

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>				
5th April 2022 (Day-4)				
Morning Session				
401	08.00	Long Jump	Women	Heptathlon 5
402	08.20	200m	Men	Round 1
403	08.50	200m	Women	Round 1
404	09.00	Javelin Throw	Women	Heptathlon 6
Evening Session				
405	15.30	Pole Vault	Men	Final 22
406	16.00	Discus Throw	Men	Final 23
407	16.00	400m Hurdles	Men	Round 1
408	16.15	High Jump	Women	Final 24
409	16.30	Triple Jump	Women	Final 25
410	16.30	400m Hurdles	Women	Round 1
411	17.20	Discus Throw	Women	Final 26
	17.25	Discus Throw	Men	Medal Ceremony 22
412	17.30	800m	Men	Final 27
	17.35	800m	Men	Medal Ceremony 23
413	17.40	800m	Women	Final 28
	17.45	800m	Women	Medal Ceremony 24
414	17.50	800m	Women	Heptathlon 7-Final 29
	17.55	High Jump	Women	Medal Ceremony 25
	18.05	Triple Jump	Women	Medal Ceremony 26
	18.15	Pole Vault	Men	Medal Ceremony 27
	18.25	Heptathlon	Women	Medal Ceremony 28
	18.35	Discus Throw	Women	Medal Ceremony 29
IMPORTANT INSTRUCTIONS				
1. No Athlete will be allowed to participate without RTPCR negative report not earlier than 72 hours.				
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.				
3. 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				

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CH Muhammed Koya Stadium, University of Calicut, Calicut (Kerala)				
02-06 April 2022				
Start List Day-4 (05 April 2022)				
Event # 42 WOMENS Long Jump Heptathlon-5				TIME: 08:00 HRS
1	TANISHKA SHARMA	114	30/11/05	DELHI
2	HELAN SAJI	183	04/04/00	KERALA
3	DEEPIKA S	233	09/04/02	TAMIL NADU
4	TANUSHREE .	213	14/02/02	RAJASTHAN
5	MARIYA THOMAS	184	03/11/99	KERALA
6	KAJAL .	121	21/02/00	HARYANA
7	UNNATHI BOLLANDA	146	06/05/05	KARNATAKA
8	SONU KUMARI	133	23/11/00	HARYANA
9	MAREENA GEORGE	169	02/04/95	KERALA
10	SWAPNA BARMAN	254	29/10/96	WEST BENGAL
Event # 2 MENS 200m Run				HEATS
NR:M.ANAS JABLONEC NAD NISOU 20.63 15/08/2018				TIME: 08:20 HRS
MR:ANAND MENEZES CHENNAI 20.79 2002				
Heat 1				
1	DHARANESHWARAN B	509	07/08/99	TAMIL NADU
2	GURMEET SINGH	589	12/01/99	UTTAR PRADESH
3	ELAKKIYADASAN K	518	31/01/95	TAMIL NADU
4	KATHIRAVAN G	515	09/12/98	TAMIL NADU
5	AKASH KUMAR	573	01/01/99	UTTAR PRADESH
6	AJIT CHAUHAN	566	19/09/99	UTTAR PRADESH
7	RAGUL KUMAR GANESH KUMAR	516	22/03/00	TAMIL NADU
Heat 2				
1	TUSHAR KANTI MANNA	279	03/10/01	DELHI
2	THEERTHESH P SHETTY	361	31/03/02	KARNATAKA
3	ADINATH BAPU NAIK	430	25/01/88	MAHARASHTRA
4	LOVE PREET SINGH	470	27/11/99	PUNJAB
5	NIMESH YADAV	596	12/01/00	UTTAR PRADESH
6	VIGNESH A	503	04/07/96	TAMIL NADU
7	PANKAJ .	310	26/08/98	HARYANA
Heat 3				
1	RAHUL KADAM	423	03/10/98	MAHARASHTRA
2	SHASHANK BALWAN SHINDE	267	07/08/94	CHHATTISGARH
3	MUHAMMED AJMAL V	367	01/06/98	KERALA
4	AMLAN BORGHAIN	264	25/04/98	ASSAM
5	RITIK MALIK	278	10/11/01	DELHI
6	ANIMESH KUJJUR	265	02/06/03	CHHATTISGARH
7	TAMIL ARASU	506	20/05/02	TAMIL NADU
8	SHASHIKANTH VIR ANGADI	349	24/06/02	KARNATAKA

