

| 49th NATIONAL OPEN ATHLETICS CHAMPIONSHIPS-2009        |                         |                      |         |       |
|--|-------------------------|----------------------|---------|-------|
| T.T. STADIUM, BHOPAL {Madhya Pradesh}                  |                         |                      |         |       |
| 6th TO 9th OCTOBER 2009                                |                         |                      |         |       |
| <b>Event # 1 MENS 100m</b>                             |                         |                      |         |       |
| <b>TIME:- 8:45 AM</b>                                  |                         |                      |         |       |
| <b>06-10-2009</b>                                      |                         |                      |         |       |
| <b># N.R.:ANIL KUMAR P. NEW DELHI 10.30 24.08.2005</b> |                         |                      |         |       |
| <b>% M.R.:ANIL KUMAR P. SSCB 10.37 OCT-2001</b>        |                         |                      |         |       |
| <b>RESULTS OF FINALS</b>                               |                         |                      |         |       |
| 1  | B.G.NAGRAJ .            | RAILWAYS             | +0.0m/s | 10.55 |
| 2  | RITESH ANAND .          | RAILWAYS             | +0.0m/s | 10.57 |
| 3  | S. SATHYA .             | TAMILNADU            | +0.0m/s | 10.59 |
| 4  | M.MANIKANDARAJ .        | TAMILNADU            | +0.0m/s | 10.61 |
| 5  | GANESH SATPUTE .        | RAILWAYS             | +0.0m/s | 10.66 |
| 6  | SAMEER MON .            | SERVICES             | +0.0m/s | 10.67 |
| 7  | MD.ABDUL NAZEEB QURESHI | ANDHRA PRADESH       | +0.0m/s | 10.75 |
|  | RANE KRISHNA KUMAR      | MAHARASTRA           |         | DNS   |
| <b>RESULTS OF SEMIS Heat 1</b>                         |                         |                      |         |       |
| 1  | S. SATHYA .             | TAMILNADU            | +0.6m/s | 10.57 |
| 2  | RITESH ANAND .          | RAILWAYS             | +0.6m/s | 10.64 |
| 3  | SAMEER MON .            | SERVICES             | +0.6m/s | 10.70 |
| 4  | ANOOP. P.K .            | KERALA               | +0.6m/s | 10.78 |
| 5  | G.N.BOPANNA .           | KARNATAKA            | +0.6m/s | 11.05 |
| 6  | K.M.BINU .              | ATHLETICS FEDERATION | +0.6m/s | 11.06 |
| 7  | SITENDER .              | UTTAR PRADESH        | +0.6m/s | 11.23 |
|  | N. PRASATH .            | ANDHRA PRADESH       |         | DNS   |
| <b>RESULTS OF SEMIS Heat 2</b>                         |                         |                      |         |       |
| 1  | B.G.NAGRAJ .            | RAILWAYS             | +0.4m/s | 10.68 |
| 2  | MD.ABDUL NAZEEB QURESHI | ANDHRA PRADESH       | +0.4m/s | 10.68 |
| 3  | RANE KRISHNA KUMAR      | MAHARASTRA           | +0.4m/s | 10.74 |
| 4  | RAHAMATULLA MOLLA       | POLICE               | +0.4m/s | 10.81 |
| 5  | SREE KUMAR .            | SERVICES             | +0.4m/s | 11.04 |
| 6  | VISHAL SAXENA .         | UTTAR PRADESH        | +0.4m/s | 11.12 |
| 7  | MANISH .                | HARYANA              | +0.4m/s | 11.16 |
| 8  | S.HUSSAIN .             | MADHYA PRADESH       | +0.4m/s | 11.35 |
| <b>RESULTS OF SEMIS Heat 3</b>                         |                         |                      |         |       |
| 1  | M.MANIKANDARAJ .        | TAMILNADU            | +0.4m/s | 10.69 |
| 2  | GANESH SATPUTE .        | RAILWAYS             | +0.4m/s | 10.71 |
| 3  | VILAS NEELGUND .        | ATHLETICS FEDERATION | +0.4m/s | 10.78 |
| 4  | VIPIN KUMAR .           | WEST BENGAL          | +0.4m/s | 11.15 |
| 5  | VIKAS SHARMA .          | PUNJAB               | +0.4m/s | 11.18 |
| 6  | R SEENIVASAN .          | SERVICES             | +0.4m/s | 11.20 |
|  | SURENDERSING .          | GUJRAT               |         | DNS   |
|  | AMIYA KUMAR MALLICK     | ORISSA               |         | DNS   |
| <b>RESULTS OF PRELIMS Heat 1</b>                       |                         |                      |         |       |
| 1  | M.MANIKANDARAJ .        | TAMILNADU            | +0.4m/s | 10.81 |
| 2  | GANESH SATPUTE .        | RAILWAYS             | +0.4m/s | 10.83 |
| 3  | R SEENIVASAN .          | SERVICES             | +0.4m/s | 11.11 |

|                                  |                         |                      |         |       |
|----------------------------------|-------------------------|----------------------|---------|-------|
| 4                                | SHAREEF. K .            | KERALA               | +0.4m/s | 11.38 |
| 5                                | KADIP .                 | DELHI                | +0.4m/s | 11.44 |
| 6                                | JAGDISH BASAK .         | POLICE               | +0.4m/s | 12.18 |
|                                  | PANKAJD SHAKYA .        | MADHYA PRADESH       |         | DNS   |
|                                  | AJAY KUMAR NAYAK        | ATHLETICS FEDERATION |         | DNS   |
| <b>RESULTS OF PRELIMS Heat 2</b> |                         |                      |         |       |
| 1                                | S. SATHYA .             | TAMILNADU            | +0.0m/s | 10.68 |
| 2                                | SAMEER MON .            | SERVICES             | +0.0m/s | 10.69 |
| 3                                | ANOOP. P.K .            | KERALA               | +0.0m/s | 10.78 |
| 4                                | VIPIN KUMAR .           | WEST BENGAL          | +0.0m/s | 11.22 |
| 5                                | SITENDER .              | UTTAR PRADESH        | +0.0m/s | 11.36 |
| 6                                | PAWAN KUMAR .           | HARYANA              | +0.0m/s | 11.37 |
| 7                                | DEBYENDU MAJHI .        | BIHAR                | +0.0m/s | 11.39 |
|                                  | ARUNJITH .              | ATHLETICS FEDERATION |         | DNS   |
| <b>RESULTS OF PRELIMS Heat 3</b> |                         |                      |         |       |
| 1                                | AMIYA KUMAR MALLICK     | ORISSA               | +0.4m/s | 10.82 |
| 2                                | RITESH ANAND .          | RAILWAYS             | +0.4m/s | 10.86 |
| 3                                | VILAS NEELGUND .        | ATHLETICS FEDERATION | +0.4m/s | 10.87 |
| 4                                | SREE KUMAR .            | SERVICES             | +0.4m/s | 11.11 |
| 5                                | SUKHWINDER SINGH        | PUNJAB               | +0.4m/s | 11.41 |
| 6                                | SAJI P.S. .             | POLICE               | +0.4m/s | 11.57 |
| 7                                | MD. HUSSIN ASIF .       | JHARKHAND            | +0.4m/s | 11.78 |
| <b>RESULTS OF PRELIMS Heat 4</b> |                         |                      |         |       |
| 1                                | VISHAL SAXENA .         | UTTAR PRADESH        | -0.4m/s | 10.97 |
| 2                                | RAHAMATULLA MOLLA       | POLICE               | -0.4m/s | 11.07 |
| 3                                | MANISH .                | HARYANA              | -0.4m/s | 11.15 |
| 4                                | S.HUSSAIN .             | MADHYA PRADESH       | -0.4m/s | 11.26 |
| 5                                | SHAN HUSSAIN .          | GUJRAT               | -0.4m/s | 11.49 |
| 6                                | PARMESHWAR RAM BHAGAT   | CHATTISGARH          | -0.4m/s | 12.53 |
|                                  | HARIOM .                | GUJRAT               |         | DNS   |
| <b>RESULTS OF PRELIMS Heat 5</b> |                         |                      |         |       |
| 1                                | MD.ABDUL NAZEEB QURESHI | ANDHRA PRADESH       | +0.9m/s | 10.70 |
| 2                                | B.G.NAGRAJ .            | RAILWAYS             | +0.9m/s | 10.75 |
| 3                                | RANE KRISHNA KUMAR      | MAHARASTRA           | +0.9m/s | 10.75 |
| 4                                | G.N.BOPANNA .           | KARNATAKA            | +0.9m/s | 10.98 |
| 5                                | RENJITH. K.G .          | KERALA               | +0.9m/s | 11.49 |
| 6                                | RANJIT SHARMA .         | CHATTISGARH          | +0.9m/s | 11.64 |
| 7                                | RAJENDER SETHI .        | COAL INDIA           | +0.9m/s | 12.63 |
| <b>RESULTS OF PRELIMS Heat 6</b> |                         |                      |         |       |
| 1                                | K.M.BINU .              | ATHLETICS FEDERATION | +0.0m/s | 11.05 |
| 2                                | VIKAS SHARMA .          | PUNJAB               | +0.0m/s | 11.10 |
| 3                                | N. PRASATH .            | ANDHRA PRADESH       | +0.0m/s | 11.15 |
| 4                                | SURENDERSING .          | GUJRAT               | +0.0m/s | 11.23 |
| 5                                | RAJARAM .               | DELHI                | +0.0m/s | 11.61 |
| 6                                | AMIT SHARMA .           | UTTAR PRADESH        | +0.0m/s | 11.65 |
| 7                                | JAI PRAKASH .           | CHATTISGARH          | +0.0m/s | 12.24 |
| <b>Event # 2 MENS 200m</b>       |                         |                      |         |       |
| <b>TIME:- 8:30 AM</b>            |                         |                      |         |       |

|   |                         |                      |         |       |
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| <b>09-10-2009</b>                                     |                         |                      |         |       |
| <b># N.R.:ANIL KUMAR P. BANGLORE 20.73 17.07.2000</b> |                         |                      |         |       |
| <b>% M.R.:AJITH S. RSPB 20.92 OCT-2007</b>            |                         |                      |         |       |
| <b>RESULTS OF FINALS</b>                              |                         |                      |         |       |
| 1   | MD.ABDUL NAZEEB QURESHI | ANDHRA PRADESH       | +0.0m/s | 21.21 |
| 2   | ARUNJITH S. .           | RAILWAYS             | +0.0m/s | 21.26 |
| 3   | M.MANIKANDARAJ .        | TAMILNADU            | +0.0m/s | 21.75 |
| 4   | G C PRAVEEN KUMAR       | SERVICES             | +0.0m/s | 22.13 |
| 5   | KUNHU MUHAMMED P.       | KERALA               | +0.0m/s | 22.17 |
|   | P.MUTHU SWAMY .         | RAILWAYS             |         | DNF   |
|   | NITIN KUMAR .           | SERVICES             |         | DNS   |
|   | AMANDEEP SINGH .        | PUNJAB               |         | DNS   |
| <b>RESULTS OF PRELIMS Heat 1</b>                      |                         |                      |         |       |
| 1   | M.MANIKANDARAJ .        | TAMILNADU            | -0.3m/s | 22.02 |
| 2   | G C PRAVEEN KUMAR       | SERVICES             | -0.3m/s | 22.08 |
| 3   | MANUKUMAR. N.N .        | KERALA               | -0.3m/s | 22.61 |
| 4   | TASHWIN .               | GUJRAT               | -0.3m/s | 23.08 |
| 5   | KADIP .                 | DELHI                | -0.3m/s | 23.14 |
| 6   | ANJINA YALU .           | RAILWAYS             | -0.3m/s | 23.40 |
|   | VISHAL SAXENA .         | UTTAR PRADESH        |         | DNF   |
| <b>RESULTS OF PRELIMS Heat 2</b>                      |                         |                      |         |       |
| 1   | KUNHU MUHAMMED P.       | KERALA               | -0.3m/s | 22.24 |
| 2   | P.MUTHU SWAMY .         | RAILWAYS             | -0.3m/s | 22.27 |
| 3   | TRIVIKRAM KAMAT .       | GUJRAT               | -0.3m/s | 22.36 |
| 4   | VIKASH SINGH .          | DELHI                | -0.3m/s | 22.68 |
| 5   | SWAROOP RAJAN .         | SERVICES             | -0.3m/s | 23.56 |
|   | JAYAPRAKASH SHETTY      | KARNATAKA            |         | DNF   |
|   | AMIT SHARMA .           | UTTAR PRADESH        |         | DNF   |
| <b>RESULTS OF PRELIMS Heat 3</b>                      |                         |                      |         |       |
| 1   | MD.ABDUL NAZEEB QURESHI | ANDHRA PRADESH       | +0.0m/s | 21.50 |
| 2   | ARUNJITH S. .           | RAILWAYS             | +0.0m/s | 21.62 |
| 3   | NITIN KUMAR .           | SERVICES             | +0.0m/s | 22.08 |
| 4   | AMANDEEP SINGH .        | PUNJAB               | +0.0m/s | 22.14 |
| 5   | MANISH .                | HARYANA              | +0.0m/s | 22.49 |
| 6   | D.MALIKA ARJUN .        | MADHYA PRADESH       | +0.0m/s | 22.54 |
| <b>Event # 3 MENS 400m</b>                            |                         |                      |         |       |
| <b>TIME:- 9:40 AM</b>                                 |                         |                      |         |       |
| <b>07-10-2009</b>                                     |                         |                      |         |       |
| <b># N.R.:K.M. BINU ATHENS 45.48 20.8.2004</b>        |                         |                      |         |       |
| <b>% M.R.:PARAMJIT SINGH POL 45.70 NOV-1998</b>       |                         |                      |         |       |
| <b>RESULTS OF FINALS</b>                              |                         |                      |         |       |
| 1   | MORTAJA S K .           | SERVICES             |         | 46.59 |
| 2   | BIBIN MATHEW .          | RAILWAYS             |         | 46.78 |
| 3   | HARPRET SINGH .         | PUNJAB               |         | 46.97 |
| 4   | V.B.BINISH .            | RAILWAYS             |         | 47.16 |
| 5   | AJAY KUMAR .            | POLICE               |         | 47.60 |
| 6   | SARISH PAUL .           | SERVICES             |         | 47.81 |
| 7   | JAYAPRAKASH SHETTY      | KARNATAKA            |         | 48.22 |
| 8   | DHARAMBIR .             | ATHLETICS FEDERATION |         | 49.03 |

