

**NATIONAL OPEN ATHLETIC CHAMPIONSHIPS--MEET RECORDS (as of 31.3.2018)**

<b>MEN</b>						
100m	10.37	0.6	Anil Kumar	Services	2001	Chennai
200m	20.92		S. Arunjith	Railways	2007	Jamshedpur
400m	45.70		Paramjit Singh	Police	1998	Kolkata
	45.70=		Arokya Rajiv	Services	2015	Kolkata
800m	1:46.67		Ghamanda Ram	Services	2005	Hyderabad
1500m	3:39.9		Chatholi Hamza	Services	2007	Jamshedpur
5000m	13:54.72		Bahadur Prasad	Railways	1994	Chennai
10000m	28:58.1		Shivnath Singh	Services	1978	Jalandhar
3000m Steeplechase	8:39.18		Elam Singh	Services	2010	Kochi
110m Hurdles	13.77	-0.3	Siddhanth Thingalaya	ONGC	2011	Kolkata
400m Hurdles	50.16		T. Santhosh Kumar	Tamil Nadu	2017	Chennai
High Jump	2.23		Siddarth Yadav	Railways	2017	Chennai
	2.23=		V. Bharathi	Services	2017	Chennai
Pole Vault	5.06		Kundan	Services	2014	New Delhi
Long Jump	7.87		Sanjay Kumar Rai	Railways	1998	Kolkata
	7.87=	0.0	Ankit Sharma	L I C	2014	New Delhi
Triple Jump	16.97	0.0	Renjith Maheshwary	Railways	2010	Kochi
Shot Put	19.82		Inderjeet Singh	Haryana	2015	Kolkata
Discus Throw	60.07		Anil Kumar	Haryana	2003	Bangalore
Hammer Throw	70.05		Pramod Kumar Tiwari	Uttar Pradesh	2001	Chennai
Javelin Throw	79.04		Ravinder Singh Khaira	Railways	2016	Lucknow
Decathlon	7257		Kulwinder Singh	Services	2005	Hyderabad
4x100m Relay	39.89		Railways Team		2006	New Delhi
4x400m Relay	3:06.63		Services Team		2015	Kolkata
20 KM walk	1:23:40		Babubhai Panucha	Services	2007	Jamshedpur
<b>WOMEN</b>						
100m	11.43	-0.3	Saraswati Saha	Railways	2002	New Delhi
200m	22.83	0.4	Saraswati Saha	Railways	2002	New Delhi
400m	51.90		K.M. Beenamol	Railways	2002	New Delhi
800m	2:00.56		Tintu Luka	Railways	2015	Kolkata
1500m	4:11.83		O.P. Jaisha	Railways	2006	New Delhi
5000m	15:31.73		O.P. Jaisha	Railways	2015	Kolkata
10000m	32:41.31		Kavita Raut	Maharashtra	2010	Kochi
3000m Steeplechase	9:39.83		Lalita Babar	Railways	2015	Kolkata
100m Hurdles	13.38	0.4	Anuradha Biswal	Orissa	2002	Chennai
400m Hurdles	56.8		P.T. Usha	Railways	1985	Trivandrum
High Jump	1.84		Sahana Kumari	Railways	2012	Chennai
Pole Vault	4.15		V.S. Surekha	Railways	2014	New Delhi
Long Jump	6.74	-0.3	Anju B. George	Tamil Nadu	2002	New Delhi
Triple Jump	13.78	0.0	Mayookha Johny	ONGC	2015	Kolkata
Shot Put	17.96		Manpreet Kaur	Railways	2015	Kolkata
Discus Throw	61.17		Neelam J. Singh	Railways	2003	Bangalore

Hammer Throw	61.67		Hardeep Kaur	L I C	2002	New Delhi
Javelin Throw	60.01		Annu Rani	Railways	2016	Lucknow
Heptathlon	5739		Soma Biswas	Railways	2001	Chennai
4x100m Relay	45.24		Railways Team		2007	Jamshedpur
4x400m Relay	3:37.90		Railways Team		2016	Lucknow
20 KM walk	1:39:30.5		L. Deepmala Devi	Railways	2006	New Delhi
<i>Compiled by</i> Ram. Murali Krishnan						

