



**3rd INDIAN OPEN
THROWS
COMPETITION 2024**

22nd MARCH, 2024 PATIALA, PUNJAB

3rd INDIAN OPEN THROWS COMPETITION 2024

22nd Mar, 2024 Patiala, Punjab

Organised by

Athletics Federation of India

FINAL RESULTS



3rd Indian Open Throws Competition 2024**22nd March 2024**

22-03-2024

3/22/24 - 3/22/24

NS NIS, Patiala (Punjab)**Event # 1 MENS Shot Put**

#NR:T.SINGH TOOR BHUBANESWAR 21.77 19/06/2023

%MR:T.SINGH TOOR BELLARY 19.95 01/03/2023

| | | | | | |
|----|------------------------|--------------------------------------|----------|---------------|---------------|
| 1 | TAJINDERPAL SINGH TOOR | 224 | 13/11/94 | PUNJAB | 19.82m |
| | | 18.74, F, 19.40, 19.09, 19.82, F | | | |
| 2 | DHANVEER SINGH | 207 | 28/12/02 | PUNJAB | 18.74m |
| | | 18.35, 18.74, F, 17.35, 18.41, 18.61 | | | |
| 3 | PRABHKIRPAL SINGH | 218 | 12/07/97 | PUNJAB | 18.04m |
| | | 17.22, 18.04, 17.36, 17.02, 17.55, F | | | |
| 4 | SANYAM . | 158 | 05/10/03 | HARYANA | 17.82m |
| | | 17.82, 17.26, F, 17.29, 16.67, 17.40 | | | |
| 5 | ANIKET . | 297 | 05/11/01 | UTTARKHAND | 17.79m |
| | | 17.05, 17.65, F, 17.57, 17.63, 17.79 | | | |
| 6 | ADHISH GHILDIYAL | 298 | 21/05/02 | UTTARKHAND | 16.58m |
| | | 16.58, F, F, 16.52, F, F | | | |
| 7 | VIKASH . | 124 | 12/02/03 | DELHI | 16.34m |
| | | 15.78, 15.98, 16.26, F, 16.34, 15.83 | | | |
| 8 | DEVINDER SINGH | 132 | 30/10/92 | DELHI | 16.23m |
| | | F, F, 16.06, F, 15.72, 16.23 | | | |
| 9 | ARMAANDEEP SINGH | 203 | 14/06/00 | PUNJAB | 15.70m |
| | | 15.60, 15.70, F | | | |
| 10 | AADIL SHER SINGH | 202 | 08/07/98 | PUNJAB | 15.65m |
| | | F, 15.65, F | | | |
| 11 | SIDDHARTH RAO | 130 | 15/08/95 | DELHI | 15.48m |
| | | 15.45, 15.48, 15.07 | | | |
| 12 | OMESH RANGA | 201 | 31/05/03 | PUNJAB | 15.37m |
| | | 14.95, F, 15.37 | | | |
| 13 | SHOBHIT SEMWAL | 301 | 29/11/03 | UTTARKHAND | 15.23m |
| | | 15.18, 15.23, 14.22 | | | |
| 14 | GOVIND VIJAY RAI | 186 | 11/05/93 | MAHARASHTRA | 14.88m |
| | | 14.88, F, 14.14 | | | |
| 15 | MUKHTYAR SINGH | 166 | 04/11/00 | HARYANA | 14.42m |
| | | 14.02, 13.93, 14.42 | | | |
| 16 | HARJOT SINGH | 211 | 30/07/00 | PUNJAB | 14.18m |
| | | 14.16, 13.50, 14.18 | | | |
| 17 | SHAKIR ALI | 267 | 20/08/00 | UTTAR PRADESH | 12.97m |
| | | F, 12.97, 12.23 | | | |
| | VARINDERPAL SINGH | 220 | 22/12/02 | PUNJAB | NM |
| | | F, F, F | | | |
| | CHETAN KAPOOR | 161 | 23/12/93 | HARYANA | DNS |
| | | DNS | | | |
| | MANKIRAT SINGH | 217 | 26/05/98 | PUNJAB | DNS |
| | | DNS | | | |

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NS NIS, Patiala (Punjab)**Event # 2 MENS Discus Throw**

