

24th National Federation Cup Senior Athletics Championships 2021**NSNIS - Patiala (Punjab)****15th to 19th March 2021****Event Schedule** *Ver 1.3 updated as on 17 March 2021***Day 4 - 18th March 2021 (Thrusday)**

| | | | | | | |
|------|-----------|---------------|---------|-------|------------------|---------|
| 4.02 | 08.00 hrs | Hammer Throw | 4.0 kg | Women | Final 23 | |
| 4.03 | 08.00 hrs | Long Jump | | Women | Heptathlon 5 | |
| 4.04 | 08.30 hrs | 200m | | Men | Round 1 | |
| 4.05 | 08.50 hrs | Javelin Throw | | Women | Heptathlon 6 | |
| 4.06 | 09.00 hrs | 200m | | Women | Round 1 | |
| 4.07 | 09.00 hrs | Pole Vault | | Men | Final 24 | |
| 4.08 | 09.50 hrs | Hammer Throw | 7.26 kg | Men | Qualifying Round | Group A |
| 4.09 | 10.45 hrs | Hammer Throw | 7.26 kg | Men | Qualifying Round | Group B |

Break

| | | | | | | |
|------|-----------|--------------|---------|-------|-------------------------|--|
| 4.10 | 15.00 hrs | Discus Throw | 2.0 kg | Men | Final 25 | |
| 4.11 | 15.30 hrs | High Jump | | Women | Final 26 | |
| 4.12 | 16.00 hrs | 400m Hurdles | 0.914 m | Men | Round 1 | |
| 4.13 | 16.25 hrs | 400m Hurdles | 0.762 m | Women | Round 1 | |
| 4.14 | 16.30 hrs | Triple Jump | | Women | Final 27 | |
| 4.15 | 16.50 hrs | 200m | | Men | Semi Final | |
| 4.16 | 17.15 hrs | 800m | | Men | Final 28 | |
| 4.17 | 17.30 hrs | 800m | | Women | Final 29 | |
| 4.18 | 17.45 hrs | 800m | | Women | Heptathlon 7 - Final 31 | |

Entry to NIS Campus will be given 2 hours prior of their event with RTPCR Negative Report.

No Spectators are allowed inside the Campus.

Athletes have to leave the campus immediately after their event.

BIB nos will be distributed at NIS Gate everyday after showing the Entry confirmation.

Ver 1.3 updated as on 17 March 2021

| 24th National Federation Cup Senior Athletics Championships 2021 | | | | |
|---|------------------------|-----|----------|------------------------|
| NS NIS - Patiala (Punjab) | | | | |
| 15th to 19th March 2021 | | | | |
| Start list Day-4 (18th March 2021) | | | | |
| Event # 6 MENS 5000m Run | | | | |
| NR:BAHADUR PRASAD BIRMINGHAM 13:29.70 27/06/1992 | | | | |
| MR:G. LAKSHMANAN PATIALA 13:47.28 2018 | | | | |
| OLY.Q MARK: 13:13.50 | | | | |
| FINAL AS PER SCHEDULE | | | | |
| Event # 35 WOMENS Hammer Throw | | | | |
| | | | | FINAL |
| NR:SARITA SINGH PATIALA 65.25 01/06/2017 | | | | |
| MR:SARITA R. SINGH PATIALA 65.25 2017 | | | | |
| OLY.Q MARK: 72.50 | | | | |
| 1 | DIVYA SHANDILYA | 437 | 07/05/98 | ODISHA |
| 2 | HARSHITA SEHRAWAT | 125 | 04/01/03 | DELHI |
| 3 | JYOTI JAKHAR | 189 | 25/03/93 | HARYANA |
| 4 | KULVINDER KAUR | 493 | 15/02/98 | RAJASTHAN |
| 5 | AISHWARYA . | 164 | 24/09/01 | HARYANA |
| 6 | NIKETA . | 613 | 16/11/95 | UTTAR PRADESH |
| 7 | VARSHA . | 118 | 02/07/99 | DELHI |
| 8 | SNEHA SURYAKANT JADHAV | 398 | 01/10/00 | MAHARASHTRA |
| 9 | SARITA R SINGH | 623 | 26/10/89 | UTTAR PRADESH |
| 10 | POOJA . | 485 | 02/06/00 | RAJASTHAN |
| 11 | ANISHA DAHIYA | 187 | 03/12/00 | HARYANA |
| 12 | BHAGWATI CHOUDHARY | 489 | 23/07/01 | RAJASTHAN |
| 13 | REKHA SINGH | 697 | 30/12/97 | UTTARKHAND |
| 14 | SHRUTI SINGH | 624 | 21/01/00 | UTTAR PRADESH |
| 15 | RENU. . | 179 | 03/06/94 | HARYANA |
| 16 | SURABHI VEDPATHAK | 408 | 29/08/98 | MAHARASHTRA |
| Event # 42 WOMENS Long Jump Heptathlon-5 | | | | |
| | | | | TIME: 08:00 HRS |
| Event # 2 MENS 200m Run | | | | |
| | | | | HEATS |
| NR:M.ANAS JABLONEC NAD NISOU 20.63 15/08/2018 | | | | |
| MR:ANAND MENEZES CHENNAI 20.79 2002 | | | | |
| OLY.Q MARK: 20.24 | | | | |
| 5 HEATS: 4Q + 4q | | | | |
| Heat 1 | | | | |
| 3 | AMIT KUMAR YADAV | 316 | 02/02/99 | JHARKHAND |

