

37TH
**NATIONAL
GAMES**
GET SET GOA 2023



START LIST

DAY 2

30th OCTOBER 2023

37th National Games 2023 -GOA

Athletics:- 29th October-3rd November

Schedule Version 1.3 AS ON 26.10.2023

Day 2-Monday, Morning,30/10

Sl.No	Scheduled Time	Event	Implement Specification	Round	Section
201	0630hrs	20km Race Walk		Final 7	Men
202	0635hrs	20km Race Walk		Final 8	Women
203	0745hrs	100m		Decathlon 1	Men
204	0800hrs	110m Hurdles	1.067m	Round 1	Men
205	0815hrs	100m Hurdles	0.838m	Round 1	Women
206	0830hrs	Long Jump		Decathlon 2	Men
	0900 HRS	20KM RACE WALK		MC 7	MEN
	0910 HRS	20KM RACE WALK		MC 8	WOMEN
207	0930hrs	Shot Put	7.260kg	Decathlon 3	Men

Day 2-Monday, Evening ,30/10

208	1800hrs	110m Hurdles	1.067m	Final-9	Men
209	1805hrs	High Jump		Decathlon 4	Men
210	1810hrs	Long Jump		Final 10	Men
211	1815hrs	100m Hurdles	0.838m	Final-11	Women
212	1820hrs	Shot Put	4.000kg	Final 12	Women
	1830 HRS	110 M HURDLES		MC 9	MEN
	1840 HRS	100M HURDLES		MC10	WOMEN
213	1850hrs	400m		Final 13	Women
214	1905hrs	400m		Final 14	Men
215	1910hrs	Discus Throw	2.000kg	Final 15	Men
216	1915hrs	1500m		Final 16	Women
217	1930hrs	1500m		Final 17	Men
	1935hrs	400m		MC-11	Women
	1942hrs	400m		MC-12	Men
	1950hrs	Long Jump		MC-13	Men
	2000hrs	Shot Put		MC-14	Women
218	2005hrs	400m		Decathlon 5	Men
	2010hrs	Discus Throw		MC-15	Men
	2020hrs	1500m		MC-16	Women
	2030hrs	1500m		MC-17	Men

37TH NATIONAL GAMES, GOA 2023-ATHLETICS**29TH OCTOBER - 3RD NOVEMBER****Athletics Stadium, Bambolim (Goa)****Start List Day-2 (30/10/2023)**

Event # 21 MENS 20Km Race Walk				FINAL
NR.:AKSHDEEP SINGH RANCHI 1:19.55 14/02/2023				TIME: 06:30 HRS
MR.:GURMEET SINGH RANCHI 1:23.26 2011				
1	SERVIN .	588	05/11/99	SERVICES
2	SANDEEP KUMAR SANGWAN	275	16/12/86	HARYANA
3	TANISH VATS	177	05/12/00	DELHI
4	ARSHPREET SINGH	518	22/11/00	PUNJAB
5	PARAMJEET SINGH BISHT	745	03/03/02	UTTARAKHAND
6	MUKESH NITHARWAL	576	04/06/00	RAJASTHAN
7	VIJAY OMKAR VISHWAKARMA	208	11/10/99	GOA
8	DHANANJAY YADAV	633	05/07/98	SERVICES
9	FARMAN ALI	715	06/08/01	UTTAR PRADESH
10	BILIN GEORGE ANTO	375	05/11/04	KERALA
11	HARDEEP .	260	02/09/98	HARYANA
12	IRFAN K T	380	08/02/90	KERALA
13	NINGTHOUKHONGJA WILLIAM SINGH	475	05/03/02	MANIPUR
14	JASPAL SINGH	301	19/11/98	JHARKHAND
15	SURAJ PANWAR	744	02/04/01	UTTARAKHAND
Event # 42 WOMENS 20Km Race Walk				FINAL
NR.:PRIYANKA GOSWAMI RANCHI 1:28.45 13/02/2021				TIME: 06:35 HRS
MR.:MUNITA PRAJAPATI GANDHINAGAR 1:38.20 2022				
1	MUNITA PRAJAPATI	705	15/01/02	UTTAR PRADESH
2	NIKITA LAMBA	561	01/07/02	RAJASTHAN
3	PAYAL .	732	05/05/99	UTTARAKHAND
4	PREETI .	231	05/02/02	HARYANA
5	PRIYANKA GOSWAMI	698	10/03/96	UTTAR PRADESH
6	MANSI NEGI	736	05/05/03	UTTARAKHAND
7	MONIKA .	227	17/01/02	HARYANA
8	SHIPHALI SHIVAJI NAIK	192	08/11/01	GOA
9	SANDRA SURENDRAN	364	26/06/02	KERALA
10	POOJA KUMAWAT	560	02/12/99	RAJASTHAN
11	SEJAL ANIL SINGH	442	05/08/03	MAHARASHTRA
12	MOKAVI MUTHURATHINAM	643	09/07/02	TAMIL NADU
13	JASLEEN .	129	08/09/01	CHANDIGARH
14	JYOTI .	226	01/11/02	HARYANA
15	VANDANA .	302	10/12/03	KARNATAKA
16	RESHMA PATEL	737	15/09/04	UTTARAKHAND
Event # 52 MENS 100m Decathlon-1				TIME: 07:45 HRS
Heat 1				
4	TEJASWIN SHANKAR	170	21-12-1998	DELHI
5	NAVJOR SINGH	536	05-05-1994	PUNJAB
6	SUREN R	676	16-06-1993	TAMIL NADU
7	NEERAJ KUMAR YADAV	164	28-08-1997	DELHI
8	THOWFEEQ N	388	20-12-2003	KERALA
9	ROHIT ROMAN	617	05-07-1999	SERVICES
10	KUSHAL KUMAR	463	04-02-2003	MAHARASHTRA
Heat 2				
5	STALIN JOES	666	01-06-1999	TAMIL NADU
6	YAMANDEEP SHARMA	580	03-10-1999	RAJASTHAN
7	USAID KHAN	719	19-08-2002	UTTAR PRADESH
8	GOKUL S	618	17-12-1996	SERVICES
9	RITIK SINGH SALATHIA	290	12-11-2001	J&K
10	MOHIT .	263	10-09-2001	HARYANA

