

**INDIA JUNIOR (U20) TOP-20 LISTS 2019** (Compiled by: Ram. Murali Krishnan)**ver.2****U20 MEN****100m**

10.35	0.3	1	Gurindervir Singh	PUN	24.12.2000	FedCup	Patiala	18-Mar-2019
10.65	0.0	1	Ritik Malik	DEL	10.11.2001	NJC-U18	Mangalagiri	3-Nov-2019
10.71		1h6	Shashikanth V A	KAN	24.06.2002	NSG-U19	Nadiad	15-Feb-2019
10.71		1s1	Mohd Akram	UP	13.07.2001	NSG-U19	Nadiad	15-Feb-2019
10.71		1	Bharath Yadav P	AP	07.09.2002	SZJC-U18	Udupi	14-Sep-2019
10.72		2h6	Rinku Singh	UP	15.06.2002	NSG-U19	Nadiad	15-Feb-2019
10.73		2s1	Pranav Gurav	MAH	03.07.2001	NSG-U19	Nadiad	15-Feb-2019
10.78	-0.1	1s1	Karan Hegiste	MAH	23.03.2002	NJC-U18	Mangalagiri	2-Nov-2019
10.79		1	Vibin Raj C R	TN	04.09.2000	SZJC-U20	Udupi	14-Sep-2019
10.80		2	Swasthik	KAN	11.03.2000	SZJC-U20	Udupi	14-Sep-2019
10.82		4h1	Arun Kumar C	TN	09.08.2001	TNSC	Tiruchirapalli	22-Jun-2019
10.83		1h4	Abhinav C	KER	16.04.2001	NSG-U19	Nadiad	15-Feb-2019
10.83		2	Aditya Kumar Singh	KER	26.12.2002	SZJC-U18	Udupi	14-Sep-2019
10.84		4s2	Nikhil Patil	MAH	21.06.2002	MahSC	Mumbai	25-Jun-2019
10.84		3	Abhin B Devadiga	KAN	15.08.2001	SZJC-U20	Udupi	14-Sep-2019
10.85	0.3	4s1	Amit	MANI	16.12.2000	ISAC	Lucknow	24-Aug-2019
10.88		1h1	Anshul	DEL	04.04.2004	Khelo-U17	Pune	10-Jan-2019
10.88	0.0	3	Rahul Sharma	UP	12.12.2001	NJC-U18	Mangalagiri	3-Nov-2019
10.90		4h6	Jainabaj	DEL	01.01.2000	NSG-U19	Nadiad	15-Feb-2019
10.90	0.0	4	Pankaj Verma	HAR	20.11.2002	NJC-U18	Mangalagiri	3-Nov-2019

**Better hand-timing:**

10.6		1	Aishraj Singh	DEL	14.05.2001	DelJC-U20	New Delhi	6-Oct-2019
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**200m**

21.27		1	Akshay Nain	DEL	07.06.2000	DelSC	New Delhi	3-Aug-2019
21.34	0.8	1	Shanmuga Sreenivas N	AP	09.10.2002	NJC-U18	Mangalagiri	6-Nov-2019
21.35	0.8	2	Shashikanth V A	KAN	24.06.2002	NJC-U18	Mangalagiri	6-Nov-2019
21.41	1.7	1	Abhin B Devadiga	KAN	15.08.2001	NJC-U20	Mangalagiri	6-Nov-2019
21.43	1.7	2	Prasad Ahire	MAH	24.04.2001	NJC-U20	Mangalagiri	6-Nov-2019
21.69		1h3	Vibinraj C R	TN	04.09.2000	TNSC	Tiruchirapalli	23-Jun-2019
21.71	1.7	3	Ajith John	KER	16.06.2000	NJC-U20	Mangalagiri	6-Nov-2019
21.71	1.7	4	Abhinav C	KER	16.04.2001	NJC-U20	Mangalagiri	6-Nov-2019
21.77	0.7	7	Cibbin Kumar	TN	10.02.2000	ISAC	Lucknow	28-Aug-2019
21.82	0.8	1h1	Ritik Malik	DEL	10.11.2001	NJC-U18	Mangalagiri	5-Nov-2019
21.83	0.8	3	Aniket Choudhary	TEL	25.10.2003	NJC-U18	Mangalagiri	6-Nov-2019
21.84	-1.3	3	Arun Kumar C	TN	09.08.2001	JFC	Tiruvannamalai	26-Sep-2019
21.86	1.7	6	Veerinder Singh	HAR	12.10.2000	NJC-U20	Mangalagiri	6-Nov-2019
21.88		3	Vikrant Panchal	DEL	30.01.2000	DelSC	New Delhi	3-Aug-2019
21.89		2	Rinku Singh	UP	15.06.2002	NSG-U19	Nadiad	17-Feb-2019
21.93		2	Anshul Yashpal	DEL	04.04.2004	Khelo-U17	Pune	13-Jan-2019
21.93		3	Tarandeep Singh	PUN	05.11.2000	NSG-U19	Nadiad	17-Feb-2019
21.94	0.1	5s2	Bharath Yadav P	AP	07.09.2002	ISAC	Lucknow	27-Aug-2019

21.95	1.7	7	Mandar Vijay Vasaikar	MAH	25.09.2000	NJC-U20	Mangalagiri	6-Nov-2019
21.99	0.0	1	Kapil	HAR	10.11.2003	NJC-U16	Mangalagiri	6-Nov-2019

**Better hand-timing:**

21.0		1	Ritik Malik	DEL	10.11.2001	DelJC-U18	New Delhi	6-Oct-2019
21.3		2	Gurindervir Singh	PUN	24.12.2000	Petroleum	Bambolim	15-Feb-2019
21.7		2	Mahantesh S H	KAN	04.03.2002	KanYC	Mysuru	2-Feb-2019
21.7		2	Tushar Rana	DEL	17.01.2003	DelJC-U18	New Delhi	6-Oct-2019
21.7		2	Aishraj Singh	DEL	14.05.2001	DelJC-U20	New Delhi	6-Oct-2019

**400m**

47.25		1h3	Vikrant Panchal	DEL	30.01.2000	ISAC	Lucknow	27-Aug-2019
47.76		2	Muhammed Rashid	DEL	08.01.2001	NJC-U20	Mangalagiri	3-Nov-2019
47.90		1	Abdul Razak C R	KER	23.05.2002	NJC-U18	Mangalagiri	3-Nov-2019
48.02		5s1	Adesh Garsa	RAJ	07.12.2000	FedCup	Patiala	17-Mar-2019
48.37		3	Nitin Kumar	UP	12.05.2001	JFC	Tiruvannamalai	25-Sep-2019
48.38		1	Jashanpreet Singh	PUN	04.07.2000	NZJC-U20	Sangrur	15-Sep-2019
48.42		3s1	Navaneeth M	KER	05.05.2000	NJC-U20	Mangalagiri	3-Nov-2019
48.47		4s1	Ashish Lathwal	CHD	25.12.2000	NJC-U20	Mangalagiri	3-Nov-2019
48.47		4	Avinash K	TN	03.12.2000	NJC-U20	Mangalagiri	3-Nov-2019
48.52		4	Lakshaydeep	HAR	18.09.2000	JFC	Tiruvannamalai	25-Sep-2019
48.55		5	Manu Roshan NM	KER	20.10.2000	NJC-U20	Mangalagiri	3-Nov-2019
48.56		1	Ramchandra Sanga	JHA	12.03.2003	EZJC-U18	Ranchi	14-Sep-2019
48.61		5	Karunamay Mahato	WB	14.01.2001	JFC	Tiruvannamalai	25-Sep-2019
48.64		6	Vinayak Nagaraj	KAN	07.09.2001	JFC	Tiruvannamalai	25-Sep-2019
48.67		2	Rince Joseph	KAN	31.08.2002	Khelo-U17	Pune	11-Jan-2019
48.69		2	Sumit Mondal	WB	01.11.2003	EZJC-U18	Ranchi	14-Sep-2019
48.74		1	Akshay Nain	DEL	07.06.2000	Khelo-U21	Pune	11-Jan-2019
48.74		1	Anandhu Vijayan	KER	15.03.2000	KerIntClub	Thiruvananthapuram	8-Aug-2019
48.75		2	Aniket Choudhary	TEL	25.10.2003	NJC-U18	Mangalagiri	3-Nov-2019
48.76		1	Huzaifa Qaisar	BIH	29.11.2004	EZJC-U16	Ranchi	15-Sep-2019

**Better hand-timing:**

48.4		1	Nihal Joel	KAN	13.07.2000	Petroleum	Bambolim	13-Feb-2019
48.5		2	Ansh	DEL	28.08.2001	DelJC-U20	New Delhi	6-Oct-2019
48.6		1	Karunamoy Mahato	WB	14.01.2001	WBSC-U20	Kolkata	9-Aug-2019
48.6		1	Sumit Mondal	WB	01.11.2003	WBSC-U18	Kolkata	9-Aug-2019

**800m**

1:51.48		2	Mathesh B	TN	03.01.2002	AYC	Hongkong, HKG	17-Mar-2019
1:51.5 h		1	Sree Kiran N	TN	29.09.2001	Petroleum	Bambolim	15-Feb-2019
1:51.62		2	Gurkomal S Gill	PUN	12.01.2000	NJC-U20	Mangalagiri	5-Nov-2019
1:51.87		1	Irfan	UP	21.04.2003	JFC	Tiruvannamalai	26-Sep-2019
1:52.18		4	Tapas Dey	WB	27.01.2000	NJC-U20	Mangalagiri	5-Nov-2019
1:52.3 h		2	Anu Kumar	UTK	02.11.2002	Petroleum	Bambolim	15-Feb-2019
1:53.10		1	Prakash Gadade	MAH	31.07.2002	NJC-U18	Mangalagiri	5-Nov-2019
1:53.31		1	Abhishek Mathew	KER	11.06.2001	KSG-U19	Kannur	17-Nov-2019
1:53.66		2	Pradeep S	TN	12.05.2003	NJC-U18	Mangalagiri	5-Nov-2019

1:53.69	5h2	Monu Sharma	MAH	07.08.2000	FedCup	Patiala	15-Mar-2019
1:54.56	2	Sujeesh S	KER	15.01.2001	KSG-U19	Kannur	17-Nov-2019
1:54.60	1	Anand Prakash	DEL	04.09.2002	DelISC-U18	New Delhi	4-Aug-2019
1:54.7 h	2	Suman Paul	WB	08.05.2000	WBSC-U20	Kolkata	10-Aug-2019
1:54.76	6	Harpreet Shira	HAR	28.11.2000	JFC	Tiruvannamalai	26-Sep-2019
1:54.76	4	Harshdeep Singh	UTK	28.12.2002	NJC-U18	Mangalagiri	5-Nov-2019
1:54.78	1	Parvej Khan	HAR	26.12.2004	NJC-U16	Mangalagiri	5-Nov-2019
1:54.9 h	2	Ansh	DEL	28.08.2001	DelJC-U20	New Delhi	6-Oct-2019
1:54.92	5h3	Vaseem Tomar	UP	05.12.2002	ISAC	Lucknow	27-Aug-2019
1:55.14	3	Jagvinder Singh	PUN	03.03.2003	NSG-U17	Sangrur	8-Dec-2019
1:55.19	2	Sumit Kharab	MAH	18.12.2002	NYC	Raipur	21-Feb-2019

