

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 5 - 19th March 2021 (Friday)**

5.01	14.00 hrs	Hammer Throw	7.26 kg	Men	Final 30	
5.02	15.30 hrs	Discus Throw		Women	Final 31	
5.03	15.40 hrs	Triple Jump		Men	Final 32	
5.04	15.55 hrs	400m Hurdles	0.914 m	Men	Final 33	
5.05	16.05 hrs	400m Hurdles	0.762 m	Women	Final 34	
5.06	16.15 hrs	200m		Men	Final 35	
5.07	16.25 hrs	200m		Women	Final 36	
5.08	16.35 hrs	5000m		Men	Final 37	
5.09	16.55 hrs	5000m		Women	Final 38	

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-5 (19th March 2021)				
Event # 17 MENS Hammer Throw				FINAL
NR:NEERAJ KUMAR HYDERABAD 70.73 29/06/2016				TIME: 14:00 HRS
MR:NIRAJ KUMAR NEW DELHI 68.46 2016				
OLY.Q MARK: 77.50				
1	GURMEET SINGH	464	15/03/94	PUNJAB
2	JASWINDER SINGH	472	10/12/94	PUNJAB
3	TARANVEER BAINS	447	10/01/96	PUNJAB
4	SUKHDEV SINGH	298	10/10/93	HARYANA
5	PRADEEP KUMAR	515	15/12/98	RAJASTHAN
6	PRAKASH SINGH	736	05/02/96	UTTAR PRADESH
7	SHIV KUMAR	702	07/02/86	UTTARKHAND
8	MERAJ ALI	632	30/05/99	UTTAR PRADESH
9	AMIT .	199	28/01/91	HARYANA
10	RAVI ..	240	23/10/99	HARYANA
11	SHANKAR NAGARAJAN	585	07/11/91	TAMIL NADU
12	SACHIN YADAV	694	30/12/01	UTTAR PRADESH
Event # 34 WOMENS Discus Throw				FINAL
NR:KRISHNA POONIA MAUI 64.76 05/05/2012				TIME: 15:30 HRS
MR:SEEMA PUNIA PATIALA 61.05 2018				
OLY.Q MARK: 63.50				
1	SRISHTI VIG	127	15/07/95	DELHI
2	CHETNA .	484	12/07/00	RAJASTHAN
3	MADHU RENU	495	05/01/97	RAJASTHAN
4	PRAMILA .	174	15/05/91	HARYANA
5	JHUMA BASU	707	12/11/96	WEST BENGAL
6	SEEMA PUNIA	621	27/07/83	UTTAR PRADESH
7	SURAVI BISWAS	708	13/10/97	WEST BENGAL
8	SEEMA .	181	25/02/99	HARYANA
9	SHALINI CHAUDHARY	378	11/10/02	MADHYA PRADESH
10	GURVEER KAUR	442	19/10/95	PUNJAB
11	SANTOSHI PRAKAS DESHMUKH	393	21/11/98	MAHARASHTRA
12	KAMAL PREET KAUR	444	03/04/96	PUNJAB
13	RACHANA KUMARI	190	10/12/96	HARYANA
14	SONAL GOYAL	120	27/03/98	DELHI
15	NIDHI RANI	194	01/03/97	HARYANA
Event # 14 MENS Triple Jump				FINAL
NR:RENJITH MAHESWARY BANGALORE 17.30 11/07/2016				TIME: 15:40 HRS
MR:RENJITH MAHESHWARY PATIALA 16.85 2012				
OLY.Q MARK: 17.14				
1	JESSE SANDESH	341	22/10/95	KARNATAKA

