

23rd National Para Athletics Championships 2025

17th to 20th February 2025

Jawaharlal Nehru Stadium, Chennai, Tamil Nadu

Organised by Tamil Nadu Paralympic Sports Association (TNPSA)

Supported by Sports Development Authority of Tamil Nadu



Minimum Qualifying Standards

MEN

Sl No.	Event	Eligible Classes	MQS	Equipment
1	Men's 100m T11	T11	00:14.50	-
2	Men's 100m T12	T12	00:14.00	-
3	Men's 100m T13	T13	00:14.00	-
5	Men's 100m T35	T35	00:17.00	-
6	Men's 100m T36	T36	00:16.00	-
7	Men's 100m T37	T37	00:15.50	-
8	Men's 100m T38	T38	00:15.00	-
9	Men's 100m T44	T44	00:14.00	-
10	Men's 100m T47	T45,T46,T47	00:14.00	-
12	Men's 100m T53	T53	00:18.40	-
13	Men's 100m T54	T54	00:17.00	-
14	Men's 100m T63	T42, T63	00:17.00	-
15	Men's 100m T64	T62, T64	00:15.00	-
16	Men's 200m T35	T35	00:35.00	-
17	Men's 200m T37	T37	00:31.00	-
18	Men's 200m T64	T64/T44	00:32.00	-
19	Men's 400m T11	T11	01:15.00	-
20	Men's 400m T12	T12	01:10.00	-
21	Men's 400m T13	T13	01:07.00	-
22	Men's 400m T20	T20	01:10.00	-
23	Men's 400m T36	T36	01:14.00	-
24	Men's 400m T37	T37	01:10.00	-
25	Men's 400m T38	T38	01:10.00	-
26	Men's 400m T47	T45,T46,T47	01:00.00	-
27	Men's 400m T53	T53	01:00.00	-
28	Men's 400m T54	T54	00:55.00	-
29	Men's 400m T64	T44,T62,T64	01:10.00	-
30	Men's 800m T34	T33,T34	02:52.00	-
31	Men's 800m T53	T53	02:10.00	-
32	Men's 800m T54	T54	01:50.00	-
33	Men's 1500m T11	T11	05:10.00	-
34	Men's 1500m T13	T12,T13	05:00.00	-
35	Men's 1500m T20	T20	05:00.00	-



36	Men's 1500m T38	T37,T38	06:00.00	-
37	Men's 1500m T46	T45,T46	05:00.00	-
38	Men's 1500m T54	T53,T54	03:30.00	-
39	Men's 5000m T11	T11	19:00.00	-
40	Men's 5000m T13	T12,T13	18:00.00	-
41	Men's 5000m T54	T53,T54	13:50.00	-
42	Men's High Jump T47	T45,T46,T47	1.60m	-
43	Men's High Jump T63	T42, T63	1.45m	-
44	Men's High Jump T64	T44, T64	1.60m	-
45	Men's Long Jump T11	T11	4.50m	-
46	Men's Long Jump T12	T12	5.50m	-
47	Men's Long Jump T13	T13	5.00m	-
48	Men's Long Jump T20	T20	5.00m	-
49	Men's Long Jump T36	T36	3.50m	-
50	Men's Long Jump T37/38	T37	3.80m	-
		T38	4.50m	-
51	Men's Long Jump T47	T45,T46,T47	5.00m	-
52	Men's Long Jump T63	T42, T61,T63	4.20m	-
53	Men's Long Jump T64	T44, T62,T64	5.00m	-
54	Men's Shot Put F11	F11	8.00m	7.26Kg
55	Men's Shot Put F12	F12	10.00m	7.26Kg
56	Men's Shot Put F20	F20	9.00m	7.26Kg
57	Men's Shot Put F32	F32	5.00m	2.00Kg
58	Men's Shot Put F33	F33	6.00m	3.00Kg
59	Men's Shot Put F34	F34	7.00m	4.00Kg
60	Men's Shot Put F35	F35	7.00m	4.00Kg
61	Men's Shot Put F36	F36	8.00m	4.00Kg
62	Men's Shot Put F37	F37	8.50m	5.00Kg
63	Men's Shot Put F40	F40	7.80m	4.00Kg
64	Men's Shot Put F41	F41	8.00m	4.00Kg
65	Men's Shot Put F46	F45,F46	10.00m	6.00Kg
66	Men's Shot Put F53	F53	5.00m	4.00Kg
67	Men's Shot Put F55	F54,F55	7.00m	4.00Kg
68	Men's Shot Put F57	F56,F57	9.00m	4.00Kg
69	Men's Shot Put F63	F42, F61,T63	9.50m	6.00Kg
70	Men's Discus Throw F11	F11	20.00m	2.00Kg
71	Men's Discus Throw F37	F37	28.00m	1.00Kg
72	Men's Discus Throw F51/52/53	F51	7.00m	1.00Kg
		F52	10.00m	1.00Kg
		F53	12.00m	1.00Kg
73	Men's Discus Throw F54/55/56	F54	20.00m	1.00Kg
		F55	22.00m	1.00Kg
		F56	25.00m	1.00Kg
74	Men's Discus Throw F43/F44	F42,F43,F44	30.00m	1.50Kg
75	Men's Discus Throw F62/64	F62,F63,F64	30.00m	1.50Kg