NR:VIKAS GOWDA NORMAN 66.28 12/04/2012

% MR:ARJUN . PATIALA 53.28 27/02/2022

| | | | | | |
|----|----------------------|--------------------------------------|----------|----------------|----------|
| 1 | NIRBHAY SINGH | 167 | 20/11/96 | HARYANA | 54.89m % |
| | | 53.64, F, F, 54.89, F, F | | | |
| 2 | OINAM ALSON SINGH | 187 | 22/01/02 | MANIPUR | 53.78m % |
| | | 50.35, 50.81, 52.93, F, 53.78, F | | | |
| 3 | GAGANDEEP SINGH | 208 | 20/05/95 | PUNJAB | 52.49m |
| | | 52.49, 52.42, F, 50.84, F, 52.13 | | | |
| 4 | HARDEEP SINGH SINGH | 223 | 14/09/97 | PUNJAB | 50.02m |
| | | 44.01, 46.81, 50.02, 47.86, F, 47.58 | | | |
| 5 | ASHWANI LAMBA | 178 | 29/03/98 | MADHYA PRADESH | 49.70m |
| | | 48.84, F, 47.73, F, 49.70, F | | | |
| 6 | AJAY KUMAR | 255 | 20/06/03 | TELANGANA | 49.63m |
| | | 47.73, F, 49.63, 48.27, 48.79, F | | | |
| 7 | PRAVEEN KUMAR | 244 | 02/02/96 | RAJASTHAN | 49.45m |
| | | 49.45, F, 48.93, F, F, F | | | |
| 8 | HARNOOR SINGH SANDHU | 222 | 08/09/02 | PUNJAB | 49.12m |
| | | 48.37, 48.97, 46.67, F, 49.12, F | | | |
| 9 | ASHISH KUMAR | 274 | 11/09/02 | UTTAR PRADESH | 48.76m |
| | | 47.77, F, 48.76 | | | |
| 10 | YASH ABHAY SHEKATKAR | 183 | 20/08/03 | MAHARASHTRA | 48.31m |
| | | 48.31, F, 44.17 | | | |
| 11 | AMIT KUMAR | 128 | 17/04/98 | DELHI | 48.25m |
| | | 44.38, 48.25, 47.22 | | | |
| 12 | RAVINDER . | 156 | 20/03/94 | HARYANA | 47.61m |
| | | F, F, 47.61 | | | |
| 13 | SUMIT . | 159 | 27/09/99 | HARYANA | 47.07m |
| | | 45.39, 47.07, F | | | |
| 14 | SATYAM SINGH | 284 | 27/12/00 | UTTAR PRADESH | 46.57m |
| | | 46.57, 46.31, 46.34 | | | |
| 15 | ANURAG PATEL | 278 | 29/11/03 | UTTAR PRADESH | 46.21m |
| | | 46.21, F, 42.84 | | | |
| 16 | PUNIT RANVEER KUMAR | 249 | 02/11/98 | RAJASTHAN | 45.93m |
| | | 45.37, 45.93, F | | | |
| 17 | ARVIND SHARMA | 131 | 30/11/03 | DELHI | 45.70m |
| | | 45.56, 45.70, F | | | |
| 18 | JAGJEET SINGH | 214 | 09/08/80 | PUNJAB | 44.72m |
| | | 44.72, F, F | | | |
| 19 | NITIN . | 266 | 14/08/01 | UTTAR PRADESH | 44.43m |
| | | F, 44.43, F | | | |
| 20 | ADARSH MALIK | 163 | 07/11/02 | HARYANA | 43.82m |
| | | 43.30, F, 43.82 | | | |
| | PARSHANT MALIK | 164 | 10/07/91 | HARYANA | NM |
| | | F, F, F | | | |
| | IKRAM ALI KHAN | 175 | 01/07/01 | MADHYA PRADESH | NM |
| | | F, F, F | | | |
| | PANKAJ KUMAR | 243 | 01/01/00 | RAJASTHAN | DNS |
| | VARUN SINGH | 113 | 10/11/02 | BIHAR | DNS |
| | ABHINAV VAISHNAV | 251 | 05/07/02 | RAJASTHAN | DNS |

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NS NIS, Patiala (Punjab)**Event # 3 MENS Hammer Throw**

