

NATIONAL ATHLETICS RECORDS (as on 31 Dec 2018)

MEN

100m	10.26	1.2	Amiya Kumar Mallick	Odisha	28-Apr-2016	New Delhi
200m	20.63	1.5	Muhammed Anas	Kerala	15-Aug-2018	Jablonec nad Nisou
400m	45.24		Muhammed Anas	Kerala	21-Jul-2018	Nove Mesto nad Metuji
800m	1:45.65		Jinson Johnson	Kerala	27-Jun-2018	Guwahati
1500m	3:37.86		Jinson Johnson	Kerala	14-Apr-2018	Gold Coast
5000m	13:29.70		Bahadur Prasad	Delhi	27-Jun-1992	Birmingham
10000m	28:02.89		Surendra Singh	Uttarakhand	12-Jul-2008	Vigo
3000m Steeple	8:30.88		Gopal Saini	Rajasthan	05-Jun-1981	Tokyo
	8:29.80 #		Avinash Sable	Maharashtra	28-Sep-2018	Bhubaneswar
110m Hurdles	13.48	-0.9	Siddhant Thingalaya	Maharashtra	10-Jun-2017	Mesa
400m Hurdles	48.96		Ayyasamy Dharun	Tamil Nadu	27-Aug-2018	Jakarta
High Jump	2.29		Tejaswin Shankar	Delhi	27-Apr-2018	Lubbock
Pole Vault	5.15		S. Siva	Tamil Nadu	05-Mar-2018	Patiala
	5.16 #		S. Siva	Tamil Nadu	19-Sep-2018	Jalahalli
	5.20 #		S. Siva	Tamil Nadu	19-Sep-2018	Jalahalli
	5.30 #		S. Siva	Tamil Nadu	19-Sep-2018	Jalahalli
Long Jump	8.19	0.1	Ankit Sharma	Madhya Pradesh	26-Jun-2016	Almaty
	8.20 #	0.0	Murali Shreesankar	Kerala	27-Sep-2018	Bhubaneswar
Triple Jump	17.30	1.8	Renjith Maheswary	Kerala	11-Jul-2016	Bangalore
Shot Put	20.75		Tajinder Pal Singh Toor	Punjab	25-Aug-2018	Jakarta
Discus Throw	66.28		Vikas Gowda	Karnataka	12-Apr-2012	Norman
Hammer Throw	70.73		Neeraj Kumar	Rajasthan	29-Jun-2016	Hyderabad
Javelin Throw	88.06		Neeraj Chopra	Haryana	27-Aug-2018	Jakarta
Decathlon	7658		Bharatinder Singh	Haryana	12-Jun-2011	Bangalore
4x100m Relay	38.89		National Team		12-Oct-2010	New Delhi
			Rahamatulla Molla, Suresh Sathya, Sameer Mon, Abdul Najeeb Qureshi			
4x400m Relay	3:00.91		National Team		10-Jul-2016	Bangalore
			Kunhu Muhammed, Muhammed Anas, Ayyasamy Dharun, Arokia Rajiv			
Marathon	2:12:00		Shivnath Singh	Bihar	28-May-1978	Jullundur
20 KM walk	1:20:21		K.T. Irfan	Kerala	04-Aug-2012	London
	1:20:21=		Devender Singh	Haryana	20-Mar-2016	Nomi
50 KM walk	3:56:00		Sandeep Kumar	Haryana	18-Feb-2017	New Delhi

WOMEN

100m	11.29	0.5	Dutee Chand	Odisha	29-Jun-2018	Guwahati
200m	22.82	0.8	Saraswati Saha	West Bengal	28-Aug-2002	Ludhiana
400m	50.79		Hima Das	Assam	26-Aug-2018	Jakarta
800m	1:59.17		Tintu Luka	Kerala	04-Sep-2010	Split
1500m	4:06.03		Sunita Rani	Punjab	11-Oct-2002	Busan
5000m	15:15.89		Preeja Sreedharan	Kerala	26-Nov-2010	Guangzhou
10000m	31:50.47		Preeja Sreedharan	Kerala	21-Nov-2010	Guangzhou
3000m Steeple	9:19.76		Lalita Babar	Maharashtra	13-Aug-2016	Rio de Janeiro
100m Hurdles	13.38	-0.7	Anuradha Biswal	Odisha	26-Aug-2002	New Delhi
	13.38=	0.4	Anuradha Biswal	Odisha	08-Sep-2002	New Delhi
400m Hurdles	55.42		P.T. Usha	Kerala	08-Aug-1984	Los Angeles
High Jump	1.92		Sahana Kumari	Karnataka	23-Jun-2012	Hyderabad
Pole Vault	4.15		V.S. Surekha	Tamil Nadu	04-Nov-2014	New Delhi
Long Jump	6.83	1.2	Anju B. George	Kerala	27-Aug-2004	Athens

Triple Jump	14.11	0.9	Mayookha Johny	Kerala	09-Jul-2011	Kobe
Shot Put	17.96		Manpreet Kaur	Punjab	16-Sep-2015	Kolkata
Discus Throw	64.76		Krishna Poonia	Rajasthan	05-May-2012	Maui
Hammer Throw	65.25		Sarita Singh	Uttar Pradesh	01-Jun-2017	Patiala
Javelin Throw	61.86		Annu Rani	Uttar Pradesh	04-Jun-2017	Patiala
Heptathlon	6211		J.J. Shobha	Andhra Pradesh	17-Mar-2004	New Delhi
4x100m Relay	43.42		National Team		04-Jul-2016	Almaty
			Merlin K Joseph, H M Jyothi, Srabani Nanda, Dutee Chand			
4x400m Relay	3:26.89		National Team		27-Aug-2004	Athens
			Rajwant Kaur, K M Beenamol, Chitra K Soman, Manjit Kaur			
Marathon	2:34:43		O.P. Jaisha	Punjab	30-Aug-2015	Beijing
20 KM walk	1:31:29		Baby Soumya	Delhi	18-Feb-2018	New Delhi

records subject to usual ratification procedures