70th Kerala State Junior Athletics Championships - 2026

1st Kerala State Under 23 Athletics Championships - 2026

Lal Bahadur Stadium, Kollam, 3-6 October 2026

Organized By Kollam District Athletics Association

Competition Schedule Version 1.1 as on 30th September 2026

Sl No	Scheduled Time	Event	Specification	Section	Round
2nd October (Friday) Afternoon Session Track Events [University Stadium, Thiruvananthapuram]					
T - 001	**15.00hrs**	**3000m/ 2000m Steeplechase**		**All Sections**	**Final**
Day 1 (Oct-3rd Saturday) Forenoon Session					
101	**06.00hrs**	**10000m**		**Men U 23**	**Final**
102	**06.00hrs**	**10000m**		**Women U 23**	**Final**
103	**07.20hrs**	**100m Hurdles**	**0.838m**	**Women U 23**	**Heptathlon Starts**
104	07.30hrs	100m Hurdles	0.838m	Women U 20	Heptathlon 1
105	07.45hrs	100m Hurdles	0.762m	Women U 18	Heptathlon 1
106	08.15hrs	High Jump		Women U 20	Heptathlon 2
107	**08.15hrs**	**Hammer Throw**	**4.000kg**	**Women U 23**	**Final**
108	08.30hrs	100m		Men U 20	Decathlon 1
109	08.50hrs	60m		Boys U 14	Triathlon A 1
110	09.10hrs	60m		Boys U 14	Triathlon B 1
111	09.10hrs	Long Jump [Pit 1]		Men U 20	Decathlon 2
112	**09.15hrs**	**Hammer Throw**	**7.260kg**	**Men U 23**	**Final**
113	09.30hrs	Long Jump [Pit 2]	5m Approach	Boys U 14	Triathlon A 2
114	09.30hrs	60m		Boys U 14	Triathlon C 1
115	09.45hrs	High Jump		Women U 18	Heptathlon 2
116	09.50hrs	60m		Girls U 14	Triathlon A 1
117	10.00hrs	Long Jump [Pit 1]	5m Approach	Boys U 14	Triathlon B 2
118	10.10hrs	Shot Put	6.000kg	Men U 20	Decathlon 3
119	10.10hrs	60m		Girls U 14	Triathlon B 1
120	10.20hrs	Long Jump [Pit 2]	5m Approach	Boys U 14	Triathlon C 2
121	10.30hrs	60m		Girls U 14	Triathlon C 1
122	10.50hrs	Long Jump [Pit 1]	5m Approach	Girls U 14	Triathlon A 2
123	**11.00hrs**	**400m**		**Men U 23**	**Round 1**

124	**11.00hrs**	**Shot Put**	**4.000kg**	**Women U 23**	**Final**
125	11.10hrs	Long Jump [Pit 2]	5m Approach	Girls U 14	Triathlon B 2
126	11.15hrs	High Jump		Men U 18	Final
127	**11.15hrs**	**400m**		**Women U 23**	**Final**
128	11.40hrs	Long Jump [Pit 1]	5m Approach	Girls U 14	Triathlon C 2
129	**11.40hrs**	**100m**		**Men U 23**	**Round 1**
130	**11.55hrs**	**100m**		**Women U 23**	**Final**
131	**12.00hrs**	**Shot Put**	**7.260kg**	**Men U 23**	**Final**
Day 1 (Oct-3rd Saturday) Afternoon Session					
132	13.15hrs	High Jump		Men U 20	Decathlon 4
133	14.00hrs	Discus Throw	[State Event]1.000kg	Boys U 14	Final
134	**14.10hrs**	**Long Jump**		**Men U 23**	**Final**
135	14.30hrs	600m		Girls U 14	Triathlon C 3 / Final
136	14.40hrs	600m		Boys U 14	Triathlon C 3 / Final
137	14.50hrs	1000m		Men U 18	Round 1
138	14.50hrs	Shot Put	3.000kg	Women U 18	Heptathlon 3
139	15.00hrs	Discus Throw	[State Event]1.000kg	Girls U 14	Final
140	15.05hrs	1000m		Women U 18	Round 1
141	**15.15hrs**	**Long Jump**		**Women U 23**	**Final**
142	15.15hrs	Back Throw	1.000kg Shot	Girls U 14	Triathlon B 3 / Final
143	15.15hrs	High Jump	Scissor Only	Boys U 14	Triathlon A 3 / Final
144	15.20hrs	1000m	State Event	Boys U 16	Round 1
145	15.35hrs	1000m	State Event	Girls U 16	Round 1
146	15.40hrs	Shot Put	4.000kg	Women U 20	Heptathlon 3
147	15.50hrs	1500m		Men U 20	Final
148	16.00hrs	1500m	State Event	Boys U 18	Final
149	16.10hrs	1500m		Women U 20	Final
150	**16.15hrs**	**Discus Throw**	**2.000kg**	**Men U 23**	**Final**
151	16.15hrs	Back Throw	1.000kg Shot	Boys U 14	Triathlon B 3 / Final
152	16.20hrs	1500m	State Event	Girls U 18	Final
153	16.30hrs	400m		Men U 20	Decathlon 5
154	**16.40hrs**	**400m**		**Men U 23**	**Final**
155	**16.55hrs**	**100m**		**Men U 23**	**Final**