NR:NEERAJ KUMAR HYDERABAD 70.73 29/06/2016

% MR:MAHIPAL SINGH YADAV PATIALA 54.80 27/02/2022

| | | | | | |
|----|---|-----|----------|----------------|-----------------|
| 1 | DAMNEET SINGH 65.28, F, 65.10, F, 65.82, 65.54 | 206 | 10/03/00 | PUNJAB | 65.82m % |
| 2 | GURDEV SINGH 56.15, F, F, 60.36, F, 61.87 | 209 | 14/08/01 | PUNJAB | 61.87m % |
| 3 | MUKUL . 58.12, 59.51, 56.69, 60.23, 57.03, 61.61 | 265 | 13/11/01 | UTTAR PRADESH | 61.61m % |
| 4 | JAI CHAND 58.79, 58.73, 58.70, 56.85, 59.09, 60.22 | 239 | 08/07/01 | RAJASTHAN | 60.22m % |
| 5 | NARESH KUMAR 56.32, 53.61, F, 58.50, 59.16, 59.45 | 162 | 30/12/03 | HARYANA | 59.45m % |
| 6 | BAJINDER SINGH F, F, 58.54, F, F, 58.37 | 204 | 01/10/90 | PUNJAB | 58.54m % |
| 7 | RAHUL KUMAR F, 55.62, 55.82, 53.48, 56.04, 57.43 | 245 | 12/07/96 | RAJASTHAN | 57.43m % |
| 8 | ABHINAV YADAV 47.78, 52.63, 56.28, F, 54.07, F | 134 | 01/01/03 | DELHI | 56.28m % |
| 9 | SHIV KUMAR 53.58, 55.72, F | 299 | 02/07/86 | UTTARKHAND | 55.72m % |
| 10 | NIRMAL RAJ S F, 54.91, F | 180 | 05/05/96 | MADHYA PRADESH | 54.91m % |
| 11 | MAYANK YADAV 49.81, 53.38, 54.23 | 290 | 01/12/01 | UTTAR PRADESH | 54.23m |
| 12 | SAMIR DESHMUKH 52.41, 52.56, 49.27 | 185 | 07/08/01 | MAHARASHTRA | 52.56m |
| 13 | AAMIR SUHAIL 48.93, 50.90, 51.92 | 287 | 17/08/03 | UTTAR PRADESH | 51.92m |
| 14 | DHEERAJ R POOJARY 50.35, 47.77, F | 173 | 08/11/03 | KARNATAKA | 50.35m |
| 15 | SATYAM KUMAR F, 46.34, 46.30 | 109 | 22/12/01 | BIHAR | 46.34m |
| 16 | ANIKET KUMAR 43.09, F, F | 242 | 28/11/01 | RAJASTHAN | 43.09m |
| 17 | HARENDRA BENIWAL F, F, 42.90 | 268 | 01/04/02 | UTTAR PRADESH | 42.90m |
| | SHAKTI YADAV F, F, F | 294 | 08/04/03 | UTTAR PRADESH | NM |
| | NITESH POONIA | 248 | 31/12/00 | RAJASTHAN | DNS |
| | SACHIN YADAV | 293 | 30/12/01 | UTTAR PRADESH | DNS |
| | HIMANSHU . | 123 | 08/05/02 | DELHI | DNS |

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NS NIS, Patiala (Punjab)

Event # 4 MENS Javelin Throw

NR:NEERAJ KUMAR STOCKHOLM 89.94 30/06/2022

% MR:KISHORE JENA BELLARY 78.93 01/03/2023

| | | | | | |
|----|--------------------------|--|----------|----------------|----------|
| 1 | VIKRANT MALIK | 188 | 02/01/96 | ODISHA | 81.68m % |
| | | 77.52, 81.11, 81.68, p, p, 77.60 | | | |
| 2 | SHIVPAL SINGH | 285 | 07/06/95 | UTTAR PRADESH | 80.47m % |
| | | X, 77.48, 80.47, 75.81, p, p | | | |
| 3 | PARMOD . | 153 | 03/12/99 | HARYANA | 79.04m % |
| | | X, 74.61, 71.46, X, 76.69, 79.04 | | | |
| 4 | SAHIL SILWAL | 165 | 17/12/00 | HARYANA | 76.93m |
| | | 74.20, 70.31, 71.29, X, X, 76.93 | | | |
| 5 | MANJINDER SINGH | 216 | 09/12/98 | PUNJAB | 76.08m |
| | | 70.84, 74.41, 70.50, 76.08, 69.30, 69.71 | | | |
| 6 | SARBJEET SINGH | 219 | 03/09/94 | PUNJAB | 74.51m |
| | | X, X, 74.51, X, 63.80, 65.47 | | | |
| 7 | KUNWER AJAIRAJ SINGH RAI | 200 | 13/01/02 | PUNJAB | 73.02m |
| | | 72.90, 73.02, X, X, X, 69.80 | | | |
| 8 | NIKUNJ SINGH | 133 | 18/05/00 | DELHI | 71.10m |
| | | 68.73, 70.01, 67.00, 71.10, 68.29, 70.48 | | | |
| 9 | VIKASH SHARMA | 302 | 23/04/03 | UTTARKHAND | 69.78m |
| | | 68.00, 68.53, 69.78 | | | |
| 10 | BIBIN ANTONY | 176 | 04/05/94 | MADHYA PRADESH | 68.09m |
| | | 68.09, 68.05, X | | | |
| 11 | AMIT MAJUMDER | 306 | 04/05/87 | WEST BENGAL | 67.80m |
| | | 63.53, 65.21, 60.82, 63.18, 61.42, 67.80 | | | |
| 12 | ABHISHEK SINGH | 280 | 02/07/01 | UTTAR PRADESH | 67.39m |
| | | 66.96, 67.39, 62.37 | | | |
| 13 | HARMANPREET SINGH | 212 | 22/02/97 | PUNJAB | 66.95m |
| | | 63.61, X, 65.26, 61.79, X, 66.95 | | | |
| 14 | AJEET KUMAR YADAV | 300 | 01/07/05 | UTTARKHAND | 66.67m |
| | | 66.16, 60.65, 66.67, p, p, p | | | |
| 15 | VIJAY LAKRA | 168 | 22/06/99 | JHARKHAND | 66.02m |
| | | 62.20, 66.02, 64.56 | | | |
| 16 | JASWANT SINGH | 215 | 08/03/98 | PUNJAB | 65.95m |
| | | 63.24, 64.19, 61.48, 64.90, 60.22, 65.95 | | | |
| 17 | NARAYAN SINGH | 281 | 09/11/04 | UTTAR PRADESH | 65.75m |
| | | 65.75, X, 63.57 | | | |
| 18 | NISHANT DAHIYA | 126 | 16/02/01 | DELHI | 65.20m |
| | | X, 63.71, X, 62.40, 65.20, 56.13 | | | |
| 19 | TUSHAR . | 160 | 01/07/01 | HARYANA | 65.09m |
| | | 58.57, 58.88, 63.97, X, 60.52, 65.09 | | | |
| 20 | AASHISH CHAUDHARY | 269 | 17/05/99 | UTTAR PRADESH | 64.72m |
| | | X, 64.72, X | | | |
| 21 | SUBHASH KUMAR PATHAK | 111 | 25/04/01 | BIHAR | 63.07m |
| | | 57.23, X, 63.07 | | | |
| 22 | SUNNY CHAUDHARY | 272 | 19/06/99 | UTTAR PRADESH | 62.66m |
| | | 58.95, 61.28, 62.66, 60.76, X, 61.61 | | | |
| 23 | ASHISH SINGH | 170 | 29/11/94 | JHARKHAND | 62.61m |
| | | 61.92, 62.61, 60.10 | | | |
| 24 | NITISH YADAV | 291 | 12/07/00 | UTTAR PRADESH | 62.28m |
| | | 59.50, 62.28, 58.39, X, 57.74, 56.14 | | | |