Event # 20 WOMENS 200m Run				HEATS
NR:SARASWATI SAHA LUDHIANA 22.82 28/08/2002				TIME: 08:50 HRS
MR:HIMA DAS PATIALA 23.21 2021				
Heat 1				
1	TWINKLE PUNDIR	188	10/12/92	MADHYA PRADESH
2	RAJNI NAGAR	134	17/10/97	HARYANA
3	ANJALI P D	177	22/03/01	KERALA
4	HIMA DAS	106	09/01/00	ASSAM
5	SIMI N S	154	22/10/97	KARNATAKA
6	SIMRAN KAUR	113	01/08/98	DELHI
7	INCHARA N S	153	06/06/97	KARNATAKA
8	HIMANI CHANDEL	187	23/08/96	MADHYA PRADESH
Heat 2				
1	SNEHA PJ	155	05/06/92	KARNATAKA
2	JYOTHI YARRAJI	105	28/08/99	ANDHRA PRADESH
3	DANESHWARI A T	145	14/08/00	KARNATAKA
4	ARCHANA S SUSEENDRAN	236	09/06/94	TAMIL NADU
5	PRIYA MOHAN	152	15/03/03	KARNATAKA
6	AISHWARYA KAILA MISHRA	194	16/08/97	MAHARASHTRA
7	JILNA M V	174	28/12/97	KERALA
Event # 43 WOMENS Javelin Throw Heptathlon-6				TIME: 09:00 HRS
Event # 12 MENS Pole Vault				FINAL
NR:S. SIVA JALAHALLI 5.30 19/09/2018				TIME: 15:30 HRS
MR:S. SIVA PATIALA 5.16 2019				
1	AMIT .	477	23/07/02	RAJASTHAN
2	RANJITH A	502	13/05/86	TAMIL NADU
3	SIDHARTH AK	368	27/08/00	KERALA
4	ANOOP CB	372	02/03/90	KERALA
5	RAKESH GOND	568	01/04/01	UTTAR PRADESH
6	ATHUL RAJ K	376	14/05/01	KERALA
7	JESSAN K G	378	03/01/98	KERALA
8	SENTHAMARAI KANNAN J	520	14/10/00	TAMIL NADU
9	DHIRENDRA KUMAR	574	28/08/99	UTTAR PRADESH
10	TANUJ KUMAR	325	27/12/03	HARYANA
11	SANTHOSH KUMAR M	525	15/11/98	TAMIL NADU
12	GOKUL NATH	529	15/02/97	TAMIL NADU
13	YUGENDRAN R	537	01/10/03	TAMIL NADU
14	ASWIN S	388	07/10/98	KERALA
15	SIVA S	542	05/06/96	TAMIL NADU
16	ALOK SINGH	586	11/06/95	UTTAR PRADESH
17	MANISH SINGH	339	12/07/99	HARYANA
18	RAMBEER SINGH	497	30/06/96	RAJASTHAN
19	A. GNANA SONE	547	02/03/01	TAMIL NADU
20	ARUN VENKAT	550	12/11/00	TAMIL NADU
21	DEEPAK YADAV.	601	06/06/02	UTTAR PRADESH

Event # 16 MENS Discus Throw					FINAL
NR:VIKAS GOWDA NORMAN 66.28 12/04/2012					TIME: 16:00 HRS
MR:ANIL KUMAR LUCKNOW 59.55 2000					
1	AMIT .	297		25/01/99	HARYANA
2	JAIDEEP .	303		07/07/93	HARYANA
3	MANJEET .	307		17/11/95	HARYANA
4	SIDHARTH K C	377		26/06/01	KERALA
5	IKRAM KHAN	406		01/07/01	MADHYA PRADESH
6	AMIT KUMAR	488		10/12/96	RAJASTHAN
7	PRAVEEN KUMAR	490		02/02/96	RAJASTHAN
8	RAVI KUMAR	491		14/06/98	RAJASTHAN
9	PARSHANT MALIK	330		10/07/91	HARYANA
10	VIKRAM PARIHAR	493		13/11/92	RAJASTHAN
11	GOVIND VIJAY RAI	435		11/05/93	MAHARASHTRA
12	ARVIND RATHEE	334		10/10/93	HARYANA
13	BANVIR SINGH	587		18/01/89	UTTAR PRADESH
14	KIRPAL SINGH	469		19/05/92	PUNJAB
15	SACHIN SUHAG	342		11/11/96	HARYANA
16	DEEPAK YADAV	595		12/02/01	UTTAR PRADESH
Event # 9 MENS 400m Hurdles					HEATS
NR:A. DHARUN PATIALA 48.80 16/03/2019					TIME: 16:00 HRS
MR:A. DHARUN PATIALA 48.80 2019					
Heat 1					
2	DHARUN AYYASAMY	508		31/12/96	TAMIL NADU
3	JABIR PALLIYALIL	384		08/06/96	KERALA
4	VIJAY MALIK	331		10/01/93	HARYANA
5	ROHAN KAMBLE	424		15/02/02	MAHARASHTRA
6	NIRMAL YADAV	444		13/01/97	MAHARASHTRA
7	PRAVIN KUMAR.	524		15/11/96	TAMIL NADU
8	AFTAB ALAM	558		03/03/97	UTTAR PRADESH
Heat 2					
3	SANTHOSH KUMAR T	523		01/01/98	TAMIL NADU
4	DHAVAL MAHESH UTEKAR	293		06/10/00	GUJARAT
5	THOMAS MATHEW	382		17/12/98	KERALA
6	HARSHVARDHAN BHOSALE	418		05/04/00	MAHARASHTRA
7	RAJA K	519		11/10/88	TAMIL NADU
8	SURENDAR S SELVAMANI	546		25/10/99	TAMIL NADU
Event # 29 WOMENS High Jump					FINAL
NR:SAHANA KUMARI HYDERABAD 1.92 23/06/2012					TIME: 16:15 HRS
MR:BOBBY ALOYSIUS HYDERABAD 1.89 2003					
1	KEVINAA ASHWINE ANNAVI	222		23/03/02	TAMIL NADU
2	ANGEL P DEVASIA	165		06/12/94	KERALA
3	SALIHA K. H.	171		14/09/02	KERALA
4	GRACENA MERLY	227		23/05/00	TAMIL NADU
5	ABHINAYA SHETTY	159		16/06/99	KARNATAKA

