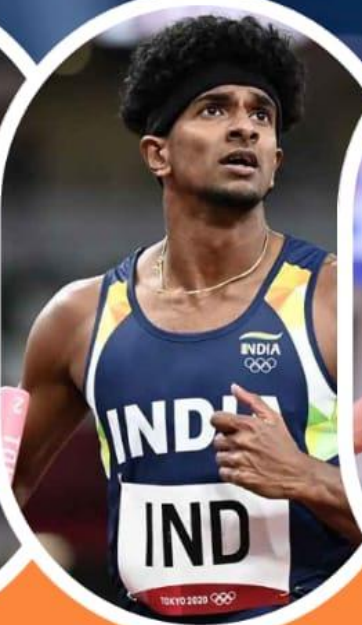




63RD NATIONAL INTER STATE Senior Athletics Championships

27th to 30th June 2024.

Tau Devi Lal Stadium,
Panchkula, Haryana



START LIST DAY-3

Organised by
HARYANA ATHLETICS ASSOCIATION



HSBC



63rd National Inter State Senior Athletics Championships 2024

Tau Devi Lal Stadium, Panchkula, Haryana - 27 to 30 June

Competition Schedule As on 23 06 2024

Event No	Scheduled Time	Event	Specification	Gender	Round
Day Three 29 06 2024 Forenoon					
301	0515hrs	20km Race Walk		Women	Final 21
302	0710hrs	Javelin Throw	800gm	Men	Q. Round Group 1
303	0800hrs	100m Hurdles	0.838m	Women	Heptathlon 1
304	0810hrs	Javelin Throw	800gm	Men	Q. Round Group 2
305	0815hrs	100m Hurdles	0.838m	Women	Round 1
306	0840hrs	110m Hurdles	1.067m	Men	Round 1
307	0845hrs	High Jump		Women	Heptathlon 2
308	0910hrs	800m		Women	Round 1
309	0930hrs	800m		Men	Round 1
310	0950hrs	200m		Women	Round 1
311	1010hrs	200m		Men	Round 1
Day Three 29 06 2024 Afternoon					
312	1740hrs	Pole Vault		Men	Final 22
313	1810hrs	Hammer Throw	7.260kg	Men	Final 23
314	1820hrs	High Jump		Men	Final 24
315	1825hrs	200m		Women	Semi Final
316	1830hrs	Shot Put	4.000kg	Women	Heptathlon 3
317	1840hrs	200m		Men	Semi Final
318	1855hrs	200m		Women	Heptathlon 4
319	1915hrs	400m Hurdles	0.762m	Women	Round 1
320	1930hrs	Long Jump		Men	Final 25
321	1930hrs	400m Hurdles	0.914m	Men	Round 1
	1940hrs	20km Race Walk		Women	Medal Ceremony 21
322	1940hrs	Shot Put	7.260kg	Men	Final 26
	1950hrs	Hammer Throw	7.260kg	Men	Medal Ceremony 22
323	2000hrs	3000m Steeple Chase	0.914m	Men	Final 27
324	2020hrs	Discus Throw	1.000kg	Women	Final 28
325	2020hrs	3000m Steeple Chase	0.762m	Women	Final 29
	2035hrs	High Jump		Men	Medal Ceremony 23
326	2100hrs	4 X 400m Mixed Relay		Men & Women	Round 1
	2105hrs	Pole Vault		Men	Medal Ceremony 24
	2112hrs	Long Jump		Men	Medal Ceremony 25
	2120hrs	Shot Put	7.260kg	Men	Medal Ceremony 26
	2127hrs	Discus Throw	1.000kg	Women	Medal Ceremony 27
	2135hrs	3000m Steeple Chase	0.914m	Men	Medal Ceremony 28
	2142hrs	3000m Steeple Chase	0.762m	Women	Medal Ceremony 29



