



GOA ATHLETICS ASSOCIATION

IN COLLABORATION WITH

ATHLETICS FEDERATION OF INDIA & THE SPORTS AUTHORITY OF GOA

57TH GOA STATE ATHLETICS CHAMPIONSHIP 2026

IN MEMORY OF

PADMA BHUSHAN DR. MANOHAR PARRIKAR

30TH JULY TO 01ST AUGUST, 2026

ATAL ATHLETIC STADIUM, BAMBOLIM, GOA

"Championship Schedule"





**57Th Goa State Athletics Championship 2026
In Memory Of Padma Bhushan Dr. Manohar Parrikar**

Venue: Atal Athletic Stadium, Bambolim, Goa

Dates: 30Th July 2026 To 1St August 2026

ORDER OF EVENTS

Day-1 30Th July 2026

EVENT NO.	TIME	EVENT	SPECIFICATION	CATEGORY	COUNT	ROUND
13	14:30	60M	Top 24 Qualify For Semis As Per Time	U-12 Boys	91	Heats
8	14:45	Standing Broad Jump		U-10 Boys	32	Final (Pit-1)
9	14:45	Tennis Ball Throw	(5M Approach)	U-10 Boys	49	Final (Sector-1)
11	14:45	Standing Broad Jump		U-10 Girls	25	Final (Pit-2)
12	14:45	Tennis Ball Throw	(5M Approach)	U-10 Girls	26	Final (Sector-2)
17	15:00	60M	Top 8 Qualify For Final As Per Time	U-12 Girls	55	Heats
7	15:15	60M	Top 24 Qualify For Semis As Per Time	U-10 Boys	87	Heats
2	15:30	Standing Broad Jump		U-08 Boys	24	Final (Pit-1)
3	15:30	Tennis Ball Throw	(5M Approach)	U-08 Boys	22	Final (Sector-1)
5	15:30	Standing Broad Jump		U-08 Girls	18	Final (Pit-2)
6	15:30	Tennis Ball Throw	(5M Approach)	U-08 Girls	16	Final (Sector-2)
10	15:30	60M	Top 8 Qualify For Final As Per Time	U-10 Girls	49	Heats
4	15:45	60M	Top 8 Qualify For Final As Per Time	U-08 Girls	34	Heats
1	16:00	60M	Top 8 Qualify For Final As Per Time	U-08 Boys	42	Heats
Opening Ceremony (16:15 To 17:15)						
13	17:30	60M	Top 8 Qualify For Final As Per Time	U-12 Boys	24	Semi-Final
15	17:30	Long Jump	(5M Approach)	U-12 Boys	52	Final (Pit-2)
16	17:30	Kids Javelin Throw	(5M Approach)	U-12 Boys	56	Final (Sector-1)
19	17:30	Long Jump	(5M Approach)	U-12 Girls	27	Final (Pit-1)
20	17:30	Kids Javelin Throw	(5M Approach)	U-12 Girls	26	Final (Sector-2)
7	17:40	60M	Top 8 Qualify For Final As Per Time	U-10 Boys	24	Semi-Final
14	17:50	600M	Top 12 Qualify For Finals As Per Time	U-12 Boys	42	Heats
18	18:00	600M	Top 12 Qualify For Finals As Per Time	U-12 Girls	24	Heats

* Events Timings Subject To Alteration

* Athletes To Report In The Call Room 45 Minutes Prior To The Start Of The Event

* Bibs to be collected on 29-07-2026 from 10:00 AM onwards at Atal Athletic Stadium, Bambolim, Goa.



57Th Goa State Athletics Championship 2026
In Memory Of Padma Bhushan Dr. Manohar Parrikar