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| | | | | | |
|----|---|-----|----------|----------------|---------------|
| 25 | SARVESH BHARAT SONAR X, 62.07, 57.74 | 184 | 17/06/03 | MAHARASHTRA | 62.07m |
| 26 | GYAN RANJAN MAHATO 57.63, 61.54, 59.58 | 169 | 27/03/99 | JHARKHAND | 61.54m |
| 27 | VISHAL CHAUDHARY 58.10, 60.90, 60.59 | 125 | 20/10/02 | DELHI | 60.90m |
| 28 | ASHUTOSH KUMAR 55.88, 60.86, X | 108 | 20/02/92 | BIHAR | 60.86m |
| 29 | SAMAR SINGH 59.90, 58.80, 57.87 | 282 | 03/01/00 | UTTAR PRADESH | 59.90m |
| 30 | HAPPY SINGH 58.73, 53.56, 55.82 | 210 | 11/07/98 | PUNJAB | 58.73m |
| 31 | AKASH BHATI X, 52.58, 51.74 | 307 | 28/09/96 | UTTAR PRADESH | 52.58m |
| 32 | BHARATBHAI RATHVA 41.36, X, 33.31 | 136 | 29/04/01 | GUJARAT | 41.36m |
| | ANIL KUMAR RAJBHAR | 177 | 08/04/92 | MADHYA PRADESH | DNS |
| | SHUBHAM YADAV | 295 | 23/06/00 | UTTAR PRADESH | DNS |
| | LOVEPREET SINGH MANESH | 221 | 19/12/03 | PUNJAB | DNS |
| | ARUN MODI | 112 | 20/12/96 | BIHAR | DNS |

Event # 5 MENS Shot Put UNDER-20

NR:SAURABH VIJ CHENNAI 20.35 17/06/2006

| | | | | | |
|---|--|-----|----------|---------------|---------------|
| 1 | ANURAG SINGH KALER 18.92, 18.57, 18.98, 18.86, -, 19.16 | 286 | 24/07/05 | UTTAR PRADESH | 19.16m |
| 2 | SIDDHARTH CHOUDHARY 18.38, 18.44, F, F, - | 241 | 24/09/05 | RAJASTHAN | 18.44m |
| 3 | JAIDEV DIKKA 17.09, F, 16.14, 18.19, 18.36, 17.05 | 127 | 27/06/04 | DELHI | 18.36m |
| 4 | S EBENEZER . 17.08, 17.13, F, F, 17.42, 16.92 | 253 | 24/09/04 | TAMIL NADU | 17.42m |
| 5 | ANKIT YADAV F, 16.59, 15.95, 16.94, F, 15.35 | 289 | 15/12/05 | UTTAR PRADESH | 16.94m |
| 6 | SARTHAK SINGH 16.61, 16.58, F, F, 15.40, F | 283 | 01/01/06 | UTTAR PRADESH | 16.61m |
| 7 | HUSHANPREET SINGH F, 15.54, 15.12, 16.05, F, 15.72 | 213 | 21/12/05 | PUNJAB | 16.05m |
| 8 | HARSH CHAUDHRY 14.19, 14.71, 14.82, 15.10, 14.92, 15.27 | 273 | 28/08/04 | UTTAR PRADESH | 15.27m |
| 9 | KRISHNAVEER . 13.45, 13.21, 13.33 | 107 | 13/11/05 | BIHAR | 13.45m |
| | JOYDEV BERA | 305 | 24/07/04 | WEST BENGAL | DNS |

