



ಕರ್ನಾಟಕ ಅಥ್ಲೆಟಿಕ್ಸ್ ಅಸೋಸಿಯೇಷನ್

KARNATAKA ATHLETICS ASSOCIATION



Affiliated to Athletics Federation of India & Karnataka Olympic Association

Recognized by Sports Authority of Karnataka

Estd.1950

G3,R2,Sree Kanteerava Outdoor Stadium,Bengaluru-560001

Regd.514/74-75



+91 9448438276



<https://karathletic.in/>



karathletic@gmail.com

PRESIDENT

Dr.G.Parameshwara
Ho'ble Deputy Chief
Minister
Govt.of Karnataka

Vice Presidents

Mahesh Thakur
Ashok B Shintri

Associate

Vice Presidents
L A Yalagonnnavar

Hon.Secretary

A.Rajavelu

Sr.Joint Secretary

R Uday Kumar

Joint Secretary

Natarajan R
Umesh Babu
Prathap R

Treasurer

B Srikanth

To

All Affiliated District Athletics Associations
Karnataka

KAA/02/DAA
20/07/2026

Revised CIRCULAR

The Karnataka Athletics Association (KAA) is conducting the Karnataka Junior State Athletics Meet - 2026 at Sree Kanteerava Stadium, Bengaluru, on 12th & 13th August 2026.

This championship will serve as the selection trial for the Youth National Athletics Championship 2026 and South Zone Athletics Championship and Junior National Athletics Champions 2026.

Age Groups & Age Brackets

Boys & Girls (Under 14): Born between 29-10-2012 & 29-10-2014
Boys & Girls (Under 16): Born between 29-10-2010 & 29-10-2012
Boys & Girls (Under 18): Born between 29-10-2008 & 29-10-2010
Boys & Girls (Under20): Born between 29-10-2006 & 29-10-2008

Note: The above age cut-off dates are tentative and are subject to change upon receipt of the official circular from the Athletics Federation of India (AFI).

Entry Details

Entry Opening Date: 15th July 2026
Last Date for Entry Submission: 10th August 2026
Entry Fee: ₹300 per athlete
Website: <https://indianathletics.in/>

Bengaluru District athletes are requested to visit the Karnataka Athletics Association website for entry registration.

Entries must be submitted only through the respective District Athletics Associations. Individual entries and spot entries will not be accepted.

Only online entries through the portal will be accepted. Hard copies and email entries will not be accepted.

Important Instructions

1.The organizers will not provide accommodation and food.



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2.U-14: An athlete may participate in any one Triathlon Group. Kids' Javelin Throw is compulsory for all U-14 athletes.

3.U-16, U-18 & U-20: Each athlete may participate in a maximum of two individual events. No Relay Event,

4.AFI UID Number is compulsory for all athletes.and barefoot Running not allowed

5.Every athlete must submit an original Date of Birth Certificate or SSLC Marks Card for age verification. BIB numbers will be issued only after Successful age verification. Athletes without a BIB number will not be permitted to participate.

6.Athletes must collect their BIB Number one day before the competition. BIB numbers will not be distributed on the day of the event.

7.The decision of the Technical Officials shall be final in all matters relating to the competition.

Disclaimer

The Karnataka Athletics Association (KAA) shall not be held responsible, directly or indirectly, for any loss of life, injury, illness, accident, or damage arising out of participation in the Karnataka Junior State Athletics Meet 2026. All athletes, officials, coaches, and other participants shall participate entirely at their own risk.

District Associations are requested to bring the contents of this circular to the notice of all athletes and officials.

Your cooperation is highly appreciated.

A.RAJAVELU

Hon. Secretary

KARNATAKA ATHLETICS ASSOCIATION

Sree Kanteerava Stadium, Bengaluru - 01



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KAA/02/DAA
20/07/2026

Selection Note

The Karnataka team for the South Zone Athletics Championship 2026, Youth National Athletics Championship 2026, and Junior National Athletics Championship 2026 will be selected by the Karnataka Athletics Association (KAA) Selection Committee. The decision of the Selection Committee shall be final and binding, subject to the rules and regulations of the Athletics Federation of India (AFI).

For selection to the Junior National Athletics Championship 2026, athletes' performances at the South Zone Athletics Championship 2026 will also be taken into consideration.