6	GIJI STEPHEN	235		30/12/00	TAMIL NADU
7	SAMIKSHA UPRIKAR	200		25/07/99	MAHARASHTRA
8	RUBINA YADAV	138		14/01/01	HARYANA
Event # 32 WOMENS Triple Jump					FINAL
NR:MAYOOKHA JOHNY KOBE 14.11 09/07/2011					TIME: 16:30 HRS
MR:ANISHA K. VIJAYAN NEW DELHI 13.57 2006					
1	SUMAN .	212		16/09/02	RAJASTHAN
2	SANDRA BABU	161		03/07/01	KERALA
3	KARTHIKA GOTHANDAPANI	226		02/01/96	TAMIL NADU
4	BABISHA P	229		26/12/01	TAMIL NADU
5	SHARVARI AVINAS PARULEKAR	196		20/03/02	MAHARASHTRA
6	NANDHINI. S	234		12/12/98	TAMIL NADU
Event # 27 WOMENS 400m Hurdles					HEATS
NR:P.T. USHA LOS ANGELES 55.42 08/08/1984					TIME: 16:30 HRS
MR:SARITABEN GAYAKWAD PATIALA 57.21 2019					
Heat 1					
2	GUDIYA .	241		14/09/98	UTTAR PRADESH
3	R VITHYA RAMRAJ	232		20/09/98	TAMIL NADU
4	PRAGYAN PRASANT SAHU	205		19/12/99	ODISHA
5	ANILA VENU	186		06/12/98	KERALA
6	SIMMY .	125		22/09/03	HARYANA
Heat 2					
2	MADHU .	611		03/01/99	HARYANA
3	ANU R	178		20/04/93	KERALA
4	ARATHI R	179		21/05/01	KERALA
5	PRAJNA K	149		25/07/01	KARNATAKA
6	BHATERI ..	130		20/05/96	HARYANA
Event # 34 WOMENS Discus Throw					FINAL
NR:KAMALPREET KAUR PATIALA 66.59 21/06/2021					TIME: 17:20 HRS
MR:KAMALPREET KAUR PATIALA 65.06 2021					
1	SUNITA .	128		20/03/00	HARYANA
2	SURAVI BISWAS	255		13/10/97	WEST BENGAL
3	THOUFEERA C.P	163		15/08/00	KERALA
4	SONAL GOYAL	112		27/03/98	DELHI
5	SEEMA PUNIA	245		27/07/83	UTTAR PRADESH
6	AKHILA RAJU	180		19/03/05	KERALA
7	NIDHI RANI	135		03/01/97	HARYANA
8	SUSHMA MN SUSHMA MN	160		08/05/00	KARNATAKA
Event # 4 MENS 800m Run					FINAL
NR:JINSON JOHNSON GUWAHATI 1:45.65 27/06/2018					TIME: 17:30 HRS
MR:JINSON JOHNSON PATIALA 1:46.32 2018					
1	VISHWAMBHAR KOLEKAR	353		28/07/91	KARNATAKA
2	MANJIT SINGH	340		01/09/89	HARYANA

3	ANU KUMAR	603		02/11/02	UTTARKHAND
4	MOHAMMED AFSAL P	365		03/02/96	KERALA
5	KRISHAN KUMAR	320		12/10/97	HARYANA
6	MANJEET ..	314		07/07/02	HARYANA
7	ANKESH CHAUDHARY	347		28/12/98	HIMACHAL PRADESH
8	PRAKASH GADADE	422		31/07/02	MAHARASHTRA
Event # 22 WOMENS 800m Run					FINAL
NR:TINTU LUKA SPLIT 1:59.17 04/09/2010					TIME: 17:40 HRS
MR:TINTU LUKA NEW DELHI 2:01.84 2016					
1	ARPITHA E B	147		22/07/01	KARNATAKA
2	SUNITA ...	140		31/03/98	HIMACHAL PRADESH
3	LILI DAS	256		18/03/98	WEST BENGAL
4	CHANDA .	107		16/08/01	DELHI
5	YAMUNA LADKAT	193		20/04/98	MAHARASHTRA
6	RADHA CHAUDHARY	110		02/02/01	DELHI
7	SHALU CHAUDHARY	111		27/01/94	DELHI
8	TWINKLE .	209		17/10/95	PUNJAB
Event # 44 WOMENS 800m Heptathlon-7					TIME: 17:50 HRS