

25th National Federation Cup Senior Athletics Competition				
CH Muhammed Koya Stadium, University of Calicut, Calicut (Kerala)				
02-06 April 2022				
Tentative Event Schedule				
<i>Version 1.1 as on 31st March 2022</i>				
4th April 2022 (Day-3)				
E. No.	Time	Event	Section	Round
Morning Session				
301	07.40	100m Hurdles	Women	Heptathlon 1
302	08.30	High Jump	Women	Heptathlon 2
Evening Session				
303	15.55	Shot Put	Women	Heptathlon 3
304	16.00	High Jump	Men	Final 14
305	16.00	110m Hurdles	Men	Final 15
	16.10	110m Hurdles	Men	Medal Ceremony 14
306	16.20	100m Hurdles	Women	Final 16
	16.30	100m Hurdles	Women	Medal Ceremony 15
307	16.30 hrs	Javelin Throw	Women	Final 17
308	16.35	Long Jump	Women	Final 18
309	16.50	200m	Women	Heptathlon 4
310	17.10	800m	Men	Round 1
311	17.05	Shot Put	Men	Final 19
312	17.20	800m	Women	Round 1
	17.25	High Jump	Men	Medal Ceremony 16
	17.35	Long Jump	Women	Medal Ceremony 17
313	17.35	3000m SC	Women	Final 20
	17.45	Shot Put	Men	Medal Ceremony 18
314	17.50	3000m SC	Men	Final 21
	17.55	3000m SC	Women	Medal Ceremony 19
	18.05	Javelin Throw	Women	Medal Ceremony 20
	18.15	3000m SC	Men	Medal Ceremony 21
IMPORTANT INSTRUCTIONS				
<ol style="list-style-type: none"> No Athlete will be allowed to participate without RTPCR negative report not earlier than 72 hours. 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. Medals ceremony will be held as per the schedule. No medal will be given if athlete is absent from Medal ceremony. 				
Progression Height				
High Jump Men				
Practice Height: 1.90-2.20 Progression: 1.90-5 cm - 2.10 3 cm - 2.16 - 2cm				
High Jump Women				
Practice Height: 1.50 -1.75 Progression: 1.50 -5 cm- 1.65- 3cm- 1.71- 2cm				
Pole Vault Men				
Practice Height: 4.00-5.00 Progression: 4.00- 20 cm- 4.60- 10 cm- 4.80- 5 cm				
Pole Vault Women				
Practice Height: 2.80-4.00 Progression: 2.80- 20 cm- 3.40- 10 cm- 3.80 - 5 cm				
Call Room Procedures				
Event		Call Room -1	FOP	
Track Even		30 Minutes Before Start Time	10 Minutes before start	
Hurdles		40 Minutes Before Start Time	15 Minutes before start	
Field Event		45 Minutes Before Start Time	30 Minutes before start	
Pole Vault		90 Minutes Before Start Time	60 Minutes before start	
High Jump		60 Minutes Before Start Time	45 Minutes before start	
Important Phone Numbers				
Mr. G. Krishnan: +91 9582040882 Mr. Haridass: +917907266486				

25th National Federation Cup Senior Athletics Competition					
CH Muhammed Koya Stadium, University of Calicut, Calicut (Kerala)					
02-06 April 2022					