### 1500m

3:52.07	9	Anu Kumar	UTK	02.11.2002	ONAC	Ranchi	11-Oct-2019
3:52.87	3	Vikas	HAR	19.12.2000	NJC-U20	Mangalagiri	3-Nov-2019
3:54.11	1	Uttam Yadav	UP	09.09.2003	NSG-U17	Sangrur	5-Dec-2019
3:54.25	2	Arjun Waskale	MP	03.07.2003	NSG-U17	Sangrur	5-Dec-2019
3:54.37	3	Abhishek Thakur	MP	04.12.2005	NSG-U17	Sangrur	5-Dec-2019
3:55.24	1	Harendra Kumar	DEL	12.03.2002	DelISC-U18	New Delhi	5-Aug-2019
3:56.11	1	Shravan Kumar	UP	12.03.2001	JFC	Tiruvannamalai	25-Sep-2019
3:57.09	1	Adarsh Gopi	KER	01.12.2000	NSG-U19	Nadiad	16-Feb-2019
3:57.19	3	Sunil Dawar	MP	02.08.2001	Khelo-U21	Pune	10-Jan-2019
3:57.25	3	Ajay	HAR	29.01.2002	AYC	Hongkong, HKG	15-Mar-2019
3:57.30	2	Tejveer Singh Choudhary	RAJ	13.11.2000	NSG-U19	Nadiad	16-Feb-2019
3:58.33	3	Ajay	HAR	29.01.2002	JFC	Tiruvannamalai	25-Sep-2019
3:58.51	3	Nitesh Rathva	GUJ	27.01.2000	NSG-U19	Nadiad	16-Feb-2019
3:58.63	4	Prince Kumar	UP	25.02.2000	NJC-U20	Mangalagiri	3-Nov-2019
3:58.81	4	Bharat Verma	UTK	10.05.2001	JFC	Tiruvannamalai	25-Sep-2019
3:59.22	3	Saurabh Rawat	MAH	02.06.2002	NYC	Raipur	19-Feb-2019
3:59.29	4	Vivek More	MAH	12.02.2001	NSG-U19	Nadiad	16-Feb-2019
3:59.31	5	Manoj-2	HAR	10.08.2000	JFC	Tiruvannamalai	25-Sep-2019
3:59.56	6	Tushar Dahiya	DEL	28.07.2001	JFC	Tiruvannamalai	25-Sep-2019
3:59.70	1	Bhimsen Janka	ORI	02.02.2000	EZJC-U20	Ranchi	14-Sep-2019

### 3000m

8:27.14	1	Sunil Dabar	MP	02.08.2001	NSG-U19	Nadiad	16-Feb-2019
8:32.06	2	Bharat Verma	UTK	05.10.2001	NSG-U19	Nadiad	16-Feb-2019
8:32.07	1	Arjun Waskale	MP	03.07.2003	NSG-U17	Sangrur	7-Dec-2019
8:33.37	3	Sathish Kumar M	TN	12.07.2001	NSG-U19	Nadiad	16-Feb-2019
8:34.07	1	Sumit Kundu	HAR	12.12.2001	NJC-U18	Mangalagiri	6-Nov-2019
8:34.19	1	Sachin Yadav	MP	25.12.2002	NSG-U19	Sangrur	11-Dec-2019
8:34.97	2	Sanjay Kumar	UP	07.03.2002	NSG-U19	Sangrur	11-Dec-2019
8:35.14	3	Sushant Jedhe	MAH	05.11.2001	NSG-U19	Sangrur	11-Dec-2019
8:36.34	2	Amit Jangir	RAJ	20.07.2002	AYC	Hongkong, HKG	17-Mar-2019
8:36.47	2	Puneet Yadav	HAR	19.12.2002	NJC-U18	Mangalagiri	6-Nov-2019
8:36.67	4	Vishnu Biju	KER	30.05.2002	NSG-U19	Sangrur	11-Dec-2019

8:38.51	3	Monu	MAH	30.03.2002	NJC-U18	Mangalagiri	6-Nov-2019
8:38.52	2	Gagan	HAR	21.12.2003	NSG-U17	Sangrur	7-Dec-2019
8:39.47	4	Nitesh Rathva	GUJ	27.01.2000	NSG-U19	Nadiad	16-Feb-2019
8:39.52	5	Ajay	HAR	29.01.2002	NSG-U19	Sangrur	11-Dec-2019
8:41.56	6	Kiran Matre	MAH	05.08.2001	NSG-U19	Sangrur	11-Dec-2019
8:45.57	1	Harendra Kumar	DEL	12.03.2002	DelSC-U18	New Delhi	4-Aug-2019
8:46.49	1	Amith N V	KER	02.06.2002	KSG-U19	Kannur	16-Nov-2019
8:49.04	3	Bhil Gulsingbhai	GUJ	01.06.2003	NYC	Raipur	20-Feb-2019
8:49.09	3	Abhishek Thakur	MP	04.12.2005	NSG-U17	Sangrur	7-Dec-2019

### 5000m

14:25.49	1	Shravan Kumar	UP	12.03.2001	UPSC	Kanpur	24-May-2019
14:32.58	3	Jugesh Kumar Bind	UP	14.04.2001	UPSC	Kanpur	24-May-2019
14:36.10	4	Vikas	HAR	19.12.2000	NJC-U20	Mangalagiri	4-Nov-2019
14:43.94	2	Sathish Kumar M	TN	12.07.2001	JFC	Tiruvannamalai	24-Sep-2019
14:47.85	3	Amit Jangir	RAJ	20.07.2002	JFC	Tiruvannamalai	24-Sep-2019
14:59.17	5	Rahul Kumar Rajbhar	UP	25.12.2000	NJC-U20	Mangalagiri	4-Nov-2019
15:02.39	5	Venkatesha K K	KAN	24.09.2000	JFC	Tiruvannamalai	24-Sep-2019
15:02.97	12	Shivam Yadav	UP	16.01.2001	FedCup	Patiala	15-Mar-2019
15:05.83	3	Ravi Dahiya	HAR	15.04.2001	Khelo-U21	Pune	11-Jan-2019
15:12.61	6	Raju	RAJ	02.05.2000	NJC-U20	Mangalagiri	4-Nov-2019
15:15.07	6	Nitesh Kumar Rupsingh	GUJ	27.01.2000	JFC	Tiruvannamalai	24-Sep-2019
15:16.67	7	Avinash Patel	UP	24.04.2000	NJC-U20	Mangalagiri	4-Nov-2019
15:19.91	7	Sushant Manohar Jedhe	MAH	11.05.2001	JFC	Tiruvannamalai	24-Sep-2019
15:21.04	8	Jagat Singh	DEL	27.08.2001	NJC-U20	Mangalagiri	4-Nov-2019
15:22.19	2	Santhosh Kumar S	TN	04.01.2001	TNJR-U20	Sathyamangalam	8-Oct-2019
15:26.19	1	Venkatesha K K	KAN	24.09.2000	KanID-U20	Udupi	Aug-2019
15:27.7 h	2	Amaresh Kumar Prajapati	DEL	10.09.2001	DelJC-U20	New Delhi	6-Oct-2019
15:30.8 h	1	Suman Biswas	WB	11.10.2001	WB-U20	Kolkata	8-Aug-2019
15:36.01	2	Abilash R	TN	24.06.2000	SZJC-U20	Udupi	15-Sep-2019
15:36.21	8	Vishal Vashrambhai	GUJ	27.08.2001	JFC	Tiruvannamalai	24-Sep-2019

### 10000m

31:11.93	2	Sathish Kumar M	TN	12.07.2001	NJC-U20	Mangalagiri	2-Nov-2019
31:27.69	3	Niteshkumar Rupsingbhai	GUJ	27.01.2000	NJC-U20	Mangalagiri	2-Nov-2019
31:43.01	4	Raj Shekhar Pathak	MP	01.12.2000	NJC-U20	Mangalagiri	2-Nov-2019
31:49.73	5	Shivam Yadav	UP	16.01.2001	NJC-U20	Mangalagiri	2-Nov-2019
31:32.63	2	Vishal Vishrambhai Makawana	GUJ	27.08.2001	JFC	Tiruvannamalai	26-Sep-2019
31:35.48	3	Venkatesha K K	KAN	24.09.2000	JFC	Tiruvannamalai	26-Sep-2019
32:04.52	1	Anand Krishna K	KER	01.02.2001	KerIntClub	Thiruvananthapuram	9-Aug-2019
32:07.25	5	Gulsingbhai Kemjibhai	GUJ	06.01.2003	JFC	Tiruvannamalai	26-Sep-2019
32:13.73	6	Pradeep Kumar	RAJ	13.06.2000	NJC-U20	Mangalagiri	2-Nov-2019
32:26.42	6	Ankit Deshwal	HAR	25.12.2001	JFC	Tiruvannamalai	26-Sep-2019
32:28.9 h	1	Jagat Singh	DEL	27.08.2001	DelJC-U20	New Delhi	6-Oct-2019
32:37.82	8	Rohit-1	HAR	30.12.2000	NJC-U20	Mangalagiri	2-Nov-2019
32:40.66	7	Avinash Patel	MP	25.04.2000	JFC	Tiruvannamalai	26-Sep-2019

32:53.23	10	Amaresh Kumar Prajapati	DEL	10.09.2001	NJC-U20	Mangalagiri	2-Nov-2019
32:54.36	2	Manikandan M	TN	25.09.2001	SZJC-U20	Udupi	14-Sep-2019
32:54.75	3	Abilash R	TN	24.06.2000	SZJC-U20	Udupi	14-Sep-2019
32:55.32	1	Rohit-2	UP	05.06.2002	UPSC	Kanpur	25-May-2019
32:55.66	4	Aslam Multani	KAN	16.02.2001	SZJC-U20	Udupi	14-Sep-2019
33:08.32	4	Sanit Bhuker	HAR	26.08.2000	Khelo-U21	Pune	13-Jan-2019
33:13.88	11	Teddy Davecelia Cardoza	GOA	31.01.2000	NJC-U20	Mangalagiri	2-Nov-2019

### 3000m Steeplechase

9:07.62	5	Mohd Nur Hasan	UP	18.08.2001	FedCup	Patiala	18-Mar-2019
9:13.06	1	Atul Gamit	GUJ	20.01.2002	JFC	Tiruvannamalai	26-Sep-2019
9:19.96	2	Suraj Pal	UP	02.05.2002	JFC	Tiruvannamalai	26-Sep-2019
9:24.90	3	Kashyap Giridhar Sang	GUJ	01.09.2001	JFC	Tiruvannamalai	26-Sep-2019
9:30.61	4	Manoj Kumar M	KER	10.09.2000	JFC	Tiruvannamalai	26-Sep-2019
9:37.49	6	Sourabh Antil	HAR	29.12.2001	JFC	Tiruvannamalai	26-Sep-2019
9:37.96	3	Suhas Bankar	MAH	10.02.2001	NJC-U20	Mangalagiri	6-Nov-2019
9:38.18	7	Harshawardhan Dabade	MAH	10.12.2000	JFC	Tiruvannamalai	26-Sep-2019
9:39.47	9	Kirubakaran S	TN	10.06.2001	JFC	Tiruvannamalai	26-Sep-2019
9:50.88	10	Sunil Joliya Jinabhai	GUJ	26.12.2002	JFC	Tiruvannamalai	26-Sep-2019
9:58.31	1	Alan Jose	KER	19.08.2000	KerIntClub	Thiruvananthapuram	8-Aug-2019
9:58.48	12	Pawan Ganpat Tarpe	MAH	21.08.2001	JFC	Tiruvannamalai	26-Sep-2019
10:05.97	7	Sachin	HAR	19.12.2000	NJC-U20	Mangalagiri	6-Nov-2019
10:09.20	14	Adarsh Pandey	MANI	08.11.2001	JFC	Tiruvannamalai	26-Sep-2019
10:10.05	2	Shashank S	KAN	15.04.2001	KanID-U20	Udupi	Aug-2019
10:12.39	15	Sunil Kumar	UTK	20.06.2001	JFC	Tiruvannamalai	26-Sep-2019
10:12.93	4	Rohit Jha	MAH	29.07.2001	MahJr-U20	Pune	Aug-2019
10:14.70	3	Prakash Haveri	KAN	18.03.2000	KanID-U20	Udupi	Aug-2019

