

**44th NATIONAL INTER STATE ATHLETICS CHAMPIONSHIPS 2004**

**Jawaharlal Nehru Stadium, CHENNAI**

**18-20 JULY 2004**

**Organised by: Tamilnadu Athletics Association**

**FINAL RESULTS-WOMEN**

100 M FINAL					
18-7-04		M.R. : 11.48 s.		N.R. : 11.38 s.	
Position	No.	Name of Athletes	State	Performance	Wind Speed
1	521	POONAM TOMAR	DELHI	11.68s	(+0.20m/s)
2	696	RAKHEE SAHA	W.BENGAL	12.01s	
3	639	K.N. PRIYA	T.NADU	12.08s	
4	558	SHIJILA.V.D	KERALA	12.22s	
5	616	MANDEEP KAUR	PUNJAB	12.26s	
6	640	A.JESSY	T.NADU	12.35s	
7	559	SUNITHA VERGHEESE	KERALA	12.37s	
8	538	H.M. JYOTI	KARNATAKA	12.61s	
200 M FINAL					
20-7-04		MR. : 23.10 s.		N.R. : 22.82 s.	
1	694	SARASWATI SAHA	WB	23.30s	+1.4m/s
2	696	RAKHEE SAHA	WB	24.78s	
3	641	ANJU KUMARI	TN	25.16s	
4	538	H.M. JYOTI	KARNATAKA	25.59s	
5	479	RANJITHA ROY	WB	25.69s	
6	504	K RAMADEVI	APPPPP	25.71s	
7	642	KASTHURI	TN	26.08s	
8	668	R ELAVARASI	TN	26.21s	
400 M FINAL					
19-7-04		M.R. : 52.2 s.		N.R. : 51.05 s.	
1	510	S GEETHA	AP	52.51s	
2	620	SAGARDEEP KAUR	PUNJAB	52.79s	
3	537	PUSHPA KUMARI	HP	56.53s	
4	533	RUPINDER KAUR	HARYANA	56.69s	
5	507	B. VENKATLAXMI	AP	57.32s	
6	492	AMBU VIMLA	TAMILNADU	58.71s	
7	491	BHUNESWARI	TAMILNADU	DNS	

8	555	JINCY RAMACHANDRAN	KERALA	DNF	
800 M FINAL					
20-7-04			M.R. : 2:01.32 s.	N.R. : 1:59.85 s.	
1	621	MADHURI A. SINGH	PUN	2:02.55s	
2	523	SUNITA	DEL	2:05.51s	
3	643	S. SHANTHI	TN	2:09.63s	
4	622	TEJINDER KAUR	PUN	2:10.64s	
5	507	B VENKATLAXMI	AP	2:11.08s	
6	537	PUSHPA KUMARI	HP	2:11.92s	
7	581	REKHA M K	KER	2:13.62s	
8	552	HARINI CHANDRASHEKHAR	KAR	2:15.21s	
1500 M FINAL					
5:00PM	18-7-04		M.R. : 4:12.4 s.	N.R. : 4:06.03 s.	
1	643	S.SHANTHI	TAMILNADU	4:30.02s	
2	523	SUNITA	DELHI	4:30.40s	
3	565	PREEJA SRIDHARAN	KERALA	4:33.32s	
4	699	JHUMA KHATUN	W.B	4:37.80s	
5	525	JAYANTI NEGI	DELHI	4:38.05s	
6	564	MINI.V.B	KERALA	4:38.34s	
7	700	DIPA ROY	W.BENGAL	4:50.01s	
8	542	HEMALATHA.B	KARNATAKA	4:50.33s	
9	506	V.LAVANYA	A.PRADESH	4:52.00s	
5000 M FINAL					
19-7-04			M.R. : 15:59.06 s.	N.R. : 15:18.77 s.	
1	592	MADHURI GURNULE	MAHARASHTRA	17:01.22s	
2	565	PREEJA SRIDHARAN	KERALA	17:37.53s	
3	525	JAYANTI NEGI	DELHI	17:52.31s	
4	624	RAJNI	PUNJAB	18:08.16s	
5	546	RAJESHWAREE PATEL	KARNATAKA	18:52.13s	
6	475	ASHA SADHU	WB	19:06.74s	
7	646	L. SUPRIYA	TAMILNADU	19:08.01s	
8	514	T. SANJU	CHT	20:00.13s	
10000 M FINAL					