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NS NIS, Patiala (Punjab)

Event # 6 MENS Discus Throw UNDER-20

NR:SACHIN SINGH DALAL CHENNAI 58.11 10/05/2014

| | | | | | |
|---|------------------|--|----------|---------------|----------|
| 1 | BHARTPREET SINGH | 205 | 02/07/04 | PUNJAB | 58.18m # |
| | | F, 51.88, 55.82, 52.04, 58.10, 58.18 | | | |
| 2 | ATUL . | 152 | 17/01/05 | HARYANA | 55.22m |
| | | 53.27, 53.20, 54.96, F, 55.22, F | | | |
| 3 | RITIK . | 115 | 06/07/06 | CHANDIGARH | 54.94m |
| | | 54.16, 42.88, 47.57, 46.18, 46.96, 54.94 | | | |
| 4 | RAMAN . | 155 | 28/12/05 | HARYANA | 54.39m |
| | | 53.10, F, 53.57, 53.07, 54.39, 53.52 | | | |
| 5 | HARISH KUMAR | 275 | 20/12/04 | UTTAR PRADESH | 51.95m |
| | | 51.30, 51.95, F, F, F, F | | | |
| 6 | RISHABH . | 157 | 03/12/04 | HARYANA | 51.09m |
| | | 51.09, 50.16, 49.44, 49.91, 49.11, 50.27 | | | |
| 7 | ELAYAPERUMAL R | 254 | 14/08/04 | TAMIL NADU | 47.68m |
| | | 38.32, 47.60, 46.66, 42.37, 47.68, 46.08 | | | |
| 8 | RAHUL . | 238 | 05/01/05 | RAJASTHAN | 38.50m |
| | | 35.31, 37.07, 36.15, 38.50, 37.74, 36.58 | | | |
| | DEEPAK CHOUDHARY | 240 | 15/01/06 | RAJASTHAN | NM |
| | | F, F, F | | | |
| | ABHIJEET TEOTIA | 288 | 31/12/05 | UTTAR PRADESH | DNS |

Event # 7 MENS Hammer Throw UNDER-20

NR:ASHISH JAKHAR GIFU 76.86 07/06/2018

| | | | | | |
|---|-----------------|----------------------------------|----------|---------------|--------|
| 1 | PRATEEK . | 154 | 31/10/05 | HARYANA | 62.75m |
| | | 59.97, 61.47, F, 62.75, F, 62.72 | | | |
| 2 | HARSHIT KUMAR | 276 | 10/02/05 | UTTAR PRADESH | 59.93m |
| | | F, 59.93, F, F, F, F | | | |
| 3 | ARYAN . | 237 | 13/07/05 | RAJASTHAN | 54.34m |
| | | F, 52.55, F, 54.34, F, F | | | |
| | TANISHK MEENA | 247 | 18/03/05 | RAJASTHAN | NM |
| | | F, F, F, F, F | | | |
| | BHUPENDRA SINGH | 250 | 15/05/04 | RAJASTHAN | DNS |

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NS NIS, Patiala (Punjab)**Event # 8 MENS Javelin Throw UNDER-20**

NR:NEERAJ CHOPRA BYDGOSZCZ 86.48 23/07/2016

| | | | | | |
|---|------------------|--|----------|----------------|--------|
| 1 | DIPANSHU SHARMA | 279 | 25/04/06 | UTTAR PRADESH | 71.21m |
| | | 67.80, 67.06, 71.21, -, -, - | | | |
| 2 | ROHAN YADAV | 292 | 10/09/06 | UTTAR PRADESH | 69.00m |
| | | 64.64, 64.13, F, 67.56, 69.00, F | | | |
| 3 | HIMANSHU MISHRA | 179 | 22/06/05 | MADHYA PRADESH | 67.02m |
| | | 66.43, 66.29, 67.02, 66.01, 63.92, 63.20 | | | |
| 4 | MOHIT CHAUDHARY | 270 | 24/10/05 | UTTAR PRADESH | 63.11m |
| | | 58.07, F, 63.11, F, 59.90, F | | | |
| 5 | SHIVA CHAUDHARY | 271 | 27/11/05 | UTTAR PRADESH | 61.64m |
| | | F, 58.01, 61.64, 61.59, 58.55, F | | | |
| 6 | TANUJ THAKURATHI | 303 | 22/01/05 | UTTARKHAND | 60.10m |
| | | 60.10, F, 58.40, 58.14, 58.19, F | | | |
| 7 | SONU KUMAR | 246 | 07/01/05 | RAJASTHAN | 59.49m |
| | | F, 55.77, 58.77, 59.49, F, 58.83 | | | |
| 8 | PRAVESH KUMAR | 277 | 27/05/04 | UTTAR PRADESH | 52.50m |
| | | 52.37, 48.66, 48.58, 52.50, 52.45, 49.82 | | | |
| 9 | SHIVAM KUMAR | 110 | 05/07/05 | BIHAR | 47.78m |
| | | 47.78, F, F | | | |
| | GAURAV KUMAR | 129 | 28/12/04 | DELHI | DNS |

