

NATIONAL SENIOR RECORDS (as of 5th September 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
	20.52 #	1.0	Amlan Borgohain	Assam	6-Apr-2022	Thenhipalam
400m	45.21		Muhammed Anas	Kerala	13-Jul-2019	Kladno
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
	13:25.65 #		Avinash Sable	Maharashtra	6-May-2022	San Juan Capistrano
10000m	28:02.89		Surendra Singh	Uttarakhand	12-Jul-2008	Vigo
3000m Steeple	8:18.12		Avinash Sable	Maharashtra	30-Jul-2021	Tokyo
	8:16.21 #		Avinash Sable	Maharashtra	23-Mar-2022	Thiruvananthapuram
	8:12.48 #		Avinash Sable	Maharashtra	5-Jun-2022	Rabat
	8:11.20 #		Avinash Sable	Maharashtra	6-Aug-2022	Birmingham
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	8.26	0.3	Murali Sreeshankar	Kerala	16-Mar-2021	Patiala
	8.36 #	1.5	Murali Sreeshankar	Kerala	3-Apr-2022	Thenhipalam
Triple Jump	17.30	1.8	Renjith Maheswary	Kerala	11-Jul-2016	Bangalore
Shot Put	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	88.07		Neeraj Chopra	Haryana	5-Mar-2021	Patiala
	89.30 #		Neeraj Chopra	Haryana	14-Jun-2022	Turku
	89.94 #		Neeraj Chopra	Haryana	30-Jun-2022	Stockholm
Decathlon	7658		Bharatinder Singh	Haryana	12-Jun-2011	Bangalore
4x100m Relay	38.89		National Team		12-Oct-2010	New Delhi
	<i>Rahamatulla Molla, Suresh Sathya, Sameer Mon, Abdul Najeed Qureshi</i>					
4x400m Relay	3:00.25		National Team		6-Aug-2021	Tokyo
	<i>Muhammed Anas Yahiya, Noah Nirmal Tom, Arokia Rajiv, Amoj Jacob</i>					
Marathon	2:12:00		Shivnath Singh	Bihar	28-May-1978	Jullundur
20 KM walk	1:20:16		Sandeep Kumar	Haryana	13-Feb-2021	Ranchi
35 KM walk	2:45:17		Eknath Turambekar	Maharashtra	5-Mar-2022	Muscat
	2:40:16 #		Juned Khan	Haryana	17-Apr-2022	Ranchi
50 KM walk	3:56:00		Sandeep Kumar	Haryana	18-Feb-2017	New Delhi

WOMEN

100m	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	4:05.39		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
	13.23 #	-0.1	Jyothi Yarraji	Andhra Pradesh	10-May-2022	Limassol
	13.11 #	0.3	Jyothi Yarraji	Andhra Pradesh	22-May-2022	Loughborough
	13.04 #	1.4	Jyothi Yarraji	Andhra Pradesh	26-May-2022	Vught
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
	18.06 #		Manpreet Kaur	Haryana	11-Jun-2022	Chennai
Discus Throw	66.59		Kamalpreet Kaur	Punjab	21-Jun-2021	Patiala
Hammer Throw	65.25		Sarita Singh	Uttar Pradesh	1-Jun-2017	Patiala
Javelin Throw	63.24		Annu Rani	Uttar Pradesh	15-Mar-2021	Patiala
	63.82 #		Annu Rani	Uttar Pradesh	8-May-2022	Jamshedpur
Heptathlon	6211		J.J. Shobha	Andhra Pradesh	17-Mar-2004	New Delhi
4x100m Relay	43.37		National "Select" Team		21-Jun-2021	Patiala
	<i>Archana Suseendran, Dhanalakshmi Sekar, Hima Das, Dutee Chand</i>					
4x400m Relay	3:26.89		National Team		27-Aug-2004	Athens
	<i>Rajwant Kaur, K M Beenamol, Chitra K Soman, Manjit Kaur</i>					
Marathon	2:34:43		O.P. Jaisha	Punjab	30-Aug-2015	Beijing
20 KM walk	1:28:45		Priyanka Goswami	Uttar Pradesh	13-Feb-2021	Ranchi
35 KM walk	3:13:19		Priyanka Goswami	Uttar Pradesh	5-Mar-2022	Muscat
	3:00:04 #		Ramandeep Kaur	Punjab	17-Apr-2022	Ranchi

MIXED

4x400m Relay	3:15.71		National Team		28-Aug-2018	Jakarta
	<i>Muhammed Anas, M R Poovamma, Hima Das, Arokia Rajiv</i>					

records subject to usual ratification procedures