Start List Day-3 (04 April 2022)					
Event # 38 WOMENS 100m Hurdles Heptathlon-1					TIME: 07:40 HRS
Heat 1					
3	MAREENA GEORGE	169		02/04/95	KERALA
4	TANISHKA SHARMA	114		30/11/05	DELHI
5	HELAN SAJI	183		04/04/00	KERALA
6	UNNATHI BOLLANDA	146		06/05/05	KARNATAKA
7	DEEPIKA S	233		09/04/02	TAMIL NADU
Heat 2					
3	SWAPNA BARMAN	254		29/10/96	WEST BENGAL
4	SONU KUMARI	133		23/11/00	HARYANA
5	MARIYA THOMAS	184		03/11/99	KERALA
6	KAJAL .	121		21/02/00	HARYANA
7	TANUSHREE .	213		14/02/02	RAJASTHAN
Event # 39 WOMENS High Jump Heptathlon-2					TIME: 08:30 HRS
Event # 40 WOMENS Shot Put Heptathlon-3					
					TIME: 15:55 HRS
Event # 11 MENS High Jump					FINAL
NR:TEJASWIN SHANKAR LUBBOCK 2.29 27/04/2018					TIME: 16:00 HRS
MR:TEJASWIN SHANKAR PATIALA 2.28 2018					
1	AKASH .	295		10/03/01	HARYANA
2	CHETHAN BALASUBRAMANYA	350		18/08/92	KARNATAKA
3	DEVA KARTHICK D	513		03/07/02	TAMIL NADU
4	PRAVEEN KUMAR	275		15/05/03	DELHI
5	SARVESH KUSHARE	427		17/06/95	MAHARASHTRA
6	SWADHIN KUMAR MAJHI	446		10/04/00	ODISHA
7	CHANDRA MOHAN	527		10/01/00	TAMIL NADU
8	MANIVANNAN R	535		29/12/96	TAMIL NADU
9	JESSE SANDESH	360		22/10/95	KARNATAKA
10	PEDA KAMARAJU SRIKAKOLAPU	261		10/05/99	ANDHRA PRADESH
11	ASWIN V C	400		26/04/01	KERALA
Event # 8 MENS 110m Hurdles					FINAL
NR:SIDDHANTH THINGALAYA MESA 13.48 10/06/2017					TIME: 16:00 HRS
MR:SIDDHANTH THINGALAYA PATIALA 13.65 2012					
1	AMRUT TANAJI TIWALE	442		13/08/93	MAHARASHTRA
2	VEERAMANI P	531		17/03/94	TAMIL NADU
3	SIDDHANTH THINGALAYA	441		03/01/91	MAHARASHTRA
4	TARUNDEEP SINGH BHATIA	448		06/09/94	PUNJAB

5	A. GRACESON JEEVA	445		05/04/03	ODISHA
6	FASIL FEROKE AHAMMED SEEMA	366		04/02/02	KERALA
7	VIKAS KHODKE	425		16/08/01	MAHARASHTRA
8	KRISHIK. M	356		16/10/03	KARNATAKA
Event # 26 WOMENS 100m Hurdles					FINAL
NR:ANURADHA BISWA NEW DELHI 13.38 08/09/2002					TIME: 16:20 HRS
MR:ANURADHA BISWAL NEW DELHI 13.48 2006					
1	S. SRIRESHMA .	219		04/05/01	TAMIL NADU
2	MEDHA RAJESH KAMATH	151		04/12/97	KARNATAKA
3	JYOTHI YARRAJI	105		28/08/99	ANDHRA PRADESH
4	KANIMOZHI C	223		08/11/97	TAMIL NADU
5	MOUMITA MONDAL	257		09/12/01	WEST BENGAL
6	NANDHINI. S	234		12/12/98	TAMIL NADU
7	UNNATHI BOLLANDA	146		06/05/05	KARNATAKA
8	PUSHPANJALI .	143		28/01/97	KARNATAKA
Event # 36 WOMENS Javelin Throw					FINAL
NR:ANNU RANI PATIALA 63.24 15/03/2021					TIME: 16:30 HRS
MR:ANNU RANI PATIALA 63.24 2021					
1	SANJANA CHOUDHARY	216		09/07/99	RAJASTHAN
2	UMA CHOUDHARY	217		04/10/99	RAJASTHAN
3	RASHMI K	150		24/11/93	KARNATAKA
4	HEMAMALINI NEELAKANDAN	228		12/04/00	TAMIL NADU
