



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	Siddhanth 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	



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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