



**95<sup>th</sup>**

**TAMILNADU STATE SENIOR STATE ATHLETICS  
CHAMPIONSHIPS 2023**

**27<sup>th</sup> & 28<sup>th</sup> May, 2023**

*Anna Stadium, Tirunelveli*

**TEAM MANUAL**



**Organised by Nellai District Athletic Association**



# 95<sup>th</sup> TAMILNADU STATE SENIOR ATHLETICS CHAMPIONSHIPS 2023 TEAM MANUAL

## **Local Organizing Committee (LOC)**

- ❖ Nellore District Athletic Association
- ❖ For Enquiry - Dr. S. Sethu, 9443461487, Mr P. Palpandi - 90805 73676.

## **Date of Competition**

- ❖ May 27 & 28, 2023
- ❖ Pole Vault and Hammer Throw for men and women will be held on 26.05.2023 at 02.00pm.

## **Venue**

- ❖ Anna Stadium, SDAT, Palayamkottai.

## **Competition Area & Facilities**

- ❖ 8 Lane Synthetic Track
- ❖ 1 Shot Put Circle and Landing sector.
- ❖ 1 Hammer Throw Circle and Landing sector
- ❖ 1 Discus Throw Circle and Landing sector
- ❖ 2 Javelin Runway and Landing sector
- ❖ 2 Pole Vault Runway and Landing Area
- ❖ 2 High Jump Runway and Landing Area
- ❖ 2 Long Jump Runway and Landing Area
- ❖ 2 Triple Jump Runway & Landing Area

## **Warming Up Area**

- ❖ Warming Up area is inside the stadium (Hockey Field) & near by the 200m starting point.

## **Call Room**

- ❖ Call Room is located at Skating ring near to the Basketball Court
- ❖ Athletes are asked to report to the Call Room compulsorily as per the schedule

## **Technical Information Centre (TIC)**

- ❖ Technical Information Centre available near to the stage.

## **Events**

- ❖ 22 events each for Men & women and one Mixed event.
- ❖ Events will be conducted as per the schedule.





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- ❖ 100M, 200M, 400M, 800M, 1500M, 5000M, 10000M, 3000M SC, 110M H / 100M H, 400M H, 20KM Race Walk, Long Jump, High Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, Decathlon/Heptathlon, 4x100m Relay, 4x400m Relay, 4x400m mixed Relay.

### Rules & Regulations

- ❖ The Athletic Championship will be held in accordance with the AFI and TNAA rules.

### Implements

- ❖ All the implements & equipments will be provided by organizing committee.
- ❖ If the personal implement is needed it should be submitted to the TIC at least one day before the competition. (Javelin, Discus, Hammer & Shot), If Technical Delegates approved the personal implement, it would become the official implement (it may use all the athletes).

### Equipments

- ❖ Vaulting Pole & other personal equipment will not be provided by the LOC.
- ❖ Starting block will be provided by the LOC

### Official Implements & Equipments Specification

Category	Shot put	Discus	Javelin	Hammer	100mH	110mH	400mH	3000m SC
Men	7.26 kg	2.00 kg	800gms	7.26kg	---	1.067m	0.914m	0.914m
Women	4.00kg	1.00kg	600gms	4.00kg	0.840m	---	0.762m	0.762m

### STARTING HEIGHT AND QUALIFYING DISTANCE

High Jump	Long Jump	Triple Jump	Pole Vault	Shot Put	Discus Throw	Javelin Throw	Hammer Throw
1.85 m	6.80 m	14.00 m	3.90 m	13.00 m	38.00 m	50.00 m	40.00 m
1.50 m	5.30 m	12.00 m	2.50 m	10.00 m	30.00 m	35.00 m	30.00 m

### Medical

- ❖ Basic medical facilities and first-aid will be provided

### Sanitation

- ❖ Toilet facilities available at the stadium will be utilized.

### Dress Code

- ❖ Athletes must wear the proper sports uniform.
- ❖ The dress should not be transparent even though if it is wet.





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### **BIB Number**

- ❖ The LOC will provide the BIB and Hip number.
- ❖ Athletes must wear BIB number in front and back.
- ❖ In Jumping events, the athletes may wear at least one BIB number either front or back.
- ❖ BIB number must be pinned on all 4 corners.

### **Award Ceremonies**

- ❖ Victory ceremony will be held after the completion of each event.
- ❖ Participants must wear their sports uniform while receiving the awards.