Event # 8 MENS 110m Hurdles					HEATS
NR.:SIDDHANTH THINGALAYA MESA 13.48 10/06/2017					TIME: 08:00 HRS
MR.:S.THINGALAYA THIRUVANANTHAPURAM 13.83 2015					
Heat 1					
5	A. GRACESON JEEVA	489		05/04/03	ODISHA
6	YASHWANTH KUMAR L	117		28/08/01	ANDHRA PRADESH
7	TEJAS ASHOK SHIRSE	460		04/06/02	MAHARASHTRA
8	SANDEEP CHOUDHARY	569		13/06/02	RAJASTHAN
9	MANAV R	674		07/06/00	TAMIL NADU
10	KUNAL CHAUDHARY	155		24/03/99	DELHI
Heat 2					
5	PRAVEEN KUMAR	203		25/02/92	GOA
6	SUSHANTH M D	332		03/09/01	KARNATAKA
7	MADHVENDRA SINGH	582		30/10/03	RAJASTHAN
8	DHANUSH ADITHAN G	664		30/09/01	TAMIL NADU
9	TARUNDEEP SINGH BHATIA	628		06/09/94	SERVICES
10	VIKASH KHODKE	462		16/08/01	MAHARASHTRA
Event # 29 WOMENS 100m Hurdles					HEATS
NR.:JYOTHI YARRAJI CHENGDU 12.78 04/08/2023					TIME: 08:15 HRS
MR.:JYOTHI YARRAJI GANDHINAGAR 13.30 2022					
Heat 1					
4	ANJALI C	306		05/07/00	KARNATAKA
5	MOUMITA MONDAL	750		09/12/01	WEST BENGAL
6	JYOTHI YARRAJI	115		28/08/99	ANDHRA PRADESH
7	SAPNA KUMARI	296		13/08/99	JHARKHAND
8	PRANJALI PATIL	453		23/01/03	MAHARASHTRA
9	UNNATHI AIYAPPA	304		05/06/05	KARNATAKA
10	ANN ROSE TOMY	361		25/02/02	KERALA
Heat 2					
4	SHIMRON NATHAN	187		07/06/02	GOA
5	SOWMIYA MURUGAN	110		25-03-1996	ANDHRA PRADESH
6	NITHYA RAMRAJ	651		20/09/98	TAMIL NADU
7	PRAGYAN SAHU	483		19/12/99	ODISHA
8	MEDHA KAMATH	314		04/12/97	KARNATAKA
9	PRATHIBA KUMARI	295		06/01/01	JHARKHAND
10	RUCHITA NAMAYI	687		05/05/04	TELANGANA
Event # 53 MENS Long Jump Decathlon-2					TIME: 08:30 HRS
Event # 54 MENS Shot Put Decathlon-3					TIME: 09:30 HRS
Event # 8 MENS 110m Hurdles					FINAL
NR.:SIDDHANTH THINGALAYA MESA 13.48 10/06/2017					TIME: 18:00 HRS
MR.:S.THINGALAYA THIRUVANANTHAPURAM 13.83 2015					
Event # 55 MENS High Jump Decathlon-4					TIME: 18:05 HRS

