

60TH NATIONAL INTER STATE SR. ATHLETICS CHAMPIONSHIPS				
25-29 JUNE 2021				
NS NIS, PATIALA (PUNJAB)				
START LIST DAY-1 (25 JUNE 2021)				
Event # 7 MENS 10000m Run				FINAL
OLY.Q.MARK: 27:28.00				TIME: 06:00 HRS
NR:SURENDRA SINGH VIGO 28:02.89 12/07/2008				
MR:SURENDRA SINGH BHOPAL 29:06.17 2007				
1	ROHIT YADAV	247	02/07/98	MAHARASHTRA
2	HARMAN JOT SINGH	227	10/10/95	MADHYA PRADESH
3	VIKRAM BHARATSINH BANGRIYA	228	02/04/94	MADHYA PRADESH
4	KARTIK KUMAR	390	12/05/99	UTTAR PRADESH
5	MAKHAN SINGH	277	10/10/90	PUNJAB
6	DHARMENDER .	316	20/07/99	RAJASTHAN
7	DINESH .	248	09/05/99	MAHARASHTRA
8	MAKHAN SINGH	276	16/08/94	PUNJAB
9	ARJUN KUMAR	389	03/12/97	UTTAR PRADESH
10	BELLIAPPA AB	181	11/02/92	KARNATAKA
Event # 26 WOMENS 5000m Run				FINAL
OLY.Q.MARK: 15:10.00				TIME: 06:45 HRS
NR:PREEJA SREEDHARAN GUANGZHOU 15:15.89 26/11/2010				
MR:L. SURIYA GUNTUR 15:46.92 2017				
1	SONIKA .	135	12/06/99	HARYANA
2	ANKITA .	413	05/02/02	UTTRAKHAND
3	PHOOLAN PAL	368	05/01/96	UTTAR PRADESH
4	PARUL CHAUDHARY	369	15/04/95	UTTAR PRADESH
5	KOMAL CHANDRAKANT JAGADALE	243	26/01/99	MAHARASHTRA
6	JYOTI .	367	05/07/97	UTTAR PRADESH
7	POOJA HARIJAN	306	07/07/94	RAJASTHAN
Event # 1 MENS 100m Run				TIME: 07:15 HRS
OLY.Q.MARK: 10.05				
NR:AMIYA KUMAR MALLICK NEW DELHI 10.26 28/04/2016				
MR:KRISHNA KUMAR RANE LUCKNOW 10.32 2014				
3 HEATS: 2Q + 2q				
Heat 1				
1	NEVIL FRANCIS FERNANDEZ	203	19/06/99	KERALA
2	SAURABH RAJESH NAITAM	251	23/03/01	MAHARASHTRA
3	ELAKKIYADASAN KANNADASAN	343	31/01/95	TAMIL NADU
4	MUTHURAJ CHELLA	230	26/05/96	MADHYA PRADESH
5	SHASHANK BALWANTRAO SHINDE	107	07/08/94	CHHATTISGARH
6	GURINDERVIR SINGH	278	24/12/00	PUNJAB
7	AMIT TIWARI	118	16/09/97	DELHI
8	RAJVEERSINH VAGHELA	129	05/07/98	GUJARAT

Heat 2				
1	MIDHUN T	204	13/03/97	KERALA
2	KIRAN PANDURANG BHOSALE	249	17/09/98	MAHARASHTRA
3	NUJOOM HASSAN	430	23/02/96	MALDIVES
4	NALUBOTHU SHANUMAGA SRINIVAS	103	09/10/02	ANDHRA PRADESH
5	SHIVAM VASHNAV	117	10/12/03	DELHI
6	SANJU RANA	229	17/09/97	MADHYA PRADESH
7	KATHIRAVAN G	340	09/12/98	TAMIL NADU
8	NARINDER SINGH	280	17/05/93	PUNJAB
Heat 3				
2	NEHAL SAGAR	116	05/04/02	DELHI
3	CHIRAG CHIRAG	145	17/10/98	HARYANA
4	AMIYA KUMAR MALLICK	262	14/11/92	ODISHA
5	IBADULLA ADAM	431	14/01/02	MALDIVES
6	AKSHAY PRAKASH KHOT	250	05/07/94	MAHARASHTRA
7	ASWIN K.P	202	16/09/96	KERALA
8	LOVE PREET SINGH	279	27/11/99	PUNJAB
Event # 50 MENS 100m Decathlon - 1				TIME: 07:45 HRS
Heat 1				
3	MOHIT SAINI	156	21/08/95	HARYANA
4	SOURABH RATHI	392	02/01/01	UTTAR PRADESH
5	GURLAL SINGH	288	12/10/94	PUNJAB
6	MAYENGBAM ALKEN SINGH	258	16/05/97	MANIPUR
7	GOKUL S	210	17/12/96	KERALA
Heat 2				
3	YAMAN DEEP SHARMA	318	10/03/99	RAJASTHAN
4	USAID KHAN	393	19/03/02	UTTAR PRADESH
5	KRISHNA KUMAR	350	30/04/97	TAMIL NADU
6	KUSHAL KUMAR MOHITE	254	02/04/03	MAHARASHTRA
Event # 51 MENS Long Jump Decathlon - 2				TIME: 08:30 HRS
Event # 52 MENS Shot Put Decathlon - 3				TIME: 09:45 HRS
Event # 53 MENS High Jump Decathlon - 4				TIME: 18:00 HRS
Event # 28 WOMENS 100m Hurdles				FINAL
OLY.Q.MARK: 12.84				TIME: 18:30 HRS
NR:ANURADHA BISWAL NEW DELHI 13.38 08/09/2002				
MR:ANURADHA BISWAL CHENNAI 13.44 2000				

