

SPECIFIC AND PHYSICAL FITNESS TEST AND NORMS FOR

ATHLETICS TALENT SEARCH PROGRAMM 2026



**M.P. STATE ATHLETICS
ACADEMYBHOPAL**

**TALENT SEARCH FOR ATHLETICS
STATE LEVEL IN BHOPAL ON 20 to 22 JULY 2026**

1. ACTUAL EVENT TEST

2. SPORTS SPECIFIC TEST

3. PHYSICAL FITNESS TEST

4. MEDICAL TEST

SCHEDULE DISTRICT	DATE	Remark
BHOPAL	20-22 July 2026	ALL EVENTS

AGE GROUP 12 TO 18 YEARS

REQUIRE DOCUMENTS

KINDLY BRING, DATE OF BIRTH CERTIFICATE, DOMICILE CERTIFICATE, SAMGRA ID, AADHAR CARD, SCHOOL EDUCATION CERTIFICATE, SPORTS ACHIEVEMENT, AND TWO PASSPORT PHOTO

REQUIREMENT FOR TEST

1. MEN POWER (OFFICIALS & VOLENTEER)

TEST EQUIPMNETS

(1) SHOTPUT 3,4,5 KG

(ii) JAVELIN 500, 600, 700 GR

(iii) DISCUS 1,1.25, 1.5, 1.75, KG

(iv) HURDLES 20 NOS

JUMP PIT-HJ WITH STAND AND CROSS BAR, LJ (FAWDA, LEVELERS)

MEASURING TAP 30,50,100 MTS

MARKING CONE

WEIGHT, HEIGHT MESUREMENT MACHINE

LIME POWDERSX) PRINTER & SYSTEM WITH MEN POWER

SPECIFIC AND PHYSICAL FITNESS TEST EVENTWISE

ENDURANCE GROUP

1. Actual Event (600M, 800M, 1500M, 3000M, 5000/10000M, STCH, RW)
2. Endurance (Beep Test)
3. 600m speed endurance
4. Abdominal Strength (1 min sit ups)
5. Speed (30 mts flying Start)
6. Flexibility (Sit & reach)

SPRINT AND HURDLES GROUP

1. Actual Event (60m 100M, 200M, 300M, 400, 100/110HM, 400MH)
2. 600m speed endurance
3. Speed (30 mts flying Start)
4. Explosive Strength (Standing broad Jump)
5. Abdominal Strength (1 min sit ups)
6. Flexibility (Sit & reach)

THROWS GROUP

1. Actual Event (SHOT PUT, DISCUS, HAMMER, JAVELIN)
2. Speed (30 Mts flying Start)
3. Explosive Strength (Vertical Jump)
4. Strength Endurance (1 Min Burpee Jump)
5. Overhead Backward Throw 4kg Shot
6. Flexibility - Sit & Reach

JUMPS GROUP

1. Actual Event (LONG JUMP TRIPLE JUMP HIGH JUMP, POLE VAULT)
2. Speed (30 mts flying Start)
3. Explosive Strength (Standing broad Jump) For **horizontal Jump**
4. Explosive Strength (Vertical Jump) For **high Jump**
5. Abdominal Strength (1 min sit ups)
6. Overhead Backward Throw 4kg Shot
7. Flexibility (Sit & reach)

SPECIFIC AND PHYSICAL FITNESS TEST PROFILE

<u>Name of the test</u>	<u>Maximum Points</u>
30 mts flying Start	5
Beep Test	5
Standing broad Jump	5
Vertical Jump	5
One minute Sit ups	5
Overhead Backward Throw 4kg Shot	5
One Minute Burpee Jump	5
Sit & reach	5
Actual Event	Reference Scoring Table, World Athletics

LEGEND

Excellent (5 Point per test)	80% and above Scored Total Test Points
Good (3 Point per test)	65% and above Scored Total Test Points
Average (2 Point per test)	50% and above Scored Total Test Points
Below Average (1 Point per test)	40% and above Scored Total Test Points

