

National Junior Athletics Championship Records (as of 31.3.2018)

BOYS UNDER-20

100m	10.65	0.2	Sujith Kuttan	Kerala	2010	Bengaluru
200m	21.26		Akash Kumar	Uttar Pradesh	2017	Mangalagiri
400m	46.59		Amoj Jacob	Delhi	2017	Mangalagiri
800m	1:50.96		Sajeesh Joseph	Kerala	2006	Bengaluru
1500m	3:54.35		Harish Koranga	Uttarakhand	2012	Lucknow
5000m	14:18.28		Rahul Kumar Pal	Uttar Pradesh	2012	Lucknow
10000m	29:34.54		Rahul Kumar Pal	Uttar Pradesh	2012	Lucknow
3000m Steeplechase	9:18.19		M. Naresh	Andhra Pradesh	2012	Lucknow
110m Hurdles	13.92	0.1	J. Surendhar	Tamil Nadu	2010	Bengaluru
400m Hurdles	50.86		Durgesh Kumar Pal	Maharashtra	2011	Ranchi
High Jump	2.18		Sreenith Mohan	Kerala	2014	Vijayawada
Pole Vault	4.85		S. Siva	Tamil Nadu	2015	Ranchi
Long Jump	7.72	0.4	M. Sreeshankar	Kerala	2017	Mangalagiri
Triple Jump	16.45	0.7	Arpinder Singh	Punjab	2010	Bengaluru
Shot Put (6 kg)	19.13		Naresh	Haryana	2009	Warangal
Discus Throw (1.75 kg)	56.72		Sachin	Haryana	2013	Bengaluru
Hammer Throw (6 kg)	70.61		Manoj Yadav	Uttar Pradesh	2011	Ranchi
Javelin Throw	80.14		Rajesh Kumar Bind	Uttar Pradesh	2012	Lucknow
Decathlon	7020		K. Dileep Kumar	Andhra Pradesh	2012	Lucknow
4x100m Relay	41.37		Kerala State Team		2005	Chennai
4x400m Relay	3:11.03		Haryana State Team		2017	Mangalagiri
10000m Walk	41:29.85		Satish Kumar Patel	Uttar Pradesh	2012	Lucknow

GIRLS UNDER-20

100m	11.92		V. Pandeswari	Tamil Nadu	1996	Nagercoil
200m	24.24	0.0	Jisna Mathew	Kerala	2017	Mangalagiri
400m	53.52		Jisna Mathew	Kerala	2017	Mangalagiri
800m	2:07.48		Tintu Luka	Kerala	2008	Mysore
1500m	4:25.22		Lili Das	West Bengal	2016	Coimbatore
3000m	9:44.62		Sanjeevani Jadhav	Maharashtra	2015	Ranchi
5000m	17:02.0		Sanjeevani Jadhav	Maharashtra	2015	Ranchi
2000m Steeplechase	7:01.72		Preeti Lamba	Haryana	2015	Ranchi
3000m Steeplechase	10:55.54		Khusboo Gupta	Uttar Pradesh	2017	Mangalagiri
100m Hurdles	14.09	0.0	Sapna Kumari	Jharkhand	2017	Mangalagiri
400m Hurdles	1:00.45		M. Loganayaki	Tamil Nadu	2016	Coimbatore
High Jump	1.74		Rekha	Haryana	2017	Mangalagiri
	1.74=		Laimwn Narzary	Assam	2017	Mangalagiri
Pole Vault	3.70		Mariya Jaison	Kerala	2015	Ranchi
Long Jump	6.19	-0.3	V. Neena	Kerala	2010	Bengaluru
Triple Jump	13.45	1.0	Renu	Haryana	2017	Mangalagiri
Shot Put	14.54		Kiran Baliyan	Uttar Pradesh	2017	Mangalagiri
Discus Throw	49.85		Kamalpreet Kaur	Punjab	2015	Ranchi
Hammer Throw	50.71		Nidhi	Uttar Pradesh	2015	Ranchi

