



ATHLETICS FEDERATION OF INDIA

28th NATIONAL FEDERATION SENIOR ATHLETICS COMPETITION 2025

Organized by

Kerala State Athletics Association

 **21st – 24th April 2025**

 **Maharajas College
Stadium, Ernakulam,
Kerala**



Results Only Finals



HSBC



Athletics Federation of India

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28th National Federation Senior Athletics Competition**Maharajas College Stadium,Kochi (Kerala)****24-04-2025**

4/21/25 - 4/24/25

21-24 April 2025**Event # 1 MENS 100m Run**

& ASIAN. C. Q .MARK: 10.25

NR:Gurindervir Singh BENGALURU 10.20 28/03/2025

% MR:AMIYA KUMAR MALLICK NEW DELHI 10.26 2016

RESULTS OF FINALS

1	PRANAV PRAMOD GURAV	424	03/07/01	RAILWAY SPORTS	0.9m/s nw	10.27
2	ANIMESH KUJUR	383	02/06/03	ODISHA	0.9m/s nw	10.32
3	MANIKANTA HOBLIDHAR	267	29/11/01	KARNATAKA	0.9m/s nw	10.35
4	AMLAN BORGOHAIN	462	25/04/98	RELIANCE	0.9m/s nw	10.41
5	TAMIL ARASU S	420	20/05/02	RAILWAY SPORTS	0.9m/s nw	10.42
6	RAGUL KUMAR G	503	22/03/00	TAMIL NADU	0.9m/s nw	10.46
7	PARAS .	229	24/06/98	HIMACHAL PRADESH	0.9m/s nw	10.56
8	GURINDERVIR SINGH	467	24/12/00	RELIANCE	0.9m/s nw	11.21

Event # 2 MENS 200m Run

& ASIAN. C. Q .MARK: 20.53

NR:AMLAN BORGOHAIN THENHIPALAM 20.52 06/04/2022

% MR:AMLAN BORGOHAIN THENHIPALAM 20.52 2022

RESULTS OF FINALS

1	ANIMESH KUJUR	383	02/06/03	ODISHA	+1.4m/s n	20.40 &#%
2	AMLAN BORGOHAIN	462	25/04/98	RELIANCE	+1.4m/s n	20.80
3	RAGUL KUMAR G	503	22/03/00	TAMIL NADU	+1.4m/s n	20.85
4	MANIKANTA HOBLIDHAR	267	29/11/01	KARNATAKA	+1.4m/s n	20.91
5	ABHAY SINGH	331	15/06/06	MADHYA PRADESH	+1.4m/s n	21.22
6	VARUN OORI MANOHAR	510	27/08/05	TAMIL NADU	+1.4m/s n	21.46
7	ADESH GARSA	441	07/12/00	RAJASTHAN	+1.4m/s n	21.53
	SHIVAM .	544	20/12/06	UTTAR PRADESH		DNS

Event # 3 MENS 400m Run

& ASIAN. C. Q .MARK: 45.36

NR:MUHAMMED ANAS KLDNO,CZE 45.21 13/07/2019

% MR:AROKIA RAJIV NEW DELHI 45.47 2016

RESULTS OF FINALS

1	VISHAL TK	521	17/12/03	TAMIL NADU		46.19
2	JAY KUMAR	171	10/06/06	DELHI		46.33
3	MANU T S	312	17/10/01	KERALA		46.39
4	DHARMVEER CHOUDHAR	439	05/02/01	RAJASTHAN		47.00
5	RINCE JOSEPH	301	31/08/02	KERALA		47.10
6	PRAKHAR SHARMA	572	01/09/99	UTTARKHAND		47.15
7	KAPIL .	115	10/11/03	ARMY		47.42
	AMOJ JACOB	169	02/05/98	DELHI		DNF

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4/21/25 - 4/24/25

21-24 April 2025**Event # 4 MENS 800m Run**

& ASIAN. C. Q .MARK: 1:47.77

NR:JINSON JOHNSON GUWAHATI 1:45.65 27/06/2018

% MR:JINSON JOHNSON PATIALA 1:46.32 2018

RESULTS OF FINALS

1	ANU KUMAR	571	02/11/02	UTTARKHAND	1:47.78
2	KRISHAN KUMAR	218	12/10/97	HARYANA	1:47.94
3	SHAKEEL .	438	17/04/05	RAJASTHAN	1:48.16
4	MOHAMMED AFSAL P	460	03/02/96	RELIANCE	1:48.33
5	RIJOY J	300	21/12/03	KERALA	1:49.06
6	AMAN KUMAR.	124	20/10/99	ARMY	1:49.09
7	PRAKASH GADADE	349	31/07/02	MAHARASHTRA	1:49.37
8	AKHIL K A	366	04/06/00	NAVY	1:50.41

Event # 5 MENS 1500m Run

& ASIAN. C. Q .MARK: 3:42.30

NR:JINSON JOHNSON BERLIN 3:35.24 01/10/2019

% MR:JINSON JOHNSON PATIALA 3:39.69 2018

1	YOONUS SHAH	249	10/05/01	JSW	3:41.93 &
2	AJAY KUMAR SAROJ	555	01/05/97	UTTAR PRADESH	3:42.64
3	NARENDER SINGH	225	07/10/97	HARYANA	3:42.77
4	ARJUN WASKALE	335	03/07/03	MADHYA PRADESH	3:43.60
5	RAHUL .	163	01/12/96	DELHI	3:43.64
6	KARTIK JAYRAJ KARKER ^A	351	17/03/97	MAHARASHTRA	3:43.69
7	RITESH OHRE	327	31/12/03	MADHYA PRADESH	3:47.32
8	HARSHDEEP SINGH	415	28/09/01	PUNJAB	3:48.17
9	PUSHPENDRA SINGH RATI	451	18/06/97	RAJASTHAN	3:48.30
10	KALYAN JR	269	09/02/06	KARNATAKA	3:48.57
11	NAVDEEP .	207	20/09/03	HARYANA	3:48.70
12	KARAN J R	268	09/02/06	KARNATAKA	3:49.06
13	MANPREET SINGH SANDH	139	04/02/99	ARMY	3:51.47
14	VAIBHAV MARUTI PATIL	272	27/02/02	KARNATAKA	3:51.91
15	MUKUL SAINI	561	18/04/01	UTTAR PRADESH	3:52.23
	ASHOK DANDASENA	381	05/07/94	ODISHA	DNS

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4/21/25 - 4/24/25

21-24 April 2025**Event # 6 MENS 5000m Run**

& ASIAN. C. Q .MARK: 13:48.33

NR:Gulveer Singh Niigata 13:11.82 28/09/2024

% MR:AVINASH SABLE THENHIPALAM 13:39.43 2022

1	ABHISHEK PAL..	423	15/07/97	RAILWAY SPORTS	13:40.59 &
2	SAWAN BARWAL	118	18/02/98	ARMY	13:41.58 &
3	KIRAN MATRE	126	05/08/01	ARMY	13:47.16 &
4	SHADAB PATHAN	129	23/10/01	ARMY	13:53.52
5	SAURABH KUMAR	172	02/07/02	DELHI	13:54.80
6	LOVEPREET SINGH	135	13/01/99	ARMY	14:00.03
7	NARESH CHOPRA	365	05/12/04	NAVY	14:05.37
8	RAJ SHEKHAR PATHAK	562	12/01/00	UTTAR PRADESH	14:06.94
9	ABDRESH CHAUDHARY	548	01/01/04	UTTAR PRADESH	14:09.45
10	ABDUL BARI	399	18/09/99	POLICE SPORTS CONTR	14:10.86
11	PRAKASHRAO NANASAHE	374	21/06/99	NAVY	14:17.96
12	AJIT KUMAR.	445	10/12/03	RAJASTHAN	14:19.10
13	ARIF ALI	545	22/08/99	UTTAR PRADESH	14:19.28
14	SUNIL KUMAR	123	10/03/97	ARMY	14:21.98
15	MRUNAL SARODE	356	18/11/03	MAHARASHTRA	14:22.79
16	AJAY .	113	29/01/02	ARMY	14:24.22
17	DEEPAK BHATT	119	14/09/00	ARMY	14:32.04
18	RAHUL ..	209	10/09/02	HARYANA	14:41.47
19	SANDEEP CHAUDHARY	549	08/07/01	UTTAR PRADESH	14:42.01
20	RAHUL SINGH	563	02/07/04	UTTAR PRADESH	14:42.64
21	NITESHKUMAR RUPSINGH	376	27/01/00	NAVY	15:11.63
22	RATNESH YADAV	566	14/11/00	UTTAR PRADESH	17:40.16
	SHIVAM YADAV	406	16/01/01	POLICE SPORTS CONTR	DNF
	RAKESH KUMAR	554	01/07/02	UTTAR PRADESH	DNF
	GURMEET SINGH	332	20/07/04	MADHYA PRADESH	DNF