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63rd National Inter State Senior Athletics Championships 2024				
Tau Devi Lal Stadium, Sector- 3				
27-30 June 2024, Panchkula, Haryana				
Start List Day-3 (29-06-2024)				
Event # 40 WOMENS 20Km Race Walk				FINAL
OLY. Q.MARK: 1:29:20.00				TIME: 05:15 HRS
NR:PRIYANKA GOSWAMI RANCHI 1:28.45 13/02/2021				
MR:BHAWNA JAT BHUBANESWAR 1:37:03.00 2023				
1	KAMLA .	599	15/08/99	RAJASTHAN
2	SEJAL ANIL SINGH	478	12/08/03	MAHARASHTRA
3	ROJI PATEL	775	23/08/01	UTTAR PRADESH
4	SHALINI .	824	08/10/02	UTTRAKHAND
5	MONIKA .	239	17/01/02	HARYANA
6	MUNITA PRAJAPATI	859	15/01/02	UTTAR PRADESH (WC)
7	MAMTA PAL.	770	03/04/98	UTTAR PRADESH
8	RESHMA PATEL	774	15/09/04	UTTAR PRADESH
9	PAYAL .	823	05/05/99	UTTRAKHAND
10	RAVINA .	244	21/05/97	HARYANA
11	POOJA KUMAWAT	615	02/12/99	RAJASTHAN
12	JYOTI -	229	01-11-2002	HARYANA
13	PUJA PRAMANIK	849	07/09/99	WEST BENGAL
Event # 18 MENS Javelin Throw				QUALIFYING ROUND
OLY. Q.MARK: 85.50				
NR:NEERAJ CHOPRA STOCKHOLM 89.94 30/06/2022				TIME: 07:10 HRS
MR:MANU DP CHENNAI 84.35 2022				
QUALIFYING MARK: 75.00M / BEST 10+2 Seeded Directly for Final				
GROUP A				
1	UTTAM PATIL	496	01/11/98	MAHARASHTRA
2	ROHIT YADAV	816	06/06/01	UTTAR PRADESH
3	VIKRANT MALIK	538	02/01/96	ODISHA
4	MANJINDER SINGH	592	09/12/98	PUNJAB
5	NIKUNJ SINGH	201	18/05/00	DELHI
6	SARBJEET SINGH	597	03/09/94	PUNJAB
7	SHIVPAL SINGH	810	07/06/95	UTTAR PRADESH
8	SAHIL SILWAL	307	17/12/00	HARYANA
9	IZHAR AHMAD	437	03/03/03	MADHYA PRADESH
10	ABHISHEK SINGH	838	20/05/95	UTTRAKHAND
11	SUBHASH PATHAK	145	25/04/01	BIHAR
Event # 44 WOMENS 100m Hurdles Heptathlon-1				TIME: 08:00 HRS
Heat 1				
3	AGASARA .	742	07/08/03	TELANGANA
4	GEETIKA LOHIA	168	18/10/99	DELHI
5	TANUSHREE .	604	14/02/02	RAJASTHAN
6	SONU BHALOTHIA	607	30/11/96	RAJASTHAN
7	JYOTI ...	257	22/07/95	HARYANA
Heat 2				
3	SARBJEET KAUR	562	21/02/87	PUNJAB
4	DEEPIKA S	700	09/04/02	TAMIL NADU
5	NEETA KUMARI .	601	22/01/03	RAJASTHAN
6	SONU KUMARI	260	23/11/00	HARYANA
7	POOJA ..	253	09/03/03	HARYANA