Venue: Atal Athletic Stadium, Bambolim, Goa

Dates: 30Th July 2026 To 1St August 2026

ORDER OF EVENTS

Day-2 31St July-2026-Morning Session

EVENT NO.	TIME	EVENT	SPECIFICATION	CATEGORY	COUNT	ROUND
32	08:00	Long Jump	(5M Approach)	Under 16 Boys	26	Final
114	08:00	1500M		Men	9	Final
133	08:10	1500M		Women	4	Final
77	08:20	1500M		Under 20 Boys	9	Final
97	08:30	1500M		Under 20 Girls	5	Final
50	08:40	1000M		Under 18 Boys	12	Final
63	08:50	1000M		Under 18 Girls	6	Final
30	09:00	600M	Top 8 Qualify For Final As Per Time	Under 16 Boys	37	Heats
39	09:10	600M		Under 16 Girls	15	T.T Final
13	09:50	60 M Run		U 12 Boys	8	Final
17	09:55	60 M Run		U 12 Girls	8	Final
7	10:00	60 M Run		U 10 Boys	8	Final
24	10:00	Kids Javelin Throw	(5M Approach)	Under 14 Boys	7	Final
10	10:05	60 M Run		U 10 Girls	8	Final
1	10:10	60 M Run		U 8 Boys	8	Final
4	10:15	60 M Run		U 8 Girls	8	Final
14	10:30	600 M Run		U 12 Boys	12	Final
41	10:30	Long Jump	(5M Approach)	Under 16 Girls	18	Final
18	10:35	600 M Run		U 12 Girls	12	Final
110	10:45	100M	Top 8 Qualify For Final As Per Time	Men	12	Heats
130	10:55	100M		Women	6	Final
28	11:00	Kids Javelin Throw	(5M Approach)	Under 14 Girls	8	Final
33	11:00	High Jump	(Scissor Starting Height – 1.10M)	Under 16 Boys	9	Final
73	11:00	100M		Under 20 Boys	10	Final
104	11:00	Shot Put	(4Kg)	Under 20 Girls	4	Final
93	11:05	100M		Under 20 Girls	7	Final
47	11:10	100M	Top 8 Qualify For Final As Per Time	Under 18 Boys	15	Heats
60	11:15	100M	Top 8 Qualify For Final As Per Time	Under 18 Girls	14	Heats
36	11:20	Pentathlon	Pen-1 (60M)	Under 16 Boys	20	Final
30	11:25	600M		Under 16 Boys	12	Final
45	11:30	Pentathlon	Pen-1 (60M)	Under 16 Girls	8	Final
120	11:30	Long Jump		Men	8	Final
29	11:40	60M	Top 8 Qualify For Final As Per Time	Under 16 Boys	32	Heats
38	11:55	60M	Top 8 Qualify For Final As Per Time	Under 16 Girls	19	Heats
124	12:00	Discus Throw	(2Kg)	Men	8	Final
95	12:10	400M		Under 20 Girls	3	Final
49	12:15	400M	Top 8 Qualify For Final As Per Time	Under 18 Boys	13	Heats
135	12:15	Long Jump		Women	1	Final
62	12:30	400M		Under 18 Girls	9	Final
87	12:30	Discus Throw	(1.750Kg)	Under 20 Boys	6	Final
88	12:30	Javelin Throw	(800Gm)	Under 20 Boys	7	Final
102	12:30	Long Jump		Under 20 Girls	4	Final
110	12:40	100M		Men	8	Final
47	12:45	100M		Under 18 Boys	8	Final
60	12:50	100M		Under 18 Girls	8	Final
29	12:55	60M		Under 16 Boys	8	Final
38	13:00	60M		Under 16 Girls	8	Final
137	13:00	Discus Throw	(1Kg)	Women	4	Final
Lunch Break						

* Events Timings Subject To Alteration

* Athletes To Report In The Call Room 45 Minutes Prior To The Start Of The Event

*Relay Teams Need to Submit the Entries by 12:00 PM on the Event Day to the TIC.



57Th Goa State Athletics Championship 2026 In Memory Of Padma Bhushan Dr. Manohar Parrikar