Event # 7 MENS 10000m Run

& ASIAN. C. Q .MARK: 29:33.26

NR:GULVEER SINGH CAPISTRANO 27:00.22 29/03/2025

% MR:SURENDRA SINGH KOLKATA 28:57.90 2007

1	SAWAN BARWAL	118	18/02/98	ARMY	28:57.13 & %
2	ABHISHEK PAL..	423	15/07/97	RAILWAY SPORTS	29:14.86 &
3	KIRAN MATRE	126	05/08/01	ARMY	29:47.62
4	VINOD SINGH	333	20/07/05	MADHYA PRADESH	29:52.18
5	LOVEPREET SINGH	135	13/01/99	ARMY	30:10.18
6	GURMEET SINGH	332	20/07/04	MADHYA PRADESH	30:23.83
7	SUNIL KUMAR	123	10/03/97	ARMY	30:29.06
8	SHIVAM YADAV	406	16/01/01	POLICE SPORTS CONTR	31:11.99
9	ARIF ALI	545	22/08/99	UTTAR PRADESH	31:59.24
10	RAKESH KUMAR	554	01/07/02	UTTAR PRADESH	33:19.72
	RAJ SHEKHAR PATHAK	562	12/01/00	UTTAR PRADESH	DNF
	AJAY .	113	29/01/02	ARMY	DNF
	SHUBHAM SINDHU	221	13/11/95	HARYANA	DNF
	DEEPAK BHATT	119	14/09/00	ARMY	DNS

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21-24 April 2025**Event # 8 MENS 110m Hurdles**

& ASIAN. C. Q .MARK: 13.56

NR:Tejas Ashok Shirse Jyvaskyla 13.41 22/05/2024

% MR:TEJAS ASHOK SHIRSE RANCHI 13.61 2023

RESULTS OF FINALS

1	TEJAS ASHOK SHIRSE	578	04/06/02	MAHARASHTRA	+1.2m/s n	13.65
2	MANAV R	425	07/06/00	RAILWAY SPORTS	+1.2m/s n	13.94
3	MUHAMMED LAZAN VK	247	01/06/02	JSW	+1.2m/s n	14.17
4	RONALD BABU	323	09/04/98	MADHYA PRADESH	+1.2m/s n	14.24
5	RATHISH PANDIDURAI	464	11/06/04	RELIANCE	+1.2m/s n	14.37
6	MOHAMMED FAIS C	400	06/04/99	POLICE SPORTS CONTRC	+1.2m/s n	14.63
7	SHAHUL S	310	24/11/06	KERALA	+1.2m/s n	14.98
8	SUBBASH S	518	17/02/02	TAMIL NADU	+1.2m/s n	15.16

Event # 9 MENS 400m Hurdles

& ASIAN. C. Q .MARK: 49.19

NR:A. DHARUN PATIALA 48.80 16/03/2019

% MR:A. DHARUN PATIALA 48.80 2019

1	YASHAS P	273	08/12/01	KARNATAKA		49.32
2	SUBHAS DAS	245	23/01/02	JSW		50.11
3	RUCHIT MORI	184	24/08/01	GUJARAT		51.08
4	HARDEEP KUMAR	413	27/06/03	PUNJAB		51.29
5	KARTHIK YARRAVARAPU	112	01/04/04	ANDHRA PRADESH		52.01
6	SHAKTI SINGH	136	11/01/00	ARMY		52.75
	MAYENGBAM SINGH	364	16/05/97	MANIPUR		DNS
	JABIR MADARI PALLIYALI	372	08/06/96	NAVY		DNS

Event # 10 MENS 3000m Steeplechase

& ASIAN. C. Q .MARK: 8:39.17

NR:AVINASH SABLE Paris 8:09.01 07/07/2024

% MR:AVINASH SABLE PATIALA 8:20.20 2021

1	SUNIL JOLIYA JINABHAI	183	26/12/02	GUJARAT		8:43.82
2	VIKRAM SINGH	137	03/07/96	ARMY		8:44.30
3	ROHIT VERMA	227	20/10/98	HARYANA		8:44.80
4	SHANKAR LAL SWAMI	220	05/07/96	HARYANA		8:45.38
5	BALKISHAN .	204	09/11/98	HARYANA		8:45.96
6	PUKESHWAR LAL	153	25/03/97	CHHATTISGARH		8:46.74
7	SURAJ PAL	558	05/02/02	UTTAR PRADESH		8:51.87
8	DHULADEV BABAN GHAG	344	22/02/03	MAHARASHTRA		8:58.35
9	RAMVEER MANIRAM BET	125	13/05/99	ARMY		9:11.12
10	VINAYAK PRATAP SINGH I	560	20/09/04	UTTAR PRADESH		9:13.31
11	BRAHMA LAL KUMAWAT	447	07/12/02	RAJASTHAN		9:13.74
12	SHUBHAM SHRIDHAR BH	360	17/06/00	MAHARASHTRA		9:25.19
	ATUL POONIA	449	01/10/00	RAJASTHAN		DNF

28th National Federation Senior Athletics Competition**Maharajas College Stadium,Kochi (Kerala)****24-04-2025**

4/21/25 - 4/24/25

21-24 April 2025**Event # 11 MENS High Jump****HEIGHTS: 1.95, 2.00, 2.05, 2.08, 2.11, 2.14, 2.17, 2.20, 2.23, 2.26, 2.30, 2.31, 2.33, 2.35, 2.37, 2.39, 2.41, 2.43
2.45, 2.47, 2.49**

& ASIAN. C. Q. MARK: 2.23

NR:TEJASWIN SHANKAR LUBBOCK 2.29 27/04/2018

% MR:TEJASWIN SHANKAR PATIALA 2.28 2018

1	SARVESH ANIL KUSHARE	343	17/06/95	MAHARASHTRA	2.26m &
	---	---	---	O --- XXO XO O XO XXO XXX	
2	SWADHIN KUMAR MAJHI	385	10/04/00	ODISHA	2.14m
	XO O O ---	XO O XXX			
3	BHARATH RAJ B	307	02/01/04	KERALA	2.14m
	---	O O --- XO XO XXX			
4	JESSE SANDESH	278	22/10/95	KARNATAKA	2.14m
	O --- O O ---	XXO XXX			
5	AADARSH RAM	515	27/09/97	TAMIL NADU	2.11m
	---	---	XXO --- XO XXX		
6	BHARATHI VISWANATHAN	523	20/05/94	TAMIL NADU	2.08m
	---	O XO O XXX			
7	GURJEET SINGG	222	05/01/00	HARYANA	2.08m
	---	O --- XXO --- XXX			
8	SHYAM SUNDER	452	01/05/05	RAJASTHAN	2.05m
	O O O XXX				
9	ARYAN ARUN PATIL	103	22/02/04	AIR FORCE	2.00m
	O XO XXX				
10	DHAIRYSHIL DHANAJI GA'	348	10/02/03	MAHARASHTRA	2.00m
	XO XO XXX				
10	CHANDRA MOHAN	507	10/01/00	TAMIL NADU	2.00m
	XO XO XXX				
12	NIKHIL DAS	382	14/03/03	ODISHA	2.00m
	XO XXO XXX				
13	VINITH KARTHIK	501	08/11/95	TAMIL NADU	1.95m
	O XXX				
	PEDA KAMARAJU SRIKAK	111	10/05/99	ANDHRA PRADESH	NM
	XXX				