Event # 18 MENS Javelin Throw				QUALIFYING ROUND
OLY. Q.MARK: 85.50				
NR:NEERAJ CHOPRA STOCKHOLM 89.94 30/06/2022				TIME: 08:10 HRS
MR:MANU DP CHENNAI 84.35 2022				
QUALIFYING MARK: 75.00M / BEST 10+2 Seeded Directly for Final				
GROUP B				
1	PARMOD .	278	03/12/99	HARYANA
2	KISHORE JENA	535	06/09/95	ODISHA
3	SACHIN YADAV.	818	25/10/99	UTTAR PRADESH
4	BIBIN ANTONY	438	04/05/94	MADHYA PRADESH
5	ABHISHEK DRALL	183	11/05/98	DELHI
6	MOHIT ..	288	04/07/01	HARYANA
7	ANUJ KALERA	639	28/11/01	RAJASTHAN
8	AKULA KRISHNA NAIDU	115	20/05/96	ANDHRA PRADESH
9	HARISH KUMAR	644	30/10/96	RAJASTHAN
10	SHIVAM LOHAKARE	493	14/09/04	MAHARASHTRA
Event # 29 WOMENS 100m Hurdles				
OLY. Q.MARK: 12.77				HEATS
NR:JYOTHI YARRAJI CHENGDU 12.78 04/08/2023				TIME: 08:15 HRS
MR:JYOTHI YARRAJI BHUBANESWAR 12.92 2023				
2 HEATS: 3Q + 2q				
Heat 1				
2	PRATHEEKA .	335	04/08/00	KARNATAKA
3	NITHYA RAMRAJ	696	20/09/98	TAMIL NADU
4	NAMAYI RUCHITHA	745	05/05/04	TELANGANA
5	ALIZA MULLA	472	28/02/06	MAHARASHTRA
6	MEDHA KAMATH	343	04/12/97	KARNATAKA
7	PRAGYAN PRASANT SAHU	524	19/12/99	ODISHA
8	S. SRIRESHMA .	678	04/05/01	TAMIL NADU
Heat 2				
2	BHATERI .	234	20/05/96	HARYANA
3	MOUMITA MONDAL	846	09/12/01	WEST BENGAL
4	NANDHINI K	686	13/07/99	TAMIL NADU
5	JYOTHI YARRAJI	112	28/08/99	ANDHRA PRADESH
6	ANJALI C	339	27/07/00	KARNATAKA
7	SABITA TOPPO	528	06/04/05	ODISHA
Event # 8 MENS 110m Hurdles				
OLY. Q.MARK: 13.27				HEATS
NR:TEJAS ASHOK SHIRSE JYVASKYLA 13.41 22/05/2024				TIME: 08:40 HRS
MR:SIDDHANTH THINGALAYA LUCKNOW 13.65 2019				
3 HEATS: 2Q + 2q				
Heat 1				
2	VIKSIT KUMAR	800	02/12/03	UTTAR PRADESH
3	NISHANTHRAJA G	718	12/04/01	TAMIL NADU
4	MUHAMMED LAZAN VK	406	01/06/02	KERALA
5	RITESH CHOUDHARY	441	15/01/02	MADHYA PRADESH
6	HARMANJEET SINGH	198	20/04/02	DELHI
7	YASHWANATH LAVETI	116	28/08/01	ANDHRA PRADESH
Heat 2				
2	SEELAM RAVINDRA REDDY	120	08/06/02	ANDHRA PRADESH
3	MADHVENDRA SHEKHAWAT	658	30/10/03	RAJASTHAN
4	SHUBHAM RAWAT	194	24/08/04	DELHI
5	MANAV R	725	07/06/00	TAMIL NADU
6	SACHIN BINU	395	18/05/98	KERALA
7	A. GRACESON JEEVA	534	05/04/03	ODISHA

Heat 3				
2	DHANUSH ADITHAN G	717	30/09/01	TAMIL NADU
3	SANDEEP CHOUDHARY	635	13/06/02	RAJASTHAN
4	TEJAS SHIRSE	501	04/06/02	MAHARASHTRA
5	LOKENDRA PACHERA	804	01/07/93	UTTAR PRADESH
6	MATTE RAVI KIRA .	113	19/02/97	ANDHRA PRADESH
7	RONALD .	435	09/04/98	MADHYA PRADESH
Event # 45 WOMENS High Jump Heptathlon-2				TIME: 08:45 HRS
Event # 25 WOMENS 800m Run				HEATS
OLY. Q.MARK: 1:59.30				TIME: 09:10 HRS
NR:TINTU LUKA SPLIT 1:59.17 04/09/2010				
MR:K.C. ROSA KUTTY BANGALORE 2:00.49 1997				
2 HEATS: 3Q + 2q				
Heat 1				
2	LAXITA SANDILEA	215	13/02/05	GUJARAT
3	LAVANYA R	692	08/08/01	TAMIL NADU
4	GUG KAUR	553	23/08/98	PUNJAB
5	CHANDA .	162	16/08/01	DELHI
6	RAKHI .	756	25/07/01	UTTAR PRADESH
7	ELAVARASI KUMARAN	687	08/06/99	TAMIL NADU
8	AMANDEEP KAUR	550	09/07/03	PUNJAB
Heat 2				
2	KAVITHA V	701	15/06/98	TAMIL NADU
3	FASUHAA AHMED	507	12/06/03	MALDIVES
4	TWINKLE .	548	17/10/95	PUNJAB
5	KM DEEKSHA	425	01/01/99	MADHYA PRADESH
6	LAXMIPRIYA KISAN	521	10/04/05	ODISHA
7	VINEETA GURJAR	763	27/09/05	UTTAR PRADESH
8	TANVI MALIK	765	01/01/06	UTTAR PRADESH
Event # 4 MENS 800m Run				HEATS
OLY. Q.MARK: 1:44.70				TIME: 09:30 HRS
NR:JINSON JOHNSON GUWAHATI 1:45.65 27/06/2018				
MR:JINSON JOHNSON GUWAHATI 1:45.65 2018				
3 HEATS: 2Q + 2q				
Heat 1				
1	HARJOT SINGH	582	25/10/00	PUNJAB
2	TUSHAR BHEKANE	353	25/08/03	KARNATAKA
3	ASHOK DANDASENA	530	05/07/94	ODISHA
4	ANKESH CHAUDHARY	323	28/12/98	HIMACHAL PRADESH
5	BASANT CHAUHAN	156	31/08/01	CHANDIGARH
6	HIMANSHU BHADANA	788	17/11/01	UTTAR PRADESH
7	HARSHDEEP SINGH.	841	28/12/02	UTTRAKHAND
8	VASAN C	713	30/01/04	TAMIL NADU
9	JATIN .	274	30/07/02	HARYANA
Heat 2				
1	DINESH KUMAR	324	03/02/91	HIMACHAL PRADESH
2	HUSSAIN RIZA	511	01/04/97	MALDIVES
3	MOHAMMED AFJAL P	410	03/02/96	KERALA
4	DEBASIS PATNAIK	542	27/10/97	ODISHA
5	SHYAM MILAN BIND	439	05/08/04	MADHYA PRADESH
6	SATYA DEV .	283	21/02/02	HARYANA
7	PRATHAMESH DEORE	482	27/10/02	MAHARASHTRA
8	VINOD KUMAR BANOTH	749	16/12/05	TELANGANA
9	GURMAN SINGH	581	27/08/97	PUNJAB

