

पैरालंपिक कमिटी ऑफ इंडिया

PARALYMPIC COMMITTEE OF INDIA

Deemed Public Enterprise
Recognised by Govt. of India

Affiliated Member of: IPC Germany, IWAS UK, APC, UAE



Delhi Correspondence Office: Jaisalmer House, 26 Mansingh Road, New Delhi-110011 (India)
Tel.No.: 011-23075126/226 Email: npcindia@paralympicindia.com Website: paralympicindia.com

President
Devendra
Padma Bhushan, khel Ratna Awardee

Secretary General
Jayawant G Hammanawar
International Coach & Referee

Treasurer
Sunil Pradhan
International Para Athlete

24th NATIONAL PARA ATHLETICS CHAMPIONSHIPS 2026

Date - TBD in Bhubaneshwar, Odisha

Minimum Eligibility Standard for the National Participation

IMPORTANT NOTE

**An athlete may participate in a maximum of three (3) individual events.
A maximum of two (2) athletes per State is permitted in any single event.**

Escorts/ Support Staff & Guide Runner will be provided to only eligible class and an athlete cannot choose both a guide and escort.

Guide - T11 & T12 Only

Escort - T/F - 11,12,31,32,33,51,52,53,54

If any athlete does not achieve the MES during the Nationals, then the State Association will have to pay a penalty of Rs 10,000/- per person.

Sr	Event	Eligible Classes	Point	MES
MEN'S				
1	Men's 100m T11	T11		13.50
2	Men's 100m T12	T12		12.65
3	Men's 100m T13	T13		12.40
4	Men's 100m T35	T35		14.50
5	Men's 100m T36	T36		14.60
6	Men's 100m T37	T37		14.00
7	Men's 100m T38	T38		13.80
8	Men's 100m T44	T44		13.20
9	Men's 100m T47	T45, T46, T47		11.60
10	Men's 100m T53	T53		16.00
11	Men's 100m T54	T54		15.10
12	Men's 100m T63	T42, T63		14.40
13	Men's 100m T64	T62, T64		14.20
14	Men's 200m T35	T35		31.00
15	Men's 200m T37	T37		28.00
16	Men's 200m T64	T64		32.00
17	Men's 400m T11	T11		1:04.00
18	Men's 400m T12	T12		1:00.00
19	Men's 400m T13	T13		59.00
20	Men's 400m T20	T20		1:01.00
21	Men's 400m T36	T36		1:12.00
22	Men's 400m T37	T37		1:04.00



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23	Men's 400m T38	T38		1:02.00
24	Men's 400m T47	T45, T46, T47		53.00
25	Men's 400m T53	T53		1:05.00
26	Men's 400m T54	T54		1:03.00
27	Men's 400m T64	T44, T62, T64		1:01.00
28	Men's 800m T53	T53		2:10.00
29	Men's 800m T54	T54		2:00.00
30	Men's 1500m T11	T11		5:15.00
31	Men's 1500m T13	T12, T13		4:40.00
32	Men's 1500m T20	T20		4:70.00
33	Men's 1500m T38	T37, T38		5:50.00
34	Men's 1500m T46	T45, T46		4:10.00
35	Men's 1500m T54	T53, T54		3:30.00
36	Men's 5000m T11	T11		19:00.00
37	Men's 5000m T13	T12, T13		18:00.00
38	Men's 5000m T54	T53, T54		13:50.00
39	Men's High Jump T47	T45, T46, T47	NO	1.60m
40	Men's High Jump T63	T42, T63	NO	1.50m
41	Men's High Jump T64	T44, T64	NO	1.60m
42	Men's Long Jump T11	T11	NO	4.50m
43	Men's Long Jump T12	T12	NO	5.50m
44	Men's Long Jump T13	T13	NO	5.00m
45	Men's Long Jump T20	T20	NO	5.00m
46	Men's Long Jump T36	T36	NO	3.80m
47	Men's Long Jump T37/38	T37	YES	4.10m
		T38		4.20m
48	Men's Long Jump T47	T45, T46, T47	NO	5.60m
49	Men's Long Jump T63	T42, T61, T63	NO	4.50m
50	Men's Long Jump T64	T44, T62, T64	NO	5.00m
51	Men's Discus Throw F11	F11	NO	21.00m
52	Men's Discus Throw F37	F37	NO	30.00m
53	Men's Discus Throw F51/52/53	F51	YES	7.00m
		F52		10.00m
		F53		12.00m
54	Men's Discus Throw F54/55/56	F54	YES	20.00m
		F55		23.80m



