



NETAJI SUBHAS REGIONAL CENTRE,
Sarojini Nagar, Kanpur Road, Lucknow, 226008

No: SAI/NCOE/P.R/2022-23/

Date: 03/02/2022

SAI NCOE Selection Trials for Athletics(Middle and Long Distance)

SAI NCOE Lucknow is conducting selection trials for Athletics (Middle Distance and Long Distance) on 9th and 10th February 2022 for the age group 16 to 21 years at SAI, Netaji Subhash Regional Centre, Kanpur Road, Sarojini Nagar, Lucknow, Uttar Pradesh — 226008. The various facilities of NCOE are: Boarding As per actual s recommended by Nutrition Expert, Good quality Lodging facilities, World Class Coaching by Expert Panel of Coaches , Sports Kit, World Class Training Infrastructure & amp; Competition Exposure and Educational Expenditure assistance, Free Medical facilities, individualized planned nutrition, latest scientific support by exercise physiologist, strength and conditioning experts, physiotherapist, masseurs etc.

Important Information —

- **Negative RT PCR Report is mandatory (not older than 72 hours)**
- **Reporting time is on 09/02/2022 at 8:00 A.M**
- **Boarding and Lodging shall not be provided for the participants of selection trials.**

TRIAL DETAILS -

Dates	9 th February TO 10 th February 2022
Age Group	16 years to 21 years (Age as on 01/01/2022)
Selection Criteria	<ul style="list-style-type: none">• Represented India in Recognized Championships.• Up to 8th Place in Seniors, Juniors and Youth National Championships Organized by AFI.• Up to 4th Place in Khelo India Youth Games, SGFI & All India University (AIU).• Up to 3rd Place in Zonal Championships Organized by AFI.• Gold Medalist in State Championships.
Venue	SAI, Netaji Subhash Regional Centre, Kanpur Road, Sarojini Nagar, Lucknow, Uttar Pradesh — 226008

(Original documents along with the Self- attested photocopy needs to be submitted at the time of reporting)

- Date of Birth Certificate.
- Aadhar Card
- Sports Achievement Certificate
- Educational Qualification Certificate
- Passport size photograph (4)

For more details, please visit our website -

<https://www.sailucknow.in> and <https://www.sportsauthorityofindia.nic.in>

Executive Director
SAI, NSRC Lucknow



HIGH PERFORMANCE ANALYSIS CELL (HPAC)
Jawaharlal New Delhi Stadium, New Delhi

NCOE's Athletics Selection Trials- All Venues

List of NCOEs & Sanctioned Events of Athletics Discipline					Assessment Date	Name of the TIDC Member
Sl.	Name of NCOE	Tops/ Non-Tops	Residential/ Non-Residential	Sanctioned Events		
1	NCOE, Bhopal	TOPS	Residential (Boys & Girls)	Middle Distance	17 th -18 th Feb 2022	Mr. J.S Bhatia Mr. Sanjay Garnaik
2	NCOE, Patiala	TOPS	Residential (Boys & Girls)	Sprints, Horizontal Jumps (LJ&TJ) Throws (SP, DT, HT & JT) & Combined Events	14 th -15 th Feb 2022	Mr. Suresh Kumar Saini Mr. Parveer Singh Mr. Kamal Ali
3	NCOE, Sonipat	TOPS	Residential (Boys & Girls)	Sprints, Throws, (SP, DT, HT & JT) Combined Events & Race walk	17 th -18 th Feb 2022	Mr. Wazir Singh Mr. Parveer Singh
4	NCOE, Trivandrum	TOPS	Residential (Boys & Girls)	Sprints, Jumps (LJ, TJ, HJ & PV) Middle Distance	14 th -15 th Feb 2022	Mr. Radhakrishnan Mr. N.Ramesh Mr. Harish
5	NCOE, Bangalore	TOPS	Residential (Boys & Girls)	Sprints, Jumps (LJ, TJ, HJ & PV) Middle Distance and Race walk	17 th -18 th Feb 2022	Mr. Robert Bobby George Mr. Kalyan Choudhary Mr. Harish
6	NCOE, Lucknow	Non-TOPS	Residential (Boys & Girls)	Middle Distance, & Long Distance	09 th -10 th Feb 2022	Ms. Kamlesh Tiwana Mr. J.S. Bhatia
7	NCOE, Dharamshala	Non-TOPS	Non-Residential (Girls Only)	Middle distance (Girls)	14 th – 15 th Feb 2022	Mr. Kamal Ali
8	NCOE, Kolkata	Non-TOPS	Residential (Boys & Girls)	Sprints and Combined Events	17 th -18 th Feb 2022	Mr. Suresh Kumar Saini