Heat 3					
1	DEVARAKONDA SINDHUR	122		27/10/03	ANDHRA PRADESH
2	SHAKEEL .	627		17/04/05	RAJASTHAN
3	SREE KIRAN	720		29/09/01	TAMIL NADU
4	DAYANIDHI MUNDA	540		02/06/04	ODISHA
5	RIJOY J	400		21/12/03	KERALA
6	BOPANNA THELAPANDA	367		23/06/05	KARNATAKA
7	MANJEET .	276		07/07/02	HARYANA
8	SAHIL KHAN	641		07/11/05	RAJASTHAN
9	ANU KUMAR	831		02/11/02	UTTRAKHAND
Event # 23 WOMENS 200m Run					HEATS
OLY. Q.MARK: 22.57					TIME: 09:50 HRS
NR:SARASWATI SAHA LUDHIANA 22.82 28/08/2002					
MR:HIMA DAS GUWAHATI 23.10 2018					
4 HEATS: 3Q + 4q					
Heat 1					
2	ANTAKSHRI .	598		20/01/00	RAJASTHAN
3	SUDESHNA SHIVANKAR	477		09/09/03	MAHARASHTRA
4	HIMASHREE ROY	264		15/03/95	HARYANA
5	RIYA CHAUHAN	166		02/02/02	DELHI
6	SRABANI NANDA	523		07-05-1991	ODISHA
7	NATHALIEA EVANG MARIEA	688		17/08/02	TAMIL NADU
8	JYOTHIKA .	333		29/09/02	KARNATAKA
Heat 2					
2	MAHERA SIDDIQUE	216		06/04/01	GUJARAT
3	KUSUM THAKUR	319		27/07/03	HIMACHAL PRADESH
4	GIRIDHARANI RAVIKUMAR	698		07/07/01	TAMIL NADU
5	SIMI N S	344		22/10/97	KARNATAKA
6	ANJALI P D	380		22/03/01	KERALA
7	CHELIMI .	101		07/01/03	ANDHRA PRADESH
Heat 3					
2	SWATHI RONGALI	110		07/08/00	ANDHRA PRADESH
3	NANCY .	240		12-12-2007	HARYANA
4	NEERU PAHTAK	169		27/01/07	DELHI
5	SAKSHI CHAVAN	211		18/01/05	GUJARAT
6	SHATAKSHI RAI	135		30/05/02	BIHAR
7	MADHUMITA DEB	424		04/01/02	MADHYA PRADESH
Heat 4					
2	TWINKLE PUNDIR	429		10/12/92	MADHYA PRADESH
3	DEVYANIBA ZALA	218		15/03/02	GUJARAT
4	PAVITHRA R	693		22/03/02	TAMIL NADU
5	HIMA DAS	126		09/01/00	ASSAM
6	KAVERI PATIL	345		11/06/00	KARNATAKA
7	VIJYA SINGH	136		02/02/00	BIHAR
Event # 2 MENS 200m Run					HEATS
OLY. Q.MARK: 20.16					TIME: 10:10 HRS
NR:AMLAN BORGHAIN THENHIPALAM 20.52 06/04/2022					
MR:AMLAN BORGHAIN BHUBANESWAR 20.71 2023					
4 HEATS: 3Q + 4q					
Heat 1					
1	VIBHASKAR KUMAR	144		15/02/04	BIHAR
2	YATEESH CHAUHAN	440		10/07/03	MADHYA PRADESH
3	ATUL .	269		24/07/03	HARYANA
4	ANIMESH KUJUR	536		02/06/03	ODISHA
5	ABHIN DEVADIGA	354		15/08/01	KARNATAKA
6	YASH JOSHI	488		09/04/04	MAHARASHTRA
7	LOVEPREET SINGH	589		27/11/99	PUNJAB
8	VIKRAM KUMAR GURJAR	636		07/06/99	RAJASTHAN