|                                  |                         |  |                      |         |
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| <b>RESULTS OF SEMIS Heat 1</b>   |                         |  |                      |         |
| 1                                | HARPRET SINGH .         |  | PUNJAB               | 47.27   |
| 2                                | AJAY KUMAR .            |  | POLICE               | 47.79   |
| 3                                | DHARAMBIR .             |  | ATHLETICS FEDERATION | 47.93   |
| 4                                | NEERAJ PANWAR .         |  | UTTAR PRADESH        | 48.28   |
| 5                                | SRIJITH P.S. .          |  | RAILWAYS             | 48.71   |
| 6                                | VIKASH SINGH .          |  | DELHI                | 49.03   |
| 7                                | JITHIN PAUL .           |  | KERALA               | 49.10   |
| 8                                | SWAROOP RAJAN .         |  | SERVICES             | 49.52   |
| <b>RESULTS OF SEMIS Heat 2</b>   |                         |  |                      |         |
| 1                                | BIBIN MATHEW .          |  | RAILWAYS             | 46.97   |
| 2                                | MORTAJA S K .           |  | SERVICES             | 47.09   |
| 3                                | JAYAPRAKASH SHETTY      |  | KARNATAKA            | 47.83   |
| 4                                | ARUN K. JOSEPH. .       |  | KERALA               | 48.52   |
| 5                                | INDERJIT SINGH .        |  | PUNJAB               | 48.53   |
| 6                                | J.PREM ANAND .          |  | TAMILNADU            | 48.78   |
| 7                                | SAYED SHOIEB .          |  | MAHARAstra           | 50.35   |
|                                  | JOSEPH G. ABRAHAM       |  | ATHLETICS FEDERATION | DNS     |
| <b>RESULTS OF SEMIS Heat 3</b>   |                         |  |                      |         |
| 1                                | V.B.BINISH .            |  | RAILWAYS             | 47.92   |
| 2                                | SARISH PAUL .           |  | SERVICES             | 48.16   |
| 3                                | AZADBIR SINGH .         |  | PUNJAB               | 48.31   |
| 4                                | VINAY CHAUDHARY .       |  | POLICE               | 48.64   |
| 5                                | VIKAS KUMAR .           |  | UTTAR PRADESH        | 49.30   |
| 6                                | PRAVIN .                |  | GUJRAT               | 49.31   |
| 7                                | SHANKAR NARAYAN PRASATH |  | TAMILNADU            | 50.22   |
|                                  | AVIN A THOMAS .         |  | ATHLETICS FEDERATION | DNS     |
| <b>RESULTS OF PRELIMS Heat 1</b> |                         |  |                      |         |
| 1                                | MORTAJA S K .           |  | SERVICES             | 48.67   |
| 2                                | VINAY CHAUDHARY .       |  | POLICE               | 49.50   |
| 3                                | SAYED SHOIEB .          |  | MAHARAstra           | 49.89   |
| 4                                | RAHUL SINGH .           |  | DELHI                | 50.31   |
| 5                                | LAKHAN MARDI .          |  | JHARKHAND            | 50.79   |
| 6                                | SIJIL VERGEESH .        |  | ATHLETICS FEDERATION | 51.19   |
|                                  | RUPESH THAKUR .         |  | MADHYA PRADESH       | DNS     |
| <b>RESULTS OF PRELIMS Heat 2</b> |                         |  |                      |         |
| 1                                | V.B.BINISH .            |  | RAILWAYS             | 48.38   |
| 2                                | ARUN K. JOSEPH. .       |  | KERALA               | 49.24   |
| 3                                | AZADBIR SINGH .         |  | PUNJAB               | 50.52   |
| 4                                | D. DEEPAK RATHI .       |  | TAMILNADU            | 51.60   |
| 5                                | SHREE JAY KUMAR .       |  | JHARKHAND            | 52.75   |
| 6                                | ZODGE DATTATRAY .       |  | MAHARAstra           | 1:00.39 |
|                                  | BHUPENDER SINGH .       |  | HARYANA              | DNF     |
| <b>RESULTS OF PRELIMS Heat 3</b> |                         |  |                      |         |
| 1                                | SARISH PAUL .           |  | SERVICES             | 48.12   |
| 2                                | PRAVIN .                |  | GUJRAT               | 48.49   |
| 3                                | NEERAJ PANWAR .         |  | UTTAR PRADESH        | 48.67   |
| 4                                | DHARAMBIR .             |  | ATHLETICS FEDERATION | 49.11   |
| 5                                | KUNHU MUHAMMED P.       |  | KERALA               | 49.83   |

|  |                         |                      |         |
|--|-------------------------|----------------------|---------|
|  | VIRENDER KUMAR PANKAJ   | POLICE               | DNF     |
|  | SUNIL .                 | GUJRAT               | DNS     |
| <b>RESULTS OF PRELIMS Heat 4</b>                       |                         |                      |         |
| 1  | HARPRET SINGH .         | PUNJAB               | 47.53   |
| 2  | AJAY KUMAR .            | POLICE               | 48.13   |
| 3  | AVIN A THOMAS .         | ATHLETICS FEDERATION | 48.25   |
| 4  | SRIJITH P.S. .          | RAILWAYS             | 48.76   |
| 5  | VIKAS KUMAR .           | UTTAR PRADESH        | 48.84   |
| 6  | J.PREM ANAND .          | TAMILNADU            | 49.22   |
| 7  | RAJESH GOYAT .          | DELHI                | 50.78   |
|  | VIKAS KUMAR SINGH       | MADHYA PRADESH       | DNS     |
| <b>RESULTS OF PRELIMS Heat 5</b>                       |                         |                      |         |
| 1  | JITHIN PAUL .           | KERALA               | 49.54   |
| 2  | VIKASH SINGH .          | DELHI                | 49.67   |
| 3  | SWAROOP RAJAN .         | SERVICES             | 49.70   |
| 4  | T. J. AUGUSTIN .        | MAHARASTRA           | 50.30   |
| 5  | BHAGRAV .               | GUJRAT               | 53.21   |
|  | SAJI V.K. .             | MADHYA PRADESH       | DNF     |
|  | RAJEEV R. .             | ATHLETICS FEDERATION | DNS     |
| <b>RESULTS OF PRELIMS Heat 6</b>                       |                         |                      |         |
| 1  | BIBIN MATHEW .          | RAILWAYS             | 47.87   |
| 2  | JAYAPRAKASH SHETTY      | KARNATAKA            | 48.28   |
| 3  | INDERJIT SINGH .        | PUNJAB               | 48.47   |
| 4  | JOSEPH G. ABRAHAM       | ATHLETICS FEDERATION | 48.71   |
| 5  | SHANKAR NARAYAN PRASATH | TAMILNADU            | 49.37   |
| 6  | RAJESH GOYAT .          | DELHI                | 50.78   |
| 7  | SATPARKASH .            | HIMACHAL PRADESH     | 59.86   |
| <b>Event # 4 MENS 800m</b>                             |                         |                      |         |
| <b>TIME:- 7:40 AM</b>                                  |                         |                      |         |
| <b>07-10-2009</b>                                      |                         |                      |         |
| <b># N.R.:SRI RAM SINGH MONTRIAL 1:45.77 27.7.1976</b> |                         |                      |         |
| <b>% M.R.:GHAMNDA RAM SSCB 1:46.67 9.11.2005</b>       |                         |                      |         |
| <b>RESULTS OF FINALS</b>                               |                         |                      |         |
| 1  | S.PRAKASH VERMA .       | RAILWAYS             | 1:48.30 |
| 2  | SATNAM SINGH .          | RAILWAYS             | 1:49.29 |
| 3  | GHAMANDA RAM .          | MADHYA PRADESH       | 1:49.93 |
| 4  | RAJESH T N .            | SERVICES             | 1:50.18 |
| 5  | NIRVAIR SINGH .         | POLICE               | 1:52.53 |
| 6  | NARESH YADAV .          | SERVICES             | 1:54.10 |
| 7  | ZODGE DATTATRAY .       | MAHARASTRA           | 2:08.07 |
|  | PANKAJ DHIMRI .         | UTTARAKHAND          | DNF     |
| <b>RESULTS OF PRELIMS Heat 1</b>                       |                         |                      |         |
| 1  | S.PRAKASH VERMA .       | RAILWAYS             | 1:52.46 |
| 2  | SATNAM SINGH .          | RAILWAYS             | 1:52.51 |
| 3  | ZODGE DATTATRAY .       | MAHARASTRA           | 1:52.83 |
| 4  | RAJESH T N .            | SERVICES             | 1:52.91 |
| 5  | MANJIT SINGH .          | PUNJAB               | 1:54.98 |
| 6  | S.L.BISHNOI .           | KARNATAKA            | 1:55.62 |
| 7  | VIKAS KUMAR SINGH       | MADHYA PRADESH       | 2:01.11 |

|   |                     |                      |          |
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|   | GADE TANAJI .       | MAHARAstra           | DNF      |
|   | T.M.SAJEEV .        | POLICE               | DNF      |
| <b>RESULTS OF PRELIMS Heat 2</b>                        |                     |                      |          |
| 1   | PANKAJ DHIMRI .     | UTTARAKHAND          | 1:54.36  |
| 2   | NARESH YADAV .      | SERVICES             | 1:54.46  |
| 3   | RAJEEV R. .         | ATHLETICS FEDERATION | 1:54.82  |
| 4   | ANIL SINGH .        | DELHI                | 1:57.83  |
|   | SHEYMON .           | GUJRAT               | DNF      |
|   | JAY PRAKASH PATEL   | MADHYA PRADESH       | DNF      |
|   | VIKAS KUMAR .       | UTTAR PRADESH        | DNF      |
|   | RAMJAN KHAN .       | POLICE               | DNF      |
| <b>RESULTS OF PRELIMS Heat 3</b>                        |                     |                      |          |
| 1   | GHAMANDA RAM .      | MADHYA PRADESH       | 1:56.42  |
| 2   | NIRVAIR SINGH .     | POLICE               | 1:56.43  |
| 3   | SAJEESH JOSEPH .    | RAILWAYS             | 1:56.46  |
| 4   | AMUL KUMAR .        | SERVICES             | 1:57.10  |
| 5   | VASISHTHA KUMAR RAI | UTTAR PRADESH        | 1:59.22  |
| 6   | ANIL KUJUR .        | JHARKHAND            | 2:00.86  |
| 7   | BIRBAL .            | GUJRAT               | 2:04.42  |
| 8   | RAJEEV. T.S .       | KERALA               | 2:06.17  |
| <b>Event # 5 MENS 1500m</b>                             |                     |                      |          |
| <b>TIME:- 5:25 PM</b>                                   |                     |                      |          |
| <b>09-10-2009</b>                                       |                     |                      |          |
| <b># N.R.:BAHADUR PRASAD CHENNAI 3:38.00 23.12.1995</b> |                     |                      |          |
| <b>% M.R.:C. HAMZA RSPB 3:39.90 OCT-2007</b>            |                     |                      |          |
| 1   | C HAMZA .           | SERVICES             | 3:42.87  |
| 2   | EBENAZER .          | SERVICES             | 3:48.02  |
| 3   | RAJAN K.K. .        | SERVICES             | 3:48.94  |
| 4   | JAI PRAKASH PATEL   | RAILWAYS             | 3:50.94  |
| 5   | RAVINDER RAUTELA    | POLICE               | 3:53.40  |
| 6   | PRANGAL .           | GUJRAT               | 3:53.57  |
| 7   | C. K. RANJITH .     | MAHARAstra           | 3:54.66  |
| 8   | AJEESH N B .        | GUJRAT               | 3:58.66  |
| 9   | DINESH .            | MADHYA PRADESH       | 3:58.69  |
| 10  | MANJU .             | JHARKHAND            | 4:01.46  |
| <b>Event # 6 MENS 5000m</b>                             |                     |                      |          |
| <b>TIME:- 6:30 AM</b>                                   |                     |                      |          |
| <b>06-10-2009</b>                                       |                     |                      |          |
| <b>#N.R.:B.PRASAD BIRMINGHAM :13:29.70 25.06.1992</b>   |                     |                      |          |
| <b>% M.R.:BAHADUR PRASAD RSPB :13:54.72 FEB-1994</b>    |                     |                      |          |
| 1   | SURENDRA SINGH .    | SERVICES             | 13:59.94 |
| 2   | SANDEEP .           | RAILWAYS             | 14:34.26 |
| 3   | SANDEEP KARAN SINGH | SERVICES             | 14:34.51 |
| 4   | SUNIL KUMAR .       | HARYANA              | 14:34.53 |
| 5   | MD YUNUS .          | SERVICES             | 14:38.26 |
| 6   | AJAY VEER SINGH .   | MADHYA PRADESH       | 14:55.79 |
| 7   | KHETA RAM .         | MAHARAstra           | 14:55.90 |
| 8   | ASHWANI KUMAR .     | RAILWAYS             | 15:01.62 |
| 9   | DINESH KUMAR .      | HIMACHAL PRADESH     | 15:15.29 |

