

68TH ALL INDIA POLICE ATHLETIC CHAMPIONSHIP 2020**ORG BY:- I T B P (3-03-2020 TO 7-03-2020)**

07-03-2020

3/3/20 - 3/7/20

VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 1 MENS 100m Run**

MR -:AJAY RAJ PUNJAB POLICE 10.28 2000

@ NR -:AMIYA KUMAR MALLICK ODISHA 10.26 2016

RESULTS OF FINALS

1	., MIDHUN. T	428	KERALA	10.54
2	., ASWIN. K. P	420	KERALA	10.55
3	SINGH2, GURLAL	508	PUNJAB	10.65
4	., NARINDER SINGH	539	PUNJAB	10.66
5	., AKASHDEEP SINGH	497	PUNJAB	10.72
6	., PUNNIYA SURIYAN	646	TAMILN	10.85
7	., DIPANKAR DEY	231	CISF	10.95
8	., RAKHIL AG	602	SSB	11.07

Event # 2 MENS 200m Run

MR -:HARJIT SINGH PUNJAB POLICE 21.10 1993

@ NR -:MD ANAS KERALA 20.63 2018

RESULTS OF FINALS

1	., MIDHUN. T	428	KERALA	22.21
2	SINGH2, GURLAL	508	PUNJAB	22.33
3	., JATIN JAIN	527	PUNJAB	22.34
4	., PUNNIYA SURIYAN	646	TAMILN	22.42
5	., HARWINDER SINGH	273	CRPF	22.50
6	., ASWIN. K. P	420	KERALA	22.62
7	., CHIRAG	268	CRPF	22.75
8	., DIPANKAR DEY	231	CISF	22.76

Event # 3 MENS 400m Run

MR -:PARMIJIT SINGH CRPF 46.47 1997

@ NR -:MD ANAS KERALA 45.21 2019

RESULTS OF FINALS

1	., NAGANATHAN P	640	TAMILN	46.61
2	., BIPIN. M.S	423	KERALA	47.13
3	., BIGHNARAJ MIRID	485	ORISSA	47.31
4	., AMAL JOSEPH	257	CRPF	47.57
5	., HARWINDER SINGH	273	CRPF	48.29
6	., ILAMURUGU R	629	TAMILN	48.64
7	., PRAVEEN	239	CISF	49.42
8	., MARUTHAITHANGAM	638	TAMILN	49.52

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 4 MENS 800m Run**

MR -:PANKAJ DIMIRI UTTRAKHAND 1:49.89 2010

@ NR -:JINSON JONSON 1:45.65 2018

RESULTS OF FINALS

1	.. TOMSON POULOSE	436	KERALA	1:54.00
2	.. SOHAN SINGH	385	ITBP	1:54.21
3	.. AMARJEET	362	ITBP	1:54.96
4	.. PAWAN KUMAR	238	CISF	1:55.58
5	.. KUMARASWAMY B K	413	KARNAT	1:56.32
6	.. RAM DEV	298	CRPF	1:57.03
7	.. IRSHAD. A.S	425	KERALA	1:57.15
8	.. SURAJ NAYAL	728	UTTARA	1:59.75

Event # 5 MENS 1500m Run

MR -:RAVINDER RAUTELA UTTRAKHAND 3:45.89 2012

@ NR -:JINSON JONSON 3:35.24 2018

RESULTS OF FINALS

1	.. NIRVAIR SINGH	288	CRPF	3:55.15
2	.. AMIT MATHUR	261	CRPF	3:55.63
3	.. VEEPAN	611	SSB	3:56.22
4	.. SATISH MINJ	382	ITBP	4:01.48
5	.. SOHAN SINGH	385	ITBP	4:01.72
6	.. GIRISH RAMACHAN	270	CRPF	4:03.01
7	.. KUMARASWAMY B K	413	KARNAT	4:10.14
8	.. LOGANATHAN C	632	TAMILN	4:13.14
9	.. PAWAN KUMAR	238	CISF	4:13.33
10	.. NAJUK MOHURLE	462	MAHARA	4:19.92
	.. AMOL SANKPAL	452	MAHARA	DNF
	.. RAY BASKEY	603	SSB	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 6 MENS 5000m Run**

MR -:HARICHAND CRPF 14:08.08 1978

@ NR -:BAHADUR SINGH 13:29.70 1992

1	.. PANKAJ PANNU	171	BSF	15:15.72
2	.. MUKESH KUMAR	561	RAJAST	15:15.88
3	SINGH2, MAKHAN	536	PUNJAB	15:20.36
4	.. RAKESH KUMAR	565	RAJAST	15:21.61
5	.. HARISHANKAR SHA	271	CRPF	15:21.78
6	.. AMOL SANKPAL	452	MAHARA	15:31.36
7	.. MUKESH KUMAR	167	BSF	15:36.96
8	.. MANIKANDAN C	635	TAMILN	15:38.97
9	.. SUBASH CHAND SA	606	SSB	15:39.85
10	.. RAM NARESH	128	ASSAM.	15:42.72
11	.. NARESH KUMAR	690	UTTAR	15:44.49
12	.. NEERAJ KUMAR MA	287	CRPF	15:45.80
13	.. SUNIL	191	BSF	15:47.87
14	.. MAKHAN SINGH	537	PUNJAB	15:48.35
15	.. TARIQ AHMED	396	J&K	15:49.99
16	.. PRAMOD KUMAR	126	ASSAM.	16:08.69
17	.. SUKHDEV SINGH	552	PUNJAB	16:30.79
18	.. PANDI M	642	TAMILN	16:39.31
19	.. V GOUTHAMAN VEL	610	SSB	16:44.67
20	.. HARIKRISHNAN A	628	TAMILN	16:54.71
21	.. ASHOK DANDSENA	483	ORISSA	16:56.70
22	.. SUDHANSU NAYAK	495	ORISSA	17:10.83
23	.. VIVEK KUMAR	132	BIHAR	17:18.21
24	.. ARCHU BHOI	585	SSB	17:33.00
25	.. ROOP CHAND	213	CHHATT	18:13.95
26	.. MAHABUL ALAM	672	TRIPUR	18:17.44
27	.. ANIL	341	HARYAN	18:21.57
28	.. FRANSIS M. GAMI	327	GUJRAT	19:09.47
29	.. ACHINT KUMAR GA	212	CHHATT	19:25.52
30	.. ISHWARBHAI A. M	329	GUJRAT	19:49.61

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

31	.. BIPLAB MAJUMDER	669	TRIPUR	19:50.49
32	.. RAVI KUMAR	350	HARYAN	19:55.21
33	.. SHASTI ROY	113	ASSAM	20:12.99
34	.. MEHMAN SHAH	439	MADHYA	20:22.71
35	.. SUNIL	353	HARYAN	20:35.02
36	.. CHMBRU TIRKEY	671	TRIPUR	20:35.17
	.. AJAY SINGH RATN	215	CHHATT	DNF
	.. RAVINDAR ROUTEL	719	UTTARA	DNF
	.. RAJESH KUMAR	718	UTTARA	DNF
	.. SHRAWAN KUMAR B	566	RAJAST	DNF
	.. PAWAN VERMA	289	CRPF	DNF
	.. SATISH MINJ	382	ITBP	DNF
	.. MUKESH RAWAT	714	UTTARA	DNF
	.. FRANCIS ZIMIK	120	ASSAM.	DNF
	.. SUNIL KUMAR	200	CHANDI	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 7 MENS 10000m Run**

MR -:HARICHAND CRPF 29:41.04 1978

@ NR -:SURENDRA SINGH UTTARAKHAND 28:02.89 2008

Rank	Name	Age	State	Time	#
1	.. SHRAWAN KUMAR B	566	RAJAST	29:40.79	#
2	SINGH2, MAKHAN	536	PUNJAB	30:07.21	
3	.. RAKESH KUMAR	565	RAJAST	30:10.83	
4	.. MAKHAN SINGH	537	PUNJAB	30:33.44	
5	.. SUNIL	191	BSF	30:33.72	
6	.. SUBASH CHAND SA	606	SSB	30:38.89	
7	.. SUVISIE	129	ASSAM.	30:42.21	
8	.. LALSINGH	708	UTTARA	30:53.66	
9	.. MOHAN SINGH	282	CRPF	30:54.81	
10	.. N P SINGH	125	ASSAM.	31:21.42	
11	.. PANKAJ PANNU	171	BSF	31:23.50	
12	.. PANDI M	642	TAMILN	31:27.36	
13	.. BIRJA RAM	558	RAJAST	31:32.62	
14	.. GURMEJ SINGH	509	PUNJAB	32:26.17	
15	.. BABLU GHOSH	587	SSB	32:27.53	
16	.. SANTYUS KERKETT	214	CHHATT	32:37.67	
17	.. ROOP CHAND	213	CHHATT	32:49.02	
18	.. PRADIPKUMAR S.	334	GUJRAT	32:54.37	
19	.. KARAM SINGH SAM	400	JHARKH	33:25.50	
20	.. MAHABUL ALAM	672	TRIPUR	33:25.71	
21	.. SURENDRA SINGH	446	MADHYA	33:35.72	
22	.. ACHINT KUMAR GA	212	CHHATT	33:47.49	
23	.. VIKAS	201	CHANDI	34:44.97	
24	.. PAWAN	348	HARYAN	46:35.90	

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 8 MENS 110m Hurdles**

MR -:NAVNIDH SINGH BSF 14.01 2007

@ NR -:SIDDHANTH THINGALAYA 13.48 2017

RESULTS OF FINALS

1	., MOHAMMED FAIS.	429	KERALA	14.74
2	., SAHAD. N.V	433	KERALA	14.85
3	., AMRUT TIWALE	453	MAHARA	14.88
4	., AMRINDER SINGH	499	PUNJAB	14.97
5	., ANUPENDRA KUMAR	263	CRPF	15.33
6	., ARAVINDH S	618	TAMILN	15.80
7	., SUMTT KUMAR	311	CRPF	15.80
8	., ANGREJ SINGH	501	PUNJAB	19.12

Event # 9 MENS 400m Hurdles

MR -:JOPESH G ABRAHAM CRPF 50.91 2005

@ NR -:AAYASAMY DHARUN 48.80 2019

RESULTS OF FINALS

1	., TOMSON POULOSE	436	KERALA	52.42
2	., JASDEEP SINGH	522	PUNJAB	53.91
3	., MANIKANDA PRABH	634	TAMILN	54.76
4	., JUGRAJ SINGH	532	PUNJAB	55.29
5	., KOUSHALYA KUMAR	494	ORISSA	56.34
6	., SANDEEP LAWRENC	547	PUNJAB	56.38
7	., HARSHIT KUMAR	272	CRPF	57.42
8	., KRISHAN	277	CRPF	58.48

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 10 MENS 3000m Steeplechase**

MR -:ISHWAR SINGH BSF 8:54.04 1988

@ NR -:AVINASH SABLE 8:21.37 2019

RESULTS OF FINALS

1	.. PAWAN VERMA	289	CRPF	9:29.32
2	.. RAM MILAN SINGH	243	CISF	9:36.74
3	.. PARSHURAM GHAST	597	SSB	9:37.57
4	.. L SANAJAOBA SIN	162	BSF	9:39.97
5	.. PRAHLAD MEENA	563	RAJAST	9:45.01
6	.. SANDEEP N	181	BSF	9:47.02
7	.. MANJU	416	KARNAT	9:51.90
8	.. BUNIP PRADHAN	493	ORISSA	10:12.23
9	.. MOHAN SINGH	282	CRPF	10:17.27
10	.. NARENDRA D	415	KARNAT	10:27.03
	.. MUKESH KUMAR	561	RAJAST	DNF
	.. ABUZAR KHAN	359	ITBP	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 11 MENS Marathon**