| | | | | |
|---|--------------------------|-----|----------|------------------------|
| 4 | RAVINDER KUMAR | 268 | 15/12/97 | HARYANA |
| 5 | M MANIKANDA MANICKAM | 583 | 07/05/89 | TAMIL NADU |
| 6 | TUSHAR MANNA | 148 | 10/03/01 | DELHI |
| 7 | ABHINAV PANWAR | 151 | 08/03/99 | DELHI |
| 8 | SURAJ SINGH RATHORE | 529 | 20/11/96 | RAJASTHAN |
| Heat 2 | | | | |
| 2 | SUNIL JAT | 507 | 20/05/01 | RAJASTHAN |
| 3 | DEEPAK CHAUDHARY | 639 | 11/10/00 | UTTAR PRADESH |
| 4 | AMIT KUMAR KATEWA | 509 | 12/10/98 | RAJASTHAN |
| 5 | NITHIN B | 567 | 04/12/99 | TAMIL NADU |
| 6 | RAJESH KUMAR | 516 | 21/02/98 | RAJASTHAN |
| 7 | PRASHANT SINGH | 155 | 08/07/99 | DELHI |
| 8 | KARANPREET SINGH | 473 | 25/08/00 | PUNJAB |
| Heat 3 | | | | |
| 2 | PHOOL KUMAR | 266 | 12/06/97 | HARYANA |
| 3 | SUMIT YADAV | 695 | 07/05/01 | UTTAR PRADESH |
| 4 | AMARJEET - | 196 | 20/11/98 | HARYANA |
| 5 | AJIT JAYPRAKASH SINGH | 425 | 01/10/93 | MAHARASHTRA |
| 6 | AMIYA KUMAR MALLICK | 439 | 14/11/92 | ODISHA |
| 7 | MOHIT .. | 238 | 10/01/99 | HARYANA |
| 8 | YASHWANT . | 235 | 14/01/00 | HARYANA |
| Heat 4 | | | | |
| 2 | SANDEEP KUMAR.. | 662 | 06/01/99 | UTTAR PRADESH |
| 3 | AKSHAY NAIN | 150 | 06/07/00 | DELHI |
| 4 | SATNAM SINGH | 479 | 13/09/02 | PUNJAB |
| 5 | RAHUL KADAM | 416 | 10/03/98 | MAHARASHTRA |
| 6 | ELAKKIYADASAN KANNADASAN | 574 | 31/01/95 | TAMIL NADU |
| 7 | AUGUSTINE YESUDAS | 603 | 03/01/95 | TAMIL NADU |
| 8 | PARMVIR SINGH | 296 | 07/10/96 | HARYANA |
| Heat 5 | | | | |
| 2 | ANSHUL . | 128 | 04/04/04 | DELHI |
| 3 | AMLAN BORGOHAIN | 609 | 25/04/98 | TELANGANA |
| 4 | VIGNESH A | 561 | 07/04/96 | TAMIL NADU |
| 5 | GAURANG AMBRE | 410 | 04/01/95 | MAHARASHTRA |
| 6 | AYUSH DABAS | 249 | 28/09/99 | HARYANA |
| 7 | TARANDEEP SINGH | 481 | 11/05/00 | PUNJAB |
| 8 | PARAS . | 311 | 24/06/98 | HIMACHAL PRADESH |
| Event # 43 WOMENS Javelin Throw Heptathlon-6 | | | | TIME: 08:50 HRS |
| | | | | |
| | | | | |
| Event # 20 WOMENS 200m Run | | | | HEATS |
| NR:SARASWATI SAHA LUDHIANA 22.82 28/08/2002 | | | | TIME: 09:00 HRS |
| MR:P.T. USHA CHENNAI 23.30 1998 | | | | |
| OLY.Q MARK: 22.80 | | | | |
| 2 HEATS: 3Q + 2q | | | | |