20-7-04			M.R. : 34:30.2 s.	N.R. : 34:30.2 s.	
1	624	RAJNI	PUN	39:35.57s	
2	593	VAISHALI CHATRE	MAHARASHTRA	40:27.38s	
3	475	ASHA SADHU	WB	41:14.69s	
4	545	PREETHI L RAO	KAR	41:51.67s	
5	594	NISHA WANKHEDE	MAHARASHTRA	42:40.11s	
6	647	A PAPPATHY	TN	42:54.20s	
3000 M STEEPLE CHASE FINAL					
19-7-04					
1	543	L. MANJULA	KARNATAKA	11:00.18s	
2	544	BARATHI BL	KARNATAKA	11:23.09s	
3	623	JASWINDER KAUR	PUNJAB	12:08.09s	
4	595	SUMA P	MAHARASHTRA	12:44.63s	
5	647	A. PAPPATHY	TN	12:52.76s	
6	515	AMAR JYOTI	CHT	12:57.76s	
100 M. HURDLES FINAL					
19-7-04			M.R. : 13.44 s.	N.R. : 13.38 s.	
1	639	K. N. PRIYA	TAMILNADU	13.93s	WIND SPEED
2	597	RUTA PATKAR	MAHARASHTRA	14.66s	+0.7 M/S
3	568	SIMI SEBASTIN	KERALA	14.74s	
4	626	ARVINDA RATHWA	PUNJAB	15.08s	
5	569	PONNY GEORGE	KERALA	15.37s	
6	596	DIPTI VAIDYA	MAHARASHTRA	15.67s	
400 M HURDLES FINAL					
20-7-04			M.R. : 57.70 s.	N.R. : 55.42 s.	
1	590	BABITA CHOUDHARY	MAHARASHTRA	60.20s	
2	650	S. ROSALIN AROKIAMARY	TN	61.92s	
3	557	K J VIJILA	KER	62.30s	
4	625	HARPREETH KAUR	PUN	62.61s	
5	610	IPSITA SAHU	ORI	64.59s	
6	651	H AMUTHA	TN	64.89s	
7	526	POOJA KHAKAR	DELHI	65.86s	
8	651	RAMA BISWAS	WB	67.13s	
HIGH JUMP FINAL					

18-7-04			M.R. : 1.90 M.	N.R. : 1.90 M.	
1	562	BOBBY ALOYSIUS	KERALA	1.91m	NR
2	548	SAHANA KUMARI	KARNATAKA	1.80m	
3	652	M. SANGEETA	TAMILNADU	1.70m	
4	477	SUSMITA SINGHA ROY	W.BENGAL	1.65m	
5	601	TESSYMOL JOSEPH	MAHRASHTRA	1.65m	
6	600	SARITA PATIL	MAHRASHTRA	1.60m	
7					
LONG JUMP FINAL					
19-7-04			M.R. : 6.52 M.	N.R. : 6.74 M.	
1	597	RUTA PATKAR	MAHARASHTRA	6.16M	+0.78M/S
2	655	K. REVATHY	TAMILNADU	5.81M	+0.12M/S
3	530	NOOSHEEN	DELHI	5.80M	+0.94M/S
4	571	RASHMI BOSE	KERALA	5.75M	-1.03M/S
5	570	TINEY PHILIP	KERALA	5.70M	+2.84M/S
6	480	KALPANA DAS	WB	5.64M	-0.78M/S
7	657	T. BINDU	TAMILNADU	5.59M	+0.58M/S
8	656	SRI PRIYA	TAMILNADU	5.33M	-1.33M/S
TRIPLE JUMP FINAL					
18-7-04			M.R. : 13.54 M.	N.R. : 13.67 M.	
1	570	TINCY PHILIP	KERALA	12.72m	
2	655	K. REVATHY	TAMILNADU	12.66m	
3	572	SHAHNAS SULAIMAN	KERALA	12.25m	
4	601	TESSYMOL JOSEPH	MAHARASHTRA	12.15m	
5	658	M. KRISHNA PRIYA	TAMILNADU	12.00m	
6	480	KALPANA DAS	W. BENGAL	11.81m	
POLE VAULT FINAL					
			M.R. : 3.20 M.	N.R. : 3.45 M.	
1	687	CHETNA SOLANKI	UP	3.50m	NMR
2	659	V.S. SUREKHA	TN	3.50m	BMR
3	527	DEEPA CHOUDHARY	DEL	3.30m	
4	481	TAPASI NANDY	WB	3.15m	
5	686	SHIL TIWARI	UP	3.00m	
6	588	N. MADHUSHINI	MANI	3.00m	