### **Prizes**

- ❖ First prize – Gold medal and Certificate
- ❖ Second prize – Silver medal and Certificate
- ❖ Third prize – Bronze medal and Certificate
- ❖ Team Championship will be given for Men & Women and overall on the basis of points.
- ❖ In each group best athlete award will be given as per the WA Scoring table for regular events only

### **Call Room Procedures**

- ❖ Announcement will be given over the PA system.
- ❖ The athlete must present at call room according to the schedule as noted below.
- ❖ The athlete who fails to appear the call room, he or she cannot be allowed to participate in the event.
- ❖ Athlete must report with two **BIB** number.

Events	First Call	Final Call	Competition area
Track Events	40 min	30 min	10 min
High Jump	60 min	50 min	45 min
Pole vault	70 min	65 min	60 min
Other Field Events	50 min	45 min	40 min

- Note :**
- 1. First Call** – Athlete must report for attendance & prepare the event (warm-up)
  - 2. Final Call** – Athlete must assemble and march towards the Competition Area.
  - 3. Competition Area** - Athlete must reach the competition area with Call Room Officials

### **General Conditions – Field Events**

- ❖ **Distance Events (Long Jump, Triple Jump, Shot put, Discus Throw, Javelin Throw)**
  - Three trails (round of trials) will be given for all the athletes.
  - Further three (round of competitions) will be given for Best eight (8) athletes with valid performances.





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### ❖ Vertical Jump (High Jump & Pole Vault)

- Three trials will be given for each height.
- If they made three consecutive failures, the athlete will be eliminated from the event.
- Initial height of the bar will be fixed by the concern official during the event.
- In High Jump and Pole Vault, the tie break (jump-off) will be conducted if necessary.

### **General Conditions – Track Events**

- ❖ For 100m & 200m, Round 1, Semifinal and Final will be conducted.
- ❖ For 400m, From Round 1 Best 8 athletes will be selected for Final.
- ❖ For 100mH/110mH & 400m H, From Round 1 Best 8 athletes will be selected for Final.
- ❖ 800m, 1500m, 5000m & 10000m will be started by Group Start (Direct Final only)
- ❖ For all Relays, position will be awarded based on best timing (Time Trials).
- ❖ **Stagger**
  - 200M - Half Stagger
  - 400M, 400M H & 4x100M Relay - Full Stagger
  - 4 x 400 m R - One and Half Stagger with Break line distance
- ❖ **Arc Start/Double Arc Start**
  - 800m, 1500m, 5000m & 10000m

### **Participation of Athletes**

- An athlete can participate maximum of two individual events and three relay events.

### **March Past**

- ❖ March past will be held on 27<sup>th</sup> May 2023, 4.30 pm.
- ❖ All Athletes should participate in the march past with club flag and proper uniform.
- ❖ If any athlete fails to attend the march past, they will not be allowed to participate.

### **Food and Accommodation**

- Food and accommodation will not be provided by the Local Organizing Committee (LOC).

### **National Competition**

- The Tamilnadu Senior Athletics contingent will be selected on the performance of this Championship to participate in the 62<sup>nd</sup> National Inter State Senior Athletics Championships at Bhubaneswar, Odisha from 15<sup>th</sup> to 18<sup>th</sup> June, 2023 and 62<sup>nd</sup> National Open Athletic Championships at Jamshedpur, Jharkhand from 11<sup>th</sup> to 14<sup>th</sup> October, 2023.





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### COMPETITION SCHEDULE

#### Friday 26 May

Time	Gender	Event	Round
02:30pm	Men	Hammer Throw	🏹 Final 1
02:30pm	Men	Pole Vault	🏹 Final 2
04:30pm	Women	Hammer Throw	🏹 Final 3
04:30pm	Women	Pole Vault	🏹 Final 4
05:00pm	Men	20000M Race Walk	🏹 Final 5
05:30pm	Women	20000M Race Walk	🏹 Final 6

#### Day 1 Morning Session

#### Saturday 27 May

Time	Gender	Event	Round
06:00am	Men	10000M	🏹 Final 7
06:30am	Women	10000M	🏹 Final 8
06:45am	Women	100m Hurdles	Heptathlon 1
07:10am	Men	100m	Decathlon 1
07:15am	Women	Discus Throw	🏹 Final 9
07:30am	Triple Jump	Women	🏹 Final 10
07:40am	Women	High Jump	Heptathlon 2
08:00am	Men	400m	Round 1
08:45am	Women	400m	Round 1
08:45am	Men	Long Jump	Decathlon 2
09:00am	Women	High Jump	🏹 Final 11
09:30am	Men	Discus Throw	🏹 Final 12
09:45am	Women	Shot Put	Heptathlon 3
10:00am	Men	Shot Put	Decathlon 3
10:00am	Men	100m	Round 1
11:00am	Women	100m	Round 1