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|---|------------------------|-----|----------|------------------------|
| Heat 1 | | | | |
| 3 | DEBASHRI MAZUMDAR | 124 | 04/06/91 | DELHI |
| 4 | JEEVANJI DEEPTHI | 606 | 27/09/03 | TELANGANA |
| 5 | ARCHANA S SUSEENDRAN | 557 | 06/09/94 | TAMIL NADU |
| 6 | DANESHWARI A T | 319 | 14/08/00 | KARNATAKA |
| 7 | PRAVEENA TIWARI | 626 | 22/07/96 | UTTAR PRADESH |
| 8 | INCHARA N S | 326 | 06/06/97 | KARNATAKA |
| Heat 2 | | | | |
| 2 | SIMRAN DEEP KAUR | 121 | 08/01/98 | DELHI |
| 3 | DHANA LAKSHMI | 545 | 06/05/98 | TAMIL NADU |
| 4 | HARIKA DEVI ANTARAM | 605 | 07/01/94 | TELANGANA |
| 5 | HIMA DAS | 743 | 09/01/00 | ASSAM |
| 6 | MADDALI SUPRIYA | 103 | 05/11/99 | ANDHRA PRADESH |
| 7 | NEESHU KUMARI | 122 | 29/10/97 | DELHI |
| 8 | HAPPY GOGOI | 107 | 22/10/99 | ASSAM |
| | | | | |
| Event # 12 MENS Pole Vault | | | | FINAL |
| NR:S. SIVA JALAHALLI 5.30 19/09/2018 | | | | TIME: 09:00 HRS |
| MR:S. SIVA PATIALA 5.16 2019 | | | | |
| OLY.Q MARK: 5.80 | | | | |
| | | | | |
| 1 | DHARMARAJ TAMILARASAN | 599 | 24/11/93 | TAMIL NADU |
| 2 | SUNIL . | 226 | 04/11/02 | HARYANA |
| 3 | KRISHAN . | 208 | 18/12/98 | HARYANA |
| 4 | RAKESH GOND | 644 | 04/01/01 | UTTAR PRADESH |
| 5 | PARVEEN KUMAR. | 274 | 10/10/92 | HARYANA |
| 6 | MADHAN KUMAR | 578 | 09/04/94 | TAMIL NADU |
| 7 | GOURAV . | 203 | 20/02/02 | HARYANA |
| 8 | ANAS E B | 364 | 10/09/95 | KERALA |
| 9 | DHIRENDRA KUMAR | 651 | 28/08/99 | UTTAR PRADESH |
| 10 | SUNNY . | 227 | 15/05/01 | HARYANA |
| 11 | BHAWANI SINGH YADAV | 687 | 20/01/93 | UTTAR PRADESH |
| 12 | RAVI . | 220 | 03/03/01 | HARYANA |
| 13 | VIGNESH V | 601 | 11/02/93 | TAMIL NADU |
| 14 | GOKUL NATH | 586 | 15/02/97 | TAMIL NADU |
| 15 | KUNWAR SINGH | 681 | 30/06/97 | UTTAR PRADESH |
| 16 | RAMBEER SINGH | 536 | 30/06/96 | RAJASTHAN |
| 17 | AVNEESH KUMAR | 650 | 07/01/01 | UTTAR PRADESH |
| 18 | LAKSHAY . | 209 | 17/10/01 | HARYANA |
| 19 | DEEPAK YADAV | 689 | 06/06/02 | UTTAR PRADESH |
| 20 | PARSHANT KANHIYA | 256 | 14/02/00 | HARYANA |
| 21 | DEVRAJ SINGH SHAKTAWAT | 531 | 20/12/97 | RAJASTHAN |
| | | | | |
| Event # 17 MENS Hammer Throw | | | | Q. ROUND |
| NR:NEERAJ KUMAR HYDERABAD 70.73 29/06/2016 | | | | TIME: 09:50 HRS |
| MR:NIRAJ KUMAR NEW DELHI 68.46 2016 | | | | |
| OLY.Q MARK: 77.50 | | | | |

