

<b>25th National Federation Cup Senior Athletics Competition</b>				
<b>CH Muhammed Koya Stadium, University of Calicut, Calicut (Kerala)</b>				
<b>02-06 April 2022</b>				
<b>Tentative Event Schedule</b>				
<i>Version 1.1 as on 31st March 2022</i>				
<b>E. No.</b>	<b>Time</b>	<b>Event</b>	<b>Section</b>	<b>Round</b>
<b>2nd April 2022 (Day-1)</b>				
<b>Morning Session</b>				
101	06.00	10000m	Men	<b>Final 1</b>
102	06.40	10000m	Women	<b>Final 2</b>
103	07.50	100m	Men	Decathlon 1
104	08.05	100m	Men	Round 1
105	08.40	Long Jump	Men	Decathlon 2
106	08.45	100m	Women	Round 1
107	09.10	400m	Men	Round 1
108	09.20	Long Jump	Men	Qualifying Round
109	09.30	Shot Put	Men	Decathlon 3
110	09.35	400m	Women	Round 1
<b>OPENING CEREMONY: 11.00 AM</b>				
<b>Evening Session</b>				
111	15.00	Pole Vault	Women	<b>Final 3</b>
112	15.15	High Jump	Men	Decathlon 4
113	16.00	100m	Men	Semi Final
114	17.00	400m	Men	Semi Final
115	17.30	400m	Men	Decathlon 5
	17.30	10000m	Men	Medal Ceremony 1
	17.40	10000m	Women	Medal Ceremony 2
	17.50	Pole Vault	Women	Medal Ceremony 3
<b>IMPORTANT INSTRUCTIONS</b>				
<ol style="list-style-type: none"> <li>1. No Athlete will be allowed to participate without RTPCR negative report not earlier than 72 hours.</li> <li>2. BIBS will be distributed from 10.00 am to 2.00 pm from 1st April to 6th April, 2022 at the entrance gate of warm area.</li> <li>3. Medals ceremony will be held as per the schedule. No medal will be given if athlete is absent from Medal ceremony.</li> </ol>				
<b>Progression Height</b>				
<b>High Jump Men</b>				
Practice Height: 1.90-2.20 Progression: 1.90-5 cm - 2.10 3 cm - 2.16 - 2cm				
<b>High Jump Women</b>				
Practice Height: 1.50 -1.75 Progression: 1.50 -5 cm- 1.65- 3cm- 1.71- 2cm				
<b>Pole Vault Men</b>				
Practice Height: 4.00-5.00 Progression: 4.00- 20 cm- 4.60- 10 cm- 4.80- 5 cm				
<b>Pole Vault Women</b>				
Practice Height: 2.80-4.00 Progression: 2.80- 20 cm- 3.40- 10 cm- 3.80 - 5 cm				
<b>Call Room Procedures</b>				
Event		Call Room -1	FOP	
Track Events	30 Minutes	Berfore Start Time	10 Minutes before start	
Hurdles	40 Minutes	Berfore Start Time	15 Minutes before start	
Field Event	45 Minutes	Berfore Start Time	30 Minutes before start	
Pole Vault	90 Minutes	Berfore Start Time	60 Minutes before start	
