

26th ALL INDIA FOREST SPORTS MEET, PANCHKULA

FIXTURES- ATHLETICS

DATE: 10.03.2023

Venue: Tau Devi Lal Stadium Athletics Track

Name and contact of Event In-charge: Sh. Suresh Dalal, IFS (8476009756)

Name and Contact of Event Convener: Sh. Naseem Ahmed (9501305885)

Time	Event	Group	Group	
08:30 AM	5000 mtr Run	Final	MSV	
09:00 AM	5000 mtr Run	Final	MO	
09:15 AM	High Jump	Final	MSV	
09:30 AM	1500 mtr Run	Final	MO	
09:30 AM	Discus Throw	Final	MO	
09:40 AM	1500 mtr Run	Final	WO	
09:50 AM	100 mtr Run	Heats	MO	
10:10 AM	100 mtr Run	Heats	MV	
10:30 AM	100 mtr Run	Heats	MSV	
10:30 AM	Javelin Throw	Final	WSV	
10:40 AM	100 mtr Run	Heats	WO	
10:50 AM	100 mtr Run	Heats	WV	
11:00 AM	100 mtr Run	Heats	WSV	
11:10 AM	Discus Throw	Final	WO	
11:15 AM	High Jump	Final	MO	
11:30 AM	4x4 Relay	Heats	MO	
Lunch Break				
02:00 PM	100 mtr Run	S/Final	MO	
02:00 PM	Javelin Throw	Final	MO	
02:00 PM	High Jump	Final	WO	
02:10 PM	100 mtr Run	S/Final	WO	
02:20 PM	100 mtr Run	S/Final	MSV	
02:30 PM	100 mtr Run	S/Final	MV	
02:30 PM	100 mtr Run	Final	WV	
02:30 PM	100 mtr Run	Final	WSV	
02:40 PM	4x4 mtr Relay	Final	MO	
Opening Ceremony 04 :00 PM Onwards				
	100 mtr Run	Final	MSV	
	100 mtr Run	Final	MV	
	100 mtr Run	Final	WO	
	100 mtr Run	Final	MO	

DATE: 11.03.2023

Time	Event	Group	Group	
07:00 AM	10000 mtr Walk	Final	MSV	
08:30 AM	5000 mtr Run	Final	WO	
09:00 AM	400 mtr Run	Heats	MO	
09:30 AM	Discus Throw	Final	WV	
09:30 AM	400 mtr Run	Heats	MV	
09:40 AM	High Jump	Final	MSV	
09:45 AM	400 mtr Run	Heats	MSV	
10:00 AM	400 mtr Run	Heats	WO	
10:30 AM	Discus Throw	Final	WSV	
11:00 AM	High Jump	Final	MV	
11:30 AM	Discus Throw	Final	MV	
11:40 AM	4x100 Relay	Heats	MO	
12:00 PM	4x100 Relay	Heats	MV	
12:20 PM	4x100 Relay	Heats	MSV	
12:40 PM	4x100 Relay	Heats	WO	
01:00 PM	4x100 Relay	Heats	WV	
01:15 PM	4x100 Relay	Heats	WSV	
Lunch Break				
02:30 PM	Javelin Throw	Final	MSV	
02:30 PM	Triple Jump	Final	MO	
02:30 PM	5000 mtr Run	Final	MV	
02:50 PM	400 mtr Run	Final	MSV	
03:00 PM	400 mtr Run	Final	MV	
03:10 PM	400 mtr Run	Final	MO	
03:10 PM	Triple Jump	Final	MV	
03:10 PM	400 mtr Run	Final	WO	
03:20 PM	Javelin Throw	Final	WO	
04:00 PM	4x100 mtr Relay	Final	WSV	
04:15 PM	4x100 mtr Relay	Final	WV	
04:20 PM	Javelin Throw	Final	MV	
04:25 PM	4x100 mtr Relay	Final	WO	
04:35 PM	4x100 mtr Relay	Final	MSV	
04:40 PM	Javelin Throw	Final	WSV	
04:45 PM	4x100 mtr Relay	Final	MV	
05:00 PM	4x100 mtr Relay	Final	MO	
05:20 PM	800 mtr Walk	Final	WO	
05:20 PM	Javelin Throw	Final	WV	

