



# ATHLETICS FEDERATION OF INDIA

# 2010

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# Golden Moments 2018

*Dear Friends,*

*As the New Year unfolds, it is with great pleasure & joy that SportingIndia.com, the official IT & social media partner of AFI, brings you this Limited Edition 2019 Calendar.*

*While we enter a New Year with new dreams & new goals, we must once again applaud the efforts of our Athletes for the Golden Moments they created in the Year 2018. A month each dedicated to one such star.*

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# JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## EVENT OF THIS MONTH

NATIONAL CROSS COUNTRY CHAMPIONSHIPS 2019

20<sup>TH</sup> JANUARY

MATHURA (UP)



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**NEERAJ CHOPRA**

Javelin Throw

88.06m (NR)-Gold Medal-Asian Games 2018

86.47m-Gold Medal-CWG 2018

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# FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

## EVENTS OF THIS MONTH

INTERNATIONAL RACE WALKING  
CHAMPIONSHIPS 2019  
16<sup>TH</sup> TO 17<sup>TH</sup> FEBRUARY  
CHENNAI (TN)

INDIAN GRAND PRIX - 1  
23<sup>RD</sup> FEBRUARY  
PATIALA (HR)

NATIONAL YOUTH  
CHAMPIONSHIPS 2019  
19<sup>TH</sup> TO 21<sup>ST</sup> FEBRUARY  
RAIPUR (CG)

INDIAN GRAND PRIX - 2  
27<sup>TH</sup> FEBRUARY  
DELHI



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**TAJINDER PAL SINGH TOOR**

Shot Put

20.75m (NR)-Gold Medal-Asian Games 2018

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# MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## EVENTS OF THIS MONTH

INDIAN GRAND PRIX - 3

02<sup>ND</sup> MARCH  
SANGRUR (PB)

INDIAN GRAND PRIX - 4

06<sup>TH</sup> MARCH  
PANCHKULA (CG)

FEDERATION CUP NATIONAL  
SR. ATHLETICS CHAMPIONSHIPS  
15<sup>TH</sup> TO 18<sup>TH</sup> MARCH  
PATIALA(HR)



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**ARPINDER SINGH**  
Triple Jump

16.77m-Gold Medal-Asian Games 2018

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# APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## EVENTS OF THIS MONTH

NATIONAL JAVELIN CHALLENGE  
15<sup>TH</sup> TO 16<sup>TH</sup> APRIL  
SONIPAT (HR)

400M NATIONALS  
15<sup>TH</sup> TO 16<sup>TH</sup> APRIL  
LUCKNOW (UP)

ASIAN ATHLETICS CHAMPIONSHIPS  
21<sup>ST</sup> TO 24<sup>TH</sup> APRIL  
DOHA (QATAR)



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**SWAPNA BARMAN**

Heptathlon

6026 points-Gold Medal-Asian Games 2018

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# MAY

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

EVENT OF THIS MONTH



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## JINSON JOHNSON

1500 m 3:44.72-Gold Medal-Asian Games 2018

800 m 1:46.35-Silver Medal-Asian Games 2018

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# JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

EVENT OF THIS MONTH



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**MANJIT SINGH**

800m

1:46.15-Gold Medal-Asian Games 2018

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# JULY

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## EVENT OF THIS MONTH

NATIONAL INTER STATE  
SENIOR ATHLETICS CHAMPIONSHIPS 2019

14<sup>TH</sup> TO 17<sup>TH</sup> JULY  
KOLKATA (WB)



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SARITABEN GAYAKWAD, HIMA DAS, V K VISMAYA &  
M R POOVAMMA  
4x400m Women's Relay  
3:28.72-Gold Medal-Asian Games 2018

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# AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

EVENT OF THIS MONTH



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**HIMA DAS**

400m

51.46s-Gold Medal-IAAF U20 World Championships 2018  
50.79s (NR)-Silver Medal-Asian Games 2018

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# SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

## EVENTS OF THIS MONTH

INDIAN GRAND PRIX - 5  
01<sup>ST</sup> SEPTEMBER  
CHENNAI (TN)

WEST ZONE JUNIOR  
ATHLETICS CHAMPIONSHIPS  
10<sup>TH</sup> TO 13<sup>TH</sup> SEPTEMBER  
ALWAR (RJ)

NORTH ZONE JUNIOR  
ATHLETICS CHAMPIONSHIPS  
10<sup>TH</sup> TO 13<sup>TH</sup> SEPTEMBER  
JAMMU (J&K)

SOUTH ZONE JUNIOR  
ATHLETICS CHAMPIONSHIPS  
10<sup>TH</sup> TO 13<sup>TH</sup> SEPTEMBER  
MYSORE (KA)

EAST ZONE JUNIOR  
ATHLETICS CHAMPIONSHIPS  
10<sup>TH</sup> TO 13<sup>TH</sup> SEPTEMBER  
RANCHI (JH)

FEDERATION CUP  
NATIONAL JUNIOR  
ATHLETICS CHAMPIONSHIPS  
24<sup>TH</sup> TO 26<sup>TH</sup> SEPTEMBER  
TIRUVANNAMALAI (TN)