Event wise Age, Height and Weight

EVENTGROUP	AGE	BOYS		GIRLS	
		HEIGHT (CM)	WEIGHT (KG)	HEIGHT (CM)	WEIGHT (KG)
<u>SPRINT AND HURDLES GROUP</u>	Under 14	Above 170	56 to 62	Above 160	45 to 48
	Under 16	Above 176	60 to 66	Above 163	46 to 50
	Under 18	Above 178	60 to 68	Above 165	48 to 52
	Under 20	Above 183	67 to 74	Above 168	50 to 54
<u>ENDURANCE GROUP</u>	Under 14	Above 160	45 to 50	Above 152	40 to 45
	Under 16	Above 164	48 to 52	Above 156	45 to 48
	Under 18	Above 167	52 to 56	Above 160	46 to 50
	Under 20	Above 168	54 to 58	Above 162	48 to 52
<u>THROWS GROUP</u>	Under 14	Above 170	65-75	Above 162	50-60
	Under 16	Above 175	70-80	Above 167	53-63
	Under 18	Above 180	75-85	Above 172	65-75
	Under 20	Above 185	75-95	Above 175	65-80
<u>JUMPS GROUP</u>	Under 14	Above 168	46-60	Above 160	40-50
	Under 16	Above 174	56-70	Above 164	42-52
	Under 18	Above 178	60-72	Above 170	45-55
	Under 20	Above 180	64-74	Above 172	45--52
<p>1. Some athletics Events like High jump will be considered 3 to 7 cm more than this jump group table. 2. If Athletes are good in specific and Actual Event then some exemption will be given in Height and weight by the selection committee. 3. If Athletes are 20+ (Men's or Women's) category selection will be direct in the elite group by selection committee recommendation through Present Performance or Present Medal in National competition.</p>					

**Minimum Standards of Actual Event Performance for Athletics
Academy Entrance**

MALE ATHLETES

Events & Specifications		GROUPS & STANDARDS				
		MEN	U 20 * MEN	U 18 * BOYS	U 16 * BOYS	U 14 * BOYS
Event	Specifications	OPEN	Below 20 Years	Below 18 Years	Below 16 Years	Below 14 Years
60m						@
100m.		10.60s.	10.90s .	11.50s.	11.80s.	
200m.		21.70s.	23.00s .	23.60s.	24.50s.	
300m.					@	
400m.		49.00s.	51.50s.	52.50s.		
600m.						1:38.00.
800m.		1:52.00s.	1:53.00s.	1:58.00s.	2:03.00s.	
1500m.		3:50.00s.	3:58.00s.	4:10.00s.		
2000m.					6:10.00s.	
3000m.				9:15.00s.		
5000m.		14:40.00s.	15:10.00s.			
10,000m.		31:30.00s.	32:30.00s.			
80m. Hurdles						@
100m. Hurdles	0.914m				16.00s.	
110m. Hurdles	0.914m			15.40s.		
110m. Hurdles	0.991m		15.00s.			
110m. Hurdles	1.067m.	14.50s.				
400m. Hurdles	0.838m			57.50s.		
400m. Hurdles	0.914m	51.30s .	54.00s.			
2000m. Steeplechase	0.838m.			6:20.00s.		
3000m. Steeplechase	0.914m.	9:10.00s.	10: 10.00s .			
High Jump		2.20m.	2.05m.	1.95m.	1.75m.	1.60m.
Long Jump		7.50m.	7.10m.	6.80m.	6.10m.	5.50m.
Triple Jump		15.75m.	14.75m.	13.75m.		
Pole Vault		4.40m.	3.80m.	3.70m.		