The age-group cut-off dates are subject to change in accordance with the latest AFI Circulars or National Championship regulations. Any such changes will be binding on all participants.

The Karnataka Athletics Association (KAA) will publish the qualifying standards (qualifying marks) for selection to the South Zone and Junior National Championships.

Participation in the South Zone Athletics Championship is mandatory. Athletes who do not participate in the South Zone Championship will not be considered for selection to the Junior National Athletics Championship,

if any official circular and Changes to visit Karnataka Athletics association official website only

A.RAJAVELU

Hon. Secretary

KARNATAKA ATHLETICS ASSOCIATION

Sree Kanteerava Stadium, Bengaluru - 01

**LIST OF EVENTS TO BE CONDUCTED IN 40TH NATIONAL JUNIOR ATHLETICS
CHAMPIONSHIPS 2025**

UNDER-14 YEARS(BOYS/GIRLS)		
S.NO	EVENTS	DESCRIPTION
1.	Triathlon(A)	60m, Long Jump (5m approach), High Jump (Scissor)
2.	Triathlon(B)	60m, Long Jump (5m approach), Back Throw (1kg Shot put)
3.	Triathlon(C)	60m, Long Jump (5m approach), 600m
Kids Javelin Throw with five meter run way will be mandatory for all the U-14 athletes.		

UNDER 20 MEN	BOYS UNDER 18	BOYS UNDER 16
		60m
100m	100m	
200m	200m	
		600m
400m	400m	
800m		
1500m		
	1000m	
3000m		
5000m		
110m Hurdles (0.991m)	110m Hurdles (0.914m)	80m Hurdles (0.838m)
400m Hurdles (0.914m)		
3000m Steeplechase		
High Jump	High Jump	High Jump (Scissor Only)
Pole Vault		
Long Jump	Long Jump	Long Jump (5m Approach)
Triple Jump		
Shot Put (6 Kg)	Shot Put (5 Kg)	Shot Put (4 Kg) (Standing)
Discus Throw (1.750 Kg)	Discus Throw (1.500 Kg)	
Hammer Throw (6.0 Kg)		
Javelin Throw (800g)	Javelin Throw (700g)	Javelin Throw (600g) (10m Approach)
4x100m Relay	Medley Relay	Medley Relay
4x400m Relay		
4x400m Mixed Relay		
Decathlon (Ten Event) DAY "1": 100m, Long Jump, Shot Put, High Jump & 400m. DAY "2": 110mH, Discus Throw, Pole Vault, Javelin Throw & 1500m.	Heptathlon (Seven Event) DAY "1": 110mH, High Jump, Shot Put, & 200m. DAY "2": Long Jump, Javelin Throw & 1000m.	Pentathlon (Five Event) DAY "1": 60m, 80mH & Long Jump (5m Approach) DAY "2": Shot Put (Standing) & 600m
5000m Race Walk	5000m Race Walk	

UNDER 20 WOMEN	GIRLS UNDER 18	GIRLS UNDER 16
		60m
100m	100m	
200m	200m	
		600m
400m	400m	
800m		
1500m	1000m	
3000m		
5000m		
100m Hurdles (0.838m)	100m Hurdles (0.762m)	80m Hurdles (0.762m)
400m Hurdles (0.762m)		
3000m Steeplechase		
High Jump	High Jump	High Jump (Scissor Only)
Pole Vault		
Long Jump	Long Jump	Long Jump (5m Approach)
Triple Jump		
Shot Put (4 Kg)	Shot Put (3 Kg)	Shot Put (3 Kg) (Standing)
Discus Throw (1.000 Kg)	Discus Throw (1.000 Kg)	
Hammer Throw (4 Kg)		
Javelin Throw (600g)	Javelin Throw (500g)	Javelin Throw (500g) (10m Approach)
4x100m Relay	Medley Relay	Medley Relay
4x400m Relay		
Heptathlon (Seven Event) DAY "1": 100m H, High Jump, Shot Put & 200m DAY "2": Long Jump, Javelin Throw & 800m.	Heptathlon (Seven Event) DAY "1": 100mH, High Jump, Shot Put, & 200m. DAY "2": Long Jump, Javelin Throw & 1000m.	Pentathlon (Five Event) DAY "1": 60m, 80mH & Long Jump (5m Approach) DAY "2": Shot Put (Standing) & 600m
5000m Race Walk	3000m Race Walk	