### 110m Hurdles (99 cm)

14.11	1	Abhishek Ubhe	MAH	11.08.2000	MahJr-U20	Pune	Aug-2019
14.26	0.0	2h2 Yashwanth Kumar L	AP	28.08.2001	NJC-U20	Mangalagiri	3-Nov-2019
14.29	1.9	2 Aditya Prakash	JHA	08.01.2002	JFC	Tiruvannamalai	25-Sep-2019
14.35	1.9	3 Nishanthraja G	TN	12.04.2001	JFC	Tiruvannamalai	25-Sep-2019
14.59	0.0	2h1 Vikas Khodke	MAH	16.08.2001	NJC-U20	Mangalagiri	3-Nov-2019
14.63	1.9	5 Haresh Raam V	TN	12.05.2001	JFC	Tiruvannamalai	25-Sep-2019
14.66		3 Basil Muhammed	KER	15.02.2000	SZJC-U20	Udupi	14-Sep-2019
14.68	1.9	6 Satyam Mishra	UP	01.01.2001	JFC	Tiruvannamalai	25-Sep-2019
14.69		4 Fadhih K	KER	06.12.2000	SZJC-U20	Udupi	14-Sep-2019
14.76		1 Ravi Shankar V	TN	12.02.2001	TNID-U20	Chennai	1-Sep-2019
14.78	1.1	2h1 Suryajith R K	KER	06.09.2002	JFC	Tiruvannamalai	25-Sep-2019
14.88		5 Gopinath C	TN	17.06.2000	SZJC-U20	Udupi	14-Sep-2019
14.90	1.1	4h1 Suraj Kumar	JHA	04.01.2002	JFC	Tiruvannamalai	25-Sep-2019
14.91	0.1	3h3 Shravan S Ullal	KAN	08.09.2000	NJC-U20	Mangalagiri	3-Nov-2019
15.02		3 Shardul Sase	MAH	15.03.2000	MahJr-U20	Pune	Aug-2019
15.08	0.1	4h3 Sushanth M D	KAN	03.09.2001	NJC-U20	Mangalagiri	3-Nov-2019
15.17		4 Omkar Ashish	MAH		MahJr-U20	Pune	Aug-2019

15.22	1	Ramkumar N	TN	15.11.2000	TNYC-U20	Chennai	26-Jan-2019
15.24	2	Manav R	TN	07.06.2000	TNYC-U20	Chennai	26-Jan-2019
15.25	1	Jasmeet Singh Sran	PUN	21.03.2001	NZJC-U20	Sangrur	15-Sep-2019

**Wind-assisted:**

13.84	2.1	1	Abhishek Ubhe	MAH	11.08.2000	NJC-U20	Mangalagiri	4-Nov-2019
14.00	2.1	2	Yashwanth Kumar L	AP	28.08.2001	NJC-U20	Mangalagiri	4-Nov-2019
14.11	2.1	4	Satyam Mishra	UP	01.01.2001	NJC-U20	Mangalagiri	4-Nov-2019
14.20	2.1	5	Nishanthraja G	TN	12.04.2001	NJC-U20	Mangalagiri	4-Nov-2019
14.32	2.1	6	Vikas Ananda Khodke	MAH	16.08.2001	NJC-U20	Mangalagiri	4-Nov-2019
14.32	2.1	7	Basil Muhammed	KER	15.02.2000	NJC-U20	Mangalagiri	4-Nov-2019
14.65	2.1	8	Shravan S Ullal	KAN	08.09.2000	NJC-U20	Mangalagiri	4-Nov-2019

**400m Hurdles**

51.36	1	Dhaval Utekar	GUJ	06.10.2000	NJC-U20	Mangalagiri	6-Nov-2019
52.85	2	Harshavardhan Bhosle	MAH	05.04.2000	NJC-U20	Mangalagiri	6-Nov-2019
53.44	2	Ruchit Mori	GUJ	24.08.2001	JFC	Tiruvannamalai	26-Sep-2019
53.78	3	Rakshith	KAN	12.02.2001	NJC-U20	Mangalagiri	6-Nov-2019
53.90	3	Kaushik Singh	UP	31.12.2000	JFC	Tiruvannamalai	26-Sep-2019
53.97	2s1	Aditya Prakash	JHA	01.08.2002	JFC	Tiruvannamalai	26-Sep-2019
54.25	4	Arnold Peter Mendes	MAH	30.08.2000	NJC-U20	Mangalagiri	6-Nov-2019
54.61	1	Joravar Singh	PUN	12.12.2000	NZJC-U20	Sangrur	15-Sep-2019
54.64	2	Sai Kumar Koppu	AP	13.03.2000	SZJC-U20	Udupi	15-Sep-2019
54.75	2s1	Amit Kumar	HAR	20.07.2001	JFC	Tiruvannamalai	26-Sep-2019
54.80	4h2	Anandhu Vijayan	KER	15.03.2000	NJC-U20	Mangalagiri	5-Nov -2019
55.26	1h1	Muhammed Shadan K M	KER	15.02.2001	NJC-U20	Mangalagiri	5-Nov -2019
55.27	5s2	Pranav V S	TN	26.02.2002	JFC	Tiruvannamalai	26-Sep-2019
55.32	1	Sahil Kiro	ORI	24.10.2001	EZJC-U20	Ranchi	15-Sep-2019
55.58	2	Amit Kumar	HAR	20.07.2001	NZJC-U20	Sangrur	15-Sep-2019
55.68	2	Sushanth M D	KAN	09.03.2001	KanID-U20	Udupi	Aug-2019
55.91	3	Nagaraj Havalkod	KAN	18.09.2001	KanID-U20	Udupi	Aug-2019

**Provisionally suspended for doping:**

54.58	(2)	Anmol Singh-2	PUN	12.04.2000	Khelo-U21	Pune	13-Jan-2019
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**High Jump**

2.11	5	Vijay	DEL	13.09.2002	ONAC	Ranchi	11-Oct-2019
2.08	1	Uchhaal Kumar Roy	WB	11.10.2002	JFC	Tiruvannamalai	24-Sep-2019
2.07	1	Gurjeet Singh	HAR	05.01.2000	Khelo-U21	Pune	11-Jan-2019
2.05	1	Santhosh M	KER	14.10.2000	CM Trophy	Tiruchirapalli	24-Feb-2019
2.05	1	Abhay Gurav	MAH	03.05.2000	MahJr-U20	Pune	Aug-2019
2.03	1	Yashas P	KAN	08.12.2001	NSG-U19	Nadiad	15-Feb-2019
2.03	3	Alan Jose	KER	08.08.2000	NSG-U19	Nadiad	15-Feb-2019
2.02	1	Aravind J	TN	24.06.2002	SZJC-U18	Udupi	15-Sep-2019
2.01	2	Kaustabha Jaiswal	MP	28.01.2000	Khelo-U21	Pune	11-Jan-2019
2.01	3	Mandeep Nain	HAR	27.03.2001	Khelo-U21	Pune	11-Jan-2019
2.01	1	Sanu Giri Kumar	UP	10.08.2003	NYC	Raipur	19-Feb-2019
2.01	2	Robin Deep Singh Saran	PUN	13.11.2002	NYC	Raipur	19-Feb-2019

2.01	1	Swadhin Kumar Majhi	ORI	10.04.2000	EZJC-U20	Ranchi	14-Sep-2019
2.01	2	Kaushik Rajendra Jadhav	GUJ	21.12.2002	NJC-U18	Mangalagiri	4-Nov-2019
2.01	4	Akash	HAR	10.03.2001	NJC-U20	Mangalagiri	4-Nov-2019
2.01	3	Muthu Jenitharan M	TN	04.05.2002	NSG-U19	Sangrur	12-Dec-2019
2.01	4	Deva Karthick D	TN	03.07.2002	NSG-U19	Sangrur	12-Dec-2019
2.00	2	Bijender	HAR	22.02.2003	HarYC	Sonipat	27-Jan-2019
2.00	1	Abrin K Babu	KER	20.01.2001	KSG-U19	Kannur	18-Nov-2019

**Provisionaly suspended for doping:**

2.06	(2)	Rohit	HAR	08.03.2000	JFC	Tiruvannamalai	24-Sep-2019
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**Pole Vault**

5.05	1	Parshant Singh Kanhiya	DEL	14.02.2000	DelISC-U20	New Delhi	5-Aug-2019
4.90	2	Rakesh Gond	UP	01.04.2001	NJC-U20	Mangalagiri	4-Nov-2019
4.90	3	Shekhar Kumar Pandey	DEL	02.01.2001	NJC-U20	Mangalagiri	4-Nov-2019
4.80	1	Deepak Yadav	MAH	06.06.2002	Khelo-U17	Pune	12-Jan-2019
4.80	1	Sidharth A K	KER	27.08.2000	JFC	Tiruvannamalai	26-Sep-2019
4.55	3	Akshay Chaudhary	MANI	01.07.2002	JFC	Tiruvannamalai	26-Sep-2019
4.55	2	Gourav	HAR	20.02.2002	NJC-U18	Mangalagiri	2-Nov-2019
4.51	1	Sidharth A K	KER	27.08.2000	KerIntClub	Thiruvananthapuram	7-Aug-2019
4.50	2	Anuj Anand	TEL	29.09.2000	Khelo-U21	Pune	13-Jan-2019
4.45	5	Gnana Sone A	TN	02.03.2001	TNSC	Tiruchirapalli	22-Jun-2019
4.45	1	Sakthi Mahendran R	TN	13.09.2003	SZJC-U18	Udupi	14-Sep-2019
4.45	3	Sandeep Kumar	MP	01.01.2003	NJC-U18	Mangalagiri	2-Nov-2019
4.40	3	Madhusudan Yadav	UP	15.06.2000	UPSC	Allahabad	23-May-2019
4.30	4	Karan Kumar Saroj	UP	15.07.2002	Khelo-U17	Pune	12-Jan-2019
4.30	8	Mohit	HAR	20.03.2000	FedCup	Patiala	15-Mar-2019
4.30	1	Ganesh Priyan N	TN	18.01.2002	TNJR-U18	Sathyamangalam	8-Oct-2019
4.20	2	Abhishek A	TN	16.06.2001	SZJC-U20	Udupi	14-Sep-2019
4.20	2	Porko K	TN	31.05.2002	TNJR-U18	Sathyamangalam	8-Oct-2019
4.20	5	Dharmendra Gupta	UP	01.09.2000	JFC	Tiruvannamalai	26-Sep-2019
4.20	1	Om Pal	HAR	07.11.2002	NSG-U19	Sangrur	14-Dec-2019

**Long Jump**

7.72	1	Rishabh Rishishwar	UP	09.03.2000	Khelo-U21	Pune	10-Jan-2019
7.59	1	Joseph T J	KER	20.12.2002	KSG-U19	Kannur	16-Nov-2019
7.58	3	Akhil T V	KER	13.04.2000	Khelo-U21	Pune	10-Jan-2019
7.58	0.1	1q Shlok Rajeshbhai Parmar	GUJ	26.05.2000	NJC-U20	Mangalagiri	2-Nov-2019
7.51	1	Jeswin Aldrin J	TN	24.12.2001	NSG-U19	Nadiad	16-Feb-2019
7.48	2	Hemanth Babu R	TN	03.04.2001	SZJC-U20	Udupi	14-Sep-2019
7.48	1	Bhupender Singh	HAR	13.11.2001	NSG-U19	Sangrur	14-Dec-2019
7.45	4	David P	TN	17.03.2002	TNSC	Tiruchirapalli	23-Jun-2019
7.37	1	Saran S	TN	26.12.2000	TNJR-U20	Sathyamangalam	8-Oct-2019
7.34	1	Sajan R	KER	26.03.2002	SZJC-U18	Udupi	14-Sep-2019
7.32	2	Mehfil Jassim P N	KER	15.03.2002	KSG-U19	Kannur	16-Nov-2019
7.27	1	Gagandeep Bharti	DEL	26.05.2000	DelISC-U20	New Delhi	2-Aug-2019
7.24	1	Deepak	DEL	12.08.2000	DelJC-U20	New Delhi	6-Oct-2019

7.24	1	Sanmath Darshan S	TN	24.05.2003	TNsch_U17	Thottiyam	22-Nov-2019
7.24	2	Harish S	TN	21.12.2002	NSG-U19	Sangrur	14-Dec-2019
7.23	1	Logeswaran S	TN	16.03.2003	NSG-U17	Sangrur	5-Dec-2019
7.20	3	Sreekanth K M	KER	18.05.2001	NSG-U19	Nadiad	16-Feb-2019
7.20	2	Tushar Manna	DEL	10.03.2001	DelSC-U20	New Delhi	2-Aug-2019
7.17	3	Joseph T J	KER	20.12.2002	NSG-U19	Sangrur	14-Dec-2019
7.14	0.4	Sunny Kumar	BIH	13.07.2001	NJC-U20	Mangalagiri	4-Nov-2019