Event # 13 MENS Long Jump				FINAL
NR.:JESWIN ALDRIN BELLARY 8.42 02/03/2023				TIME: 18:10 HRS
MR.:JESWIN ALDRIN J GANDHINAGAR 8.26 2022				
1	MITTER ADDA	123	15/08/98	ARUNACHAL PRADESH
2	MUHAMMED ANEES Y	372	03/12/95	KERALA
3	MUHAMMED FASAL PN	402	03/11/02	LAKSHADWEEP
4	ADITYA KUMAR SINGH	428	26/12/02	MADHYA PRADESH
5	ASADULLAH MUJAHITH	671	05/01/02	TAMIL NADU
6	DAVID P	672	17/03/02	TAMIL NADU
7	VISHNU P S	168	22/11/96	DELHI
8	SAJAN R	126	26/03/02	ASSAM
9	ANANTHAKRISHNAN RAVINDRANATH P	213	28/07/97	GOA
10	RISHABH RISHISHWAR	727	09/03/00	UTTAR PRADESH
11	ARYA S	335	31-12-2001	KARNATAKA
12	NIRMAL SABU	392	11/05/99	KERALA
Event # 29 WOMENS 100m Hurdles				FINAL
NR.:JYOTHI YARRAJI CHENGDU 12.78 04/08/2023				TIME: 18:15 HRS
MR.:JYOTHI YARRAJI GANDHINAGAR 13.30 2022				
Event # 36 WOMENS Shot Put				FINAL
NR.:MANPREET KAUR CHENNAI 18.06 11/06/2022				TIME: 18:20 HRS
MR.:KIRAN BALIYAN GANDHINAGAR 17.14 2022				
1	SHIKSHA .	233	12/12/02	HARYANA
2	VIDHI .	692	27/12/04	UTTAR PRADESH
3	KIRAN BALIYAN	694	06/03/99	UTTAR PRADESH
4	KACHNAR CHAUDHARY	554	17/05/99	RAJASTHAN
5	MANPREET KAUR	245	06/07/90	HARYANA
6	PARAMJOT KAUR	505	16/11/00	PUNJAB
7	MANPREET KAUR JR.	512	05/03/96	PUNJAB
8	ABHA KHATUA	448	09/07/95	MAHARASHTRA
9	NIDHI PAWAIYA	414	07/07/97	MADHYA PRADESH
10	SRISHTI VIG	150	15/07/95	DELHI
Event # 24 WOMENS 400m Run				FINAL
NR.:HIMA DAS JAKARTA 50.79 26/08/2018				TIME: 18:50 HRS
MR.:AISHWARYA MISHRA GANDHINAGAR 52.50 2022				
1	PRACHI .	690	20/12/96	UTTAR PRADESH
2	SWIZEL D SOUZA	181	20/03/03	GOA
3	VITHYA RAMRAJ	652	20/09/98	TAMIL NADU
4	JYOTHIKASRI D	106	16/07/00	ANDHRA PRADESH
5	JISNA MATHEW	353	07/01/99	KERALA
6	SUKHWINDER KAUR	509	15/04/94	PUNJAB
7	GOWRI NANDANA	355	26/03/02	KERALA
8	KUNJA RAJITHA	112	05/01/03	ANDHRA PRADESH
9	SIMARJEET KAUR	508	05/10/01	PUNJAB
Event # 3 MENS 400m Run				FINAL
NR.:MUHAMMED ANAS KLADNO 45.21 13/07/2019				TIME: 19:05 HRS
MR.:MUHAMMED AJMAL V GANDHINAGAR 46.29 2022				
2	DHARMVEER CHOUDHARY	568	05/02/01	RAJASTHAN
3	RAHUL RAMESH KADAM	469	03/10/98	MAHARASHTRA
4	VIKRANT PANCHAL	278	30/01/00	HARYANA
5	RASHID .	422	08/01/01	MADHYA PRADESH
6	RINCE JOSEPH	379	05/08/02	KERALA
7	MOHIT KUMAR	272	01/09/97	HARYANA

