

ശ്രീനാരായണഗുരു ഓപ്പൺ യൂണിവേഴ്സിറ്റി

കൊല്ലം

Ac.B2/1/58/Sports Meet/SOU/2025

18/03/2026

സർക്കുലർ

വിഷയം: അത്ലറ്റിക്സ് മത്സരങ്ങളുടെ സമയക്രമം സംബന്ധിച്ച് -

പരാമർശം: ബഹു. വൈസ് ചാൻസിലറുടെ 17.03.2026 തീയതിയിലെ ഉത്തരവ്.

സർവ്വകലാശാല സ്പോർട്സ് മീറ്റ് 2026 ന്റെ ഭാഗമായി മാർച്ച് 22,23 തീയതികളിൽ എറണാകുളം മഹാരാജാസ് കോളേജ് ഗ്രൗണ്ടിൽ നടക്കുന്ന അത്ലറ്റിക്സ് മത്സരങ്ങളുടെ സമയക്രമം ഇതോടൊപ്പം ഉൾപ്പെടുത്തിയിരിക്കുന്നു .

ബഹു: വൈസ് ചാൻസിലറുടെ ഉത്തരവിൻ പ്രകാരം


രജിസ്ട്രാർ

NB: രാവിലെ 6.30 മുതൽ 9.40 വരെയുള്ള മത്സരങ്ങളിൽ പങ്കെടുക്കുന്ന പഠിതാക്കൾ 21.03.2026 തീയതിയിൽ വൈകിട്ട് 5 മണി മുതൽ മഹാരാജാസ് കോളേജ് ഗ്രൗണ്ടിൽ നിന്നും ചെസ് നമ്പർ വാങ്ങേണ്ടതാണ്. താമസ സൗകര്യം പഠിതാക്കൾ തന്നെ കണ്ടെത്തേണ്ടതാണ്.

S N G OPEN UNIVERSITY ATHLETICS MEET, 2025-26

22nd & 23rd March 2026@ Maharaja's College Stadium, Ernakulam

Competition Schedule_ Ver. 2.0. as on 18/03/2026

DAY 1, Sunday, 22nd March 2026

Sl. No.	Time	Event	Age Group	Gender	Round	
101	06:30am	5000m Race Walk	17-25	Men	Final	1
102	06:35am	3000m Race Walk	17-25	Women	Final	2
103	07:15am	5000m Race Walk	26-40	Men	Final	3
104	07:20am	3000m Race Walk	41-55	Women	Final	4
105	07:30am	Long Jump	26-40	Men	Final	5
106	07:30am	Shot Put (4.0kg)	17-25	Women	Final	6
107	07:30am	High Jump	17-25	Men	Final	7
108	07:35am	Discus Throw (2.0kg)	41-55	Men	Final	8
109	07:40am	Javelin Throw (600gm)	41-55	Women	Final	9
110	08:00am	5000m Race Walk	41-55	Men	Final	10
111	08:00am	5000m Race Walk	56-100	Men	Final	11
112	08:05am	3000m Race Walk	26-40	Women	Final	12
113	08:05am	3000m Race Walk	56-100	Women	Final	13
114	08:45am	400m	56-100	Women	Final	14
115	08:50am	400m	56-100	Men	Final	15
116	09:00am	400m	41-55	Women	T T/ Final	16
117	09:10am	400m	41-55	Men	Round 1	
118	09:15am	Javelin Throw (800gm)	56-100	Men	Final	17
119	09:25am	400m	26-40	Women	Round 1	
120	09:40am	400m	26-40	Men	Round 1	
10:00am to Opening Ceremony						
121	11:00am	400m	17-25	Women	Round 1	
122	11:00am	High Jump	41-55	Men	Final	18
123	11:00am	Javelin Throw (600gm)	56-100	Women	Final	19
124	11:00am	Shot Put (4.0kg)	26-40	Women	Final	20
125	11:05am	Long Jump	56-100	Men	Final	21
126	11:10am	Discus Throw (2.0kg)	17-25	Men	Final	22
127	11:15am	400m	17-25	Men	Round 1	
128	11:20am	Javelin Throw (600gm)	17-25	Women	Final	23
129	11:30am	Long Jump	41-55	Women	Final	24
130	11:45am	100m	56-100	Women	Final	25
131	11:50am	100m	56-100	Men	Final	26
132	12 Noon	100m	41-55	Women	Round 1	
133	12:20pm	100m	41-55	Men	Round 1	
Break						
134	01:30pm	Long Jump	17-25	Men	Final	27
135	01:30pm	Javelin Throw (800gm)	26-40	Men	Final	28
136	01:30pm	Shot Put (4.0kg)	41-55	Women	Final	29
137	01:30pm	Discus Throw (2.0kg)	56-100	Men	Final	30
138	01:35pm	100m	26-40	Women	Round 1	
139	01:55pm	100m	26-40	Men	Round 1	
140	02:00pm	High Jump	26-40	Men	Final	31
141	02:00pm	Discus Throw (1.0kg)	26-40	Women	Final	32
142	02:20pm	100m	17-25	Women	Round 1	
143	02:40pm	100m	17-25	Men	Round 1	

