



SRI LANKA ATHLETICS



No:33, Independents avenue , Colombo 07.

Tel:+94 112 682329 Fax:+94 11 2676163/e-mail: sri@mf.worldathletics.org

18th April 2022

President/Secretary,
The Principal,

Dear Sir/Madam,

Junior National Championships – 2022

The above Championship will be held on 09th, 10th, 11th & 12th May, 2022 at Sugathadasa Stadium, Colombo 13.

Age Limits

Under 16 Years	-	Born in 2007 – 2008
Under 18 Years	-	Born in 2005 – 2006
Under 20 Years	-	Born in 2003 – 2004
Under 23 Years	-	Born in 2000, 2001 & 2002

Events

Boys	Boys	Men	Men	Girls	Girls	Women	Women
Under 16	Under 18	Under 20	Under 23	Under 16	Under 18	Under 20	Under 23
100m	100m	100m	100m	100m	100m	100m	100m
200m	200m	200m	200m	200m	200m	200m	200m
400m	400m	400m	400m	400m	400m	400m	400m
800m	800m	800m	800m	800m	800m	800m	800m
100m Hur.	1500m	1500m	1500m	100m Hur.	1500m	1500m	1500m
300m Hur.	3000m	5000m	5000m	300m Hur.	3000m	3000m	5000m
High Jump	2000m St.	10000m	10000m	High Jump	2000m St.	5000m	10000m
Long Jump	110m Hur.	3000m St.	3000m St.	Long Jump	100m Hur.	3000m St.	3000m St.
Triple Jump	400m Hur.	110m Hur.	110m Hur.	Shot Put	400m Hur.	100m Hur.	100m Hur.
Shot Put	High Jump	400m Hur.	400m Hur.	Discus Throw	High Jump	400m Hur.	400m Hur.
Discus	Pole Vault	High Jump	High Jump	Javelin Throw	Pole Vault	High Jump	High Jump
Javelin	Triple Jump	Pole Vault	Pole Vault		Triple Jump	Pole Vault	Pole Vault
	Long Jump	Long Jump	Long Jump		Long Jump	Long Jump	Long Jump
	Shot Put	Triple Jump	Triple Jump		Shot Put	Triple Jump	Triple Jump
	Discus	Shot Put	Shot Put		Discus	Shot Put	Shot Put
	Javelin	Discus	Discus		Javelin	Discus	Discus
	Hammer	Javelin	Javelin		Hammer	Javelin	Javelin
		Hammer	Hammer			Hammer	Hammer

Hrdles	Boys / Men				Girls / Women			
	U 16	U 18	U 20	U 23	U 16	U 18	U 20	U 23
100m Hurdles	0.838m	-	-	-	0.762m	0.762m	0.838m	0.838m
110m Hurdles	-	0.914m	0.991m	1.067m	-	-	-	-
300m Hurdles	0.762m	-	-	-	0.762m	-	-	-
400m Hurdles	-	0.838m	0.914m	0.914m	-	0.762m	0.762m	0.762m
Steeple Chase	-	0.838m	0.914m	0.914m	-	0.762m	0.762m	0.762m

Boys/Men	Shot/Hammer	Discus	Javelin	Girls/Women	Shot/Hammer	Discus	Javelin
Under 16	4.00 kg	1.00 kg	600 g	Under 16	3.00 kg	1.00 kg	500 g
Under 18	5.00 kg	1.50 kg	700 g	Under 18	3.00 kg	1.00 kg	500 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

- 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. 400.00. All the payments should be made by cheques in favour of “**Sri Lanka Athletics**” 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 30th April, 2022, **Late entries will be accepted up to 03rd of May 2022, Late Entry Fee Rs.800 Per Event**
- Applications should be sent to Mr.Palitha Jayathilaka, Competitions Committee, Sri Lanka Athletics, No:33, Independents avenue , Colombo 07.
- The numbers of the Competitors can be collected on 7th & 8th from 9.00 A.M. to 5.00 P.M. at the Sri Lanka Athletics , No:33, Independents avenue , Colombo 07.
- Entry form and entry standards are attached herewith.
- Please note Athletes who will participate 2000 M and above kindly bring E.C.G. Report.



Palitha Jayathilaka
Assistant Secretary–Sri Lanka Athletics

ENTRY FORM



SRI LANKA ATHLETICS

JUNIOR NATIONAL CHAMPIONSHIPS - 2022

09th, 10th, 11th & 12th May, 2022 at Sugathadasa Stadium, Colombo 13.

No:33, Independents avenue , Colombo 07.