Heat 2					
1	AMAN KUMAR	140		12/12/05	BIHAR
2	GOWTHAM ALLURI	748		28/12/05	TELANGANA
3	KAPIL .	275		10/11/03	HARYANA
4	NIKUNJ ZALA	228		18/01/04	GUJARAT
5	NALUBOTHU SRINIVAS	123		09/10/02	ANDHRA PRADESH
6	SAISIDDHARTH R	726		28/10/03	TAMIL NADU
7	JAY SHAH	500		11/10/97	MAHARASHTRA
8	ANKIT KUMAR KASWAN	640		05/06/05	RAJASTHAN
Heat 3					
2	JEBIN SIBI	223		25/09/02	GUJARAT
3	ANKUR .	268		05/09/99	HARYANA
4	RAHUL KADAM	489		03/10/98	MAHARASHTRA
5	DONDAPATI MRUTY JAYARAM	533		12/01/05	ODISHA
6	SHIVAM SIKARWAR	456		02/04/02	MADHYA PRADESH
7	RAGUL KUMAR G	719		22/03/00	TAMIL NADU
8	HARMANPREET SINGH	584		19/01/97	PUNJAB
Heat 4					
2	SANJEEV RAJAK	159		28/12/98	CHHATTISGARH
3	JAY SHIV	808		15/12/05	UTTAR PRADESH
4	VIGNESH A	436		04/07/96	MADHYA PRADESH
5	AMLAN BORGOHAIN	129		25/04/98	ASSAM
6	VINAYAK SOTTANNANAVAR	365		09/07/01	KARNATAKA
7	LAKSHAY .	786		18/12/04	UTTAR PRADESH
8	NITHIN .	707		12/04/99	TAMIL NADU
Event # 12 MENS Pole Vault					FINAL
OLY. Q.MARK: 5.82					TIME: 17:40 HRS
NR:S SIVA GANDHINAGAR 5.31 30/10/2022					
MR:S. SIVA . BHUBANESWAR 5.11 2023					
1	AKSHAY .	389		22/05/03	KERALA
2	GOURAV .	272		20/02/02	HARYANA
3	JESSAN .	390		03/01/98	KERALA
4	M.GOWTHAM .	706		25/09/02	TAMIL NADU
5	RAMBEER .	626		30/06/96	RAJASTHAN
6	LAKSHAY ..	287		17/10/01	HARYANA
7	SIDHARTH AK	394		27/08/00	KERALA
8	KULDEEP KUMAR	795		12/03/05	UTTAR PRADESH
9	TANUJ KUMAR	299		27/12/03	HARYANA
10	SHEKHAR PANDEY	805		01/02/01	UTTAR PRADESH
11	ANSHU PATEL	451		03/05/05	MADHYA PRADESH
12	KRISHNA PRASATH	724		30/09/91	TAMIL NADU
13	YUGENDRAN R	728		01/10/03	TAMIL NADU
14	SOHAN RAM	653		05/07/97	RAJASTHAN
15	AMAN SINGH	458		01/07/06	MADHYA PRADESH
16	NARENDRA SINGH.	660		29/07/03	RAJASTHAN
17	P.SUBASH CHANDR SUBASH	366		06/03/03	KARNATAKA
18	PAWAN YADAV	815		10/05/04	UTTAR PRADESH
Event # 17 MENS Hammer Throw					FINAL
OLY. Q.MARK: 78.20					TIME: 18:10 HRS
NR:NEERAJ KUMAR HYDERABAD 70.73 29/06/2016					
MR:NIRAJ KUMAR HYDERABAD 70.73 2016					
1	DEVANG .	178		20/12/03	DELHI
2	GAURAV .	271		12/02/96	HARYANA
3	GURDEV .	566		14/08/01	PUNJAB
4	JAI CHAND .	625		08/07/01	RAJASTHAN
5	SACHIN YADAV	817		30/12/01	UTTAR PRADESH
6	TARANVEER BAINS	570		01/10/96	PUNJAB
7	ASHISH JAKHAR	293		05/01/99	HARYANA
8	NIRAJ KUMAR	645		17/09/90	RAJASTHAN