7	501	GITANJALI BORA	ASM	2.95m	
8	576	JISHA R.	KER	2.80m	
SHOT PUT FINAL					
18-7-04			M.R. : 16.98 M.	N.R. : 17.43 M.	
1	660	N.LATHA	T.NADU	15.93m	
2	485	CHAITALI PAUL	W.BENGAL	13.49m	
3	602	KETKI BAKORE	MAHARASTRA	12.29m	
4	661	A. ANITCHAM	T.NADU	11.95m	
5	503	PRAMILA BARALI	ASSAM	11.87m	
6	531	APLESH	HARYANA	11.25m	
DISCUS FINAL					
19-7-04			M.R. : 62.49 M.	N.R. : 64.64 M.	
1	534	KRISHNA POORIYA	HARYANA	57.19m	
2	535	SIROJ SIHAB	HARYANA	53.50M	
3	630	BALJEET KAUR	PUNJAB	42.76M	
4	663	R. JAYANTHI	TN	37.82M	
5	664	S. SHANTHI	TN	36.08M	
HAMMER FINAL					
19-7-04			M.R. : 58.36 M.	N.R. : 61.67 M.	
1	633	HARDEEP KAUR	PUNJAB	56.85M	
2	634	RAJWINDER KAUR	PUNJAB	52.07M	
3	604	RAKHEE GAUD	MAHARASHTRA	47.42M	
4	664	S. SHANTI	TAMILNADU	45.15M	
5	665	G. SUBHA	TAMILNADU	43.40M	
6	690	SUKANYA MISHRA	UP	40.89M	
7	603	MANGESH RATNA	MAHARASHTRA	39.23M	
8	549	LAJWANTI	KARNATAKA	33.18M	
JAVELIN FINAL					
18-7-04			M.R. : 54.21 M.	N.R. : 58.64 M.	
1	573	M. K. PRAJISHA	KERALA	50.84m	
2	490	MANISHA MONDAL	W.BENGAL	48.65m	
3	693	SUMAN DEVI	U.PRADESH	48.41m	
4	605	MEGHA PARDESHI	MAHARASHTRA	47.99m	NSR