Venue: Atal Athletic Stadium, Bambolim, Goa

Dates: 30Th July 2026 To 1St August 2026

ORDER OF EVENTS

Day-2 31St July-2026-Evening Session

EVENT NO.	TIME	EVENT	SPECIFICATION	CATEGORY	COUNT	ROUND
40	14:00	80M Hurdles	(0.762M)	Under 16 Girls	7	Final
42	14:00	High Jump	(Scissor Starting Height – 1.00M)	Under 16 Girls	3	Final
55	14:00	Shot Put	(5Kg)	Under 18 Boys	10	Final
58	14:00	Heptathlon	Hep-1 (110M Hurdles)	Under 18 Boys	3	Final
117	14:00	110M Hurdles	(1.067M)	Men	2	Final
125	14:00	Javelin Throw	(800Gm)	Men	6	Final
80	14:05	110M Hurdles	(0.991M)	Under 20 Boys	5	Final
51	14:15	110M Hurdles	(0.914M)	Under 18 Boys	8	T.T Final
70	14:30	Javelin Throw	(500 Gm)	Under 18 Girls	3	Final
71	14:30	Heptathlon	Hep-1 (100M Hurdles)	Under 18 Girls	1	Final
83	14:30	Long Jump		Under 20 Boys	14	Final
100	14:30	100M Hurdles	(0.838M)	Under 20 Girls	3	Final
106	14:30	Javelin Throw	(600 Gm)	Under 20 Girls	2	Final
107	14:30	Hammer Throw	(4Kg)	Under 20 Girls	3	Final
64	14:40	100M Hurdles	(0.762M)	Under 18 Girls	7	Final
134	14:40	100M Hurdles	(0.838M)	Women	1	Final
31	14:45	80M Hurdles	(0.838M)	Under 16 Boys	18	T.T Final
58	14:45	Heptathlon	Hep-2 (High Jump)	Under 18 Boys	3	Final
71	14:45	Heptathlon	Hep-2 (High Jump)	Under 18 Girls	1	Final
36	14:50	Pentathlon	Pen-2 (80 M Hurdles)	Under 16 Boys	20	Final
35	15:00	Javelin Throw	(600Gm) 10M Approach)	Under 16 Boys	22	Final
45	15:00	Pentathlon	Pen-2 (80 M Hurdles)	Under 16 Girls	8	Final
122	15:00	Triple Jump		Men	2	Final
123	15:00	Shot Put	(7.26Kg)	Men	8	Final
112	15:30	400M		Men	4	Final
75	15:40	400M		Under 20 Boys	8	Final
49	15:45	400M		Under 18 Boys	8	Final
58	15:45	Heptathlon	Hep-3 (Shot Put)	Under 18 Boys	3	Final
71	15:45	Heptathlon	Hep-3 (Shot Put)	Under 18 Girls	1	Final
36	16:00	Pentathlon	Pen-3 (Long Jump-5M Approach)	Under 16 Boys	20	Final
44	16:00	Javelin Throw	(500Gm 10M Approach)	Under 16 Girls	15	Final
79	16:00	5000M		Under 20 Boys	7	Final
84	16:00	High Jump	(Starting Height – 1.50M)	Under 20 Boys	4	Final
115	16:00	5000M		Men	9	Final
136	16:15	Shot Put	(4Kg)	Women	3	Final
45	16:30	Pentathlon	Pen-3 (Long Jump-5M Approach)	Under 16 Girls	8	Final
82	16:30	3000M Steeplechase		Under 20 Boys	2	Final
99	16:30	5000M		Under 20 Girls	1	Final
57	16:45	Javelin Throw	(700 Gm)	Under 18 Boys	8	Final
68	16:45	Shot Put	(3Kg)	Under 18 Girls	12	Final
58	16:50	Heptathlon	Hep-4 (200M)	Under 18 Boys	3	Final
71	16:55	Heptathlon	Hep-4 (200M)	Under 18 Girls	1	Final
127	17:00	4X100M Relay		Men	-	T.T Final
90	17:05	4X100M Relay		Under 20 Boys	-	T.T Final
138	17:10	4X100M Relay		Women	-	T.T Final
108	17:15	4X100M Relay		Under 20 Girls	-	T.T Final
59	17:20	Medley Relay		Under 18 Boys	-	T.T Final
72	17:30	Medley Relay		Under 18 Girls	-	T.T Final
37	17:40	Medley Relay		Under 16 Boys	-	T.T Final
46	17:50	Medley Relay		Under 16 Girls	-	T.T Final