76	Men's Javelin F13	F12,F13	35.00m	800gm
77	Men's Javelin F33/34	F33	14.00m	600gm
		F34	20.00m	600gm
78	Men's Javelin F37/38	F37	25.00m	800gm
		F38	30.00m	800gm
79	Men's Javelin F41	F40,F41	25.00m	600gm
80	Men's Javelin F46	F45,T46	30.00m	800gm
81	Men's Javelin F54	F53,F54	13.00m	600gm
82	Men's Javelin F55	F55	16.00m	600gm
83	Men's Javelin F57	F56,F57	19.00m	600gm
84	Men's Javelin F64	F42,F61,F63	40.00m	600gm
85	Men's Javelin F64	F43,F44,F62,F64	40.00m	800gm

86	Men's Club Throw F32	F32	14.00m	397gm
87	Men's Club Throw F51	F51	10.00m	397gm

WOMEN

Sl No.	Event	Eligible Classes	MES	Equipment
88	Women's 100m T11	T11	00:16.00	-
89	Women's 100m T12	T12	00:15.50	-
90	Women's 100m T13	T13	00:15.00	-
91	Women's 100m T35	T35	00:25.00	-
92	Women's 100m T36	T36	00:20.00	-
93	Women's 100m T37	T37	00:18.00	-
94	Women's 100m T38	T38	00:17.00	-
95	Women's 100m T47	T45,T46,T47	00:16.00	-
96	Women's 100m T53	T53	00:24.00	-
97	Women's 100m T54	T54	00:22.00	-
98	Women's 100m T63	T42, T63	00:22.00	-
99	Women's 100m T64	T44, T62,T64	00:18.00	-

100	Women's 200m T11	T11	00:35.00	-
101	Women's 200m T12	T12	00:33.00	-
102	Women's 200m T35	T35	00:50.00	-
103	Women's 200m T36	T36	00:40.00	-
104	Women's 200m T37	T37	00:39.00	-
105	Women's 200m T47	T45,T46,T47	00:33.00	-

106	Women's 400m T11	T11	01:30.00	-
107	Women's 400m T12	T12	01:25.00	-
108	Women's 400m T13	T13	01:20.00	-
109	Women's 400m T20	T20	01:15.00	-
110	Women's 400m T37	T37	01:28.00	-
111	Women's 400m T38	T38	01:25.00	-
112	Women's 400m T47	T45,T46,T47	01:20.00	-
113	Women's 400m T53	T53	01:20.00	-
114	Women's 400m T54	T54	01:15.00	-

115	Women's 800m T34	T33,T34	03:10.00	-
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116	Women's 800m T53	T53	03:00.00	-
117	Women's 800m T54	T54	02:30.00	-
118	Women's 1500m T11	T11	06:20.00	-
119	Women's 1500m T13	T12/T13	06:00.00	-
120	Women's 1500m T20	T20	05:45.00	-
121	Women's 1500m T54	T53/T54	04:30.00	-
122	Women's Long Jump T11/12	T11	3.00m	-
		T12	4.00m	-
123	Women's Long Jump T20	T20	4.00m	-
124	Women's Long Jump T37/38	T37	3.00m	-
		T38	3.50m	-
125	Women's Long Jump T47	T45,T46,T47	4.00m	-
126	Women's Long Jump T63	T42, T61,T63	3.00m	-
127	Women's Long Jump T64	T44, T62,T64	3.30m	-
128	Women's Discus Throw F11	F11	17.00m	1.00Kg
129	Women's Discus Throw F37/38	F37	15.00m	1.00Kg
		F38	17.00m	1.00Kg
130	Women's Discus Throw F40/41	F40	10.00m	750gm
		F41	12.00m	750gm
131	Women's Discus Throw F51/52/53	F51	4.00m	1.00Kg
		F52	4.50m	1.00Kg
		F53	5.00m	1.00Kg
132	Women's Discus Throw F54/55	F54	6.00m	1.00Kg
		F55	13.00m	1.00Kg
133	Women's Discus Throw F56	F56	10.00m	1.00Kg
	Women's Discus Throw F57	F57	14.00m	1.00Kg
134	Women's Discus Throw F64	F43,F44, F62,F64	14.00m	1.00Kg
135	Women's Shot Put F11/12	F11	5.00m	4.00Kg
		F12	6.80m	4.00Kg
136	Women's Shot Put F20	F20	7.50m	4.00Kg
137	Women's Shot Put F32	F32	3.00m	2.00Kg
138	Women's Shot Put F33	F33	3.30m	3.00Kg
139	Women's Shot Put F34	F34	3.80m	3.00Kg
140	Women's Shot Put F35/36/37	F35	5.00m	3.00Kg
		F36	5.50m	3.00Kg
		F37	6.00m	3.00Kg
141	Women's Shot Put F41	F40	4.00m	3.00Kg
		F41	4.20m	3.00Kg
142	Women's Shot Put F46	F45, F46	6.00m	4.00Kg
143	Women's Shot Put F54	F54	3.00m	3.00Kg
144	Women's Shot Put F56	F56	5.00m	3.00Kg
145	Women's Shot Put F57	F57	5.00m	3.00Kg
146	Women's Shot Put F64	F42,F43,F44, F62,F64	5.50m	4.00Kg
147	Women's Javelin F12/13	F12	15.00m	600gm
		F13	17.00m	600gm



148	Women's Javelin F34	F33,F34	8.00m	600gm
149	Women's Javelin F46	F45,F46	17.00m	600gm
150	Women's Javelin F54	F53,F54	7.00m	600gm
151	Women's Javelin F55	F55	8.50m	600gm
152	Women's Javelin F56	F56	8.50m	600gm
153	Women's Club Throw F32/51	F32	10.00m	397gm
		F51	12.00m	397gm

Note:

The certificates will only be given to those athletes who will achieve the Minimum Qualification Standards laid down by the PCI.




Jayawnth G H
Secretary General
Paralympic Committee of India
+91 9422579433