



# चौ० चरण सिंह विश्वविद्यालय, मेरठ

## Ch. Charan Singh University, Meerut

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Sports Officer & Secretary  
Sports Council

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On the basis of the results of 2008-2009 Received from AIU, following are the qualifying standard to represent the interuniversity tournaments.

### **Athletics**

S.No.	Event	Meet Record		Qualifying standard	
		Men	Women	Men	Women
1	100 m	10.60 Sec.	11.6 Sec	10.96 Sec.	12.45 Sec.
2	200 m	21.30 Sec	24.0 Sec	22.41 Sec	25.99 Sec
3	400 m	47.10 Sec	54.88 Sec	50.40 Sec	58.73 Sec
4	800 m	1:50.30 Sec	2:29.74 Sec	1:58.72 Sec	2:26.23 Sec
5	1500 m	3:53.30 Sec	4:26.23 Sec	4:09.00 Sec	4:37.29 Sec
6	5000 m	14:33.93 Sec	17:03.10 Se	14:55.93 Sec.	19:32.14 Se
7	10000 m	30:35.60 Sec	35:35.05 Se	31:34.50 Sec	39:58.56 Se
8	100 m Hurdles	-----	13.94 Sec	-----	15.20 Sec
9	110 m Hurdles	14.20 Sec	-----	15.19 Sec	-----
10	400 m Hurdles	52.45 Sec	59.60 Sec	56.40 Sec	1:03.42 Sec
11	Half Marathon	1:06.59.5 Sec	1:15.86 Sec	1:08.36.1 Sec	1:24.10 Sec
12	20 Km Walk	1:32.24 Sec	-----	1:41.41 Sec	-----
13	4*100 m Relay	41.80 Sec	46.92 Sec	43.53 Sec	51.18 Sec
14	4*400 m Relay	3:13.47 Sec	3:41.12 Sec	3:22.48 Sec	4:30.26 Sec
15	Long Jump	7.74 m	6.22 m	7.20 m	5.73 m
16	Triple Jump	16.03 m	13.04 m	14.79 m	12.20 m
17	High Jump	2.12 m	1.78 m	2.00 m	1.60 m
18	Pole Vault	4.75 m	3.25 m	3.70 m	3.00 m
19	Shot Put	18.45 m	14.40 m	16.05 m	11.56 m
20	Discuss Throw	53.92 m	53.28 m	44.44 m	39.40 m
21	Javelin Throw	73.39 m	51.69 m	57.22 m	35.75 m
22	Hammer Throw	62.88 m	53.05 m	51.93 m	41.34 m
23	Decathlon	6679 points	-----	5622 Points	-----
24	5 Km Walk	-----	24:18.70 Se	-----	27:25.6 Se
25	Heptathlon	-----	5100 Points	-----	3588 Points

### **Weight Lifting (M)**

S.No.	Wgt Catagory	Snatch	Clean & Jerk	Total
1	56 kg	95 kg	114 kg	209 kg
2	62 kg	95 kg	125 kg	220 kg
3	69 kg	111 kg	135 kg	246 kg
4	77 kg	105 kg	120 kg	225 kg
5	85 kg	95 kg	125 kg	220 kg
6	94 kg	117 kg	142 kg	259 kg
7	105 kg	116 kg	137 kg	253 kg
8	+105 kg	45 kg	65 kg	110 kg

### Weight Lifting (W)

S.No.	Wgt Catagory	Snatch	Clean & Jerk	Total
1	48 kg	48 kg	52 kg	100 kg
2	53 kg	43 kg	55 kg	98 kg
3	58 kg	61 kg	70 kg	131 kg
4	63 kg	56 kg	72 kg	128 kg
5	69 kg	50 kg	60 kg	110 kg
6	75 kg	63 kg	70 kg	133 kg
7	+75 kg	61 kg	84 kg	145 kg

### Power Lifting (M)

S.No.	Wgt Catagory	Squat	Bench Press	Dead Lift	Total
1	56 kg	145 kg	85 kg	155 kg	385 kg
2	60 kg	180 kg	100 kg	190 kg	470 kg
3	67.5 kg	150 kg	135 kg	175 kg	460 kg
4	75 kg	255 kg	125 kg	245 kg	625 kg
5	82.5 kg	247.5 kg	140 kg	240 kg	627.5 kg
6	90 kg	265 kg	110 kg	262.5 kg	637.5 kg
7	100 kg	235 kg	117.5 kg	220 kg	572.5 kg
8	110 kg	220 kg	95 kg	240 kg	555 kg
9	125 kg	210 kg	87.5 kg	175 kg	472.5 kg
10	+125 kg	165 kg	80 kg	190 kg	435 kg

### Power Lifting (W)

S.No.	Wgt Catagory	Squat	Bench Press	Dead Lift	Total
1	48 kg	95 kg	40 kg	120 kg	255 kg
2	52 kg	115 kg	50 kg	122.5 kg	287.5 kg
3	56 kg	80 kg	35 kg	100 kg	215 kg
4	60 kg	90 kg	45 kg	100 kg	235 kg
5	67.5 kg	90 kg	40 kg	95 kg	225 kg
6	75 kg	55 kg	35 kg	80 kg	170 kg
7	82.5 kg	125 kg	45 kg	110 kg	280 kg
8	90 kg	80 kg	35 kg	110 kg	225 kg
9	+90 kg	90 kg	40 kg	110 kg	240 kg

**(G.S.Ruhal)**  
Sports Officer