### Triple Jump

16.51	-0.4	1	Praveen C	TN	05.06.2001	FedCup	Patiala	16-Mar-2019
15.72		1	Akash M Varghese	KER	13.08.2001	KSG-U19	Kannur	19-Nov-2019
15.64	0.0	1	Maniraj S	TN	23.04.2000	JFC	Tiruvannamalai	26-Sep-2019
15.57		2	Aravinth E	TN	30.06.2000	TNSC	Tiruchirapalli	22-Jun-2019
15.55	0.0	2	Gailey Venister D	AP	31.01.2000	JFC	Tiruvannamalai	26-Sep-2019
15.38		1	Akhil Kumar C D	KER	26.06.2001	NSG-U19	Nadiad	17-Feb-2019
15.30		2	Muthu Jenitharan M	TN	04.05.2002	NSG-U19	Sangrur	13-Dec-2019
15.29		1	Gagandeep Bharti	DEL	26.05.2000	DelSC-U20	New Delhi	3-Aug-2019
15.22		4	Ajith A	KER	14.02.2000	KerSC	Kozhikode	16-Jun-2019
15.22		2	Aravinth	TN	09.07.2000	TNJR-U20	Sathyamangalam	6-Oct-2019
15.09	0.4	3	Vishal Mor	HAR	28.09.2002	AYC	Hongkong, HKG	15-Mar-2019
14.98		1	Asadullah Mujahith P	TN	17.01.2002	Khelo-U17	Pune	11-Jan-2019
14.94		1	Sukhpreet Singh	PUN	04.02.2004	NSG-U17	Sangrur	8-Dec-2019
14.93		1	Amrit Pal Singh	JHA	20.10.2001	EZJC-U20	Ranchi	14-Sep-2019
14.90		5	Gokul K	TN	12.06.2001	SZJC-U20	Udupi	15-Sep-2019
14.84		2	Mithilesh Kumar S	TN	24.09.2003	NSG-U17	Sangrur	8-Dec-2019
14.83		3	Rahendh V A	KER		KSG-U19	Kannur	19-Nov-2019
14.82		1	Vishal Bahadur	JHA	09.05.2003	EZJC-U18	Ranchi	14-Sep-2019
14.80		1	Rakesh Roshan	UTK	15.08.2002	NZJC-U18	Sangrur	15-Sep-2019
14.80		3	Suresh B	TN	03.10.2001	TNJR-U20	Sathyamangalam	6-Oct-2019

### Shot Put (6 kg)

18.18		1	Sahib Singh	DEL	05.11.2000	Khelo-U21	Pune	10-Jan-2019
18.01		1	Parth Lakra	DEL	26.01.2000	JFC	Tiruvannamalai	24-Sep-2019
17.97		1	Aniket Kala	UTK	05.11.2001	NJC-U20	Mangalagiri	6-Nov-2019
17.96		2	Rahul Kashyap S R	KAN	16.11.2000	NJC-U20	Mangalagiri	6-Nov-2019
17.88		3	Saurav Tanwar	HAR	30.12.2000	NJC-U20	Mangalagiri	6-Nov-2019
17.73		2	Dipender Dabas	HAR	05.03.2000	JFC	Tiruvannamalai	24-Sep-2019
17.71		3	Satywan	TEL	12.05.2000	JFC	Tiruvannamalai	24-Sep-2019
17.33		1	Arjun			CBSE-U19	Bemetara	30-Nov-2019
17.31		4	Ashu Dalal	HAR	28.11.2001	JFC	Tiruvannamalai	24-Sep-2019
17.23		5	Amandeep Singh Dhaliwal	PUN	16.05.2002	JFC	Tiruvannamalai	24-Sep-2019
17.12		7	Ravi Sharma	UP	19.07.2000	JFC	Tiruvannamalai	24-Sep-2019
17.03		8	Adhish Ghildiyal	UTK	21.05.2002	JFC	Tiruvannamalai	24-Sep-2019
16.96		6	Harjot Singh	PUN	30.07.2000	NJC-U20	Mangalagiri	6-Nov-2019
16.65		9	Samardeep Singh Gill	MP	03.01.2001	JFC	Tiruvannamalai	24-Sep-2019
16.64		1	Manush B	KAN	03.08.2000	SZJC-U20	Udupi	14-Sep-2019



16.41	1	Abhijith Nair	MAH	22.04.2000	WZJC-U20	Alwar	11-Sep-2019
16.31	3	Dheeraj Sharma	DEL	16.05.2001	DelJC-U20	New Delhi	6-Oct-2019
15.84	11	Pankaj	RAJ	15.07.2000	NJC-U20	Mangalagiri	6-Nov-2019
15.81	12	Rushikesh Sakhare	MAH	24.03.2001	NJC-U20	Mangalagiri	6-Nov-2019
15.71	4	Siddharth Choudhary	UTK	09.08.2001	NZJC-U20	Sangrur	15-Sep-2019

### Discus Throw (1.75 kg)

54.70	1	Abhay Gupta	HAR	17.03.2000	JFC	Tiruvannamalai	26-Sep-2019
53.34	1	Ikram Ali Khan	MP	01.07.2001	NJC-U20	Mangalagiri	4-Nov-2019
53.10	1	Vaibhav Chauhan	UTK	22.09.2000	NZJC-U20	Sangrur	15-Sep-2019
51.95	2	Basukesh Poonia	RAJ	13.08.2000	JFC	Tiruvannamalai	26-Sep-2019
50.77	3	Harendra Singh	MP	20.04.2002	JFC	Tiruvannamalai	26-Sep-2019
50.62	2	Aniket	UTK	05.11.2001	NJC-U20	Mangalagiri	4-Nov-2019
50.51	4	Alex P Thankachan	KER	21.03.2000	JFC	Tiruvannamalai	26-Sep-2019
50.45	5	Sanjeev Kolavi	KAN	04.02.2000	JFC	Tiruvannamalai	26-Sep-2019
50.27	4	Pradeep Kumar	RAJ	01.04.2001	NJC-U20	Mangalagiri	4-Nov-2019
49.79	5	Sahil Chechi	CHD	27.07.2000	NJC-U20	Mangalagiri	4-Nov-2019
48.62	3	Navjot Singh	PUN	02.07.2001	NZJC-U20	Sangrur	15-Sep-2019
48.01	7	Prince	HAR	04.08.2002	JFC	Tiruvannamalai	26-Sep-2019
47.92	1	Varinder Singh			CBSE-U19	New Delhi	30-Nov-2019
47.75	7	Mohammed Saqlain Ahmed	KAN	30.03.2000	NJC-U20	Mangalagiri	4-Nov-2019
47.54	8	Pruthviraj	MAH	18.02.2000	NJC-U20	Mangalagiri	4-Nov-2019
47.16	5q	Harnoor Singh Sandhu	PUN	09.08.2002	JFC	Tiruvannamalai	25-Sep-2019
47.04	8	Vijay R	TN	23.05.2000	NJC-U20	Mangalagiri	2-Nov-2019
46.88	8=	Suchak Sahu	DEL	29.09.2001	JFC	Tiruvannamalai	26-Sep-2019
46.84	2	Suraj Salunkhe	MAH	15.09.2000	WZJC-U20	Alwar	11-Sep-2019
46.45	2	Sidharth K C	KER	26.06.2001	KerIntClub	Thiruvananthapuram	8-Aug-2019

### Hammer Throw (6 kg)

63.93	1	Afsar Ahmad	UP	03.01.2001	JFC	Tiruvannamalai	26-Sep-2019
63.54	1	Jai Chand	RAJ	08.07.2001	NJC-U20	Mangalagiri	4-Nov-2019
63.30	2	Praveen Kumar	RAJ	14.12.2000	JFC	Tiruvannamalai	26-Sep-2019
62.39	2	Alim Uddin	UP	03.04.2000	NJC-U20	Mangalagiri	4-Nov-2019
62.12	4	Updesh Singh	UP	15.08.2001	JFC	Tiruvannamalai	26-Sep-2019
61.58	3	Ashu Deva	HAR	01.01.2000	NJC-U20	Mangalagiri	4-Nov-2019
61.27	1	Mukul	DEL	13.01.2001	DelISC-U20	New Delhi	3-Aug-2019
60.83	4	Ankit	HAR	04.04.2000	NJC-U20	Mangalagiri	4-Nov-2019
59.69	1	Arnaw Yadav	DEL	08.10.2001	DelJC-U20	New Delhi	6-Oct-2019
59.49	2	Paras Deshwal	DEL	25.12.2001	DelISC-U20	New Delhi	3-Aug-2019
59.13	3	Mayank Yadav	DEL	12.01.2001	DelISC-U20	New Delhi	3-Aug-2019
58.70	1	Swapnil Patil	MAH	07.11.2000	WZJC-U20	Alwar	11-Sep-2019
58.56	6	Ashish Choudhary	CHD	24.10.2000	NJC-U20	Mangalagiri	4-Nov-2019
57.12	1	Himanshu	HAR	07.06.2001	NZJC-U20	Sangrur	15-Sep-2019
56.92	8	Gurdev Singh	PUN	14.08.2001	NJC-U20	Mangalagiri	4-Nov-2019
56.32	2	Nitish Tomar	PUN	11.01.2001	NZJC-U20	Sangrur	15-Sep-2019
54.98	1	Anjaney Hanumantappa	KAN	01.06.2000	SZJC-U20	Udupi	15-Sep-2019

54.60	1	Pavan Kumar G	AP	08.10.2001	APJR-U20	Rajamahendravaram	Oct-2019
54.25	3	Vipin Tak	HAR	27.09.2000	NZJC-U20	Sangrur	15-Sep-2019
53.37	9	Jayesh Gaikwad	MP	27.03.2000	NJC-U20	Mangalagiri	4-Nov-2019

### Javelin Throw

78.98	1	Rohit Yadav	UP	06.06.2001	ISAC	Lucknow	30-Aug-2019
78.50	1	Sahil Silwal	HAR	17.12.2000	Kolpakova	Bishkek, KGZ	13-Jul-2019
76.24	2	Manu Prakasha D	KAN	24.01.2000	ISAC	Lucknow	30-Aug-2019
76.19	3	Yashvir Singh	RAJ	22.10.2001	NGP	Patiala	5-Sep-2019
70.90	2	Avinash Yadav	UP	24.12.2000	UPSC	Allahabad	23-May-2019
68.53	3	Nandkishor Singh		08.08.2001	NJC-U20	Mangalagiri	5-Nov-2019
67.35	2	Mohit Kumar-2	BIH	16.06.2000	JFC	Tiruvannamalai	26-Sep-2019
66.54	8	Anuj Kalera	RAJ	28.11.2001	NGP	Patiala	5-Sep-2019
65.10	1	Matheswaran R	TN	19.02.2000	SZJC-U20	Udupi	14-Sep-2019
64.62	4	Mohammad Amir	UP	01.01.2002	JFC	Tiruvannamalai	26-Sep-2019
64.10	1	Aditya Singh	DEL	20.01.2000	NZJC-U20	Sangrur	15-Sep-2019
63.66	5	Gagandeep	PUN	21.01.2001	NJC-U20	Mangalagiri	5-Nov-2019
63.53	1	Nikunj Singh	DEL	15.05.2000	DelISC-U20	New Delhi	3-Aug-2019
63.53	5	Suraj Kumar	UP	20.12.2002	JFC	Tiruvannamalai	26-Sep-2019
63.49	2	Rinku Singh	DEL	17.12.2000	DelJC-U20	New Delhi	6-Oct-2019
62.04	6	Anand Singh	BIH	04.10.2000	NC-JT-Jr	Sonepat	16-Apr-2019
60.22	8	Deepak Gupta	MAH	30.09.2000	NJC-U20	Mangalagiri	5-Nov-2019
60.83	7	Gorle Eswara Rao	AP	16.07.2001	JFC	Tiruvannamalai	26-Sep-2019
60.40	1	Shubham Jadhav	MAH	01.01.2001	MahJr-U20	Pune	Aug-2019
59.80	3	Vikas Singh	HAR	03.12.2000	NZJC-U20	Sangrur	15-Sep-2019