1	GURDEEP KAUR	266	02/06/01	PUNJAB
2	W.V.L. SUGANDI	428	30/08/91	SRI LANKA
3	ANN ROSE TOMY	187	25/02/02	KERALA
4	NANDHINI K	327	13/07/99	TAMIL NADU
5	AGASARA NANDINI	360	07/08/03	TELANGANA
6	KANIMOZHI C	326	08/11/97	TAMIL NADU
7	RITWIKA SINGH	363	11/12/98	UTTAR PRADESH
8	SUMAN DEEP KAUR	265	10/04/94	PUNJAB
Event # 39 WOMENS 4x100m Relay				TIME: 19:00 HRS
NR:INDIAN TEAM ALMATY 43.42 04/07/2016				
MR:TAMIL NADU TEAM LUCKNOW 45.69 2019				
Heat 1				
2	TAMIL NADU C	648		TAMIL NADU
3	MALDIVES K	659		MALDIVES
4	INDIA-B M	669		INDIA-B
5	KERALA A	646		KERALA
6	DELHI E	653		DELHI
7	HARYANA G	655		HARYANA
8	MADHYA PRADESH I	657		MADHYA PRADESH
Heat 2				
2	INDIA J	658		INDIA
3	TELANGANA D	649		TELANGANA
4	SRI LANKA L	660		SRI LANKA
5	PUNJAB B	647		PUNJAB
6	MAHARASHTRA H	656		MAHARASHTRA
7	UTTAR PRADESH F	654		UTTAR PRADESH
Event # 54 MENS 400m Dec Dash				TIME: 19:20 HRS
Event # 20 MENS 4x400m Relay				TIME: 19:40 HRS
NR:INDIAN TEAM BANGALORE 3:00.91 10/07/2016				
MR:KERALA TEAM CHENNAI 3:09.29 2006				
Heat 1				
3	INDIA G	661		INDIA
4	INDIA-B K	668		INDIA-B
5	TAMIL NADU E	644		TAMIL NADU
6	HARYANA B	641		HARYANA
7	PUNJAB D	643		PUNJAB
Heat 2				
3	MALDIVES I	663		MALDIVES
4	DELHI A	640		DELHI
5	UTTAR PRADESH F	645		UTTAR PRADESH
6	MADHYA PRADESH H	662		MADHYA PRADESH
7	KERALA C	642		KERALA

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PUNJABI UNIVERSITY, PATIALA				
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Event # 12 MENS Pole Vault				FINAL
OLY.Q.MARK: 5.80				TIME: 16:00 HRS
NR:S. SIVA JALAHALLI 5.30 19/09/2018				
MR:KUNDAN . GUWAHATI 5.10 2018				
1	KUNWAR GYANENDRA SINGH	404	30/06/97	UTTAR PRADESH
2	DHIRENDRA KUMAR	405	28/08/99	UTTAR PRADESH
3	PARVEEN KUMAR	170	10/10/92	HARYANA
4	SANDEEP KUMAR	240	01/01/03	MADHYA PRADESH
5	SHEKHAR KUMAR PANDEY	403	01/02/01	UTTAR PRADESH
6	MANISH SINGH	169	12/07/99	HARYANA
7	PARSHANT SINGH KANHIYA	168	14/02/00	HARYANA
8	VIGNESH V	355	02/11/93	TAMIL NADU
Event # 37 WOMENS Hammer Throw				FINAL
OLY.Q.MARK: 72.50				TIME: 16:30 HRS
NR:SARITA SINGH PATIALA 65.25 01/06/2017				
MR:SARITA R SINGH GUWAHATI 63.28 2018				
1	NIKETA .	373	16/11/95	UTTAR PRADESH
2	RENU .	136	06/03/94	HARYANA
3	MANJU BALA	310	01/07/89	RAJASTHAN
4	BHAGWATI CHOUDHARY	308	23/07/01	RAJASTHAN
5	SURABHI GANESH VEDPATHAK	245	29/08/98	MAHARASHTRA
6	KULVINDER KAUR	309	15/02/98	RAJASTHAN
7	SARABJIT KAUR	271	12/04/84	PUNJAB
8	HARSHITA SEHRAWAT	112	01/04/03	DELHI
9	DIVYA SHANDILYA	261	05/07/98	ODISHA
10	SARITA R SINGH	374	26/10/89	UTTAR PRADESH
11	SNEHA SURYAKANT JADHAV	246	10/01/00	MAHARASHTRA
Event # 34 WOMENS Triple Jump				FINAL
OLY.Q.MARK: 14.32				TIME: 18:00 HRS
NR:MAYOOKHA JOHNY KOBE 14.11 09/07/2011				
MR:MAYOOKHA JOHNY LUCKNOW 13.72 2014				
1	RENU .	143	12/12/98	HARYANA
2	ASHA I	339	18/06/99	TAMIL NADU
3	KM. SONAM	380	15/05/98	UTTAR PRADESH
4	ATHIRA SURENDRAN	194	21/09/96	KERALA