9	SHIV KUMAR	832		02/07/86	UTTRAKHAND
10	PRAVEEN KUMAR.	649		14/12/00	RAJASTHAN
11	MO NADEEM	803		20/04/04	UTTAR PRADESH
12	AMIT PUNDIR	305		05/05/04	HARYANA
13	SHANTANU UCHALE	504		31/01/99	MAHARASHTRA
14	MOHAMMAD SHAHBAN	807		16/04/04	UTTAR PRADESH
15	DAMNEET SINGH	578		10/03/00	PUNJAB
16	KAUSHAL SINGH	199		16/11/88	DELHI
Event # 11 MENS High Jump					FINAL
OLY. Q.MARK: 2.33					TIME: 18:20 HRS
NR:TEJASWIN SHANKAR LUBBOCK 2.29 27/04/2018					
MR:B CHETHAN GUWAHATI 2.25 2018					
1	TEJASWIN SHANKAR	195		21/12/98	DELHI
2	SARVESH KUSHARE	492		17/06/95	MAHARASHTRA
3	GURJEET SINGG	308		05/01/00	HARYANA
4	ABHAY GURAV	485		03/05/00	MAHARASHTRA
5	AADARSH RAM	730		27/09/97	TAMIL NADU
6	ROHIT -	265		08/03/00	HARYANA
7	JESSE SANDESH	363		22/10/95	KARNATAKA
8	ATHULJITH A	393		27/03/04	KERALA
9	JOMON JOY	401		19/10/03	KERALA
10	BHARATHI VISWANATHAN	738		20/05/94	TAMIL NADU
11	SUSHIL THORI	662		06/06/02	RAJASTHAN
12	SUDEEP .	352		29/04/04	KARNATAKA
Event # 23 WOMENS 200m Run					SEMI FINAL
OLY. Q.MARK: 22.57					TIME: 18:25 HRS
NR:SARASWATI SAHA LUDHIANA 22.82 28/08/2002					
MR:HIMA DAS GUWAHATI 23.10 2018					
Event # 46 WOMENS Shot Put Heptathlon-3					TIME: 18:30 HRS
Event # 2 MENS 200m Run					SEMI FINAL
OLY. Q.MARK: 20.16					TIME: 18:40 HRS
NR:AMLAN BORGOHAIN THENHIPALAM 20.52 06/04/2022					
MR:AMLAN BORGOHAIN BHUBANESWAR 20.71 2023					
Event # 47 WOMENS 200m Heptathlon-4					TIME: 18:55 HRS

