



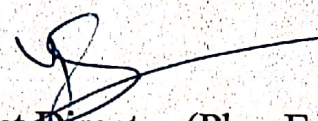
**UNIVERSITY SPORTS BOARD**  
**MAHARAJA GANGA SINGH UNIVERSITY**  
**BIKANER**

NH-15, JAISALMER ROAD, BIKANER (RAJ.)-334004

**Qualifying Standards for Inter University Athletics Meet 2019-20**

(The standard has taken as the 6th position in each event of the Inter University Athletics Meet)

S. No.	Men		Women	
	Event	Qualifying Norms in Time/Distance	Event	Qualifying Norms in Time/Distance
1	100 M	00:10:71 Sec.	100 M	00:12:00 Sec.
2	200 M	00:21:88 Sec.	200 M	00:24:75 Sec.
3	400 M	00:48:63 Sec.	400 M	00:56:87 Sec.
4	800 M	01:51:99 Sec.	800 M	02:12:60 Sec.
5	1500 M	03:57:24 Sec.	1500 M	04:37:51 Sec.
6	5000 M	15:33:39 Sec.	5000 M	17:46:08 Sec.
7	10000 M	32:06:98 Sec.	10000 M Run	38:42:84 Sec.
8	Half Marathon	01:10:46:66 Sec.	Half Marathon	01:28:23:09 Sec.
9	3000 Steeple Chase	09:39:27 Sec.	3000 Steeple Chase	11:22:29 Sec.
10	110 M Hurdle	00:14:85 Sec.	100 M Hurdle	00:14:53 Sec.
11	400 M Hurdle	00:54:37 Sec.	400 M Hurdle	01:03:54 Sec.
12	High Jump	2:00 MTS	High Jump	1:63 MTS
13	Pole Vault	4:30 MTS	Pole Vault	3:25 MTS
14	Long Jump	7:41 MTS	Long Jump	5:88 MTS
15	Triple Jump	15:74 MTS	Triple Jump	12:59 MTS
16	Shot Put	16:23 MTS	Shot Put	13:21 MTS
17	Discus Throw	47:22 MTS	Discus Throw	45:28 MTS
18	Hammer Throw	57:04 MTS	Hammer Throw	48:68 MTS
19	Javelin Throw	67:84 MTS	Javelin Throw	44:55 MTS
20	Decathlon	6017 POINT	Heptathlon	3668 POINT
21	20 KM Walk	01:36:26:97 Sec.	5 KM Walk	01:54:32:90 Sec.
22	4×100 M Relay	00:42:12 Sec.	4×100 M Relay	00:48:27 Sec.
23	4× 400 M Relay	03:14:79 Sec.	4× 400 M Relay	04:01:75 Sec.

  
Assistant Director (Phy. Edu.)  
Assistant Director Physical Education  
Maharaja Ganga Singh University  
BIKANER