|  |                     |                      |         |          |
|--|---------------------|----------------------|---------|----------|
| 10   | RAMESHKUMARPAL .    | GUJRAT               |         | 15:19.83 |
| 11   | VIRENDRA SINGH .    | MADHYA PRADESH       |         | 15:45.53 |
| 12   | B.EZHIL NILAVAN .   | TAMILNADU            |         | 16:23.85 |
| 13   | AYOOB. A .          | KERALA               |         | 18:17.50 |
| 14   | YASHPAL SINGH .     | DELHI                |         | 18:55.42 |
|  | SANJITH .           | GUJRAT               |         | DNS      |
|  | JAGMAL SINGH .      | POLICE               |         | DNS      |
|  | KASHINATH ASWALE    | RAILWAYS             |         | DNS      |
|  | ASHWANI .           | MADHYA PRADESH       |         | DNS      |
|  | SANTOSH KUMAR PATEL | JHARKHAND            |         | DNS      |
|  | DEVENDRA .          | GUJRAT               |         | DNS      |
|  | PARVEEN KUMAR .     | HARYANA              |         | DNS      |
|  | B.MADHU SUDAV .     | POLICE               |         | DNS      |
| <b>Event # 7 MENS 10000m</b>                         |                     |                      |         |          |
| <b>TIME:- 6:20 AM</b>                                |                     |                      |         |          |
| <b>09-10-2009</b>                                    |                     |                      |         |          |
| <b>#N.R.:S.SINGH VIGO-SPAIN :28:02.89 12.07.2008</b> |                     |                      |         |          |
| <b>% M.R.:SHIVNATH SINGH SSCB :28:58.28 1978</b>     |                     |                      |         |          |
| 1  | SURENDRA SINGH .    | SERVICES             |         | 29:19.40 |
| 2  | SANDEEP .           | RAILWAYS             |         | 30:03.66 |
| 3  | B C TILAK .         | SERVICES             |         | 30:05.14 |
| 4  | KASHINATH ASWALE    | RAILWAYS             |         | 30:06.66 |
| 5  | KHETA RAM .         | MAHARAstra           |         | 30:12.51 |
| 6  | AJAY VEER SINGH .   | MADHYA PRADESH       |         | 30:45.81 |
| 7  | B.MADHU SUDAV .     | POLICE               |         | 30:52.64 |
| 8  | PARAS KUMAR .       | RAILWAYS             |         | 31:05.15 |
| 9  | RAMESHKUMARPAL .    | GUJRAT               |         | 31:23.47 |
| 10   | DINESH KUMAR .      | HIMACHAL PRADESH     |         | 31:25.81 |
| 11   | DHARMENDRASINGH .   | GUJRAT               |         | 32:17.46 |
| 12   | SHANKAR LAL .       | MADHYA PRADESH       |         | 32:48.40 |
| 13   | SANJAY VISHWAKARMA  | CHATTISGARH          |         | 41:01.60 |
|  | JAGMAL SINGH .      | POLICE               |         | DNS      |
|  | PAWAR ANIL .        | MAHARAstra           |         | DNS      |
|  | KARAN SINGH .       | SERVICES             |         | DNS      |
|  | SANDEEP KARAN SINGH | ATHLETICS FEDERATION |         | DNS      |
|  | SHREEDHAR PAREYA    | JHARKHAND            |         | DNS      |
|  | DINESH .            | MADHYA PRADESH       |         | DNS      |
| <b>Event # 8 MENS 106.7cms 110m Hurdles</b>          |                     |                      |         |          |
| <b>TIME:- 9:20 AM</b>                                |                     |                      |         |          |
| <b>07-10-2009</b>                                    |                     |                      |         |          |
| <b># N.R.:K.KRISHAN MOHAN SSCB 13.96 10.09.2008</b>  |                     |                      |         |          |
| <b>% M.R.:K.KRISHAN MOHAN SSCB 13.96 8-11SEP08</b>   |                     |                      |         |          |
| <b>RESULTS OF FINALS</b>                             |                     |                      |         |          |
| 1  | P.MUTHU SWAMY .     | RAILWAYS             | +0.0m/s | 14.32    |
| 2  | HARISH K.A. .       | RAILWAYS             | +0.0m/s | 14.56    |
| 3  | PARMAR SANDEEP .    | MAHARAstra           | +0.0m/s | 14.65    |
| 4  | M. KRISH BEETHOVAN  | TAMILNADU            | +0.0m/s | 14.67    |
| 5  | THINGALAYA SIDDHANT | MAHARAstra           | +0.0m/s | 14.87    |
| 6  | KANNAN S .          | SERVICES             | +0.0m/s | 15.01    |

|   |                          |                 |         |                   |
|---|--------------------------|-----------------|---------|-------------------|
| 7   | A. KARUPPUSAMY .         | TAMILNADU       | +0.0m/s | 15.06             |
| 8   | RAGHVENDRA SINGH         | UTTAR PRADESH   | +0.0m/s | 15.12             |
| <b>RESULTS OF PRELIMS Heat 1</b>                      |                          |                 |         |                   |
| 1   | PARMAR SANDEEP .         | MAHARASTRA      | +0.0m/s | 14.67             |
| 2   | KANNAN S .               | SERVICES        | +0.0m/s | 14.86             |
| 3   | RAGHVENDRA SINGH         | UTTAR PRADESH   | +0.0m/s | 14.88             |
| 4   | AMITHA YADAV .           | KARNATAKA       | +0.0m/s | 14.94             |
| 5   | DEBYENDU MAJHI .         | BIHAR           | +0.0m/s | 15.13             |
| 6   | SURYA KUMAR .            | RAILWAYS        | +0.0m/s | 15.13             |
|   | RAJ KUMAR .              | CHATTISGARH     |         | DNS               |
|   | MANJU NATH GODI .        | JHARKHAND       |         | DNS               |
| <b>RESULTS OF PRELIMS Heat 2</b>                      |                          |                 |         |                   |
| 1   | HARISH K.A. .            | RAILWAYS        | +0.0m/s | 14.69             |
| 2   | THINGALAYA SIDDHANT      | MAHARASTRA      | +0.0m/s | 14.80             |
| 3   | M. KRISH BEETHOVAN       | TAMILNADU       | +0.0m/s | 14.84             |
| 4   | HARWINDER SINGH .        | POLICE          | +0.0m/s | 15.00             |
| 5   | ASHOK KUMAR .            | UTTAR PRADESH   | +0.0m/s | 15.02             |
| 6   | JOSHI A .                | SERVICES        | +0.0m/s | 15.16             |
|   | ASHISH PANDEY .          | MADHYA PRADESH  |         | DNS               |
|   | ROHIT HAWAL .            | JHARKHAND       |         | DNS               |
| <b>RESULTS OF PRELIMS Heat 3</b>                      |                          |                 |         |                   |
| 1   | P.MUTHU SWAMY .          | RAILWAYS        | +0.0m/s | 14.95             |
| 2   | A. KARUPPUSAMY .         | TAMILNADU       | +0.0m/s | 15.08             |
| 3   | RONEY LUKOSE .           | KERALA          | +0.0m/s | 15.36             |
| 4   | SARABJIT SINGH .         | PUNJAB          | +0.0m/s | 15.50             |
| 5   | SACHIN KUMAR .           | UTTAR PRADESH   | +0.0m/s | 15.70             |
| 6   | R.K.VISHWAKARMA .        | MADHYA PRADESH  | +0.0m/s | 16.29             |
|   | GURPREET SINGH .         | POLICE          |         | DNF               |
|   | RAJESH MATHEW .          | SERVICES        |         | DNF               |
| <b>Event # 9 MENS 91.4cms 400m Hurdles</b>            |                          |                 |         |                   |
| <b>TIME:- 9:40 AM</b>                                 |                          |                 |         |                   |
| <b>08-10-2009</b>                                     |                          |                 |         |                   |
| <b># N.R.:JOSEPH G.ABRAHAM OSAKA 49.51 26.08.2007</b> |                          |                 |         |                   |
| <b>% M.R.:SAHIB SINGH POL 50.43 NOV-1998</b>          |                          |                 |         |                   |
| <b>RESULTS OF FINALS</b>                              |                          |                 |         |                   |
| 1   | <b>JOSEPH G. ABRAHAM</b> | <b>RAILWAYS</b> |         | <b>50.26 *NMR</b> |
| 2   | AVIN A THOMAS. .         | RAILWAYS        |         | 50.70             |
| 3   | SATINDER SINGH .         | RAILWAYS        |         | 51.52             |
| 4   | JITENDER SINGH .         | SERVICES        |         | 53.34             |
| 5   | RAM NIVAS .              | SERVICES        |         | 53.40             |
| 6   | T. BALAMURUGAN .         | TAMILNADU       |         | 53.50             |
| 7   | VIKAS CHANDRAN .         | KERALA          |         | 53.51             |
| 8   | TABAN DEBNATH .          | SERVICES        |         | 53.94             |
| <b>RESULTS OF PRELIMS Heat 1</b>                      |                          |                 |         |                   |
| 1   | JOSEPH G. ABRAHAM        | RAILWAYS        |         | 52.71             |
| 2   | TABAN DEBNATH .          | SERVICES        |         | 53.29             |
| 3   | T. BALAMURUGAN .         | TAMILNADU       |         | 53.37             |
| 4   | BHAGIRATH YADAV .        | POLICE          |         | 55.75             |
| 5   | VIJOY N.J. .             | MADHYA PRADESH  |         | 57.90             |



|   |                      |                |          |
|---|----------------------|----------------|----------|
| 6   | MD. RIZWAN KHAN .    | JHARKHAND      | 59.54    |
|   | SACHIN KUMAR .       | UTTAR PRADESH  | DNS      |
|   | KSHIRSAGAR PRITAM    | MAHARASTRA     | DNS      |
| <b>RESULTS OF PRELIMS Heat 2</b>                        |                      |                |          |
| 1   | SATINDER SINGH .     | RAILWAYS       | 53.06    |
| 2   | VIKAS CHANDRAN .     | KERALA         | 53.15    |
| 3   | RAM NIVAS .          | SERVICES       | 53.52    |
| 4   | SURYAVANSHI SUBHASH  | MAHARASTRA     | 55.62    |
| 5   | B.M.PILLAI .         | POLICE         | 56.58    |
| 6   | SHIJU S.R. .         | MADHYA PRADESH | 59.72    |
| 7   | ARUN KUMAR MISHRA    | CHATTISGARH    | 1:02.01  |
| <b>RESULTS OF PRELIMS Heat 3</b>                        |                      |                |          |
| 1   | AVIN A THOMAS. .     | RAILWAYS       | 52.46    |
| 2   | JITENDER SINGH .     | SERVICES       | 53.57    |
| 3   | M.V.S. PRASAD .      | ANDHRA PRADESH | 55.65    |
| 4   | RAKESH .             | RAJASTHAN      | 55.98    |
| 5   | M.SENTHIL KUMAR .    | TAMILNADU      | 58.97    |
| 6   | GHANSHYAM SAHU .     | COAL INDIA     | 1:01.30  |
|   | RAJESH KUMAR .       | DELHI          | DNS      |
| <b>Event # 10 MENS 3000m Steeplechase</b>               |                      |                |          |
| <b>TIME:- 6:10 PM</b>                                   |                      |                |          |
| <b>08-10-2009</b>                                       |                      |                |          |
| <b># N.R.:GOPAL SAINI TOKYA 8:30.88 05.06.1981</b>      |                      |                |          |
| <b>% M.R.:GOPAL SAINI RSPB 8:40.05 1984</b>             |                      |                |          |
| 1   | ELAM SINGH .         | SERVICES       | 8:53.26  |
| 2   | OM PRAKASH .         | SERVICES       | 8:53.56  |
| 3   | JAI BIR SINGH .      | SERVICES       | 9:06.11  |
| 4   | SANJITH .            | GUJRAT         | 9:07.12  |
| 5   | PRITAM BIND .        | UTTARAKHAND    | 9:13.98  |
| 6   | PATIL SACHIN .       | MAHARASTRA     | 9:28.50  |
| 7   | VINEET MALIK .       | UTTARAKHAND    | 9:30.08  |
| 8   | HARI SHANKAR .       | DELHI          | 9:30.18  |
| 9   | TEJBALI .            | GUJRAT         | 9:31.67  |
| 10  | SUNILKUMAR .         | MAHARASTRA     | 9:35.32  |
| 11  | MANSINGH .           | GUJRAT         | 9:47.07  |
| 12  | RAVINDER KHADE .     | RAILWAYS       | 9:50.39  |
| 13  | RAJU RAM JANI .      | POLICE         | 10:05.91 |
|   | NIWAS AHIR .         | MADHYA PRADESH | DNF      |
|   | SHIV PUJAN BIND .    | POLICE         | DNF      |
|   | AMARDEEP SINGH .     | RAILWAYS       | DNF      |
|   | VIJAY KUMAR BHARTI   | UTTAR PRADESH  | DNF      |
|   | ASHOK KUMAR YADAV    | UTTAR PRADESH  | DNF      |
|   | RAM BAHADUR SUBBA    | POLICE         | DNF      |
|   | BHAGWAN DIWAKAR GIRI | RAILWAYS       | DNF      |
| <b>Event # 11 MENS High Jump</b>                        |                      |                |          |
| <b>TIME:- 3:00 PM</b>                                   |                      |                |          |
| <b>07-10-2009</b>                                       |                      |                |          |
| <b># N.R.:HARI SHANKAR RAI SINGAPUR 2.25 28.09.2004</b> |                      |                |          |
| <b>% M.R.:BENEDICT STARLEY RSPB 2.19 OCT-2007</b>       |                      |                |          |