Event # 30 WOMENS 400m Hurdles				HEATS
OLY. Q.MARK: 54.85				TIME: 19:15 HRS
NR:P.T USHA LOS ANGELES 55.42 08/08/1984				
MR:VITHYA RAMRAJ BHUBANESWAR 56.01 2023				
2 HEATS: 3Q + 2q				
Heat 1				
2	DEEKSHITA RAMAK GOWDA	342	28/04/03	KARNATAKA
3	RITIKA .	246	22/11/02	HARYANA
4	MUGADA .	102	05/06/03	ANDHRA PRADESH
5	R VITHYA RAMRAJ	697	20/09/98	TAMIL NADU
6	RAJI CHRISTUDAS THANKAM	385	01/08/88	KERALA
7	RAMANDEEP KAUR	560	20/12/03	PUNJAB
8	GURDEEP KAUR	554	02/06/01	PUNJAB
Heat 2				
2	PRAJNA .	334	25/07/01	KARNATAKA
3	ANU R	381	20/04/93	KERALA
4	VANDANA SHARMA	430	08/09/98	MADHYA PRADESH
5	OLIMBA STEFFI .	676	15/02/02	TAMIL NADU
6	VEERPAL KAUR	563	24/03/94	PUNJAB
7	NANHI .	241	16/10/99	HARYANA
8	DHIVYA.J .	674	31/01/98	TAMIL NADU
Event # 13 MENS Long Jump				FINAL
OLY. Q.MARK: 8.27				TIME: 19:30 HRS
NR:JESWIN ALDRIN BELLARY 8.42 02/03/2023				
MR:SREESHANKAR M BHUBANESWAR 8.41 2023				
1	KRISHNA SHARMA	453	02/08/99	MADHYA PRADESH
2	MUHAMMED ANEES YAHIYA	858	03-12-1995	KERALA (WC)
3	ARAVINTH E	716	30/06/00	TAMIL NADU
4	AVINASH .	270	16/10/02	HARYANA
5	VINOTH YUVARAJ	417	26/09/94	KERALA
6	MOHD SAZID	306	10/02/06	HARYANA
7	ARYA S	361	31/12/01	KARNATAKA
8	JESWIN ALDRIN	710	24/12/01	TAMIL NADU
9	BHUPENDER SINGH	309	13/11/01	HARYANA
10	AKHIL TV	414	13/04/00	KERALA
11	SWAMINATHAN R	727	07/04/96	TAMIL NADU
12	SHAHNAVAZ KHAN	792	02/02/08	UTTAR PRADESH
Event # 9 MENS 400m Hurdles				HEATS
OLY. Q.MARK: 48.70				TIME: 19:30 HRS
NR:A DHARUN PATIALA 48.80 16/03/2019				
MR:YASHAS PALAKSHA BHUBANESWAR 49.37 2023				
3 HEATS: 2Q + 2q				
Heat 1				
2	KESHAV TANWAR	204	24/05/02	DELHI
3	NIKHIL BHARDWAJ	571	24/05/96	PUNJAB
4	MURAD SIRMAN	224	10/09/05	GUJARAT
5	ROHAN KAMBLE	490	15/02/02	MAHARASHTRA
6	PRANAM DEVENDRA SHETTY	364	21/04/99	KARNATAKA
7	AMAN .	266	28/11/99	HARYANA
Heat 2				
2	BHUPENDER .	152	02/07/99	CHANDIGARH
3	ROHIT KUMAR.	801	01/02/05	UTTAR PRADESH
4	DHAVAL UTEKAR	227	06/10/00	GUJARAT
5	MANOOP M .	391	22/08/01	KERALA
6	MAGENDRAN S	731	17/08/01	TAMIL NADU
7	SUBHAS DAS	853	23/01/02	WEST BENGAL