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21-24 April 2025**Event # 12 MENS Pole Vault****HEIGHTS: 4.20, 4.40, 4.60, 4.70, 4.80, 4.90, 5.00, 5.05, 5.10, 5.15, 5.20, 5.25, 5.30, 5.35, 5.40****& ASIAN. C. Q .MARK: 5.51****# NR:Dev Kumar Meena Dehradun 5.32 10/02/2025****% MR:S. SIVA PATIALA 5.16 2019**

1	DEV MEENA	325	07/05/05	MADHYA PRADESH	5.35m #%
	---	---	---	---	O --- XO --- O --- O O
2	M GOWTHAM .	294	25/09/02	TAMIL NADU	5.15m
	---	---	---	---	O X-- XO --- O O XXX
3	REEGAN G	496	08/08/01	TAMIL NADU	5.10m
	---	---	---	---	O XXO --- O --- XXX
4	SIVA S	517	05/06/96	TAMIL NADU	5.05m
	---	---	---	---	XO --- XXO --- XX- X
5	AVNEESH KUMAR.	557	01/07/01	UTTAR PRADESH	5.00m
	---	---	---	---	O O O O XXO --- XXX
6	RAMBEER SINGH	450	30/06/96	RAJASTHAN	4.90m
	---	---	---	---	XO O XX- X
7	KULDEEP KUMAR	552	12/03/05	UTTAR PRADESH	4.80m
	---	---	---	---	O XX- X
8	GOKUL NATH	105	15/02/97	AIR FORCE	4.80m
	---	---	---	---	XO XO O XXX
9	YUGENDRAN R	512	01/10/03	TAMIL NADU	4.80m
	---	---	---	---	XO --- --- XXX
9	KAMAL LOGANATHAN	505	02/03/03	TAMIL NADU	4.80m
	---	---	---	---	O --- XO XXX
11	ANSHU PATEL	329	03/05/05	MADHYA PRADESH	4.70m
	---	---	---	---	XX- O O XXX
12	JESSAN K G	302	03/01/98	KERALA	4.70m
	---	---	---	---	O XO XXX
12	BINEESH JACOB	421	17/03/86	RAILWAY SPORTS	4.70m
	---	---	---	---	O O XO XXX
14	ROHIT PATIL	353	07/04/00	MAHARASHTRA	4.70m
	---	---	---	---	O O XXO XXX
15	P SUBASH CHANDRAN	266	06/03/03	KARNATAKA	4.60m
	---	---	---	---	XO O XXX
16	DHARMENDRA KUMAR	551	26/08/98	UTTAR PRADESH	4.40m
	---	---	---	---	XO XXX
	SRIKANTH KANNUPILLAI	500	26/11/01	TAMIL NADU	NM
	---	---	---	---	XXX
	KAVINRAJA S	148	26/06/06	TAMIL NADU	NM
	---	---	---	---	XXX
	RAMRATAN .	437	01/05/05	RAJASTHAN	DNS
	DNS				

28th National Federation Senior Athletics Competition**Maharajas College Stadium,Kochi (Kerala)****24-04-2025**

4/21/25 - 4/24/25

21-24 April 2025**Event # 13 MENS Long Jump**

& ASIAN. C. Q .MARK: 8.07

NR:JESWIN ALDRIN BELLARY 8.42 02/03/2023

% MR:M. SREESHANKAR THENHIPALAM 8.36 2022

RESULTS OF FINALS

1	DAVID P	511	17/03/02	TAMIL NADU	+1.1m/s	7.94m
	7.62, F, 7.80, 7.94, F, 7.77					
2	JESWIN ALDRIN	493	24/12/01	RELIANCE	+1.1m/s	7.83m
	7.43, 7.83, 7.68, -, -, -					
3	MUHAMMED ANEES YAHI	461	03/12/95	RELIANCE	+1.3m/s	7.70m
	7.45, 7.55, 7.65, 7.34, F, 7.70					
4	SWAMINATHAN R	426	07/04/96	RAILWAY SPORTS	+0.7m/s	7.67m
	F, F, 7.62, 7.50, 7.67, 7.62					
5	SHARON JESTUS J	170	31/12/04	TAMIL NADU	+0.7m/s	7.59m
	F, 7.39, 7.57, F, 7.59, F					
6	VINOTH KUMAR YUVARAJ	371	26/09/94	NAVY	+0.8m/s	7.52m
	7.36, 7.30, 7.47, F, 7.52, 7.27					
7	MOHD ATTA SAZID	210	10/02/06	HARYANA	+2.0m/s	7.49m
	7.47, 7.49, F, F, 7.27, 7.46					
8	ASADULLAH MUJAHITH	508	17/01/02	TAMIL NADU	+0.5m/s	7.49m
	7.45, F, 7.39, F, 7.34, 7.49					
9	SARUN PAYASINGH	390	09/07/00	ODISHA	+2.2m/s	7.39m
	F, 7.39, F					
10	ARYA S	277	31/12/01	KARNATAKA	-0.5m/s	7.37m
	7.37, F, F					
11	MOHAMMED MUHASSIN	248	06/08/05	JSW	+0.6m/s	7.30m
	7.30, F, 7.26					
	SUNNY KUMAR	146	13/07/01	BIHAR		NM
	F, -, -					

28th National Federation Senior Athletics Competition**Maharajas College Stadium,Kochi (Kerala)****24-04-2025**

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21-24 April 2025**Event # 14 MENS Triple Jump****& ASIAN. C. Q .MARK: 16.59****# NR:PRAVEEN CHITHRAVEL HAVANA 17.37 06/05/2023****% MR:ELDHOSSE PAUL THENHIPALAM 16.99 2022**

1	PRAVEEN CHITHRAVEL	244	05/06/01	JSW	+0.6m/s	17.37m &#%
	16.66, 16.87, 17.37, -, -, -					
2	ABDULLA ABOOBACKER	102	17/01/96	AIR FORCE	+1.0m/s	16.99m &#%
	F, 16.99, 16.15, 16.61, F, -					
3	MOHAMMED MUHASSIN	248	06/08/05	JSW	+2.3m/s	16.28m
	F, F, 16.01, 16.23, 15.89, 16.28					
4	YUVA RAJ	514	31/07/01	TAMIL NADU	+0.8m/s	16.27m
	16.27, 16.10, F, F, F, 16.23					
5	VIMAL MUKESH THAMIZH	373	25/03/96	NAVY	+0.9m/s	16.20m
	15.42, 15.94, F, 16.20, F, F					
6	SEBASTIAN V S	251	04/10/03	JSW	+1.5m/s	15.92m
	F, F, 15.64, 15.92, F, 15.42					
7	GAILEY VENISTER	522	31/01/00	TAMIL NADU	+1.0m/s	15.84m
	15.70, 15.33, 15.71, 15.03, 15.84, F					
8	JAY SHAH	357	11/10/97	MAHARASHTRA	+0.2m/s	15.60m
	13.77, 15.37, 15.41, F, 15.60, 15.42					
9	PRADEEP KUMAR	553	20/01/04	UTTAR PRADESH	+0.0m/s	15.36m
	15.25, 15.36, F					
10	ROBINSON S	516	03/03/01	TAMIL NADU	+1.1m/s	15.10m
	15.10, 15.09, 14.94					
11	OMKAR SHIDRUK	359	26/09/03	MAHARASHTRA	+1.2m/s	14.96m
	F, 14.96, F					
12	HIMANSHU YADAV	404	16/12/97	POLICE SPORTS CONTRC	+1.8m/s	14.86m
	14.68, F, 14.86					
13	BOBY SABU	311	23/01/98	KERALA	+1.0m/s	14.83m
	F, F, 14.83					
14	NAVEEN K P	303	16/12/01	KERALA	+0.8m/s	14.81m
	14.51, 14.60, 14.81					
15	DABLU ROY	573	12/09/04	WEST BENGAL	+1.0m/s	14.41m
	F, F, 14.41					