|   |   |                      |         |       |
|---|---|----------------------|---------|-------|
| 1   | ARUN S.KUMAR .                            | KERALA               |         | 2.11m |
| 2   | C. NIKHIL CHITTARASU                      | TAMILNADU            |         | 2.08m |
| 3   | MANOJ T.THOMAS .                          | RAILWAYS             |         | 2.08m |
| 4   | RAJESH KALIRAMNA                          | HARYANA              |         | 2.08m |
| 5   | PRINCEJOSE .                              | GUJRAT               |         | 2.08m |
| 6   | BENEDICT STARLEY .                        | RAILWAYS             |         | 2.08m |
| 6   | VINOD KUMAR .                             | RAILWAYS             |         | 2.08m |
| 8   | JITIN THOMAS .                            | SERVICES             |         | 2.08m |
| 9   | A. KARTHIKEYAN .                          | TAMILNADU            |         | 2.05m |
| 10  | ABHISHEK ROY .                            | SERVICES             |         | 2.05m |
| 11  | ANOOP P.K. .                              | POLICE               |         | 2.00m |
| 12  | AJAY PAL SINGH .                          | POLICE               |         | 2.00m |
| 13  | G K MOHAN .                               | SERVICES             |         | 1.95m |
|   | K.R. ROSHAN .                             | LIFE INSURANCE CORP. |         | FOUL  |
|   | L. YOGARAJ .                              | TAMILNADU            |         | DNS   |
| <b>Event # 12 MENS Long Jump</b>                    |   |                      |         |       |
| <b>TIME:- 3:30 PM</b>                               |   |                      |         |       |
| <b>06-10-2009</b>                                   |   |                      |         |       |
| <b># N.R.:AMRIT PAL SINGH DELHI 8.08 16.03.2004</b> |   |                      |         |       |
| <b>% M.R.:SANJAY KUMAR RAI RSPB 8.02 OCT-2001</b>   |   |                      |         |       |
| 1   | MAHA SINGH .                              | RAILWAYS             | -0.6m/s | 7.79m |
|   | <b>7.53, 7.36, 7.79, 7.67, 7.70, 7.68</b> |                      |         |       |
| 2   | MOHD. IBRAR .                             | UTTAR PRADESH        | +0.0m/s | 7.61m |
|   | <b>7.41, 7.39, 7.46, FOUL, 7.61, FOUL</b> |                      |         |       |
| 3   | HARI KRISHNAN .                           | SERVICES             | +0.0m/s | 7.59m |
|   | <b>7.35, FOUL, FOUL, 7.48, FOUL, 7.59</b> |                      |         |       |
| 4   | B. BASKAR .                               | TAMILNADU            | -0.3m/s | 7.37m |
| 5   | ANKIT SHARMA .                            | MADHYA PRADESH       | +0.0m/s | 7.36m |
| 6   | NAFEES AHMED .                            | MADHYA PRADESH       | +0.0m/s | 7.35m |
| 7   | RAJEEV KUMAR .                            | HARYANA              | +0.0m/s | 7.22m |
| 8   | PUSHPENDRA SINGH                          | POLICE               | +0.0m/s | 7.07m |
| 9   | A. AMALANATHAN .                          | TAMILNADU            | +0.0m/s | 7.06m |
| 10  | S.S.YADAV .                               | KARNATAKA            | +0.0m/s | 7.03m |
| 11  | KIRAN .                                   | MADHYA PRADESH       | +0.0m/s | 7.02m |
| 12  | RAVI DASS .                               | ORISSA               | +0.0m/s | 6.94m |
| 13  | RAJENDRA .                                | GUJRAT               | +0.0m/s | 6.91m |
| 14  | GAJENDER SINGH .                          | UTTAR PRADESH        | +0.0m/s | 6.91m |
| 15  | ANOOP THOMAS .                            | KERALA               | +0.0m/s | 6.81m |
| 16  | DAS ANUPAM .                              | MAHARASTRA           | +0.0m/s | 6.72m |
| 17  | RANJITH K YADAV .                         | SERVICES             | +0.0m/s | 6.62m |
| 18  | WAYNE PEPPIN .                            | TAMILNADU            | +0.0m/s | 6.60m |
| 19  | SANTOSH GEORGE .                          | SERVICES             | +0.0m/s | 6.60m |
|   | SHAIENDRA PRATAP SINGH                    | MANIPUR              |         | DNS   |
|   | RUSTAM KHAN .                             | WEST BENGAL          |         | DNS   |
|   | SHIV SHANKAR YADAV                        | RAILWAYS             |         | DNS   |
|   | BASIL GEORGE .                            | KERALA               |         | DNS   |
|   | CHAMAN SINGH .                            | UTTAR PRADESH        |         | DNS   |
| <b>Event # 13 MENS Triple Jump</b>                  |   |                      |         |       |
| <b>TIME:- 4:05 PM</b>                               |   |                      |         |       |

|  |   |                |         |             |
|--|---|----------------|---------|-------------|
| <b>08-10-2009</b>  |   |                |         |             |
| <b>#N.R.:R.MAHESHWARI GUWAHATI 17.04 23.06.2007</b>      |   |                |         |             |
| <b>% M.R.:AMARJEET SINGH RSPB 16.53 OCT-2007</b>         |   |                |         |             |
| 1  | RANJITH M . .                           | RAILWAYS       | +0.0m/s | 16.68m *NMR |
|  | 16.23, FOUL, 16.09, 16.52, 16.68, 16.65 |                |         |             |
| 2  | AMARJEET SINGH .                        | RAILWAYS       | +0.0m/s | 16.22m      |
|  | 16.22, 16.15, 16.14, 15.93, 16.21, FOUL |                |         |             |
| 3  | SAURABH SINGH .                         | POLICE         | +0.0m/s | 15.37m      |
|  | 15.19, 15.24, FOUL, 15.07, 15.37, 15.21 |                |         |             |
| 4  | B. BASKAR .                             | TAMILNADU      | +0.0m/s | 15.37m      |
| 5  | RUSTAM KHAN .                           | WEST BENGAL    | +0.0m/s | 15.17m      |
| 6  | BIBIN DEV .                             | SERVICES       | +0.0m/s | 15.13m      |
| 7  | MISHRA DHIRAJ .                         | MAHARASTRA     | +0.0m/s | 14.95m      |
| 8  | N.MOHAN .                               | SERVICES       | +0.0m/s | 14.94m      |
| 9  | GAJENDER SINGH .                        | UTTAR PRADESH  | +0.0m/s | 14.66m      |
| 10   | SHAILENDER KUMAR                        | POLICE         | +0.0m/s | 14.62m      |
| 11   | ABHISHEK KUMAR RATHORE                  | BIHAR          | +0.0m/s | 14.49m      |
| 12   | SUKHJINDER SINGH                        | POLICE         | +0.0m/s | 14.34m      |
| 13   | SANDEEP KUMAR .                         | MADHYA PRADESH | +0.0m/s | 13.98m      |
| 14   | SACHIN .                                | KARNATAKA      | +0.0m/s | 13.43m      |
|  | ANISH KRISHNAN .                        | RAILWAYS       |         | FOUL        |
|  | SHATRUGHAN .                            | HARYANA        |         | FOUL        |
| <b>Event # 14 MENS Pole Vault</b>                        |   |                |         |             |
| <b>TIME:- 2:30 PM</b>                                    |   |                |         |             |
| <b>06-10-2009</b>  |   |                |         |             |
| <b># N.R.:VIJAY PAL SINGH TRIVANDRAM 5.10 27.12.1987</b> |   |                |         |             |
| <b>% M.R.:V.V.GEESH KUMAR POL 5.05 9-11-2005</b>         |   |                |         |             |
| 1  | BIMIN K.P. .                            | RAILWAYS       |         | 5.00m       |
| 2  | GAJANAN UPADHAYAYA                      | RAILWAYS       |         | 4.70m       |
| 3  | SUNDER SINGH .                          | POLICE         |         | 4.60m       |
| 4  | BINEESH JACOB .                         | KERALA         |         | 4.60m       |
| 5  | VIJAY VARGHESE .                        | KERALA         |         | 4.50m       |
| 6  | VADIVELLU .                             | RAILWAYS       |         | 4.50m       |
| 7  | AJIMON S. .                             | SERVICES       |         | 4.40m       |
|  | P. BALAKRISHNAN .                       | TAMILNADU      |         | NM          |
|  | SURESH KUMAR .                          | HARYANA        |         | DNS         |
|  | SAIJU .                                 | JHARKHAND      |         | DNS         |
| <b>Event # 15 MENS 7.26kg Shot Put</b>                   |   |                |         |             |
| <b>TIME:- 3:35 PM</b>                                    |   |                |         |             |
| <b>09-10-2009</b>  |   |                |         |             |
| <b># N.R.:SHAKTI SINGH CHENNAI 20.42 29.07.2000</b>      |   |                |         |             |
| <b>% M.R.:BAHADUR SINGH POL 19.59 NOV-1998</b>           |   |                |         |             |
| 1  | OM PRAKASH .                            | HARYANA        |         | 19.00m      |
|  | 18.67, FOUL, FOUL, FOUL, FOUL, 19.00    |                |         |             |
| 2  | GURPREET SINGH II                       | PUNJAB         |         | 17.41m      |
|  | 16.33, 16.93, 17.33, 16.95, 17.41, FOUL |                |         |             |
| 3  | SATENDER SINGH .                        | RAILWAYS       |         | 17.28m      |
|  | 16.82, 16.85, FOUL, FOUL, FOUL, 17.28   |                |         |             |
| 4  | JAGROOP SINGH .                         | POLICE         |         | 17.22m      |

|  |  |                      |        |
|--|--|----------------------|--------|
| 5  | SHAKTI SINGH .                                 | RAILWAYS             | 17.01m |
| 6  | KULWINDER .                                    | DELHI                | 16.90m |
| 7  | MOHD.UJAID .                                   | UTTAR PRADESH        | 16.27m |
| 8  | SHIV KUMAR .                                   | DELHI                | 16.04m |
| 9  | RAMESH KUMAR .                                 | SERVICES             | 15.98m |
| 10   | JAGBIR SINGH .                                 | HARYANA              | 15.80m |
| 11   | AMIT SOLANKI .                                 | HARYANA              | 15.70m |
| 12   | SANDEEP KUMAR .                                | SERVICES             | 15.68m |
| 13   | BALJINDER SINGH .                              | SERVICES             | 15.58m |
| 14   | AMAR VERMA .                                   | HARYANA              | 10.00m |
| 15   | JAYESH PAWAR .                                 | MADHYA PRADESH       | 9.77m  |
|  | AMIT TYAGI .                                   | LIFE INSURANCE CORP. | NM     |
|  | RANVIJAY SINGH .                               | RAILWAYS             | NM     |
|  | KARAMJIT SINGH .                               | GUJRAT               | NM     |
|  | JAGROOP SINGH .                                | PUNJAB               | DNS    |
|  | MUKESH SINGH .                                 | POLICE               | DNS    |
|  | AVINASH .                                      | GUJRAT               | DNS    |
| <b>Event # 16 MENS 2.00kg Discus Throw</b>         |  |                      |        |
| <b>TIME:- 4:45 PM</b>                              |  |                      |        |
| <b>08-10-2009</b>                                  |  |                      |        |
| <b># N.R.:VIKAS GOWDA SALINAS 64.96 17.05.2007</b> |  |                      |        |
| <b>% M.R.:ANIL KUMAR HAR 60.07 SEP-2003</b>        |  |                      |        |
| 1  | SIMRANJIT SINGH .                              | POLICE               | 55.56m |
|  | <b>52.20, 52.69, FOUL, 50.14, 50.71, 5.56</b>  |                      |        |
| 2  | VIPENDER SINGH .                               | SERVICES             | 51.97m |
|  | <b>FOUL, 51.08, 46.57, 46.88, 50.67, 52.14</b> |                      |        |
| 3  | SUNIL KUMAR .                                  | RAILWAYS             | 51.78m |
| 4  | ANSHU RAI .                                    | UTTAR PRADESH        | 50.10m |
| 5  | KIRPAL SINGH .                                 | PUNJAB               | 50.07m |
| 6  | DINESH KUMAR .                                 | RAILWAYS             | 50.03m |
| 7  | VIKAS PUNIA .                                  | RAJASTHAN            | 48.97m |
| 8  | HARPREET .                                     | DELHI                | 48.22m |
| 9  | SIMRANJIT SINGH .                              | RAJASTHAN            | 48.04m |
| 10   | GURPREET SINGH II                              | PUNJAB               | 47.78m |
| 11   | ARJUN .  | DELHI                | 47.77m |
| 12   | JAGAT NARAIN MISHRA                            | UTTAR PRADESH        | 46.61m |
| 13   | U.S.CHAUDHARY .                                | SERVICES             | 46.00m |
| 14   | SHIVAM SINGH .                                 | UTTAR PRADESH        | 45.48m |
| 15   | SHAKTI SINGH .                                 | BIHAR                | 43.84m |
| 16   | J. J. RAZEEN .                                 | TAMILNADU            | 43.45m |
| 17   | RAHUL .  | HARYANA              | 41.84m |
| 18   | BACHAL .                                       | GUJRAT               | 39.63m |
|  | ANKIT PUNIA . .                                | MADHYA PRADESH       | DNS    |
|  | JEETENDRA GAUD .                               | MADHYA PRADESH       | DNS    |
|  | AMARDEEP SINGH .                               | POLICE               | DNS    |
|  | RAMVIR .                                       | SERVICES             | DNS    |
|  | AMRIT PAL SINGH .                              | JHARKHAND            | DNS    |
|  | LAKHWINDER SINGH                               | HARYANA              | DNS    |
|  | NAVEEN KUMAR .                                 | RAILWAYS             | DNS    |

|    |   |                      |        |
|----|---|----------------------|--------|
|    | THAKUR MAHIP SINGH                                  | HIMACHAL PRADESH     | DNS    |
|    | AMIT TYAGI .  | LIFE INSURANCE CORP. | DNS    |
| EX | PRABHJOT SINGH .                                    | ATHLETICS FEDERATION | 52.14m |
|    | <b>FOUL, 51.08, 46.57, 46.88, 50.67, 52.14</b>      |                      |        |
|    | <b>Event # 17 MENS 7.26kg Hammer Throw</b>          |                      |        |
|    | <b>TIME:- 3:00 PM</b>                               |                      |        |
|    | <b>08-10-2009</b>                                   |                      |        |
|    | <b>#N.R.:R.YADAV BANGLORE 70.16 17.07.2003</b>      |                      |        |
|    | <b>% M.R.:PRAMOD KUMAR TIWARI UP 70.05 OCT-2001</b> |                      |        |
| 1  | MADHU KUMAR .                                       | RAILWAYS             | 63.14m |
|    | <b>59.65, FOUL, 61.68, 63.14, 62.01</b>             |                      |        |
| 2  | HARVINDR SINGH DAGAR                                | UTTAR PRADESH        | 62.22m |
|    | <b>60.48, 58.17, 62.22, 61.34, 60.29, 60.31</b>     |                      |        |
| 3  | NIRBHAY SINGH .                                     | SERVICES             | 61.46m |
|    | <b>56.13, 61.26, 61.46, FOUL, 59.92, FOUL</b>       |                      |        |
| 4  | MOHD EJAJ .   | ATHLETICS FEDERATION | 60.91m |
| 5  | NARESH CHAUDHARY                                    | SERVICES             | 60.26m |
| 6  | PRAMOD KUMAR TEWARI                                 | UTTAR PRADESH        | 59.83m |
| 7  | JOGINDER SINGH .                                    | RAILWAYS             | 59.81m |
| 8  | SHIV KUMAR .  | UTTARAKHAND          | 59.38m |
| 9  | HARISINGH .   | GUJRAT               | 58.76m |
| 10 | PARGAT SINGH .                                      | RAILWAYS             | 58.73m |
| 11 | CHANDRODAYA NARAYAN                                 | UTTAR PRADESH        | 58.72m |
| 12 | KAUSHAL KUMAR SINGH                                 | BIHAR                | 55.02m |
| 13 | IMRAN AHMED .                                       | SERVICES             | 54.63m |
| 14 | TALWINDER SINGH .                                   | PUNJAB               | 54.49m |
| 15 | RAMA SHANKAR YADAV                                  | MADHYA PRADESH       | 53.68m |
| 16 | VINAY SINGH .                                       | CHATTISGARH          | 53.51m |
| 17 | ANILKUMAR .   | GUJRAT               | 53.16m |
| 18 | RAJESH .  | MADHYA PRADESH       | 51.09m |
| 19 | SURENDER KUMAR .                                    | HARYANA              | 49.70m |
| 20 | PRAVEEN CHANDRA MISHRA                              | COAL INDIA           | 32.48m |
|    | RAJESH KUMAR .                                      | DELHI                | DNS    |
|    | RAKESH KUMAR .                                      | POLICE               | DNS    |
|    | KULDEEP RAO AMBEDKAR                                | BIHAR                | DNS    |
|    | RAMESH KUMAR .                                      | CHATTISGARH          | DNS    |
|    | AMIT GILL .   | HARYANA              | DNS    |
|    | <b>Event # 18 MENS 800gms Javelin Throw</b>         |                      |        |
|    | <b>TIME:- 2:30 PM</b>                               |                      |        |
|    | <b>09-10-2009</b>                                   |                      |        |
|    | <b># N.R.:SATBIR SINGH KOLKATA 79.68 18.09.2008</b> |                      |        |
|    | <b>% M.R.:HARMINDER SINGH POL 77.39 SEP-2002</b>    |                      |        |
| 1  | OM NARAYAN .  | RAILWAYS             | 75.15m |
|    | <b>72.93, 72.75, 70.25, 72.13, 75.15, 70.83</b>     |                      |        |
| 2  | KASHINATH NAIK .                                    | SERVICES             | 74.21m |
|    | <b>69.01, 72.55, 70.15, FOUL, 69.62, 74.21</b>      |                      |        |
| 3  | RAMANDEEP SINGH .                                   | PUNJAB               | 73.47m |
| 4  | AMIT MAJUMDAR .                                     | BIHAR                | 71.90m |
| 5  | JAGMOHAN SINGH .                                    | SERVICES             | 69.57m |