5	ANNU RANI	246		29/08/92	UTTAR PRADESH
6	SHILPA RANI	136		15/06/96	HARYANA
7	KARISHMA S SANIL	158		04/06/00	KARNATAKA
8	KUMARI SHARMILA	137		02/03/95	HARYANA
Event # 31 WOMENS Long Jump					FINAL
NR:ANJU B. GEORGE ATHENS 6.83 27/08/2004					TIME: 16:35 HRS
MR:ANJU B. GEORGE CHENNAI 6.59 2002					
1	SHERIN A	220		24/02/00	TAMIL NADU
2	SANDRA BABU	161		03/07/01	KERALA
3	BHAVANI YADAV BHAGAVATHI	101		19/12/98	ANDHRA PRADESH
4	ANCY SOJAN E	167		01/03/01	KERALA
5	KARTHIKA GOTHANDAPANI	226		02/01/96	TAMIL NADU
6	NAYANA JAMES	170		18/10/95	KERALA
7	MANISHA MEREL	202		05/07/01	ODISHA
8	POOJA SAINI	218		10/10/99	RAJASTHAN
9	SABITA TOPPO	207		06/04/05	ODISHA
Event # 41 WOMENS 200m Dash Heptathlon-4					TIME: 16:50 HRS

Event # 4 MENS 800m Run					HEATS
NR:JINSON JOHNSON GUWAHATI 1:45.65 27/06/2018					TIME: 17:10 HRS
MR:JINSON JOHNSON PATIALA 1:46.32 2018					
Heat 1					
1	GOURAV SHARMA	409		25/03/98	MADHYA PRADESH
2	MUJAMIL AMEER	505		24/02/98	TAMIL NADU
3	KRISHAN KUMAR	320		12/10/97	HARYANA
4	JEEVA ASHOKAN	507		13/12/96	TAMIL NADU
5	PRAKASH GADADE	422		31/07/02	MAHARASHTRA
6	DEVAIAH T H	362		01/02/98	KARNATAKA
7	AMIT KUMAR..	492		20/06/98	RAJASTHAN
Heat 2					
1	VISHWAMBHAR KOLEKAR	353		28/07/91	KARNATAKA
2	RAJ KUMAR FANDAN	484		01/06/98	RAJASTHAN
3	SHASHI BHUSHAN SINGH	609		10/01/96	WEST BENGAL
4	MANJIT SINGH	340		01/09/89	HARYANA
5	MOHAMMED AFSAL P	365		03/02/96	KERALA
6	ANANDHU MON M S	381		03/02/01	KERALA
7	NITIN ..	610		24/02/99	DELHI
Heat 3					
1	ANU KUMAR	603		02/11/02	UTTARKHAND
2	HARJOT SINGH	464		25/10/00	PUNJAB
3	MANJEET .	307		17/11/95	HARYANA
4	SREE KIRAN	521		29/09/01	TAMIL NADU
5	SUMIT KUMAR	324		02/03/02	HARYANA
6	ANKIT .	298		01/12/99	HARYANA
7	VISHAL CHAVAN	420		19/06/92	MAHARASHTRA
Heat 4					
1	SAHIL KHAN	487		07/11/05	RAJASTHAN
2	AMANDEEP .	476		12/03/99	RAJASTHAN
3	ANKESH CHAUDHARY	347		28/12/98	HIMACHAL PRADESH
4	AJAY KUMAR SAROJ	583		01/05/97	UTTAR PRADESH
5	NIKESH DHANRAJ RATHOD	437		09/09/97	MAHARASHTRA
6	GAURAV YADAV B	510		16/12/99	TAMIL NADU
7	MANJEET ..	314		07/07/02	HARYANA
Event # 15 MENS Shot Put					
NR:T.SINGH TOOR PATIALA 21.49 21/06/2021					TIME: 17:05 HRS
MR:INDERJEET SINGH MANGALORE 20.65 2015					
1	AKSHAY .	475		28/12/98	RAJASTHAN
2	NIKET .	309		10/01/02	HARYANA
3	NARESH ANTIL	316		20/03/91	HARYANA
4	AKASH GREHWAL	569		01/09/01	UTTAR PRADESH
5	CHETAN KAPOOR	318		23/12/93	HARYANA
6	OMPRAKASH SINGH KARHANA	319		11/01/87	HARYANA
7	DEVINDER SINGH	458		30/10/92	PUNJAB
8	KARANVEER SINGH	468		24/07/97	PUNJAB
9	SAHIB SINGH	284		05/11/00	DELHI