5	536	GURPREETKAUR	HARYANA	45.18m	
6	586	INDU BALA DEVI	MANIPUR	43.22m	
7	511	D.PUNYAVATHI	A.PRADESH	39.53m	
8	606	U.SHOBANA	MAHARASHTRA	38.47m	
HEPTATHLON FINAL					
20-7-04			M.R. : 6186 Pts.	N.R. : 6211 Pts.	
1	697	SOMA BISWAS	WB	6162 Pts.	
2	477	SUSHNITA SINGH ROY	WB	5105 Pts.	
3	578	MANJU PALUOSE	KER	4647 Pts.	
4	648	R. SNEHA PRINCY	TN	4399 Pts.	
5	579	ROSE MARY ANTHONY	KER	4326 Pts.	
6	580	SIMI MOLE	KER	4325 Pts.	
4 x 100 M RELAY FINAL					
19-7-04			M.R. : 44.44 s.	N.R. : 44.43 s.	
1		KERALA	KERALA	47.43s	
2		TAMILNADU	TAMILNADU	48.35s	
3		PUNJAB	PUNJAB	48.94s	
4		WEST BENGAL	WEST BENGAL	49.69s	
5					
4 x 400 M RELAY FINAL					
20-7-04			M.R. : 3:28.11 s.	N.R. : 3:27.35 s.	
1		668,644,650,643	TAMILNADU	3:51.12s	
2		557,575,574,556	KERALA	3:52.56S	
3		479,478,699,700	WB	4:11.82s	
20000 M. RACE WALKING FINAL					
20-7-04			M.R. : 1::45:28.36 s.	N.R. : 1::47:11 s.	
1	637	AMANDEEP KAUR	PUN	1HR54:M48S	
2	582	L.DEEP MALA DEVI	MAN	1HR57M42S	
3	638	SANDEEP KAUR	PUN	1HR58M03S	
4	508	SARASWATHI	AP	2HR02M04S	
5	509	S.PAVANI	AP	2HR03M17S	
6	672	M. MANJULA	TN	2HR03M58S	

7	607	SUPRIYA ADHAK	MAH	2HR03M58S	
8	636	JASMINE KAUR	PUN	DNS	
MEN FINAL RESULTS					
100 M FINAL					
18-7-04			M.R. : 10.50 s.	N.R. : 10.33 s.	
Position	No.	Name of Athletes	State	Performance	Wind Speed
1	130	PIYUSH KUMAR	DELHI	10.44s	(+0.13m/s)
2	228	R.SEENIVASAN	M.PRADESH	10.72s	
3	243	GANESH SATPUTE	MAHARASHTRA	10.73s	
4	417	AMIT SAHA	W.BENGAL	10.75s	
5	114	ARSHAD HUSSAIN	A.PRADESH	10.76s	
6	272	AJAY RAJ SINGH	PUNJAB	10.87s	
7	132	ARUN GOEL	DELHI	10.96s	
8	175	MANJUNATH B GODI	KARNATAKA	10.96s	
200 M FINAL					
20-7-04			M.R. : 20.80 s.	N.R. : 20.73 s.	
1	190	ANIL KUMAR P	KER	20.90s	+1.8m/s
2	375	ABHISHEK PANDEY	UP	21.54s	
3	243	GANESH SATPUTE	MAHARASHTRA	21.83s	
4	245	SYED SHOIEB	MAHARASHTRA	22.01s	
5	306	LOKESH FAUZDAR	RAJ	22.11s	
6	132	ARUN GOEL	DEL	22.20s	
7	325	P MUTHUSAMY	TN	22.27s	
8	204	P.I. JALI	KER	22.29s	
400 M FINAL					
19-7-04			M.R. : 45.84 s.	N.R. : 45.56 s.	
1	166	SATBIR SINGH	HARYANA	46.61s	
2	107	P SHANKAR	AP	46.83s	
3	206	SRIJITH P.S.	KERALA	47.08s	
4	216	AMISH POTTAN	MP	47.91s	
5	226	SARISH PAL	MP	48.35s	
6	377	JATA SHANKAR	UP	48.72s	
7	418	BACHU DURLAV	WB	48.84s	