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21-24 April 2025**Event # 15 MENS Shot Put****& ASIAN. C. Q .MARK: 19.10****#NR:T.SINGH TOOR BHUBANESWAR 21.77 19/06/2023****% MR:INDERJEET SINGH MANGALORE 20.65 2015**

1	SAMARDEEP SINGH GILL 334	03/01/01	MADHYA PRADESH	19.34m &
	19.27, F, F, 19.14, 18.16, 19.34			
2	TAJINDERPAL TOOR 417	13/11/94	PUNJAB	18.77m
	18.77, F, F, F, 18.57, F			
3	ANIKET . 570	05/11/01	UTTARKHAND	17.89m
	17.74, 17.60, 17.75, 17.54, 17.89, 17.39			
4	PRABHKIRPAL SINGH 416	12/07/97	PUNJAB	17.63m
	17.63, F, 17.18, F, 16.85, 17.14			
5	BALAJI . 203	26/09/00	TAMIL NADU	17.39m
	16.82, 15.57, 16.64, 16.72, 17.39, 17.36			
6	SIDDHARTH CHOUDHARY 440	24/09/05	RAJASTHAN	16.91m
	15.87, 16.91, 16.74, F, F, F			
7	ARYAN TYAGI 141	14/08/01	ARMY	16.89m
	15.86, F, 16.89, 16.62, F, 16.82			
8	VISHWA AYYAPPAN VISHV 494	26/11/03	TAMIL NADU	16.83m
	16.83, F, 16.50, 15.56, F, F			
9	ATUL . 202	17/01/05	HARYANA	16.66m
	F, 16.34, 16.66			
10	VIKASH . 165	12/02/03	DELHI	16.18m
	15.91, 16.18, 15.94			
11	SOURABH VIJ 394	14/06/87	ONGC	15.74m
	15.50, 15.74, F			
12	ARJUN . 149	13/10/02	CHANDIGARH	15.69m
	15.54, 15.69, 15.17			
	RAM CHANDRA 547	01/01/99	UTTAR PRADESH	DNS
	DNS			
	GOVIND VIJAY RAI 403	11/05/93	POLICE SPORTS CONTRC	DNS
	DNS			
	CHETAN KAPOOR 214	23/12/93	HARYANA	DNS
	DNS			

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21-24 April 2025**Event # 16 MENS Discus Throw****& ASIAN. C. Q .MARK: 59.63****# NR:VIKAS GOWDA NORMAN 66.28 12/04/2012****% MR:KIRPAL SINGH THENHIPALAM 61.83 2022**

1	NIRBHAY SINGH	226	20/11/96	HARYANA	58.13m
	F, 54.29, 52.88, 56.71, 58.13, F				
2	ABHIMANYU ABHIMANYU	243	18/12/01	JSW	55.11m
	54.23, 54.03, 55.11, F, F, 53.29				
3	BHARTPREET SINGH	520	02/07/04	RELIANCE	53.79m
	52.75, F, 50.26, F, 53.03, 53.79				
4	AJAY KUMAR	215	20/06/03	HARYANA	53.23m
	50.00, 51.02, 53.23, 40.57, 50.76, 52.96				
5	SAHIL CHECHI	211	27/07/00	HARYANA	51.95m
	50.23, 51.95, 51.81, 50.74, 48.81, F				
6	OINAM ALSON SINGH	363	22/01/02	MANIPUR	50.84m
	F, 46.71, 50.84, F, F, F				
7	SATISH BANSI DESHMUKH	346	08/08/01	MAHARASHTRA	49.28m
	45.53, 43.67, 46.43, 48.94, 49.28, 48.22				
8	RAMANAND KUMAR SINGH	232	02/10/02	JHARKHAND	48.90m
	44.52, 48.90, F, F, 44.00, 47.19				
	SURJEET GURRA	168	09/12/98	DELHI	DNS
	DNS				
	ASHWANI LAMBA	324	29/03/98	MADHYA PRADESH	DNS
	DNS				

Event # 17 MENS Hammer Throw**& ASIAN. C. Q .MARK: 71.80****# NR:NEERAJ KUMAR HYDERABAD 70.73 29/06/2016****% MR:GURMEET SINGH PATIALA 69.97 2021**

1	DAMNEET SINGH	466	10/03/00	RELIANCE	68.30m
	66.19, F, 68.30, F, 66.73, 67.91				
2	PRAVEEN KUMAR	443	14/12/00	RAJASTHAN	63.84m
	59.40, F, 62.49, F, F, 63.84				
3	GURDEV SINGH	414	14/08/01	PUNJAB	60.78m
	57.43, 60.78, F, F, F, 59.74				
4	PRADEEP SANGWAN	132	01/07/99	ARMY	60.24m
	F, 55.34, 59.81, 60.24, F, 56.00				
5	SHANKAR NAGARAJAN	509	11/07/91	TAMIL NADU	59.54m
	59.12, F, F, 59.54, F, 53.37				
6	AJAY BISHNOI	182	27/06/00	GUJARAT	58.10m
	54.58, 57.01, 57.67, 58.10, 56.49, F				
	RAHUL KUMAR	401	12/07/96	POLICE SPORTS CONTRC	DNS
	DNS				

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21-24 April 2025**Event # 18 MENS Javelin Throw****& ASIAN. C. Q .MARK: 75.36****# NR:NEERAJ CHOPRA STOCKHOLM 89.94 30/06/2022****% MR:NEERAJ CHOPRA PATIALA 87.80 2021**

1	SACHIN YADAV	405	25/10/99	POLICE SPORTS CONTRC	83.86m &
		78.04, 80.22, 75.97, 79.69, 83.86, 83.67			
2	YASHVIR SINGH	427	22/10/01	RAILWAY SPORTS	80.85m &
		73.67, 74.48, 73.96, 80.85, 76.32, F			
3	SAHIL SILWAL	519	17/12/00	RELIANCE	77.84m &
		69.89, F, 74.15, 74.97, 77.84, 76.49			
4	KISHORE KUMAR JENA	384	06/09/95	ODISHA	77.82m &
		68.26, 77.82, F, F, 71.85, F			
5	SHIVAM LOHAKARE	304	14/09/04	MAHARASHTRA	76.75m &
		71.54, 74.62, F, F, 69.72, 76.75			
6	SHASHANK PATIL	274	10/10/04	KARNATAKA	76.66m &
		71.53, 73.75, 73.46, 72.00, 75.60, 76.66			
7	ROHIT YADAV	567	06/06/01	UTTAR PRADESH	76.37m &
		F, 76.37, F, 73.87, -, 70.17			
8	SUNNY SHEORAN	133	12/10/98	ARMY	73.27m
		63.03, 73.27, 68.59, 63.24, 67.06, F			
9	UTTAM BALASAHEB PATII	345	01/11/98	MAHARASHTRA	73.10m
		68.09, 68.83, 73.10			
10	VIKRANT MALIK	463	02/01/96	RELIANCE	72.65m
		69.36, 72.65, 67.83			
11	ANAND SINGH	465	03/03/04	RELIANCE	71.72m
		69.72, F, 71.72			
12	NITESH YADAV YADAV	142	22/07/02	ARMY	70.50m
		70.50, 67.89, 69.93			
13	BIBIN ANTONY	117	04/05/94	ARMY	70.15m
		69.05, 70.15, 66.98			
14	RISHABH NEHRA	402	10/12/99	POLICE SPORTS CONTRC	68.86m
		F, 62.80, 68.86			
15	IZHAR AHMAD	322	03/03/03	MADHYA PRADESH	68.00m
		61.70, 68.00, 64.09			
16	BRAVEMAN HEART	497	20/09/98	TAMIL NADU	65.05m
		60.34, 64.31, 65.05			

