

KARNATAKA STATE JUNIOR ATHLETICS MEET -2026

Org By: KARNATAKA ATHLETIC ASSOCIATION ®

Venue:Kanteerava Stadium, Bengaluru

On 11th and 12th August-2026

COMPETITION SCHEDULE, TENTATIVE.AS ON 06TH AUGUST 2026

(11-08-2026) DAY-1

Scheduled Time	Event	Category	Specifiction	Round
06.20AM	5000M RACE WALK	U-18 BOYS		FINALS
06:45AM	3000M RACE WALK	U-18 GIRLS		FINALS
7:00 AM	5000M	U-20 BOYS		FINALS
07:00AM	SHOT PUT	U-18 BOYS	5KG FOP-2	FINALS
07:00AM	SHOT PUT	U-18 GIRLS	3KG FOP-1	FINALS
07:00AM	TRIPLE JUMP	U-20 GIRLS		FINALS
07:10AM	HIGH JUMP	U-20 & 18 BOYS		FINALS
07:10AM	HAMMER THROW	U-20 BOYS AND GIRLS	FOP-2 6KG -4KG	FINALS
07:20AM	5000M	U-20 GIRLS		FINALS
07:40AM	100M	U-20 DECATHLON-1	0.991M	Dec-01
07:40AM	60M	U-16 Boys & Girls Pentathlon	Near 300M Start	Pen-01
07:40AM	110M Hurdels	U-20 Boys	0.991M	Round-1
07:50AM	110M Hurdels	U-18 BOYS & HEP-1 BOYS	0.914M	Round-1 ,HET-1
08:00AM	60M	U-14 BOYS TRIATHLON A	Near 300M Start	FINALS
08:15AM	100M Hurdels	U-20 Girls & Hep-1	0.838M	Round-1, HET-1
08:20AM	100M Hurdels	U-18 GIRLS & Hep-1	0.762M	Round-1,HET-1
08:45AM	80M Hurdeles	U-16 GIRLS & Pentathlon	0.762M	Round-1,PET-1
09:05AM	80M Hurdeles	U-16 BOYS & Pentathlon	0.838M	Round-1,PET-1
9:30 AM	400M	U-20 BOYS	TOP 8 Will be final	Round-1
09:30AM	HIGH JUMP	U-20 & 18 GIRLS		FINALS
09:30AM	TRIPLE JUMP	U-20 BOYS		FINALS
09:30AM	SHOT PUT	U-20 BOYS	FOP-1 ,6KG	FINALS
09:30AM	SHOT PUT	U-20 GIRLS	FOP- 2,4KG	FINALS
9:45 AM	400M	U-18 BOYS	TOP 8 Will be final	Round-1
10:00 AM	400M	U-20 Girls	TOP 8 Will be final	Round-1
10:15 AM	400M	U-18 GIRLS	TOP 8 Will be final	Round-1
10:15 AM	800M	U-20 Boys		FINALS
10:15 AM	LONG JUMP	U-20 DECATHLON-2		FINALS
10:20 AM	800M	U-20 GIRLS		FINALS
10:30 AM	HIGH JUMP	U-20.18 Boys and Girls Hep-2	ALL Hept Boys & Girls	FINALS
10:30 AM	60M	U-14 BOYS TRIATHLON B	Near 300M Start	FINALS
10:40 AM	80M Hurdeles	U-16 BOYS	0.838M	Round-2
10:40 AM	Discus Throw	U-20 BOYS	1.75 kg FOP-1	FINALS
10:50 AM	80M Hurdeles	U-16 GIRLS	0.762M	Round-2
11:00AM	SHOT PUT	U-16 BOYS	4Kg Standing FOP-1	FINALS
11:10 AM	100M Hurdels	U-18 GIRLS	0.762M	Round-2
11:15:AM	100M Hurdels	U-20 GIRLS	0.838M	Round-2
11:15 AM	LONG JUMP	U-20 &18 GIRLS		FINALS
11:30 AM	110M Hurdels	U-18 BOYS	0.914M	Round-2
11:30 AM	60M	U-14 BOYS TRIATHLON B	Near 300M Start	FINALS
11:40 AM	110M Hurdels	U-20 BOYS	0.991M	Round-2
12:00 PM	SHOT PUT	U-20 DECATHLON-3	6KG -FOP-1	FINALS
12:00 PM	SHOT PUT	U-20 Girls HEPT -3	4KG -FOP-2	HEPT-3
12:00PM	HIGH JUMP	U-16 BOYS	SCISSOR ONLY	FINALS
12:00PM	Discus Throw	U-20 & 18 GIRLS	1 KG FOP-1	FINALS
12:00PM	100M	U-20 BOYS		Round-1
12:15 PM	LONG JUMP	U-14 BOYS TRIATHLON A	5M APPROACH	FINALS
12:20PM	100M	U-20 GIRLS		Round-1
12:35PM	100M	U-18 GIRLS		Round-1
12:45PM	100M	U-18 BOYS		Round-1