### Decathlon (Junior implements)

6748	1	Umesh Lamba	RAJ	25.02.2000	NJC-U20	Mangalagiri	3-Nov-2019
6182	2	Dhaval Soloanki	GUJ	23.04.2000	NJC-U20	Mangalagiri	3-Nov-2019
5726	2	Krishnan N	TN		TNJR-U20	Sathyamangalam	7-Oct-2019
5710	2	Basil Muhammed	KER	15.02.2000	KerIntClub	Thiruvananthapuram	8-Aug-2019
5646	4	Atif Lambade	MAH	08.08.2000	NJC-U20	Mangalagiri	3-Nov-2019
5213	3	Vignesh G	TN	08.11.2000	TNJR-U20	Sathyamangalam	7-Oct-2019
5060	4	Selvakumar T	TN	30.01.2001	TNJR-U20	Sathyamangalam	7-Oct-2019
4916	3	Arjun Thankachan	KER	03.05.2001	KerIntClub	Thiruvananthapuram	8-Aug-2019

### 10000m Walk

41:22.41	1	Suraj Panwar	UTK	02.04.2001	NJC-U20	Mangalagiri	3-Nov-2019
42:44.45	2	Paramjeet Singh Bisht	UTK	03.03.2002	JFC	Tiruvannamalai	25-Sep-2019
43:07.24	1	Paramdeep Mor	HAR	11.12.2001	NJC-U18	Mangalagiri	4-Nov-2019
43:10.66	3	Parveen Kumar	DEL	28.12.2000	JFC	Tiruvannamalai	25-Sep-2019
43:16.10	2	Kamaldeep	HAR	28.01.2000	NJC-U20	Mangalagiri	3-Nov-2019
43:21.99	1	Vishvendra Singh	MP	10.07.2002	NYC	Raipur	19-Feb-2019
43:22.26	4	Ankit Singh	UTK	12.08.2001	JFC	Tiruvannamalai	25-Sep-2019
43:31.31	3	Farman Ali	UP	06.08.2001	NJC-U20	Mangalagiri	3-Nov-2019
43:36.26	3	Amit	HAR	25.12.2003	NYC	Raipur	19-Feb-2019

44:03.31	3	Bajarangi Prajapati	MP	12.07.2003	NJC-U18	Mangalagiri	4-Nov-2019
44:12.11	1	Akashdeep Singh	PUN	07.12.2000	NZJC-U20	Sangrur	15-Sep-2019
44:15.18	5	Kuldeep		07.06.2001	NJC-U20	Mangalagiri	3-Nov-2019
44:32.85	1	Sanjay Kumar	RAJ	20.02.2001	WZJC-U20	Alwar	11-Sep-2019
44:53.90	4	Rajan Chaudhary	UTK	31.01.2002	NJC-U18	Mangalagiri	4-Nov-2019
45:40.75	9	Mukesh Kumar	HP	08.10.2001	JFC	Tiruvannamalai	25-Sep-2019
45:44.49	5	Manish	HAR	02.08.2003	NJC-U18	Mangalagiri	4-Nov-2019
45:56.28	2	Arshpreet Singh	PUN	22.11.2000	NZJC-U20	Sangrur	15-Sep-2019

### 20 KM Walk

1:31:20	8	Satya Narayan	UP	10.06.2000	NRW	Chennai	16-Feb-2019
1:35:10	9	Farman Ali	UP	06.08.2001	ISAC	Lucknow	28-Aug-2019

### 4 x 100m Relay

41.28	1	Kerala U20 Team	KER		NJC-U20	Mangalagiri	4-Nov-2019
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### 4 x 400m Relay

3:13.08	1	Delhi U20 Team	DEL		NJC-U20	Mangalagiri	6-Nov-2019
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## U20 WOMEN

### 100m

11.70	0.0	1h1	Daneshwari A T	KAN	14.08.2000	NJC-U20	Mangalagiri	2-Nov-2019
11.74	-0.9	1	Hima Das	ASM	09.01.2000	Podblanicka	Vlasim, CZE	30-Aug-2019
11.81		1	Giridharani R	TN	07.07.2001	NSG-U19	Nadiad	10-Feb-2019
11.82		2	Ancy Sojan E	KER	01.03.2001	NSG-U19	Nadiad	10-Feb-2019
11.82		1	Kaveri L Patil	KAN	11.06.2000	SZJC-U20	Udupi	14-Sep-2019
11.86		3	Josna Simov	KAN	08.01.2001	NSG-U19	Nadiad	10-Feb-2019
11.94	0.1	1	Deepthi J	TEL	27.09.2003	NJC-U18	Mangalagiri	3-Nov-2019
11.97	0.9	1	Avantika Narale	MAH	11.07.2003	AYC	Hongkong, HKG	16-Mar-2019
12.10		4	Santra Teresa Martin	TN	18.07.2001	NSG-U19	Nadiad	10-Feb-2019
12.12	0.1	3	Sudeshna Shivankar	MAH	09.09.2003	NJC-U18	Mangalagiri	3-Nov-2019
12.13		1	Priya H Mohan	KAN	15.03.2003	KanID-U18	Udupi	Aug-2019
12.15		5	Aparna Roy	KER	31.05.2001	NSG-U19	Nadiad	10-Feb-2019
12.15	0.1	4	Madhumita Deb	ORI	01.04.2002	NJC-U18	Mangalagiri	3-Nov-2019
12.16	0.0	3h1	Kirti Bhoite	MAH	19.03.2001	NJC-U20	Mangalagiri	2-Nov-2019
12.18	0.1	4s2	Rajashree Prasad	WB	03.02.2000	ISAC	Lucknow	29-Aug-2019
12.22		7	Varsha V	KAN	01.01.2003	NSG-U19	Nadiad	10-Feb-2019
12.24		1	Tanushree Porel	WB	08.12.2002	EZJC-U18	Ranchi	14-Sep-2019
12.26	0.2	1s1	Srishti Saini	DEL	23.05.2003	NYC	Raipur	19-Feb-2019
12.27	0.0	2h2	Sherin A	TN	24.02.2000	NJC-U20	Mangalagiri	2-Nov-2019
12.28		3	Ruthika Saravanan	TN	01.02.2005	NSG-U17	Sangrur	5-Dec-2019

### Better hand-timing:

11.8		1	Rajashree Prasad	WB	03.02.2000	WBSC-U20	Kolkata	11-Aug-2019
12.0		1	Taranjeet Kaur	DEL	11.09.2001	DelJC-U18	New Delhi	6-Oct-2019

**200m**

23.25	1.7	1	Hima Das	ASM	09.01.2000	Jana Pana	Tabor, CZE	17-Jul-2019
24.14		1	Ritika	DEL	18.01.2001	NSG-U19	Nadiad	12-Feb-2019
24.20	-0.8	2	Avantika Narale	MAH	11.07.2003	AYC	Hongkong, HKG	17-Mar-2019
24.27	-0.1	1	Priya H Mohan	KAN	15.03.2003	JFC	Tiruvannamalai	26-Sep-2019
24.36		1	Ancy Sojan E	KER	01.03.2001	NSG-U19	Sangrur	14-Dec-2019
24.48	1.8	1	Kaveri L Patil	KAN	11.06.2000	NJC-U20	Mangalagiri	6-Nov-2019
24.58		1	Daneshwari A T	KAN	14.08.2000	Khelo-U21	Pune	13-Jan-2019
24.62		3	Santra Teresa Martin	TN	18.07.2001	NSG-U19	Nadiad	12-Feb-2019
24.67	0.0	2	Deepthi J	TEL	27.09.2003	NJC-U18	Mangalagiri	6-Nov-2019
24.76		1	Payal Vohra	DEL	06.04.2003	NSG-U17	Sangrur	8-Dec-2019
24.78	1.8	3	Roshini K	TN	16.10.2000	NJC-U20	Mangalagiri	6-Nov-2019
24.80		4	Aparna Roy	KER	31.05.2001	NSG-U19	Nadiad	12-Feb-2019
24.85		H	Rishika Nepali	MAH	02.03.2001	MahSC	Mumbai	25-Jun-2019
24.90		2h2	Rajashree Prasad	WB	03.02.2000	ISAC	Lucknow	27-Aug-2019
24.97	0.0	4	Sudeshna Shivankar	MAH	09.09.2003	NJC-U18	Mangalagiri	6-Nov-2019
24.98	1.8	5	Deepali Mahapatra	ORI	29.10.2000	NJC-U20	Mangalagiri	6-Nov-2019
25.02	0.0	1	Riya Patil	MAH	25.05.2004	NJC-U16	Mangalagiri	6-Nov-2019
25.04	1.8	6	Mrudula Maria Babu	KER	18.01.2000	NJC-U20	Mangalagiri	6-Nov-2019
25.04		4	Sharon Maria R J	TN	04.12.2003	NJC-U16	Mangalagiri	6-Nov-2019
25.08	1.5	2h2	Kirti Bhoite	MAH	19.03.2001	NJC-U20	Mangalagiri	5-Nov-2019

**Better hand-timing:**

24.5		1	Rajashree Prasad	WB	03.02.2000	WB-U20	Kolkata	8-Aug-2019
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**400m**

52.09		1rA	Hima Das	ASM	09.01.2000	Mezinarodni	Nove Mesto nad Metuji, CZE	20-Jul-2019
52.73		2	Kiran	HAR	05.08.2000	ONAC	Ranchi	12-Oct-2019
53.62		1	Priya H Mohan	KAN	15.03.2003	JFC	Tiruvannamalai	25-Sep-2019
53.96		2	Florence Barla	JHA	01.01.2001	JFC	Tiruvannamalai	25-Sep-2019
54.77		3	Manisha Kushwah	UP	10.07.2000	JFC	Tiruvannamalai	25-Sep-2019
55.31		1	Nancy	HAR	01.09.2000	NJC-U20	Mangalagiri	3-Nov-2019
55.37		1	Rupal	UP	23.12.2004	NJC-U16	Mangalagiri	3-Nov-2019
55.59		2	Gowri Nandana	KER	26.03.2002	NJC-U18	Mangalagiri	3-Nov-2019
55.77		1s1	Deepanshi	HAR	04.11.2002	NJC-U18	Mangalagiri	3-Nov-2019
55.86		2	Sandra A S	KER	21.04.2002	NYC	Raipur	20-Feb-2019
56.07		5	Payal Vohra	DEL	06.04.2003	JFC	Tiruvannamalai	25-Sep-2019
56.42		1	Madhu Kavya Reddy L	AP	02.04.2002	NSG-U19	Nadiad	11-Feb-2019
56.45		3s2	Rajitha K	AP	01.01.2003	NJC-U18	Mangalagiri	3-Nov-2019
56.52		3h2	Rakhi	KAN	25.07.2001	JFC	Tiruvannamalai	24-Sep-2019
56.63		3	Ritka	DEL	18.01.2001	NJC-U20	Mangalagiri	3-Nov-2019
56.67		3	Summy	HAR	21.05.2003	NSG-U17	Sangrur	5-Dec-2019
56.98		4	Roshini K	TN	16.10.2000	NJC-U20	Mangalagiri	3-Nov-2019
57.01		5	Soorya Mol T	KER	22.06.2001	NJC-U20	Mangalagiri	3-Nov-2019
57.06		1	Prathibha Varghese	KER	12.08.2004	KSG-U17	Kannur	16-Nov-2019
57.08		2h1	Olimba Steffi M	TN	15.02.2002	NJC-U18	Mangalagiri	2-Nov-2019