156	17.00hrs	High Jump	Scissor Only	Girls U 14	Triathlon A 3 / Final
157	17.30hrs	200m		Women U 18	Heptathlon 4
158	17.40hrs	200m		Women U 20	Heptathlon 4
159	**10.30hrs**	**Triple Jump**		**Women U 23**	**Final**
160	**13.40hrs**	**Triple Jump**		**Men U 23**	**Final**
Day 2 (Oct-4th Sunday) Forenoon Session					
201	**05.45hrs**	**Race Walk**	**Half Marathon**	**Men U 23**	**Final**
202	**05.45hrs**	**Race Walk**	**Half Marathon**	**Women U 23**	**Final**
203	05.50hrs	5000m Race Walk		Women U 20	Final
204	05.50hrs	5000m Race Walk		Men U 20	Final
205	06.30hrs	5000m		Men U 20	Final
206	06.50hrs	5000m		Women U 20	Final
207	**07.00hrs**	**110m Hurdles**	**1.067m**	**Men U 23**	**Final**
208	07.15hrs	110m Hurdles	0.991m	Men U 20	Decathlon 6
209	07.25hrs	110m Hurdles	0.991m	Men U 20	Round 1
210	07.40hrs	Long Jump		Women U 18	Heptathlon 5
211	07.45hrs	110m Hurdles	0.914m	Men U 18	Round 1
212	07.50hrs	Discus Throw	1.750kg	Men U 20	Decathlon 7
213	08.10hrs	100m Hurdles	0.838m	Women U 20	Round 1
214	08.20hrs	High Jump		Women U 18	Final
215	08.25hrs	100m Hurdles	0.762m	Women U 18	Round 1
216	08.30hrs	Long Jump		Women U 20	Heptathlon 5
217	08.40hrs	Javelin Throw	500gm	Women U 18	Heptathlon 6
218	08.50hrs	80m Hurdles	0.762m	Girls U 16	Round 1
219	09.00hrs	Hammer Throw	[State Event]3.000kg	Girls U 18	Final
220	09.15hrs	80m Hurdles	0.838m	Boys U 16	Round 1
221	09.30hrs	Javelin Throw	600gm	Women U 20	Heptathlon 6
222	09.30hrs	Long Jump	5m Approach	Boys U 16	Final
223	09.40hrs	400m		Women U 18	Round 1
224	09.45hrs	Pole Vault		Men U 20	Decathlon 8
225	10.00hrs	400m		Men U 18	Round 1
226	10.15hrs	Hammer Throw	4.000kg	Women U 20	Final
227	10.20hrs	400m		Women U 20	Round 1
228	10.40hrs	400m		Men U 20	Round 1
229	10.40hrs	High Jump		Women U 20	Final