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| GROUP A | | | | |
| 1 | PRAKASH SINGH | 736 | 05/02/96 | UTTAR PRADESH |
| 2 | PRADEEP KUMAR | 515 | 15/12/98 | RAJASTHAN |
| 3 | SHANKAR NAGARAJAN | 585 | 07/11/91 | TAMIL NADU |
| 4 | MERAJ ALI | 632 | 30/05/99 | UTTAR PRADESH |
| 5 | BHUPENDRA SINGH | 679 | 01/01/91 | UTTAR PRADESH |
| 6 | SHIV KUMAR | 702 | 07/02/86 | UTTARKHAND |
| 7 | CHIRAG YADAV | 688 | 18/12/99 | UTTAR PRADESH |
| 8 | GURDEV SINGH | 462 | 14/08/01 | PUNJAB |
| 9 | SACHIN YADAV | 694 | 30/12/01 | UTTAR PRADESH |
| GROUP B | | | | |
| | | | | TIME: 10:45 HRS |
| 1 | RAJNISH POONIA | 528 | 01/01/01 | RAJASTHAN |
| 2 | AMIT . | 199 | 28/01/91 | HARYANA |
| 3 | TARANVEER BAINS | 447 | 10/01/96 | PUNJAB |
| 4 | SUKHDEV SINGH | 298 | 10/10/93 | HARYANA |
| 5 | SHAMSUL IRFAN | 384 | 09/10/03 | MADHYA PRADESH |
| 6 | RAVI .. | 240 | 23/10/99 | HARYANA |
| 7 | JASWINDER SINGH | 472 | 10/12/94 | PUNJAB |
| 8 | SUMIT KUMAR | 146 | 19/12/95 | DELHI |
| 9 | GURMEET SINGH | 464 | 15/03/94 | PUNJAB |
| 10 | JAI CHAND | 503 | 07/08/01 | RAJASTHAN |
| Event # 16 MENS Discus Throw | | | | |
| NR:VIKAS GOWADA NORMAN 66.28 12/04/2012 | | | | FINAL |
| MR:ANIL KUMAR LUCKNOW 59.55 2000 | | | | TIME: 15:00 HRS |
| OLY.Q MARK: 66.00 | | | | |
| 1 | KIRPAL SINGH | 475 | 19/05/92 | PUNJAB |
| 2 | VAZEER . | 229 | 19/07/97 | HARYANA |
| 3 | DHARAMRAJ YADAV | 690 | 26/01/91 | UTTAR PRADESH |
| 4 | PARVEEN KUMAR | 514 | 02/02/96 | RAJASTHAN |
| 5 | ARJUN . | 129 | 07/01/93 | DELHI |
| 6 | ABHINAV . | 197 | 27/10/96 | HARYANA |
| 7 | HARPREET SINGH | 466 | 18/07/93 | PUNJAB |
| 8 | MITHRAVARUN . | 560 | 07/09/97 | TAMIL NADU |
| 9 | KARAN SINGH | 293 | 02/05/92 | HARYANA |
| 10 | BHANU SHARMA | 532 | 19/10/96 | RAJASTHAN |
| 11 | BANVIR SINGH | 678 | 18/01/89 | UTTAR PRADESH |
| 12 | LAKHWINDER MANJIT SINGH | 419 | 29/06/90 | MAHARASHTRA |
| Event # 29 WOMENS High Jump | | | | |
| NR:SAHANA KUMARI HYDERABAD 1.92 23/06/2012 | | | | FINAL |
| MR:BOBBY ALOYSIUS HYDERABAD 1.89 2003 | | | | TIME: 15:30 HRS |
| OLY.Q MARK: 1.96 | | | | |
| 1 | RAJESWARI DAS | 711 | 23/05/99 | WEST BENGAL |
| 2 | GRACENA G MERLY | 547 | 23/05/00 | TAMIL NADU |