**800m**

2:06.12	1	Rachna	HAR	30.07.2000	NJC-U20	Mangalagiri	5-Nov-2019
2:06.22	1	Pooja Subhash	HAR	17.06.2002	JFC	Tiruvannamalai	26-Sep-2019
2:08.18	2	Rakhi	KAN	25.07.2001	JFC	Tiruvannamalai	26-Sep-2019
2:08.56	1	Priscilla Daniel	KER	01.07.2002	NYC	Raipur	21-Feb-2019
2:09.30	1	Chanda KM	DEL	16.08.2001	NSG-U19	Sangrur	15-Dec-2019
2:10.05	3	Athulya Udayan	KER	25.01.2001	JFC	Tiruvannamalai	26-Sep-2019
2:10.54	2	Mittalben Chaudhari	GUJ	19.05.2001	NSG-U19	Sangrur	15-Dec-2019
2:11.67	2	Shivechha Patil	MAH	21.09.2003	NJC-U18	Mangalagiri	5-Nov-2019
2:11.71	3	Stephy Sara Koshy	KER	22.03.2003	NYC	Raipur	21-Feb-2019
2:12.68	5	Radha Chaudhary	DEL	02.02.2001	ISAC	Lucknow	28-Aug-2019
2:13.25	2	Chanthini C	KER	21.04.2002	KSG-U19	Kannur	17-Nov-2019
2:13.45	1h3	Sneha	HAR	03.09.2004	NSG-U17	Sangrur	7-Dec-2019
2:13.80	4	Samyasri L	TN	16.03.2000	NJC-U20	Mangalagiri	5-Nov-2019
2:13.81	1	Ankita Chahal	DEL	07.10.2000	Khelo-U21	Pune	13-Jan-2019
2:13.82	1	Laxita Sandilea	GUJ	13.02.2005	NJC-U16	Mangalagiri	5-Nov-2019
2:13.85	5	Radha	UTK	19.05.2000	NJC-U20	Mangalagiri	5-Nov-2019
2:13.87	4	Kamaljeet	HAR	25.03.2000	JFC	Tiruvannamalai	26-Sep-2019
2:14.16	5	Akshana	RAJ	01.06.2003	NYC	Raipur	21-Feb-2019
2:14.30	2	Shraddha Kathiriya	GUJ	20.12.2001	NSG-U19	Nadiad	12-Feb-2019
2:14.66	2	Urvashi	HAR	10.11.2003	NJC-U16	Mangalagiri	5-Nov-2019

**1500m**

4:17.19	1	Chanda KM	DEL	16.08.2001	NJC-U20	Mangalagiri	3-Nov-2019
4:22.45	1	Pooja Subhash	HAR	17.06.2002	JFC	Tiruvannamalai	25-Sep-2019
4:22.95	2	Ankita Dhiyani	UTK	05.02.2002	JFC	Tiruvannamalai	25-Sep-2019
4:28.66	3	Radha	UTK	19.05.2000	JFC	Tiruvannamalai	25-Sep-2019
4:34.44	3	Madhu	HAR	04.08.2001	NJC-U20	Mangalagiri	3-Nov-2019
4:34.79	1	Sneha	HAR	03.09.2004	NSG-U17	Sangrur	5-Dec-2019
4:34.86	2	Laxita Sandilea	GUJ	13.02.2005	NSG-U17	Sangrur	5-Dec-2019
4:35.59	2	Sumitra	RAJ	12.06.2002	NSG-U19	Sangrur	13-Dec-2019
4:35.70	2	Rebi Pal	UP	12.12.2001	MAS-GP	Kuala Lumpur, MAS	31-Mar-2019
4:36.09	3	Chanthini C	KER	21.04.2002	AYC	Hongkong, HKG	17-Mar-2019
4:36.19	4	Tai Hirman Bhamane	MAH	31.12.2002	JFC	Tiruvannamalai	25-Sep-2019
4:37.33	2	Ankita Chahal	DEL	07.10.2000	Khelo-U21	Pune	10-Jan-2019
4:39.59	3	Bushra Khan Gauri	MP	26.07.2004	NSG-U17	Sangrur	5-Dec-2019
4:40.42	4	Vineeta Gurjar	UP	27.09.2005	NSG-U17	Sangrur	5-Dec-2019
4:41.07	3	Radha Chaudhary	DEL	02.02.2001	Khelo-U21	Pune	10-Jan-2019
4:41.26	4	Gouri Kotiyal	UTK	01.07.2001	NJC-U20	Mangalagiri	3-Nov-2019
4:41.44	1	Minnu P Roy	KER	08.06.2001	SZJC-U20	Udupi	14-Sep-2019
4:42.00	2	Maheshwari G	TEL	18.08.2000	SZJC-U20	Udupi	14-Sep-2019
4:42.07	5	Minnu P Roy	KER	08.06.2001	NJC-U20	Mangalagiri	3-Nov-2019
4:42.36	9	Seema	HP	10.01.2001	ISAC	Lucknow	30-Aug-2019

**3000m**

9:42.71	1	Chanda KM	DEL	16.08.2001	NJC-U20	Mangalagiri	4-Nov-2019
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9:46.54	1	Rebi Pal	UP	12.12.2001	NSG-U19	Sangrur	11-Dec-2019
9:51.02	2	Drashti Chaudhary	GUJ	16.08.2003	NJC-U18	Mangalagiri	6-Nov-2019
9:51.20	2	Seema	HP	10.01.2001	NJC-U20	Mangalagiri	4-Nov-2019
9:52.26	3	Sumitra	RAJ	12.06.2002	NSG-U19	Sangrur	11-Dec-2019
9:52.32	1	Poonam Sonune	MAH	04.04.2000	JFC	Tiruvannamalai	24-Sep-2019
9:53.85	3	Supriti Kachhap	MP	03.04.2003	NJC-U18	Mangalagiri	6-Nov-2019
9:55.83	2	Kiran	HAR	04.01.2001	JFC	Tiruvannamalai	24-Sep-2019
9:56.89	1	Vineeta Gurjar	UP	27.09.2005	NSG-U17	Sangrur	7-Dec-2019
9:59.33	4	Rinkee Pawara	MAH	23.06.2003	NJC-U18	Mangalagiri	6-Nov-2019
10:03.25	1	Ankita Dhiyani	UTK	05.02.2002	Khelo-U17	Pune	11-Jan-2019
10:05.51	5	Muskan Chotiyara	GUJ	12.08.2002	NSG-U19	Sangrur	11-Dec-2019
10:10.54	4	Maheshwari G	TEL	18.08.2000	NJC-U20	Mangalagiri	4-Nov-2019
10:13.65	3	Bushra Khan Gauri	MP	26.07.2004	Khelo-U17	Pune	11-Jan-2019
10:14.38	6	Prajakta Shinde	MAH	26.04.2002	NSG-U19	Sangrur	11-Dec-2019
10:14.93	3	Sanika K P	KER	17.02.2003	NSG-U17	Sangrur	7-Dec-2019
10:16.08	2	Pallavi Jagdale	MAH	27.03.2003	NYC	Raipur	20-Feb-2019
10:20.02	4	Antima Pal	UP	01.01.2004	Khelo-U17	Pune	11-Jan-2019
10:22.34	5	Tannu-2	HAR	06.03.2003	NSG-U17	Sangrur	7-Dec-2019
10:29.04	5	Chatru Gumnaram	RAJ	05.07.2001	Khelo-U21	Pune	12-Jan-2019

### 5000m

17:03.14	1	Seema	HP	10.01.2001	NJC-U20	Mangalagiri	2-Nov-2019
17:07.80	8	Poonam Sonune	MAH	04.04.2000	FedCup	Patiala	15-Mar-2019
17:10.67	2	Amrita Patel	UP	08.03.2001	NJC-U20	Mangalagiri	2-Nov-2019
17:16.49	1	Ankita Dhiyani	UTK	05.02.2002	JFC	Tiruvannamalai	26-Sep-2019
17:44.59	5	Drashtiben Pravinbhai	GUJ	16.08.2003	JFC	Tiruvannamalai	26-Sep-2019
17:49.66	1	Malleswari R	KAN	28.10.2000	KanID-U20	Udupi	Aug-2019
18:03.16	4	Kiran	HAR	04.01.2001	NJC-U20	Mangalagiri	2-Nov-2019
18:07.87	2	Suman Rani	PUN	01.01.2000	Khelo-U21	Pune	11-Jan-2019
18:12.24	3	Chatru Gumnaram	RAJ	05.07.2001	Khelo-U21	Pune	11-Jan-2019
18:23.07	6	Premlata	UP	14.04.2001	NJC-U20	Mangalagiri	2-Nov-2019
18:23.44	6	Muskan Chotiyara	GUJ	12.08.2002	JFC	Tiruvannamalai	26-Sep-2019
18:29.10	7	Rinkee Dhanya Pawara	GUJ	08.12.2002	JFC	Tiruvannamalai	26-Sep-2019
18:35.54	7	Pramila Kumari	RAJ	01.01.2001	NJC-U20	Mangalagiri	2-Nov-2019
18:50.29	8	Chatru	RAJ	05.07.2001	NJC-U20	Mangalagiri	2-Nov-2019
18:50.88	1	Surya P S	KER	19.01.2001	KerIntClub	Thiruvananthapuram	9-Aug-2019
18:57.32	9	Akanksha Prakash Shelar	MAH	22.08.2001	NJC-U20	Mangalagiri	2-Nov-2019
19:07.57	1	Suman Rani	PUN	01.01.2000	NZJC-U20	Sangrur	15-Sep-2019
19:09.93	5	Meena	RAJ	15.09.2000	Khelo-U21	Pune	11-Jan-2019
19:12.82	10	Soniya	UTK	25.07.2000	NJC-U20	Mangalagiri	2-Nov-2019
19:15.6 h	1	Pooja	DEL	30.05.2001	DelJC-U20	New Delhi	6-Oct-2019

### 3000m Steeplechase

10:34.10	1	Maheshwari G	TEL	18.08.2000	NJC-U20	Mangalagiri	6-Nov-2019
11:06.59	6	Kajal Sharma	UP	03.09.2001	ONAC	Ranchi	13-Oct-2019
11:10.07	2	Rebi Pal	UP	12.12.2001	JFC	Tiruvannamalai	26-Sep-2019

11:25.76	3	Smitha D R	KAN	09.12.2000	JFC	Tiruvannamalai	26-Sep-2019
11:30.47	2	Vaishnavi Sawant	MAH	28.03.2001	MahSC	Mumbai	26-Jun-2019
12:02.78	5	Ansu Joseph	KER	14.08.2001	JFC	Tiruvannamalai	26-Sep-2019
12:23.55	6	Vandana Mori	GUJ	31.08.2002	JFC	Tiruvannamalai	26-Sep-2019
12:47.42	11	Madhu	HAR	05.04.2001	ISAC	Lucknow	30-Aug-2019
13:00.30	5	Gayathri G	KER	26.09.2000	KerSC	Kozhikode	15-Jun-2019
13:29.98	2	Akhila M R	KER	04.06.2001	KerIntClub	Thiruvananthapuram	8-Aug-2019

### 100m Hurdles

14.00	0.0	1	Aparna Roy	KER	31.05.2001	NJC-U20	Mangalagiri	4-Nov-2019
14.48		4	Thabitha P M	TN	22.04.2002	TNSC	Tiruchirapalli	22-Jun-2019
14.52	1.4	H	Pratibha Kumari	JHA	06.01.2001	JFC	Tiruvannamalai	25-Sep-2019
14.77	1.1	1h1	Moumita Mondal	WB	09.12.2001	JFC	Tiruvannamalai	25-Sep-2019
14.89	0.4	3	Rishika Nepali	MAH	02.03.2001	NJC-U20	Mangalagiri	4-Nov-2019
15.03	0.4	4	Aishwarya R	TN	03.01.2000	NJC-U20	Mangalagiri	4-Nov-2019
15.05	0.4	5	Pooja H V	KAN	10.03.2000	NJC-U20	Mangalagiri	4-Nov-2019
15.06	1.1	2h1	Srireshma S	TN	04.05.2001	JFC	Tiruvannamalai	25-Sep-2019
15.07		2	Merin Biju	KER	30.06.2000	KerIntClub	Thiruvananthapuram	8-Aug-2019
15.11	0.4	6	Michelle Fernandes	MAH	15.08.2001	NJC-U20	Mangalagiri	4-Nov-2019
15.19	0.4	7	Arya S	KER	13.06.2000	NJC-U20	Mangalagiri	4-Nov-2019
15.26	0.0	1h1	Evangelina Sharon Bhuvana	KAN	11.05.2001	NJC-U20	Mangalagiri	3-Nov-2019
15.31		3	Nisha M	TN	22.12.2000	SZJC-U20	Udupi	14-Sep-2019
15.43		3	Aparna K Nair	KER	12.10.2000	KerIntClub	Thiruvananthapuram	8-Aug-2019
15.47	1.4	H	Agsara Nandini	TEL	07.08.2003	JFC	Tiruvannamalai	25-Sep-2019
15.59	0.1	H	Sonu Kumari	HAR	23.11.2000	NJC-U20	Mangalagiri	4-Nov-2019