8	K.AVINASH .	660		03-12-2000	TAMIL NADU
9	SHUBHAM DESHMUK	599		29/07/96	SERVICES
Event # 16 MENS Discus Throw					FINAL
NR.:VIKAS GOWDA NORMAN 66.28 12/04/2012					TIME: 19:10 HRS
MR.:KIRPAL SINGH BATTH GANDHINAGAR 59.32 2022					
1	IKRAM ALI KHAN	423		01/07/01	MADHYA PRADESH
2	OINAM ALSON SINGH	474		05/01/02	MANIPUR
3	ARJUN KUMAR	160		01/07/93	DELHI
4	PRAVEEN KUMAR.	575		02/02/96	RAJASTHAN
5	PRASHANT MALIK	606		10/07/91	SERVICES
6	BHANU SHARMA	579		19/10/96	RAJASTHAN
7	BALJINDER SINGH	519		23/07/89	PUNJAB
8	GAGANDEEP SINGH	622		20/05/95	SERVICES
9	HARPREET SINGH	527		18/07/93	PUNJAB
10	NAVJOT SINGH	131		05/07/01	CHANDIGARH
11	NIRBHAY SINGH	282		20/11/96	HARYANA
12	PRABHJOT SINGH	538		05/05/92	PUNJAB
13	SACHIN SUHAG	284		11/11/96	HARYANA
14	DEEPAK YADAV	729		12/02/01	UTTAR PRADESH
Event # 26 WOMENS 1500m Run					FINAL
NR.:HARMILAN BAINS WARANGAL 4:05.39 16/09/2021					TIME: 19:15 HRS
MR.:K.C ROSAKUTTY BANGALORE 4:14.46 1997					
1	DEEKSHA KM	410		01-01-1999	MADHYA PRADESH
2	POOJA ..	239		17/06/02	HARYANA
3	CHAITRA DEVADIGA	308		13/10/99	KARNATAKA
4	HUIDROM DEVI	473		01/02/04	MANIPUR
5	MONIKA CHOUDHARY	697		28/06/94	UTTAR PRADESH
6	CHANDA KM	146		16/08/01	DELHI
7	ANKITA ..	735		05/02/02	UTTARAKHAND
8	SUNITA RAMU KUMARI	191		18/08/02	GOA
9	SNEHA MALIK	249		05/09/04	HARYANA
10	LILI DAS	747		18/03/98	WEST BENGAL
11	HARMILAN KAUR	503		23/07/98	PUNJAB
12	ANISHA ..	734		04/08/04	UTTARAKHAND
13	SMITHA D R	307		09/12/00	KARNATAKA
14	KANEEJO .	285		01/09/98	HIMACHAL PRADESH
15	CHITRA P U	358		09/06/95	KERALA
16	LAXITA VINOD SANDILEA	220		13/02/05	GUJARAT
Event # 5 MENS 1500m Run					FINAL
NR.:JINSON JOHNSON BERLIN 3:35.24 1/09/2019					TIME: 19:30 HRS
MR.:PARVEJ KHAN GANDHINAGAR 3:40.89 2022					
1	AJAY KUMAR SAROJ	724		01/05/97	UTTAR PRADESH
2	AMAN CHOUDHARY	267		27/11/96	HARYANA
3	SHASHI BHUSHAN SINGH	128		10/01/96	BIHAR
4	YOUNUS SHAH	728		10/05/01	UTTAR PRADESH
5	JAGDISH .	565		08-08-1996	RAJASTHAN
6	HARSHDEEP SINGH	528		28-09-2001	PUNJAB
7	SACHELAL PATEL	612		07/03/96	SERVICES
8	RITEESH OHRE	431		31/12/03	MADHYA PRADESH
9	JINSON JOHNSON	378		15/03/91	KERALA
10	NIKESH DHANRAJ RATHOD	199		09/09/97	GOA
11	SHIVAM SHARMA	288		05/10/02	HIMACHAL PRADESH
12	RAHUL HARVEER SINGH	158		01/12/96	DELHI
13	ABHISEK SINGH THAKUR	630		04/07/00	SERVICES
14	RAHUL BALODA	567		05/06/99	RAJASTHAN
15	MANJEET RAMESHWAR	280		07/07/02	HARYANA
16	ARJUN WASKALE	441		03/07/03	MADHYA PRADESH
17	ABHINANDH SUNDARESAN	395		20/08/99	KERALA

Event # 56 MENS 400m Decathlon-5					TIME: 20:05 HRS