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21-24 April 2025**Event # 19 WOMENS 100m Run**

& ASIAN. C. Q .MARK: 11.46

NR:DUTEE CHAND PATIALA 11.17 21/06/2021

% MR:DUTEE CHAND NEW DELHI 11.33 2016

RESULTS OF FINALS

1	NITHYA GANDHE	524	10/11/99	TELANGANA	1.5m/s sw	11.50
2	ABINAYA RAJARAJAN	484	21/11/06	TAMIL NADU	1.5m/s sw	11.54
3	SNEHA S.S	264	27/03/98	KARNATAKA	1.5m/s sw	11.62
4	SRABANI NANDA	379	07/05/91	ODISHA	1.5m/s sw	11.77
5	DANESHWARI A T	254	14/08/00	KARNATAKA	1.5m/s sw	11.83
6	V SUDHEEKSHA .	253	28/04/05	KARNATAKA	1.5m/s sw	11.87
	11.864					
7	VIJAYA KUMARI	316	15/04/99	MADHYA PRADESH	1.5m/s sw	11.87
	11.868					
8	ANGEL SILVIA M	489	12/08/02	TAMIL NADU	1.5m/s sw	11.89

Event # 20 WOMENS 200m Run

& ASIAN. C. Q .MARK: 23.39

NR:SARASWATI SAHA LUDHIANA 22.82 28/08/2002

% MR:HIMA DAS PATIALA 23.21 2021

RESULTS OF FINALS

1	NITHYA GANDHE	524	10/11/99	TELANGANA	0.5m/s nw	23.68
2	ANGEL SILVIA M	489	12/08/02	TAMIL NADU	0.5m/s nw	23.91
3	V SUDHEEKSHA .	253	28/04/05	KARNATAKA	0.5m/s nw	24.31
4	VIJAYA KUMARI	316	15/04/99	MADHYA PRADESH	0.5m/s nw	24.41
5	SRABANI NANDA	379	07/05/91	ODISHA	0.5m/s nw	24.61
6	SHIVKANYA MUKATI	317	01/03/04	MADHYA PRADESH	0.5m/s nw	24.74
7	RASHDEEP KAUR	239	01/02/02	JSW	0.5m/s nw	24.88
8	B BALA MURALI	481	03/01/05	TAMIL NADU	0.5m/s nw	25.12

Event # 21 WOMENS 400m Run

& ASIAN. C. Q .MARK: 53.80

NR:HIMA DAS JAKARTA 50.79 26/08/2018

% MR:AISHWARA MISHRA THENHIPALAM 51.18 2022

RESULTS OF FINALS

1	RUPAL .	528	23/12/04	UTTAR PRADESH		52.55 &
2	R VITHYA RAMRAJ	486	20/09/98	TAMIL NADU		52.81 &
3	SNEHA K	285	19/05/99	KERALA		53.00 &
4	SUBHA VENKATESAN	491	31/08/99	TAMIL NADU		53.35 &
	53.342					
5	DEVYANIBA MAHENDRAS	178	15/03/02	GUJARAT		53.35 &
	53.347					
6	JISNA MATHEW	287	07/01/99	KERALA		53.51 &
7	ANANKHA B A	235	29/03/01	JSW		54.36
8	ANSA BABU	395	09/04/98	POLICE SPORTS CONTRC		54.49

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1	TWINKLE CHAUDHARY	454	17/10/95	RELIANCE	2:00.71 &%
2	POOJA ..	194	17/06/02	HARYANA	2:02.89 &
3	AMANDEEP KAUR	408	09/07/03	PUNJAB	2:03.69 &
4	HUIDROM BHUMESHWOR	362	01/02/04	MANIPUR	2:07.23
5	THOTA SANKEERTANA	151	17/07/03	CHHATTISGARH	2:07.35
6	AKSLIN M	478	10/09/06	TAMIL NADU	2:09.63
7	NIKITA SHARMA	228	04/07/01	HIMACHAL PRADESH	2:14.73
	VINEETA GURJAR	534	27/09/05	UTTAR PRADESH	DQ

T.R. 17.2.3

Event # 23 WOMENS 1500m Run**& ASIAN. C. Q .MARK: 4:15.00****# NR:Deeksha . Los Angeles 4:04.78 11/05/2024****% MR:SUNITA RANI BANGALORE 4:08.10 1999**

1	LILI DAS	569	18/03/98	UTTARKHAND	4:10.88 &
2	POOJA ..	194	17/06/02	HARYANA	4:12.56 &
3	KAJAL RANGNATH KANW	179	26/01/01	GUJARAT	4:20.67
4	VINEETA GURJAR	534	27/09/05	UTTAR PRADESH	4:21.48
5	NIKITA SHARMA	228	04/07/01	HIMACHAL PRADESH	4:23.42
6	ANJU .	186	13/11/04	HARYANA	4:26.46
7	PRIYANKA C	256	02/01/04	KARNATAKA	4:27.41
8	RASHI C M	257	25/02/02	KARNATAKA	4:35.55
9	ANJALI .	526	23/12/04	UTTAR PRADESH	4:38.61
	HUIDROM BHUMESHWOR	362	01/02/04	MANIPUR	DNF

Event # 24 WOMENS 5000m Run**& ASIAN. C. Q .MARK: 16:03.33****# NR:PARUL CHAUDHARY WALNUT 15:10.35 06/05/2023****% MR:SURIYA LOGANATHAN NEW DELHI 15:39.59 2016**

1	SANJIVANI BABURAO JAD	337	12/07/96	MAHARASHTRA	15:43.42 &
2	SEEMA .	577	10/01/01	HIMACHAL PRADESH	16:17.07
3	ANJALI DEVI	195	21/02/02	HARYANA	16:25.78
4	BEBY .	527	01/05/04	UTTAR PRADESH	16:35.54
5	SUPRITI KACHHAP	230	03/04/03	JHARKHAND	16:35.85
6	ANTIMA PAL	535	01/01/04	UTTAR PRADESH	17:07.91
7	KAJAL RANGNATH KANW	179	26/01/01	GUJARAT	17:17.50
8	KHUSHI RAGHUVANSHI	318	26/02/04	MADHYA PRADESH	17:53.05
	KAVITA YADAV	543	08/11/98	UTTAR PRADESH	DNF

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21-24 April 2025**Event # 25 WOMENS 10000m Run**

& ASIAN. C. Q .MARK: 33:24.79

#NR:P.SREEDHARAN GUANGZHOU 31:50.47 21/11/2010

% MR:SURIYA LOGANATHAN PATIALA 32:23.96 2018

1	SANJIVANI BABURAO JAD	337	12/07/96	MAHARASHTRA		33:44.43
2	SEEMA .	577	10/01/01	HIMACHAL PRADESH		34:55.92
3	BEBY .	527	01/05/04	UTTAR PRADESH		34:59.67
4	ANJALI DEVI	195	21/02/02	HARYANA		35:14.24
5	BUSHRA KHAN GAURI	315	26/07/04	MADHYA PRADESH		37:15.67
	KAVITA YADAV	543	08/11/98	UTTAR PRADESH		DNF
	BHARTI .	187	01/01/97	HARYANA		DNF
	SONIYA .	568	25/07/00	UTTARKHAND		DNS