MR -:RADHEY KUMAR BSF 2:24.20 2013

@ NR -:SHIVNATH SINGH 2:12.00 1978

1	.. SUBHASH CHANDRA	189	BSF	2:27:03.24
2	.. MAHENDER BISHT	709	UTTARA	2:27:40.28
3	.. R S BISHT	127	ASSAM.	2:28:44.73
4	.. SUNIL KUMAR	726	UTTARA	2:29:30.16
5	.. MANOJ KUMAR	370	ITBP	2:30:21.66
6	.. MUDANG OMO	124	ASSAM.	2:32:19.83
7	.. SURENDER GOSWAM	729	UTTARA	2:33:19.64
8	.. SHIVRAJ	697	UTTAR	2:34:31.15
9	.. BHARAT BHUSHAN	119	ASSAM.	2:37:16.75
10	.. ANIL KUMAR	581	SSB	2:41:18.25
11	.. RAMESH KUMAR	199	CHANDI	2:46:12.90
12	.. SARABJIT SINGH	548	PUNJAB	2:47:13.00
13	.. BUDRA BISINAYAK	486	ORISSA	2:51:42.80
14	.. ANIL KUMAR	481	NSG	3:00:01.49
15	.. ADESH DIXIT	255	CRPF	3:01:36.87
16	.. PRABHAKAR GAHAL	466	MAHARA	3:01:57.76
17	.. VELMURUGAN N	657	TAMILN	3:07:40.31
18	.. BITU RAM PRAJAP	404	JHARKH	3:19:46.31
	.. SANJAY KUMAR MA	303	CRPF	DNF
	SINGHI, JATINDER	530	PUNJAB	DNF
	.. RADHEY KUMAR	175	BSF	DNF
	.. JAGMAL	153	BSF	DNF
	.. CHAKARADHAR KUM	403	JHARKH	DNF
	.. PARTHEEBAN G	643	TAMILN	DNF
	.. MANDU RAM	560	RAJAST	DNF
	.. NEEL KAMAL GAYA	219	CHHATT	DNS
	.. NEM SINGH PORTA	210	CHHATT	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA***Event # 12 MENS 20 KM Race Walk***

MR -:JAI BHAGWAN BSF 1:24.00 2012

@ NR -:DEVENDER SINGH 1:20.21 2016

1	SINGHI, BALJINDER	504	PUNJAB	1:25:18.52
2	., MANISH RAWAT	712	UTTARA	1:25:26.41
3	., KULWANT SINGH	160	BSF	1:25:46.34
4	., SURINDER SINGH	553	PUNJAB	1:30:11.62
5	., CHARANJIT SINGH	267	CRPF	1:30:12.01
6	., MAHENDRA KUMAR	163	BSF	1:35:09.21
7	., AMAN KUMAR	260	CRPF	1:35:49.89
8	., AMIT MISHRA	700	UTTARA	1:36:50.00
9	., VIKAS RAWAT	730	UTTARA	2:16:02.85
10	., P BHASKAR RAO	105	ANDHRA	2:17:13.80
11	., AMIT KUMAR	208	CHHATT	2:20:56.61
	., BACHU SARKAR	680	TRIPUR	DNF
	., UMENDRA TIWARI	319	DELHI	DNF
	., MOHIT SONI	373	ITBP	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 13 MENS 20 KM Decathlon

MR -:JORA SINGHJ BSF 7255 2005

@ NR -:BHHARTENDER SINGH HARAYANA 7658 2011

1	.. SREEDHU G S	652	TAMILN	6760pts
2	.. DURAI MURUGAN S	623	TAMILN	6320pts
3	.. THEIVENDIRAN R	655	TAMILN	6190pts
4	.. NAVJOR SINGH	540	PUNJAB	6112pts
5	.. GURLAL SINGH	507	PUNJAB	6021pts
6	.. MINAJ MONDAL	166	BSF	5808pts
7	.. VINOD KUMAR	612	SSB	5721pts
8	.. GURSHARN SINGH	151	BSF	5291pts
9	.. JATINDER SINGH	529	PUNJAB	4989pts
10	.. TH. IMOCHA SING	609	SSB	4874pts
	.. A B NARZARY	135	BSF	
	.. T AYYAPPAN	312	CRPF	
	.. NARENDRA KUMAR	285	CRPF	
	.. AMAL SHAJI	259	CRPF	
	.. BABURAJ FERNADI	457	MAHARA	

Event # 14 MENS 100m Dec Dash**Heat 1**

1	.. NAVJOR SINGH	540	PUNJAB	11.33
2	.. MINAJ MONDAL	166	BSF	12.05
3	.. AMAL SHAJI	259	CRPF	12.06
4	.. VINOD KUMAR	612	SSB	12.14
5	.. GURSHARN SINGH	151	BSF	12.21
6	.. A B NARZARY	135	BSF	12.38
	.. T AYYAPPAN	312	CRPF	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Heat 2

1	.. SREEDHU G S	652	TAMILN	11.11
2	.. DURAI MURUGAN S	623	TAMILN	11.23
3	.. THEIVENDIRAN R	655	TAMILN	11.27
4	.. BABURAJ FERNADI	457	MAHARA	11.66
5	.. GURLAL SINGH	507	PUNJAB	11.98
6	.. JATINDER SINGH	529	PUNJAB	12.15
7	.. NARENDRA KUMAR	285	CRPF	12.39
8	.. TH. IMOCHA SING	609	SSB	12.46

Event # 15 MENS Dec Long Jump

1	.. SREEDHU G S	652	TAMILN	7.21m
2	.. NAVJOR SINGH	540	PUNJAB	6.85m
3	.. THEIVENDIRAN R	655	TAMILN	6.65m
4	.. JATINDER SINGH	529	PUNJAB	6.31m
5	.. GURLAL SINGH	507	PUNJAB	6.22m
6	.. BABURAJ FERNADI	457	MAHARA	6.17m
7	.. VINOD KUMAR	612	SSB	6.14m
8	.. TH. IMOCHA SING	609	SSB	6.09m
9	.. MINAJ MONDAL	166	BSF	6.08m
10	.. AMAL SHAJI	259	CRPF	5.95m
11	.. NARENDRA KUMAR	285	CRPF	5.90m
12	.. DURAI MURUGAN S	623	TAMILN	5.83m
13	.. A B NARZARY	135	BSF	5.71m
14	.. GURSHARN SINGH	151	BSF	5.39m
	.. T AYYAPPAN	312	CRPF	NM

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 16 MENS Dec Shot Put				
1	.. GURLAL SINGH	507	PUNJAB	13.52m
2	.. GURSHARN SINGH	151	BSF	12.14m
3	.. DURAI MURUGAN S	623	TAMILN	11.99m
4	.. NARENDRA KUMAR	285	CRPF	11.97m
5	.. SREEDHU G S	652	TAMILN	11.67m
6	.. JATINDER SINGH	529	PUNJAB	11.09m
7	.. THEIVENDIRAN R	655	TAMILN	11.08m
8	.. NAVJOR SINGH	540	PUNJAB	10.97m
9	.. BABURAJ FERNADI	457	MAHARA	10.53m
10	.. MINAJ MONDAL	166	BSF	10.41m
11	.. VINOD KUMAR	612	SSB	10.06m
12	.. AMAL SHAJI	259	CRPF	9.91m
13	.. A B NARZARY	135	BSF	9.61m
14	.. TH. IMOCHA SING	609	SSB	9.50m
	.. T AYYAPPAN	312	CRPF	DNS

Event # 17 MENS Dec High Jump				
1	.. SREEDHU G S	652	TAMILN	1.90m
2	.. MINAJ MONDAL	166	BSF	1.87m
3	.. THEIVENDIRAN R	655	TAMILN	1.84m
4	.. NAVJOR SINGH	540	PUNJAB	1.81m
4	.. VINOD KUMAR	612	SSB	1.81m
6	.. DURAI MURUGAN S	623	TAMILN	1.78m
7	.. GURLAL SINGH	507	PUNJAB	1.72m
8	.. A B NARZARY	135	BSF	1.66m
9	.. GURSHARN SINGH	151	BSF	1.60m
9	.. NARENDRA KUMAR	285	CRPF	1.60m
9	.. JATINDER SINGH	529	PUNJAB	1.60m
12	.. TH. IMOCHA SING	609	SSB	1.55m
13	.. AMAL SHAJI	259	CRPF	1.50m
	.. T AYYAPPAN	312	CRPF	DNS
	.. BABURAJ FERNADI	457	MAHARA	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 18 MENS 400m Dec Dash**Heat 1**

1	.. SREEDHU G S	652	TAMILN	50.10
2	.. GURLAL SINGH	507	PUNJAB	53.72
3	.. AMAL SHAJI	259	CRPF	54.27
4	.. BABURAJ FERNADI	457	MAHARA	55.45
5	.. A B NARZARY	135	BSF	55.72
6	.. MINAJ MONDAL	166	BSF	56.70
7	.. TH. IMOCHA SING	609	SSB	56.74

Heat 2

1	.. DURAI MURUGAN S	623	TAMILN	51.33
2	.. NAVJOR SINGH	540	PUNJAB	51.67
3	.. THEIVENDIRAN R	655	TAMILN	54.03
4	.. VINOD KUMAR	612	SSB	55.11
5	.. GURSHARN SINGH	151	BSF	55.53
6	.. JATINDER SINGH	529	PUNJAB	55.94
7	.. NARENDRA KUMAR	285	CRPF	1:07.76
	.. T AYYAPPAN	312	CRPF	DNS

Event # 19 MENS 110m Dec Hurdles**Heat 1**

1	.. MINAJ MONDAL	166	BSF	16.18
2	.. JATINDER SINGH	529	PUNJAB	16.24
3	.. VINOD KUMAR	612	SSB	17.38
4	.. A B NARZARY	135	BSF	17.73
5	.. AMAL SHAJI	259	CRPF	17.95
6	.. TH. IMOCHA SING	609	SSB	19.98
7	.. BABURAJ FERNADI	457	MAHARA	20.31

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Heat 2**

1	.. SREEDHU G S	652	TAMILN	15.42
2	.. NAVJOR SINGH	540	PUNJAB	15.61
3	.. DURAI MURUGAN S	623	TAMILN	15.91
4	.. GURLAL SINGH	507	PUNJAB	16.44
5	.. THEIVENDIRAN R	655	TAMILN	16.73
6	.. GURSHARN SINGH	151	BSF	17.36
	.. NARENDRA KUMAR	285	CRPF	DNS
	.. T AYYAPPAN	312	CRPF	DNS

Event # 20 MENS Dec Discus Thro

1	.. GURLAL SINGH	507	PUNJAB	38.29m
2	.. DURAI MURUGAN S	623	TAMILN	38.15m
3	.. NAVJOR SINGH	540	PUNJAB	37.04m
4	.. THEIVENDIRAN R	655	TAMILN	35.59m
5	.. JATINDER SINGH	529	PUNJAB	35.03m
6	.. SREEDHU G S	652	TAMILN	34.96m
7	.. VINOD KUMAR	612	SSB	34.55m
8	.. GURSHARN SINGH	151	BSF	33.03m
9	.. MINAJ MONDAL	166	BSF	32.00m
10	.. A B NARZARY	135	BSF	31.35m
11	.. TH. IMOCHA SING	609	SSB	29.83m
12	.. AMAL SHAJI	259	CRPF	28.53m
13	.. BABURAJ FERNADI	457	MAHARA	28.10m
	.. T AYYAPPAN	312	CRPF	DNS
	.. NARENDRA KUMAR	285	CRPF	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 21 MENS Dec Pole Vault

1	.. DURAI MURUGAN S	623	TAMILN	4.00m
2	.. A B NARZARY	135	BSF	3.80m
2	.. SREEDHU G S	652	TAMILN	3.80m
4	.. MINAJ MONDAL	166	BSF	3.40m
4	.. GURSHARN SINGH	151	BSF	3.40m
4	.. GURLAL SINGH	507	PUNJAB	3.40m
7	.. VINOD KUMAR	612	SSB	3.30m
8	.. THEIVENDIRAN R	655	TAMILN	3.20m
9	.. JATINDER SINGH	529	PUNJAB	2.70m
9	.. TH. IMOCHA SING	609	SSB	2.70m
	.. T AYYAPPAN	312	CRPF	DNS
	.. BABURAJ FERNADI	457	MAHARA	DNS
	.. AMAL SHAJI	259	CRPF	DNS
	.. NARENDRA KUMAR	285	CRPF	DNS
	.. NAVJOR SINGH	540	PUNJAB	DNF