144	03:00pm	400m	41-55	Men	Final	33
145	3:05pm	400m	26-40	Women	Final	34
146	03:10pm	400m	26-40	Men	Final	35
147	03:15pm	400m	17-25	Women	Final	36
148	03:15pm	Long Jump	17-25	Women	Final	37
149	03:20pm	400m	17-25	Men	Final	38
150	03:30pm	Javelin Throw (800gm)	41-55	Men	Final	39
151	03:30pm	Shot Put (7.260kg)	26-40	Men	Final	40
152	03:30pm	100m	41-55	Women	Final	41
153	03:35pm	100m	41-55	Men	Final	42
154	03:40pm	100m	26-40	Women	Final	43
155	03:45pm	100m	26-40	Men	Final	44
156	03:50pm	100m	17-25	Women	Final	45
157	03:55pm	100m	17-25	Men	Final	46
158	04:05pm	1500m	56-100	Men	Final	47
159	04:05pm	1500m	41-55	Women	Final	48
160	04:20pm	1500m	41-55	Men	Final	49
161	04:30pm	1500m	26-40	Women	Final	50
162	04:30pm	Long Jump	26-40	Women	Final	51
163	04:30pm	Discus Throw (1.0kg)	56-100	Women	Final	52
164	04:40pm	1500m	26-40	Men	T T/ Final	53
165	04:50pm	1500m	17-25	Women	Final	54
166	05:00pm	1500m	17-25	Men	TT /Final	55
167	05:10pm	4x100m Relay	56-100	Women	Final	56
168	05:10pm	4x100m Relay	56-100	Men	Final	57
169	05:20pm	4x100m Relay	41-55	Women	T T/ Final	58
170	05:30pm	4x100m Relay	41-55	Men	T T/ Final	59
171	05:40pm	4x100m Relay	26-40	Women	T T/ Final	60
172	05:50pm	4x100m Relay	26-40	Men	T T/ Final	61
173	06:00pm	4x100m Relay	17-25	Women	T T/ Final	62
174	06:10pm	4x100m Relay	17-25	Men	T T/ Final	63
Day 2, Monday, 23rd March 2026						
201	06:30am	5000m	56-100	Women	Final	64
202	06:30am	5000m	56-100	Men	Final	65
203	06:30am	5000m	41-55	Women	Final	66
204	06:30am	5000m	41-55	Men	Final	67
205	06:30am	5000m	26-40	Women	Final	68
206	06:30am	5000m	17-25	Women	Final	69
207	07:00am	5000m	26-40	Men	T T/ Final	70
208	07:30am	Long Jump	41-55	Men	Final	71
209	07:30am	High Jump	17-25	Women	Final	72
210	07:30am	5000m	17-25	Men	T T/ Final	73
211	07:40am	Shot Put (7.260kg)	17-25	Men	Final	74
212	07:45am	Javelin Throw (600gm)	26-40	Women	Final	75
213	07:50am	Discus Throw (1.0kg)	41-55	Women	Final	76
214	08:20am	200m	56-100	Women	Final	77
215	08:30am	200m	56-100	Men	Final	78
216	08:40am	200m	41-55	Women	Round 1	
217	09:00am	200m	41-55	Men	Round 1	
218	09:20am	200m	26-40	Women	Round 1	
219	09:20am	Triple Jump	17-25	Men	Final	79
220	09:30am	Shot Put (7.260kg)	41-55	Men	Final	80

221	09:40am	Discus Throw (1.0kg)	17-25	Women	Final	81
222	09:40am	200m	26-40	Men	Round 1	
223	10:00am	200m	17-25	Women	Round 1	
224	10:20am	200m	17-25	Men	Round 1	
225	10:50am	800m	56-100	Men	Final	82
226	10:55am	800m	41-55	Women	Final	83
227	11:00am	800m	41-55	Men	Final	84
228	11:00am	Discus Throw (2.0kg)	26-40	Men	Final	85
229	11:10am	Triple Jump	26-40	Men	Final	86
230	11:05am	800m	26-40	Women	Final	87
231	11:15am	800m	26-40	Men	TT /Final	88
232	11:30am	800m	17-25	Women	Final	89
233	11:45am	800m	17-25	Men	TT /Final	90
234	12:10pm	4x400m Relay	41-55	Mixed	Final	91
235	12:20pm	4x400m Relay	26-40	Mixed	TT /Final	92
236	12:30pm	4x400m Relay	17-25	Mixed	TT /Final	93
Break						
237	01:30pm	Javelin Throw (800gm)	17-25	Men	Final	94
238	01:30pm	Shot Put (4.0kg)	56-100	Women	Final	95
239	01:35pm	Triple Jump	41-55	Men	Final	96
240	02:00pm	200m	41-55	Women	Final	97
241	02:00pm	Shot Put (5.0kg)	56-100	Men	Final	98
242	02:10pm	200m	41-55	Men	Final	99
243	02:15pm	200m	26-40	Women	Final	100
244	02:20pm	200m	26-40	Men	Final	101
245	02:30pm	200m	17-25	Women	Final	102
246	02:30pm	Triple Jump	26-40	Women	Final	103
247	02:40pm	200m	17-25	Men	Final	104
248	03:00pm	4x400m Relay	56-100	Men	Final	105
249	03:20pm	4x400m Relay	41-55	Women	T T/ Final	106
250	03:40pm	4x400m Relay	41-55	Men	T T/ Final	107
251	04:00pm	4x400m Relay	26-40	Women	T T/ Final	108
252	04:20pm	4x400m Relay	26-40	Men	T T/ Final	109
253	04:40pm	4x400m Relay	17-25	Women	T T/ Final	110
254	05:00pm	4x400m Relay	17-25	Men	T T/ Final	111
Notes:						
1	There will be a maximum of two rounds of competitions in all the Track Events					
2	In Track Events except Relay Races, if the number of actual participants are less so that the event can be conducted on a single round, the Final shall be conducted at the scheduled time of Heats itself.					
3	Jump Off will not be conducted even if there is a tie for first place in Vertical Jump Competition					
4	Personal Implements for Throwing Events if any shall be submitted at the TIC one hour prior to the scheduled start of that particular competition					
5	Athletes should report at the call room according to the timings mentioned below:					
	Track Events: 30 Minutes Before					
	High Jump: 50 Minutes Before			Other Field Events : 45 Minutes Before		