

MANGALORE  UNIVERSITY

**DEPARTMENT OF PHYSICAL EDUCATION**  
University Qualifying Standards for the Year 2019-20

**ATHLETICS (MEN AND WOMEN)**

SL. NO.	EVENT	MEN	WOMEN
<b>TRACK EVENTS</b>			
1	100 meters	0.10.80 Sec.	0.12.36 Sec.
2	200 meters	0.22.09 Sec.	0.25.20 Sec.
3	400 meters	0.48.38 Sec.	0.56.72 Sec.
4	800 meters	1.55.70 Sec.	2.14.24 Sec.
5	1,500 meters	3.57.44 Sec.	4.37.28 Sec.
6	5,000 meters	15:03.09 Sec.	17.20.50 Sec.
7	10,000 meters	31.11.72 Sec.	37.43.41 Sec.
8	100 meters Hurdles	--	14.55 Sec.
9	110 meters Hurdles	0.14.99 Sec.	--
10	400 meters Hurdles	0.53.93 Sec.	1.03.72 Sec.
11	Half Marathon	1:10.21.22 Sec.	1:26.14.03 Sec.
12	3000 M. Steeple chase	9.44.35 Sec.	11.27.42 Sec.
<b>FIELD EVENTS</b>			
11	Long Jump	7.29 Mts.	5.58 Mts.
12	High Jump	2.02 Mts.	1.61 Mts.
13	Triple Jump	15.32 Mts.	12.38 Mts.
14	Pole Vault	4.33 Mts.	3.10 Mts.
15	Shot Put	16.32 Mts.	12.27 Mts.
16	Discus Throw	48.52 Mts.	41.34 Mts.
17	Javelin Throw	67.64 Mts.	41.45 Mts.
18	Hammer Throw	55.11 Mts.	45.74 Mts.
<b>COMBINED EVENTS</b>			
19	Decathlon	6050 Points	--
20	Heptathlon	--	4105 points
<b>WALKING EVENTS</b>			
21	20 Kilometers	1:36.10.35	1:54.32.90 Sec.
<b>RELAYS</b>			
24	4 X 100 meters	0.42.18 Sec.	0.48.47 Sec.
25	4 X 400 meters	3.14.85 Sec.	3.47.27 Sec.

  
**DIRECTOR OF PHYSICAL EDUCATION**

Director of Physical Education  
Mangalore University  
Mangalagangothri, D.K. - 574 199

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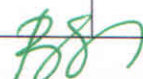
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**WEIGHTLIFTING (MEN & WOMEN)**

Men					Women			
Sl.No	Weight Category	Snatch	Clean/ jerk	Total	Category	Snatch	Clean / jerk	Total
1.	55kg	93	121	214	45 kg	45	59	104
2.	61 kg	94	120	214	49 kg	57	74	131
3.	67 kg	107	135	242	55 kg	64	83	147
4.	73 kg	114	142	256	59 kg	64	82	146
5.	81 kg	115	144	259	64 kg	64	70	134
6.	89 kg	120	147	267	71 kg	66	83	149
7.	96 kg	115	151	266	76 kg	72	99	171
8.	102 kg	125	152	277	81 kg	64	71	135
9.	109 kg	115	141	256	87 kg	45	60	105
10.	above 109	100	124	224	above 87	71	80	151

**POWER LIFTING (MEN & WOMEN)**

Men						Women				
Sl. No	Category	Squat	Bench press	Dead Lift	Total	Category	Squat	Bench press	Dead lift	Total
1.	59 KG	207.5	122.5	197.5	527.5	47 KG	122.5	55	130	307.5
2.	66 KG	220	127.5	240	587.5	52 KG	135	52.5	135	322.5
3.	74 KG	255	185	240	680	57 KG	140	65	152.5	357.5
4.	83 KG	270	172.5	240	682.5	63 KG	157.5	80	147.5	385
5.	93 KG	277.5	177.5	285	740	72 KG	142.5	65	145	352.5
6.	105 KG	292.5	175	240	707.5	84 KG	175	60	155	390
7.	120 KG	310	177.5	242.5	730	+ 84 KG	185	77.5	152.5	415
8.	+120 KG	290	155	265	710					

  
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**SWIMMING (MEN & WOMEN)**

EVENTS	MEN	WOMEN
<b>1. Free style</b>		
50 Mts.	0.25.59 Sec.	00:30.41 Sec.
100 Mts.	0.55.22 Sec.	01:05.47 Sec.
200 Mts.	02.05.18 Sec.	02:21.57 Sec.
400 Mts.	04.50.58 Sec.	05:05.14 Sec.
800 Mts.	-----	10:54.76 Sec.
1500 Mts.	17.47.67 Sec.	19:18.69 Sec.
<b>2. Back Stroke</b>		
50 Mts.	0.28.69 Sec.	00:36.12 Sec.
100 Mts.	01.03.67 Sec.	01:16.76 Sec.
200 Mts.	2.18.72 Sec.	02:56.44 Sec.
<b>III. Breast Stroke</b>		
50 Mts.	00.31.61 Sec.	00:39.69 Sec.
100 Mts.	01.09.42 Sec.	01:23.68 Sec.
200 Mts.	02.26.63 Sec.	2:56.48 Sec.
<b>IV. Butterfly Stroke</b>		
50 Mts.	00.27.09 Sec.	00:32.25 Sec.
100 Mts.	01.02.36 Sec.	01:13.26 Sec.
200 Mts.	02.17.73 Sec.	02:38.58 Sec.
<b>V. Individual Medley</b>		
200 Mts.	02.25.63 Sec.	2:50.40 Sec.
400 Mts.	04.58.48 Sec.	05:38.37 Sec.
<b>VI. Relays</b>		
4x100 Mts. Free Style	03.52.07 Sec.	04:39.85 Sec.
4x200 Mts. Free Style	08.46.32 Sec.	10:12.36 Sec.
4x100 Mts. Medley	04.23.66 Sec.	05:16.26 Sec.

  
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