### Wind-assisted:

14.97	2.1	4	Srireshma S	TN	04.05.2001	JFC	Tiruvannamalai	25-Sep-2019
15.15	2.1	6	Evangelina Sharon Bhuvana	KAN	11.05.2001	JFC	Tiruvannamalai	25-Sep-2019

### 400m Hurdles

1:01.81		1	Vishrutha C	TN	20.03.2002	NYC	Raipur	21-Feb-2019
1:02.51		2	Arathi R	KER	21.05.2001	SZJC-U20	Udupi	15-Sep-2019
1:02.60		2	Vishnupriya J	KER	13.03.2001	Khelo-U21	Pune	13-Jan-2019
1:02.77		1	Prajna K	KAN	25.07.2001	NSG-U19	Nadiad	12-Feb-2019
1:02.79		2	Khushdeep Kaur	PUN	03.04.2000	NJC-U20	Mangalagiri	6-Nov-2019
1:03.45		2	Jyothika	KAN	29.09.2002	NSG-U19	Sangrur	14-Dec-2019
1:03.58		3	Adithya K T	KER	27.11.2001	NSG-U19	Sangrur	14-Dec-2019
1:03.69		4	Olimba Steffi	TN	15.02.2002	NSG-U19	Sangrur	14-Dec-2019
1:03.96		4	Babita Singh	UP	12.07.2000	NJC-U20	Mangalagiri	6-Nov-2019
1:04.10		2	Delna Philip	KER	17.05.2001	NSG-U19	Nadiad	12-Feb-2019
1:04.54		5	Vaishanvi Ganesh Yadav	MAH	28.05.2000	NJC-U20	Mangalagiri	6-Nov-2019
1:04.61		3	Aparna Roy	KER	31.05.2001	KerSC	Kozhikode	16-Jun-2019
1:05.04		1	Prathibha Varghese	KER	12.08.2004	KSG-U17	Kannur	17-Nov-2019
1:05.75		1	Padma Sree CH	TEL	22.01.2003	NSG-U17	Sangrur	8-Dec-2019
1:05.93		2	Payal Chande	GUJ	27.03.2005	NSG-U17	Sangrur	8-Dec-2019
1:05.96		1	Sneka R	TN	20.07.2002	SZJC-U18	Udupi	15-Sep-2019

1:06.15	3	Bhavani K	TN	31.08.2001	JFC	Tiruvannamalai	26-Sep-2019
1:06.19	3	Shravani Sangle	MAH	16.11.2005	NSG-U17	Sangrur	8-Dec-2019
1:06.34	2	Ranga Johnsi B	AP	12.09.2003	NJC-U18	Mangalagiri	6-Nov-2019
1:06.35	4	Nirmal Punia	HAR	15.01.2003	NSG-U17	Sangrur	8-Dec-2019

### High Jump

1.81	1	Rubina Yadav	HAR	14.01.2001	Int-Rly	Pune	20-Aug-2019
1.79	1	Supriya S B	KAN	11.03.2001	Khelo-U21	Pune	13-Jan-2019
1.78	1	Gracena Glistus Merly	TN	23.05.2000	JFC	Tiruvannamalai	26-Sep-2019
1.77	1	Jishna M	KER	22.03.2000	NJC-U20	Mangalagiri	3-Nov-2019
1.74	1	Merin Biju	KER	30.06.2000	NSG-U19	Nadiad	10-Feb-2019
1.72	2	Kevinna Ashwine A	TN	27.03.2002	TNSC	Tiruchirapalli	23-Jun-2019
1.72	1	Gobika K	TN	06.08.2002	SZJC-U18	Udupi	15-Sep-2019
1.71	5	Gayathry Sivakumar	KER	26.02.2001	Khelo-U21	Pune	13-Jan-2019
1.69	1	Pramila Rajgar	WB	27.11.2000	WBSC-U20	Kolkata	10-Aug-2019
1.68	1	Saliha K H	KER	14.09.2002	Khelo-U17	Pune	12-Jan-2019
1.68	2	Meera Shibu	KER	25.07.2002	SZJC-U18	Udupi	15-Sep-2019
1.68	6	Giji G	AP	30.12.2000	NJC-U20	Mangalagiri	3-Nov-2019
1.68	1	Khyati Mathur	HAR	02.09.2003	NSG-U17	Sangrur	5-Dec-2019
1.66	1	Roshna Augustine	KER	31.03.2003	KSG-U17	Kannur	19-Nov-2019
1.66	2	Pavana Nagaraj	KAN	07.11.2005	NSG-U17	Sangrur	5-Dec-2019
1.66	3	Aparna Ghosh	WB	19.10.2003	NSG-U17	Sangrur	5-Dec-2019
1.66	1	Shruthi Kamble	MAH	17.08.2003	NSG-U19	Sangrur	11-Dec-2019
1.65	2	Khushi	HAR	26.11.2002	NJC-U18	Mangalagiri	3-Nov-2019
1.63	H	Tanu	HAR	14.11.2002	NJC-U18	Mangalagiri	4-Nov-2019
1.63	4	Manshi	UP	03.09.2002	NSG-U19	Sangrur	11-Dec-2019

### Pole Vault

3.75	1	Nivya Antony A C	KER	21.03.2000	NJC-U20	Mangalagiri	3-Nov-2019
3.70	1	Pavithra V	TN	08.12.2001	JFC	Tiruvannamalai	25-Sep-2019
3.61	1	Sathya T	TN	05.02.2001	NSG-U19	Sangrur	14-Dec-2019
3.30	5	Sindhushree S	KAN	23.10.2000	Khelo-U21	Pune	11-Jan-2019
3.20	-	Reshma Patel	UP	20.05.2001	UPSC	Allahabad	23-May-2019
3.20	4	Maisuri Timbadiya	GUJ	26.03.2002	JFC	Tiruvannamalai	25-Sep-2019
3.20	2	Babita Patel	MP	12.08.2000	NJC-U20	Mangalagiri	3-Nov-2019
3.15	3	Blessy Kunjumon	KER	21.10.2001	NJC-U20	Mangalagiri	3-Nov-2019
3.10	4	Pushparani C	TN	29.12.2001	TNSC	Tiruchirapalli	23-Jun-2019
3.10	6	Malavika Ramesh	KER	07.06.2000	JFC	Tiruvannamalai	25-Sep-2019
3.10	1	Kavya V	TN	12.09.2001	TNJR-U20	Sathyamangalam	6-Oct-2019
3.10	1	Arathy A Nair	KER	20.01.2003	KSG-U17	Kannur	17-Nov-2019
3.10	2	Uvadharsini M	TN	20.04.2003	TNSch_U19	Thottiyam	19-Nov-2019
3.05	2	Krishnaveni U	TN	12.10.2000	SZJC-U20	Udupi	15-Sep-2019
3.00	1	Nidhi	HAR	20.02.2004	NSG-U17	Sangrur	7-Dec-2019
3.00	4	Madhura Joshi	MAH	26.03.2001	NSG-U19	Sangrur	14-Dec-2019
2.90	7	Soumya Saji	KER	24.03.2000	Khelo-U21	Pune	11-Jan-2019
2.90	4	Balanisha B	TN	26.01.2002	NJC-U20	Mangalagiri	3-Nov-2019



2.90	2	Vibha Srinivasa	KAN	07.09.2004	NSG-U17	Sangrur	7-Dec-2019
2.85	2	Nivya Jose	KER	26.10.2003	NYC	Raipur	21-Feb-2019

### Long Jump

6.26	1	Ancy Sojan E	KER	01.03.2001	NSG-U19	Sangrur	14-Dec-2019
6.22	1	Sherin A	TN	24.02.2000	TNID-U18	Chennai	1-Sep-2019
6.16	1.3	1 Sandra Babu	KER	03.07.2001	NJC-U20	Mangalagiri	2-Nov-2019
6.15	1	Shaili Singh	KAN	07.01.2004	NJC-U16	Mangalagiri	3-Nov-2019
6.07	0.2	2 Manisha Merel	ORI	05.07.2001	NJC-U20	Mangalagiri	2-Nov-2019
6.05	2	Prabhavathi P S	KER	01.12.2001	KSG-U19	Kannur	16-Nov-2019
5.93	2	Punitha R	TN	13.04.2000	Khelo-U21	Pune	12-Jan-2019
5.93	2	Thabitha P M	TN	24.04.2002	NSG-U19	Sangrur	14-Dec-2019
5.84	3	Anu Mathew	KER	07.01.2002	KSG-U19	Kannur	16-Nov-2019
5.83	-0.5	5 Deepanshi Singh	KAN	03.04.2001	ONAC	Ranchi	12-Oct-2019
5.74	1	Shivani Soam	DEL	20.04.2001	DelJC-U20	New Delhi	6-Oct-2019
5.73	1	Ambrikha Narzary	ASM	14.01.2002	Khelo-U17	Pune	11-Jan-2019
5.70	4	Kusuma Ravada	KAN	15.09.2001	JFC	Tiruvannamalai	24-Sep-2019
5.70	0.0	3 Babisha P	TN	26.12.2001	NJC-U18	Mangalagiri	2-Nov-2019
5.69	5	Keisha Tarak Modi	TEL	17.05.2002	NSG-U19	Sangrur	14-Dec-2019
5.68	-0.4	3 Sonu Kumari	HAR	23.11.2000	NGP	Patiala	5-Sep-2019
5.67	1	Nirma Asari Bhuraji	GUJ	03.06.2004	NSG-U17	Sangrur	7-Dec-2019
5.61	2	Laura N	TN	01.03.2001	TNID-U20	Chennai	1-Sep-2019
5.60	1	Prathiksha Yamuna A	TN	03.11.2005	TNID-U16	Chennai	30-Aug-2019
5.58	3	Moumita Mandal	WB	12.09.2001	NSG-U19	Nadiad	11-Feb-2019

### Triple Jump

13.13	1	Sandra Babu	KER	03.07.2001	Khelo-U21	Pune	10-Jan-2019
12.99	0.9	1 Lizbeth Karoline Joseph	KER	26.05.2000	NJC-U20	Mangalagiri	5-Nov-2019
12.96	2	Aishwarya R	TN	03.01.2000	TNSC	Tiruchirapalli	22-Jun-2019
12.78	1	Anu Mathew	KER	07.01.2002	KSG-U19	Kannur	18-Nov-2019
12.60	0.1	6 Deepanshi Singh	UP	03.04.2000	ONAC	Ranchi	10-Oct-2019
12.58	1	Babisha P	TN	26.12.2001	NSG-U19	Sangrur	12-Dec-2019
12.42	2	Thabitha P M	TN	24.04.2002	NSG-U19	Sangrur	12-Dec-2019
12.37	0.1	3 Gayathry Sivakumar	KER	26.02.2001	NJC-U20	Mangalagiri	5-Nov-2019
12.28	2	Nagapriya N	TN	09.10.2000	TNID-U20	Chennai	30-Aug-2019
12.22	1	Sharvari Parulekar	MAH	21.03.2002	Khelo-U17	Pune	13-Jan-2019
12.15	3	Chandralekha B	KER	30.09.2001	KerIntClub	Thiruvananthapuram	9-Aug-2019
12.12	1	Moumita Mondal	WB	12.09.2001	WBSC-U20	Kolkata	11-Aug-2019
12.09	1.2	2 Poorva Sawant	MAH	23.01.2003	NJC-U18	Mangalagiri	4-Nov-2019
12.03	2	Aleena T Saji	KER	13.03.2002	SZJC-U18	Udupi	15-Sep-2019
12.02	2	Merin Biju	KER	30.06.2000	NSG-U19	Nadiad	12-Feb-2019
11.92	4	Ambrika Narzary	ASM	14.01.2002	Khelo-U17	Pune	13-Jan-2019
11.90	2	Premlata Kerketta	JHA	28.04.2003	EZJC-U18	Ranchi	14-Sep-2019
11.89	2	Nivetha D	TN	05.02.2002	TNID-U18	Chennai	1-Sep-2019
11.89	0.7	5 Mimansa Dahiya	HAR	03.12.2001	NJC-U18	Mangalagiri	4-Nov-2019
11.84	2	Emayatharasi S	TN	17.04.2003	NSG-U17	Sangrur	8-Dec-2019