Event # 9 WOMENS Shot Put

NR:MANPREET KAUR CHENNAI 18.06 11/06/2022

% MR:ABHA KHATUA PATIALA 17.09 27/02/2022

| | | | | | |
|---|------------------------|--------------------------------------|----------|--------------|----------|
| 1 | ABHA KHATUA | 182 | 09/07/95 | MAHARASHTRA | 17.56m % |
| | | 16.63, 17.56, 16.94, 16.90, 17.08, F | | | |
| 2 | REKHA . | 144 | 02/02/01 | HARYANA | 14.98m |
| | | 14.17, 14.02, 14.52, 13.98, 14.98, F | | | |
| 3 | SHIKSHA . | 146 | 12/12/02 | HARYANA | 14.54m |
| | | 14.54, F, 14.50, F, F, F | | | |
| 4 | TUNLAI NARZARY | 101 | 10/02/94 | ASSAM | 13.56m |
| | | 13.56, 13.19, 13.42, F, 12.92, 13.24 | | | |
| 5 | TUFFII SULTAN KHAN | 116 | 07/11/02 | CHHATTISGARH | 12.09m |
| | | 11.88, 12.09, F, 11.42, 11.54, 11.69 | | | |
| 6 | PRIYANKA KANWAR NATHAV | 230 | 11/02/01 | RAJASTHAN | 7.04m |
| | RAMNEET KAUR | 195 | 28/12/03 | PUNJAB | DNS |

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NS NIS, Patiala (Punjab)

Event # 10 WOMENS Discus Throw

NR:KAMALPREET KAUR PATIALA 66.59 21/06/2021

% MR:SEEMA PUNIA PATIALA 54.93 27/02/2022

| | | | | | |
|----|---------------------|--|----------|----------------|--------|
| 1 | NIDHI RANI | 150 | 03/01/97 | HARYANA | 53.57m |
| | | 48.97, 51.36, 53.14, F, 52.13, 53.57 | | | |
| 2 | NEETIKA VERMA | 263 | 04/03/01 | UTTAR PRADESH | 51.52m |
| | | F, 51.52, 47.31, 49.05, 49.73, 47.68 | | | |
| 3 | BHAVANA YADAV | 122 | 09/04/99 | DELHI | 50.63m |
| | | 45.16, 45.22, 50.63, 47.49, F, 49.37 | | | |
| 4 | GRIMA . | 141 | 18/07/02 | HARYANA | 50.54m |
| | | 49.32, 48.94, 49.76, 50.26, F, 50.54 | | | |
| 5 | SANYA YADAV | 151 | 09/08/03 | HARYANA | 49.85m |
| | | 49.85, F, F, 48.44, 45.73, F | | | |
| 6 | SUNITA . | 147 | 20/03/00 | HARYANA | 49.70m |
| | | 48.28, 49.70, 48.49, 48.01, 49.39, 47.55 | | | |
| 7 | GURVEER KAUR | 192 | 19/10/95 | PUNJAB | 49.36m |
| | | F, 49.36, F, F, 47.70, F | | | |
| 8 | JHUMA BASU | 304 | 11/12/96 | WEST BENGAL | 47.55m |
| | | 40.66, 45.91, 47.55, F, 44.22, 43.56 | | | |
| 9 | K M MADHU VERMA | 174 | 01/05/95 | MADHYA PRADESH | 45.71m |
| | | 44.15, 45.71, 45.43 | | | |
| 10 | ANNU . | 139 | 18/01/99 | HARYANA | 45.43m |
| | | 43.36, 45.43, F | | | |
| 11 | MADHU RENU | 235 | 01/05/97 | RAJASTHAN | 43.57m |
| | | F, 43.57, F | | | |
| 12 | KARUNIYA M | 252 | 11/01/00 | TAMIL NADU | 43.23m |
| | | 43.23, F, 41.44 | | | |
| 13 | JASMEET KAUR JAGDEO | 197 | 15/09/03 | PUNJAB | 40.79m |
| | | 38.80, 39.63, 40.79 | | | |