Events & Specifications		GROUPS & STANDARDS				
		MEN	U 20 * MEN	U 18 * BOYS	U 16 * BOYS	U 14 * BOYS
Event	Specifications	OPEN	Below 20 Years	Below 18 Years	Below 16 Years	Below 14 Years
Shot Put	3.000kg.					14.00m.
Shot Put	4.000kg.				15.00m.	
Shot Put	5.000kg.			16.00m.		
Shot Put	6.000kg.		17.00m.			
Shot Put	7.260kg.	17.00m.				
Discus Throw	1.2500kg.				45.00m.	
Discus Throw	1.5000kg.			48.00m.		
Discus Throw	1.750kg.		50.00m.			
Discus Throw	2.000kg.	50.00m.				
Hammer Throw	4.000kg.				50.00m.	
Hammer Throw	5.000kg.			55.00m.		
Hammer Throw	6.000kg.		60.00m.			
Hammer Throw	7.260kg.	60.00m.				
Javelin Throw	600g.				50.00m.	
Javelin Throw	700g.			60.00m.		
Javelin Throw	800g.	75.00m.	70.00m.			
5000m. Race Walking (Track)					28:30.00s.	
10000m. Race Walking (Track)			50.00.0s.	54.00.0s.		
20000m. Race Walking (Track)		1::35.00s.				
20 km. Race Walking (Road)		1::35.00s.				

Actual Event Performance Marking point will be given by scoring table of world Athletics

(<https://www.worldathletics.org/abot-iaaf/documents/technical-information>)

<https://www.worldathletics.org/download/download?filename=d9984183-77a9-47ec-afb2-9284c85c6d6e.pdf&urlslug=IAAF%20Scoring%20Tables%20of%20Athletics%20-%20Outdoor%20>

Minimum Standards of Actual Event Performance for Athletics Academy Entrance

FEMALE ATHLETES

Events & Specifications		GROUPS & STANDARDS				
		WOMEN	U 20 * WOMEN	U 18 * GIRLS	U 16 * GIRLS	U 14 * GIRLS
Event	Specifica tions	OPEN	Below 20 Years	Below 18 Years	Below 16 Years	Below 14 Years
60m.						@
100m.		12.10s.	12. 75s .	13.25s.	13.80s.	15.00.
200m.		24.50s.	26. 50s .	27. 20s .		
300m.					@	
400m.		55.00s.	58.50s.	1:03.00s.		
600m.						1:48.00.
800m.		2:12.00s.	2:18.00s.	2:25.00.	2:35.00s	
1500m.		4:30.00s.	4:50.00s.	5:20.00s.		
2000m.					7:15.00s.	
3000m.			10:38.00s.	12:10.00.		
5000m.		17:00.00.	18:50.00s.			
10,000m.		37:00.00s.				
80m. Hurdles	0.762m					@
100m. Hurdles	0.762m			16.50s.	17.80s.	
100m. Hurdles	0.838m.	15.00s.	16.20s.			
400m. Hurdles	0.762m.	1:02.00s.	1:07.50s.	1:12.00s.		
2000m. Steeplechase	0.762m.			7:55.00.s		
3000m. Steeplechase	0.762m.	11:40.00.	12:05.00s.			
High Jump		1.75m.	1.70m.	1.65m.	1.60m.	1.45m.
Long Jump		6.00m.	5.75m.	5.50m.	5.00m.	4.50m.
Triple Jump		12.50m.	12.00m.	11.50m.		
Pole Vault		3.30m.	2.80m.	2.70m.		
Shot Put	2.000kg					10.0m.
Shot Put	3.000kg			12.00m.	11.00m.	
Shot Put	4.000kg	13.50m.	12.50m.			

Events & Specifications		GROUPS & STANDARDS				
		WOMEN	U 20 * WOMEN	U 18 * GIRLS	U 16 * GIRLS	U 14 * GIRLS
Event	Specifications	OPEN	Below 20 Years	Below 18 Years	Below 16 Years	Below 14 Years
Discus Throw	1.000kg	45.00m.	40.00m.	38.00m.	35.00m.	
Hammer Throw	3.000kg			40.00m.		
Hammer Throw	4.000kg	50.00m.	45.00m.			
Javelin Throw	500g.			35.00m.	30.00m.	
Javelin Throw	600g.	45.00m.	40.00m.			
3000m. Race Walking (Track)					22:30.00 s.	
5000m. Race Walking (Track)				33:00.00s.		
10,000m. Race Walking (Track)			1::06:00.0s			
20,000m. Race Walking (Track)		1::45:00s.				
20km. Race Walking (Road)		1::45:00s..				