High Jump	60 Minutes	Berfore Start Time	45 Minutes before start	
<b>Important Phone Numbers</b>				
Mr. G. Krishnan: +91 9582040882 Mr. Haridass: +917907266486				

<b>25th National Federation Cup Senior Athletics Competition</b>				
<b>CH Muhammed Koya Stadium, University of Calicut, Calicut (Kerala)</b>				
<b>02-06 April 2022</b>				
<b>Start List Day-1 (02 April 2022)</b>				
<b>Event # 7 MENS 10000m Run</b>				<b>FINAL</b>
<b>NR:SURENDRA SINGH VIGO 28:02.89 12/07/2008</b>				<b>TIME: 06:00 HRS</b>
<b>MR:SURENDRA SINGH KOLKATA 28:57.90 2007</b>				
1	KISAN NARSHI TADVI	440	10/01/98	MAHARASHTRA
2	ARIF ALI	559	22/08/99	UTTAR PRADESH
3	UTTAM CHAND	404	07/06/99	MADHYA PRADESH
4	KIRAN MATRE	428	05/08/01	MAHARASHTRA
5	ROHIT KUMAR	276	07/01/01	DELHI
6	SAWAN BARWAL	346	18/02/98	HIMACHAL PRADESH
7	GULVEER SINGH	588	01/06/98	UTTAR PRADESH
8	NARENDRA PRATAP SINGH	590	05/03/97	UTTAR PRADESH
9	MOHAN SAINI	605	14/10/98	UTTARKHAND
10	MURLI KUMAR GAVIT	287	01/08/97	GUJARAT
11	GANESH KUMAR BIND	563	09/08/02	UTTAR PRADESH
12	HARMAN SINGH	412	10/10/95	MADHYA PRADESH
13	MAN SINGH	607	20/06/89	UTTARKHAND
14	AJAY KUMAR	572	08/07/94	UTTAR PRADESH
15	DHARMENDER .	479	20/07/99	RAJASTHAN
16	AMARESH KUMAR PRAJAPATI	280	10/09/01	DELHI
17	ABHISHEK PAL	579	15/07/97	UTTAR PRADESH
18	AJAY BIND	562	02/04/99	UTTAR PRADESH
19	NITESHKUMAR RATHVA	292	27/01/00	GUJARAT
20	CHANDAN BHARDWAJ	561	01/02/02	UTTAR PRADESH
21	RAJ SHEKHAR PATHAK	580	12/01/00	UTTAR PRADESH
22	ADINATH RAMCHAN BHOSALE	416	31/12/97	MAHARASHTRA
23	AMIT JANGIR	486	20/07/02	RAJASTHAN
24	DHANAVAT PRALHA RAMSING	436	28/01/94	MAHARASHTRA
25	SHIVAM YADAV	598	16/01/01	UTTAR PRADESH
26	KARTIK KUMAR	576	12/05/99	UTTAR PRADESH
<b>Event # 25 WOMENS 10000m Run</b>				<b>FINAL</b>
<b>NR:PREEJA SREEDHARAN GUANGZHOU 31:50.47 21/11/2010</b>				<b>TIME: 06:40 HRS</b>
<b>MR:SURIYA LOGANATHAN PATIALA 32:23.96 2018</b>				
1	CHATRU .	211	05/07/01	RAJASTHAN
2	SANJIVANI BABUR JADHAV	190	12/07/96	MAHARASHTRA
3	KAVITA YADAV	250	08/11/98	UTTAR PRADESH
4	SEEMA .	139	10/01/01	HIMACHAL PRADESH
5	RIMA PATEL	210	16/07/98	PUNJAB
6	REENA BACHAU PATEL	119	15/04/99	GUJARAT
<b>Event # 46 MENS 100m Decathlon-1</b>				<b>TIME: 07:50 HRS</b>
<b>Heat 1</b>				
3	SONU KUMAR	323	05/04/95	HARYANA
4	GURLAL SINGH	461	12/10/94	PUNJAB