Event # 11 WOMENS Hammer Throw

NR:SARITA SINGH PATIALA 65.25 01/06/2017

% MR:SARITA R SINGH PATIALA 61.78 27/02/2022

| | | | | | |
|---|-------------------------|--|----------|---------------|--------|
| 1 | HARSHITA SEHRAWAT | 118 | 01/04/03 | DELHI | 59.78m |
| | | 51.36, 58.55, 58.24, 59.01, 55.00, 59.78 | | | |
| 2 | TANYA CHAUDHARY | 257 | 21/09/03 | UTTAR PRADESH | 57.36m |
| | | 52.39, F, 57.23, 57.36, F, 57.09 | | | |
| 3 | ANMOL KAUR | 191 | 04/01/92 | PUNJAB | 55.47m |
| | | 50.91, 54.73, 54.33, F, 55.47, 53.43 | | | |
| 4 | KM FATMA | 258 | 09/02/92 | UTTAR PRADESH | 52.30m |
| | | F, F, 45.82, 49.53, 52.30, F | | | |
| 5 | AISHWARYA . | 137 | 24/09/01 | HARYANA | 51.87m |
| | | 50.90, 51.19, 51.87, F, F, 51.86 | | | |
| 6 | SURABHI GANESH VEDPATHI | 181 | 29/08/98 | MAHARASHTRA | 50.75m |
| | | 49.75, 50.58, F, F, 50.75, 49.08 | | | |
| | AESHWARYA SINGH PUNDEE | 120 | 29/04/03 | DELHI | NM |
| | | F, F, F, - | | | |

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NS NIS, Patiala (Punjab)**Event # 12 WOMENS Javelin Throw**

NR:ANNU RANI JAMSHEDPUR 63.82 08/05/2022

% MR:SANJANA CHOUDHARY PATIALA 52.41 27/02/2022

| | | | | | |
|----|-----------------------|--------------------------------------|----------|---------------|---------------|
| 1 | JYOTI . | 142 | 01/04/02 | HARYANA | 51.55m |
| | | 51.55, 49.54, F, F, F, F | | | |
| 2 | KARISHMA S SANIL | 172 | 04/06/00 | KARNATAKA | 51.02m |
| | | F, 51.02, 49.98, F, 49.61, 50.15 | | | |
| 3 | KM SALONI | 261 | 11/12/98 | UTTAR PRADESH | 50.21m |
| | | 44.29, F, 39.70, 50.21, 49.80, 50.03 | | | |
| 4 | SHAKSHI SHARMA | 262 | 09/02/02 | UTTAR PRADESH | 48.34m |
| | | 44.56, 48.34, 43.05, F, 40.78, 41.02 | | | |
| 5 | ANJANI KUMARI | 103 | 01/01/00 | BIHAR | 47.50m |
| | | 47.50, 47.06, 46.72, F, 45.25, F | | | |
| 6 | VISHAKHA PANWAR | 259 | 21/11/97 | UTTAR PRADESH | 46.84m |
| | | F, 45.08, 44.44, 40.55, 43.83, 46.84 | | | |
| 7 | LALITA CHOUDHARY | 228 | 19/05/98 | RAJASTHAN | 44.58m |
| | | 44.58, 40.22, 43.25, 40.05, 42.84, F | | | |
| 8 | RUNJUN PEGU | 102 | 05/09/99 | ASSAM | 43.86m |
| | | 39.75, F, 43.86, F, 38.48, 42.14 | | | |
| 9 | NEELAM NEELAM | 149 | 17/03/99 | HARYANA | 41.23m |
| | | F, 41.23, 39.18 | | | |
| 10 | NIKITA RAWAT | 296 | 08/12/98 | UTTARKHAND | 36.67m |
| | | 35.42, 36.67, 36.00 | | | |
| | SHAKTI GOHIL | 135 | 29/07/95 | GUJARAT | DNS |
| | RUPINDER KAUR SOHAL | 199 | 08/11/88 | PUNJAB | DNS |
| | NEELAM CHOUDHARY | 229 | 10/01/00 | RAJASTHAN | DNS |
| | NAJMEEN BANU KAYAMKHA | 227 | 04/08/01 | RAJASTHAN | DNS |
| | MINU SOREN | 106 | 15/10/01 | BIHAR | DNS |

Event # 13 WOMENS Shot Put UNDER-20

NR:N.DHILLON CHENNAI 15.89 10/05/2014

| | | | | | |
|---|-----------------|--|----------|-----------|---------------|
| 1 | POOJA KUMARI | 308 | 01/07/07 | RAJASTHAN | 14.10m |
| | | 13.33, 13.80, 14.10, 13.92, 13.68, F | | | |
| 2 | JASKANWAL KAUR | 194 | 18/11/04 | PUNJAB | 13.40m |
| | | 12.48, 12.60, F, 12.61, 13.40, 13.36 | | | |
| 3 | JASHANDEEP KAUR | 193 | 01/11/05 | PUNJAB | 12.14m |
| | | 11.04, 12.02, 12.06, F, 12.05, 12.14 | | | |
| 4 | RITU . | 226 | 25/08/05 | RAJASTHAN | 11.40m |
| | | F, 11.18, 11.34, F, 11.40, F | | | |
| 5 | POOJA . | 225 | 22/09/04 | RAJASTHAN | 10.96m |
| | | 9.97, 10.55, 10.59, 10.96, 9.39, 10.20 | | | |