Actual Event Performance Marking point will be given by scoring table of world Athletics
(<https://www.worldathletics.org/about-iaaf/documents/technical-information>)
<https://www.worldathletics.org/download/download?filename=d9984183-77a9-47ec-afb2-9284c85c6d6e.pdf&urlslug=IAAF%20Scoring%20Tables%20of%20Athletics%20-%20Outdoor%20>

TEST FOR SPEED: -(TIME (SEC) FOR 30M FLYING START SPRINT)

Gender & Age (Year)	Excellent	Good	Average	Below Average
Boys U14	< 3.90	3.91 - 4.20	4.21 - 4.50	4.51-4.80
Boys U16	< 3.60	3.61 - 3.90	3.91 - 4.20	4.21-4.50
Boys U18	< 3.40	3.41 - 3.70	3.71 - 4.00	4.00- 4.30
Boys U20	< 3.20	3.20 - 3.50	3.51 - 3.80	3.80-4.10
Girls U14	< 4.00	4.01 -4.30	4.31 - 4.60	4.61-4.90
Girls U16	< 3.90	3.91 -4.20	4.21 - 4.50	4.51-4.80
Girls U18	< 3.80	3.81 -4.10	4.11 - 4.40	4.41-4.70
Girls U20	< 3.70	3.71 -4.00	4.01 - 4.30	4.31-4.60

TEST FOR ENDURANCE: -(BEEP TEST (VO2 MAX. AS PER NORMS)

Gender & Age (Year)	Excellent	Good	Average	Below Average
Boys U14	> 11.0	10.5 - 9	8.5 - 7.0	7.0-5.5
Boys U16	> 12.0	11.5 - 9.5	9.0 - 7.5	7.5-6.0
Boys U18	> 12.5	12.0 - 10.0	9.5 - 8.0	8.0-6.5
Boys U20	> 13.0	12.5 - 10.5	10.0- 8.5	8.5-7.0
Girls U14	> 9.5	9.0 - 7.5	7.0 - 6.0	6.0-4.5
Girls U16	> 10.5	10.0 - 8.0	7.5 - 6.5	6.5-5.0
Girls U18	> 11.0	10.5 - 8.5	8.0 - 7.0	7.0-5.5
Girls U20	> 11.5	11.0 - 9.0	8.5 - 7.5	7.5-6.0

NOTE - According to beep test CD

TEST FOR SPEED ENDURANCE: -TIME 600M IN MINUTE

Gender & Age (Year)	Excellent	Good	Average	Below Average
Boys U14	<1:50	1:51-2:10	2:11-2:40	2:40-3:10
Boys U16	<1:45	1:46 -2:00	2:01 -2:30	2:30-3:00
Boys U18	<1:40	1:41 -1:50	1:51-2:10	2:10-2:40
Boys U20	<1:35	1:36 -1:45	1:46-2:00	2:00-2:30
Girls U14	<2:05	2:06 -2:30	2:31-2:50	2:50-3:20
Girls U16	<2:00	2:01 -2:20	2:21-2:45	2:46-3:16
Girls U18	<1:50	1:51- 2:10	2:11-2:40	2:40-3:10
Girls U20	<1:45	1:46 -1:55	1:56 -2:20	2:20-2:50

TEST FOR STRENGTH :- (STANDING BROAD JUMP IN METER)