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| 3 | GIJI GEORGE STEPHEN | 556 | 30/12/00 | TAMIL NADU |
| 4 | KEVINAA ASHWINE ANNAVI | 540 | 23/03/02 | TAMIL NADU |
| 5 | SAMIKSHA RAMKRU UPRIKAR | 406 | 25/07/99 | MAHARASHTRA |
| 6 | SANGEETHA N. P | 353 | 14/02/97 | KERALA |
| 7 | PAVANA NAGARAJ | 327 | 11/07/05 | KARNATAKA |
| 8 | SONU . | 182 | 07/07/93 | HARYANA |
| 9 | REKHA . | 177 | 24/01/99 | HARYANA |
| 10 | JYOTI . | 167 | 22/07/95 | HARYANA |
| Event # 9 MENS 400m Hurdles | | | | HEATS |
| NR:A. DHARUN PATIALA 48.80 16/03/2019 | | | | TIME: 16:00 HRS |
| MR:A. DHARUN PATIALA 48.80 2019 | | | | |
| OLY.Q MARK: 48.90 | | | | |
| 2 HEATS: 3Q + 2q | | | | |
| Heat 1 | | | | |
| 2 | MANJEET .. | 237 | 10/10/97 | HARYANA |
| 3 | HARSHVARDHAN BHOSALE | 412 | 04/05/00 | MAHARASHTRA |
| 4 | DHARUN AYYASAMY | 566 | 31/12/96 | TAMIL NADU |
| 5 | M. RAMACHANDRAN | 593 | 29/12/91 | TAMIL NADU |
| 6 | JABIR MADARI PALLIYALIL | 369 | 06/08/96 | KERALA |
| 7 | NIRMAL YADAV | 429 | 13/01/97 | MAHARASHTRA |
| 8 | BHUPESH . | 498 | 04/05/02 | RAJASTHAN |
| Heat 2 | | | | |
| 2 | PARDEEP KUMAR | 264 | 02/12/01 | HARYANA |
| 3 | SANTHOSH KUMAR T | 734 | 01/01/98 | TAMIL NADU |
| 4 | AFTAB ALAM | 631 | 03/03/97 | UTTAR PRADESH |
| 5 | SATHISH K | 572 | 09/01/94 | TAMIL NADU |
| 6 | JITHIN PAUL | 371 | 13/03/90 | KERALA |
| 7 | ANILKUMAR IRUNGBAM | 432 | 28/01/01 | MANIPUR |
| 8 | JAGDEESH CHANDRA | 637 | 03/05/94 | UTTAR PRADESH |
| Event # 27 WOMENS 400m Hurdles | | | | HEATS |
| NR:P.T. USHA LOS ANGELES 55.42 08/08/1984 | | | | TIME: 16:25 HRS |
| MR:SARITABEN GAYAKWAD PATIALA 57.21 2019 | | | | |
| OLY.Q MARK: 55.40 | | | | |
| 2 HEATS: 3Q + 2q | | | | |
| Heat 1 | | | | |
| 3 | JAUNA MURMU | 436 | 16/08/90 | ODISHA |
| 4 | SALINI VALUPARAMBIL KRISHNA | 360 | 01/10/98 | KERALA |
| 5 | KHUSHDEEP KAUR | 445 | 04/03/00 | PUNJAB |
| 6 | SHWETA SATAPPA CHIKODI | 391 | 06/09/03 | MAHARASHTRA |
| 7 | NANHI . | 172 | 16/10/99 | HARYANA |
| Heat 2 | | | | |
| 3 | R VITHYA RAMRAJ | 553 | 20/09/98 | TAMIL NADU |
| 4 | GUDIYA . | 612 | 14/09/98 | UTTAR PRADESH |
| 5 | RAMA LAKSHMI K | 544 | 26/03/99 | TAMIL NADU |
| 6 | AYANA THOMAS | 356 | 20/01/93 | KERALA |
| 7 | VISHNU PRIYA J | 348 | 13/03/01 | KERALA |