#### Day 1 Evening Session

#### Saturday 27 May

Time	Gender	Event	Round
02:00pm	Men	Javelin Throw	🏹 Final 13
02:00pm	Men	Triple Jump	🏹 Final 14
02:30pm	Men	High Jump	Decathlon 4
03:00pm	Men	100m	Semi-Final
03:15pm	Women	100m	Semi-Final
03:30pm	Men	400m	Semi-Final
03:45pm	Women	400m	Semi-Final
04.30pm	<b>OPENING CEREMONY</b>		
05:30pm	Men	100m	🏹 Final 15
05:40pm	Women	100m	🏹 Final 16
06:00pm	Men	1500m	🏹 Final 17 (TT)
06:20pm	Women	1500m	🏹 Final 18 (TT)
06:40pm	Women	200m	Heptathlon 4
07:00pm	Men	400m	Decathlon 5
07:30pm	Men	400m	🏹 Final 19
07:45pm	Women	400m	🏹 Final 20
08:00pm	Men	4x100m Relay	🏹 Final 21 (TT)
08:15pm	Women	4x100m Relay	🏹 Final 22 (TT)





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#### Day 2 Morning Session

Sunday 28 May

Time	Gender	Event	Round
06:00am	Men	5000m	🏆 Final 23
06:30am	Women	5000m	🏆 Final 24
06:45am	Men	110m Hurdles	Decathlon 6
07:00am	Women	Long Jump	Heptathlon 5
07:00am	Men	110m Hurdles	Round 1
07:20am	Women	100m Hurdles	Round 1
07:30am	Women	Javelin Throw	🏆 Final 25
07:30am	Men	High Jump	🏆 Final 26
08:00am	Men	200m	Round 1
08:45am	Women	200m	Round 1
08:45am	Men	Discus Throw	Decathlon 7
08:45am	Women	Javelin Throw	Heptathlon 6
08:50am	Women	Long Jump	🏆 Final 27
09:00am	Men	Shot Put	🏆 Final 28
09:10am	Women	100m Hurdles	🏆 Final 29
09:20am	Men	110m Hurdles	🏆 Final 30
09:45am	Men	800m	Round 1
10:00am	Women	800m	Round 1
10:00am	Men	Pole Vault	Decathlon 8
10:10am	Women	400m Hurdles	Round 1
10:45am	Men	400m Hurdles	Round 1

#### Day 2 Evening Session

Sunday 28 May

Time	Gender	Event	Round
02:00pm	Men	Long Jump	🏆 Final 31
02:00pm	Women	Shot Put	🏆 Final 32
02:30pm	Men	400m Hurdles	🏆 Final 33
02:40pm	Women	400m Hurdles	🏆 Final 34
02:40pm	Men	Javelin Throw	Decathlon 9
03:00pm	Men	200m	Semi-Final
03:10pm	Women	200m	Semi-Final
03:20pm	Men	800m	🏆 Final 35
03:30pm	Women	800m	🏆 Final 36
03:40pm	Men	3000m Steeplechase	🏆 Final 37
04:00pm	Women	3000m Steeplechase	🏆 Final 38
04:30pm	Men	200m	🏆 Final 39
04:40pm	Women	200m	🏆 Final 40
04:50pm	Women	800m	🏆 Heptathlon 41
05:00pm	Men	1500	🏆 Decathlon 42
05:10pm	Men	4x400m Relay	🏆 Final 43 (TT)
05:20pm	Women	4x400m Relay	🏆 Final 44 (TT)
05:30pm	Mixed	4x400m Relay	🏆 Final 45 (TT)
05:45pm	<b>CLOSING CEREMONY</b>		





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### TAMILNADU STATE SENIOR MEN RECORDS