Javelin Throw	49.05		Pushpa Jakhar	Haryana	2016	Coimbatore
Heptathlon	5386		Swapna Barman	West Bengal	2015	Ranchi
4x100m Relay	47.28		Kerala State Team		2005	Chennai
4x400m Relay	3:45.87		Kerala State Team		2012	Lucknow
10000m Walk	49:16.51		Priyanka Goswami	Uttar Pradesh	2014	Vijayawada

BOYS UNDER-18

100m	10.75	0.0	Praveen Muthukumaran	Tamil Nadu	2011	Ranchi
200m	21.59	0.0	Jijin Vijayan	Kerala	2011	Ranchi
	21.59=	1.1	Akshay Nain	Delhi	2017	Mangalagiri
400m	47.51		Harsh Kumar	Uttarakhand	2015	Ranchi
800m	1:52.59		Shankar	Haryana	2016	Coimbatore
1500m	3:53.63		Shankar	Haryana	2016	Coimbatore
3000m	8:25.91		Indrajeet Patel	Uttar Pradesh	2010	Bengaluru
2000m Steeplechase	5:51.90		Raj Kumar	Delhi	2017	Mangalagiri
110m Hurdles (91.4 cm)	13.76		T. Santhosh Kumar	Tamil Nadu	2015	Ranchi
400m Hurdles (84 cm)	51.74		Durgesh Kumar Pal	Maharashtra	2010	Bengaluru
High Jump	2.26		Tejaswin Shankar	Delhi	2016	Coimbatore
Pole Vault	4.75		Parshant Singh Kanhiya	Haryana	2017	Mangalagiri
Long Jump	7.86	-0.1	Kumaravel Premkumar	Tamil Nadu	2010	Bengaluru
Triple Jump	15.83	1.1	Mani Raj	Tamil Nadu	2017	Mangalagiri
Shot Put (5 kg)	20.99		Dipender Dabas	Haryana	2017	Mangalagiri
Discus Throw (1.5 kg)	59.62		Nirbhay Singh	Haryana	2013	Bengaluru
Hammer Throw (5 kg)	75.45		Ashish Jakhar	Haryana	2016	Coimbatore
Javelin Throw (700 g)	76.50		Neeraj Chopra	Haryana	2014	Vijayawada
Decathlon	6617		Amit Singh	Delhi	2016	Coimbatore
Medley Relay	1:54.98		Haryana State Team		2010	Bengaluru
10000m Walk	42:58.1		Kuldeep	Haryana	2011	Ranchi

GIRLS UNDER-18

100m	11.89		Rashmi Sheregar	Maharashtra	2015	Ranchi
200m	24.28	0.1	Dutee Chand	Jharkhand	2012	Lucknow
400m	53.85		Jisna Mathew	Kerala	2015	Ranchi
800m	2:08.65		Jessy Joseph	Kerala	2013	Bengaluru
1500m	4:35.4		Lili Das	West Bengal	2015	Ranchi
3000m	9:50.54		Seema	Himachal Pradesh	2017	Mangalagiri
2000m Steeplechase	7:06.49		Parul Chaudhary	Uttar Pradesh	2012	Lucknow
100m Hurdles (76.2 cm)	14.02	1.3	Gayathri Govindaraj	Tamil Nadu	2008	Mysore
400m Hurdles	1:00.13		Pinki Parmanik	West Bengal	2003	Kollam
High Jump	1.81		Rubina Yadav	Haryana	2017	Mangalagiri
Pole Vault	3.55		A.C. Nivya Antony	Kerala	2017	Mangalagiri
Long Jump	6.10		Ruta Patkar	Maharashtra	2001	Bengaluru
Triple Jump	12.86	1.3	Athira Surendran	Kerala	2013	Bengaluru
Shot Put (3 kg)	15.99		Kachnar Chaudhary	Rajasthan	2016	Coimbatore
Discus Throw	49.54		Navjeet Kaur Dhillon	Punjab	2012	Lucknow
Hammer Throw (3 kg)	58.23		Poonam Jakhar	Haryana	2017	Mangalagiri

Javelin Throw (500 g)	49.05		Pushpa Jakhar	Haryana	2015	Ranchi
Heptathlon	4992		Swapna Barman	West Bengal	2013	Bengaluru
Medley Relay	2:11.90		Kerala State Team		2015	Ranchi
5000m Walk	24:48.5		Vadluri Saraswathi	Andhra Pradesh	2002	Chennai