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		F56		29.00m
55	Men's Discus Throw F57	F57	NO	30.00m
56	Men's Discus Throw F64	F43, F44, F62, F64	NO	40.00m
57	Men's ShotPut F11	F11	NO	8.50m
58	Men's ShotPut F12	F12	NO	10.00m
59	Men's ShotPut F20	F20	NO	9.00m
60	Men's ShotPut F32	F32	NO	5.00m
61	Men's ShotPut F33	F33	NO	6.00m
62	Men's ShotPut F34	F34	NO	7.00m
63	Men's ShotPut F35	F35	NO	7.50m
64	Men's ShotPut F36	F36	NO	8.00m
65	Men's ShotPut F37	F37	NO	9.00m
66	Men's ShotPut F40	F40	NO	7.50m
67	Men's ShotPut F41	F41	NO	8.00m
68	Men's ShotPut F46	F45, F46	NO	11.00m
69	Men's ShotPut F53	F53	NO	5.20m
70	Men's ShotPut F55	F54, F55	NO	7.50m
71	Men's ShotPut F57	F56, F57	NO	10.00m
72	Men's ShotPut F63	F42, F61, F63	NO	9.50m
73	Men's Javelin F13	F12, F13	NO	35.00m
74	Men's Javelin F33/34	F33	YES	14.00m
		F34		20.00m
75	Men's Javelin F37/38	F37	YES	25.00m
		F38		30.00m
76	Men's Javelin F41	F40, F41	NO	29.00m
77	Men's Javelin F46	F45, T46	NO	45.00m
78	Men's Javelin F54	F53, F54	NO	16.00m
79	Men's Javelin F55	F55	NO	23.00m
80	Men's Javelin F57	F56, F57	NO	30.00m
81	Men's Javelin F64	F42, F43, F44, F61,	NO	40.00m
		F62,		
		F63, F64		
82	Men's Club Throw F32	F32	NO	15.00m
83	Men's Club Throw F51	F51	NO	20.00m
WOMEN'S				
1	Women's 100m T11	T11		16.00
2	Women's 100m T12	T12		15.50
3	Women's 100m T13	T13		15.00
4	Women's 100m T35	T35		24.00



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5	Women's 100m T36	T36		20.00
6	Women's 100m T37	T37		18.00
7	Women's 100m T38	T38		17.00
8	Women's 100m T47	T45, T46, T47		16.00
9	Women's 100m T53	T53		24.00
10	Women's 100m T54	T54		22.00
11	Women's 100m T63	T42, T63		20.00
12	Women's 100m T64	T44, T62, T64		18.00
13	Women's 200m T11	T11		35.00
14	Women's 200m T12	T12		33.00
15	Women's 200m T35	T35		50.00
16	Women's 200m T36	T36		40.00
17	Women's 200m T37	T37		39.00
18	Women's 200m T47	T45, T46, T47		32.00
19	Women's 400m T11	T11		1:25.00
20	Women's 400m T12	T12		1:20.00
21	Women's 400m T13	T13		1:10.00
22	Women's 400m T20	T20		1:10.00
23	Women's 400m T38	T37, T38		1:25.00
24	Women's 400m T47	T45, T46, T47		1:20.00
25	Women's 400m T53	T53		1:20.00
26	Women's 400m T54	T54		1:15.00
27	Women's 800m T53	T53		3:00.00
28	Women's 800m T54	T54		2:50.00
29	Women's 1500m T11	T11		6:20.00
30	Women's 1500m T13	T12, T13		6:00.00
31	Women's 1500m T20	T20		5:40.00
32	Women's 1500m T54	T53, T54		4:30.00
33	Women's Long Jump T11/12	T11	YES	3.0m
		T12		4.0m
34	Women's Long Jump T20	T20	NO	4.0m
35	Women's Long Jump T37/38	T37	YES	3.0m
		T38		3.50m
36	Women's Long Jump T47	T45, T46, T47	NO	4.00m
37	Women's Long Jump T42-T44/61-64	T42, T61, T63	YES	3.00m
		T44, T62, T64		3.50m



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38	Women's Discus Throw F11	F11	NO	18.00m
39	Women's Discus Throw F37/F38	F37	YES	15.00m
		F38		17.00m
40	Women's Discus Throw F40/ F41	F40	YES	10.00m
		F41		12.00m
41	Women's Discus Throw F51/ F52/ F53	F51	YES	4.50m
		F52		5.50m
		F53		6.00m
42	Women's Discus Throw F54	F54	NO	8.00m
43	Women's Discus Throw F55	F55	NO	10.00m
44	Women's Discus Throw F56/57	F56	YES	11.00m
		F57		12.00m
45	Women's Discus Throw F64	F43, F44, F62, F64	NO	15.00m
46	Women's ShotPut F11/12	F11	YES	6.00m
		F12		7.00m
47	Women's ShotPut F20	F20	NO	8.00m
48	Women's ShotPut F32	F32	NO	3.00m
49	Women's ShotPut F33	F33	NO	4.00m
50	Women's ShotPut F34	F34	NO	4.30m
51	Women's ShotPut F35/36/37	F35	YES	5.00m
		F36		6.00m
		F37		7.00m
52	Women's ShotPut F41	F40	YES	4.50m
		F41		5.00m
53	Women's ShotPut F46	F45, F46	NO	7.00m
54	Women's ShotPut F54	F54	NO	4.00m
55	Women's ShotPut F57	F56	NO	5.00m
		F57		6.00m
56	Women's ShotPut F64	F42, F43, F44, F62 F64	NO	6.30m
57	Women's Javelin F12/13	F12	YES	15.00m
		F13		18.00m
58	Women's Javelin F34	F33, F34	NO	9.00m
59	Women's Javelin F46	F45/F46	NO	20.00m
60	Women's Javelin F54	F53	NO	6.00m
		F54		8.00m
61	Women's Javelin F56	F55	NO	10.00m
		F56		11.00m
62	Women's Club Throw F32/ F51	F32	YES	8.00m
		F51		6.00m