8	306	LOKESH FAUZDAR	RAJASTHAN	49.06s	
800 M FINAL					
20-7-04			M.R. : 1:48.18 s.	N.R. : 1:45.77 s.	
1	207	P.S.PRIMESH	KER	1:50.90s	
2	193	JAYA KUMAR K.A.	KER	1:51.53s	
3	178	K.S. ASHOK	KAR	1:53.07s	
4	230	ATUL KUMAR	MP	1:53.91s	
5	117	RAJU KUMAR RAI	AP	1:55.26s	
6	378	VIKASH	UP	1:56.85s	
7	136	SATISHWAR	UP	1:56.85s	
8	435	W. LAKASHMANAN	TN	1:58.01s	
1500 M FINAL					
5:15PM	18-7-04		M.R. : 3:40.1 s.	N.R. : 3:38.00 s.	
1	355	PRITAM BIND	U.CHAL	3:54.27s	
2	441	ARUN D' SOUZA	A.PRADESH	3:54.71s	
3	209	BINEESH SOMAN	KERALA	3:55.28s	
4	381	MUKESH KUMAR	U.PRADESH	3:55.60s	
5	357	GOPAL SINGH	U.CHAL	3:59.66s	
6	331	A.MAHENDRAN	T.NADU	4:04.13s	
7	356	JAI PRAKASH	U.CHAL	4:05.04s	
8	320	SURENDRA KUMAR	RAJASTHAN	4:06.16s	
9	329	S.S. SUNDAR	T.NADU	4:06.26s	
10	237	NIWAS AHIR	M.PRADESH	4:13.63s	
5000 M FINAL					
20-7-04			M.R. : 14:00.0 s.	N.R. : 13:29.70 s.	
1	381	MAKESH KUMAR	UP	14:48.82SEC	
2	165	SUNIL KUMAR	HAR	14:49.1	
3	355	PRITAM BIND	UTTR	15:00.0	
4	333	P.GOPI	T.N.	15:11.6	
5	196	SUJI MATHEW	KER	15:16.1	
6	181	BALAKRISHNA A	KAR	15:16.7	
7	383	AJAY PATIL	UP	15:17.2	
8	419	BABLU GHOSH	WB	15:31.4	
9	231	VIKRAM SINGH	M.P	15:33.7	



10	179	RAMESH R POOJAR	KAR	15:41.5	
11	141	W.JOI KUMAR	DEL	15:41.8	
12	246	AMRDEEP SINGH	MAH	15:46.9	
10000 M FINAL					
18-7-04			M.R. : 29:26.0 s.	N.R. : 28:48.72 s.	
1	384	SANTHOSH KUMAR	U.PRADESH	31:49.06s	
2	196	SOJI MATHEW	KERALA	31:49.63s	
3	141	W.JOI KUMAR	DELHI	31:53.09s	
4	385	MANOJ KUMAR	U.PRADESH	32:19.77s	
5	335	K. PADMANABHAN	T.NADU	32:22.36s	
6	419	BABLU GHOSH	W.BENGAL	32:23.23s	
7	248	BALIRAM DISALE	MAHARASHTRA	32:41.67s	
8	179	RAMESH K PUJAR	KARNATAKA	33:17.89s	
9	358	MAHESH KUMAR	U.CHAL	33:29.18s	
3000 M STEEPLE CHASE FINAL					
			M.R. : 8:52.11 s.	N.R. : 8:30.88 s.	
1	441	ARUN D'SOUZA	AP	8:50.71s	
2	139	R V SUBBA	DELHI	9:10.63s	
3	386	BHAGWAN DIWA GIRI	UP	9:13.23s	
4	140	RAJU RAM JHNI	DELHI	9:40.54s	
5	304	PRAKASH KUDI	RAJ	9:40.92s	
6	249	BASURAJ C D	MAHARASHTRA	9:43.97s	
7	337	SURAJ	TAMILNADU	9:58.12s	
8	250	ARVIND CHAVAN	MAHARASHTRA	10:05.99s	
110 M. HURDLES FINAL					
19-07-04			M.R. : 14.07 s.	N.R. : 14.07 s.	
1	277	GURPREET SINGH	PUNJAB	14.38s	WIND SPEED
2	152	RANJIT RANDHAWA	DELHI	14.42s	(+2.1m/s)
3	111	KRISHNA MOHAN	AP	14.69s	
4	210	RJESH KR. T.D.	KERALA	14.86s	
5	175	MANJUNATH GODI	KARNATAKA	14.93s	
6	279	GURWINDER SINGH	PUNJAB	15.18s	
7	339	SRIDHARAN	TAMILNADU	15.30s	
8	177	HARISH C.K.	KARNATAKA	15.41s	

