

NATIONAL SENIOR RECORDS (as of 1st February 2022)

MEN

| | | | | | | |
|---------------|---|------|--|---------------|-------------|--------------------|
| 100m | 10.26 | 1.2 | Amiya Kumar Mallick | Odisha | 28-Apr-2016 | New Delhi |
| 200m | 20.63 | 1.5 | Muhammed Anas | Kerala | 15-Aug-2018 | Jablonec nad Nisou |
| 400m | 45.21 | | Muhammed Anas | Kerala | 13-Jul-2019 | Kladno, CZE |
| 800m | 1:45.65 | | Jinson Johnson | Kerala | 27-Jun-2018 | Guwahati |
| 1500m | 3:35.24 | | Jinson Johnson | Kerala | 1-Sep-2019 | Berlin |
| 5000m | 13:29.70 | | Bahadur Prasad | Delhi | 27-Jun-1992 | Birmingham |
| 10000m | 28:02.89 | | Surendra Singh | Uttarakhand | 12-Jul-2008 | Vigo |
| 3000m Steeple | 8:21.37 | | Avinash Sable | Maharashtra | 4-Oct-2019 | Doha |
| | 8:20.20 # | | Avinash Sable | Maharashtra | 17-Mar-2021 | Patiala |
| | 8:18.12 # | | Avinash Sable | Maharashtra | 30-Jul-2021 | Tokyo |
| 110m Hurdles | 13.48 | -0.9 | Siddhant Thingalaya | Maharashtra | 10-Jun-2017 | Mesa |
| 400m Hurdles | 48.80 | | A. Dharun | Tamil Nadu | 16-Mar-2019 | Patiala |
| High Jump | 2.29 | | Tejaswin Shankar | Delhi | 27-Apr-2018 | Lubbock |
| Pole Vault | 5.30 | | S. Siva | Tamil Nadu | 19-Sep-2018 | Jalahalli |
| Long Jump | 8.20 | 0.0 | Murali Sreeshankar | Kerala | 27-Sep-2018 | Bhubaneswar |
| | 8.26 # | 0.3 | Murali Sreeshankar | Kerala | 16-Mar-2021 | Patiala |
| Triple Jump | 17.30 | 1.8 | Renjith Maheswary | Kerala | 11-Jul-2016 | Bangalore |
| Shot Put | 20.92 | | Tajinder Pal Singh Toor | Punjab | 12-Oct-2019 | Ranchi |
| | 21.49 # | | Tajinder Pal Singh Toor | Punjab | 21-Jun-2021 | Patiala |
| Discus Throw | 66.28 | | Vikas Gowda | Karnataka | 12-Apr-2012 | Norman |
| Hammer Throw | 70.73 | | Neeraj Kumar | Rajasthan | 29-Jun-2016 | Hyderabad |
| Javelin Throw | 88.06 | | Neeraj Chopra | Haryana | 27-Aug-2018 | Jakarta |
| | 88.07 # | | Neeraj Chopra | Haryana | 5-Mar-2021 | Patiala |
| Decathlon | 7658 | | Bharatinder Singh | Haryana | 12-Jun-2011 | Bangalore |
| 4x100m Relay | 38.89 | | National Team | | 12-Oct-2010 | New Delhi |
| | | | Rahamatulla Molla, Suresh Sathya, Sameer Mon, Abdul Najeeb Qureshi | | | |
| 4x400m Relay | 3:00.91 | | National Team | | 10-Jul-2016 | Bangalore |
| | | | Kunhu Muhammed, Muhammed Anas, Ayyasamy Dharun, Arokia Rajiv | | | |
| | 3:00.25 # | | National Team | | 6-Aug-2021 | Tokyo |
| | Muhammed Anas Yahiya, Noah Nirmal Tom, Arokia Rajiv, Amoj Jacob | | | | | |
| Marathon | 2:12:00 | | Shivnath Singh | Bihar | 28-May-1978 | Jullundur |
| 20 KM walk | 1:20:21 | | K.T. Irfan | Kerala | 4-Aug-2012 | London |
| | 1:20:21= | | Devender Singh | Haryana | 20-Mar-2016 | Nomi |
| | 1:20:16 # | | Sandeep Kumar | Haryana | 13-Feb-2021 | Ranchi |
| 35 KM walk | 2:49:12 # | | Manish Rawat | Uttarakhand | 14-Feb-2021 | Ranchi |
| | 2:46:31 # | | Ram Baboo | Uttar Pradesh | 17-Sep-2021 | Warangal |
| 50 KM walk | 3:56:00 | | Sandeep Kumar | Haryana | 18-Feb-2017 | New Delhi |