DISCIPLINE	PERF.	COMPETITOR	UNIT	VENUE	YEAR
100 Metres	10.48	K.ELAKKIYADASAN	SOUTHERN RAILWAY	CHENNAI	2021
200 Metres	21.17	M.MANIKANDA ARUMUGAM	SOUTHERN RAILWAY	CHENNAI	2015
400 Metres	47.14	A.DHRUN	ST.JOSEPH'S	CHENNAI	2015
	47.14	A.MOHAN JOSE	KANYAKUMARI	CHENNAI	2016
	47.14	M.RAJES KUMAR	AARON	CHENNAI	2017
800 Metres	1.52.28	V.VELLYATTHEV VELU	ICF SPORTS ASSOCIATION	TRICHY	2019
1500 Metres	3.52.21	M. RAVIKUMAR	PRIME SPORTS ACADEMY	COIMBATORE	2022
5000 Metres	14:44.97	M.SATHISH KUMAR	GENESIS SPORTS FOUNDATION	COIMBATORE	2022
10000 Metres	30:24.74	M.SATHISH KUMAR	GENESIS SPORTS FOUNDATION	COIMBATORE	2022
3000 Metres Steeplechase	8:56.94	R.RAMACHANDRAN	NILGIRIS	CHENNAI	2015
110 Metres Hurdles	14.04	A.SURESH	SOUTHERN RAILWAY	MADURAI	2013
400 Metres Hurdles	51.52	M.RAMACHANDRAN	ST.JOSEPH'S	TRICHY	2019
High Jump	2.19	V. BHARATHI	PRIME SPORTS ACADEMY	COIMBATORE	2022
Pole Vault	5.15	S.SIVA SUBRAMANI	ST.JOSEPH'S	TRICHY	2019
Long Jump	7.95	K.PREMKUMAR	ST.JOSEPH'S	MADURAI	2013
Triple Jump	16.30	D.GAILEY VENISTER	UNATTACHED	CHENNAI	2021
Shot Put	16.38	S.SANTHOSH KUMAR	NILGIRIS	CHENNAI	2010
Discus Throw	49.36	J.J.RAZEEN	ST.JOSEPH'S	CHENNAI	2011
Hammer Throw	62.73	N.SHANKAR B NAGARAJAN	TN REVENUE DEPT	TRICHY	2019
Javelin Throw	74.63	S. BRAVEMAN HEART	MADRAS CHRISTIAN COLLEGE	COIMBATORE	2022
Decathlon	6826	SUREN	INDIAN BANK	CHENNAI	2016
20 Kilometres Race Walk	1:31:20.27	VIKASH SINGH HARGOVIND S	NILGIRIS	TRICHY	2019
4×100 Metres Relay	41.26	TRICHY	TRICHY	TRICHY	2019
4×400 Metres Relay	3.14.59	ST.JOSEPH'S	ST.JOSEPH'S	TRICHY	2019
4×400 Metres Mixed Relay	3.41.95	ACHIEVERS SPORTS AA	ACHIEVERS SPORTS AA	COIMBATORE	2022

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### TAMILNADU STATE SENIOR WOMEN RECORDS

DISCIPLINE	PERF.	COMPETITOR	UNIT	VENUE	YEAR
100 Metres	11.48	S.DHANALAKSHMI	ROCKFORT STAR ACADEMY	SIVAKASI	2021
200 Metres	24.19	A.CHANDRALEKHA	INDIAN BANK	TIRUNELVELI	2018
400 Metres	54.45	G.K.VIJAYA KUMARI	TN REVENUE DEPT	TIRUNELVELI	2018
800 Metres	2:11.27	V. KAVITHA	PRIME SPORTS ACADEMY	COIMBATORE	2022
1500 Metres	4:25.44	M.GOMATHI	ST.JOSEPH'S	TRICHY	2012
5000 Metres	16:47.34	L.SURIYA	SOUTHERN RAILWAY	COIMBATORE	2014
10000 Metres	35:37.84	L.SURIYA	SOUTHERN RAILWAY	COIMBATORE	2014
3000 Metres Steeplechase	12:17.94	J. NIBIYAJOSEPH	SMART SPORTS ACADEMY	COIMBATORE	2022
100 Metres Hurdles	13.74	C.KANIMOZHI	SOUTHERN RAILWAY	CHENNAI	2021
400 Metres Hurdles	1:00.50	J. DHIVYA	INDIAN BANK	COIMBATORE	2022
High Jump	1.81	GRACENA G MERLY	ATHLETIC FOUNDATION	COIMBATORE	2022
Pole Vault	4.10	V. PAVITHRA	SDAT	COIMBATORE	2022
Long Jump	6.42	HARSHINI SARAVANAN	GST CENTRAL EXCISE	COIMBATORE	2022
Triple Jump	13.27	G.GAYATHRY	ST.JOSEPH'S	CHENNAI	2016
Shot Put	14.16	LATHA	NAGERCOIL	---	--
Discus Throw	46.77	M.KARUNIYA	PERUMAL RAMASAMY SPORTS	TRICHY	2019
Hammer Throw	49.70	S.SRINITHI	DO OR DIE	TIRUNELVELI	2018
Javelin Throw	51.06	S.SARASWATHI	SOUTHERN RAILWAY	CHENNAI	2011
Heptathlon	4699	KALAIVANI	ST.JOSEPH'S	CHENNAI	2011
10000 Metres Race Walk	51:43.85	MOKAVI M	TRIUMPH SPORTS CLUB	COIMBATORE	2022
4×100 Metres Relay	47.78	PRIME SPORTS ACADEMY	PRIME SPORTS ACADEMY	CHENNAI	2021
4×400 Metres Relay	3:53.30	CHENNAI DAA	CHENNAI	CHENNAI	2016