230	**10.40hrs**	**High Jump**		**Women U 23**	**Final**
231	10.40hrs	Long Jump		Women U 18	Final
232	10.50hrs	Long Jump [Pit 2]	5m Approach	Girls U 16	Final
233	11.00hrs	100m	State Event	Girls U 14	Round 1
234	11.20hrs	100m	State Event	Boys U 14	Round 1
235	11.40hrs	100m	State Event	Girls U 16	Round 1
236	11.45hrs	Hammer Throw	6.000kg	Men U 20	Final
237	12.00hrs	100m	State Event	Boys U 16	Round 1
238	**12.30hrs**	**200m**		**Women U 23**	**Final**
239	**12.40hrs**	**200m**		**Men U 23**	**Round 1**
Day 2 (Oct-4th Sunday) Afternoon Session					
240	13.30hrs	100m	State Event	Girls U 16	Final
241	13.30hrs	Discus Throw	1.500kg	Men U 18	Final
242	13.35hrs	100m	State Event	Boys U 16	Final
243	13.40hrs	100m	State Event	Girls U 14	Final
244	13.45hrs	100m	State Event	Boys U 14	Final
245	13.50hrs	Long Jump		Men U 20	Final
246	13.55hrs	400m		Women U 18	Final
247	14.00hrs	Pole Vault	State Event	Girls U 18	Final
248	14.00hrs	Pole Vault		Women U 20	Final
249	14.02hrs	400m		Men U 18	Final
250	14.10hrs	400m		Women U 20	Final
251	1410hrs	Shot Put	3.000kg	Women U 18	Final
252	14.17hrs	400m		Men U 20	Final
253	14.30hrs	110m Hurdles	0.991m	Men U 20	Final
254	**14.30hrs**	**High Jump**		**Men U 23**	**Final**
255	14.40hrs	110m Hurdles	0.914m	Men U 18	Final
256	14.55hrs	100m Hurdles	0.838m	Women U 20	Final
257	15.00hrs	Discus Throw	[State Event]1.500kg	Boys U 16	Final
258	15.00hrs	Kids Javelin Throw	5m Runway	Boys U 14	Final
259	15.05hrs	100m Hurdles	0.762m	Women U 18	Final
260	15.10hrs	800m		Women U 20	Heptathlon 7 / Final
261	15.20hrs	80m Hurdles	0.762m	Girls U 16	Final
262	15.27hrs	1000m		Women U 18	Heptathlon 7 / Final
263	15.30hrs	Long Jump		Women U 20	Final

264	15.35hrs	80m Hurdles	0.838m	Boys U 16	Final
265	15.45hrs	1000m	State Event	Girls U 16	Final
266	15.52hrs	1000m	State Event	Boys U 16	Final
267	16.00hrs	1000m		Women U 18	Final
268	16.07hrs	1000m		Men U 18	Final
269	**16.15hrs**	**200m**		**Men U 23**	**Final**
270	16.20hrs	1500m		Men U 20	Decathlon 10 / Final
271	16.30hrs	4 X 100m Relay		Women U 20	Round 1
272	16.30hrs	Discus Throw	[State Event]1.000kg	Girls U 16	Final
273	16.30hrs	Kids Javelin Throw	5m Runway	Girls U 14	Final
274	16.40hrs	4 X 100m Relay		Men U 20	Round 1
275	16.50hrs	4 X 100m Relay	State Event	Girls U 14	Round 1
276	17.00hrs	4 X 100m Relay	State Event	Boys U 14	Round 1
277	17.10hrs	4 X 100m Relay	State Event	Girls U 16	Round 1
278	17.20hrs	4 X 100m Relay	State Event	Boys U 16	Round 1
279	17.30hrs	4 X 100m Relay	State Event	Girls U 18	Round 1
280	17.40hrs	4 X 100m Relay	State Event	Boys U 18	Round 1
281	17.50hrs	4 X 400m Mixed Relay		Men & Women U 20	Round 1
Day 3 (Oct-5th Monday) Forenoon Session					
301	06.00hrs	3000m Race Walk		Women U 18	Final
302	06.00hrs	5000m Race Walk		Men U 18	Final
303	06.40hrs	3000m Race Walk	State Event	Girls U 16	Final
304	06.40hrs	5000m Race Walk	State Event	Boys U 16	Final
305	07.15hrs	60m		Girls U 16	Pentathlon 1
306	07.30hrs	Discus Throw	1.000kg	Women U 18	Final
307	07.40hrs	60m		Boys U 16	Pentathlon 1
308	08.00hrs	110m Hurdles	0.914m	Men U 18	Heptathlon 1
309	08.00hrs	Shot Put	[State Event]3.000kg	Boys U 14	Final
310	**08.15hrs**	**5000m**		**Women U 23**	**Final**
311	**08.15hrs**	**5000m**		**Men U 23**	**Final**
312	08.40hrs	Discus Throw	1.750kg	Men U 20	Final
313	08.50hrs	High Jump		Men U 18	Heptathlon 2
314	08.50hrs	Pole Vault	State Event	Boys U 18	Final
315	09.00hrs	Long Jump		Men U 18	Final

