SREENARAYANA GURU OPEN UNIVERSITY ATHELETIC MEET 2025

31.01.2025& 01.02.2025

VENUE: UNIVERSITY STADIUM, THIRUVANATHAPURAM

31.01.2025

	31.01.2023
	5000 mts (Race)
	36-50 (MEN)
7am	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)
	400mate (Hoote)
	400mts (Heats)
10 20am	
.0.30am	36 -50 (MEN)

26 TO 35 (MEN)

BELOW 25 (MEN)

BELOW 25 (WOMEN)

10.45am

11am

11.30am

	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
	ABOVE 51 MEN
	36 -50 (MEN)
_	36-50 (WOMEN)
3pm	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (MEN)
	BELOW 25 (WOMEN)
	100 mts-Finals
	ABOVE 51 MEN
	ABOVE 51 WOMEN
	36 -50 (MEN)
4pm	36-50 (WOMEN)
49111	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (MEN)
	BELOW 25 (WOMEN)
	4x400mts Relay -Qualifying-Time Trails
	26 TO 35 (MEN)
4.30pm	26 TO 35 (WOMEN)
•	BELOW 25 (MEN)
	BELOW 25 (WOMEN)
	Av400mts Polov Finals
	4x400mts Relay -Finals
	26 TO 35 (MEN)
5pm	26 TO 35 (WOMEN) BELOW 25 (MEN)
	BELOW 25 (WOMEN)
L	DELOW 25 (WOINTER)

01.02.2025

SKM (Race walk) MEN		01.02.2025
Sam		5KM (Race walk) MEN
Sam		ABOVE 51 MEN
SKM (Race walk) WOMEN	6am	36 -50 (MEN)
SKM (Race walk) WOMEN	oam	26 TO 35 (MEN)
ABOVE 51 WOMEN 36-50 (WOMEN) BELOW 25 (MEN) BELOW 25 (WOMEN) BELOW 25		BELOW 25 (MEN)
ABOVE 51 WOMEN 36-50 (WOMEN) BELOW 25 (MEN) BELOW 25 (WOMEN) BELOW 25		
Sam		3KM (Race walk) WOMEN
BELOW 25 (WOMEN)		ABOVE 51 WOMEN
BELOW 25 (WOMEN)	C	36-50 (WOMEN)
Sam	ьат	26 TO 35 (WOMEN)
Sam		BELOW 25 (WOMEN)
Bam		· · · ·
Sam 36 -50 (MEN) 26 TO 35 (MEN) 8.30am 26 TO 35 (MEN) 8ELOW 25 (WOMEN) 9am BELOW 25 (MEN) 9am BELOW 25 (MEN) 9am ABOVE 51 MEN 8.15am 36 -50 (MEN) 9.45am BELOW 25 (MEN) 9.45am BELOW 25 (MEN) 9.45am 36 -50 (MEN) 9.45am 26 TO 35 (MEN) 9.45am 36 -50 (MEN) 9.45am 9.45am		1500mts -Finals
36-50 (MEN) 26 TO 35 (MEN) 8.30am 26 TO 35 (MOMEN) 8ELOW 25 (WOMEN) 9am BELOW 25 (MOMEN) 9am BELOW 25 (MEN) 8.15am 36-50 (MEN) 36-50 (MEN) 9.15am 26 TO 35 (MOMEN) 9.45am 8ELOW 25 (MOMEN) 11am 8BLOW 25 (MOMEN) 10am 36-50 (MOMEN) 10.30am 26 TO 35 (MOMEN) 2pm 8ELOW 25 (MEN) 11am 26 TO 35 (MOMEN) 2pm 8ELOW 25 (MOMEN) 2pm 8ELOW 25 (MEN) 10.30am 26 TO 35 (MOMEN) 2pm 8ELOW 25 (MEN) 2pm 8ELOW 25 (MEN) 36-50 (MOMEN) 36-50 (MEN) 3		ABOVE 51 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) 9.15am 26 TO 35 (MEN) 9.15am BELOW 25 (MEN) 11am BELOW 25 (MEN) Discus Throw -Finals 8am ABOVE 51 MEN 9.45am BELOW 25 (MEN) 11am BELOW 25 (MEN) 11am ABOVE 51 MEN 10am 36-50 (MEN) 10am 36-50 (MEN) 10.30am 26 TO 35 (MEN) 11am 26 TO 35 (MEN) 2pm BELOW 25 (MEN) 4pm BELOW 25 (MEN) 4pm BELOW 25 (WOMEN) 200mts Heats 9am BELOW 25 (WOMEN) 9.30am BELOW 25 (WOMEN) 10.15am 36-50 (WOMEN) 10.15am 36-50 (WOMEN) 10.15am 36-50 (WOMEN) 10.15am 36-50 (WOMEN) 11.30am BELOW 25 (MEN) 11.30am BELOW 25 (MEN) Triple Jump -Finals 9.30am BELOW 25 (MEN) Triple Jump -Finals 9.30am BELOW 25 (MEN)	8am	36 -50 (MEN)
8.30am 26 TO 35 (WOMEN) BELOW 25 (WOMEN) 9am BELOW 25 (MEN) HIGH JUMP- FINALS 8am ABOVE 51 MEN 8.15am 36-50 (MEN) 9.15am 26 TO 35 (WOMEN) 9.45am BELOW 25 (MOMEN) 11am BELOW 25 (WOMEN) Discus Throw -Finals 8am ABOVE 51 MEN 8.45am 36 -50 (WOMEN) 10.30am 36-50 (MEN) 11am 26 TO 35 (MOMEN) 20m BELOW 25 (MOMEN) 11am 26 TO 35 (WOMEN) 2pm BELOW 25 (WOMEN) 2pm BELOW 25 (WOMEN) 2pm BELOW 25 (WOMEN) 20mts Heats 9am BELOW 25 (WOMEN) 10.30am 26 TO 35 (MEN) 10.30am 36 -50 (WOMEN) Triple Jump -Finals 9.30am BELOW 25 (WOMEN) 10.30am 36 -50 (WOMEN) 10.30am 36 -50 (WOMEN) 10.30am BELOW 25 (WOMEN) 10.30am BELOW 25 (WOMEN) 10.30am BELOW 25 (WOMEN) 11.45am BELOW 25 (MEN) 11.30am BELOW 25 (MEN)		• • •
BELOW 25 (WOMEN)	8.30am	
BELOW 25 (MEN)		
HIGH JUMP- FINALS	9am	
Sam		
Sam		HIGH IUMP- FINALS
8.15am 36-50 (MEN) 8.45am 26 TO 35 (MEN) 9.15am 26 TO 35 (WOMEN) 9.45am BELOW 25 (WEN) 11am BELOW 25 (WOMEN) Discus Throw -Finals 8am ABOVE 51 MEN 10am 36-50 (MEN) 10.30am 26 TO 35 (MEN) 11am 26 TO 35 (MEN) 2pm BELOW 25 (WOMEN) 2pm BELOW 25 (WOMEN) 4pm BELOW 25 (WOMEN) 200mts Heats 9am BELOW 25 (WOMEN) 9.30am BELOW 25 (WOMEN) 10am 26 TO 35 (MEN) 10am 26 TO 35 (MEN) 11am 26 TO 35 (MEN) Triple Jump -Finals 9.30am BELOW 25 (MEN) 10.30am BELOW 25 (MEN) 10.30am BELOW 25 (MEN)	8am	
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9.45am		
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Discus Throw -Finals		
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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)	9am	
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200Mts (Semi-Finals) 11.30am BELOW 25 (MEN) 11.45am 26 TO 35 (WOMEN) 12noon 26 TO 35 (MEN)	ı	<u> </u>
11.30am BELOW 25 (MEN) 11.45am 26 TO 35 (WOMEN) 12noon 26 TO 35 (MEN)	9.30am	BELOW 25 (MEN)
11.30am BELOW 25 (MEN) 11.45am 26 TO 35 (WOMEN) 12noon 26 TO 35 (MEN)		
11.45am 26 TO 35 (WOMEN) 12noon 26 TO 35 (MEN)	,	·
12noon 26 TO 35 (MEN)		
12.15pm 36 -50 (MEN)		
	12.15pm	36 -50 (MEN)