5	SOURABH RATHI	581	02/01/01	UTTAR PRADESH

6	BOOTA SINGH	337		01/04/91	HARYANA
7	HAPPY SINGH	462		11/07/98	PUNJAB
<b>Heat 2</b>					
3	MIDHUN MURALI	383		12/04/95	KERALA
4	KRISHNA KUMAR	522		30/04/97	TAMIL NADU
5	MOHIT .	308		10/09/01	HARYANA
6	ANGRAJ SINGH	453		03/10/88	PUNJAB
7	USAID KHAN	571		19/03/02	UTTAR PRADESH
8	STALIN JOES S	543		01/06/99	TAMIL NADU
<b>Event # 1 MENS 100m Run</b>					
<b>NR:AMIYA KUMAR MALLICK NEW DELHI 10.26 28/04/2016</b>					<b>TIME: 08:05 HRS</b>
<b>MR:AMIYA KUMAR MALLICK NEW DELHI 10.26 2016</b>					
<b>Heat 1</b>					
1	AMIT TIWARI	285		16/09/97	DELHI
2	NIKHIL AVHAD	414		19/09/00	MAHARASHTRA
3	LOVE PREET SINGH	470		27/11/99	PUNJAB
4	ASWIN K.P	379		16/09/96	KERALA
5	KIRAN PANDURANG BHOSALE	419		17/09/98	MAHARASHTRA
6	BHASKARYA BHARALI	263		18/11/94	ASSAM
7	SUDHAKAR CHINTHA	553		18/05/97	TELANGANA
8	ASHISH .	299		28/09/97	HARYANA
<b>Heat 2</b>					
1	HARJIT SINGH	463		28/08/97	PUNJAB
2	AJIT CHAUHAN	566		19/09/99	UTTAR PRADESH
3	SANDEEP ..	315		10/08/97	HARYANA
4	NIKHIL SARJERAO PATIL	431		21/06/02	MAHARASHTRA
5	TAMIL ARASU	506		20/05/02	TAMIL NADU
6	GAURAV KUMAR	575		17/01/97	UTTAR PRADESH
7	SHASHIKANTH VIR ANGADI	349		24/06/02	KARNATAKA
8	NISHANT .	556		15/10/96	UTTAR PRADESH
<b>Heat 3</b>					
1	ROHIT GORKHA	451		21/10/99	PUNJAB
2	SIVA KUMAR B	511		13/10/94	TAMIL NADU
3	ELAKKIYADASAN K	518		31/01/95	TAMIL NADU
4	ALTHAF T N	393		23/09/96	KERALA
5	AISH RAJ SINGH	283		14/05/01	DELHI
6	RITIK MALIK	278		10/11/01	DELHI
7	PARVESH KUMAR	578		14/02/99	UTTAR PRADESH
<b>Heat 4</b>					
1	VIGNESH A	503		04/07/96	TAMIL NADU
2	VIKRAM KSHIRSAGAR	426		30/07/00	MAHARASHTRA
3	AUGUSTINE YESUDAS	551		01/03/95	TAMIL NADU
4	GURINDERVIR SINGH	460		24/12/00	PUNJAB
5	SHASHANK BALWAN SHINDE	267		07/08/94	CHHATTISGARH
6	KATHIRAVAN G	515		09/12/98	TAMIL NADU
7	HARMANPREET SINGH	465		19/01/97	PUNJAB
8	NIMESH YADAV	596		12/01/00	UTTAR PRADESH
<b>Event # 47 MENS Long Jump Decathlon-2</b>					
					<b>TIME: 08:40 HRS</b>

<b>Event # 19 WOMENS 100m Run</b>					<b>HEATS</b>
<b>NR:DUTEE CHAND PATIALA 11.17 21/06/2021</b>					<b>TIME: 08:45 HRS</b>
<b>MR:DUTEE CHAND NEW DELHI 11.33 2016</b>					
<b>Heat 1</b>					
2	KEERTHANA S	157		24/09/02	KARNATAKA
3	DUTEE CHAND	201		03/02/96	ODISHA
4	SIMI N S	154		22/10/97	KARNATAKA
5	SNEHA PJ	155		05/06/92	KARNATAKA