Event # 26 WOMENS 100m Hurdles

& ASIAN. C. Q .MARK: 13.26

NR:JYOTHI YARRAJI CHENGDU 12.78 04/08/2023

% MR:JYOTHI YARRAJI RANCHI 12.89 2023

1	JYOTHI YARRAJI	459	28/08/99	RELIANCE	+1.9m/s n	13.23 &
2	PRAGYAN PRASANTI SAHI	380	19/12/99	ODISHA	+1.9m/s n	13.40
3	NITHYA RAMRAJ	485	20/09/98	TAMIL NADU	+1.9m/s n	13.42
4	NANDHINI K	158	13/07/99	TAMIL NADU	+1.9m/s n	13.69
5	S SRIRESHMA .	471	04/05/01	TAMIL NADU	+1.9m/s n	14.04
6	PRANJALI DILIP PATIL	339	23/01/03	MAHARASHTRA	+1.9m/s n	14.17

Event # 27 WOMENS 400m Hurdles

& ASIAN. C. Q .MARK: 57.80

NR:P.T. USHA LOS ANGELES 55.42 08/08/1984

% MR:SARITABEN GAYAKWAD PATIALA 57.21 2019

1	R VITHYA RAMRAJ	486	20/09/98	TAMIL NADU		56.04 &%
2	ANU R	290	20/04/93	KERALA		58.26
3	ASWINI R	483	24/08/04	TAMIL NADU		1:02.41
4	P. JYOTHI KUMARI	469	23/02/01	TAMIL NADU		1:02.78

Event # 28 WOMENS 3000m Steeplechase

& ASIAN. C. Q .MARK: 9:48.48

NR:PARUL CHAUDHARY BUDAPEST 9:15.31 27/08/2023

% MR:LALITA BABAR NEW DELHI 9:27.09 2016

1	MANJU AJAY YADAV	313	20/12/02	MADHYA PRADESH		10:34.08
2	NIKITA .	428	11/11/04	RAJASTHAN		10:51.96
3	CHANCHAL .	188	06/06/02	HARYANA		11:10.40
4	ANUMOL THAMPI	396	19/08/99	POLICE SPORTS CONTRC		11:31.92
5	KIRUTHIKA M	480	19/06/04	TAMIL NADU		12:57.86

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Event # 29 WOMENS High Jump**HEIGHTS: 1.55, 1.60, 1.65, 1.68, 1.71, 1.74, 1.76, 1.78, 1.80, 1.82, 1.84, 1.86, 1.88, 1.95, 2.00**

& ASIAN. C. Q .MARK: 1.83

NR:SAHANA KUMARI HYDERABAD 1.92 23/06/2012

% MR:BOBBY ALOYSIUS HYDERABAD 1.89 2003

1	POOJA .	190	21/02/07	HARYANA	1.84m &
				--- --- --- O XO O --- O XXO O XXO XXX	
2	GOBIKA K	477	06/08/02	TAMIL NADU	1.82m
				--- --- --- --- O XO O XO O XO XXX	
3	ABHINAYA S SHETTY	240	16/06/99	KARNATAKA	1.80m
				--- --- --- --- O --- O --- O XXX	
4	PRACHI .	191	02/04/07	HARYANA	1.74m
				--- O XO O O XXO XXX	
5	SUPRIYA S B	263	11/03/01	KARNATAKA	1.74m
				--- O XXO --- XO XXO XXX	
6	KEVINAA ASHWINE ANNA	474	23/03/02	TAMIL NADU	1.65m
				--- O O XXX	
7	RUBINA YADAV	241	14/01/01	JSW	1.60m
				--- O --- XXX	

Event # 30 WOMENS Pole Vault**HEIGHTS: 3.10, 3.30, 3.50, 3.60, 3.70, 3.80, 3.90, 3.95, 4.00, 4.05, 4.10, 4.15, 4.20, 4.25, 4.30, 4.80, 4.90, 5.00
5.10, 5.20, 5.30, 5.40, 5.50, 5.60, 5.70, 5.80, 5.90, 6.00**

& ASIAN. C. Q .MARK: 4.10

NR:ROSY MEENA PAULRAJ BENGALURU 4.21 15/10/2022

% MR:KRISHNA RACHAN PATIALA 4.06 2019

1	PAVITHRA VENKATESH	293	08/12/01	TAMIL NADU	4.00m
				--- --- --- --- --- O --- --- O --- XXX	
2	BARANICA ELANGO VAN	282	03/02/97	TAMIL NADU	4.00m
				--- --- --- --- --- O O XXO --- XO XX- X	
3	VANSHIKA GHANGHAS	197	08/10/05	HARYANA	3.90m
				--- --- --- O --- O O --- XXX	
4	SINDHUSHREE G	258	23/10/00	KARNATAKA	3.90m
				--- --- O XO O XO O --- XX- X	
5	MARIYA JAISON	283	23/09/97	KERALA	3.90m
				--- --- --- O O O XO --- XXX	
6	SATHYA TAMILARASAN	200	05/02/01	TAMIL NADU	3.80m
				--- --- --- XO --- XO XX- X	
7	KRISHNA RACHAN	419	24/05/94	RAILWAY SPORTS	3.80m
				--- --- --- --- O XXO --- XX- X	
8	NITIKA ANUPAKARE	314	31/12/05	MADHYA PRADESH	3.70m
				--- --- O O XXO XXX	
9	V VIJAYAKUMAR .	472	26/11/03	TAMIL NADU	3.50m
				--- O O XXX	
10	SHRUTI RATHAUR	319	12/11/06	MADHYA PRADESH	3.30m
				O O XXX	
10	PARAMESHWARI .	470	06/06/04	TAMIL NADU	3.30m
				--- O XXX	
12	ARULMOZHI K	476	17/04/03	TAMIL NADU	3.30m
				XXO O XXX	

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21-24 April 2025**Event # 31 WOMENS Long Jump****& ASIAN. C. Q .MARK: 6.41****# NR:ANJU B. GEORGE ATHENS 6.83 27/08/2004****% MR:ANJU B. GEORGE CHENNAI 6.59 2002**

1	SHAILI SINGH	540	07/01/04	UTTAR PRADESH	+1.1m/s	6.64m &%
	6.38, 6.30, 6.64, 6.53, F, F					
2	ANCY SOJAN E	458	01/03/01	RELIANCE	+1.8m/s	6.46m &
	F, F, 6.37, 6.41, 6.46, F					
3	MOUMITA MONDAL	455	09/12/01	RELIANCE	+0.8m/s	6.45m &
	6.24, 6.45, F, 4.47, 6.27, F					
4	SANDRA BABU	236	03/07/01	JSW	+2.3m/s	6.27m
	F, 6.27, F, F, 6.22, 6.16					
5	KUSUMA RAVADA	110	15/09/01	ANDHRA PRADESH	+0.4m/s	6.26m
	6.06, 6.14, 6.04, 6.15, 6.20, 6.26					
6	PRIYA RATHORE	435	25/06/98	RAJASTHAN	+0.9m/s	6.02m
	5.88, 6.02, 5.88, 5.83, 5.83, -					
7	NIRMA BHURAJI	177	03/06/04	GUJARAT	+1.6m/s	5.99m
	5.67, 5.99, 5.74, 5.90, 5.60, 5.73					
8	MERYL ANN MATHEW	473	13/08/03	TAMIL NADU	+1.5m/s	5.99m
	F, 5.86, 5.99, 5.83, F, 5.86					
9	ABINAYA SRI A	436	30/10/04	RAJASTHAN	+1.1m/s	5.94m
	5.77, 5.83, 5.94					
10	DEEPANSHI SINGH	539	03/04/01	UTTAR PRADESH	+0.6m/s	5.92m
	5.92, F, F					
11	DEESHA GANAPATHY	259	16/08/05	KARNATAKA	+1.1m/s	5.84m
	5.77, 5.81, 5.84					

Event # 32 WOMENS Triple Jump**& ASIAN. C. Q .MARK: 13.68****# NR:MAYOOKHA JOHNY KOBE 14.11 09/07/2011****% MR:ANISHA K. VIJAYAN NEW DELHI 13.57 2006**