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ORDER OF EVENTS

Day-3 1St August-2026-Morning Session

EVENT NO.	TIME	EVENT	SPECIFICATION	CATEGORY	COUNT	ROUND
52	07:00	5000M Race Walk		Under 18 Boys	5	Final
65	07:00	3000M Race Walk		Under 18 Girls	6	Final
119	07:00	20000M Race Walk		Men	1	Final
36	08:30	Pentathlon	Pen-4 (Shot Put)	Under 16 Boys	20	Final
58	08:30	Heptathlon	Hep- 5 (Long Jump)	Under 18 Boys	3	Final
71	08:30	Heptathlon	Hep- 5 (Long Jump)	Under 18 Girls	1	Final
116	08:30	10000M		Men	6	Final
34	09:00	Shot Put	(Standing, 4Kg)	Under 16 Boys	22	Final
45	09:00	Pentathlon	Pen-4 (Shot Put)	Under 16 Girls	8	Final
56	09:00	Discus Throw	(1.5Kg)	Under 18 Boys	10	Final
53	09:15	Long Jump		Under 18 Boys	10	Final
74	09:15	200M	Top 8 Qualify For Final As Per Time	Under 20 Boys	12	Heats
113	09:30	800M		Men	4	Final
132	09:30	800M		Women	4	Final
76	09:40	800M		Under 20 Boys	11	Final
96	09:50	800M		Under 20 Girls	4	Final
21	10:00	Triathlon Group A-60 M		Under 14 Boys	7	Final
54	10:00	High Jump	(Starting Height – 1.20M)	Under 18 Boys	10	Final
58	10:00	Heptathlon	Hep-6 (Javelin Throw)	Under 18 Boys	3	Final
66	10:00	Long Jump		Under 18 Girls	17	Final
71	10:00	Heptathlon	Hep-6 (Javelin Throw)	Under 18 Girls	1	Final
22	10:05	Triathlon Group B-60 M		Under 14 Boys	26	Final
23	10:15	Triathlon Group C-60 M		Under 14 Boys	22	Final
25	10:25	Triathlon Group A-60 M		Under 14 Girls	12	Final
21	10:30	Triathlon Group A-Long Jump	(5M Approach)	Under 14 Boys	7	Final
43	10:30	Shot Put	(3Kg Standing)	Under 16 Girls	15	Final
105	10:30	Discus Throw	(1Kg)	Under 20 Girls	3	Final
26	10:35	Triathlon Group B-60 M		Under 14 Girls	14	Final
27	10:45	Triathlon Group C-60 M		Under 14 Girls	22	Final
22	11:00	Triathlon Group B-Long Jump	(5M Approach)	Under 14 Boys	26	Final
111	11:00	200M	Top 8 Qualify For Final As Per Time	Men	11	Heats
121	11:00	High Jump	(Starting Height – 1.60M)	Men	2	Final
48	11:05	200M	Top 8 Qualify For Final As Per Time	Under 18 Boys	15	Heats
61	11:15	200M	Top 8 Qualify For Final As Per Time	Under 18 Girls	16	Heats
131	11:25	200M		Women	3	Final
23	11:30	Triathlon Group C-Long Jump	(5M Approach)	Under 14 Boys	22	Final
69	11:30	Discus Throw	(1Kg)	Under 18 Girls	7	Final
74	11:30	200M		Under 20 Boys	8	Final
86	11:30	Shot Put	(6Kg)	Under 20 Boys	5	Final
94	11:35	200M		Under 20 Girls	5	Final
36	11:45	Pentathlon	Pen-5 (600 M)	Under 16 Boys	20	Final
45	11:55	Pentathlon	Pen-5 (600 M)	Under 16 Girls	8	Final
27	12:00	Triathlon Group C-Long Jump	(5M Approach)	Under 14 Girls	22	Final
111	12:20	200M		Men	8	Final
48	12:25	200M		Under 18 Boys	8	Final
26	12:30	Triathlon Group B-Long Jump	(5M Approach)	Under 14 Girls	14	Final
61	12:30	200M		Under 18 Girls	8	Final
58	12:35	Heptathlon	Hep-7 (1000M)	Under 18 Boys	3	Final
71	12:35	Heptathlon	Hep-7 (1000M)	Under 18 Girls	1	Final
118	12:40	400M Hurdles	(0.914M)	Men	2	Final
81	12:45	400M Hurdles	(0.914M)	Under 20 Boys	9	Final
101	12:55	400M Hurdles	(0.762M)	Under 20 Girls	3	Final
25	13:00	Triathlon Group A-Long Jump	(5M Approach)	Under 14 Girls	12	Final
129	13:00	4X400M Mixed Relay		Men/Women	-	T.T Final
92	13:15	4X400M Mixed Relay		U-20 Boys/Girls	-	T.T Final

Lunch Break

* Events Timings Subject To Alteration

* Athletes To Report In The Call Room 45 Minutes Prior To The Start Of The Event

*Relay Teams Need To Submit The Entries By 11:00 Am On The Event Day to tic



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ORDER OF EVENTS

Day-3 1St August-2026-Evening Session

EVENT NO.	TIME	EVENT	SPECIFICATION	CATEGORY	COUNT	ROUND
67	14:00	High Jump	(Starting Height – 1.00M)	Under 18 Girls	10	Final
21	14:30	Triathlon Group A-High Jump	(Scissor)	Under 14 Boys	7	Final
22	14:30	Triathlon Group B-Standing Backward Throv	(1Kg Ball)	Under 14 Boys	26	Final
78	14:30	3000M		Under 20 Boys	8	Final
89	14:30	Hammer Throw	(6Kg)	Under 20 Boys	5	Final
126	14:30	Hammer Throw	(7.26Kg)	Men	6	Final
98	14:45	3000M		Under 20 Girls	5	Final
23	14:55	Triathlon Group C-600 M		Under 14 Boys	22	Final
25	15:00	Triathlon Group A-High Jump	(Scissor)	Under 14 Girls	12	Final
26	15:00	Triathlon Group B-Standing Backward Throv	(1Kg Ball)	Under 14 Girls	14	Final
85	15:00	Triple Jump		Under 20 Boys	5	Final
27	15:10	Triathlon Group C-600 M		Under 14 Girls	22	Final
128	15:30	4X400M Relay		Men	-	T.T Final
103	15:45	Triple Jump		Under 20 Girls	3	Final
139	15:50	4X400M Relay		Women	-	T.T Final
91	16:10	4X400M Relay		Under 20 Boys	-	T.T Final
109	16:30	4X400M Relay		Under 20 Girls	-	T.T Final

CLOSING CEREMONY (17:00 ONWARDS)

* Events Timings subject to alteration

* Athletes to report in the Call Room 45 minutes prior to the start of the event

*Relay Teams Need To Submit The Entries By 11:00 Am On The Event Day to tic