6	KM. TEENA	248		20/07/99	UTTAR PRADESH
7	SONIA .	126		05/01/01	HARYANA
<b>Heat 2</b>					
2	S. SRIRESHMA .	219		04/05/01	TAMIL NADU
3	ARCHANA S SUSEENDRAN	236		09/06/94	TAMIL NADU
4	NITHYA GANDHE	240		10/11/99	TELANGANA
5	ANJU A S	144		17/10/95	KARNATAKA
6	AVANTIKA SANTOS NARALE	195		11/07/03	MAHARASHTRA
7	RAJASHREE PRASAD	258		03/02/00	WEST BENGAL
<b>Heat 3</b>					
2	JILNA M V	174		28/12/97	KERALA
3	DANESHWARI A T	145		14/08/00	KARNATAKA
4	ANJALI P D	177		22/03/01	KERALA
5	SNEHA S.S	182		27/03/98	KERALA
6	KANIMOZHI C	223		08/11/97	TAMIL NADU
7	HIMANI CHANDEL	187		23/08/96	MADHYA PRADESH
<b>Event # 3 MENS 400m Run</b>					<b>HEATS</b>
<b>NR:MUHAMMED ANAS KLDNO,CZE 45.21 13/07/2019</b>					<b>TIME: 09:10 HRS</b>
<b>MR:AROKIA RAJIV NEW DELHI 45.47 2016</b>					
<b>Heat 1</b>					
1	VIMAL HOODA	317		30/03/00	HARYANA
2	MOHAMMED . ABDUL JAVAD E.K	402		06/06/00	LAKSHADWEEP
3	NAGANATHAN PANDI	532		23/04/96	TAMIL NADU
4	KAPIL .	305		10/11/03	HARYANA
5	SACHIN ROBY	387		27/04/92	KERALA
6	KULJEET SINGH	338		19/01/00	HARYANA
7	AKASH KUMAR	573		01/01/99	UTTAR PRADESH
<b>Heat 2</b>					
1	BIGHNARAJ MIRIDIA	447		12/04/94	ODISHA
2	NITIN KUMAR	577		12/05/01	UTTAR PRADESH
3	BARATH S	541		10/08/03	TAMIL NADU
4	MUHAMMED AJMAL V	367		01/06/98	KERALA
5	SIDDARTH M G	357		15/10/97	KARNATAKA
6	LAKSHAYDEEP .	306		18/09/00	HARYANA
7	SURENDAR S SELVAMANI	546		25/10/99	TAMIL NADU
<b>Heat 3</b>					
1	ADINATH BAPU NAIK	430		25/01/88	MAHARASHTRA
2	PANKAJ .	310		26/08/98	HARYANA
3	AMOJ JACOB	273		02/05/98	DELHI
4	MIJO CHACKO KURIAN	355		16/07/95	KARNATAKA
5	ANGREJ SINGH	336		19/02/94	HARYANA
6	HARPREET GILL	449		19/12/97	PUNJAB
7	AMIT KUMAR.	326		01/01/03	HARYANA

<b>Heat 4</b>					
1	SHERI TEJA REDDY	555		17/05/00	TELANGANA
2	RASHID RASHID	281		08/01/01	DELHI
3	RAJESH RAMESH	539		28/03/99	TAMIL NADU
4	RONAK PAREKH	291		09/08/97	GUJARAT
5	PRAVEEN KUMAR.	327		07/01/00	HARYANA
6	HARWINDER SINGH	466		08/08/98	PUNJAB
7	MANU T S	394		17/10/01	KERALA
<b>Heat 5</b>					
1	RISHABH MISHRA	554		18/07/98	TELANGANA
2	MOHAMMED AFSAL P	365		03/02/96	KERALA
3	NOAH NIRMAL TOM	395		13/11/94	KERALA
4	THOMAS MATHEW	382		17/12/98	KERALA
5	MAHANTESH SIDDA HELAVI	352		03/04/02	KARNATAKA
6	SUBODH BHATI	270		12/06/95	DELHI
7	LOVEJOT SINGH	472		13/07/98	PUNJAB
<b>Heat 6</b>					