|   |   |     |                      |  |        |
|---|---|-----|----------------------|--|--------|
| 6   | DEVINDER SINGH .                                |     | RAILWAYS             |  | 68.70m |
| 7   | VIPIN .   |     | DELHI                |  | 68.04m |
| 8   | ANUJ KUMAR .                                    |     | DELHI                |  | 65.99m |
| 9   | BHUPINDER SINGH .                               |     | CHANDIGARH           |  | 65.90m |
| 10  | SANDEEP KUMAR .                                 |     | UTTAR PRADESH        |  | 65.26m |
| 11  | SUNILKUMAR .                                    |     | GUJRAT               |  | 65.24m |
|   | RAJENDER SINGH .                                |     | HARYANA              |  | NM     |
|   | PURANDER .                                      |     | KARNATAKA            |  | NM     |
|   | S. GOSWAMI .                                    |     | LIFE INSURANCE CORP. |  | NM     |
|   | SINGH AJIT .                                    |     | MAHARASTRA           |  | NM     |
|   | HANUMAN SINGH .                                 |     | HARYANA              |  | NM     |
|   | MANISH TYAGI .                                  |     | MADHYA PRADESH       |  | NM     |
|   | BIKRAMJIT SINGH .                               |     | CHANDIGARH           |  | NM     |
|   | JAVED ALI .                                     |     | WEST BENGAL          |  | NM     |
|   | SHARTH RAJ .                                    |     | RAILWAYS             |  | NM     |
|   | DINESH KUMAR RAO                                |     | RAJASTHAN            |  | NM     |
|   | SANDEEP Y S .                                   |     | SERVICES             |  | NM     |
|   | SUBHASH CHANDRA YADAV                           |     | UTTAR PRADESH        |  | NM     |
|   | ARUN KUMAR .                                    |     | DELHI                |  | NM     |
|   | RAVINDER SINGH .                                |     | RAJASTHAN            |  | NM     |
|   | NAVAL SINGH .                                   |     | COAL INDIA           |  | NM     |
| EX  | SAMARJEET SINGH .                               |     | ATHLETICS FEDERATION |  | 73.51m |
|   | <b>66.98, 67.13, 67.60, 73.51, 69.59, 67.26</b> |     |                      |  |        |
| <b>Event # 19 MENS 4x100m Relay</b>                                     |   |     |                      |  |        |
| <b>TIME:- 4:45 PM</b>   |   |     |                      |  |        |
| <b>09-10-2009</b>   |   |     |                      |  |        |
| <b># N.R.:INDIAN TEAM IND 39.36 13.10.2002</b>                          |   |     |                      |  |        |
| <b>% M.R (VISHAL SAXENA, AMIT KUMAR SAHA, VILAS NEELGUND, A.ARVIND)</b> |   |     |                      |  |        |
| 1   | <b>RAILWAYS</b>                                 |     |                      |  | 40.58  |
|   | 609 GANESH SATPUTE .                            | 628 | RITESH ANAND .       |  |        |
|   | 599 ARUNJITH S. .                               | 602 | B.G.NAGRAJ .         |  |        |
| 2   | <b>SERVICES</b>                                 |     |                      |  | 41.57  |
|   | 715 SAMEER MON .                                | 705 | R SEENIVASAN .       |  |        |
|   | 720 SREE KUMAR .                                | 706 | R VENKAT RAMAN .     |  |        |
| 3   | <b>TAMILNADU</b>                                |     |                      |  | 41.82  |
|   | 755 M.MANIKANDARAJ .                            | 745 | A. AMALANATHAN .     |  |        |
|   | 760 T. BALAMURUGAN .                            | 765 | S PRASATH            |  |        |
| 4   | <b>PUNJAB</b>                                   |     |                      |  | 42.15  |
|   | 524 BHAGWANT SINGH .                            | 521 | AMANDEEP SINGH .     |  |        |
|   | 541 SUKHWINDER SINGH                            | 539 | VIKAS SHARMA .       |  |        |
| 5   | <b>JHARKHAND</b>                                |     |                      |  | 45.18  |
|   | 268 LAKHAN MARDI .                              | 272 | MD. HUSSIN ASIF .    |  |        |
|   | 261 ANIL KR SINGH .                             | 273 | MD. RIZWAN KHAN .    |  |        |
| 6   | <b>CHATTISGARH</b>                              |     |                      |  | 46.30  |
|   | 123 DINESH TANDI .                              | 127 | RANJIT SHARMA .      |  |        |
|   | 132 ARUN KUMAR MISHRA                           | 124 | JAI PRAKASH .        |  |        |
| <b>Event # 20 MENS 4x400m Relay</b>                                     |   |     |                      |  |        |
| <b>TIME:- 10:15 AM</b>  |   |     |                      |  |        |
| <b>09-10-2009</b>   |   |     |                      |  |        |

|   |   |     |                   |            |
|---|---|-----|-------------------|------------|
| # N.R.:   | (LIJO DAVID, P.RAMCHANDRAN, JATA SHANKAR, PARAMJIT SINGH) |     |                   |            |
| % M.R   | (LIJO DAVID, P.RAMCHANDRAN, JATA SHANKAR, PARAMJIT SINGH) |     |                   |            |
| <b>1</b>  | <b>RAILWAYS</b>   |     |                   | 3:08.13    |
| 604   | BIBIN MATHEW .  | 601 | AVIN A THOMAS . . |            |
| 638   | SRIJITH P.S. .  | 644 | V.B.BINISH .      |            |
| <b>2</b>  | <b>SERVICES</b>   |     |                   | 3:09.94    |
| 699   | MORTAJA S K .   | 719 | SARISH PAUL .     |            |
| 722   | SWAROOP RAJAN .   | 723 | T G AJESH .       |            |
| <b>3</b>  | <b>PUNJAB</b>   |     |                   | 3:12.24    |
| 523   | AZADBIR SINGH .   | 531 | INDERJIT SINGH .  |            |
| 530   | HARPRET SINGH .   | 528 | GURPREET SINGH .  |            |
| <b>4</b>  | <b>KERALA</b>   |     |                   | 3:12.74    |
| 335   | ARUN K. JOSEPH .  | 342 | JITHIN PAUL .     |            |
| 352   | KUNHU MUHAMMED P.   | 350 | VIKAS CHANDRAN .  |            |
| <b>5</b>  | <b>GUJRAT</b>   |     |                   | 3:13.38    |
| 190   | PURNACHANDRA .  | 199 | SHIBU .           |            |
| 206   | VIRENDER .  | 188 | PRAVIN .          |            |
| <b>6</b>  | <b>TAMILNADU</b>  |     |                   | 3:15.40    |
| 753   | J.PREM ANAND .  | 751 | D. DEEPAK RATHI . |            |
| 758   | S. GNANASEKARAN .   | 765 | S PRASATH         |            |
| <b>7</b>  | <b>MAHARASTRA</b>   |     |                   | 3:15.76    |
| 435   | VIJESH V. .   | 434 | T. J. AUGUSTIN .  |            |
| 430   | SAYED SHOIEB .  | 420 | DESHMUKH SAGAR .  |            |
|   | <b>JHARKHAND</b>  |     |                   | DNS        |
| <b>Event # 21 MENS 20Km Walk</b>                    |   |     |                   |            |
| <b>TIME:- 6:30 AM</b>                               |   |     |                   |            |
| <b>07-10-2009</b>                                   |   |     |                   |            |
| <b># N.R.:BABU BHAI INDIA 1:24:31.00 15.03.2009</b> |   |     |                   |            |
| <b>% M.R.:BABU BHAI SSCB 1:23:40.00 OCT-2007</b>    |   |     |                   |            |
| <b>1</b>  | BABU BHAI .   |     | SERVICES          | 1:27:43.00 |
| <b>2</b>  | K.SOMENDRA SINGH  |     | MADHYA PRADESH    | 1:30:03.00 |
| <b>3</b>  | BALJINDER SINGH .   |     | CHANDIGARH        | 1:30:18.00 |
| <b>4</b>  | GURMEET SINGH .   |     | RAILWAYS          | 1:30:43.00 |
| <b>5</b>  | MANI RAM PATEL .  |     | MADHYA PRADESH    | 1:31:42.00 |
| <b>6</b>  | CHANDANSINGH .  |     | GUJRAT            | 1:31:51.00 |
| <b>7</b>  | SATYANARAYAN .  |     | CHATTISGARH       | 1:33:14.00 |
| <b>8</b>  | TEOH BOON LIM .   |     | MALAYSIA          | 1:34:44.00 |
| <b>9</b>  | JAGTAR SINGH .  |     | SERVICES          | 1:35:04.00 |
| <b>10</b>   | LO CHOON SIENG .  |     | MALAYSIA          | 1:35:33.00 |
| <b>11</b>   | ANIL KUMAR .  |     | POLICE            | 1:36:37.00 |
| <b>12</b>   | BASANTH BAHADUR RANA                                      |     | SERVICES          | 1:37:15.00 |
| <b>13</b>   | BINU VARGHESE .   |     | KERALA            | 1:38:44.00 |
| <b>14</b>   | B.THIRUKUMARAN .  |     | MALAYSIA          | 1:38:57.00 |
| <b>15</b>   | PRAMOD K R .  |     | MAHARASTRA        | 1:39:36.00 |
| <b>16</b>   | SANJAY YADAV .  |     | MADHYA PRADESH    | 1:39:37.00 |
| <b>17</b>   | SUMIT KUMAR .   |     | RAILWAYS          | 1:40:32.00 |
| <b>18</b>   | PARVEEN .   |     | DELHI             | 1:42:43.00 |
| <b>19</b>   | ANTAR SINGH .   |     | PUNJAB            | 1:44:21.00 |
| <b>20</b>   | ARUN KUMAR .  |     | DELHI             | 1:45:10.00 |

|  |                              |                      |         |            |
|--|------------------------------|----------------------|---------|------------|
| 21   | METEI L B .                  | MAHARAstra           |         | 1:47:46.00 |
| 22   | SANAHAL SINGH LAISAR         | MANIPUR              |         | 1:47:47.00 |
| 23   | SANDEEP .                    | HARYANA              |         | 1:49:00.00 |
| 24   | MD. SHARRULHAIZ ABDUL RAHMAN | MALAYSIA             |         | 1:55:32.00 |
|  | SHAILESH KUMAR .             | JHARKHAND            |         | DNF        |
|  | SANTA SINGH .                | POLICE               |         | DNF        |
|  | PARDEEP .                    | HARYANA              |         | DNS        |
|  | ASHOK KUMAR PATEL            | RAILWAYS             |         | DNS        |
|  | IKRAR AHMED .                | BIHAR                |         | DNS        |
|  | HARMINDAR SINGH .            | JHARKHAND            |         | DNS        |
|  | SANABAM DAMEN SINGH          | MANIPUR              |         | DNS        |
|  | HARDEEP SINGH .              | PUNJAB               |         | DNS        |
|  | RAMJAS .                     | HARYANA              |         | DNS        |
|  | MANJIT SINGH .               | PUNJAB               |         | DNS        |
| EX   | HARMINDER SINGH .            | ATHLETICS FEDERATION |         | 1:29:47.00 |
| <b>Event # 43 MENS m Decathlon</b>                       |                              |                      |         |            |
| <b>DATE:-07/10/2009</b>                                  |                              |                      |         |            |
| <b># N.R.:JORA SINGH DELHI 7502 02.03.2006</b>           |                              |                      |         |            |
| <b>% M.R.:KULWINDER SINGH SSCB 7257 7-8NOV05</b>         |                              |                      |         |            |
| 1  | VINOD. P.J .                 | KERALA               |         | 6956       |
| 2  | RAMNIWAS .                   | RAILWAYS             |         | 6645       |
| 3  | RANEESH. V.V .               | KERALA               |         | 6472       |
| 4  | K.SHANKAR .                  | SERVICES             |         | 6266       |
| 5  | CHANDRAHASH KUSHWAHA         | POLICE               |         | 6170       |
| 6  | BENNY THOMAS .               | SERVICES             |         | 6113       |
| 7  | RAVINDRA .                   | RAJASTHAN            |         | 5853       |
| 8  | ASHOK KUMAR .                | SERVICES             |         | 5840       |
| 9  | SINGH JASPAL .               | MAHARAstra           |         | 5641       |
| 10   | P.RIJU .                     | RAILWAYS             |         | 5385       |
| 11   | JIJO. P.V .                  | KERALA               |         | 5295       |
| 12   | DHEERAJ KUMAR .              | PUNJAB               |         | 5136       |
| 13   | V.J.KUDILARASAN .            | TAMILNADU            |         | 5120       |
| 14   | BHARTENDER SINGH             | HARYANA              |         | 2363       |
| 15   | DEVENDER .                   | RAILWAYS             |         | 1075       |
| <b>Event # 22 WOMENS 100m</b>                            |                              |                      |         |            |
| <b>TIME:- 8:15 AM</b>                                    |                              |                      |         |            |
| <b>06-10-2009</b>  |                              |                      |         |            |
| <b># N.R.:RACHITA MISTRY TRIVENDRAM 11.38 12.08.2000</b> |                              |                      |         |            |
| <b>% M.R.:SARASWATI SAHA RSPB 11.43 SEP-2002</b>         |                              |                      |         |            |
| <b>RESULTS OF FINALS</b>                                 |                              |                      |         |            |
| 1  | SHARDA NARAYAN .             | RAILWAYS             | +0.0m/s | 11.71      |
| 2  | H.M. JYOTHI .                | ANDHRA PRADESH       | +0.0m/s | 11.73      |
| 3  | PRIYA. P.K .                 | KERALA               | +0.0m/s | 12.11      |
| 4  | ARJUNA KHATUN .              | RAILWAYS             | +0.0m/s | 12.17      |
| 5  | MANDEEP KAUR .               | PUNJAB               | +0.0m/s | 12.22      |
| 6  | NIDHI K SINGH .              | RAILWAYS             | +0.0m/s | 12.23      |
| 7  | SHILPA. C .                  | KERALA               | +0.0m/s | 12.33      |
| 8  | HEMA NAZRETH BHANGA          | POLICE               | +0.0m/s | 12.45      |
| <b>RESULTS OF PRELIMS Heat 1</b>                         |                              |                      |         |            |



