

National Inter-State Athletics Championship Records (as of 31.3.2018)						
<b>MEN</b>						
100m	10.32	1.2	Krishna Kumar Rane	Maharashtra	2014	Lucknow
200m	20.80	1.0	Anil Kumar	Kerala	2000	Chennai
400m	45.56		Paramjit Singh	Punjab	2000	Chennai
800m	1:46.26		Pankaj Dimri	Uttarakhand	2010	Patiala
1500m	3:40.1		Bahadur Prasad	Delhi	1995	Chennai
5000m	13:51.31		Surendra Singh	Uttarakhand	2009	Chennai
10000m	29:06.17		Surendra Singh	Uttarakhand	2007	Bhopal
3000m Steeplechase	8:42.29		Naveen Kumar	Haryana	2014	Lucknow
110m Hurdles	13.76	0.0	Siddhanth Thingalaya	Maharashtra	2017	Guntur
400m Hurdles	49.91		Joseph G. Abraham	Kerala	2009	Chennai
High Jump	2.23		Tejaswin Shankar	Delhi	2017	Guntur
Pole Vault	5.05		Gajanan Upadhyay	Jharkhand	2007	Bhopal
Long Jump	8.00	0.0	K. Prem Kumar	Tamil Nadu	2013	Chennai
Triple Jump	17.17	0.0	Arpinder Singh	Punjab	2014	Lucknow
Shot Put	20.44		Inderjeet Singh	Haryana	2015	Chennai
Discus Throw	59.74		Kirpal Singh	Punjab	2016	Hyderabad
Hammer Throw	70.73		Niraj Kumar	Rajasthan	2016	Hyderabad
Javelin Throw	81.84		Davinder Singh Kang	Punjab	2017	Guntur
Decathlon	7658		Bharatinder Singh	Haryana	2011	Bangalore
4x100m Relay	40.49		Kerala State Team		2013	Chennai
4x400m Relay	3:09.29		Kerala State Team		2006	Chennai
20 KM walk	1:25:09.36		Babubhai Panucha	Gujarat	2007	Bhopal
<b>WOMEN</b>						
100m	11.39	1.4	Saradha Narayana	Tamil Nadu	2014	Lucknow
200m	23.10	0.4	Rachita Mistry	Maharashtra	2000	Chennai
400m	51.48		Nirmala	Haryana	2016	Hyderabad
800m	2:00.49		K.C. Rosa Kutty	Karnataka	1997	Bangalore
1500m	4:10.51		Sinimol Paulose	Jharkhand	2006	Chennai
5000m	15:46.92		L. Suriya	Tamil Nadu	2017	Guntur
10000m	32:36.53		Preeja Sreedharan	Kerala	2010	Patiala
3000m Steeplechase	9:45.60		Sudha Singh	Uttar Pradesh	2013	Chennai
100m Hurdles	13.44	0.6	Anuradha Biswal	Orissa	2000	Chennai
400m Hurdles	57.21		Anu Raghavan	Kerala	2017	Guntur
High Jump	1.92		Sahana Kumari	Karnataka	2012	Hyderabad
Pole Vault	4.00		Khyati Vakharia	Karnataka	2013	Chennai
Long Jump	6.63	0.7	Mayookha Johny	Kerala	2011	Bangalore
Triple Jump	13.72	0.0	Mayookha Johny	Kerala	2014	Lucknow
Shot Put	16.98		Harbans Kaur	Tamil Nadu	1998	Kolkata
Discus Throw	62.49		Neelam J. Singh	Punjab	2000	Chennai
Hammer Throw	63.22		Sarita R Singh	Uttar Pradesh	2017	Guntur
Javelin Throw	59.87		Annu Rani	Uttar Pradesh	2016	Hyderabad
Heptathlon	6186		Soma Biswas	West Bengal	2000	Chennai

4x100m Relay	45.96		Kerala State Team		1997	Bangalore
4x400m Relay	3:38.40		Kerala State Team		2004	Lucknow
20 KM walk	1:39:00.6		L. Deepmala Devi	Manipur	2006	Chennai
<i>Compiled by</i> Ram. Murali Krishnan						