Event # 22 MENS Dec Javelin Thr

1	.. TH. IMOCHA SING	609	SSB	59.51m
2	.. THEIVENDIRAN R	655	TAMILN	58.48m
3	.. NAVJOR SINGH	540	PUNJAB	57.62m
4	.. SREEDHU G S	652	TAMILN	53.07m
5	.. DURAI MURUGAN S	623	TAMILN	52.26m
6	.. VINOD KUMAR	612	SSB	51.34m
7	.. MINAJ MONDAL	166	BSF	51.30m
8	.. GURSHARN SINGH	151	BSF	50.09m
9	.. GURLAL SINGH	507	PUNJAB	49.03m
10	.. BABURAJ FERNADI	457	MAHARA	48.27m
11	.. JATINDER SINGH	529	PUNJAB	20.80m
	.. A B NARZARY	135	BSF	DNS
	.. T AYYAPPAN	312	CRPF	DNS
	.. AMAL SHAJI	259	CRPF	DNS
	.. NARENDRA KUMAR	285	CRPF	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 23 MENS 1500m Dec Run				
1	.. VINOD KUMAR	612	SSB	4:56.23
2	.. MINAJ MONDAL	166	BSF	5:01.38
3	.. NAVJOR SINGH	540	PUNJAB	5:03.02
4	.. GURLAL SINGH	507	PUNJAB	5:14.99
5	.. TH. IMOCHA SING	609	SSB	5:17.42
6	.. THEIVENDIRAN R	655	TAMILN	5:18.76
7	.. GURSHARN SINGH	151	BSF	5:28.43
8	.. JATINDER SINGH	529	PUNJAB	5:28.50
9	.. SREEDHU G S	652	TAMILN	5:31.56
10	.. DURAI MURUGAN S	623	TAMILN	5:33.77
11	.. BABURAJ FERNADI	457	MAHARA	5:34.15
	.. A B NARZARY	135	BSF	DNS
	.. NARENDRA KUMAR	285	CRPF	DNS
	.. T AYYAPPAN	312	CRPF	DNS
	.. AMAL SHAJI	259	CRPF	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 24 MENS 4x100m Relay

MR -:BSF 40.86 2005

@ NR -: 38.89 2010

(RAHAMATULLA/SURESH/SAMEER MON/A.KURESHI)

RESULTS OF FINALS

1	. P		PUNJAB	41.02
		497 .. AKASHDEEP SINGH	517 .. INDERJIT SINGH	
		527 .. JATIN JAIN	515 .. HARMNPREET SING	
		539 .. NARINDER SINGH		
2	. F		CRPF	41.15
		278 .. MAHENDRA KUMAR	265 .. B SAI RAM	
		256 .. AJITH. M. A	268 .. CHIRAG	
3	. L		KERALA	41.23
		428 .. MIDHUN. T	432 .. RAHUL. G. PILLA	
		420 .. ASWIN. K. P	433 .. SAHAD. N.V	
4	. C		BSF	41.97
		188 .. SOURAVH SAHA	195 .. VINEETH SASEEND	
		138 .. AKRITAM CHAUDHA	173 .. R ANESH	
5	. N		MAHARA	42.36
		475 .. VAIBHAV YEDGE	464 .. OMKAR GAIKWAD	
		455 .. AVINASH LAD	465 .. PARESH WARANG	
6	. S		TAMILN	42.67
		625 .. ELAYARAJA G	641 .. NANDHA KUMAR S	
		650 .. SATHEESH R	621 .. CHINRAJ G	
		646 .. PUNNIYA SURIYAN		
7	. E		CISF	43.63
		232 .. K PAWAN KUMAR	231 .. DIPANKAR DEY	
		248 .. SANAM PRADHAN	239 .. PRAVEEN	
8	. J		J&K	44.92
		397 .. MOHAMMAD ISHTAQ	391 .. ANKIT SHARMA	
		392 .. ZUBAIR AHMAD MA	389 .. DANISH YOUSAF	
		390 .. JAI KUMAR		

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 25 MENS 4x400m Relay**

MR -:CRPF 3:09.82 2006

@ NR -: 3:00.91 2016

(KUNHU MD/MD ANAS/AYYASAMY DHAR/AROKIA RAJIV)

RESULTS OF FINALS

1	. O		TAMILN		3:13.54
		633 .. MANICKAM R		629 .. ILAMURUGU R	
		640 .. NAGANATHAN P		638 .. MARUTHAITHANGAM	
2	. E		CRPF		3:14.31
		316 .. VISHNU N NAIR		309 .. SHAFEEQUE K S	
		273 .. HARWINDER SINGH		257 .. AMAL JOSEPH	
3	. G		ITBP		3:14.91
		361 .. AMAN AULOCK		366 .. HARPREET SHIRA	
		362 .. AMARJEET		385 .. SOHAN SINGH	
4	. M		PUNJAB		3:15.20
		505 .. DAVINDER SINGH		519 .. JAGMEET SINGH	
		531 .. JATINDERPAL SIN		533 .. KAMBERDEEP SING	
5	. B		BSF		3:21.49
		193 .. TIKESHWAR THAKU		146 .. DHARMVIR BHARDW	
		176 .. RAHUL P K		164 .. MANDEEP	
6	. K		MAHARA		3:24.69
		460 .. MAHESH AWAHALE		463 .. NITIN PATIL	
		472 .. SAGAR DESHMUKH		473 .. SHANI KUMAR GAD	
7	. Q		UTTAR		3:29.06
		686 .. BHUPENDRA KUMAR		699 .. VISHVENDRA SING	
		687 .. HIMANSHU		688 .. KRISHAN MOHAN S	
8	. I		KERALA		3:36.96
		434 .. SHAREEF. K		423 .. BIPIN. M.S	
		425 .. IRSHAD. A.S		436 .. TOMSON POULOSE	

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 26 MENS Long Jump**

MR -:AMRIT PAL SINGH PUNJAB POLICE 7.98 2002

@ NR -:SRI SHANKAR MURLI 8.20 2018

RESULTS OF FINALS

1	., MEHAKPREET SING	538	PUNJAB	7.96m
2	., MUHAMMED ANEES	430	KERALA	7.65m
3	., NARINDER SINGH	539	PUNJAB	7.62m
4	., RAJENDRA GADARI	295	CRPF	7.57m
5	., BIKRAMJIT SINGH	142	BSF	7.51m
6	., SANTHOSH KUMAR	305	CRPF	7.45m
7	., SIRAJUDEEN. C	435	KERALA	7.39m
8	., ATHISTAM K	620	TAMILN	7.38m
9	., DAUD KHAN	570	RPF	7.31m
10	., KULDEEP SAINI	368	ITBP	7.30m
11	., BALJINDER SINGH	503	PUNJAB	7.29m
12	., TAPASH ROY	608	SSB	7.20m
13	., ABUL HASAN	577	SSB	7.18m
14	., CHANDAN KUMAR Y	230	CISF	7.12m
15	., MANIKANDAN J	636	TAMILN	7.09m
15	., CHINRAJ G	621	TAMILN	7.09m
17	., RANJAN BORO	244	CISF	7.00m
18	., ASHUTOSH KUMAR	484	ORISSA	6.95m
19	., SHAKTI SHARMA	720	UTTARA	6.84m
20	., VIJAY KUMAR JAN	251	CISF	6.78m
21	., SUNIL KUMAR	192	BSF	6.76m

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 27 MENS High Jump**

MR -:MADAN SINGH BSF 2.11 1997

@ NR -:TAJASWAN SHANKAR DELHI 2.29 2018

1	., MANU FRANCIS	427	KERALA	2.09m
2	., VEERAMANI S	656	TAMILN	2.06m
3	., MANIVANNAN R	637	TAMILN	2.00m
4	., AMAL S	258	CRPF	2.00m
4	., DHARA LAL	145	BSF	2.00m
6	., UJJWAL	194	BSF	2.00m
7	., RAGHU S	615	TAMILN	1.95m
7	SINGH1, HARMANPREET	514	PUNJAB	1.95m
8	., GURKIRTAN SINGH	150	BSF	1.95m
10	., PRADEEP KUMAR	290	CRPF	1.90m
10	., RAHUL RAJ	431	KERALA	1.90m
10	., LOVEPREET SINGH	535	PUNJAB	1.90m
13	., ARUN KUMAR	264	CRPF	1.85m
14	., NAIRUTTA SAHU	235	CISF	1.80m
15	., RAHUL KUMAR	240	CISF	1.75m
16	., RAKESH ROSHAN L	411	JHARKH	1.70m
16	., P. JOFFIN JOSE	575	RPF	1.70m
16	., SUNIL SONOWAL	115	ASSAM	1.70m
	., LITAN DEBBARMA	679	TRIPUR	DNF
	., KARNADEEP SINGH	534	PUNJAB	DNF
	., NARESH	345	HARYAN	DNF
	., PAWAN PRAKASH	478	NSG	DNF
	., RAJESH KUMAR YA	241	CISF	DNF
	., RAMESH	349	HARYAN	DNF
	., RASHU BISWAS	678	TRIPUR	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 28 MENS Triple Jump**

MR -:AMARJIT SINGH PUNJAB POLIVE 16.27 2002

@ NR -:RANJITH MAHESWARY KERALA 17.30 2016

1	.. DINESH V	622	TAMILN	15.82m
2	.. SONU KUMAR	567	RAJAST	15.77m
3	.. SUNDAR C	653	TAMILN	15.43m
4	.. BOBY SABU	424	KERALA	15.42m
5	.. SANAL SCARIA	302	CRPF	15.24m
6	.. RANJIT SINGH	544	PUNJAB	15.04m
7	.. JUSTIN TOMMY	155	BSF	15.02m
8	.. BALJINDER SINGH	503	PUNJAB	14.91m
9	.. NEERAJ KUMAR YA	596	SSB	14.74m
10	.. RAVINDER SINGH	545	PUNJAB	14.57m
11	.. ROBIN FRANCIS	299	CRPF	14.17m
12	.. SANDEEP KUMAR	249	CISF	14.09m
13	.. UJJWAL	194	BSF	13.86m
14	.. RAJVEER	242	CISF	13.75m
	.. SANDEEP ORAON	406	JHARKH	NM
	.. AMIT PAWAR	450	MAHARA	NM
	.. AMRITPAL SINGH	500	PUNJAB	NM
	.. VINEET KUMAR	253	CISF	NM
	.. SUBHAN GOGOI	116	ASSAM	NM
	.. KARTHI K	630	TAMILN	NM
	.. N VIJENDRA	104	ANDHRA	NM
	.. SAMAD N	301	CRPF	NM
	.. RANJIT S. VASAV	336	GUJRAT	NM
	.. ABIN. B	417	KERALA	NM
	.. RUSTAM KHAN	604	SSB	NM
	.. SADHAN ROY	178	BSF	NM
	.. MOHIT	595	SSB	NM

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 29 MENS Pole Vault**

MR -:V V GEESH KUMAR CISF 4.90 2005

@ NR -:SUBRAMANI SIVA 5.30 2018

1	.. VIGNESH V	659	TAMILN	4.91m	#
2	.. SANTHOS KUMAR	649	TAMILN	4.50m	
2	.. SATHYATHAS R	651	TAMILN	4.50m	
4	.. ASWIN.S	421	KERALA	4.45m	
5	.. RAJESH KUMAR	296	CRPF	4.00m	
5	.. ALOK SINGH	683	UTTAR	4.00m	
7	.. RAVENDRA SINGH	692	UTTAR	3.90m	
7	.. SUNDER SINGH	190	BSF	3.90m	
8	.. MANURANJAN SONA	165	BSF	3.90m	
9	.. SAURABH	185	BSF	3.90m	
10	.. SHIV BAHADUR	384	ITBP	3.80m	
	.. SUDHIR KATOCH	551	PUNJAB	DNS	
	.. ANIKET KUMAR PA	262	CRPF	DNF	
	.. ANIL SINGH	582	SSB	DNF	
	.. ANOOP CB	418	KERALA	DNF	
	.. KARAN SINGH	233	CISF	DNF	
	.. SATPAL SINGH	549	PUNJAB	DNF	
	.. NARESH	286	CRPF	DNF	