|  |                     |                      |         |       |
|--|---------------------|----------------------|---------|-------|
| 1  | H.M. JYOTHI .       | ANDHRA PRADESH       | +0.4m/s | 11.90 |
| 2  | ARJUNA KHATUN .     | RAILWAYS             | +0.4m/s | 12.20 |
| 3  | SHILPA. C .         | KERALA               | +0.4m/s | 12.28 |
| 4  | MANDEEP KAUR .      | PUNJAB               | +0.4m/s | 12.39 |
| 5  | ANURADHA BISWAL .   | ORISSA               | +0.4m/s | 12.61 |
| 6  | VINITA SAHANI .     | UTTAR PRADESH        | +0.4m/s | 12.61 |
|  | SAPI NDERPAL KAUR   | POLICE               |         | DNF   |
|  | S.RADHIKA .         | TAMILNADU            |         | DNS   |
| <b>RESULTS OF PRELIMS Heat 2</b>                       |                     |                      |         |       |
| 1  | NIDHI K SINGH .     | RAILWAYS             | +0.6m/s | 12.27 |
| 2  | HEMA NAZRETH BHANGA | POLICE               | +0.6m/s | 12.52 |
| 3  | VIJI VIJAYAN .      | KERALA               | +0.6m/s | 12.75 |
| 4  | K.RAMA SARWANI .    | ANDHRA PRADESH       | +0.6m/s | 13.08 |
| 5  | KAVITA SINGH .      | UTTAR PRADESH        | +0.6m/s | 14.01 |
|  | GRACE MINZ .        | MADHYA PRADESH       |         | DNS   |
|  | PARNEET .           | DELHI                |         | DNS   |
| <b>RESULTS OF PRELIMS Heat 3</b>                       |                     |                      |         |       |
| 1  | SHARDA NARAYAN .    | RAILWAYS             | +0.0m/s | 12.02 |
| 2  | PRIYA. P.K .        | KERALA               | +0.0m/s | 12.24 |
| 3  | N. SUDHA .          | ANDHRA PRADESH       | +0.0m/s | 12.44 |
| 4  | DRAVID SAYALI .     | MAHARASTRA           | +0.0m/s | 12.71 |
| 5  | ALKA CHAUDHARY .    | UTTAR PRADESH        | +0.0m/s | 12.87 |
| 6  | SUNITA .            | MADHYA PRADESH       | +0.0m/s | 13.72 |
|  | POONAM TOMAR .      | DELHI                |         | DNS   |
| <b>Event # 23 WOMENS 200m</b>                          |                     |                      |         |       |
| <b>TIME:- 8:15 AM</b>                                  |                     |                      |         |       |
| <b>09-10-2009</b>                                      |                     |                      |         |       |
| <b># N.R.:SARASWATI SAHA LUDHIANA 22.82 28.08.2002</b> |                     |                      |         |       |
| <b>% M.R.:SARASWATI SAHA RSPB 22.83 SEP-2002</b>       |                     |                      |         |       |
| <b>RESULTS OF FINALS</b>                               |                     |                      |         |       |
| 1  | K. SOUJANYA .       | ANDHRA PRADESH       | +0.4m/s | 24.16 |
| 2  | H.M. JYOTHI .       | ANDHRA PRADESH       | +0.4m/s | 24.16 |
| 3  | SANTHINI. V .       | KERALA               | +0.4m/s | 24.79 |
| 4  | ARJUNA KHATUN .     | RAILWAYS             | +0.4m/s | 24.81 |
| 5  | K. MRUDULA .        | ANDHRA PRADESH       | +0.4m/s | 24.90 |
| 6  | TIANA MARY THOMAS   | ATHLETICS FEDERATION | +0.4m/s | 25.36 |
| 7  | PRIYANKA PANWAR .   | RAILWAYS             | +0.4m/s | 25.38 |
| 8  | R.ELAVARASI .       | TAMILNADU            | +0.4m/s | 25.45 |
| <b>RESULTS OF PRELIMS Heat 1</b>                       |                     |                      |         |       |
| 1  | K. MRUDULA .        | ANDHRA PRADESH       | +0.0m/s | 25.19 |
| 2  | ARJUNA KHATUN .     | RAILWAYS             | +0.0m/s | 25.26 |
| 3  | SANTHINI. V .       | KERALA               | +0.0m/s | 25.41 |
| 4  | JAUNA MURMU .       | ATHLETICS FEDERATION | +0.0m/s | 25.64 |
| 5  | DABESHREE MAJUMDAR  | WEST BENGAL          | +0.0m/s | 25.65 |
| 6  | HEMA NAZRETH BHANGA | POLICE               | +0.0m/s | 25.90 |
|  | VINITA SAHANI .     | UTTAR PRADESH        |         | DNS   |
| <b>RESULTS OF PRELIMS Heat 2</b>                       |                     |                      |         |       |
| 1  | K. SOUJANYA .       | ANDHRA PRADESH       | +0.4m/s | 24.93 |
| 2  | PRIYANKA PANWAR .   | RAILWAYS             | +0.4m/s | 25.39 |

|   |                    |                      |         |         |
|---|--------------------|----------------------|---------|---------|
| 3   | TIANA MARY THOMAS  | ATHLETICS FEDERATION | +0.4m/s | 25.51   |
| 4   | SHILPA. C .        | KERALA               | +0.4m/s | 26.14   |
| 5   | RADHA YADAV .      | MADHYA PRADESH       | +0.4m/s | 27.11   |
|   | MANJIT KAUR .      | PUNJAB               |         | DNF     |
|   | KAVITA SINGH .     | UTTAR PRADESH        |         | DNS     |
| <b>RESULTS OF PRELIMS Heat 3</b>                    |                    |                      |         |         |
| 1   | H.M. JYOTHI .      | ANDHRA PRADESH       | +0.0m/s | 24.93   |
| 2   | R.ELAVARASI .      | TAMILNADU            | +0.0m/s | 25.54   |
| 3   | ALKA CHAUDHARY .   | UTTAR PRADESH        | +0.0m/s | 26.17   |
| 4   | VIJI VIJAYAN .     | KERALA               | +0.0m/s | 26.19   |
| 5   | RITA RANI GUNDUA   | POLICE               | +0.0m/s | 28.81   |
|   | G.HARTHI .         | RAILWAYS             |         | DNS     |
| <b>Event # 24 WOMENS 400m</b>                       |                    |                      |         |         |
| <b>TIME:- 9:10 AM</b>                               |                    |                      |         |         |
| <b>08-10-2009</b>                                   |                    |                      |         |         |
| <b># N.R.:MANJEET KAUR CHENNAI 51.05 16.06.2004</b> |                    |                      |         |         |
| <b>% M.R.:K.M. BEENAMOL RSPB 51.90 SEP-2002</b>     |                    |                      |         |         |
| <b>RESULTS OF FINALS</b>                            |                    |                      |         |         |
| 1   | MANJIT KAUR .      | PUNJAB               |         | 53.62   |
| 2   | TINTU LUKA .       | KERALA               |         | 54.15   |
| 3   | K. SOUJANYA .      | ANDHRA PRADESH       |         | 54.54   |
| 4   | CHITRA K SOMAN .   | JHARKHAND            |         | 54.90   |
| 5   | SINI JOSE .        | ATHLETICS FEDERATION |         | 55.11   |
| 6   | PRIYANKA PANWAR .  | RAILWAYS             |         | 55.20   |
| 7   | ASHWINI AC .       | JHARKHAND            |         | 55.37   |
| 8   | K. MRUDULA .       | ANDHRA PRADESH       |         | 55.43   |
| <b>RESULTS OF PRELIMS Heat 1</b>                    |                    |                      |         |         |
| 1   | CHITRA K SOMAN .   | JHARKHAND            |         | 55.34   |
| 2   | PRIYANKA PANWAR .  | RAILWAYS             |         | 55.52   |
| 3   | TIANA MARY THOMAS  | ATHLETICS FEDERATION |         | 57.00   |
| 4   | P. JINCY .         | TAMILNADU            |         | 57.85   |
| 5   | RADHA YADAV .      | MADHYA PRADESH       |         | 1:00.80 |
| 6   | RAJNISH BALA .     | HIMACHAL PRADESH     |         | 1:00.83 |
| 7   | SUKUMATI LAGURI .  | POLICE               |         | 1:02.74 |
| 8   | REVATHY N.P. .     | MADHYA PRADESH       |         | 1:05.09 |
| <b>RESULTS OF PRELIMS Heat 2</b>                    |                    |                      |         |         |
| 1   | TINTU LUKA .       | KERALA               |         | 54.21   |
| 2   | K. SOUJANYA .      | ANDHRA PRADESH       |         | 54.73   |
| 3   | ASHWINI AC .       | JHARKHAND            |         | 55.19   |
| 4   | DABESHREE MAJUMDAR | WEST BENGAL          |         | 55.94   |
| 5   | T. RENUKA .        | TAMILNADU            |         | 58.26   |
| 6   | G.HARTHI .         | RAILWAYS             |         | 58.92   |
|   | R. RAMYA .         | TAMILNADU            |         | DNF     |
| <b>RESULTS OF PRELIMS Heat 3</b>                    |                    |                      |         |         |
| 1   | MANJIT KAUR .      | PUNJAB               |         | 55.09   |
| 2   | K. MRUDULA .       | ANDHRA PRADESH       |         | 55.27   |
| 3   | SINI JOSE .        | ATHLETICS FEDERATION |         | 55.77   |
| 4   | SABINA KHATUN .    | RAILWAYS             |         | 56.96   |
| 5   | SARASWATI CHAND .  | POLICE               |         | 57.13   |

|   |                   |                  |          |
|---|-------------------|------------------|----------|
| 6   | R.ELAVARASI .     | TAMILNADU        | 57.46    |
| 7   | ASWATHI MOHANAN . | KERALA           | 58.03    |
|   | SAPINDER KAUR .   | POLICE           | DNF      |
| <b>Event # 25 WOMENS 800m</b>                           |                   |                  |          |
| <b>TIME:- 7:20 AM</b>                                   |                   |                  |          |
| <b>07-10-2009</b>                                       |                   |                  |          |
| <b># N.R.:SHINY WILSON CHENNAI 1:59.85 20.12.1995</b>   |                   |                  |          |
| <b>% M.R.:JYOTIMOYEE SIKDAR WB 2:01.74 NOV-1998</b>     |                   |                  |          |
| 1   | TINTU LUKA .      | KERALA           | 2:03.53  |
| 2   | SUSHMA DEVI .     | RAILWAYS         | 2:04.56  |
| 3   | BINDU S.R. .      | RAILWAYS         | 2:06.51  |
| 4   | SINIMOL PAULOSE . | JHARKHAND        | 2:07.16  |
| 5   | PRATIMA TUDU. .   | WEST BENGAL      | 2:11.51  |
| 6   | PRIYANKA PATEL .  | RAILWAYS         | 2:16.97  |
| 7   | WAHIDA REHMAN .   | POLICE           | 2:19.68  |
| 8   | NIVEDITA .        | HIMACHAL PRADESH | 2:33.88  |
| <b>Event # 26 WOMENS 1500m</b>                          |                   |                  |          |
| <b>TIME:- 5:00 PM</b>                                   |                   |                  |          |
| <b>09-10-2009</b>                                       |                   |                  |          |
| <b># N.R.:SUNITA RANI BUSAN 4:06.03 10.10.2002</b>      |                   |                  |          |
| <b>% M.R.:O.P. JAISHA RSPB 4:11.83 5-10-2006</b>        |                   |                  |          |
| 1   | SUSHMA DEVI .     | RAILWAYS         | 4:22.86  |
| 2   | BINDU S.R. .      | RAILWAYS         | 4:24.08  |
| 3   | PRIYANKA PATEL .  | RAILWAYS         | 4:25.70  |
| 4   | PRATIMA TUDU. .   | WEST BENGAL      | 4:29.39  |
| 5   | S.THOBATONE CHANU | POLICE           | 4:43.88  |
| 6   | BORGI JAYSHREE .  | MAHARAstra       | 4:52.83  |
|   | SANGEETA YADAV .  | UTTAR PRADESH    | DNS      |
|   | ANURADHA SINGH .  | MADHYA PRADESH   | DNS      |
|   | SINIMOL PAULOSE . | JHARKHAND        | DNS      |
|   | PATIL RESHMA .    | MAHARAstra       | DNS      |
| <b>Event # 27 WOMENS 5000m</b>                          |                   |                  |          |
| <b>TIME:- 6:55 AM</b>                                   |                   |                  |          |
| <b>06-10-2009</b>                                       |                   |                  |          |
| <b># N.R.:SUNITA RANI BUSAN :15:18.77 12.10.2002</b>    |                   |                  |          |
| <b>% M.R.:PREEJA SREEDHARAN RSPB :15:45.96 OCT-2007</b> |                   |                  |          |
| 1   | KAVITA RAUT .     | MAHARAstra       | 16:13.17 |
| 2   | JHUMA KHATUN .    | RAILWAYS         | 17:01.80 |
| 3   | LALITA BABAR .    | RAILWAYS         | 17:25.08 |
| 4   | S.THOBATONE CHANU | POLICE           | 17:39.53 |
| 5   | L. CHIBA CHAN .   | DELHI            | 18:03.05 |
| 6   | RITA KUMARI .     | HIMACHAL PRADESH | 18:21.23 |
| 7   | SANGEETA YADAV .  | UTTAR PRADESH    | 18:36.41 |
| 8   | GAVTE JYOTI .     | MAHARAstra       | 19:02.04 |
| 9   | BORGI JAYSHREE .  | MAHARAstra       | 19:17.36 |
| 10  | MANDEEP KAUR .    | PUNJAB           | 19:32.82 |
| 11  | SREENA. P .       | KERALA           | 20:11.55 |
| 12  | BABY KHATOON .    | WEST BENGAL      | 20:12.85 |
| 13  | NEETU SINGH .     | DELHI            | 20:17.46 |

