

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>				
6th April 2022 (Day-5)				
Evening Session				
501	16.00	Hammer	Men	Final 30
502	16.10	200m	Men	Final 31
	16.20	200m	Men	Medal Ceremony 30
503	16.20	200m	Women	Final 32
	16.30	200m	Women	Medal Ceremony 31
504	16.30	Triple Jump	Men	Final 33
505	16.45	400m Hurdles	Men	Final 34
	17.10	400m Hurdles	Men	Medal Ceremony 32
506	17.00	400m Hurdles	Women	Final 35
	17.20	400m Hurdles	Women	Medal Ceremony 33
507	17.15	Hammer	Women	Final 36
		Hammer	Men	Medal Ceremony 34
508	17.30	5000m	Men	Final 37
509	17.50	5000m	Women	Final 38
	17.50	5000m	Men	Medal Ceremony 35
	18.00	Triple Jump	Men	Medal Ceremony 36
	18.10	5000m	Women	Medal Ceremony 37
	18.20	Hammer	Women	Medal Ceremony 38
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-5 (06 April 2022)				
Event # 17 MENS Hammer Throw				FINAL
NR:NEERAJ KUMAR HYDERABAD 70.73 29/06/2016				TIME: 16:00 HRS
MR:GURMEET SINGH PATIALA 69.97 2021				
1	DEEPAK .	301	16/06/97	HARYANA
2	YUVRAJ JAKHAR	485	07/12/01	RAJASTHAN
3	BAJINDER SINGH	456	01/10/90	PUNJAB
4	GURDEV SINGH	459	14/08/01	PUNJAB
5	LOVEJIT SINGH	471	05/08/90	PUNJAB
6	MANJEET SIROHI	592	01/07/95	UTTAR PRADESH
7	MOHD TABIS	593	15/03/03	UTTAR PRADESH
8	SHANTANU UCHALE	443	31/01/99	MAHARASHTRA
9	NAVEEN YADAV	345	28/10/00	HARYANA
Event # 2 MENS 200m Run				FINAL
NR:M.ANAS JABLONEC NAD NISOU 20.63 15/08/2018				TIME: 16:10 HRS
MR:ANAND MENEZES CHENNAI 20.79 2002				
1	RAGUL KUMAR GANESH KUMAR	516	22/03/00	TAMIL NADU
2	TAMIL ARASU	506	20/05/02	TAMIL NADU
3	MUHAMMED AJMAL V	367	01/06/98	KERALA
4	AKASH KUMAR	573	01/01/99	UTTAR PRADESH
5	VIGNESH A	503	04/07/96	TAMIL NADU
6	AMLAN BORGHAIN	264	25/04/98	ASSAM
7	ELAKKIYADASAN K	518	31/01/95	TAMIL NADU
8	LOVE PREET SINGH	470	27/11/99	PUNJAB
Event # 20 WOMENS 200m Run				FINAL
NR:SARASWATI SAHA LUDHIANA 22.82 28/08/2002				TIME: 16:20 HRS
MR:HIMA DAS PATIALA 23.21 2021				
1	JYOTHI YARRAJI	105	28/08/99	ANDHRA PRADESH
2	ARCHANA S SUSEENDRAN	236	09/06/94	TAMIL NADU
3	AISHWARYA KAILA MISHRA	194	16/08/97	MAHARASHTRA
4	HIMA DAS	106	09/01/00	ASSAM
5	PRIYA MOHAN	152	15/03/03	KARNATAKA
6	ANJALI P D	177	22/03/01	KERALA
7	JILNA M V	174	28/12/97	KERALA
8	INCHARA N S	153	06/06/97	KARNATAKA

Event # 14 MENS Triple Jump				FINAL
NR:RENJITH MAHESWARY BANGALORE 17.30 11/07/2016				TIME: 16:30 HRS
MR:RENJITH MAHESWARY PATIALA 16.85 2012				
1	ARUN A B	363	02/11/98	KERALA
2	ABDULLA ABOOBACKER	364	17/01/96	KERALA
3	RAKESH AV	369	20/03/90	KERALA
4	ANIL KUMAR BHAGIRATHI SAHOO	415	19/04/98	MAHARASHTRA
5	AKHIL KUMAR C D	371	26/06/01	KERALA
6	PRAVEEN CHITHRAVEL	512	05/06/01	TAMIL NADU
7	KHUSHVINDER SIN DHAMMU	483	18/08/99	RAJASTHAN
8	ELDHOSE PAUL	385	07/11/96	KERALA
9	SELVA PRABHU	533	28/12/04	TAMIL NADU
10	MOHAMMED SALAHU S.N	544	24/03/94	TAMIL NADU
11	ARPINDER SINGH	454	30/12/92	PUNJAB
12	KRISHNA SINGH	439	18/07/98	MAHARASHTRA
13	VIMAL THAMIZHCHELVAN	548	25/03/96	TAMIL NADU
14	KARTHIK U	398	03/06/93	KERALA
15	GAILEY VENISTER	549	31/01/00	TAMIL NADU
16	MOHD ZUBER	602	02/03/96	UTTAR PRADESH
Event # 9 MENS 400m Hurdles				FINAL
NR:A. DHARUN PATIALA 48.80 16/03/2019				TIME: 16:45 HRS
MR:A. DHARUN PATIALA 48.80 2019				
1	VIJAY MALIK	331	10/01/93	HARYANA
2	PRAVIN KUMAR.	524	15/11/96	TAMIL NADU
3	JABIR PALLIYALIL	384	08/06/96	KERALA
4	SANTHOSH KUMAR T	523	01/01/98	TAMIL NADU
5	DHARUN AYYASAMY	508	31/12/96	TAMIL NADU
6	DHAVAL MAHESH UTEKAR	293	06/10/00	GUJARAT
7	AFTAB ALAM	558	03/03/97	UTTAR PRADESH
8	THOMAS MATHEW	382	17/12/98	KERALA
Event # 27 WOMENS 400m Hurdles				FINAL
NR:P.T. USHA LOS ANGELES 55.42 08/08/1984				TIME: 17:00 HRS
MR:SARITABEN GAYAKWAD PATIALA 57.21 2019				
2	MADHU .	611	03/01/99	HARYANA
3	ARATHI R	179	21/05/01	KERALA
4	SIMMY .	125	22/09/03	HARYANA
5	ANU R	178	20/04/93	KERALA
6	PRAGYAN PRASANT SAHU	205	19/12/99	ODISHA
7	BHATERI ..	130	20/05/96	HARYANA
8	PRAJNA K	149	25/07/01	KARNATAKA