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 30 MENS Shot Put

MR -:S BAHADUR SINGH PUNJAB POLICE 19.40 2000

@ NR -:TEJINDER TOOR 20.92 2019

1	SINGHI, JASDEEP	521	PUNJAB	17.72m
2	., UMESH KUMAR	313	CRPF	17.22m
3	., JASPAL SINGH	525	PUNJAB	16.84m
4	., TAJINDER SINGH	554	PUNJAB	16.78m
5	., PRADEEP SINGH	562	RAJAST	16.32m
6	., MONU	283	CRPF	15.92m
7	., MOHIT	372	ITBP	15.33m
8	., DIVYANSH SHARMA	147	BSF	14.57m
9	., VINOOTH KANNAN	576	RPF	12.30m
10	., RAGU T	647	TAMILN	11.96m
11	., SHAMBU ROY	674	TRIPUR	10.70m
12	., BIKASH DEBBARMA	676	TRIPUR	10.46m
13	., RAJESH MANI SIN	220	CHHATT	9.54m
14	., M.A. MAKRANI	333	GUJRAT	7.73m
15	., JAYRAJSINH RATH	330	GUJRAT	7.68m
	., RAM KUMAR	177	BSF	NM
	., SAURAB TOMAR	307	CRPF	NM
	., MARTAND SINGH	226	CHHATT	NM
	., KADAR ALI	225	CHHATT	NM
	., NISHAN SINGH	542	PUNJAB	NM

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 31 MENS Discus Throw**

MR -:SAKTI SINGH CISF 57.76 1994

@ NR -:VIKAS GOWDA 66.28 2012

1	.. HARPREET SINGH	516	PUNJAB	54.09m
2	.. JAGTAR SINGH	520	PUNJAB	50.54m
3	.. PRABHJOT SINGH	543	PUNJAB	50.39m
4	.. AMIT KUMAR	556	RAJAST	49.99m
5	.. RAI GOVIND KUMA	293	CRPF	48.30m
6	.. PUNIT KUMAR	291	CRPF	47.82m
7	.. SACHIN SUHAG	246	CISF	47.69m
8	.. VIKAS POONIA	569	RAJAST	45.96m
9	.. JAIDEEP	275	CRPF	45.76m
10	.. RAM KUMAR	177	BSF	44.88m
11	.. ASHWANI LAMBA	229	CISF	44.02m
12	.. MANOJ KUMAR MAH	371	ITBP	43.75m
13	.. AJAY	360	ITBP	41.49m
14	.. PARMOD	237	CISF	41.27m
15	.. VINOOTH KANNAN	576	RPF	37.88m
16	.. MADHAB GOGOI	117	ASSAM	35.03m
17	.. GOPINATH R	627	TAMILN	33.95m
18	.. MOHIT KUMAR	675	TRIPUR	26.67m
19	.. RAJESH M. VASAI	335	GUJRAT	23.03m
20	.. M.A. MAKRANI	333	GUJRAT	22.72m
	.. PRASANTA SARKAR	661	TRIPUR	DNF
	.. SURJEEET GURRA	607	SSB	DNF
	.. RAGU T	647	TAMILN	DNF
	.. VIJAY T	660	TAMILN	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 32 MENS Hammer Throw**

MR -:KULVINDAR SINGH PUNJAB POLICE 66.82 2004

@ NR -:NEERAJ KUMAR RAJASTHAN 70.73 2016

1	.. BALDEEP SINGH	141	BSF	61.30m
2	.. RAHUL KUMAR	292	CRPF	61.30m
3	.. GURJOHAR SINGH	149	BSF	59.64m
4	.. SABEEL AHMAD	605	SSB	58.95m
5	.. GAGAN KUMAR YAD	590	SSB	58.45m
6	.. SHIV KUMAR	721	UTTARA	57.92m
7	.. SUMIT KUMAR	386	ITBP	53.15m
8	.. HARJOT SINGH	513	PUNJAB	50.15m
9	.. BHUSHAN CHITTE	458	MAHARA	47.17m
10	.. GOPINATH R	627	TAMILN	44.13m
	.. BRIJMOHAN UPADH	221	CHHATT	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 33 MENS Javelin Throw**

MR -:SATBIR SINGH PUNJAB POLICE 79.68 1994

@ NR -:NEERAJ CHOPRA 88.06 2018

1	.. NEWTON KATOKY	169	BSF	76.16m
2	.. KRISHNA KUMAR P	689	UTTAR	73.45m
3	.. MANJINDER SINGH	281	CRPF	72.91m
4	.. SUNIL KUMAR	568	RAJAST	72.17m
5	.. ARUN BABY	419	KERALA	70.93m
6	.. VIPIN PANWAR	315	CRPF	68.99m
7	.. KISHORE KUMAR J	234	CISF	68.97m
8	.. AAGESH PAWAR	682	UTTAR	66.14m
9	.. JASNOOR SINGH	524	PUNJAB	65.59m
10	.. SAGAR	179	BSF	64.72m
11	.. THARASIN M	654	TAMILN	64.21m
12	.. ABHILASH	136	BSF	62.85m
13	.. MANDEEP KUMAR	280	CRPF	61.48m
14	.. MUKESH KUMAR	197	CHANDI	59.77m
15	.. MANOJ SWARGIARY	118	ASSAM	59.27m
16	.. ANAND TIWARI	580	SSB	59.22m
17	.. YASJEET KUMAR	731	UTTARA	58.28m
18	.. VISHWAJEET SHAR	614	SSB	56.14m
19	.. ANKIT RATHI	228	CISF	55.61m
20	.. KISHAN KUMAR	222	CHHATT	54.74m
21	.. NIJIL ANTONY P	236	CISF	54.54m
22	.. KULDEEP RAJAWAT	438	MADHYA	54.51m
23	.. PARVEEN JOSHI	717	UTTARA	50.80m
24	.. DEBASISH MAJUMD	673	TRIPUR	45.94m
25	.. SARVJEET KUMAR	223	CHHATT	45.15m
26	.. SUNNY KUMAR	323	DELHI	44.62m
27	.. MARTAND SINGH	226	CHHATT	38.12m
	.. GURVANT SINGH	511	PUNJAB	DNS
	.. THEIVENDIRAN R	655	TAMILN	DNS
	.. RAMESHWAR KUMAR	477	NSG	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

.. NAVJOR SINGH	540	PUNJAB	DNS
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Event # 34 WOMENS 100m Run

MR -:SINDHU V.T CRPF2008 11.85 2008

@ NR -:DUTEE CHAND ODISHA 11.22 2019

RESULTS OF FINALS

1	.. STUTI SINGH	1104	CRPF	11.92
2	.. VIJAYA KUMARI	1075	CISF	12.08
3	.. MANJU. K	1152	KERALA	12.09
4	.. INDU PRASAD	1061	CISF	12.15
5	.. DEEPTI RANI	1192	PUNJAB	12.20
6	.. BONITA LAKRA	1188	ORISSA	12.21
7	.. SHILBI. A.P	1159	KERALA	12.26
8	.. REMYA RAJAN	1156	KERALA	12.42

Event # 35 WOMENS 200m Dash

MR -:K RANGA . SSB 23.66 2018

@ NR -:SARASWATI SHAH 22.82 2002

RESULTS OF FINALS

1	.. STUTI SINGH	1104	CRPF	25.04
2	.. RATTANDEEP KAUR	1207	PUNJAB	25.26
3	.. SANTOSH KUMARI	1100	CRPF	25.27
4	.. INDU PRASAD	1061	CISF	25.43
5	.. RAMANDEEP KAUR	1205	PUNJAB	25.49
6	.. SMRUTHIMOL.V. R	1162	KERALA	25.56
7	.. BONITA LAKRA	1188	ORISSA	25.60
8	.. TWIKLE PUNDIR	1073	CISF	25.86

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 36 WOMENS 400m Dash**

MR -:RAJVINDER KAUR PUNJAB POLICE 52.53 2008

@ NR -:HEMA DAS ASSAM 50.79 2018

RESULTS OF FINALS

1	., AYANA THOMAS	1081	CRPF	53.34
2	., VEERPAL KAUR	1215	PUNJAB	54.08
3	., SMRUTHIMOL.V. R	1162	KERALA	54.09
4	., VANDANA SHARMA	1074	CISF	55.39
5	., SANTOSH KUMARI	1100	CRPF	55.52
6	., RAMANDEEP KAUR	1205	PUNJAB	55.66
7	., REETA KUMARI	1247	SSB	56.60
8	., ANSA BABU	1148	KERALA	56.98

Event # 37 WOMENS 800m Run

MR -:MONIKA CHOUDRY CRPF 2:07.79 2011

@ NR -:TITU LUKA 1:59.17 2010

RESULTS OF FINALS

1	., SHIVANI HUDDA	1101	CRPF	2:08.47
2	., SONALI DESAI	1178	MAHARA	2:09.34
3	., PREETI MEHTA	1092	CRPF	2:10.80
4	., SONIYA MOKAL	1179	MAHARA	2:13.54
5	., SUKHWANT KAUR	1217	RAJAST	2:15.72
6	., LAXMI KASHYAP	1088	CRPF	2:16.18
7	., SHRI DEVI MHETR	1177	MAHARA	2:16.48
8	., RADHA CHAUDHARY	1133	ITBP	2:29.45

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 38 WOMENS 1500m Run**

MR -:SUNITA RANI PUNJAB POLICE 4:20.61 2004

@ NR -:SUNITA RANI 4:06.03 2002

1	., KHUSHBU GUPTA	1236	SSB	4:27.02
2	., SONALI DESAI	1178	MAHARA	4:28.78
3	., SUGANDHA	1033	BSF	4:31.17
4	., GEETHA K	1256	TAMILN	4:33.69
5	., SHIVANI HUDDA	1101	CRPF	4:34.91
6	., PREETI MEHTA	1092	CRPF	4:36.48
7	., KHUSHBU KUMARI	1237	SSB	4:39.88
8	., SHRI DEVI MHETR	1177	MAHARA	4:47.29
9	., ANGEL JAMES	1011	BSF	4:52.73
10	., LAXMI KASHYAP	1088	CRPF	4:57.43
11	., KRISHMA	1200	PUNJAB	5:03.26
12	., SAFEEDA. M. P	1158	KERALA	5:03.91
13	., POONAM	1241	SSB	5:06.87
14	., PINKI	1221	RAJAST	5:08.60
15	., SHIVA SHAKYA	1031	BSF	5:17.04
16	., SUKUMATI LAGUR	1186	ORISSA	5:26.66
17	., PINKESH	1287	UTTARA	5:34.23
18	., SAVITRI	1290	UTTARA	5:36.68
19	., MANJU	1284	UTTARA	5:39.83
20	., SUMAN CHOUDHARY	1220	RAJAST	6:05.87
21	., BEMIN DHRUW	1056	CHHATT	6:08.53
22	., POWLIN S P	1261	TAMILN	6:16.53
23	., LALITA LAKRA	1144	JHARKH	6:16.93
24	., KOUSHALYA KUMAR	1143	JHARKH	6:28.01
	KAURI, SARVJEET	1211	PUNJAB	DNF
	., TULUMONI DOLLEY	1005	ASSAM	DNF
	., DIPTI CHUTIA	1006	ASSAM	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 39 WOMENS 5000m Run**

