



**HIGH PERFORMANCE ANALYSIS CELL ( HPAC )**  
**Jawaharlal Nehru Stadium, New Delhi**

**NCOE's Athletics Selection Trials- All Venues**

List of NCOEs & Sanctioned Events of Athletics Discipline					Assessment Date
Sl.	Name of NCOE	Tops/ Non-Tops	Residential/ Non-Residential	Sanctioned Events	
1	NCOE, Bhopal	TOPS	Residential (Boys & Girls)	Middle Distance	17 <sup>th</sup> -18 <sup>th</sup> Feb 2022
2	NCOE, Patiala	TOPS	Residential (Boys & Girls)	Sprints, Horizontal Jumps (LJ&TJ) Throws (SP, DT, HT & JT) & Combined Events	14 <sup>th</sup> -15 <sup>th</sup> Feb 2022
3	NCOE, Sonipat	TOPS	Residential (Boys & Girls)	Sprints, Throws, (SP, DT, HT & JT) Combined Events & Race walk	17 <sup>th</sup> -18 <sup>th</sup> Feb 2022
4	NCOE, Trivandrum	TOPS	Residential (Boys & Girls)	Sprints, Jumps (LJ, TJ, HJ & PV) Middle Distance	14 <sup>th</sup> -15 <sup>th</sup> Feb 2022
5	NCOE, Bangalore	TOPS	Residential (Boys & Girls)	Sprints, Jumps (LJ, TJ, HJ & PV) Middle Distance and Race walk	17 <sup>th</sup> -18 <sup>th</sup> Feb 2022
6	NCOE, Lucknow	Non-TOPS	Residential (Boys & Girls)	Middle Distance, & Long Distance	09 <sup>th</sup> -10 <sup>th</sup> Feb 2022
7	NCOE, Imphal	Non-TOPS	Residential (Boys & Girls)	Long Distance, Walk	14 <sup>th</sup> – 15 <sup>th</sup> Feb 2022
8	NCOE, Kolkata	Non-TOPS	Residential (Boys & Girls)	Sprints and Combined Events	17 <sup>th</sup> -18 <sup>th</sup> Feb 2022

## Documents Required

Sl#	Documents to be produced at the time of selection trials. (In original & self-attested photo copies)
1	Date of Birth Certificate
2	Aadhar Card
3	Sports Achievement Certificates
4	Educational Qualification Certificate
5	Passport Size Photographs (4Nos)

## NCOE Selection Criteria

Age Criteria	Sports Performance Criteria (between 2018 to 2022)
Between 16 to 21 years (Age as on 01/01/2022)	<ul style="list-style-type: none"><li>-Represented India in Recognized Championships</li><li>-Up to 8<sup>th</sup> Place in Seniors, Junior &amp; Youth National Championships Organized by AFI</li><li>-Up to 4<sup>th</sup> Place in Khelo India Youth Games ,SGFI &amp; All India University (AIU)</li><li>-Up to 3<sup>rd</sup> Place in Zonal Championships Organised by AFI</li><li>-Gold Medallist in State Championships.</li></ul>

## Facilities to be Provided in NCOEs

<b>Boarding</b>	<b>As per actual recommended by Nutrition Expert @ Rs. 1,20,000/year</b>	<b>Additional facilities</b>
<b>Lodging</b>	Rs. 10,000/-	World Class Coaching by Expert Panel of Coaches
<b>Sports Kit</b>	Rs. 20,000/-	World Class Training Infrastructure & Equipment's
<b>Competition Exposure</b>	Rs. 50,000/-	Individually Planned Nutrition
<b>Education Expenditure</b>	Rs. 10,000/-	Latest Scientific support by Exercise Physiologist, Strength & Conditioning Experts, Physiotherapist, Masseurs
<b>Miscellaneous</b>	Rs. 5,000/-	Free Medical facilities, Insurance Cover etc.

The centralized and systematic admission process has been devised for NCOE to ensure most deserving candidates get admitted through a fair selection process. In the transition year of 2022, following admission guidelines will be followed –

**Note:**

In addition to the mentioned performance criteria, it may be noted that, above criteria is for appearing in **Selection Trials Only**. The final selection will be made on the basis of **Overall Merit, Availability of Seats and Age Verification Tests as per SAI guidelines**.

## **NCOE Selection Trial Schedule**

<b>Testing Schedule</b>	
<b>Day-1</b>	Registration of athletes, (Only who met the Entry Criteria)
	Verification of All documents
	Application Form filling
	Submission of Application form along with all required documents
	Anthropometric Tests (Standing Height, Sitting Height, Body Weight, Arm Span, Leg length, Arm length, WHR, BMI)
<b>Day-2</b>	Event Specific Tests and Event Performance trials

## NCOE Event Specific and Event Performance Trials - Athletics

SI#	EVENTS	Selection Trial
1	100m/200m	30m Standing, 10 Bounds, SBJ, Event Trial
2	400m/600m	30m Standing , 10 Bounds, SBJ, Event Trial
3	800m/1500m/ 2000m SC or 3000m SC	30m Standing, 10 Bounds, SBJ, Event Trial
4	Long Distances	30m Standing , 10 Bounds, SBJ, Event Trial
5	100m H/80m H	30m Standing, 10 Bounds, SBJ, Event Trial
		30m Standing, 10 Bounds, SBJ, Event Trial
6	110mH	30m Standing, 10 Bounds, SBJ, Event Trial
7	400mH	30m Standing, 10 Bounds, SBJ, Event Trial
8	Long Jump	20m Standing 10 Bounds, SBJ Event Trial
9	Triple jump	30m Standing, 10 Bounds, SBJ, & Event Trial
10	High Jump	30m Standing, 10 Bounds, SVJ, & Event Trial
11	Pole Vault	30m Standing, 10 Bounds, SVJ, & Event Trial
12	Shot Put	30m Standing , SBJ, standing throw ,Event Throw (as per age category)
13	Discus	30m Standing , SBJ, standing throw ,Event Throw (as per age category)
14	Hammer	30m Standing , SBJ, standing throw ,Event Throw (as per age category)
15	Javelin	30m Standing , SBJ, standing throw ,Event Throw (as per age category)
16	Combined Events	30m Standing , SBJ, 100m H/110m H, Shotput , High Jump
17	Race Walk	SBJ, 400m Race Walk, Event Trial (as per age category)