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NS NIS, Patiala (Punjab)**Event # 14 WOMENS Discus Throw UNDER-20**

NR:SEEMA ANTIL MUMBAI 59.26 04/10/2002

| | | | | | |
|----|------------------------|--|----------|---------------|---------------|
| 1 | AMANAT KAMBOJ | 190 | 18/11/07 | PUNJAB | 48.20m |
| | | 44.04, 38.56, 44.55, 48.20, 46.30, F | | | |
| 2 | ANISHA . | 117 | 03/07/05 | DELHI | 48.15m |
| | | 46.93, 45.61, 45.74, F, F, 48.15 | | | |
| 3 | NISTHA . | 114 | 24/05/05 | CHANDIGARH | 47.84m |
| | | 46.76, 46.09, 47.84, 43.87, 45.20, F | | | |
| 4 | NIKITA KUMARI | 233 | 26/07/06 | RAJASTHAN | 46.19m |
| | | 46.19, F, F, F, F, F | | | |
| 5 | PRIYA . | 143 | 20/06/04 | HARYANA | 45.65m |
| | | 44.91, 44.73, 45.54, F, F, 45.65 | | | |
| 6 | ARSHDEEP KAUR KHANGUR. | 198 | 07/01/05 | PUNJAB | 43.42m |
| | | 43.11, 43.42, 40.10, F, 42.95, F | | | |
| 7 | PRIYANSHI KULHAR | 231 | 27/02/05 | RAJASTHAN | 42.52m |
| | | F, 41.20, 42.52, 40.78, 42.25, 41.36 | | | |
| 8 | SUPRIYA ATTRI | 309 | 20/05/07 | UTTAR PRADESH | 42.00m |
| | | 38.94, 41.29, 40.08, 41.83, 40.38, 42.00 | | | |
| 9 | NEHA JAGLAN | 148 | 05/03/05 | HARYANA | 41.14m |
| | | 40.90, F, 41.14 | | | |
| 10 | SHIKHA RAI | 260 | 20/04/04 | UTTAR PRADESH | 24.62m |
| | | 24.62, F, F | | | |
| | PRIYANKA YADAV | 236 | 26/12/05 | RAJASTHAN | NM |
| | SONI KUMARI | 105 | 18/04/05 | BIHAR | DNS |

Event # 15 WOMENS Hammer Throw UNDER-20

NR:TANYA CHAUDHARY GUWAHATI 58.30 13/11/2022

| | | | | | |
|---|-----------------|--------------------------------------|----------|---------------|---------------|
| 1 | HAQIKAT GREWAL | 189 | 28/09/05 | PUNJAB | 50.33m |
| | | 47.85, 50.33, F, F, F, 49.77 | | | |
| 2 | ANUSHKA YADAV | 264 | 04/05/08 | UTTAR PRADESH | 49.71m |
| | | F, 45.75, 49.14, F, 49.71, 48.20 | | | |
| 3 | RIPUDAMAN KAUR | 196 | 18/06/04 | PUNJAB | 46.55m |
| | | 44.60, 45.12, 45.08, F, 46.55, F | | | |
| 4 | ANJALI . | 138 | 05/01/05 | HARYANA | 38.69m |
| | | F, 37.21, 38.69, F, F, 37.01 | | | |
| 5 | KARISHMA KUMARI | 232 | 18/10/05 | RAJASTHAN | 38.50m |
| | | 35.04, 37.17, 38.50, 38.02, F, 37.25 | | | |
| | NANDNI . | 256 | 02/05/08 | UTTAR PRADESH | DNS |
| | | DNS | | | |

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NS NIS, Patiala (Punjab)**Event # 16 WOMENS Javelin Throw UNDER-20**

NR:SUMAN DEVI BANGKOK 52.33 29/10/2002

| | | | | | |
|---|---|-----|----------|-----------|---------------|
| 1 | DEEPIKA . F, 49.75, 47.89, F, 48.16, 47.28 | 140 | 21/11/05 | HARYANA | 49.75m |
| 2 | RAMYASHREE JAIN 46.25, 45.44, F, 43.04, 46.37, 46.29 | 171 | 18/11/04 | KARNATAKA | 46.37m |
| 3 | AAKRITI TYAGI 31.61, 33.96, 44.74, F, 42.13, 46.24 | 121 | 17/08/04 | DELHI | 46.24m |
| 4 | NISHI KUMARI F, 42.63, 46.09, 42.51, F, 41.25 | 104 | 01/01/05 | BIHAR | 46.09m |
| 5 | LAXMI PANDAR 39.10, 41.09, 42.30, F, 38.06, F | 234 | 12/12/04 | RAJASTHAN | 42.30m |
| 6 | DISHA SHARMA 29.51, 29.74, F, 27.79, F, - | 119 | 16/05/05 | DELHI | 29.74m |
| | SAPNA . | 145 | 26/12/05 | HARYANA | DNS |