1	K. AVINASH .	501		03/12/00	TAMIL NADU
2	GAJANAND BAHADU MISTRY	290		08/05/92	GUJARAT
3	S AROKIA RAJIV	538		22/05/91	TAMIL NADU
4	AMAL JOSEPH	374		03/09/94	KERALA
5	RAJESH NAKKA	260		15/08/00	ANDHRA PRADESH
6	DHARMVEER CHOUDHARY	482		05/02/01	RAJASTHAN
7	MOHIT KUMAR	321		01/09/97	HARYANA
<b>Heat 7</b>					
1	SUMIRAN CHETTRI	499		02/10/01	SIKKIM
2	MAYMON POULOSE	386		01/05/97	KERALA
3	SANTHOSH KUMAR T	523		01/01/98	TAMIL NADU
4	KARANPREET SINGH	467		25/08/00	PUNJAB
5	SAJIN V	399		28/01/91	KERALA
6	RINCE JOSEPH	375		31/08/02	KERALA
7	SUBHASH BISHNOI	481		15/10/98	RAJASTHAN
<b>Event # 13 MENS Long Jump</b>					<b>QUALIFYING ROUND</b>
<b>NR:M. SREESHANKAR PATIALA 8.26 16/03/2021</b>					
<b>MR:M. SREESHANKAR PATIALA 8.26 2021</b>					<b>TIME: 09:20 HRS</b>
<b>QUALIFYING MARK : 7.50 M / BEST 12</b>					
<b>GROUP A</b>					
1	SWAMINATHAN R	536		07/04/96	TAMIL NADU
2	RISHABH RISHISHWAR	582		09/03/00	UTTAR PRADESH
3	SETHU S NAIR	389		10/07/97	KERALA
4	NIRMAL SABU	390		11/05/99	KERALA
5	KULDEEP SAINI	495		29/05/98	RAJASTHAN
6	SANMATH DARSHAN SAKTHIVEL	545		24/05/03	TAMIL NADU
7	AADHAR SINGH	584		16/12/03	UTTAR PRADESH
8	ADITYA KUMAR SINGH	410		26/12/02	MADHYA PRADESH
9	BIKRAMJIT SINGH	457		25/04/95	PUNJAB
10	YUGANT SINGH	591		02/10/97	UTTAR PRADESH
11	JOSEPH T J	392		20/12/02	KERALA
12	AMAL TP	396		21/03/99	KERALA
13	AKHIL TV	397		13/04/00	KERALA
14	MUHAMMED ANEES YAHIYA	401		03/12/95	KERALA
15	VINOTH YUVARAJ	552		26/09/94	TAMIL NADU

<b>GROUP B</b>				
1	GAURAV .	302	14/09/99	HARYANA
2	KARTIK .	268	22/07/98	DELHI
3	S. LOKESH .	348	21/12/99	KARNATAKA
4	JESWIN ALDRIN	504	24/12/01	TAMIL NADU
5	ANIL KUMAR BHAGIRATHI SAHOO	415	19/04/98	MAHARASHTRA
6	MAYANK DUBEY	405	05/12/00	MADHYA PRADESH
7	RADHA KRISHNA.R	354	09/09/96	KARNATAKA
8	SILAMBARASAN M	526	27/12/92	TAMIL NADU
9	SREESHANKAR M	380	27/03/99	KERALA
10	SAHIL MAHABALI	328	27/12/97	HARYANA
11	MOHD MOHD SHAHRUKH	407	15/07/02	MADHYA PRADESH
12	LALIT MORE	429	06/03/97	MAHARASHTRA
13	ASADULLAH MUJAHITH	528	17/01/02	TAMIL NADU
14	SIDDHARTH MOHAN NAIK	358	08/09/95	KARNATAKA
15	DAVID P	530	17/03/02	TAMIL NADU
16	HEMANTH R	534	03/04/01	TAMIL NADU
<b>Event # 48 MENS Shot Put Decathlon-3</b>				<b>TIME: 09:30 HRS</b>
<b>Event # 21 WOMENS 400m Run</b>				<b>HEATS</b>
<b>NR:HIMA DAS JAKARTA 50.79 26/08/2018</b>				<b>TIME: 09:35 HRS</b>