316	09.05hrs	80m Hurdles	0.762m	Girls U 16	Pentathlon 2
317	09.10hrs	Shot Put	[State Event]2.000kg	Girls U 14	Final
318	09.20hrs	80m Hurdles	0.838m	Boys U 16	Pentathlon 2
319	09.40hrs	600m		Boys U 16	Round 1
320	09.50hrs	600m		Girls U 16	Round 1
321	10.00hrs	600m	State Event	Boys U 14	Round 1
322	10.10hrs	600m	State Event	Girls U 14	Round 1
323	10.10hrs	Long Jump	5m Approach [State Event]	Boys U 14	Final
324	10.15hrs	Shot Put	3.000kg (Standing)	Girls U 16	Final
325	10.20hrs	Discus Throw	1.000kg	Women U 20	Final
326	10.30hrs	100m		Women U 18	Round 1
327	10.50hrs	100m		Men U 18	Round 1
328	11.00hrs	Long Jump	5m Approach [State Event]	Girls U 14	Final
329	11.10hrs	100m		Women U 20	Round 1
330	11.30hrs	100m		Men U 20	Round 1
331	11.30hrs	Shot Put	4.000kg (Standing)	Boys U 16	Final
332	11.40hrs	Hammer Throw	[State Event]5.000kg	Boys U 18	Final
333	11.50hrs	60m	State Event	Girls U 14	Round 1
334	12.05hrs	60m	State Event	Boys U 14	Round 1
335	12.20hrs	60m		Girls U 16	Round 1
336	12.35hrs	60m		Boys U 16	Round 1
Day 3 (Oct-5th Monday) Afternoon Session					
337	13.30hrs	Javelin Throw	600gm	Women U 20	Final
338	13.40hrs	Pole Vault		Men U 20	Final
339	13.50hrs	High Jump	State Event	Boys U 14	Final
340	14.00hrs	100m		Women U 18	Final
341	14.00hrs	Shot Put	5.000kg	Men U 18	Heptathlon 3
342	14.07hrs	100m		Men U 18	Final
343	14.15hrs	100m		Women U 20	Final
344	14.22hrs	100m		Men U 20	Final
345	14.30hrs	60m	State Event	Girls U 14	Final
346	14.30hrs	Javelin Throw	800gm	Men U 20	Final
347	14.37hrs	60m	State Event	Boys U 14	Final
348	14.45hrs	60m		Boys U 16	Final

349	14.52hrs	60m		Girls U 16	Final
350	15.00hrs	800m	State Event	Girls U 18	Round 1
351	15.00hrs	Long Jump	5m Approach	Boys U 16	Pentathlon 3
352	15.07hrs	800m	State Event	Boys U 18	Round 1
353	15.15hrs	800m		Women U 20	Round 1
354	15.22hrs	800m		Men U 20	Round 1
355	**15.45hrs**	**800m**		**Men U 23**	**Final**
356	15.45hrs	Javelin Throw	800gm	Men U 20	Decathlon 9
357	**15.52hrs**	**800m**		**Women U 23**	**Final**
358	16.00hrs	4 X 100m Relay		Men U 20	Final
359	16.00hrs	High Jump	State Event	Girls U 14	Final
360	16.00hrs	Long Jump	5m Approach	Girls U 16	Pentathlon 3
361	16.07hrs	4 X 100m Relay		Women U 20	Final
362	16.15hrs	4 X 100m Relay	State Event	Girls U 18	Final
363	16.22hrs	4 X 100m Relay	State Event	Boys U 18	Final
364	1630hrs	4 X 100m Relay	State Event	Girls U 16	Final
365	16.30hrs	Shot Put	5.000kg	Men U 18	Final
366	16.37hrs	4 X 100m Relay	State Event	Boys U 16	Final
367	16.45hrs	4 X 100m Relay	State Event	Girls U 14	Final
368	16.45hrs	Javelin Throw	600gm (10m Approach)	Boys U 16	Final
369	16.52hrs	4 X 100m Relay	State Event	Boys U 14	Final
370	17.05hrs	4 X 400m Mixed Relay		Men & Women U 20	Final
371	17.20hrs	200m		Men U 18	Heptathlon 4
372	**17.40hrs**	**400m Hurdles**	**0.914m**	**Men U 23**	**Final**
373	**17.50hrs**	**400m Hurdles**	**0.762m**	**Women U 23**	**Final**
Day 4 (Oct-6th Tuesday) Forenoon Session					
401	06.30hrs	3000m		Men U 20	Final
402	06.45hrs	3000m	State Event	Boys U 18	Final
403	07.00hrs	3000m		Women U 20	Final
404	07.15hrs	3000m	State Event	Girls U 18	Final
405	07.30hrs	600m		Girls U 16	Final
406	07.37hrs	600m		Boys U 16	Final
407	07.45hrs	600m	State Event	Boys U 14	Final
408	07.52hrs	600m	State Event	Girls U 14	Final
409	08.05hrs	800m	State Event	Girls U 18	Final

