

SREENARAYANA GURU OPEN UNIVERSITY ATHELETIC MEET 2025

31.01.2025& 01.02.2025

VENUE : UNIVERSITY STADIUM, THIRUVANATHAPURAM

31.01.2025

5000 mts (Race)	
7am	36-50 (MEN)
	26-35 (MEN)
	BELOW 25 (MEN)

100 mts (Heats)	
8.30am	ABOVE 51 MEN
8.40am	36 -50 (MEN)
9am	36-50 (WOMEN)
9.10am	26 TO 35 (MEN)
9.30am	26 TO 35 (WOMEN)
10.00am	BELOW 25 (MEN)
10.30am	BELOW 25 (WOMEN)

SHOT PUT-FINALS	
8.30am	ABOVE 51 MEN
9am	ABOVE 51 WOMEN
9.30am	36 -50 (MEN)
10.30am	36-50 (WOMEN)
11.15am	26 TO 35 (MEN)
12 noon	26 TO 35 (WOMEN)
2.pm	BELOW 25 (MEN)
4pm	BELOW 25 (WOMEN)

LONG JUMP -FINALS	
8.30am	BELOW 25 (MEN)
10.30am	BELOW 25 (WOMEN)
11am	26-35 (MEN)
2pm	26-35(WOMEN)
3pm	36 TO 35 (MEN)
4pm	36 TO 35 (WOMEN)
4.30pm	ABOVE 51 (MEN)

JAVELIN THROW -FINALS	
8.30am	ABOVE 51 MEN
9.15am	ABOVE 51 WOMEN
10am	36 -50 (MEN)
11am	36-50 (WOMEN)
12noon	26 TO 35 (MEN)
2pm	26 TO 35 (WOMEN)
2.30pm	BELOW 25 (MEN)
4.30pm	BELOW 25 (WOMEN)

400mts (Heats)	
10.30am	36 -50 (MEN)
10.45am	26 TO 35 (MEN)
11am	BELOW 25 (MEN)
11.30am	BELOW 25 (WOMEN)

100mts (Semi-finals)	
11.40am	36 -50 (MEN)
11.45am	36-50 (WOMEN)
11.50am	26 TO 35 (MEN)
12 noon	26 TO 35 (WOMEN)
12.10pm	BELOW 25 (MEN)
12.20pm	BELOW 25 (WOMEN)

400mts (Semi-finals)	
12.30pm	26 TO 35 (MEN)
12.45pm	BELOW 25 (MEN)

400mts- Finals	
3pm	ABOVE 51 MEN
	36 -50 (MEN)
	36-50 (WOMEN)
	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (MEN)
	BELOW 25 (WOMEN)

100 mts-Finals	
4pm	ABOVE 51 MEN
	ABOVE 51 WOMEN
	36 -50 (MEN)
	36-50 (WOMEN)
	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (MEN)
	BELOW 25 (WOMEN)

4x400mts Relay -Qualifying-Time Trails	
4.30pm	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (MEN)
	BELOW 25 (WOMEN)

4x400mts Relay -Finals	
5pm	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (MEN)
	BELOW 25 (WOMEN)

01.02.2025

5KM (Race walk) MEN

6am	ABOVE 51 MEN
	36 -50 (MEN)
	26 TO 35 (MEN)
	BELOW 25 (MEN)

3KM (Race walk) WOMEN

6am	ABOVE 51 WOMEN
	36-50 (WOMEN)
	26 TO 35 (WOMEN)
	BELOW 25 (WOMEN)

1500mts -Finals

8am	ABOVE 51 MEN
	36 -50 (MEN)
8.30am	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (WOMEN)
9am	BELOW 25 (MEN)

HIGH JUMP- FINALS

8am	ABOVE 51 MEN
8.15am	36-50 (MEN)
8.45am	26 TO 35 (MEN)
9.15am	26 TO 35 (WOMEN)
9.45am	BELOW 25 (MEN)
11am	BELOW 25 (WOMEN)

Discus Throw -Finals

8am	ABOVE 51 MEN
8.45am	36 -50 (MEN)
10am	36-50 (WOMEN)
10.30am	26 TO 35 (MEN)
11am	26 TO 35 (WOMEN)
2pm	BELOW 25 (MEN)
4pm	BELOW 25 (WOMEN)

200mts Heats

9am	BELOW 25 (MEN)
9.30am	BELOW 25 (WOMEN)
9.45am	26 TO 35 (MEN)
10am	26 TO 35 (WOMEN)
10.15am	36 -50 (MEN)
10.30am	36-50 (WOMEN)

Triple Jump -Finals

9.30am	BELOW 25 (MEN)
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200Mts (Semi-Finals)

11.30am	BELOW 25 (MEN)
11.45am	26 TO 35 (WOMEN)
12noon	26 TO 35 (MEN)
12.15pm	36 -50 (MEN)

4x100 Mts Realy Qualifying -Time Trails

	ABOVE 51 MEN
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2pm	ABOVE 51 WOMEN
	36 -50 (MEN)
	36-50 (WOMEN)
	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (MEN)
	BELOW 25 (WOMEN)

800Mts-Finals	
2.30pm	ABOVE 51 MEN
	36 -50 (MEN)
	26 TO 35 (MEN)
	BELOW 25 (MEN)
	BELOW 25 (WOMEN)

200Mts-Finals	
3.30pm	ABOVE 51 MEN
	ABOVE 51 WOMEN
	36 -50 (MEN)
	36-50 (WOMEN)
	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (MEN)
	BELOW 25 (WOMEN)

4x400Mts Mixed Realy -Qualifying- Time Trails	
4pm	ABOVE 51 MEN
	ABOVE 51 WOMEN
	36 -50 (MEN)
	36-50 (WOMEN)
	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (MEN)
	BELOW 25 (WOMEN)

4x100Mts Realy -Finals	
4:30pm	ABOVE 51 MEN
	ABOVE 51 WOMEN
	36 -50 (MEN)
	36-50 (WOMEN)
	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (MEN)
	BELOW 25 (WOMEN)

4x400Mts Mixed Realy -Finals	
5pm	ABOVE 51 MEN
	ABOVE 51 WOMEN
	36 -50 (MEN)
	36-50 (WOMEN)
	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (MEN)
	BELOW 25 (WOMEN)