<b>MR:NIRMALA SHEORAN PATIALA 51.28 2017</b>				
<b>Heat 1</b>				
2	SUMMY .	127	21/05/03	HARYANA
3	POOVAMMA RAJU	156	05/05/90	KARNATAKA
4	INCHARA N S	153	06/06/97	KARNATAKA
5	JAUNA MURMU	203	16/08/90	ODISHA
6	KUNJA RAJITHA	103	01/01/03	ANDHRA PRADESH
7	SHABNAM .	109	11/08/99	DELHI
<b>Heat 2</b>				
2	SIMRAN KAUR	113	01/08/98	DELHI
3	JISNA MATHEW	175	07/01/99	KERALA
4	AISHWARYA KAILA MISHRA	194	16/08/97	MAHARASHTRA
5	SONIA BAISHYA	253	31/12/95	WEST BENGAL
6	NANCY .	123	01/09/00	HARYANA
7	TWINKLE PUNDIR	188	10/12/92	MADHYA PRADESH
<b>Heat 3</b>				
2	KAVITA .	122	30/12/97	HARYANA
3	DANDI JYOTHIKA SRI	104	16/07/00	ANDHRA PRADESH
4	R VITHYA RAMRAJ	232	20/09/98	TAMIL NADU
5	PRATHIBHA VARGHESE	185	08/12/04	KERALA
6	RAJNI NAGAR	134	17/10/97	HARYANA
<b>Event # 30 WOMENS Pole Vault</b>				<b>FINAL</b>
<b>NR:V.S. SUREKHA NEW DELHI 4.15 04/11/2014</b>				<b>TIME: 15:00 HRS</b>
<b>MR:KRISHNA RACHAN PATIALA 4.06 2019</b>				
1	POOJA .	124	09/05/01	HARYANA
2	PREETHIKA ANANDHAN	221	06/06/98	TAMIL NADU

3	PUSHPARANI CHANDRAMUTHU	224		29/12/01	TAMIL NADU
4	BARANICA ELANGO VAN	225		03/02/97	TAMIL NADU
5	SINDHUSHREE G	148		23/10/00	KARNATAKA
6	VANSHIKA GHANGHAS	131		08/10/05	HARYANA
7	DIVYA MOHAN	176		28/07/99	KERALA
8	ROSY MEENA PAULRAJ	230		28/10/97	TAMIL NADU
9	RESHMA RAVEENDRAN	181		20/02/96	KERALA
<b>Event # 49 MENS High Jump Decathlon-4</b>					<b>TIME: 15:15 HRS</b>
<b>Event # 1 MENS 100m Run</b>					<b>SEMI FINAL</b>
<b>NR:AMIYA KUMAR MALLICK NEW DELHI 10.26 28/04/2016</b>					
<b>MR:AMIYA KUMAR MALLICK NEW DELHI 10.26 2016</b>					<b>TIME: 16:00 HRS</b>
<b>Event # 3 MENS 400m Run</b>					<b>SEMI FINAL</b>
<b>NR:MUHAMMED ANAS KLADNO,CZE 45.21 13/07/2019</b>					
<b>MR:AROKIA RAJIV NEW DELHI 45.47 2016</b>					<b>TIME: 17:00 HRS</b>
<b>Event # 50 MENS 400m Decathlon-5</b>					<b>TIME: 17:30 HRS</b>
<b>Event # 5 MENS 1500m Run</b>					<b>FINAL</b>
<b>NR:JINSON JOHNSON BERLIN 3:35.24 01/10/2019</b>					<b>TIME: 17:45 HRS</b>
<b>MR:JINSON JOHNSON PATIALA 3:39.69 2018</b>					
<b>FINAL WILL BE HELD AS PER SCHEDULE</b>					
<b>Event # 23 WOMENS 1500m Run</b>					<b>FINAL</b>
<b>NR:HARMILAN BAINS WARANGAL 4:05.39 16/09/2021</b>					<b>TIME: 18:00 HRS</b>
<b>MR:SUNITA RANI BANGALORE 4:08.10 1999</b>					
<b>FINAL WILL BE HELD AS PER SCHEDULE</b>					