MR -:SUNITA RANI PUNJAB POLICE 16:35.59 2004

@ NR -:PREEJA SREEDHAR 15:15.89 2010

1	.. SEEMA DEVI	1213	PUNJAB	16:52.61
2	.. PRIYANKA KASANA	1222	RAJAST	17:12.86
3	.. PRITY CHOUDHARY	1068	CISF	17:27.32
4	.. MEENU	1218	RAJAST	17:46.84
5	.. POOJA	1240	SSB	17:48.05
6	.. SAIGEETA NAIK	1173	MAHARA	17:56.88
7	.. SRUTHI M S	1103	CRPF	18:17.06
8	.. ARCHANA KOHAKAD	1169	MAHARA	18:26.28
9	.. NEETHU U	1024	BSF	18:32.66
10	.. RIMA	1096	CRPF	19:00.85
11	.. PUJA MONDAL	1132	ITBP	20:18.38
12	.. ABISHA BELLSIYA	1254	TAMILN	20:38.55
13	.. KM ALKA	1228	RPF	21:14.60
14	.. TULSI DEWANGAN	1039	CHHATT	22:01.06
15	.. POWLIN S P	1261	TAMILN	23:07.11
16	.. RAMA YADAV	1166	MADHYA	23:49.85
17	.. SUKUMATI LAGUR	1186	ORISSA	23:49.98
18	.. KAVITA	1223	RAJAST	23:53.58
19	.. LALITA LAKRA	1144	JHARKH	23:53.62
20	.. SEWATI SAHU	1040	CHHATT	24:07.37
21	.. SARSWATI ORAON	1145	JHARKH	25:55.03
22	.. DEEPA CHELAK	1057	CHHATT	26:40.45
	.. VARSHA BHAVARI	1181	MAHARA	DNF
	.. RAJWINDER KAUR	1244	SSB	DNS
	.. DALJEET KAUR	1084	CRPF	DNS
	.. MANISHA	1035	CHANDI	DNS
	.. GEETHA K	1256	TAMILN	DNS
	.. SAROJ	1250	SSB	DNS
	.. KAVITA PATEL	1018	BSF	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 40 WOMENS 10000m Run**

MR -:MEENU . RAJSRTHAN POLICE 35:11.26 2018

@ NR -:PREEJA SREEDHARAN KERALA 31:50.47 2010

1	.. SEEMA DEVI	1213	PUNJAB	34:28.94	#
2	.. MEENU	1218	RAJAST	35:44.26	
3	.. SAIGEETA NAIK	1173	MAHARA	36:00.17	
4	.. POOJA	1240	SSB	37:27.13	
5	.. NEETHU U	1024	BSF	37:43.06	
6	.. KAVITA PATEL	1018	BSF	39:22.04	
7	.. RIMA	1096	CRPF	39:54.67	
8	.. PUJA MONDAL	1132	ITBP	40:30.44	
9	.. DALJEET KAUR	1084	CRPF	41:21.44	
10	.. BABITA NISHAD	1233	SSB	42:10.40	
11	.. KM ALKA	1228	RPF	42:47.64	
12	.. L. CHAOBA CHANU	1086	CRPF	43:27.37	
13	.. SAROJ	1250	SSB	43:32.38	
14	.. ANJANA	1012	BSF	43:52.73	
	.. MANISHA	1035	CHANDI	DNF	

Event # 41 WOMENS 100m Hurdles

MR -:ARVIND RATHWA PUNJAB POLICE 14.01 2018

@ NR -:ANURADHA VISWAL 13.38 2002

RESULTS OF FINALS

1	.. PUJA KOLEY	1094	CRPF	14.39
2	.. ARVINDA RATHWA	1190	PUNJAB	14.46
3	.. SANGEETHA N P	1099	CRPF	14.83
4	.. SOUMYA VARGHEES	1163	KERALA	14.91
5	.. SUMANDEEP KAUR	1214	PUNJAB	15.22
6	.. VINITHA BABU	1034	BSF	15.30
7	.. ANURUPA KUMARI	1232	SSB	15.33
8	.. ANJULA SINGH	1013	BSF	15.69

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 42 WOMENS 400m Hurdles

MR -:VEERPAL KAUR PUNJAB POLICE 58.64 2018

@ NR -:PT USHA 55.42 1984

RESULTS OF FINALS

1	., AYANA THOMAS	1081	CRPF	59.13
2	KAURI, VEERPAL	1216	PUNJAB	1:00.83
3	., VANDANA SHARMA	1074	CISF	1:01.84
4	., BHATERI	1234	SSB	1:02.97
5	., JAISRANI SEBAST	1151	KERALA	1:03.60
6	., ARTI BHATRA	1059	CISF	1:05.15
7	., NIBHA. K.M	1155	KERALA	1:06.00
8	., RAJNI	1204	PUNJAB	1:09.01

Event # 43 WOMENS 3000m Steeplechase

MR -:KHUSHBU GUPTA SSB 9:58.32 2018

@ NR -:LALITA BABAR 9:19.76 2016

1	., KHUSHBU GUPTA	1236	SSB	10:18.40
2	., PRIYANKA KASANA	1222	RAJAST	10:33.13
3	., SUGANDHA	1033	BSF	10:51.26
4	., PRITY CHOUDHARY	1068	CISF	11:18.65
5	., ANGEL JAMES	1011	BSF	11:25.26
6	., SRUTHI M S	1103	CRPF	11:55.52
7	., MAMTA	1283	UTTARA	12:06.13
8	., VARSHA NAGAR	1253	SSB	12:20.19
9	., REENA	1108	DELHI	14:13.63
	., KHUSHBU KUMARI	1237	SSB	DNF
	., RICHA BHADAURIY	1134	ITBP	DNF
	., WAHIDA REHAMAN	1107	CRPF	DNF
	., SAFEEDA. M. P	1158	KERALA	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 44 WOMENS 10K Race Walk

MR -:GAURAV KUMARI CISF 45:42.40 2012

@ NR -:KHUSHBIR KAUR 44.42 2014

1	.. SOUMYA. B	1102	CRPF	48:22.49
2	.. MARY MARGARET K	1239	SSB	49:26.65
3	.. MANJU RANI	1238	SSB	51:24.49
4	.. SONU RAWAT	1224	RAJAST	52:05.96
5	.. ANUBHA DEVI	1079	CRPF	54:56.24
6	.. L. SARDA DEVI	1087	CRPF	1:01:51.39
7	.. NASINA A	1260	TAMILN	1:11:23.19
	.. PUSHPA	1243	SSB	DNF

Event # 45 WOMENS 4x100m Relay

MR -: SSB 46.41 2018

@ NR -: 43.42 2016

(MERLIN JOSEPH/H M JYOTHI/SARVANI NANDA/DUTEE CHAND

RESULTS OF FINALS

1	. H		KERALA	46.41	#
		1151 .. JAISRANI SEBAST	1148 .. ANSA BABU		
		1155 .. NIBHA. K.M	1162 .. SMRUTHIMOL.V. R		
2	. E		CRPF	46.56	
		1085 .. KOCHUTHRASIA K	1100 .. SANTOSH KUMARI		
		1076 .. ALVEENA KHAN	1081 .. AYANA THOMAS		
3	. J		PUNJAB	46.73	
		1207 .. RATTANDEEP KAUR	1205 .. RAMANDEEP KAUR		
		1199 .. KIRANPAL KAUR	1215 .. VEERPAL KAUR		
4	. L		SSB	48.69	
		1247 .. REETA KUMARI	1236 .. KHUSHBU GUPTA		
		1248 .. RINKI KHATUN	1234 .. BHATERI		
5	. D		CISF	48.82	
		1073 .. TWIKLE PUNDIR	1059 .. ARTI BHATRA		
		1066 .. POOJA	1074 .. VANDANA SHARMA		
6	. I		MAHARA	49.85	
		1180 .. SUNITA JADHAV	1175 .. SHEETAL KUMBHAR		
		1172 .. MANJIRI REWALE	1171 .. MADHURI THITAME		
7	. M		TAMILN	50.24	
		1267 .. SARANYA V	1270 .. YAGOSHRI S		
		1266 .. SANGEETHA S	1258 .. JANJI HILDA I		
8	. J		ORISSA	50.79	
		1188 .. BONITA LAKRA	1186 .. SUKUMATI LAGUR		
		1184 .. RASHMITA BEHERA	1182 .. MITALI MALLICK		

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 46 WOMENS 4x400m Relay**

MR -:CRPF CRPF 3:41.00 1998

@ NR -: 3:26.89 2004

(CHITRA K SOMA/RAJWINDER KAU/K M BEENAMOL/MANJEET

RESULTS OF FINALS

1	. I			PUNJAB		3:42.95
		1215	.. VEERPAL KAUR	1199	.. KIRANPAL KAUR	
		1207	.. RATTANDEEP KAUR			
2	. D			CRPF		3:46.99
		1085	.. KOCHUTHRASIA K	1100	.. SANTOSH KUMARI	
		1076	.. ALVEENA KHAN	1101	.. SHIVANI HUDDA	
		1081	.. AYANA THOMAS			
3	. F			KERALA		3:47.42
		1155	.. NIBHA. K.M	1148	.. ANSA BABU	
		1151	.. JAISRANI SEBAST	1162	.. SMRUTHIMOL.V. R	
4	. C			CISF		3:48.59
		1059	.. ARTI BHATRA	1066	.. POOJA	
		1073	.. TWIKLE PUNDIR	1074	.. VANDANA SHARMA	
5	. G			MAHARA		4:01.14
		1177	.. SHRI DEVI MHETR	1178	.. SONALI DESAI	
		1179	.. SONIYA MOKAL	1172	.. MANJIRI REWALE	
6	. H			ORISSA		4:07.40
		1187	.. TAPASWINI PATEL	1184	.. RASHMITA BEHERA	
		1186	.. SUKUMATI LAGUR	1182	.. MITALI MALLICK	
7	. K			TAMILN		4:08.52
	. J			SSB		DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 47 WOMENS Long Jump**

MR -:M PRIYA DEVI CRPF 6.09 2012

@ NR -:ANJU BOBY JEORG 6.83 2004

1	., REMYA RAJAN	1156	KERALA	5.88m
2	., SOMA KARMAKAR	1252	SSB	5.87m
3	., ALPHY LUCKOSE	1147	KERALA	5.86m
4	., UMA MAHESWARI M	1269	TAMILN	5.72m
5	., SATHI MANDAL	1299	WEST B	5.71m
6	., PUNITHAVALLI S	1264	TAMILN	5.54m
7	., AKSHYA MOL A K	1010	BSF	5.50m
8	., PRAMILA R	1262	TAMILN	5.43m
8	., KAIRI PURTY	1063	CISF	5.43m
10	., KULWINDER KAUR	1201	PUNJAB	5.42m
11	., VINIJA VIJAYAN	1106	CRPF	5.37m
12	., PIYALI PAUL	1297	WEST B	5.35m
13	., MEREENA JOSEPH	1154	KERALA	5.34m
14	., ANKITA PATEL	1014	BSF	5.25m
15	., BHUMIKA THAKUR	1191	PUNJAB	5.21m
16	KAURI, RAMANDEEP	1206	PUNJAB	5.20m
17	., MANJUSHREE. R.	1089	CRPF	4.97m
18	., SHILPI	1291	UTTARA	4.96m
19	., SREE DURGA C	1072	CISF	4.88m
20	., SANJU	1109	DELHI	4.57m
21	., KIRAN VERMA	1043	CHHATT	4.47m
22	., KIRAN	1282	UTTARA	4.44m
23	., JYOTI BAGHEL	1062	CISF	4.37m
24	., PARVATI NISHAD	1044	CHHATT	4.34m
25	., PARWATI	1286	UTTARA	4.11m
26	., RAMILABEN B. SH	1113	GUJRAT	3.92m
27	., DIVYA SINGH RAT	1167	MADHYA	3.35m
28	., DOLLY DEWANGAN	1045	CHHATT	2.66m
	., BABITHA K	1082	CRPF	NM
	., MELVA GEORGE	1022	BSF	NM

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 48 WOMENS High Jump

MR -:A K DEEPA CRPF 1.76 1999

@ NR -:SAHANA KUMARI 1.92 2012

1	.. SANGEETHA N P	1099	CRPF	1.72m
2	.. ATHIRA SOMARAJ	1150	KERALA	1.70m
3	.. ATHIRA K S	1015	BSF	1.68m
4	.. ATHIRA MOHANAN	1016	BSF	1.62m
5	.. NIMMY V O	1090	CRPF	1.59m
6	.. REKHA RANI	1208	PUNJAB	1.59m
7	.. SHITAL PINNARE	1176	MAHARA	1.56m
8	.. REENA	1122	HARYAN	1.53m
9	.. KRISHNA REKHA M	1259	TAMILN	1.53m
10	.. RASHMITA BEHERA	1184	ORISSA	1.45m
11	.. ABISHA SOBI S	1255	TAMILN	1.40m
12	.. PARVATI NISHAD	1044	CHHATT	1.35m
13	.. SUMITRA NAIK	1105	CRPF	1.35m
	.. AAMNA	1058	CISF	DNF
	.. SAZIA	1110	DELHI	DNF
	.. YAMINI YADAV	1046	CHHATT	DNF