Gender & Age (year)	Excellent	Good	Average	Below Average
Boys U14	>2.21	2.20 - 2.01	2.00 - 1.81	1.80-1.60
Boys U16	>2.41	2.40 - 2.31	2.30 - 2.11	2.10-1.90
Boys U18	> 2.51	2.50 - 2.41	2.40 - 2.31	2.30-2.10
Boys U20	> 2.61	2.60 - 2.51	2.50 - 2.41	2.40-2.20
Girls U14	> 1.91	1.90 - 1.71	1.70 - 1.51	1.50-1.30
Girls U16	> 2.06	2.05 - 1.91	1.90 - 1.86	1.85-1.65
Girls U18	> 2.31	2.30 - 2.21	2.20 - 2.01	2.00-1.80
Girls U20	> 2.51	2.50 - 2.41	2.40 - 2.31	2.30-2.10

**TEST FOR EXPLOSIVE LEG STRENGTH:-
(Vertical Jump in CM)**

Gender & Age (Year)	Excellent	Good	Average	Below Average
Boys U14	>50	49-44	43-38	37-31
Boys U16	>56	55-50	49-44	44-38
Boys U18	>61	60-55	54-49	49-43
Boys U20	>70	69-64	63-57	56-50
Girls U14	>45	44-39	38-32	31-25
Girls U16	>50	49-44	43-38	37-31
Girls U18	>55	54-49	48-42	41-36
Girls U20	>60	59-54	53-47	46-40

**TEST FOR ABDOMINAL STRENGTH :-SIT UPS
(NUMBER OF COUNT IN ONE MINUTE)**

Gender & Age (Year)	Excellent	Good	Average	Below Average
Boys U14	> 40	39 to 34	33 to 27	26-21
Boys U16	> 45	44 to 39	38 to 32	31-26
Boys U18	> 50	49 to 44	43 to 37	36-31
Boys U20	> 55	54 to 49	48 to 42	41-36
Girls U14	> 30	29 to 24	23 to 18	17-12
Girls U16	> 35	34 to 29	28 to 23	22-17
Girls U18	> 40	39 to 34	33 to 28	27-21
Girls U20	> 45	44 to 39	38 to 33	32-27

TEST FOR FLEXIBILITY(SIT & REACH IN CM)

Gender & Age (Year)	Excellent	Good	Average	Below Average
Boys U14	>26	25-20	19-14	13-8
Boys U16	>27	26-21	20-15	14-10
Boys U18	>29	28-23	21-17	16-12
Boys U20	>30	29-24	23-18	17-13
Girls U14	>27	26-21	20-15	14-10
Girls U16	>28	27-22	21-16	15-11
Girls U18	>30	29-24	23-18	17-13
Girls U20	>31	30-25	24-19	18-14

OVERHEAD BACKWARD THROW 4 KG SHOT IN MT.

Gender & Age (Year)	Excellent	Good	Average	Below Average
Boys U14	>10.50	10.49-09.50	09.49-08.50	08.49-07.00
Boys U16	>11.50	11.49-10.50	10.49-09.50	09.49-08.00
Boys U18	>13.50	13.49-12.50	12.49-11.50	11.49-10.00
Boys U20	>15.50	15.49-14.50	14.49-13.50	13.49-12.00
Girls U14	>08.50	08.49-07.70	07.69-06.90	06.89-05.60
Girls U16	>09.50	09.49-08.70	08.69-07.90	07.89-06.60
Girls U18	>11.00	10.99-09.20	09.19-08.50	08.49-07.00
Girls U20	>12.50	12.49-11.70	11.69-10.00	09.99-08.50

TEST FOR STRENGTH ENDURANCE:-BURPEE JUMP,
(NUMBER OF COUNT IN ONE MINUTE)

Gender & Age (Year)	Excellent	Good	Average	Below Average
Boys U14	>13	12-11	10-8	07-06
Boys U16	>16	15-13	12-10	09-08
Boys U18	>21	20-16	15-12	11-10
Boys U20	>26	25-21	20-15	14-13
Girls U14	>10	09-07	06-05	05-04
Girls U16	>12	11-08	09-08	07-06
Girls U18	>14	13-09	08-07	06-05
Girls U20	>16	15-11	10-08	07-06