BOYS UNDER-16

100m	10.85	0.0	Nisar Ahemad	Delhi	2017	Mangalagiri
200m	21.73	0.8	Nisar Ahemad	Delhi	2017	Mangalagiri
400m	48.24		Chandan Bauri	West Bengal	2013	Bengaluru
800m	1:55.7		Biren Gogoi	Assam	1991	Cuttack
2000m	5:31.87		Vikas	Haryana	2016	Coimbatore
110m Hurdles (91.4 cm)	13.32		Bhosale Harshavardhan	Maharashtra	2015	Ranchi
High Jump	2.02		Shanawaj Khan	Delhi	2016	Coimbatore
Long Jump	7.27	1.9	Sahil Mahabali	Haryana	2013	Bengaluru
Shot Put (5 kg)	18.05		Adish Ghildiyal	Uttarakhand	2017	Mangalagiri
Discus Throw (1.5 kg)	53.96		Sahil Silwal	Haryana	2016	Coimbatore
Hammer Throw (5 kg)	70.46		Vikranta	Uttar Pradesh	2015	Ranchi
Javelin Throw (700 g)	74.73		Vikas Yadav	Maharashtra	2017	Mangalagiri
Pentathlon	4341		Ankit Saini	Haryana	2011	Ranchi
Medley Relay	1:56.95		Haryana State Team		2017	Mangalagiri
5000m Walk	21:55.6		Daljeet Singh	Punjab	1990	Muzzafarpur

GIRLS UNDER-16

100m	12.00	0.0	Dutee Chand	Orissa	2010	Bengaluru
200m	24.98	0.0	Dutee Chand	Jharkhand	2009	Warangal
400m	54.57		Anjana Thamke	Maharashtra	2012	Lucknow
800m	2:13.11		Chinchu Jose	Kerala	2006	Bengaluru
2000m	6:25.66		Amrita Patel	Uttar Pradesh	2016	Coimbatore
100m Hurdles (76.2 cm)	14.47	0.4	Aparna Roy	Kerala	2016	Coimbatore
High Jump	1.69		Kavya Muthanna	Karnataka	2003	Kollam
Long Jump	5.79	1.6	Nayana James	Kerala	2010	Bengaluru
Shot Put (3 kg)	14.21		Paramjot Kaur	Punjab	2016	Coimbatore
Discus Throw	41.74		Navjit Kaur	Punjab	2010	Bengaluru
Javelin Throw (500 g)	41.24		Jyoti	Haryana	2017	Mangalagiri
Pentathlon	3285		Antana Khatun	West Bengal	2005	Chennai
Medley Relay	2:15.65		Kerala State Team		2005	Chennai
3000m Walk	14:28.1		A. Kumari	Bihar	1990	Muzzafarpur

BOYS UNDER-14

100m	11.19	2.0	Sanchy Kr Paul	West Bengal	2013	Bengaluru
600m	1:22.40		Kashvir Vasani	Gujarat	2015	Ranchi
High Jump	1.93		Vijay Malik	Haryana	2017	Mangalagiri
Long Jump	6.79		Avinash Kumar	Bihar	2017	Mangalagiri
Shot Put (4 kg)	17.88		Dhanveer Singh	Punjab	2016	Coimbatore
Triathlon	2458		Deepankar Roy	West Bengal	2003	Shimoga

GIRLS UNDER-14

100m	12.73	0.2	Majidha Nowrina	Kerala	2010	Bengaluru
600m	1:31.36		Anjana Thamke	Maharashtra	2011	Ranchi
High Jump	1.62		Khyati Mathur	Uttar Pradesh	2016	Coimbatore
Long Jump	5.82	1.1	Rochella Macfarlane	Tamil Nadu	2010	Bengaluru
Shot Put (3 kg)	11.63		Mahashri Baloda	Delhi	2013	Bengaluru
Triathlon	2071		Pallavi Sukumar	Karnataka	2003	Kollam

Compiled by Ram. Murali Krishnan