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| Event # 32 WOMENS Triple Jump | | | | FINAL |
| NR:MAYOOKHA JOHNY KOBE 14.11 09/07/2011 | | | | TIME: 16:30 HRS |
| MR:ANISHA K. VIJAYAN NEW DELHI 13.57 2006 | | | | |
| OLY.Q MARK: 14.32 | | | | |
| | | | | |
| 1 | BHAIRABI ROY | 714 | 02/02/95 | WEST BENGAL |
| 2 | KM. SONAM | 625 | 15/05/98 | UTTAR PRADESH |
| 3 | AISHWARYA R | 552 | 01/03/00 | TAMIL NADU |
| 4 | VINIJA VIJAYAN | 361 | 10/11/96 | KERALA |
| 5 | AISHWARYA B | 320 | 15/06/97 | KARNATAKA |
| 6 | RENU . | 178 | 12/12/98 | HARYANA |
| | | | | |
| Event # 2 MENS 200m Run | | | | SEMI FINAL |
| NR:M.ANAS JABLONEC NAD NISOU 20.63 15/08/2018 | | | | TIME: 16:50 HRS |
| MR:ANAND MENEZES CHENNAI 20.79 2002 | | | | |
| OLY.Q MARK: 20.24 | | | | |
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| | | | | |
| Event # 4 MENS 800m Run | | | | FINAL |
| NR:JINSON JOHNSON GUWAHATI 1:45.65 27/06/2018 | | | | TIME: 17:15 HRS |
| MR:JINSON JOHNSON PATIALA 1:46.32 2018 | | | | |
| OLY.Q MARK: 1:45.20 | | | | |
| | | | | |
| 1 | ANKESH CHAUDHARY | 313 | 28/12/98 | HIMACHAL PRADESH |
| 2 | MANJIT SINGH | 294 | 09/01/89 | HARYANA |
| 3 | DEVAIAH T H | 342 | 02/01/98 | KARNATAKA |
| 4 | KRISHAN KUMAR | 262 | 10/12/97 | HARYANA |
| 5 | VISHWAMBHAR LAX KOLEKAR | 336 | 28/07/91 | KARNATAKA |
| 6 | CHAITANYA VILAS HOLGARE | 414 | 07/07/99 | MAHARASHTRA |
| 7 | ANU KUMAR | 701 | 11/02/02 | UTTARKHAND |
| 8 | JEEVA SARAN ASHOKAN | 565 | 13/12/96 | TAMIL NADU |
| | | | | |
| Event # 22 WOMENS 800m Run | | | | FINAL |
| NR:TINTU LUKA SPLIT 1:59.17 04/09/2010 | | | | TIME: 17:30 HRS |
| MR:TINTU LUKA NEW DELHI 2:01.84 2016 | | | | |
| OLY.Q MARK: 1:59.50 | | | | |
| Heat 1 | | | | |
| 1 | CHANDA . | 115 | 16/08/01 | DELHI |
| 2 | RACHNA . | 176 | 30/07/00 | HARYANA |
| 3 | SHALU CHAUDHARY | 119 | 27/01/94 | DELHI |
| 4 | POOVAMMA RAJU | 329 | 05/05/90 | KARNATAKA |
| 5 | LILI DAS | 710 | 18/03/98 | WEST BENGAL |
| 6 | AISHWARYA KAILA MISHRA | 400 | 16/08/97 | MAHARASHTRA |
| 7 | KM DEEKSHA | 379 | 01/01/99 | MADHYA PRADESH |
| 8 | DURGA PRAMOD DEORE | 392 | 06/08/99 | MAHARASHTRA |
| | | | | |
| Event # 44 WOMENS 800m Heptathlon-7 | | | | TIME: 17:45 HRS |
| | | | | |