Event # 35 WOMENS Hammer Throw					FINAL
NR:SARITA SINGH PATIALA 65.25 01/06/2017					TIME: 17:15 HRS
MR:SARITA R. SINGH PATIALA 65.25 2017					
1	BHATERI .	120		13/11/98	HARYANA
2	SIMRAN .	208		15/12/98	PUNJAB
3	MANJU BALA	214		01/07/89	RAJASTHAN
4	KESSIA MARIAM BENNY	162		09/09/02	KERALA
5	TANYA CHAUDHARY	244		21/09/03	UTTAR PRADESH
6	BLESSY DEVASSIA .	166		25/05/03	KERALA
7	SYED FIZA KHADRI	102		06/05/00	ANDHRA PRADESH
8	SARITA R SINGH	247		26/10/89	UTTAR PRADESH
9	JYOTI YADAV	249		01/01/99	UTTAR PRADESH
Event # 6 MENS 5000m Run					FINAL
NR:BAHADUR PRASAD BIRMINGHAM 13:29.70 27/06/1992					TIME: 17:30 HRS
MR:G. LAKSHMANAN PATIALA 13:47.28 2018					
1	MURLI KUMAR GAVIT	287		01/08/97	GUJARAT
2	ABHISHEK PAL	579		15/07/97	UTTAR PRADESH
3	DHARMENDER .	479		20/07/99	RAJASTHAN
4	LOKESH CHAUDHARY	565		01/07/99	UTTAR PRADESH
5	PUNEET YADAV	413		19/12/02	MADHYA PRADESH
6	LAKSHMANAN GOVINDAN	517		05/06/90	TAMIL NADU
7	RAHUL .	269		01/12/96	DELHI
8	KISAN NARSHI TADVI	440		10/01/98	MAHARASHTRA
9	RAKESH MANDAL	604		16/04/99	UTTARKHAND
10	HARMAN SINGH	412		10/10/95	MADHYA PRADESH
11	BALKISHAN .	300		09/11/98	HARYANA
12	AJAY KUMAR	572		08/07/94	UTTAR PRADESH
13	AVINASH SABLE	438		13/09/94	MAHARASHTRA
14	RANJEET KUMAR	452		15/02/95	PUNJAB
15	NARENDRA PRATAP SINGH	590		05/03/97	UTTAR PRADESH
16	ABDUL BARI	560		18/09/99	UTTAR PRADESH
17	AJAY BIND	562		02/04/99	UTTAR PRADESH
18	MAN SINGH	607		20/06/89	UTTARKHAND
19	HARJODHVIR SINGH	411		13/01/99	MADHYA PRADESH
20	GULVEER SINGH	588		01/06/98	UTTAR PRADESH
21	HARIOM TIWARI	594		08/12/01	UTTAR PRADESH
22	KARTIK KUMAR	576		12/05/99	UTTAR PRADESH
23	SAWAN BARWAL	346		18/02/98	HIMACHAL PRADESH
24	AJAY .	294		29/01/02	HARYANA
25	AMIT JANGIR	486		20/07/02	RAJASTHAN
26	ANOOP .	478		08/04/01	RAJASTHAN
27	PRAKASHRAO DESHMKH	421		21/06/99	MAHARASHTRA

Event # 24 WOMENS 5000m Run					FINAL
NR:PREEJA SREEDHARAN GUANGZHOU 15:15.89 26/11/2010					TIME: 17:50 HRS
MR:SURIYA LOGANATHAN NEW DELHI 15:39.59 2016					
1	PARUL CHAUDHARY	243		15/04/95	UTTAR PRADESH
2	SRUTHI M S	173		20/07/96	KERALA
3	ANKITA .	252		05/02/02	UTTARKHAND
4	POONAM DINKAR SONUNE	199		04/04/00	MAHARASHTRA
5	KOMAL CHANDRAKA JAGADALE	191		26/01/99	MAHARASHTRA
6	RICHA BHADAURIYA	242		28/01/97	UTTAR PRADESH
7	KAVITA YADAV	250		08/11/98	UTTAR PRADESH
8	SUPRITI KACHHAP	142		03/04/03	JHARKHAND
9	NIKITA VIJAY RAUT	198		03/11/97	MAHARASHTRA
10	RIMA PATEL	210		16/07/98	PUNJAB
11	SEEMA .	139		10/01/01	HIMACHAL PRADESH
12	SANJIVANI BABUR JADHAV	190		12/07/96	MAHARASHTRA