1	NIHARIKA VASHISHT	411	17/10/95	PUNJAB	+0.5m/s	13.49m
	13.03, 13.27, 12.85, F, 13.46, 13.49					
2	SANDRA BABU	236	03/07/01	JSW	+1.2m/s	13.48m
	F, 13.42, -, 13.48, -, 13.06					
3	SHEENA N V	289	22/11/92	KERALA	+1.1m/s	13.25m
	12.35, 13.25, 13.10, 13.18, 13.02, F					
4	MALLALA ANUSHA	234	10/07/02	JSW	+1.5m/s	13.22m
	12.88, 13.01, F, 12.92, F, 13.22					
5	NIMISHA DAYMA	237	15/05/03	JSW	+2.2m/s	13.04m
	12.78, 12.80, 13.04, F, 12.79, 12.77					
6	POORVA HITESH SAWANT	340	23/01/03	MAHARASHTRA	+0.9m/s	12.84m
	12.74, 12.80, F, 12.77, 12.67, 12.84					
7	BHUMIKA K N	261	06/11/05	KARNATAKA	+1.3m/s	12.08m
	F, F, 12.08, 11.68, 11.73, -					
	DEEPTI .	154	18/02/02	DELHI		DNS
	DNS					
	ADITHYA S	291	10/03/03	KERALA		DNS
	DNS					

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1	VIDHI .	529	27/12/04	UTTAR PRADESH	16.10m
	15.35, 15.56, 16.00, 16.10, F, 15.81				
2	SRISHTI VIG	161	15/07/95	DELHI	16.06m
	14.92, 14.87, 15.27, 15.88, 15.20, 16.06				
3	SHIKSHA .	193	12/12/02	HARYANA	16.05m
	15.78, 15.77, 16.05, F, F, 15.94				
4	POORNA SUBODH RAORA	342	26/12/00	MAHARASHTRA	15.86m
	15.06, 15.01, 15.57, F, F, 15.86				
5	KACHNAR CHAUDHARY	453	17/05/99	RELIANCE	14.94m
	F, F, 12.64, 14.94, 14.47, 14.79				

Event # 34 WOMENS Discus Throw**& ASIAN. C. Q .MARK: 54.19****# NR:KAMALPREET KAUR PATIALA 66.59 21/06/2021****% MR:KAMALPREET KAUR PATIALA 65.06 2021**

1	SEEMA .	233	25/02/99	JSW	57.17m &
	55.99, 57.17, F, 55.47, 55.07, -				
2	BHAVANA YADAV	162	09/04/99	DELHI	52.15m
	48.26, 48.87, 48.33, 50.59, F, 52.15				
3	PRIYA .	192	20/06/04	HARYANA	51.36m
	50.85, 51.36, 45.98, 48.84, 47.92, 51.11				
4	NEETIKA VERMA	542	04/03/01	UTTAR PRADESH	51.30m
	47.69, 46.71, 51.30, F, 49.26, 46.59				
5	AMANAT KAMBOJ	407	18/11/07	PUNJAB	49.44m
	45.24, F, 45.09, F, 49.44, 44.84				
6	AMERA ANWAR SHAH	336	21/02/02	MAHARASHTRA	48.28m
	42.76, 47.38, 45.42, 47.87, F, 48.28				
7	NIKITA KUMARI	434	26/07/06	RAJASTHAN	47.65m
	44.93, 47.65, 46.94, 46.11, 47.03, 44.85				
8	SONI KUMARI	143	18/04/05	BIHAR	43.19m
	F, 41.21, F, 43.19, F, F				
	PRIYANSHI KULHAR	432	27/02/05	RAJASTHAN	DNS
	DNS				
	ARSHDEEP KAUR KHANGI	410	07/01/05	PUNJAB	DNS
	DNS				

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1	HARSHITA SEHRAWAT	457	01/04/03	RELIANCE	61.65m
	60.05, 59.72, 61.65, 59.73, 59.72, 60.62				
2	TANYA CHAUDHARY	533	21/09/03	UTTAR PRADESH	60.32m
	F, 58.67, F, F, 58.82, 60.32				
3	MITAL SOLANKI	180	28/08/03	GUJARAT	50.17m
	48.70, F, 47.25, 50.17, 49.82, 49.10				
4	RIPUDAMAN KAUR	409	18/06/04	PUNJAB	47.70m
	47.36, F, 47.06, 47.70, 47.58, 47.48				

Event # 36 WOMENS Javelin Throw**& ASIAN. C. Q .MARK: 58.00****# NR:ANNU RANI JAMSHEDPUR 63.82 08/05/2022****% MR:ANNU RANI PATIALA 63.24 2021**

1	ANNU RANI	576	29/08/92	UTTAR PRADESH	56.66m
	56.66, 55.23, F, F, 54.38				
2	KARISHMA S SANIL	456	04/06/00	KARNATAKA	52.73m
	52.73, 50.93, 49.91, 51.74, 51.56, 49.85				
3	RAMYASHREE JAIN	260	18/11/04	KARNATAKA	51.17m
	43.19, F, 47.33, F, 45.88, 51.17				
4	UMA CHOUDHARY	431	04/10/99	RAJASTHAN	50.87m
	48.68, F, 47.66, F, 50.87, 50.73				
5	SHILPA RANI	199	15/06/96	HARYANA	50.49m
	45.36, 47.12, F, F, 50.49, 46.55				
6	SHAKSHI SHARMA	538	09/02/02	UTTAR PRADESH	47.69m
	F, 41.40, 47.69, F, 46.92, 47.51				
7	LALITA CHOUDHARY	430	19/05/98	RAJASTHAN	47.17m
	47.17, 44.55, F, 42.12, 42.38, F				
8	HEMAMALINI NEELAKAN	262	12/04/00	TAMIL NADU	45.32m
	42.67, 44.08, 42.57, 42.79, 45.32, 42.88				

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Event # 37 WOMENS Heptathlon

NR: J.SHOBHA NEW 6211 17/03/2004

MR: J.SHOBHA NEW 6211 2004

Place	Athlete	Total Points	100m Hurdles	High Jump	Shot Put	200m Dash	DAY ONE	Long Jump	Javelin Throw	800m Run	DAY TWO
1	AGASARA NANDINI (525) TELANGANA		13.75	1.65	13.49	23.70		6.01	32.38	2:15.70	
		5813	1014	795	760	986	3555	853	522	883	2258
2	POOJA - (185) HARYANA		14.94	1.71	11.24	26.06		5.56	45.02	2:20.19	
		5401	850	867	611	771	3099	717	764	821	2302
3	MOUMITA MONDAL (455) RELIANCE		13.73	1.53	9.45	23.75		6.35	33.71	2:27.97	
		5373	1017	655	494	982	3148	959	547	719	2225
4	NEETA KUMARI (433) RAJASTHAN		15.42	1.65	10.22	26.03		5.16	32.93	2:19.77	
		4862	787	795	544	774	2900	603	532	827	1962
5	DEEPIKA S (536) TAMIL NADU		14.93	1.59	10.28	25.44		5.59	31.79	2:31.60	
		4858	851	724	548	825	2948	726	511	673	1910
6	AKSHATHA . (252) KARNATAKA		15.37	1.56	9.07	25.59		5.58	33.35	2:43.72	
		4557	793	689	469	812	2763	723	540	531	1794
7	MARIYA THOMAS (292) KERALA		15.62	1.53	10.46	26.31		5.29	34.47	2:39.24	
		4511	762	655	560	750	2727	640	562	582	1784
8	GULSHAN AZWA (156) DELHI		18.24	1.29	6.72	29.25		4.31	16.91	2:50.37	
		2771	464	399	317	518	1698	381	232	460	1073
	SONU KUMARI (198) HARYANA		14.98	1.62	10.60	26.67		5.38	32.35	DNS	
		0	844	759	569	719		665	521	0	1186