Event # 49 WOMENS Triple Jump

MR -:ANISHA K VHIAN CRPF 13.31 2005

@ NR -:MEYOOKHA JOHNY KERALA 14.11 2011

1	.. VINIJA VIJAYAN	1106	CRPF	13.32m	#
2	.. MELVA GEORGE	1022	BSF	12.91m	
3	.. SONAM	1032	BSF	12.91m	
4	.. ALPHY LUCKOSE	1147	KERALA	12.89m	
5	.. ALEENA JOSE	1146	KERALA	12.69m	
6	.. BABITHA K	1082	CRPF	12.43m	
7	.. MEREENA JOSEPH	1154	KERALA	12.32m	
8	.. KAIRI PURTY	1063	CISF	12.22m	
9	.. POOJA JANGRA	1067	CISF	11.48m	

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 50 WOMENS Pole Vault**

MR -:SANGEETA KUMARI CISF 3.60 2018

@ NR -:V S SUREKHA 4.15 2014

1	.. KIRANBIR KAUR	1197	PUNJAB	3.40m
2	.. ARTI KUSHWAHA	1080	CRPF	3.35m
3	.. KUMARI SANGEETA	1064	CISF	3.20m
4	.. RESHMA RAVEENDR	1157	KERALA	3.20m
5	.. ALEENA VINCENT	1230	SSB	3.10m
6	.. PRITHIKA A	1263	TAMILN	2.90m
7	.. TAMILARASI D	1268	TAMILN	2.80m
	.. SAPINDERPAL KAU	1210	PUNJAB	DNS
	.. SINJU PRAKASH	1161	KERALA	DNF
	.. POONAM KUMARI	1091	CRPF	DNF
	.. PAVITHRA	1027	BSF	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 51 WOMENS Shot Put

MR -:AMAN DEEP KAUR PUNJAB POLICE 15.95 1997

@ NR -:MANPREET KAUR 17.96 2015

1	., RAKHI	1245	SSB	14.32m
2	., HARKIRAT KAUR	1193	PUNJAB	13.41m
3	., KIRANJOT	1198	PUNJAB	13.30m
4	., TUNLAI NARZARY	1007	ASSAM	13.22m
5	., NEHA SINGH	1065	CISF	12.00m
6	., PALLAVI	1276	UTTAR	11.76m
7	., NEHA SINGH	1025	BSF	11.68m
8	., PRIYANKA	1242	SSB	10.04m
9	., RITU	1111	DELHI	9.35m
10	., JACKULINE MARY	1257	TAMILN	9.22m
11	., GOMA YADAV	1047	CHHATT	7.96m
12	., SANDHYA TYAGI	1112	DELHI	7.90m
13	., LAXMI SINGH URW	1041	CHHATT	6.72m
	., REGA N	1265	TAMILN	DNS
	., DEEPA	1017	BSF	DNS
	., RUPINDER KAUR	1209	PUNJAB	DNS
	., MANISHA	1020	BSF	DNS
	., MADHU SAHU	1048	CHHATT	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 52 WOMENS Discus Throw

MR -:HAEWANT KAUR PUNJAB POLICE 57.07 1994

@ NR -:KRISHNA PUNIA 64.76 2012

1	., RAKHI	1245	SSB	44.33m
2	., SALMI KISPOTTA	1249	SSB	43.68m
3	., HARKIRAT KAUR	1193	PUNJAB	42.22m
4	., NEETIKA VERMA	1130	ITBP	42.14m
5	., REGA N	1265	TAMILN	41.85m
6	., NEERAJ	1277	UTTAR	39.02m
7	., DEEPA	1017	BSF	38.88m
8	., MANISHA	1020	BSF	38.50m
9	., HIMANI	1060	CISF	37.93m
10	., PRIYANKA	1093	CRPF	37.75m
11	., JHUMA BASU	1127	ITBP	35.51m
12	., RITU	1111	DELHI	34.99m
13	., NARINDER KAUR	1203	PUNJAB	33.66m
14	., JUNALI DAS	1008	ASSAM	31.37m
15	., BHAGWATI	1229	RPF	30.65m
16	., SUSHEELA	1124	HARYAN	28.63m
17	., PRIYANKA	1289	UTTARA	27.02m
18	., SANDHYA TYAGI	1112	DELHI	25.00m
19	., MAYA GOSWAMI	1285	UTTARA	21.87m
20	., GOMA YADAV	1047	CHHATT	21.17m
21	., KOMAL	1278	UTTAR	19.65m
22	., VAISHALI L. NAN	1115	GUJRAT	15.88m
	., HARWANT KAUR	1194	PUNJAB	NM
	., DILESHWARI THAK	1049	CHHATT	NM

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 53 WOMENS Hammer Throw

MR -:ANITA . CRPF 57.27 2018

@ NR -:SARITA SINGH UTTAR PRADESH 62.25 2017

1	.. SARABJIT KAUR	1212	PUNJAB	56.69m
2	.. ANITA	1078	CRPF	55.72m
3	.. ANMOL KAUR	1189	PUNJAB	55.38m
4	.. K M FATMA	1235	SSB	55.36m
5	.. SHITAL	1251	SSB	54.46m
6	.. PALLAVI	1276	UTTAR	53.05m
7	.. BHATERI	1126	ITBP	50.85m
8	.. POONAM	1028	BSF	50.53m
9	.. RESHU TYAGI	1030	BSF	48.01m
10	.. ARCHANA DARA	1009	BIHAR	43.12m
11	.. SIMRAN	1136	ITBP	42.03m

Event # 54 WOMENS Javelin Throw

MR -:RUPINDER KAUR PUNJAB POLICE 53.42 2018

@ NR -:ANNU RANI 62.43 2019

1	.. RUPINDER KAUR	1209	PUNJAB	44.82m
2	.. PRIYANKA	1093	CRPF	43.15m
3	.. JACKULINE MARY	1257	TAMILN	41.43m
4	.. PRIYANKA SINGH	1069	CISF	39.72m
5	.. CHUMKI CHOUDHUR	1083	CRPF	38.81m
6	.. WAHIDA REHAMAN	1107	CRPF	35.89m
7	.. PROMILA	1121	HARYAN	33.18m
8	.. DHANSHRI GHADI	1170	MAHARA	31.50m
9	.. KUSUMLATA SAROU	1168	MADHYA	31.05m
10	.. BHAGWATI	1229	RPF	29.72m
11	.. JYOTI DEVI	1225	RAJAST	27.02m
12	.. KHEMA YADAV	1051	CHHATT	19.11m
	.. SANGEETA MARKAM	1052	CHHATT	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 1 MENS 100m Run**

MR -:AJAY RAJ PUNJAB POLICE 10.28 2000

@ NR -:AMIYA KUMAR MALLICK ODISHA 10.26 2016

RESULTS OF FINALS Heat 1

1	., MIDHUN. T	428	KERALA	10.54
2	., ASWIN. K. P	420	KERALA	10.55
3	SINGH2, GURLAL	508	PUNJAB	10.65
4	., NARINDER SINGH	539	PUNJAB	10.66
5	., AKASHDEEP SINGH	497	PUNJAB	10.72
6	., PUNNIYA SURIYAN	646	TAMILN	10.85
7	., DIPANKAR DEY	231	CISF	10.95
8	., RAKHIL AG	602	SSB	11.07

RESULTS OF SEMIS Heat 1

1	SINGH2, GURLAL	508	PUNJAB	10.61
2	., AKASHDEEP SINGH	497	PUNJAB	10.68
3	., PUNNIYA SURIYAN	646	TAMILN	10.80
4	., B SAI RAM	265	CRPF	10.94
5	., R ANESH	173	BSF	10.94
6	., AVINASH LAD	455	MAHARA	11.17
7	., VINEETH SASEEND	195	BSF	11.24
8	., SEETU KUMAR	695	UTTAR	11.33

RESULTS OF SEMIS Heat 2

1	., ASWIN. K. P	420	KERALA	10.55
2	., RAKHIL AG	602	SSB	10.85
3	., SANAM PRADHAN	248	CISF	10.90
4	., CHIRAG	268	CRPF	10.93
5	., IMRAN ALI	593	SSB	10.94
6	., REJAUL MOLLA	380	ITBP	11.07
7	., PRABIN TARIA	490	ORISSA	11.41
8	., RAHUL KALE	468	MAHARA	12.96

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF SEMIS Heat 3**

1	.. MIDHUN. T	428	KERALA	10.52
2	.. NARINDER SINGH	539	PUNJAB	10.60
3	.. DIPANKAR DEY	231	CISF	10.73
4	.. CHINRAJ G	621	TAMILN	10.87
5	.. SOURAVH SAHA	188	BSF	10.94
6	.. PARESH WARANG	465	MAHARA	10.95
7	.. AJITH. M. A	256	CRPF	11.07
8	.. SATYAJIT ROY SA	734	WEST B	11.81

RESULTS OF PRELIMS Heat 1

1	.. MIDHUN. T	428	KERALA	10.74
2	.. AVINASH LAD	455	MAHARA	11.32
3	.. RAHUL	377	ITBP	11.40
4	.. DANISH YOUSAF	389	J&K	11.68
5	.. KISHORE PATGIRI	108	ASSAM	12.21
6	.. MD. JIYAUDDIN K	202	CHHATT	12.43
7	.. DEEPAK KUMAR	130	BIHAR	12.61

RESULTS OF PRELIMS Heat 2

1	.. ASWIN. K. P	420	KERALA	10.85
2	.. AKASHDEEP SINGH	497	PUNJAB	10.97
3	.. DIPANKAR DEY	231	CISF	11.02
4	.. RAHUL KALE	468	MAHARA	11.08
5	.. R ANESH	173	BSF	11.21
6	.. REJAUL MOLLA	380	ITBP	11.22
7	.. BHANU PRAKASH	357	HIMACH	11.67
8	.. V SURESH BABU	107	ANDHRA	11.87

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 3**

1	.. NARINDER SINGH	539	PUNJAB	10.98
2	.. IMRAN ALI	593	SSB	11.16
3	.. DAUD KHAN	570	RPF	11.30
4	.. SATHEESH R	650	TAMILN	11.40
5	.. BHUPESH BOHRA	704	UTTARA	11.46
6	.. SHOUMALLYA PAUL	735	WEST B	11.72
7	.. PRASANTA KUMAR	491	ORISSA	11.87
8	.. SNEHASISH DEBNA	663	TRIPUR	12.94

RESULTS OF PRELIMS Heat 4

1	.. CHINRAJ G	621	TAMILN	11.12
2	.. SOURAVH SAHA	188	BSF	11.16
3	.. ASHWANI KUMAR S	586	SSB	11.39
4	.. SAFIQUE B. PATH	337	GUJRAT	11.71
5	.. PRABHAS KUMAR B	489	ORISSA	11.71
6	.. PUSHPENDRA SING	442	MADHYA	11.82
7	.. KARAN KUMAR	572	RPF	11.97
	.. K PEDABBAI NAID	102	ANDHRA	DNS

RESULTS OF PRELIMS Heat 5

1	SINGH2, GURLAL	508	PUNJAB	10.86
2	.. PARESH WARANG	465	MAHARA	11.13
3	.. PRAJEESH KP	571	RPF	11.40
4	.. AMIT KUMAR	684	UTTAR	11.46
5	.. ANKIT SHARMA	391	J&K	11.84
6	.. MAHESH PURI	711	UTTARA	12.29
7	.. PEAR SAY MINJ	216	CHHATT	12.36

RESULTS OF PRELIMS Heat 6

1	.. PUNNIYA SURIYAN	646	TAMILN	10.94
2	.. VINEETH SASEEND	195	BSF	11.18
3	.. AJITH. M. A	256	CRPF	11.27
4	.. JAI KUMAR	390	J&K	11.73
5	.. YOGBHADRA	448	MADHYA	12.23
6	.. BACHU DURLAV	732	WEST B	12.57
7	.. KHILESHWAR NISH	227	CHHATT	12.70

