



ATHLETICS ASSOCIATION OF SRI LANKA

Member of the International Association of Athletics Federations/Asian Athletics Association

No: 33, Torrington Place, Colombo 07, Sri Lanka

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Patron – His Excellency Maithripala Sirisena, President Democratic Socialist Republic of Sri Lanka

28th March 2019

President/Secretary,

The Principal,

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Dear Sir/Madam,

Junior National Championships – 2019

The above Championships will be held on 30th, 31st May and 1st & 2nd June 2019 at Sugathadasa Stadium Colombo

Age Limits

Under 16 Years	-	Born in 2004 - 2005
Under 18 Years	-	Born in 2002 - 2003
Under 20 Years	-	Born in 2000 - 2001
Under 23 Years	-	Born in 1997, 1998 & 1999

Events

Under 16		Under 18		Under 20/23	
Men	Women	Men	Women	Men	Women
100 M	100 M	100 M	100 M	100 M	100 M
200 M	200 M	200 M	200 M	200 M	200 M
400 M	400 M	400 M	400 M	400 M	400 M
800 M	800 M	800 M	800 M	800 M	800 M
3000 M RW	3000 M RW	1500 M	1500 M	1500 M	1500 M
		3000 M	3000 M	3000 M St. Ch.	3000 M St. Ch.
100 M H (0.838)	100 M H (0.762)	10000 M RW	5000 M RW	5000 M	5000 M
		110 M H (0.914)	100 M H (0.762)	10000 M	10000 M
High Jump	High Jump			10000 M RW	10000 M RW
Long Jump	Long Jump	400 M H (0.838)	400 M H (0.762)	110 M H (1.067)	100 M H (0.818)
Triple Jump	-				
Shot Put	Shot Put	High Jump	High Jump	400 M H (0.914)	400 M H (0.762)
Discus Throw	Discus Throw	Long Jump	Long Jump		
Javelin Throw	Javelin Throw	Triple Jump	Triple Jump	High Jump	High Jump
		Shot Put	Shot Put	Long Jump	Long Jump
		Discus Throw	Discus Throw	Triple Jump	Triple Jump
		Javelin Throw	Javelin Throw	Shot Put	Shot Put
		Pole Vault	Pole Vault	Discus Throw	Discus Throw
		2000 M St Ch		Javelin Throw	Javelin Throw
				Pole Vault	Pole Vault
				Hammer Throw	Hammer Throw

Weights (Implements)

Men	Shot Put HammerThrow	Discus Throw	Javelin Throw	Women	Shot Put HammerThrow	Discus Throw	Javelin Throw
Under 16	4.00 Kg	1.00 Kg	600 g	Under 16	4.00 Kg	1.00 Kg	600 g
Under 18	5.00 Kg	1.50 Kg	700 g	Under 18	4.00 Kg	1.00 Kg	600 g
Under 20	6.00 Kg	1.75 Kg	800 g	Under 20	4.00 Kg	1.00 Kg	600 g
Under 23	7.260 Kg	2.00 Kg	800 g	Under 23	4.00 Kg	1.00 Kg	600 g

Qualifying Standards

Event	Male			Female		
	Under 16	Under 18	Under 20	Under 16	Under 18	Under 20
Long Jump	5.50 M	5.90 M	6.20 M	4.40 M	4.70 M	4.90 M
Triple Jump	11.00 M	12.00 M	12.80 M	-	9.60 M	10.50 M
Shot Put	11.50 M	11.00 M	10.40 M	8.00 M	8.30 M	8.50 M
Discus Throw	32.00 M	32.00 M	32.00 M	22.00 M	24.00 M	26.00 M
Javelin Throw	42.00 M	44.00 M	46.00 M	26.00 M	28.00 M	30.00 M

Starting Heights

Men	High Jump		Pole Vault		
	St. Height	Women	St. Height	Women	
Under 16	1.60 M	Under 16	1.35 M	Under 16	-
Under 18	1.65 M	Under 18	1.40 M	Under 18	3.00 M
Under 20	1.70 M	Under 20	1.45 M	Under 20	3.20 M
Under 23	1.80 M	Under 23	1.55 M	Under 23	3.50 M

- All the candidates should produce the copy of the original birth certificate and the National Identity Card/Passport/Postal Identity Card to prove the Identity accordingly.
- Separate applications should be sent for each age limit. Applications should be produced separately for Girls & Boys.
- Entry Fee per event is Rs. 250.00. All the payments should be made by cheques in favour of **“Athletics Association of Sri Lanka”** or Deposit A/C No 2955763, Bank of Ceylon, Independence Branch, Colombo 07. Please note **Money Orders will not be accepted.** (Please send Deposit Slip with the Application Form).
- Please note that the Application without Entry Fees will not be accepted. The closing date of Applications will be 10th May 2019.
- Applications should be sent to Bernard Perera, Assistant Secretary, Athletics Association of Sri Lanka, No:33, Torrington Place, Colombo 07.
- The numbers of the Competitors can be collected on 28th & 29th May 2019 from 9.00 A.M. to 5.00 P.M. at the Athletics Association of Sri Lanka, No:33, Torrington Place, Colombo 07.
- Time Table and Applications are attached herewith.
- The approval was granted by the Secretary, Ministry of Education by the letter ED/9/15/2/3/3/2 dated 19th March, 2019 to get the participation of the School Children.
- Please note Athletes who will participate 2000 M and above kindly bring E.C.G. Report.
- For Email Application Please send your Email Address to bthilakasiri@gmail.com.
- 100/110 & 400 M Hurdles semifinals will not be held the, best 08 timers qualified for the Final.
- The school should get the consent letter from the parents in order to participate their children of this Championship.