|  |                        |                  |         |          |
|--|------------------------|------------------|---------|----------|
| 14   | MAMTA RAI .            | MADHYA PRADESH   |         | 20:17.85 |
| 15   | SHUSHILA SINGH .       | UTTAR PRADESH    |         | 20:18.85 |
|  | PREEJA SRIDHRAN .      | RAILWAYS         |         | DNF      |
|  | L.SURYA .              | TAMILNADU        |         | DNS      |
|  | ANURADHA SINGH .       | MADHYA PRADESH   |         | DNS      |
|  | RASHMI KALANKI .       | MADHYA PRADESH   |         | DNS      |
|  | MAEREY .               | COAL INDIA       |         | DNS      |
| <b>Event # 28 WOMENS 10000m</b>                              |                        |                  |         |          |
| <b>TIME:- 7:10 AM</b>  |                        |                  |         |          |
| <b>09-10-2009</b>  |                        |                  |         |          |
| <b>#N.R.:P.SRIDHARAN WATFORD-LONDAN :32:04.41 14.06.2008</b> |                        |                  |         |          |
| <b>% M.R.:PREEJA SREEDHARAN RSPB :33:25.00 OCT-2007</b>      |                        |                  |         |          |
| 1  | KAVITA RAUT .          | MAHARASTRA       |         | 33:57.40 |
| 2  | PREETI L.RAO .         | RAILWAYS         |         | 36:06.86 |
| 3  | LALITA BABAR .         | RAILWAYS         |         | 37:20.01 |
| 4  | PATIL RESHMA .         | MAHARASTRA       |         | 42:10.87 |
| 5  | SHUSHILA SINGH .       | UTTAR PRADESH    |         | 43:12.34 |
| 6  | ANITA CHAUDHARY .      | UTTAR PRADESH    |         | 44:41.58 |
|  | PREEJA SRIDHRAN .      | RAILWAYS         |         | DNS      |
|  | RITA KUMARI .          | HIMACHAL PRADESH |         | DNS      |
| <b>Event # 29 WOMENS 84.0cm 100m Hurdles</b>                 |                        |                  |         |          |
| <b>TIME:- 9:40 AM</b>  |                        |                  |         |          |
| <b>07-10-2009</b>  |                        |                  |         |          |
| <b># N.R.:ANURADHA BISWAL NEW DELHI 13.38 08.09.2002</b>     |                        |                  |         |          |
| <b>% M.R.:ANURADHAL BISWAL ORI 13.38 SEP-2002</b>            |                        |                  |         |          |
| <b>RESULTS OF FINALS</b>                                     |                        |                  |         |          |
| 1  | G.GAYATHRI .           | TAMILNADU        | +0.0m/s | 13.98    |
| 2  | ANURADHA BISWAL .      | ORISSA           | +0.0m/s | 14.15    |
| 3  | POONAM BOJANNA .       | JHARKHAND        | +0.0m/s | 14.18    |
| 4  | SARANYA .              | RAILWAYS         | +0.0m/s | 14.37    |
| 5  | SHREEMA PRIYADHARSHINI | RAILWAYS         | +0.0m/s | 14.50    |
| 6  | DARSHANA. M.S .        | KERALA           | +0.0m/s | 14.88    |
|  | SHILPA SUNDER .        | KARNATAKA        |         | DNF      |
|  | SHANKARI .             | RAILWAYS         |         | DNS      |
| <b>RESULTS OF PRELIMS Heat 1</b>                             |                        |                  |         |          |
| 1  | G.GAYATHRI .           | TAMILNADU        | +0.0m/s | 14.02    |
| 2  | SARANYA .              | RAILWAYS         | +0.0m/s | 14.34    |
| 3  | ANURADHA BISWAL .      | ORISSA           | +0.0m/s | 14.41    |
| 4  | SHREEMA PRIYADHARSHINI | RAILWAYS         | +0.0m/s | 14.82    |
| <b>RESULTS OF PRELIMS Heat 2</b>                             |                        |                  |         |          |
| 1  | POONAM BOJANNA .       | JHARKHAND        | +0.4m/s | 14.50    |
| 2  | SHANKARI .             | RAILWAYS         | +0.4m/s | 14.63    |
| 3  | DARSHANA. M.S .        | KERALA           | +0.4m/s | 14.81    |
| 4  | SHILPA SUNDER .        | KARNATAKA        | +0.4m/s | 15.20    |
| 5  | KHUSHBOO PASI .        | MADHYA PRADESH   | +0.4m/s | 20.32    |
| <b>Event # 30 WOMENS 76.2cm 400m Hurdles</b>                 |                        |                  |         |          |
| <b>TIME:- 9:20 AM</b>  |                        |                  |         |          |
| <b>08-10-2009</b>  |                        |                  |         |          |
| <b># N.R.:P.T. USHA LOS ANGELES 55.42 08.08.1984</b>         |                        |                  |         |          |

|   |   |               |         |          |
|---|---|---------------|---------|----------|
| <b>% M.R.:P.T. USHA RSPB 56.80 1985</b>                   |   |               |         |          |
| 1   | HARPREET KAUR .                           | RAILWAYS      |         | 1:00.56  |
| 2   | DARSHANA. M.S .                           | KERALA        |         | 1:01.38  |
| 3   | SHIJI JOHN C. .                           | RAILWAYS      |         | 1:01.61  |
| 4   | SONIA. K.A .                              | KERALA        |         | 1:02.65  |
| 5   | T. RENUKA .                               | TAMILNADU     |         | 1:02.92  |
| 6   | PRATHIBA .                                | RAILWAYS      |         | 1:03.46  |
| 7   | SAPINDER KAUR .                           | POLICE        |         | 1:04.21  |
| 8   | R. RAMYA .                                | TAMILNADU     |         | 1:04.58  |
| <b>Event # 31 WOMENS 3000m Steeplechase</b>               |   |               |         |          |
| <b>TIME:- 5:50 PM</b>                                     |   |               |         |          |
| <b>08-10-2009</b>   |   |               |         |          |
| <b># N.R.:SUDHA SINGH JAMSHEDPUR :10:18.76 25.10.2007</b> |   |               |         |          |
| <b>% M.R.:SUDHA SINGH RSPB :10:18.76 OCT-2007</b>         |   |               |         |          |
| 1   | KIRAN TIWARI .                            | RAILWAYS      |         | 10:39.04 |
| 2   | REMESWARI. M.V .                          | KERALA        |         | 11:39.84 |
| 3   | WAHIDA REHMAN .                           | POLICE        |         | 12:01.36 |
|   | SUDHA SINGH .                             | RAILWAYS      |         | DNF      |
|   | RAJSHREE PATIL .                          | RAILWAYS      |         | DNF      |
| <b>Event # 32 WOMENS High Jump</b>                        |   |               |         |          |
| <b>TIME:- 3:10 PM</b>                                     |   |               |         |          |
| <b>08-10-2009</b>   |   |               |         |          |
| <b># N.R.:BOBBY ALOYSIUS CHENNAI 1.91 18.07.2004</b>      |   |               |         |          |
| <b>% M.R.:SAHANA KUMARI RSPB 1.82 OCT-2007</b>            |   |               |         |          |
| 1   | KAVYA MUTHANNA .                          | JHARKHAND     |         | 1.75m    |
| 2   | K.C.CHANDANNA .                           | KARNATAKA     |         | 1.70m    |
| 2   | SAHANA KUMARI .                           | RAILWAYS      |         | 1.70m    |
| 4   | MALLIKA MONDAL .                          | RAILWAYS      |         | 1.70m    |
| 5   | CHITRA .                                  | RAILWAYS      |         | 1.70m    |
| 6   | MARYANN C. THARIYAN                       | UTTAR PRADESH |         | 1.65m    |
| 7   | P. DIVYA PRIYA .                          | TAMILNADU     |         | 1.65m    |
| 8   | REENA .                                   | POLICE        |         | 1.60m    |
| 9   | KARKHANIS TEJA .                          | MAHARASTRA    |         | 1.60m    |
| <b>Event # 33 WOMENS Long Jump</b>                        |   |               |         |          |
| <b>TIME:- 3:35 PM</b>                                     |   |               |         |          |
| <b>07-10-2009</b>   |   |               |         |          |
| <b># N.R.:ANJU BOBBY GEORGE ATHENS 6.83 27.08.2004</b>    |   |               |         |          |
| <b>% M.R.:ANJU BOBBY GEORGE TN 6.74 SEP-2002</b>          |   |               |         |          |
| 1   | PRAJUSHA M.A. .                           | RAILWAYS      | +0.0m/s | 6.28m    |
|   | <b>FOUL, 6.02, FOUL, FOUL, 6.28, FOUL</b> |               |         |          |
| 2   | RESHMI BOSE .                             | RAILWAYS      | +0.0m/s | 6.21m    |
|   | <b>FOUL, FOUL, 5.70, 6.14, 6.21, 6.02</b> |               |         |          |
| 3   | SHINI. A.P .                              | KERALA        | +0.0m/s | 5.93m    |
|   | <b>5.77, FOUL, FOUL, 5.93, 5.71, 5.78</b> |               |         |          |
| 4   | M PRIYA DEVI .                            | WEST BENGAL   | +0.0m/s | 5.87m    |
| 5   | SUSAN K JOY .                             | KERALA        | +0.0m/s | 5.80m    |
| 6   | GHULE SHRADHA .                           | MAHARASTRA    | +0.0m/s | 5.78m    |
| 7   | RENUBALA MAHANTA                          | ORISSA        | +0.0m/s | 5.75m    |
| 8   | P.SUBASHINI .                             | TAMILNADU     | +0.0m/s | 5.73m    |

|   |  |                |         |             |
|---|--|----------------|---------|-------------|
| 9   | SHILPA SUNDER .                          | KARNATAKA      | +0.0m/s | 5.48m       |
| 10  | KALPANA DAS .                            | RAILWAYS       | +0.0m/s | 5.40m       |
| 11  | NABONITA GHOSH .                         | POLICE         | +0.0m/s | 5.05m       |
| 12  | ANAMIKA .                                | UTTAR PRADESH  | +0.0m/s | 5.02m       |
| 13  | RAKHI TOMAR .                            | POLICE         | +0.0m/s | 5.02m       |
| 14  | ANSHU RANI .                             | MADHYA PRADESH | +0.0m/s | 4.93m       |
|   | YASHIKA KUJUR .                          | COAL INDIA     |         | DNS         |
| <b>Event # 34 WOMENS Triple Jump</b>                      |  |                |         |             |
| <b>TIME:- 3:40 PM</b>                                     |  |                |         |             |
| <b>09-10-2009</b>   |  |                |         |             |
| <b># N.R.:ANJU BOBBYGEORGE HYDERABAD 13.67 18.12.2002</b> |  |                |         |             |
| <b>% M.R.:MAYOOKHA JOHNY KERALA 13.54 8-11SEP08</b>       |  |                |         |             |
| 1   | PRAJUSHA M.A. .                          | RAILWAYS       | +0.0m/s | 13.41m      |
|   | 13.16, 13.41, 11.77, 13.16, 13.36, 13.20 |                |         |             |
| 2   | TESSYMOL JOSEPH .                        | RAILWAYS       | +0.0m/s | 13.17m      |
|   | 12.78, 12.81, 12.88, 13.17, 12.72, 12.95 |                |         |             |
| 3   | GHULE SHRADHA .                          | MAHARASTRA     | +0.0m/s | 12.87m      |
|   | 12.68, 12.40, FOUL, 12.65, 12.87, FOUL   |                |         |             |
| 4   | G.GAYATHRI .                             | TAMILNADU      | +0.0m/s | 12.65m      |
| 5   | RESHMI BOSE .                            | RAILWAYS       | +0.0m/s | 12.51m      |
| 6   | P.SUBASHINI .                            | TAMILNADU      | +0.0m/s | 12.03m      |
| 7   | ANAMIKA .                                | UTTAR PRADESH  | +0.0m/s | 11.43m      |
| <b>Event # 35 WOMENS Pole Vault</b>                       |  |                |         |             |
| <b>TIME:- 3:00 PM</b>                                     |  |                |         |             |
| <b>08-10-2009</b>   |  |                |         |             |
| <b># N.R.:V.S. SUREKHA PATIALA 4.08 23.10.2006</b>        |  |                |         |             |
| <b>% M.R.:V.S. SUREKHA RSPB 3.85 6-10-2006</b>            |  |                |         |             |
| 1   | V.S.SUREKHA .                            | RAILWAYS       |         | 4.00m * NMR |
| 2   | MADHUSINI DEVI .                         | RAILWAYS       |         | 3.50m       |
| 3   | TAPSI NANDI .                            | RAILWAYS       |         | 3.30m       |
|   | SITHARA T ILLATH                         | KERALA         |         | NM          |
|   | S. SARANYA .                             | TAMILNADU      |         | NM          |
|   | BABLI MITRA .                            | POLICE         |         | NM          |
| <b>Event # 36 WOMENS 4.00kg Shot Put</b>                  |  |                |         |             |
| <b>TIME:- 4:10 PM</b>                                     |  |                |         |             |
| <b>07-10-2009</b>   |  |                |         |             |
| <b># N.R.:HARBANS KAUR MUMBAI 17.43 24.11.1997</b>        |  |                |         |             |
| <b>% M.R.:HARBANS KAUR LIC 17.84 NOV-1998</b>             |  |                |         |             |
| 1   | MANPREET KAUR .                          | RAILWAYS       |         | 15.00m      |
|   | 13.91, 13.90, 14.22, 12.64, 13.93, 15.00 |                |         |             |
| 2   | SEEMA ANTIL .                            | HARYANA        |         | 14.96m      |
|   | 14.23, FOUL, FOUL, 14.28, 14.96, 14.92   |                |         |             |
| 3   | SAROJ SIHAG .                            | POLICE         |         | 14.19m      |
|   | 12.81, 14.15, 13.95, 13.90, FOUL, 14.19  |                |         |             |
| 4   | UDYA LAXMI .                             | RAILWAYS       |         | 13.85m      |
| 5   | STEFFIE CARDOZO .                        | GOA            |         | 13.51m      |
| 6   | NEELAM .                                 | HARYANA        |         | 13.41m      |
| 7   | PATWANT KAUR .                           | PUNJAB         |         | 13.10m      |
| 8   | MUKESH BENIWAL .                         | DELHI          |         | 12.58m      |