4x100 Mts Realy Qualifying -Time Trails	
ABOVE 51 MEN	

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	ABOVE 51 WOMEN
	36 -50 (MEN)
2pm	36-50 (WOMEN)
	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (MEN)
	BELOW 25 (WOMEN)
	OODS ALE Electe
	800Mts-Finals
	ABOVE 51 MEN
2.30pm	36 -50 (MEN) 26 TO 35 (MEN)
2.30pm	BELOW 25 (MEN)
	BELOW 25 (WOMEN)
	DELOW 25 (WOMEN)
	200Mts-Finals
	ABOVE 51 MEN
	ABOVE 51 WOMEN
	36 -50 (MEN)
2 20nm	36-50 (WOMEN)
3.30pm	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (MEN)
	BELOW 25 (WOMEN)
	4x400Mts Mixed Realy -Qualifying- Time Trails
	ABOVE 51 MEN
	ABOVE 51 WOMEN
	36 -50 (MEN)
4pm	36-50 (WOMEN)
	26 TO 35 (MEN)
	26 TO 35 (WOMEN) BELOW 25 (MEN)
	BELOW 25 (WOMEN)
	DELOW 25 (WOMEN)
	4x100Mts Realy -Finals
	ABOVE 51 MEN
	ABOVE 51 WOMEN
4:30pm	36 -50 (MEN)
	36-50 (WOMEN)
4.30pm	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (MEN)
	BELOW 25 (WOMEN)
	4 400041 441 - 10 - 1 51 - 1
	4x400Mts Mixed Realy -Finals
	ABOVE 51 MEN
	ABOVE 51 WOMEN
5pm	36 -50 (MEN)
	36-50 (WOMEN)
	26 TO 35 (MEN)
	26 TO 35 (WOMEN)
	BELOW 25 (MEN) BELOW 25 (WOMEN)
	DELOW AN INVOICE