## Shot Put

14.36	-	Paramjot Kaur	PUN	16.11.2000	NGP	Patiala	16-Aug-2019
14.24	1	Ambika V	KAN	13.04.2000	NJC-U20	Mangalagiri	2-Nov-2019
14.09	1	Poorna Raorane	MAH	26.12.2000	JFC	Tiruvannamalai	25-Sep-2019
13.95	2	Rekha	HAR	02.02.2001	NJC-U20	Mangalagiri	2-Nov-2019
13.61	4	Yogita	HAR	01.11.2000	NJC-U20	Mangalagiri	2-Nov-2019
12.84	5	Megha Mariyam Mathew	KER	17.03.2000	NJC-U20	Mangalagiri	2-Nov-2019
12.42	1	Priy Chakraborty	WB	30.03.2002	CBSE-U19	Bemetara	30-Nov-2019
12.38	6	Renu	RAJ	01.01.2000	NJC-U20	Mangalagiri	2-Nov-2019
12.08	2	Jenci Susan A	TN	24.04.2002	TNSC	Tiruchirapalli	22-Jun-2019
11.89	5	Elakkeya J	TN	21.03.2000	JFC	Tiruvannamalai	25-Sep-2019
11.79	8	Nandini Pandhare	MAH	21.04.2000	ISAC	Lucknow	30-Aug-2019
11.75	8	Meenakshi B	TN	18.03.2000	NJC-U20	Mangalagiri	2-Nov-2019
11.29	7	Sawari Suryakant Shinde	MAH	26.02.2002	JFC	Tiruvannamalai	25-Sep-2019
11.27	8	Ankita Maji	WB	14.05.2001	JFC	Tiruvannamalai	25-Sep-2019
11.20	2	Madhumitha T	TN	12.05.2000	TNYC-U20	Chennai	25-Jan-2019

## Discus Throw

48.46	1	Karuniya M	TN	11.01.2000	TNJR-U20	Sathyamangalam	7-Oct-2019
45.54	5	Paramjot Kaur	PUN	16.11.2000	ISAC	Lucknow	27-Aug-2019
45.05	1	Garima	HAR	18.07.2002	NSG-U19	Sangrur	12-Dec-2019
44.82	2	Neetika Verma	UP	04.03.2001	UPSC	Allahabad	23-May-2019
44.74	2	Aditi Bugad	MAH	02.08.2002	NSG-U19	Sangrur	12-Dec-2019
44.25	1	Sanya Yadav	UP	09.08.2003	NSG-U17	Sangrur	5-Dec-2019
43.85	1	Sunita-1	PUN	20.03.2000	NSG-U19	Nadiad	10-Feb-2019
43.66	2	Kiran	RAJ	01.07.2003	NSG-U17	Sangrur	5-Dec-2019
43.59	3	Krishna Jayasankar	AP	10.11.2002	NJC-U18	Mangalagiri	3-Nov-2019
42.85	2	Srushti Ulavappa Kaliwal	KAN	10.08.2001	NSG-U19	Nadiad	10-Feb-2019
42.41	4	Shweta Singh	HAR	25.03.2002	NJC-U18	Mangalagiri	3-Nov-2019
42.37	3	Neetu Kumari	RAJ	02.01.2004	NSG-U17	Sangrur	5-Dec-2019
42.35	6	Pooja	HAR	21.12.2001	Khelo-U21	Pune	10-Jan-2019
41.51	4	Chetna	RAJ	07.12.2000	NJC-U20	Mangalagiri	3-Nov-2019
41.43	1	Bharti-2	HAR	14.12.2004	NJC-U16	Mangalagiri	3-Nov-2019
41.38	3	Shalini Choudhary	MP	10.11.2002	NSG-U19	Sangrur	12-Dec-2019
41.19	3	Ritu	HAR	22.09.2000	NSG-U19	Nadiad	10-Feb-2019
40.75	1	Kalavathi B	KAN	14.07.2000	KanSC	Bengaluru	28-Jul-2019
40.60	3	Jenci Susan A	TN	24.04.2002	TNSC	Tiruchirapalli	23-Jun-2019
40.57	4	Annuradha	HAR	20.08.2003	NSG-U17	Sangrur	5-Dec-2019

## Hammer Throw

51.43	1	Aishwarya Rajnish	HAR	24.09.2001	JFC	Tiruvannamalai	26-Sep-2019
50.74	1	Anisha Dahiya	DEL	03.12.2000	NJC-U20	Mangalagiri	4-Nov-2019
50.66	1	Medha M	TN	11.04.2000	TNJR-U20	Sathyamangalam	6-Oct-2019
49.98	2	Sneha Jadhav	MAH	10.01.2000	NJC-U20	Mangalagiri	4-Nov-2019
46.82	4	Pooja	RAJ	06.02.2000	JFC	Tiruvannamalai	26-Sep-2019

46.11	5	Shruti Singh	UP	21.01.2000	JFC	Tiruvannamalai	26-Sep-2019
43.66	7	Kashish Singh	UP	17.05.2001	Khelo-U21	Pune	11-Jan-2019
43.01	7	Sakthi L	TN	11.05.2000	NJC-U20	Mangalagiri	4-Nov-2019
42.90	1	Syed Fiza Khadri	AP	06.05.2000	SZJC-U20	Udupi	15-Sep-2019
42.83	8	Komal Poonia	RAJ	15.07.2001	NJC-U20	Mangalagiri	4-Nov-2019
42.20	2	Nirupama	RAJ	01.07.2001	WZJC-U20	Alwar	11-Sep-2019
40.89	2	Bhumika Chaudhary	DEL	09.09.2001	DelSC-U20	New Delhi	2-Aug-2019
39.23	3	Saranya G	KER	08.04.2000	SZJC-U20	Udupi	15-Sep-2019
39.11	3	Elakeya J	TN	21.03.2000	TNJR-U20	Sathyamangalam	6-Oct-2019

### Javelin Throw

47.25	1	Karishma S Sanil	KAN	04.06.2000	SZJC-U20	Udupi	14-Sep-2019
46.57	5	Hemamalini N	TN	12.04.2000	ISAC	Lucknow	29-Aug-2019
45.94	1	Anjani Kumari	BIH	01.01.2000	NJC-U20	Mangalagiri	5-Nov-2019
42.53	4	Priya Attri	DEL	05.01.2000	NJC-U20	Mangalagiri	5-Nov-2019
39.86	5	Simranjeet Kaur	HAR	10.09.2001	NJC-U20	Mangalagiri	5-Nov-2019
38.54	3	Varsha Verma	UP	27.08.2001	JFC	Tiruvannamalai	24-Sep-2019
38.29	6	Sakshi Parmar	MAH	04.12.2000	NJC-U20	Mangalagiri	5-Nov-2019
38.18	1	Ujala Kumari Singh	WB	25.08.2001	WBSC-U20	Kolkata	8-Aug-2019
38.12	H	Agsara Nandini	TEL	08.07.2003	JFC	Tiruvannamalai	26-Sep-2019
38.11	7	Minu Soren	BIH	15.10.2001	NJC-U20	Mangalagiri	5-Nov-2019
36.98	4	Kajal	HAR	25.06.2000	JFC	Tiruvannamalai	24-Sep-2019
36.74	2	Gayathri A	AP	25.02.2000	SZJC-U20	Udupi	14-Sep-2019
36.41	1	Sreeranjini H R	KER	01.01.2000	KerIntClub	Thiruvananthapuram	7-Aug-2019
36.27	5	Amisha Devendra Bhai	GUJ	23.10.2002	JFC	Tiruvannamalai	24-Sep-2019
35.90	1	Diki Choden Bhutia	MP		CBSE-U19	Bemetara	30-Nov-2019
35.35	2	Auhona Roy	DEL	12.06.2001	DelSC-U20	New Delhi	2-Aug-2019
35.25	2	Krishi Sunil Shukla	MAH		WZJC-U20	Alwar	11-Sep-2019
35.23	H	Sonu Kumari	HAR	23.11.2000	NJC-U20	Mangalagiri	5-Nov-2019

### Heptathlon

4800	1	Agsara Nandini	TEL	07.08.2003	JFC	Tiruvannamalai	26-Sep-2019
4577	1	Sonu Kumari	HAR	23.11.2000	NJC-U20	Mangalagiri	5-Nov-2019
4352	3	Pratibha Kumari	JHA	06.01.2001	JFC	Tiruvannamalai	26-Sep-2019
4194	1	Anudhra K R	KER	27.02.2001	KerIntClub	Thiruvananthapuram	8-Aug-2019
4150	3	Reshma G	KER	09.05.2001	NJC-U20	Mangalagiri	5-Nov-2019
4104	1	Nagapriya N	TN	09.10.2000	SZJC-U20	Udupi	15-Sep-2019
3994	4	Rishika Nepali	MAH	02.03.2001	NJC-U20	Mangalagiri	5-Nov-2019
3930	1	Deepika S	TN	09.04.2002	TNSC	Tiruchirapalli	23-Jun-2019
3895	5	Kajal	HAR	21.02.2000	NJC-U20	Mangalagiri	5-Nov-2019
3741	6	Helan Saji	KER	04.04.2000	NJC-U20	Mangalagiri	5-Nov-2019
3426	7	Nikita Nandakumar	MAH	03.05.2000	NJC-U20	Mangalagiri	5-Nov-2019

### 10000m Walk

51:17.28	1	Jyoti	HAR	11.01.2002	JFC	Tiruvannamalai	24-Sep-2019
51:48.04	2	Munita Prajapati	MP	15.01.2002	JFC	Tiruvannamalai	24-Sep-2019

52:21.51	3	Mansi Negi	UTK	05.03.2003	JFC	Tiruvannamalai	24-Sep-2019
52:31.07	1	Roji Patel	UTK	23.08.2001	NJC-U20	Mangalagiri	5-Nov-2019
52:40.89	4	Monika	HAR	23.01.2002	JFC	Tiruvannamalai	24-Sep-2019
53:34.92	5	Baljeet Kaur	PUN	28.01.2002	JFC	Tiruvannamalai	24-Sep-2019
53:35.34	3	Sneha	HAR	02.12.2000	NJC-U20	Mangalagiri	5-Nov-2019
54:31.04	6	Sneha Yadav	UP	12.12.2001	JFC	Tiruvannamalai	24-Sep-2019
54:36.05	7	Gurpreet Kaur	PUN	17.01.2001	JFC	Tiruvannamalai	24-Sep-2019
55:30.74	4	Asha Soman	KER	05.02.2000	NJC-U20	Mangalagiri	5-Nov-2019
55:56.88	5	Jasleen Kaur	PUN	08.09.2001	NJC-U20	Mangalagiri	5-Nov-2019
56:08.6	1	Akshaya K	KER	17.03.2001	KerIntClub	Thiruvananthapuram	7-Aug-2019
56:28.4	2	Divya A	KER	22.06.2000	KerIntClub	Thiruvananthapuram	7-Aug-2019
56:41.82	1	Pavithra I	TN	04.02.2002	TNSC	Tiruchirapalli	23-Jun-2019
56:48.41	9	Komal Pal	MP	16.03.2003	JFC	Tiruvannamalai	24-Sep-2019
57:21.24	1	Lavanya Khairnar	MAH	09.12.2000	MahJr-U20	Pune	Aug-2019
57:32.07	12	Priyanka M	ORI	03.04.2000	JFC	Tiruvannamalai	24-Sep-2019
58:16.54	14	Saptami Mandal	WB	04.02.2000	JFC	Tiruvannamalai	24-Sep-2019
58:51.2	1	Tejaswini Kispota	ORI	15.02.2002	OriSC-U20	Cuttack	29-Dec-2019
58:52.63	15	Sunitaben Thakor	GUJ	12.12.2001	JFC	Tiruvannamalai	24-Sep-2019

#### 4 x 100m Relay

47.18	1	Kerala U20 Team	KER		NJC-U20	Mangalagiri	4-Nov-2019
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