400 M HURDLES FINAL					
20-7-04			M.R. : 50.74 s.	N.R. : 50.43 s.	
1	277	GURPREET SINGH	PUN	51.14s	
2	273	KULDEV SINGH	PUN	51.98s	
3	195	KIRAN PRASAD S	KER	52.38s	
4	280	RANJODH SINGH	PUN	53.38s	
5	369	SUJAY KUMAR SRIVASTAV	JHAR	53.45S	
6	328	JAYASHANKAR	TN	53.65s	
7	214	SHANAVAS KHAN KY	KER	54.12s	
8	439	HARINDERJIT SINGH	CHAN	54.63s	
HIGH JUMP FINAL					
19-7-04			M.R. : 2.12 M.	N.R. : 2.17 M.	
1	421	HARI SHANKAR ROY	WB	2.18M	NR
2	341	BENEDICT STBRLY	TAMILNADU	2.18M	NR
3	156	VINOD KUMAR	DELHI	2.11M	
4	391	ANIL CHAHAL	UP	2.11M	
5	201	K. R. ROSHAN	KERALA	2.08M	
6	183	T. U. ANIL	KARNATAKA	2.05M	
7	155	DEEPAK	DELHI	2.00M	
8	161	SANDEEP	HARYANA	2.00M	
LONG JUMP FINAL					
18-7-04			M.R. : 7.92 M.	N.R. : 8.08 M.	
1	420	SANJAI RAI	W.BENGAL	7.84m	(+1.57m/s)
2	422	ASHOK KUMAR	T.NADU	7.65m	(+0.32m/s)
3	198	RAJESH BABU	KERALA	7.62m	(+0.36m/s)
4	284	MAHA SINGH	PUNJAB	7.59m	(+1.70m/s)
5	392	SHIV SHANKER YADAV	U.PRADESH	7.53m	(+1.02m/s)
6	283	AMRIT PAL SINGH	PUNJAB	7.49m	(-0.69m/s)
7	199	PRAVEEN G. KUMAR	KERALA	7.48m	(+1.07m/s)
8	234	S.PAUL	M.PRADESH	7.22m	(-0.07m/s)
TRIPLE JUMP FINAL					
20-7-04			M.R. : 16.18 M.	N.R. : 16.79 M.	
1	300	AMARJEET SINGH	PUN	16.44M (NMR)	+0.13 m/s

2	434	ALEX THOMAS	TN	15.56m	+2.20m/s
3	301	BHUPINDER SINGH	PUN	15.48m	+0.43m/s
4	255	SUSHANT BANGERA	MAHARASHTRA	15.48m	+3.49m/s
5	150	SHYAM SUNDAR	DEL	15.19m	+0.13m/s
6	254	SACHIN GOSAR	MAHARASHTRA	15.15m	+0.34m/s
7	170	DIOGO BRAGNANZA	GOA	14.71m	+1.69m/s
8	103	RANJAN SHARMA	ASSAM	14.70m	+0.50m/s
POLE VAULT FINAL					
18-7-04			M.R. : 4.91 M.	N.R. : 5.10 M.	
1	167	PARVEEN KUMAR	HARYANA	4.65m	
2	397	GAJANAN UPADHYAY	UP	4.60m	
3	345	RANJITH KUMAR	TAMILNADU	4.50m	
4	398	DEVENDER	UP	4.40m	
5					
SHOT PUT FINAL					
18-7-04			M.R. : 20.42 M.	N.R. : 20.42 M.	
1	399	RANVIJAY SINGH	UP	20.26m	
2	286	NAVPREET SINGH	PUNJAB	19.93m	
3	436	SHAKTI SINGH	HARYANA	19.47m	
4	287	KULWINDER SINGH	PUNJAB	17.98m	
5	346	SAHEB RAHMAN	TAMILNADU	15.14m	
6	145	RAJEEV	DELHI	12.75m	
DISCUS FINAL					
20-7-04			M.R. : 59.70 M.	N.R. : 61.72 M.	
1	184	VIKAS GOWDA	KAR	58.48m	
2	290	GURSEWAK SINGH	PUN	53.32m	
3	289	AMARDEEP SINGH	PUN	50.22m	
4	359	JAGJIT SINGH	UTTN	49.60m	
5	311	SURSH KUMAR	RAJ	47.40m	
6	429	VIPINDER	UP	46.59m	
7	402	RAJIV KUMAR	UP	43.86M	
8	347	DHAMASEKARA PANDI	TN	42.80m	
HAMMER FINAL					