Heat 3					
3	VISHNU .	709		15/07/06	TAMIL NADU
4	VIJAY MALIK	303		10/01/93	HARYANA
5	RUCHIT MORI	221		24/08/01	GUJARAT
6	HARDEEP ..	569		27/06/03	PUNJAB
7	VIKSIT KUMAR	800		02/12/03	UTTAR PRADESH
Event # 15 MENS Shot Put					FINAL
OLY. Q.MARK: 21.50					TIME: 19:40 HRS
NR:T.SINGH TOOR BHUBANESHWAR 21.77 19/06/2023					
MR:TAJINDERPAL SINGH TOOR BHUBANESWAR 21.77 2023					
1	TAJINDERPAL SINGH TOOR	854		13/11/94	PUNJAB (WC)
2	SAMARDEEP GILL	445		03/01/01	MADHYA PRADESH
3	ARYAN TYAGI	813		14/08/01	UTTAR PRADESH
4	ANIKET .	826		05/11/01	UTTRAKHAND
5	PRABHKIRPAL SINGH	596		12/07/97	PUNJAB
6	AMANDEEP DHALIWAL	572		16/05/02	PUNJAB
7	ASHISH KUMAR	295		07/09/99	HARYANA
8	PARAMJEET .	153		11/11/93	CHANDIGARH
9	AKSHAY ..	628		28/12/98	RAJASTHAN
10	BALAJI .	704		26/09/00	TAMIL NADU
11	DEVINDER SINGH	197		30/10/92	DELHI
12	CHETAN KAPOOR	294		23/12/93	HARYANA
Event # 10 MENS 3000m Steeplechase					FINAL
OLY. Q.MARK: 8:15.00					TIME: 20:00 HRS
NR:AVINASH SABLE BIRMINGHAM 8:11.20 06/08/2022					
MR:AVINASH SABLE LUCKNOW 8:33.19 2019					
1	HIMANSHU YADAV	663		24/02/04	RAJASTHAN
2	PRINCE -	137		01/11/99	BIHAR
3	VIKRAM SINGH	460		03/07/96	MADHYA PRADESH
4	SHANKAR SWAMI	313		05/07/96	HARYANA
5	RANVIR KUMAR SINGH	220		04/07/05	GUJARAT
6	GAURAV YADAV	464		04/08/04	MADHYA PRADESH
7	AVINASH SABLE	506		13/09/94	MAHARASHTRA (WC)
8	BIBIN GEORGE	397		19/02/98	KERALA
9	SUMIT KUMAR	447		07/04/00	MADHYA PRADESH
10	SAURAV TIWARI	503		04/07/00	MAHARASHTRA
11	SOURABH ANTIL	289		29/12/01	HARYANA
12	MOGALI VENKATRAM REDDY	124		09/07/07	ANDHRA PRADESH
13	VIKAS KUMAR	648		08/12/04	RAJASTHAN
14	SALLA MAHESH	750		15/08/07	TELANGANA
15	PURAN RAI	667		28/02/95	SIKKIM
16	NAGARAJ DIVATE	355		15/08/99	KARNATAKA
17	RAVI .	280		21/08/99	HARYANA
18	SUSHANT JEDHE	487		05/11/01	MAHARASHTRA
Event # 37 WOMENS Discus Throw					FINAL
OLY. Q.MARK: 64.50					TIME: 20:20 HRS
NR:KAMALPREET KAUR PATIALA 66.59 21/06/2021					
MR:SEEMA PUNIA PATIALA 63.72 2021					
1	SEEMA -	231		25/02/99	HARYANA
2	NIDHI .	242		03/01/97	HARYANA
3	NISTHA .	150		24/05/05	CHANDIGARH
4	SHIVANI .	758		08/10/99	UTTAR PRADESH
5	PRITI ..	605		20/12/03	RAJASTHAN
6	SUNITA ..	255		20/03/00	HARYANA
7	KRISHNA JAYASANKAR	685		10/11/02	TAMIL NADU
8	BALJIT KAUR	552		01/05/83	PUNJAB
9	GURVEER KAUR	555		19/10/95	PUNJAB

10	NEETU KUMARI.	614		02/01/04	RAJASTHAN
11	RENU YADAV	783		08/07/00	UTTAR PRADESH
12	RAJBALA SAINI	619		23/07/97	RAJASTHAN
13	MUSKAN TOMAR	172		01/09/01	DELHI
14	BHAVANA YADAV	176		09/04/99	DELHI
Event # 31 WOMENS 3000m Steeplechase					FINAL
OLY. Q.MARK: 9:23.00					TIME: 20:20 HRS
NR:PARUL CHAUDHARY BUDAPEST 9:15.31 27/08/2023					
MR:PARUL CHAUDHARY BHUBANESWAR 9:24.23 2023					
1	BHAGYASHREE NAVALE	214		20/12/01	GUJARAT
2	SONAM .	164		18/12/04	DELHI
3	BHAGWATI DEORA	612		17/06/03	RAJASTHAN
4	KOMAL JAGADALE	468		26/01/99	MAHARASHTRA
5	PRITI LAMBA	261		18/12/95	HARYANA
6	CHHAVI YADAV	432		15/08/92	MADHYA PRADESH
7	JADA RINKAL VINODBHAI	217		01/06/03	GUJARAT
8	PARUL CHAUDHARY	760		15/04/95	UTTAR PRADESH
9	RIYA DOHATARE	465		11/12/01	MAHARASHTRA
10	SUSMITA TIGGA	527		25/12/03	ODISHA
Event # 62 MIXED 4x400m Relay					HEATS
NR:NATIONAL TEAM BANGKOK 3:14.12 20/05/2024					TIME: 21:00 HRS
MR:TAMIL NADU STATE TEAM BHUBANESWAR 3:21.40 2023					
Heat 1					
3	HARYANA B	2249			HARYANA
4	MAHARASHTRA D	2251			MAHARASHTRA
5	TAMIL NADU G	2254			TAMIL NADU
6	SRI LANKA I	2281			SRI LANKA
Heat 2					
3	DELHI A	2248			DELHI
4	MALDIVES H	2280			MALDIVES
5	PUNJAB F	2253			PUNJAB
6	KERALA C	2250			KERALA
7	ODISHA E	2252			ODISHA

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