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 7**

1	.. RAKHIL AG	602	SSB	10.97
2	.. SANAM PRADHAN	248	CISF	10.98
3	.. B SAI RAM	265	CRPF	11.09
4	.. ANKAJ KUMAR	356	HIMACH	12.20
5	.. ROMARIO	317	DELHI	13.11
	.. RAMESHWAR KUMAR	477	NSG	DNS

RESULTS OF PRELIMS Heat 8

1	.. CHIRAG	268	CRPF	11.13
2	.. PRABIN TARIA	490	ORISSA	11.33
3	.. MAHESH KUMAR	559	RAJAST	11.44
4	.. ASHVIN M. SOLAN	325	GUJRAT	11.96
5	.. KARAN	318	DELHI	11.99
6	.. GAURAV SHUKLA	437	MADHYA	12.20
7	.. SANJAY YADAV	131	BIHAR	13.04

RESULTS OF PRELIMS Heat 9

1	.. SEETU KUMAR	695	UTTAR	11.33
2	.. SATYAJIT ROY SA	734	WEST B	11.82
3	.. SACHIN POONIA	381	ITBP	11.87
4	.. VIJAY	355	HARYAN	12.29
5	.. ROBIN PATOR	109	ASSAM	12.48
6	.. ARVIND RANA	479	NSG	12.83
	.. SURAJ BISHT	727	UTTARA	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 2 MENS 200m Run

MR -:HARJIT SINGH PUNJAB POLICE 21.10 1993

@ NR -:MD ANAS KERALA 20.63 2018

RESULTS OF FINALS Heat 1

1	., MIDHUN. T	428	KERALA	22.21
2	SINGH2, GURLAL	508	PUNJAB	22.33
3	., JATIN JAIN	527	PUNJAB	22.34
4	., PUNNIYA SURIYAN	646	TAMILN	22.42
5	., HARWINDER SINGH	273	CRPF	22.50
6	., ASWIN. K. P	420	KERALA	22.62
7	., CHIRAG	268	CRPF	22.75
8	., DIPANKAR DEY	231	CISF	22.76

RESULTS OF SEMIS Heat 1

1	., PUNNIYA SURIYAN	646	TAMILN	21.80
2	SINGH2, GURLAL	508	PUNJAB	21.99
3	., DIPANKAR DEY	231	CISF	22.25
4	., VINEETH SASEEND	195	BSF	22.63
5	., AVINASH LAD	455	MAHARA	27.93
	., PARESH WARANG	465	MAHARA	DNF
	., K PAWAN KUMAR	232	CISF	DNF
	., IMRAN ALI	593	SSB	DNS

RESULTS OF SEMIS Heat 2

1	., JATIN JAIN	527	PUNJAB	21.97
2	., ASWIN. K. P	420	KERALA	22.04
3	., HARWINDER SINGH	273	CRPF	22.31
4	., MADHUSUDAN SABA	488	ORISSA	22.68
5	., DURAIRAJ M	624	TAMILN	22.71
6	., R ANESH	173	BSF	22.78
7	., REJAUL MOLLA	380	ITBP	22.79

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF SEMIS Heat 3**

1	.. MIDHUN. T	428	KERALA	21.82
2	.. CHIRAG	268	CRPF	22.46
3	.. ANUPAM MAITY	584	SSB	22.59
4	.. VISHNU N NAIR	316	CRPF	22.64
5	.. SOURAVH SAHA	188	BSF	22.69
6	.. MARUTHAITHANGAM	638	TAMILN	22.95
7	.. NITIN PATIL	463	MAHARA	23.30
8	.. RAHUL KUMAR	691	UTTAR	23.61

RESULTS OF PRELIMS Heat 1

1	.. HARWINDER SINGH	273	CRPF	22.62
2	.. SOURAVH SAHA	188	BSF	22.79
3	.. PRABIN TARIA	490	ORISSA	23.62
4	.. DANISH YOUSAF	389	J&K	23.87
5	SINGH2, JATINDER	528	PUNJAB	24.06
6	.. ANKAJ KUMAR	356	HIMACH	24.74
7	.. JIGNESH R. VASA	331	GUJRAT	25.11
8	.. TOP SINGH	224	CHHATT	26.41

RESULTS OF PRELIMS Heat 2

1	.. JATIN JAIN	527	PUNJAB	22.38
2	.. K PAWAN KUMAR	232	CISF	22.44
3	.. ASWIN. K. P	420	KERALA	22.50
4	.. IMRAN ALI	593	SSB	22.87
5	.. NITIN PATIL	463	MAHARA	23.18
6	.. KAMAL KUMAR	367	ITBP	25.01
7	.. YASHWANT SAHU	203	CHHATT	25.52
8	.. ZUBAIR AHMAD MA	392	J&K	25.60

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

RESULTS OF PRELIMS Heat 3				
1	.. MIDHUN. T	428	KERALA	21.85
2	SINGH2, GURLAL	508	PUNJAB	22.19
3	.. MARUTHAITHANGAM	638	TAMILN	22.64
4	.. ASHOK BHANDARI	703	UTTARA	24.61
5	.. SATYAJIT ROY SA	734	WEST B	24.84
6	.. DINESH KUMAR	342	HARYAN	25.75
	.. BIGHNARAJ MIRID	485	ORISSA	DNF
RESULTS OF PRELIMS Heat 4				
1	.. DIPANKAR DEY	231	CISF	22.56
2	.. REJAUL MOLLA	380	ITBP	22.74
3	.. PARESH WARANG	465	MAHARA	22.85
4	.. PRAJEESH KP	571	RPF	23.31
5	.. V SURESH BABU	107	ANDHRA	23.93
6	.. MAHESH KUMAR	559	RAJAST	23.97
7	.. RAVINDRA KANNOU	444	MADHYA	24.26
RESULTS OF PRELIMS Heat 5				
1	.. PUNNIYA SURIYAN	646	TAMILN	22.42
2	.. VINEETH SASEEND	195	BSF	23.20
3	.. SOHAN PAIKRA	445	MADHYA	25.38
4	.. ROBIN PATOR	109	ASSAM	25.82
5	.. VIKASH CHOUDHAR	252	CISF	27.01
6	.. HEMANT	343	HARYAN	27.14
	.. HARMNPREET SING	515	PUNJAB	DNS
RESULTS OF PRELIMS Heat 6				
1	.. DURAIRAJ M	624	TAMILN	23.36
2	.. AVINASH LAD	455	MAHARA	23.55
3	.. NUMAL DAS	110	ASSAM	23.95
4	.. BHAGIRATI YADAV	205	CHHATT	26.14
5	.. RAJESH TRIPURA	665	TRIPUR	28.78
	.. BIPIN. M.S	423	KERALA	DNF
	.. RAKHIL AG	602	SSB	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 7**

1	.. VISHNU N NAIR	316	CRPF	22.69
2	.. R ANESH	173	BSF	23.06
3	.. VISHVAS TOMAR	698	UTTAR	23.09
4	.. BHANU PRAKASH	357	HIMACH	23.69
5	.. SHOUMALLYA PAUL	735	WEST B	24.24
6	.. KRISHNA DEBBARM	681	TRIPUR	26.24
	.. SHRIKANT	722	UTTARA	DNF

RESULTS OF PRELIMS Heat 8

1	.. CHIRAG	268	CRPF	22.73
2	.. ANUPAM MAITY	584	SSB	22.76
3	.. RAHUL KUMAR	691	UTTAR	22.81
4	.. MADHUSUDAN SABA	488	ORISSA	22.82
5	.. SAFIQUE B. PATH	337	GUJRAT	24.07
6	.. JAI KUMAR	390	J&K	24.28
	.. SURAJ BISHT	727	UTTARA	DNF
	.. RAHUL BHURIYA	443	MADHYA	DNS

Event # 3 MENS 400m Run

MR -:PARMJIT SINGH CRPF 46.47 1997

@ NR -:MD ANAS KERALA 45.21 2019

RESULTS OF FINALS Heat 1

1	.. NAGANATHAN P	640	TAMILN	46.61
2	.. BIPIN. M.S	423	KERALA	47.13
3	.. BIGHNARAJ MIRID	485	ORISSA	47.31
4	.. AMAL JOSEPH	257	CRPF	47.57
5	.. HARWINDER SINGH	273	CRPF	48.29
6	.. ILAMURUGU R	629	TAMILN	48.64
7	.. PRAVEEN	239	CISF	49.42
8	.. MARUTHAITHANGAM	638	TAMILN	49.52

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF SEMIS Heat 1**

1	.. BIGHNARAJ MIRID	485	ORISSA	48.53
2	.. AMAL JOSEPH	257	CRPF	48.69
3	.. JATINDERPAL SIN	531	PUNJAB	49.80
4	.. DHARMVIR BHARDW	146	BSF	50.28
5	.. RAHUL P K	176	BSF	50.81
6	.. VISHVENDRA SING	699	UTTAR	50.94
7	.. SAGAR DESHMUKH	472	MAHARA	52.06
	.. ANUPAM MAITY	584	SSB	DNS

RESULTS OF SEMIS Heat 2

1	.. ILAMURUGU R	629	TAMILN	48.85
2	.. MARUTHAITHANGAM	638	TAMILN	49.11
3	.. PRAVEEN	239	CISF	49.24
4	.. KAMBERDEEP SING	533	PUNJAB	49.60
5	.. SHAFEEQUE K S	309	CRPF	50.15
6	.. NITIN PATIL	463	MAHARA	51.25
7	.. SRIBASH DHAL	736	WEST B	51.60
	.. MANDEEP	164	BSF	DNF

RESULTS OF SEMIS Heat 3

1	.. NAGANATHAN P	640	TAMILN	47.76
2	.. BIPIN. M.S	423	KERALA	48.10
3	.. HARWINDER SINGH	273	CRPF	48.99
4	.. JAGMEET SINGH	519	PUNJAB	49.45
5	.. AMAN AULOCK	361	ITBP	49.56
6	.. SENTHIL KUMAR N	573	RPF	51.52
7	.. SHANI KUMAR GAD	473	MAHARA	52.31
8	.. AMIT RAJ	701	UTTARA	54.21

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

RESULTS OF PRELIMS Heat 1				
1	.. AMAL JOSEPH	257	CRPF	49.66
2	.. JATINDERPAL SIN	531	PUNJAB	50.29
3	.. DHARMVIR BHARDW	146	BSF	50.50
4	.. SAGAR DESHMUKH	472	MAHARA	50.55
5	.. PANKAJ SINGH	374	ITBP	53.83
6	.. PRABHAKARAN A	599	SSB	54.77
7	.. BHOJRAM MANDAVI	207	CHHATT	58.39
8	.. KAPIL	344	HARYAN	1:11.42
RESULTS OF PRELIMS Heat 2				
1	.. BIGHNARAJ MIRID	485	ORISSA	49.54
2	.. PRAVEEN	239	CISF	49.74
3	.. JAGMEET SINGH	519	PUNJAB	49.78
4	.. AMAN AULOCK	361	ITBP	49.81
5	.. ANUPAM MAITY	584	SSB	50.20
6	.. K PRADEEP	103	ANDHRA	56.71
7	.. HARSUKH D. SAIK	328	GUJRAT	59.60
	.. YASHWANT SAHU	203	CHHATT	DNS
RESULTS OF PRELIMS Heat 3				
1	.. NAGANATHAN P	640	TAMILN	51.06
2	.. SHANI KUMAR GAD	473	MAHARA	51.09
3	.. SRIBASH DHAL	736	WEST B	51.56
4	.. ANAM SETH	492	ORISSA	51.57
5	.. SAMBIT KUMAR DA	247	CISF	53.32
6	.. DIGARNATH	705	UTTARA	54.98
7	.. MD. JAHAR MIAH	666	TRIPUR	59.16
8	.. G KAMESHWAR	204	CHHATT	59.45

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 4**

1	.. MARUTHAITHANGAM	638	TAMILN	50.52
2	.. SHAFEEQUE K S	309	CRPF	50.80
3	.. AMIT RAJ	701	UTTARA	52.84
4	.. RANJIT S. VASAV	336	GUJRAT	53.84
5	.. SATRADHAR GOGOI	111	ASSAM	55.12
6	.. SACHIN	351	HARYAN	59.24
7	.. RAKESH RUDRA PA	667	TRIPUR	1:06.83