2	ROBINSON S	597	03/03/01	TAMIL NADU
3	SACHIN GUJAR	645	21/01/01	UTTAR PRADESH
4	KAMAL KANAGARAJ	573	10/03/99	TAMIL NADU
5	KARTHIK U	374	06/03/93	KERALA
6	DANIEL S	594	08/02/93	TAMIL NADU
7	ELDHOSE PAUL	370	11/07/96	KERALA
8	ARAVINTH E	570	30/06/00	TAMIL NADU
9	SANJAI FRANCIS XAVIER	602	20/04/98	TAMIL NADU
10	SONU KUMAR	517	21/01/99	RAJASTHAN
11	KRISHNA SINGH	426	18/07/98	MAHARASHTRA
12	SUNDAR C	568	15/01/97	TAMIL NADU
13	ABDULLA .	362	17/01/96	KERALA
14	PRAVEEN CHITHRAVEL	569	06/05/01	TAMIL NADU
15	SARANG TANWAR	304	15/03/97	HARYANA
Event # 9 MENS 400m Hurdles				FINAL
NR:A. DHARUN PATIALA 48.80 16/03/2019				TIME: 15:55 HRS
MR:A. DHARUN PATIALA 48.80 2019				
OLY.Q MARK: 48.90				
1	JITHIN PAUL	371	13/03/90	KERALA
2	HARSHVARDHAN BHOSALE	412	04/05/00	MAHARASHTRA
3	SATHISH K	572	09/01/94	TAMIL NADU
4	DHARUN AYYASAMY	566	31/12/96	TAMIL NADU
5	SANTHOSH KUMAR T	734	01/01/98	TAMIL NADU
6	M. RAMACHANDRAN	593	29/12/91	TAMIL NADU
7	AFTAB ALAM	631	03/03/97	UTTAR PRADESH
8	MANJEET ..	237	10/10/97	HARYANA
Event # 27 WOMENS 400m Hurdles				FINAL
NR:P.T. USHA LOS ANGELES 55.42 08/08/1984				TIME: 16:05 HRS
MR:SARITABEN GAYAKWAD PATIALA 57.21 2019				
OLY.Q MARK: 55.40				
1	SHWETA SATAPPA CHIKODI	391	06/09/03	MAHARASHTRA
2	JAUNA MURMU	436	16/08/90	ODISHA
3	R VITHYA RAMRAJ	553	20/09/98	TAMIL NADU
4	KHUSHDEEP KAUR	445	04/03/00	PUNJAB
5	SALINI VALUPARAMBIL KRISHNA	360	01/10/98	KERALA
6	VISHNU PRIYA J	348	13/03/01	KERALA
7	NANHI .	172	16/10/99	HARYANA
8	GUDIYA .	612	14/09/98	UTTAR PRADESH
Event # 2 MENS 200m Run				FINAL
NR:M.ANAS JABLONEC NAD NISOU 20.63 15/08/2018				TIME: 16:15 HRS
MR:ANAND MENEZES CHENNAI 20.79 2002				
OLY.Q MARK: 20.24				
1	RAVINDER KUMAR	268	15/12/97	HARYANA
2	PARAS .	311	24/06/98	HIMACHAL PRADESH
3	AKSHAY NAIN	150	06/07/00	DELHI