05:30 PM	800 mtr Walk	Final	WV	
05:40 PM	800 mtr Walk	Final	WSV	
05:50 PM	800 mtr Walk	Final	MSV	

DATE: 12.03.2023

Time	Event	Group	Group	
08:00 AM	10000 mtr Walk	Final	MO	
09:00 AM	Long Jump	Final	MO	
10:10 AM	800 mtr Run	S/Final	MO	
10:10 AM	Long Jump	Final	MSV	
10:20 AM	800 mtr Run	Final	MV	
10:20 AM	Discus Throw	Final	MSV	
10:30 AM	800 mtr Run	Final	WO	
10:30 AM	200 mtr Run	Heats	MO	
10:30 AM	Discus Throw	Final	WSV	
10:50 AM	200 mtr Run	Heats	MV	
11:00 AM	200 mtr Run	Heats	MSV	
11:10 AM	Long Jump	Final	MV	
11:20 AM	200 mtr Run	Heats	WO	
11:30 PM	Discus Throw	Final	WV	
12:20 PM	200 mtr Run	S/Final	MO	
12:30 PM	800 mtr Run	Final	MO	
12:40 PM	10000 mtr Walk	Final	MV	

DATE: 13.03.2023

Time	Event	Group	Group	
08:00 AM	1500 mtr Walk	Final	MSV	
09:00 AM	Shot put	Final	MO	
09:10 AM	200 mtr Run	Final	WO	
09:40 AM	200 mtr Run	Final	MO	
09:50 AM	200 mtr Run	Final	MV	
09:50 AM	Shot put	Final	MV	
10:00 AM	200 mtr Run	Final	MSV	
10:30 AM	Long Jump	Final	WO	
10:40 AM	Shot put	Final	MSV	
11:40 AM	Shot put	Final	WO	
12:30 PM	Shot put	Final	WV	

01:00 PM	Shot put	Final	WSV	
Lunch Break				
02:30 PM	Long Jump	Final	WV	
02:30 PM	400 mtr Walk	Final	WO	
02:40 PM	400 mtr Walk	Final	WV	
02:50 PM	400 mtr Walk	Final	WSV	
02:50 PM	Hammer Throw	Final	MO	
02:50 PM	Long Jump	Final	WSV	
03:00 PM	100 mtr Hurdles	Heats	WO	
03:10 PM	110 mtr Hurdles	Heats	MO	
03:20 PM	110 mtr Hurdles	Final	MV	
03:30 PM	110 mtr Hurdles	Final	MSV	
03:40 PM	Hammer Throw	Final	MV	
04:00 PM	110 mtr Hurdles	Final	MO	
04:10 PM	100 mtr Hurdles	Final	WO	
04:30 PM	Hammer Throw	Final	MSV	
04:30 PM	1500 mtr Walk	Final	MV	

14.03.2023

Time	Event	Group	
07:00 AM	25 km Marathon	MO	
07:00 AM	25 km Marathon	MV	
07:00 AM	25 km Marathon	MSV	
07:30 AM	21 km Marathon	WO	
07:30 AM	21 km Marathon	WV	
07:30 AM	21 km Marathon	WSV	

Note-

1. All participants of Marathon will assemble at Tau Devi Lal Sports Complex, Panchkula at 5 AM positively. Blood Pressure (BP) check up of all participants is mandatory and will take place at assembly point. Participation will be permitted only to those participants who are cleared by the medical authority. The participants will be taken to the starting point of marathon by bus.
2. The Marathon race will start from Cheekan Forest Rest House. The women participants will take U turn at Thapli Nature Resort and the men participants will take U turn further ahead (about 2.5 KM) at 'Green Land Guest House'. Attendance of participants will be recorded at point of 'U' turn and those who will fail to record their attendance at U turn will be disqualified.