AFTERNOON				
Scheduled Time	Event	Category	Specifiction	Round
02:00PM	110M Hurdels	U-20 BOYS	0.991M	FINALS
02:00PM	HIGH JUMP	U-14 BOYS TRIATHLON A	SCISSOR ONLY	FINALS
02:00PM	SHOT PUT	U-16 GIRLS	3Kg Standing FOP-1	FINALS
02:00PM	SHOT PUT	U-18 boys HEPT-3	5kG FOP-2	HEPT-3
02:10PM	110M Hurdels	U-18 BOYS	0.914M	FINALS
2:15 PM	LONG JUMP	U-14 BOYS TRIATHLON B	5M APPROACH	FINALS
02:20PM	100M Hurdels	U-20 GIRLS	0.838M	FINALS
02:30PM	100M Hurdels	U-18 GIRLS		FINALS
02:30PM	Discus Throw	U-18 BOYS	FOP-1,1.5 KG	FINALS
2:40 PM	80M Hurdeles	U-16 GIRLS		FINALS
2:50 PM	80M Hurdeles	U-16 BOYS		FINALS
3:00PM	SHOT PUT	U-18 Girls Hep-3	3kG FOP-1	FINALS
3:00PM	100M	U-20 BOYS		Round-2
3:00PM	HIGH JUMP	U-20 DECATHLON-4		FINALS
3:10 PM	100M	U-20 GIRLS		Round-2
3:20 PM	100M	U-18 GIRLS		Round-2
3:30PM	100M	U-18 BOYS		Round-2
3:30 PM	LONG JUMP	U-14 BOYS TRIATHLON C	5M APPROACH	FINALS
3:35 PM	400M	U-20 BOYS		FINALS
3:40 PM	400M	U-18 BOYS		FINALS
3:50PM	400M	U-20 GIRLS		FINALS
3:55 PM	400M	U-18 GIRLS		FINALS
4:00PM	SHOT PUT	U-14 BOYS TRIATHLON B	BACK THROW 1KG	FINALS
4:10PM	400M	U-20 DECATHLON-5		FINALS
4:20PM	100M	U-20 GIRLS		FINALS
4:30 PM	100M	U-18 GIRLS		FINALS
4:30 PM	LONG JUMP	U-16 Boys & Girls Pentathlon	5M APPROACH	Pentathlon-3
4:35 PM	100M	U-18 BOYS		FINALS
4:40PM	100M	U-20 BOYS		FINALS
4:45 PM	200M	HEPT-Boys and Girls U-20,18		HEPT-4
5:00 PM	600M	U-14 BOYS TRIATHLON C		FINALS
DAY -2				
12-08-2026				
Scheduled Time	Event	Category	Specifiction	Round
5:50 AM	110M HURDLES	U-20 DECATHLON-6		FINAL
6:00 AM	3000M	U-20 BOYS		FINAL
6:15 AM	3000M	U-20 GIRLS		FINAL
6:40 AM	1000M	U-18 BOYS		Round-1
7:00 AM	Discus Throw	U-20 DECATHLON-7		FINAL
7:00 AM	1000M	U-18 GIRLS		Round-1
7:00 AM	SHOT PUT	U-16 BOYS Pentathlon	4Kg Standing FOP-1	PENT-4
7:00 AM	SHOT PUT	U-16 GIRLS Pentathlon	3Kg Standing FOP-2	PENT-4
7:00AM	LONG JUMP	HEPT-Boys and Girls U-20,18		HEPT-5
7:15 AM	600M	U-16 BOYS		Round-1
7:30 AM	600M	U-16 GIRLS		Round-1
7:45 AM	200M	U-20 BOYS		Round-1
8:00 AM	200M	U-18 BOYS		Round-1
8:15 AM	200M	U-20 GIRLS		Round-1
8:30AM	200M	U-18 GIRLS		Round-1
9:00 AM	60M	U-14 GIRLS TRIATHLON A	Near 300M Start	FINAL
9:20AM	60M	U-14 GIRLS TRIATHLON B	Near 300M Start	FINAL
9:45 AM	60M	U-14 GIRLS TRIATHLON C	Near 300M Start	FINAL
10:00AM	HIGH JUMP	U-16 GIRLS	SCISSOR ONLY	FINAL
10:00AM	LONG JUMP	U-20,18 BOYS		FINAL
10:00AM	400M HURDLES	U-20 BOYS	TOP 8 Will be final	Round-1
10:00 AM	JAVELIN	U-18 BOYS AND HET BOYS	700g	FINAL