4	VIGNESH A	561	07/04/96	TAMIL NADU
5	AMIYA KUMAR MALLICK	439	14/11/92	ODISHA
6	ELAKKIYADASAN KANNADASAN	574	31/01/95	TAMIL NADU
7	SATNAM SINGH	479	13/09/02	PUNJAB
8	PARMVIR SINGH	296	07/10/96	HARYANA
Event # 20 WOMENS 200m Run				FINAL
NR:SARASWATI SAHA LUDHIANA 22.82 28/08/2002				TIME: 16:25 HRS
MR:P.T. USHA CHENNAI 23.30 1998				
OLY.Q MARK: 22.80				
1	HAPPY GOGOI	107	22/10/99	ASSAM
2	MADDALI SUPRIYA	103	05/11/99	ANDHRA PRADESH
3	DHANA LAKSHMI	545	06/05/98	TAMIL NADU
4	ARCHANA S SUSEENDRAN	557	06/09/94	TAMIL NADU
5	HIMA DAS	743	09/01/00	ASSAM
6	DANESHWARI A T	319	14/08/00	KARNATAKA
7	SIMRAN DEEP KAUR	121	08/01/98	DELHI
8	PRAVEENA TIWARI	626	22/07/96	UTTAR PRADESH
Event # 6 MENS 5000m Run				FINAL
NR:BAHADUR PRASAD BIRMINGHAM 13:29.70 27/06/1992				TIME: 16:35 HRS
MR:G. LAKSHMANAN PATIALA 13:47.28 2018				
OLY.Q MARK: 13:13.50				
1	YOGESH .	236	30/12/01	HARYANA
2	KAMAL YADAV	307	04/07/95	HARYANA
3	ARUN KUMAR	649	27/07/96	UTTAR PRADESH
4	SANJAY .	224	07/11/95	HARYANA
5	MURLI KUMAR GAVIT	161	08/01/97	GUJARAT
6	RAKESH KUMAR BHADWA	502	15/07/92	RAJASTHAN
7	AJAY KUMAR BIND	636	04/02/99	UTTAR PRADESH
8	RAKESH MANDAL	703	16/04/99	UTTARKHAND
9	ARJUN KUMAR	648	12/03/97	UTTAR PRADESH
10	AMIT JANGIR	506	20/07/02	RAJASTHAN
11	HARMAN JOT SINGH	388	10/10/95	MADHYA PRADESH
12	GURPREET .	204	24/12/99	HARYANA
13	ABDUL BARI	634	18/09/99	UTTAR PRADESH
14	ASHOK DANDASENA	438	07/05/94	ODISHA
15	SANDEEP .	727	11/11/95	HARYANA
16	SURESH KUMAR	659	07/01/91	UTTAR PRADESH
17	KARTIK JAYRAJ KARKERA	417	17/03/97	MAHARASHTRA
18	ADESH YADAV	428	02/03/99	MAHARASHTRA
19	SANDEEP KUMAR	658	10/02/01	UTTAR PRADESH
20	PURAN RAI	716	28/02/95	WEST BENGAL
21	SATHISH KUMAR M	579	07/12/01	TAMIL NADU
22	KARTIK KUMAR	653	05/12/99	UTTAR PRADESH
23	ABHISHEK PAL	664	15/07/97	UTTAR PRADESH
24	MAHENDRA KUMAR DUDI	520	18/11/92	RAJASTHAN
25	PUNEET YADAV	308	19/12/02	HARYANA
26	VIKAS .	231	19/12/00	HARYANA

27	SAWAN BARWAL	312	18/02/98	HIMACHAL PRADESH
28	RANJEET KUMAR	453	15/02/95	PUNJAB
29	PRINCE KUMAR	657	25/02/00	UTTAR PRADESH
30	JITENDER .	728	01/01/96	HARYANA
31	ROHIT VERMA	306	20/10/98	HARYANA
32	MAHENDRA KUMAR GURJAR	505	31/08/98	RAJASTHAN
Event # 24 WOMENS 5000m Run				FINAL
NR:PREEJA SREEDHARAN GUANGZHOU 15:15.89 26/11/2010				TIME: 16:55 HRS
MR:SURIYA LOGANATHAN NEW DELHI 15:39.59 2016				
OLY.Q MARK: 15:10.00				
1	JYOTI -	719	07/05/97	UTTAR PRADESH
2	POONAM SONUNE	405	04/04/00	MAHARASHTRA
3	PARUL CHAUDHARY	615	15/04/95	UTTAR PRADESH
4	KOMAL CHANDRAKA JAGADALE	399	26/01/99	MAHARASHTRA
5	CHATRU .	483	07/05/01	RAJASTHAN
6	SAVITA PAL	620	15/12/99	UTTAR PRADESH
7	PHOOLAN PAL	619	01/05/96	UTTAR PRADESH
8	SANJIVANI BABUR JADHAV	397	07/12/96	MAHARASHTRA
9	ANKITA .	696	02/05/02	UTTARKHAND
10	SANJU .	180	27/07/99	HARYANA
11	VARSHA DEVI	188	20/06/94	HARYANA