WOMEN

| | | | | | | |
|-------|-----------|------|-------------------|-------------|-------------|-----------|
| 100m | 11.22 | -0.9 | Dutee Chand | Odisha | 11-Oct-2019 | Ranchi |
| | 11.17 # | 0.0 | Dutee Chand | Odisha | 21-Jun-2021 | Patiala |
| 200m | 22.82 | 0.8 | Saraswati Saha | West Bengal | 28-Aug-2002 | Ludhiana |
| 400m | 50.79 | | Hima Das | Assam | 26-Aug-2018 | Jakarta |
| 800m | 1:59.17 | | Tintu Luka | Kerala | 4-Sep-2010 | Split |
| 1500m | 4:06.03 | | Sunita Rani | Punjab | 11-Oct-2002 | Busan |
| | 4:05.39 # | | Harmilan Bains | Punjab | 16-Sep-2021 | Warangal |
| 5000m | 15:15.89 | | Preeja Sreedharan | Kerala | 26-Nov-2010 | Guangzhou |

| | | | | | | |
|---------------|---|------|------------------------|----------------|-------------|----------------|
| 10000m | 31:50.47 | | Preeja Sreedharan | Kerala | 21-Nov-2010 | Guangzhou |
| 3000m Steeple | 9:19.76 | | Lalita Babar | Maharashtra | 13-Aug-2016 | Rio de Janeiro |
| 100m Hurdles | 13.38 | -0.7 | Anuradha Biswal | Odisha | 26-Aug-2002 | New Delhi |
| | 13.38= | 0.4 | Anuradha Biswal | Odisha | 8-Sep-2002 | New Delhi |
| 400m Hurdles | 55.42 | | P.T. Usha | Kerala | 8-Aug-1984 | Los Angeles |
| High Jump | 1.92 | | Sahana Kumari | Karnataka | 23-Jun-2012 | Hyderabad |
| Pole Vault | 4.15 | | V.S. Surekha | Tamil Nadu | 4-Nov-2014 | New Delhi |
| Long Jump | 6.83 | 1.2 | Anju B. George | Kerala | 27-Aug-2004 | Athens |
| Triple Jump | 14.11 | 0.9 | Mayookha Johny | Kerala | 9-Jul-2011 | Kobe |
| Shot Put | 17.96 | | Manpreet Kaur | Punjab | 16-Sep-2015 | Kolkata |
| Discus Throw | 64.76 | | Krishna Poonia | Rajasthan | 5-May-2012 | Maui |
| | 65.06 # | | Kamalpreet Kaur | Punjab | 19-Mar-2021 | Patiala |
| | 66.59 # | | Kamalpreet Kaur | Punjab | 21-Jun-2021 | Patiala |
| Hammer Throw | 65.25 | | Sarita Singh | Uttar Pradesh | 1-Jun-2017 | Patiala |
| Javelin Throw | 62.43 | | Annu Rani | Uttar Pradesh | 30-Sep-2019 | Doha |
| | 63.24 # | | Annu Rani | Uttar Pradesh | 15-Mar-2021 | Patiala |
| Heptathlon | 6211 | | J.J. Shobha | Andhra Pradesh | 17-Mar-2004 | New Delhi |
| 4x100m Relay | 43.42 | | National Team | | 4-Jul-2016 | Almaty |
| | Merlin K Joseph, H M Jyothi, Srabani Nanda, Dutee Chand | | | | | |
| | 43.37 # | | National "Select" Team | | 21-Jun-2021 | Patiala |
| | Archana Suseendran, Dhanalakshmi Sekar, Hima Das, Dutee Chand | | | | | |
| 4x400m Relay | 3:26.89 | | National Team | | 27-Aug-2004 | Athens |
| | Rajwant Kaur, K M Beenamol, Chitra K Soman, Manjit Kaur | | | | | |
| Marathon | 2:34:43 | | O.P. Jaisha | Punjab | 30-Aug-2015 | Beijing |
| 20 KM walk | 1:29:54 | | Bhawna Jat | Rajasthan | 15-Feb-2020 | Ranchi |
| | 1:28:45 # | | Priyanka Goswami | Uttar Pradesh | 13-Feb-2021 | Ranchi |
| 35 KM walk | 3:15:17 # | | Ramandeep Kaur | Punjab | 17-Sep-2021 | Warangal |

MIXED

| | | | | | | |
|--------------|---|--|---------------|--|-------------|---------|
| 4x400m Relay | 3:15.71 | | National Team | | 28-Aug-2018 | Jakarta |
| | Muhammed Anas, M R Poovamma, Hima Das, Arokia Rajiv | | | | | |

records subject to usual ratification procedures