Documents Required

NCOE Selection Criteria

Sl#	Documents to be produced at the time of selection trials. (In original & self-attested photo copies)
1	Date of Birth Certificate
2	Aadhar Card
3	Sports Achievement Certificates
4	Educational Qualification Certificate
5	Passport Size Photographs (4Nos)

Age Criteria	Sports Performance Criteria (between 2018 to 2022)
Between 16 to 21 years (Age as on 01/01/2022)	<ul style="list-style-type: none">-Represented India in Recognized Championships-Up to 8th Place in Seniors, Junior & Youth National Championships Organized by AFI-Up to 4th Place in Khelo India Youth Games ,SGFI& All India University (AIU)-Up to 3rd Place in Zonal Championships Organised by AFI-Gold Medallist in State Championships.

Facilities to be Provided in NCOEs

Boarding	As per actual recommended by Nutrition Expert @ Rs. 1,20,000/year	Additional facilities
Lodging	Rs. 10,000/-	World Class Coaching by Expert Panel of Coaches
Sports Kit	Rs. 20,000/-	World Class Training Infrastructure & Equipment's
Competition Exposure	Rs. 50,000/-	Individually Planned Nutrition
Education Expenditure	Rs. 10,000/-	Latest Scientific support by Exercise Physiologist, Strength & Conditioning Experts, Physiotherapist, Masseurs
Miscellaneous	Rs. 5,000/-	Free Medical facilities, Insurance Cover etc.

The centralized and systematic admission process has been devised for NCOE to ensure most deserving candidates get admitted through a fair selection process. In the transition year of 2022, following admission guidelines will be followed –

Note:

In addition to the mentioned performance criteria, it may be noted that, above criteria is for appearing in **Selection Trials Only**. The final selection will be made on the basis of **Overall Merit, Availability of Seats and Age Verification Tests as per SAI guidelines**.

NCOE Selection Trial Schedule

Testing Schedule	
Day-1	Registration of athletes, (Only who met the Entry Criteria)
	Verification of All documents
	Application Form filling
	Submission of Application form along with all required documents
	Anthropometric Tests (Standing Height, Sitting Height, Body Weight, Arm Span, Leg length, Arm length, WHR, BMI)
Day-2	Event Specific Tests and Event Performance trials

NCOE Event Specific and Event Performance Trials - Athletics

Sl#	EVENTS	Selection Trial
1	100m/200m	30m Standing, 10 Bounds, SBJ, Event Trial
2	400m/600m	30m Standing , 10 Bounds, SBJ, Event Trial
3	800m/1500m/ 2000m SC or 3000m SC	30m Standing, 10 Bounds, SBJ, Event Trial
4	Long Distances	30m Standing , 10 Bounds, SBJ, Event Trial
5	100m H/80m H	30m Standing, 10 Bounds, SBJ, Event Trial
		30m Standing, 10 Bounds, SBJ, Event Trial
6	110mH	30m Standing, 10 Bounds, SBJ, Event Trial
7	400mH	30m Standing, 10 Bounds, SBJ, Event Trial
8	Long Jump	20m Standing 10 Bounds, SBJ Event Trial
9	Triple jump	30m Standing, 10 Bounds, SBJ, & Event Trial
10	High Jump	30m Standing, 10 Bounds, SVJ, & Event Trial
11	Pole Vault	30m Standing, 10 Bounds, SVJ, & Event Trial
12	Shot Put	30m Standing , SBJ, standing throw ,Event Throw (as per age category)
13	Discus	30m Standing , SBJ, standing throw ,Event Throw (as per age category)
14	Hammer	30m Standing , SBJ, standing throw ,Event Throw (as per age category)
15	Javelin	30m Standing , SBJ, standing throw ,Event Throw (as per age category)
16	Combined Events	30m Standing , SBJ, 100m H/110m H, Shotput , High Jump
17	Race Walk	SBJ, 400m Race Walk, Event Trial (as per age category)



Application Form

Paste recent

Passport size

Photograph

Sports/Discipline	
Events/Category	
State	
Name of the Athlete	
Gender	
Height	
Weight	
Date of Birth	
Sports Achievements (may attach as annexure)	
Contact No.	
Email Address	
Residential Address	
Father's Name	
Mother's Name	
Contact No.	
Blood Group	
Aadhaar Card Number	
PAN	
Passport Details	
Bank Details	



Account Number	
Account Holder's Name	
IFSC	
Bank Name	
Bank Address	
Medium of Instruction	
School/College Name	
Class/Course	
School/College Address	
School/College Contact No.	
Medical History	

Date:

Place:

Signature of Athlete: _____