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**SEEMA PUNIA**  
Discus Throw

60.41m-Silver Medal-CWG 2018

62.26m-Bronze Medal-Asian Games 2018

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# OCTOBER

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## EVENT OF THIS MONTH

NATIONAL OPEN ATHLETICS CHAMPIONSHIPS  
10<sup>TH</sup> TO 13<sup>TH</sup> OCTOBER  
BENGALURU (KA)



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**MUHAMMED ANAS**

400m

45.69s-Silver Medal-Asian Games 2018

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# NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## EVENTS OF THIS MONTH

NATIONAL JUNIOR  
ATHLETICS CHAMPIONSHIPS  
02<sup>ND</sup> TO 06<sup>TH</sup> NOVEMBER  
VIJAYAWADA (AP)

NATIONAL INTER DISTRICT  
JUNIOR ATHLETICS  
CHAMPIONSHIPS  
24<sup>TH</sup> TO 26<sup>TH</sup> NOVEMBER  
TIRUPATI (AP)



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**SUDHA SINGH**

3000m Steeplechase

9:40.03-Silver Medal-Asian Games 2018

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# DECEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

EVENT OF THIS MONTH



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**DHARUN AYYASAMY**

400m Hurdles

48.96s (NR) -Silver Medal-Asian Games 2018

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## NEENA V Long Jump

6.51m-Silver Medal-Asian Games 2018

# AFI DOMESTIC CALENDAR 2019

NATIONAL CROSS COUNTRY  
CHAMPIONSHIPS 2019  
20-JAN-2019

INDIAN GRAND PRIX - 1  
23-FEB-2019

INDIAN GRAND PRIX - 3  
02-MAR-2019

NATIONAL YOUTH  
CHAMPIONSHIPS 2019  
19- 21-FEB-2019

INDIAN GRAND PRIX - 2  
27-FEB-2019

INDIAN GRAND PRIX - 4  
06-MAR-2019

FEDERATION CUP NATIONAL  
SR. ATHLETICS CHAMPIONSHIPS  
15 - 18-MAR-2019



## DUTEE CHAND 100m & 200m

11.32s & 23.20s  
Silver Medals (2)-Asian Games 2018

NATIONAL  
JAVELIN CHALLENGE  
15 - 16-APR-2019

NORTH ZONE JUNIOR  
ATHLETICS CHAMPIONSHIPS 2019  
10 - 13-SEP-2019

FEDERATION CUP NATIONAL  
JUNIOR ATHLETICS CHAMPIONSHIPS  
24- 26-SEP-2019

400M NATIONALS  
15 - 16-APR-2019

SOUTH ZONE JUNIOR  
ATHLETICS CHAMPIONSHIPS 2019  
10 - 13-SEP-2019

NATIONAL OPEN  
ATHLETICS CHAMPIONSHIPS 2019  
10 - 13-OCT-2019

NATIONAL INTER STATE SENIOR  
ATHLETICS CHAMPIONSHIPS 2019  
14 - 17-JUL-2019

EAST ZONE JUNIOR  
ATHLETICS CHAMPIONSHIPS 2019  
10- 13-SEP-2019

NATIONAL JUNIOR  
ATHLETICS CHAMPIONSHIPS 2019  
02- 06-NOV-2019

INDIAN GRAND PRIX - 5  
01-SEP-2019

WEST ZONE JUNIOR  
ATHLETICS CHAMPIONSHIPS 2019  
10 - 13-SEP-2019

NATIONAL INTER DISTRICT  
JUNIOR ATHLETICS CHAMPIONSHIPS  
24- 26-NOV-2019



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**KUNHU MUHAMMED  
DHARUN AYYASAMY  
AROKIA RAJIV  
MUHAMMED ANAS**

Men's 4x400m relay team

**3:01.85-Silver Medal  
Asian Games 2018**

## NATIONAL HOLIDAYS 2019

1. REPUBLIC DAY	JANUARY 26
2. MAHA SHIVARATRI	MARCH 04
3. HOLI	MARCH 20
4. MAHAVIR JAYANTI	APRIL 17
5. GOOD FRIDAY	APRIL 19
6. BUDDHA PURNIMA	MAY 12
7. IDU'L FITR	JUNE 4
8. INDEPENDENCE DAY	AUGUST 15
9. ID-UL-ZUHA(BAKRID)	AUGUST 11
10. JANMASHTAMI	AUGUST 24
11. MUHARRAM	SEPTEMBER 10
12. GANDHI JAYANTI	OCTOBER 02
13. DUSSEHRA	OCTOBER 08
14. DIWALI	OCTOBER 27
15. MILADI NABI	NOVEMBER 09
16. GURU NANAK JAYANTI	NOVEMBER 12
17. CHRISTMAS	DECEMBER 25



**M R POOVAMMA  
HIMA DAS  
MUHAMMED ANAS  
AROKIA RAJIV**

Mixed 4x400m relay team

**3:15.71-Silver Medal  
Asian Games 2018**



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