400 M.Hurdles, 3000 M. Steeplechase, Long Jump, High Jump, Tripple Jump, Pole Volt, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, 4 x 100 M. Relay, 4 x 400 M. Relay, 4 x 400 Mixed Relay, 20 Km Race walk, Decathlon.
WOMEN	100 M.Run, 200 M.Run, 400 M.Run, 800 M. Run, 1500 M.Run, 5000 M.Run, 10000 M.Run 100 M.Hurdles, 400 M.Hurdles, 3000 M. steeplechase, Long Jump, High Jump, Tripple Jump, Pole Volt, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, 4 x 100 M.Relay, 4 x 400 M.Relay 4 x 400 M.Mixed Relay, 20 Km Race walk, Heptathlon.