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Event # 37 WOMENS Heptathlon

NR: J.SHOBHA NEW 6211 17/03/2004

MR: J.SHOBHA NEW 6211 2004

Place	Athlete	Total Points	100m Hurdles	High Jump	Shot Put	200m Dash	DAY ONE	Long Jump	Javelin Throw	800m Run	DAY TWO
	ANAMIKA K A (286) KERALA	0	DNS 0	DNS 0	DNS 0						
	DOLY SONKER (541) UTTAR PRADESH	0	16.44 661	1.50 621	10.31 550	43.59 0		DNS 0	DNS 0		
	MADHU . (418) RAILWAY SPORTS	0	DNS 0	DNS 0	DNS 0						
	TANUSHREE . (429) RAJASTHAN	0	DNS 0	DNS 0	DNS 0						

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Event # 45 MENS Decathlon

NR: T.SHANKAR HANG 7666 03/10/2023

MR: JORA SINGH NEW DELHI 7502 2006

Place	Athlete	Total Points	100m Dash	Long Jump	Shot Put	High Jump	400m Dash	Day One	110m Hurdles	Discus Throw	Pole Vault	Javelin Throw	1500m Run	Day Two
1	TEJASWIN SHANK JSW	7603	11.17 823	7.37 903	13.25 682	2.15 944	50.06 812	4164	14.95 856	36.76 599	4.00 617	54.85 661	4:35.96 706	3439
2	YAMAN DEEP SHA RELIANCE	7226	11.31 793	6.84 776	10.72 529	1.94 749	49.39 843	3690	15.16 830	36.98 603	4.50 760	53.16 635	4:35.61 708	3536
3	JASHBIR NAYAK (3 ODISHA	7156	11.27 801	6.68 739	12.19 618	1.91 723	51.42 750	3631	15.31 812	38.88 642	4.30 702	56.58 687	4:39.79 682	3525
4	THOWFEEQ N (306 KERALA	6940	11.16 825	6.98 809	11.22 559	1.82 644	49.20 852	3689	14.84 869	36.74 599	4.00 617	54.70 658	5:09.19 508	3251
5	GOKUL S (131) ARMY	6818	11.32 791	6.75 755	12.12 614	1.79 619	50.07 811	3590	16.03 729	39.89 662	4.00 617	47.41 550	4:41.65 670	3228
6	ABHIJIT BHOSALE AIR FORCE	6797	11.53 746	6.66 734	12.67 647	1.91 723	51.64 741	3591	16.71 655	38.16 627	4.00 617	52.66 628	4:40.16 679	3206
7	UMESH LAMBA (44 RAJASTHAN	6730	11.85 681	6.48 693	12.94 664	1.76 593	53.27 670	3301	15.66 772	41.45 694	4.40 731	54.83 660	4:57.86 572	3429
8	KAMAL DHANKHA HARYANA	6526	11.78 695	6.58 716	12.95 664	1.88 696	51.11 764	3535	18.67 462	35.89 582	3.90 590	58.91 721	4:47.16 636	2991
9	DHAVAL SOLANKI ARMY	6212	11.79 693	6.29 650	10.92 541	1.79 619	51.53 745	3248	16.29 700	36.40 592	4.10 645	41.03 457	4:58.16 570	2964
10	ABYAKAT MIRDH ODISHA	6026	11.64 723	6.06 600	9.84 476	1.79 619	52.28 713	3131	15.43 798	31.59 496	4.00 617	44.18 503	5:14.18 481	2895

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Event # 45 MENS Decathlon

NR: T.SHANKAR HANG 7666 03/10/2023

MR: JORA SINGH NEW DELHI 7502 2006

Place	Athlete	Total Points	100m Dash	Long Jump	Shot Put	High Jump	400m Dash	Day One	110m Hurdles	Discus Throw	Pole Vault	Javelin Throw	1500m Run	Day Two
11	ROBIN SINGH (107 AIR FORCE	5682	11.85 681	6.17 624	11.04 548	1.70 544	52.59 699	3096	15.68 769	33.67 537	NM 0	60.52 746	5:04.50 534	2586
12	ROHIT KUMAR (21 HARYANA	5556	11.92 667	6.11 610	10.86 537	1.67 520	54.06 637	2971	18.48 479	31.51 494	3.00 357	51.60 612	4:45.93 643	2585
13	PRAVEEN KUMAR. RAJASTHAN	5297	12.19 614	5.80 544	10.33 505	1.73 569	54.04 638	2870	16.84 641	28.65 438	3.00 357	38.39 419	4:57.81 572	2427
14	JUAN REGI ATHUN KERALA	5248	12.13 626	5.95 576	9.78 472	1.85 670	56.36 545	2889	16.51 676	26.01 387	3.20 406	39.62 437	5:19.51 453	2359
	SAILENDRA SINGH UTTAR PRADESH	0	DNS 0	DNS 0	No Result 0	No Result 0	No Result 0		No Result 0	No Result 0	No Result 0	No Result 0	No Result 0	
	MAYENGBAM SIN MANIPUR	0	DNS 0	DNS 0	No Result 0	No Result 0	No Result 0		No Result 0	No Result 0	No Result 0	No Result 0	No Result 0	
	ABDULLA ABDUL POLICE SPORTS C	0	DNS 0	DNS 0	No Result 0	No Result 0	No Result 0		No Result 0	No Result 0	No Result 0	No Result 0	No Result 0	
	CHAMANJOT SING HARYANA	0	11.73 705	6.21 632	12.09 612	1.73 569	51.30 756		17.95 529	34.98 563	3.80 562	49.32 579	DNS 0	2233
	GOKUL K R (367) NAVY	0	11.21 814	6.77 760	10.54 518	1.85 670	49.97 816		DNS 0	DNS 0	DNS 0	DNS 0	No Result 0	
	JOHN PAUL J (275) KARNATAKA	0	11.06 847	6.68 739	11.63 584	1.73 569	DNF 0		DNS 0	DNS 0	DNS 0	DNS 0	No Result 0	

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Event # 45 MENS Decathlon

NR: T.SHANKAR HANG 7666 03/10/2023
MR: JORA SINGH NEW DELHI 7502 2006

Place	Athlete	Total Points	100m Dash	Long Jump	Shot Put	High Jump	400m Dash	Day One	110m Hurdles	Discus Throw	Pole Vault	Javelin Throw	1500m Run	Day Two
	KAMAL SINGH (13) ARMY		12.11	6.42	12.30	1.82	DNF		DNS	DNS	DNS	DNS	No Result	
	0		629	679	625	644	0		0	0	0	0	0	
	KUSHAL KUMAR NAVY		11.39	6.65	11.23	1.91	50.66		15.03	33.41	NM	DNS	No Result	
	0		776	732	560	723	784		846	532	0	0	0	
	MANJEET SINGH (HARYANA		DNS	DNS	No Result	No Result	No Result		No Result	No Result	No Result	No Result	No Result	
	0		0	0	0	0	0		0	0	0	0	0	
	MANOJKUMAR R MAHARASHTRA		DNS	DNS	No Result	No Result	No Result		No Result	No Result	No Result	No Result	No Result	
	0		0	0	0	0	0		0	0	0	0	0	
	NEERAJ KUMAR Y DELHI		11.82	6.89	11.41	1.91	DNF		16.13	38.18	DNS	DNS	No Result	
	0		687	788	571	723	0		718	628	0	0	0	
	RAJ JUJHAR VIRK CHANDIGARH		11.58	5.77	No Result	DNS	No Result		No Result	No Result	No Result	No Result	No Result	
	0		736	537	0	0	0		0	0	0	0	0	
	USAID KHAN (550) UTTAR PRADESH		11.19	6.80	12.04	1.88	49.95		15.36	35.19	DNS	DNS	No Result	
	0		819	767	609	696	817		807	567	0	0	0	



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