18-7-04			M.R. : 68.98 M.	N.R. : 70.13 M.	
1	293	BIRKIRAN SINGH	PUNJAB	61.80m	
2	406	NIRBHAY SINGH	UP	61.20m	
3	291	KULWINDER SINGH	PUNJAB	59.58m	
4	292	HARPAL SINGH	PUNJAB	59.33m	
5	409	ASHOKLUMAR TIWARI	UP	56.75m	
6	317	SUNIL KUMAR	RAJ	56.18m	
7	169	MADHU KUMAR	HARYANA	55.79m	
8	213	SATISH SINGH	KERALA	55.76m	
JAVELIN FINAL					
20-7-04			M.R. : 79.67 M.	N.R. : 79.68 M.	
1	294	JAGDISH BISHNOI	PUN	75.38M	
2	407	GAJINDER	UP	73.16M	
3	158	OM NARAIYAN	HAR	72.71M	
4	256	BRAHMA DUBEY	MAH	70.74M	
5	295	MANOHAR SINGH	PUN	68.92M	
6	305	RAI SINGH	RAJ	68.43M	
7	349	TINNY VERGHESE	TN	65.98M	
8	146	SUNIL GOSWAMI	DEL	65.79M	
DECATHLON					
19-7-04			M.R. : 7380 Pts.	N.R. : 7306 Pts.	
1	371	P. J. VINOD	JHAR	7091Pts.	
2	338	VICTOR JEBA SINGH	TAMILNADU	6872Pts.	
3	353	CHANDRA SHEKHAR	TAMILNADU	6369 Pts.	
4	188	TP VINOD KUMAR	KARANATAKA	5797Pts.	
5					
4 x 100 M RELAY FINAL					
19-7-04			M.R. : 39.74 s.	N.R. : 39.36 s.	
1		KERALA	KERALA	41.75s	
2		DELHI	DELHI	41.76s	
3		TAMILNADU	TAMILNADU	41.77s	
4		ANDHRA PRADESH	ANDHRA PRADESH	41.95s	
5		KARNATAKA	KARNATAKA	42.09s	
6					

4 x 400 M RELAY FINAL					
20-7-04			M.R. : 3:02.88 s.	N.R. : 3:02.62 s.	
1		208,193,207,206	KERALA	3:13.09s	
2		432,375,376,377	UP	3:15.45s	
3		340,352,328,338	TN	3:19.47S	
4		135,136,134,133	DEL	3:26.19s	
20,000 M. RACE WALKING FINAL					
19-7-04			M.R. : 1::25:21 s.	N.R. : 1::25:21.7 s.	
1	308	SITA RAM	RAJASTHAN	1::33:33.17s	
2	297	GURMEET SINGH	PUNJAB	1::35:26.95s	
3	163	ANIL KUMAR	HARYANA	1::38:05.01s	
4	120	K SRIRAM	AP	1::38:58.00s	
5	122	ASHOK K.R. PATIL	CHT	1::39:47.10s	
6	354	RAJESH	TAMILNADU	1::46:19.92s	
7	410	MAHINDER GUPTA	UP	1::49:33.04s	
8	298	JAGGA SINGH	PUNJAB	1::51:56.81s	