|   |  |                |        |
|---|--|----------------|--------|
| 9   | SMRITI KANA MANA                         | POLICE         | 12.09m |
| 10  | RAJASREE. R.L .                          | KERALA         | 11.99m |
| 11  | NEHA SINGH .                             | MADHYA PRADESH | 11.12m |
|   | RUBY SINGH .                             | UTTAR PRADESH  | FOUL   |
|   | SEEMA ANTIL .                            | POLICE         | DNS    |
|   | MANJIT KAUR .                            | PUNJAB         | DNS    |
|   | G.TOPPO .                                | COAL INDIA     | DNS    |
|   | RUBY SINGH .                             | DELHI          | DNS    |
|   | SARASWATI .                              | RAILWAYS       | DNS    |
|   | NEHA SINGH .                             | UTTAR PRADESH  | DNS    |
|   | BHAWANA GAUD .                           | MADHYA PRADESH | DNS    |
| <b>Event # 37 WOMENS 1.00kg Discus Throw</b>          |  |                |        |
| <b>TIME:- 3:35 PM</b>                                 |  |                |        |
| <b>06-10-2009</b>                                     |  |                |        |
| <b># N.R.:SEEMA ANTIL CHENNAI 64.64 16.06.2004</b>    |  |                |        |
| <b>% M.R.:NEELAM J.SINGH RSPB 61.17 SEP-2003</b>      |  |                |        |
| 1   | SEEMA ANTIL .                            | HARYANA        | 57.53m |
|   | 55.06, 56.43, 53.23, 55.02, 55.17, 57.53 |                |        |
| 2   | HARWANT KAUR .                           | PUNJAB         | 57.02m |
|   | 56.52, 56.02, 54.96, 53.90, 55.47, 57.02 |                |        |
| 3   | KRISHNA POONIA .                         | RAILWAYS       | 55.82m |
|   | FOUL, FOUL, 55.78, FOUL, FOUL, 55.82     |                |        |
| 4   | SAROJ SIHAG .                            | POLICE         | 51.02m |
| 5   | AMAN PREET KAUR .                        | RAILWAYS       | 45.10m |
| 6   | PARBATI SETHI .                          | RAILWAYS       | 44.58m |
| 7   | PRAVEEN .                                | RAJASTHAN      | 41.57m |
| 8   | SAVITA CHAUDHARY                         | UTTAR PRADESH  | 41.39m |
| 9   | PROMILA .                                | HARYANA        | 39.23m |
| 10  | NEHA SINGH .                             | MADHYA PRADESH | 36.19m |
| 11  | E. HEMAPRIYA .                           | TAMILNADU      | 31.90m |
| 12  | INDUBALA .                               | COAL INDIA     | 30.16m |
|   | SEEMA ANTIL .                            | POLICE         | DNS    |
|   | RUBY SINGH .                             | UTTAR PRADESH  | DNS    |
|   | NEHA SINGH .                             | UTTAR PRADESH  | DNS    |
| <b>Event # 38 WOMENS 4.00kg Hammer Throw</b>          |  |                |        |
| <b>TIME:- 4:00 PM</b>                                 |  |                |        |
| <b>09-10-2009</b>                                     |  |                |        |
| <b># N.R.:HARDEEP KAUR NEW DELHI 61.67 08.09.2002</b> |  |                |        |
| <b>% M.R.:HARDEEP KAUR LIC 61.67 SEP-2002</b>         |  |                |        |
| 1   | SUKANYA MISHRA .                         | RAILWAYS       | 56.81m |
|   | 55.25, 55.21, 56.44, FOUL, 56.81, FOUL   |                |        |
| 2   | GUNJAN SINGH .                           | UTTAR PRADESH  | 54.35m |
|   | FOUL, 52.39, FOUL, 53.07, 53.97, 54.35   |                |        |
| 3   | USHMA D.SINGH .                          | RAILWAYS       | 54.32m |
|   | FOUL, 53.74, 53.17, 52.95, 51.64, 54.32  |                |        |
| 4   | SEEMA JAKHAR .                           | HARYANA        | 52.90m |
| 5   | REENA .                                  | HARYANA        | 50.05m |
| 6   | ARCHANA BARA .                           | POLICE         | 49.97m |
| 7   | R. MUTHU SELVI .                         | TAMILNADU      | 40.02m |

|  |   |     |                   |  |        |
|--|---|-----|-------------------|--|--------|
| 8  | GURJEET KAUR .                                  |     | RAJASTHAN         |  | 30.87m |
| 9  | INDUBALA .                                      |     | COAL INDIA        |  | 29.00m |
|  | AFROZ BE SHEIKH .                               |     | MADHYA PRADESH    |  | NM     |
|  | MANJU BALA . .                                  |     | RAILWAYS          |  | NM     |
|  | PHOOL PATTI .                                   |     | POLICE            |  | NM     |
| <b>Event # 39 WOMENS 600gms Javelin Throw</b>        |   |     |                   |  |        |
| <b>TIME:- 4:05 PM</b>                                |   |     |                   |  |        |
| <b>07-10-2009</b>                                    |   |     |                   |  |        |
| <b># N.R.:GURMEET KAUR BANGLORE 58.64 17.07.2000</b> |   |     |                   |  |        |
| <b>% M.R.:GURMEET KAUR LIC 54.98 NOV-1998</b>        |   |     |                   |  |        |
| 1  | SARASWATI .                                     |     | RAILWAYS          |  | 52.38m |
|  | <b>46.49, 46.18, 52.38, NM, 46.03, 47.31</b>    |     |                   |  |        |
| 2  | SUMAN DEVI .                                    |     | UTTAR PRADESH     |  | 47.55m |
|  | <b>41.94, 43.20, 43.02, 43.48, 44.21, 41.73</b> |     |                   |  |        |
| 3  | MEGHA PARDESHI .                                |     | RAILWAYS          |  | 45.98m |
|  | <b>FOUL, 44.37, 40.78, 45.98, 44.55, 45.83</b>  |     |                   |  |        |
| 4  | TULESHWARI PATEL                                |     | POLICE            |  | 44.57m |
| 5  | SANJO DEVI .                                    |     | HIMACHAL PRADESH  |  | 44.22m |
| 6  | GURPREET KAUR .                                 |     | HARYANA           |  | 43.48m |
| 7  | FULTUSHI GHOSH .                                |     | BIHAR             |  | 43.33m |
| 8  | POONAM RANI .                                   |     | HARYANA           |  | 42.20m |
| 9  | PROMILA .                                       |     | POLICE            |  | 41.61m |
| 10   | MUKESH KUMARI .                                 |     | RAILWAYS          |  | 40.69m |
| 11   | CHUMKI CHAUDHARY                                |     | POLICE            |  | 37.65m |
| 12   | ANITA PATEL .                                   |     | UTTAR PRADESH     |  | 37.33m |
| 13   | ARATI MAURYA .                                  |     | UTTAR PRADESH     |  | 35.78m |
|  | PUSHPA HASSA .                                  |     | COAL INDIA        |  | NM     |
|  | PATWANT KAUR .                                  |     | PUNJAB            |  | NM     |
|  | RUPINDER KAUR .                                 |     | PUNJAB            |  | DNS    |
|  | SONU .  |     | HARYANA           |  | DNS    |
| <b>Event # 40 WOMENS 4x100m Relay</b>                |   |     |                   |  |        |
| <b>TIME:- 4:30 PM</b>                                |   |     |                   |  |        |
| <b>09-10-2009</b>                                    |   |     |                   |  |        |
| <b># N.R.:INDIAN TEAM FUKUOKA 44.43 22.07.1998</b>   |   |     |                   |  |        |
| <b>% M.R (NIDHI K SINGH, POONAM TOMAR, , )</b>       |   |     |                   |  |        |
| 1  | <b>ANDHRA PRADESH</b>                           |     |                   |  | 46.45  |
|  | 102 H.M. JYOTHI .                               | 106 | N. SUDHA .        |  |        |
|  | 103 K. MRUDULA .                                | 104 | K. SOUJANYA .     |  |        |
| 2  | <b>RAILWAYS</b>                                 |     |                   |  | 47.08  |
|  | 565 NIDHI K SINGH .                             | 561 | MARIA JOHN .      |  |        |
|  | 592 SHARDA NARAYAN .                            | 543 | ARJUNA KHATUN .   |  |        |
| 3  | <b>KERALA</b>                                   |     |                   |  | 47.50  |
|  | 315 PRIYA. P.K .                                | 320 | SHILPA. C .       |  |        |
|  | 329 VIJI VIJAYAN .                              | 319 | SANTHINI. V .     |  |        |
| 4  | <b>POLICE</b>                                   |     |                   |  | 49.06  |
|  | 464 H BHANGA                                    | 468 | SAPI NDERPAL KAUR |  |        |
|  | 459 SARASWATI CHAND .                           | 458 | SAPINDER KAUR .   |  |        |
| 5  | <b>TAMILNADU</b>                                |     |                   |  | 49.07  |
|  | 732 G.GAYATHRI .                                | 741 | R.ELAVARASI .     |  |        |



|  |                       |     |                 |  |            |
|--|-----------------------|-----|-----------------|--|------------|
| 740  | R. RAMYA .            | 738 | P.SUBASHINI .   |  |            |
| <b>Event # 41 WOMENS 4x400m Relay</b>                                    |                       |     |                 |  |            |
| <b>TIME:- 10:00 AM</b>   |                       |     |                 |  |            |
| <b>09-10-2009</b>  |                       |     |                 |  |            |
| <b># N.R.:</b> (CHITRA K SOMAN, RAJWINDER KAUR, K.M.BINAMOL, MANJIT KAU) |                       |     |                 |  |            |
| <b>% M.R.:</b> RSPB TEAM RSPB 3:38.49 SEP-2002                           |                       |     |                 |  |            |
| <b>1</b>   | <b>KERALA</b>         |     |                 |  | 3:45.68    |
| 311  | ASWATHI MOHANAN .     | 324 | SONIA. K.A .    |  |            |
| 327  | TINTU LUKA .          | 312 | DARSHANA. M.S . |  |            |
| <b>2</b>   | <b>RAILWAYS</b>       |     |                 |  | 3:48.79    |
| 568  | PRATHIBA .            | 575 | SABINA KHATUN . |  |            |
| 848  | GEEETA ROBY .         | 585 | SUTAPA DAS .    |  |            |
| <b>3</b>   | <b>ANDHRA PRADESH</b> |     |                 |  | 4:04.88    |
| 104  | K. SOUJANYA .         | 106 | N. SUDHA .      |  |            |
| 101  | CH. SHANTI .          | 103 | K. MRUDULA .    |  |            |
|  | <b>TAMILNADU</b>      |     |                 |  | DNF        |
| 744  | T. RENUKA .           | 741 | R.ELAVARASI .   |  |            |
| 738  | P.SUBASHINI .         | 740 | R. RAMYA .      |  |            |
| <b>Event # 42 WOMENS 20Km Walk</b>                                       |                       |     |                 |  |            |
| <b>TIME:- 6:30 AM</b>  |                       |     |                 |  |            |
| <b>08-10-2009</b>  |                       |     |                 |  |            |
| <b>#N.R.:</b> L.DEVI CHENNAI 1:39:00.60 03.11.2006                       |                       |     |                 |  |            |
| <b>% M.R.:</b> AMANDEEP KAUR PUNJAB 1:43:49.00 08.11.2005                |                       |     |                 |  |            |
| <b>1</b>   | RANI YADAV .          |     | UTTAR PRADESH   |  | 1:44:37.00 |
| <b>2</b>   | SANDHYA K.J. .        |     | POLICE          |  | 1:45:08.00 |
| <b>3</b>   | L.DEEPMA LA DEVI .    |     | RAILWAYS        |  | 1:48:12.00 |
| <b>4</b>   | GAURAV KUMARI .       |     | POLICE          |  | 1:49:08.00 |
| <b>5</b>   | MEENA .               |     | DELHI           |  | 1:50:53.00 |
| <b>6</b>   | SUPRIYA ADAK .        |     | RAILWAYS        |  | 1:53:44.00 |
| <b>7</b>   | V.S.SANDHYA .         |     | RAILWAYS        |  | 2:02:40.00 |
| <b>8</b>   | RANJANA GUPTA .       |     | MADHYA PRADESH  |  | 2:04:36.00 |
|  | L.SARADA DEVI .       |     | POLICE          |  | DNF        |
|  | KHUSHBIR KAUR .       |     | PUNJAB          |  | DNS        |
| <b>Event # 54 WOMENS Heptathlon</b>                                      |                       |     |                 |  |            |
| <b>DATE:- 09/10/2009</b>   |                       |     |                 |  |            |
| <b># N.R.:</b> J.J. SHOBHA DELHI 6211 1703.2004                          |                       |     |                 |  |            |
| <b>% M.R.:</b> SOMA BISWAS RSPB 5739 OCT-2001                            |                       |     |                 |  |            |
| <b>1</b>   | G.G.PROMILA .         |     | RAILWAYS        |  | 5330       |
| <b>2</b>   | SINDHU. K.D .         |     | KERALA          |  | 4890       |
| <b>3</b>   | NAVPREET KAUR .       |     | PUNJAB          |  | 4811       |
| <b>4</b>   | LINDAMOL M RAJAN      |     | KERALA          |  | 4336       |
| <b>5</b>   | D.KARPURAMALA .       |     | RAILWAYS        |  | 4053       |
| <b>6</b>   | SAVITRI .             |     | MADHYA PRADESH  |  | 1301       |