10	TAJINDER SINGH	473		13/05/88	PUNJAB
11	TAJINDERPAL SIN TOOR	474		13/11/94	PUNJAB
12	SOURABH VIJ	286		14/06/87	DELHI

Event # 22 WOMENS 800m Run					HEATS
NR:TINTU LUKA SPLIT 1:59.17 04/09/2010					TIME: 17:20 HRS
MR:TINTU LUKA NEW DELHI 2:01.84 2016					
Heat 1					
1	SHALU CHAUDHARY	111		27/01/94	DELHI
2	NEHA .	108		15/03/93	DELHI
3	PRAMILA YADAV	251		20/07/94	UTTAR PRADESH
4	CHANDA .	107		16/08/01	DELHI
5	STEPHY SARA KOSHY	172		22/03/03	KERALA
6	NIKITA SHARMA	141		04/07/01	HIMACHAL PRADESH
Heat 2					
1	KAJAL RANGNATH KANWADE	116		26/01/01	GUJARAT
2	NAMITA PRADHAN	204		10/07/96	ODISHA
3	ARPITHA E B	147		22/07/01	KARNATAKA
4	SHRADDHA KATHIRIYA	117		20/12/01	GUJARAT
5	YAMUNA LADKAT	193		20/04/98	MAHARASHTRA
6	TWINKLE .	209		17/10/95	PUNJAB
Heat 3					
1	SUNITA ...	140		31/03/98	HIMACHAL PRADESH
2	PRISCILLA DANIEL	164		01/07/02	KERALA
3	LILI DAS	256		18/03/98	WEST BENGAL
4	RADHA CHAUDHARY	110		02/02/01	DELHI
5	BHAGYALAXMI DONTU LAXMI	239		13/06/03	TELANGANA
6	MITTAL SHANKARB CHAUDHRI	115		19/05/01	GUJARAT
Event # 28 WOMENS 3000m Steeplechase					
NR:LAITA BABAR RIO DE JANEIRO 9:19.76 13/08/2016					FINAL
MR:LALITA BABAR NEW DELHI 9:27.09 2016					TIME: 17:35 HRS
1	GAYATHRI. G	168		26/09/00	KERALA
2	KOMAL CHANDRAKA JAGADALE	191		26/01/99	MAHARASHTRA
3	RICHA BHADAURIYA	242		28/01/97	UTTAR PRADESH
4	CHHAVI YADAV	189		15/08/92	MADHYA PRADESH
5	SUSMITA TIGGA	206		25/12/03	ODISHA
6	G MAHESHWARI .	238		18/08/00	TELANGANA
7	SRUTHI M S	173		20/07/96	KERALA
8	BHAGYASHREE LAHANU NAVALE	118		20/12/01	GUJARAT
Event # 10 MENS 3000m Steeplechase					
NR:A.SABLE THIRUVANANTHPURAM 8:16.21 23/03/2022					FINAL
MR:AVINASH SABLE PATIALA 8:20.20 2021					TIME: 17:50 HRS
1	BALKISHAN .	300		09/11/98	HARYANA
2	SANDEEP .	311		11/11/95	HARYANA
3	SUMIT KUMAR	277		07/04/00	DELHI
4	DURGA BAHADUR BUDHA	564		03/05/90	UTTAR PRADESH
5	RAGHAV .	557		01/02/02	UTTAR PRADESH
6	VISHAL CHAUHAN	567		16/10/03	UTTAR PRADESH
7	SUMIT KUMAR GORAI	450		11/02/99	PUNJAB
8	MD NUR HASAN	570		18/08/01	UTTAR PRADESH
9	SHANKAR LAL SWAMI	343		05/07/96	HARYANA

10	SOURABH ANTIL	403		29/12/01	MADHYA PRADESH
11	PUKESHWAR LAL	266		25/03/97	CHHATTISGARH
12	ADITYA SHIVAJI BHOSALE	417		07/11/98	MAHARASHTRA
13	BHUPAL SINGH	606		10/01/97	UTTARKHAND
14	RAKESH KUMAR SWAMI	498		07/01/94	RAJASTHAN
15	ATUL POONIA	494		01/10/00	RAJASTHAN
16	SUNIL JOLIYA JINABHAI	288		26/12/02	GUJARAT
17	PRINCE RAJ MISHRA	500		01/03/99	SIKKIM
18	LOKESH CHAUDHARY	565		01/07/99	UTTAR PRADESH
19	PURAN RAI	608		28/02/95	WEST BENGAL
20	ROHIT VERMA	344		20/10/98	HARYANA