10:15 AM	400M HURDLES	U-20 GIRLS	TOP 8 Will be final	Round-1
10:30AM	60M	U-16 BOYS	Near 300M Start	Round-1
10:45AM	60M	U-16 GIRLS	Near 300M Start	Round-1
11:00am	1500m	U-20 BOYS		FINAL
11:10 AM	1500m	U-20 GIRLS		FINAL
11:15AM	200M	U-20 BOYS		Round-2
11:25AM	200M	U-18 BOYS		Round-2
11:30 PM	LONG JUMP	U-14 GIRLS TRIATHLON A	5M APPROACH	FINAL
11:40PM	200M	U-20 GIRLS		Round-2
11:45PM	JAVELIN	U-18 GIRLS & HEP GRILS	500g	HEP-6
11:50 PM	200M	U-18 GIRLS		Round-2
12:00PM	60M	U-16 BOYS	Near 300M Start	Round-2
12:10PM	60M	U-16 GIRLS	Near 300M Start	Round-2
12:00PM	POLE VAULT	U-20 BOYS ,GIRLS & DECATHLON-8		FINAL
12:30 PM	400M HURDLES	U-20 BOYS	0.914M	FINAL
12:45 PM	400M HURDLES	U-20 GIRLS	0.762M	FINAL

AFTERNOON

Scheduled Time	Event	Category	Specifiction	Round
2:00PM	LONG JUMP	U-14 GIRLS TRIATHLON B		FINAL
2:00PM	HIGH JUMP	U-14 GIRLS TRIATHLON A	SCISSOR ONLY	FINAL
2:00PM	JAVELIN	U-20 GIRLS & HEPT-6	600G	FINAL
2:10 PM	3000M STEEPL	U-20 BOYS		FINAL
2:30 PM	3000M STEEPL	U-20 GIRLS		FINAL
2:45 PM	1000M	U-18 GIRLS HEPT-7		HEPT-7
2:55PM	1000M	U-18 BOYS HEPT-7		HEPT-7
3:00PM	JAVELIN	U-20 BOYS & DECATHLON-9		DECATHLON-9
3:00 PM	LONG JUMP	U-14 GIRLS TRIATHLON C		FINAL
3:15 PM	SHOT PUT	U-14 GIRLS TRIATHLON B	BACK THROW 1KG F-1	FINAL
3:15 PM	1000M	U-18 GIRLS		FINAL
3:30 PM	1000M	U-18 BOYS		FINAL
3:40PM	200M	U-18 GIRLS		FINAL
3:50PM	200M	U-20 GIRLS		FINAL
4:00PM	JAVELIN	U-16 BOYS AND GIRLS B-600G G-1	10M APPROACH	FINAL
4:00PM	LONG JUMP	U-16 BOYS AND GIRLS	5M APPROACH	FINAL
4:00PM	200M	U-20 BOYS		FINAL
4:10PM	200M	U-18 BOYS		FINAL
4:15PM	600M	U-16 BOYS		FINAL
4:20PM	600M	U-16 GIRLS		FINAL
4:30PM	600M	U-16 GIRLS PENT		PENT-5
4:35PM	600M	U-16 BOYS PENT		PENT-5
4:30 PM	600M	U-14 GIRLS TRIATHLON C		FINAL
4:35PM	1500M	DECATHLON-10		DECATHLON-10
4:40PM	800M	U-20 HEPT-7		HEPT-7
5:05:PM	60M	U-16 BOYS		FINAL
5:15 PM	60M	U-16 GIRLS		FINAL

Kindly Note:

- 1) For all the age category Relay races will not be conducted.
- 2) If in any event less than 3 participants, event will not be conducted.
- 3) Boys & Girls 16- & 18-years age group Longer than 200 mt above Events only one event allowed to participate.
- 4) Boys & Girls U-14 ,16 years High Jump Scissors Technique only.
- 5) Boys & Girls U-14, 16 years Long Jump 5m Approach only.
- 6) Boys & Girls U-16 Shotput Standing Throw only
- 7) Boys & Girls U-16 Javelin 10m Approach Only,
- 8) Boys & Girls U-14 Shotput Back Throw only,
- 9) Boys & Girls U-14 Kids Javelin 5m run way only,

NOTE: BIB Distribution Will be done 0n 10-08-2026 at 02.00pm

Order of events Subject to alteration.

A Rajavelu
Hon.Secretary
Karnataka Athletics Association