410	08.12hrs	800m	State Event	Boys U 18	Final
411	08.30hrs	400m Hurdles	0.914m	Men U 20	Round 1
412	08.50hrs	400m Hurdles	[State Event] 0.838m	Boys U 18	Round 1
413	09.10hrs	400m Hurdles	0.762m	Women U 20	Round 1
414	09.30hrs	400m Hurdles	[State Event] 0.762m	Girls U 18	Round 1
415	09.50hrs	200m	State Event	Girls U 16	Round 1
416	10.05hrs	200m	State Event	Boys U 16	Round 1
417	10.20hrs	200m		Women U 18	Round 1
418	10.35hrs	200m		Men U 18	Round 1
419	10.50hrs	200m		Women U 20	Round 1
420	11.05hrs	200m		Men U 20	Round 1
421	11.40hrs	1000m Medley Relay		Girls U 16	Round 1
422	11.50hrs	1000m Medley Relay		Boys U 16	Round 1
423	12.10hrs	1000m Medley Relay		Men U 18	Round 1
424	12.25hrs	1000m Medley Relay		Women U 18	Round 1
425	12.40hrs	4 X 400m Relay		Women U 20	Round 1
426	12.50hrs	4 X 400m Relay		Men U 20	Round 1
427	07.30hrs	Long Jump		Men U 18	Heptathlon 5
428	08.00hrs	Shot Put	4.000kg (Standing)	Boys U 16	Pentathlon 4
429	08.20hrs	Javelin Throw	700gm	Men U 18	Heptathlon 6
430	08.30hrs	High Jump	Scissor Only	Boys U 16	Final
431	09.00hrs	Shot Put	3.000kg (Standing)	Girls U 16	Pentathlon 4
432	09.00hrs	Triple Jump	State Event	Girls U 18	Final
433	09.30hrs	Javelin Throw	500gm (10m Approach)	Girls U 16	Final
434	10.20hrs	Shot Put	6.000kg	Men U 20	Final
435	10.30hrs	Triple Jump		Women U 20	Final
Day 4 (Oct-6th Tuesday) Afternoon Session					
436	13.30hrs	400m Hurdles	0.914m	Men U 20	Final
437	13.40hrs	400m Hurdles	[State Event] 0.838m	Boys U 18	Final
438	13.50hrs	400m Hurdles	0.762m	Women U 20	Final
439	14.00hrs	400m Hurdles	[State Event] 0.762m	Girls U 18	Final
440	14.10hrs	200m	State Event	Girls U 16	Final
441	14.15hrs	200m	State Event	Boys U 16	Final
442	14.20hrs	200m		Women U 18	Final
443	14.25hrs	200m		Men U 18	Final

444	14.30hrs	200m		Women U 20	Final
445	14.35hrs	200m		Men U 20	Final
446	14.45hrs	600m		Girls U 16	Pentathlon 5 / Final
447	14.52hrs	600m		Boys U 16	Pentathlon 5 / Final
448	15.12hrs	800m		Men U 20	Final
449	15.20hrs	800m		Women U 20	Final
450	15.35hrs	1000m		Men U 18	Heptathlon 7 / Final
451	15.45hrs	1000m Medley Relay		Girls U 16	Final
452	15.52hrs	1000m Medley Relay		Boys U 16	Final
453	16.00hrs	1000m Medley Relay		Women U 18	Final
454	16.07hrs	1000m Medley Relay		Men U 18	Final
455	16.20hrs	4 X 400m Relay		Women U 20	Final
456	16.30hrs	4 X 400m Relay		Men U 20	Final
457	13.30hrs	High Jump		Men U 20	Final
458	13.40hrs	Triple Jump		Men U 20	Final
459	13.45hrs	Javelin Throw	500gm	Women U 18	Final
460	14.45hrs	Shot Put	4.000kg	Women U 20	Final
461	15.00hrs	Javelin Throw	700gm	Men U 18	Final
462	15.20hrs	Triple Jump	State Event	Boys U 18	Final
463	15.30hrs	High Jump	Scissor Only	Girls U 16	Final

There will only be a maximum of Two Rounds of Competition for Track Events

If the number of Athletes in any Track Event is too less so that that event can be conducted as Final, then that final will be conducted at the scheduled time of Heats itself

Due to technical reasons, all the Steeple Chase Events will be conducted at Kerala University Stadium, Thiruvananthapuram on 2nd October at 3.00 pm onwards

Chandrasekharan Pillai K
Secretary
Kerala State Athletics Association