Tel:+94 112 682329 Fax:+94 11 2676163/,E-Mail:sri@mf.worldathletics.org

BOYS

Fill out the entry form separately for all age limits

Under

Name & Address of School/Club/District _____

Tel : _____ E-Mail _____

Please use Separate entry form each age category

Office Use	Name of Competitor (Block Letters)	Date of Birth	Events																								
			100 M	200 M	400 M	800 M	1500 M	3000 M	5000 M	10000 M	2000 M St	2000 M St	110 M Hurdles	300 M Hurdles	400 M Hurdles	HIGH JUMP	POLE VAULT	LONG JUMP	TRIPLE JUMP	SHOT PUT	DISCUS THROW	JAVELIN THROW	HAMMER THROW				

Entries Close - on, 30 th April, 2022	Entry Fee Rs.400 Per Event	Total Number of Event	Total Amount	Rs.
Late entries will be accepted up to 03rd of May 2022	Late Entry Fee Rs.800 Per Event			

All the payments should be made by cheques in favour of "Sri Lanka Athletics" or Deposit A/C No 2955763, Bank of Ceylon, Independence Branch, Colombo 07.
 Entries Should be sent to to Mr.Palitha Jayathilaka, Competitions Committee Sri Lanka Athletics,
 No:33, Independents avenue , Colombo 07, Bib Numbers of competitors canbe collected on 7th,8th May 2022

 Signature of Principal
 President/Secretary
 (Rubber Stamp)



SRI LANKA ATHLETICS

JUNIOR NATIONAL CHAMPIONSHIPS - 2022

09th, 10th, 11th & 12th May, 2022 at Sugathadasa Stadium, Colombo 13.

No:33, Independents avenue , Colombo 07.

Tel:+94 112 682329 Fax:+94 11 2676163/,E-Mail:sri@mf.worldathletics.org

GIRLS

Fill out the entry form separately for all age limits

Name & Address of School/Club/District _____

Tel : _____ E-Mail _____

Under

Please use Separate entry form each age category

Office Use	Name of Competitor (Block Letters)	Date of Birth	Events																							
			100 M	200 M	400 M	800 M	1500 M	3000 M	5000 M	10000 M	2000 M St	3000 M St	100 M Hurdles	300M Hurdles	400 M Hurdles	HIGH JUMP	POLE VAULT	LONG JUMP	TRIPLE JUMP	SHOT PUT	DISCUS THROW	JAVELIN THROW	HAMMER THROW			

Entries Close - on, 30 th April, 2022 Late entries will be accepted up to 03 rd of May 2022	Entry Fee Rs.400 Per Event	Total Number of Event	Total Amount	Rs.
	Late Entry Fee Rs.800 Per Event			

All the payments should be made by cheques in favour of "Sri Lanka Athletics" or Deposit A/C No 2955763, Bank of Ceylon, Independence Branch, Colombo 07.

Entries Should be sent to Mr.Palitha Jayathilaka, Competitions Committee Sri Lanka Athletics, No:33, Independents avenue , Colombo 07, Bib Numbers of competitors can be collected on 7th,8th May 2022

 Signature of Principal
 President/Secretary
 (Rubber Stamp)



SRI LANKA ATHLETICS

Junior National Athletic Championships – 2022

Entry Standards



Event	MEN			
	U 16	U 18	U 20	U 23
100m	12.50	12.20	12.00	11.60
200m	25.50	24.80	24.30	24.00
400m	56.00	54.50	54.00	52.50
800m	2:18.00	2:14.00	2:10.00	2:07.00
1500m		4:30.00	4:25.00	4:18.00
3000m		NR		
5000m			NR	NR
10000m			NR	NR
2000m St.		NR		
3000m St.			NR	NR
100m Hurdles	16.00			
110m Hurdles		17.00	17.00	17.00
300m Hurdles	46.50			
400m Hurdles		60.00	58.00	57.50
High Jump	1.58	1.65	1.75	1.78
Pole Vault		3.20	3.40	3.60
Long Jump	5.70	5.90	6.00	6.25
Triple Jump	12.00	12.50	13.00	13.50
Shot Put	11.50	11.50	11.50	11.00
Discus	33.00	33.00	30.00	30.00
Hammer		NR	NR	NR
Javelin	40.00	44.00	48.00	50.00

WOMEN			
U 16	U 18	U 20	U 23
13.90	13.70	13.60	NR
28.50	28.20	27.90	NR
65.00	63.00	62.50	NR
2:30.00	2:28.00	2:27.00	NR
	5:30.00	5:25.00	NR
	NR	NR	
		NR	NR
			NR
	NR		
		NR	NR
18.00	18.00	18.00	NR
54.00			
	70.00	69.00	NR
1.32	1.38	1.42	NR
	2.30	2.40	NR
4.70	4.85	5.00	NR
	10.20	10.50	NR
10.00	10.25	9.50	NR
24.00	25.00	27.00	NR
	NR	NR	NR
24.00	26.00	28.00	NR

NR : Not Required