RESULTS OF PRELIMS Heat 5

1	.. ILAMURUGU R	629	TAMILN	48.65
2	.. VISHVENDRA SING	699	UTTAR	50.04
3	.. RAHUL P K	176	BSF	50.22
4	.. NITIN PATIL	463	MAHARA	50.56
5	.. SENTHIL KUMAR N	573	RPF	50.91
6	.. NUMAL DAS	110	ASSAM	52.18
7	.. KASHMA BHOI	594	SSB	53.21
	.. ISHTIYAQ ISMAI	393	J&K	DNS

RESULTS OF PRELIMS Heat 6

1	.. BIPIN. M.S	423	KERALA	48.13
2	.. HARWINDER SINGH	273	CRPF	48.48
3	.. KAMBERDEEP SING	533	PUNJAB	50.05
4	.. MANDEEP	164	BSF	50.15
5	.. HIMANSHU	687	UTTAR	50.95
6	.. GOURANGA CHARAN	487	ORISSA	52.46
7	.. SUDHESH	724	UTTARA	53.51
8	.. KEWAL SINGH RAJ	394	J&K	55.85

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 4 MENS 800m Run**

MR -:PANKAJ DIMIRI UTTRAKHAND 1:49.89 2010

@ NR -:JINSON JONSON 1:45.65 2018

RESULTS OF FINALS Heat 1

1	.. TOMSON POULOSE	436	KERALA	1:54.00
2	.. SOHAN SINGH	385	ITBP	1:54.21
3	.. AMARJEET	362	ITBP	1:54.96
4	.. PAWAN KUMAR	238	CISF	1:55.58
5	.. KUMARASWAMY B K	413	KARNAT	1:56.32
6	.. RAM DEV	298	CRPF	1:57.03
7	.. IRSHAD. A.S	425	KERALA	1:57.15
8	.. SURAJ NAYAL	728	UTTARA	1:59.75

RESULTS OF SEMIS Heat 1

1	.. AMARJEET	362	ITBP	1:52.35
2	.. TOMSON POULOSE	436	KERALA	1:52.62
3	.. KUMARASWAMY B K	413	KARNAT	1:52.87
4	.. RAM DEV	298	CRPF	1:53.33
5	.. AMIT MATHUR	261	CRPF	1:53.88
6	.. RINKU	546	PUNJAB	1:56.13
7	.. SIVARAMAN A	250	CISF	1:56.51
	.. PANKAJ DIMRI	715	UTTARA	DNF

RESULTS OF SEMIS Heat 2

1	.. SOHAN SINGH	385	ITBP	1:54.70
2	.. IRSHAD. A.S	425	KERALA	1:54.80
3	.. NIRVAIR SINGH	288	CRPF	1:54.91
4	.. RAY BASKEY	603	SSB	1:57.51
5	.. PUKALARASAN A	645	TAMILN	1:57.69
6	.. C MANIKANDAN	144	BSF	1:58.22
7	.. NIKHIL ARORA	541	PUNJAB	2:00.14
8	.. ISHTAK KHAN	152	BSF	2:02.66

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

RESULTS OF SEMIS Heat 3

1	.. PAWAN KUMAR	238	CISF	1:56.38
2	.. SURAJ NAYAL	728	UTTARA	1:56.83
3	.. HARPREET SHIRA	366	ITBP	1:57.32
4	.. AJAY KUMAR SING	137	BSF	1:57.36
5	.. GURUPRASAD	414	KARNAT	1:58.59
6	.. SENTHIL KUMAR N	573	RPF	2:01.17
7	.. SHIVANG TOMAR	696	UTTAR	2:01.36
8	.. BALRAM	685	UTTAR	2:02.37

RESULTS OF PRELIMS Heat 1

1	.. IRSHAD. A.S	425	KERALA	1:57.31
2	.. RAY BASKEY	603	SSB	1:57.69
3	.. PANKAJ DIMRI	715	UTTARA	1:58.17
4	.. RINKU	546	PUNJAB	1:58.26
5	.. RINKIT KUMAR	693	UTTAR	2:01.08
6	.. RAVINDER KUMAR	245	CISF	2:05.48
7	.. BIPLAB MAJUMDER	669	TRIPUR	2:32.37
	.. MANAB KUMAR DEK	112	ASSAM	DNF

RESULTS OF PRELIMS Heat 2

1	.. NIRVAIR SINGH	288	CRPF	1:56.72
2	.. SOHAN SINGH	385	ITBP	1:56.79
3	.. BALRAM	685	UTTAR	1:56.84
4	.. AJAY KUMAR SING	137	BSF	1:56.93
5	.. SIVARAMAN A	250	CISF	1:57.76
6	.. JASHANDEEP SING	523	PUNJAB	2:03.02
7	.. MUKESH KHAPED	441	MADHYA	2:13.83
8	.. AMANDEEP	358	HIMACH	2:16.72

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

RESULTS OF PRELIMS Heat 3				
1	.. PAWAN KUMAR	238	CISF	1:56.42
2	.. GURUPRASAD	414	KARNAT	1:56.66
3	.. C MANIKANDAN	144	BSF	1:57.06
4	.. PUKALARASAN A	645	TAMILN	1:57.36
5	.. NIKHIL ARORA	541	PUNJAB	1:58.53
6	.. SURESH LAKRA	496	ORISSA	2:00.95
	.. BRAJA MOHAN TRI	668	TRIPUR	DNF
	.. SHARWAN KUMAR M	209	CHHATT	DNF
RESULTS OF PRELIMS Heat 4				
1	.. RAM DEV	298	CRPF	1:56.81
2	.. KUMARASWAMY B K	413	KARNAT	1:57.20
3	.. ISHTAK KHAN	152	BSF	2:00.09
4	.. RAJADURAI V	648	TAMILN	2:02.05
5	.. ASHOK M. NAYI	324	GUJRAT	2:07.84
6	.. D SRINIVASA RAO	101	ANDHRA	2:13.68
	.. NEM SINGH PORTA	210	CHHATT	DNF
RESULTS OF PRELIMS Heat 5				
1	.. HARPREET SHIRA	366	ITBP	2:00.18
2	.. SENTHIL KUMAR N	573	RPF	2:00.37
3	.. SHIVANG TOMAR	696	UTTAR	2:00.77
4	.. RAJU CHAVAN	469	MAHARA	2:05.92
5	.. KOSTING DHAR	122	ASSAM.	2:09.16
	.. PARDEEP KUMAR	346	HARYAN	DNF
	.. HEMANT	592	SSB	DNF
RESULTS OF PRELIMS Heat 6				
1	.. AMARJEET	362	ITBP	1:57.15
2	.. TOMSON POULOSE	436	KERALA	1:57.34
3	.. AMIT MATHUR	261	CRPF	1:58.59
4	.. SURAJ NAYAL	728	UTTARA	1:58.86
5	.. ESWARAN P	626	TAMILN	2:01.37
6	.. ANAM SETH	492	ORISSA	2:08.40
7	.. SHAILESH D. CHA	339	GUJRAT	2:12.13

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 5 MENS 1500m Run**

MR -:RAVINDER RAUTELA UTTRAKHAND 3:45.89 2012

@ NR -:JINSON JONSON 3:35.24 2018

RESULTS OF FINALS Heat 1

1	.. NIRVAIR SINGH	288	CRPF	3:55.15
2	.. AMIT MATHUR	261	CRPF	3:55.63
3	.. VEEPAN	611	SSB	3:56.22
4	.. SATISH MINJ	382	ITBP	4:01.48
5	.. SOHAN SINGH	385	ITBP	4:01.72
6	.. GIRISH RAMACHAN	270	CRPF	4:03.01
7	.. KUMARASWAMY B K	413	KARNAT	4:10.14
8	.. LOGANATHAN C	632	TAMILN	4:13.14
9	.. PAWAN KUMAR	238	CISF	4:13.33
10	.. NAJUK MOHURLE	462	MAHARA	4:19.92
	.. AMOL SANKPAL	452	MAHARA	DNF
	.. RAY BASKEY	603	SSB	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

RESULTS OF PRELIMS Heat 1				
1	.. RAY BASKEY	603	SSB	4:06.51
2	.. PAWAN KUMAR	238	CISF	4:06.61
3	.. SATISH MINJ	382	ITBP	4:06.62
4	.. VEEPAN	611	SSB	4:06.82
5	.. NIRVAIR SINGH	288	CRPF	4:07.02
6	.. GIRISH RAMACHAN	270	CRPF	4:07.35
7	.. NAJUK MOHURLE	462	MAHARA	4:09.10
8	.. BALRAM	685	UTTAR	4:10.79
9	.. JASVIR SINGH	526	PUNJAB	4:12.38
10	.. SIDHESHWAR RAIG	474	MAHARA	4:13.90
11	.. SANJAY KUMAR YA	183	BSF	4:14.48
12	.. ANISH R	617	TAMILN	4:15.08
13	.. PUKALARASAN A	645	TAMILN	4:29.41
14	.. G P NONGRUM	121	ASSAM.	4:29.81
15	.. CHAMBALBHAI G.	326	GUJRAT	4:31.18
16	.. NITIN PANWAR	170	BSF	4:38.41
17	.. RAVI KHARVAR	217	CHHATT	4:41.84
18	.. MANOJ VERM	713	UTTARA	4:45.07
	.. BUNIP PRADHAN	493	ORISSA	DNF
	.. GOURANGA DEBNAT	670	TRIPUR	DNF
	.. AMARJEET	362	ITBP	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

RESULTS OF PRELIMS Heat 2				
1	.. AMIT MATHUR	261	CRPF	4:08.48
2	.. SOHAN SINGH	385	ITBP	4:09.19
3	.. LOGANATHAN C	632	TAMILN	4:09.67
4	.. KUMARASWAMY B K	413	KARNAT	4:09.79
5	.. AMOL SANKPAL	452	MAHARA	4:09.83
6	.. C MANIKANDAN	144	BSF	4:09.97
7	.. JAGDEV SINGH	518	PUNJAB	4:11.09
8	.. RINKU	546	PUNJAB	4:13.94
9	.. RAJU RAM	564	RAJAST	4:15.10
10	.. GURUPRASAD	414	KARNAT	4:21.09
11	.. M KIMA	123	ASSAM.	4:21.34
12	.. SUDHANSU NAYAK	495	ORISSA	4:26.06
13	.. SURESH LAKRA	496	ORISSA	4:32.46
14	.. AMANDEEP	358	HIMACH	4:42.88
15	.. VISHWANATH UDDE	447	MADHYA	4:43.68
16	.. SUNIL SAROJ	211	CHHATT	4:46.02
	.. BHAGIRATI YADAV	205	CHHATT	DNF
	.. VIKAS	201	CHANDI	DNF
	.. SUDHIR GIRI	725	UTTARA	DNF
	.. BRAJA MOHAN TRI	668	TRIPUR	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 6 MENS 5000m Run**

MR -:HARICHAND CRPF 14:08.08 1978

@ NR -:BAHADUR SINGH 13:29.70 1992

1	.. PANKAJ PANNU	171	BSF	15:15.72
2	.. MUKESH KUMAR	561	RAJAST	15:15.88
3	SINGH2, MAKHAN	536	PUNJAB	15:20.36
4	.. RAKESH KUMAR	565	RAJAST	15:21.61
5	.. HARISHANKAR SHA	271	CRPF	15:21.78
6	.. AMOL SANKPAL	452	MAHARA	15:31.36
7	.. MUKESH KUMAR	167	BSF	15:36.96
8	.. MANIKANDAN C	635	TAMILN	15:38.97
9	.. SUBASH CHAND SA	606	SSB	15:39.85
10	.. RAM NARESH	128	ASSAM.	15:42.72
11	.. NARESH KUMAR	690	UTTAR	15:44.49
12	.. NEERAJ KUMAR MA	287	CRPF	15:45.80
13	.. SUNIL	191	BSF	15:47.87
14	.. MAKHAN SINGH	537	PUNJAB	15:48.35
15	.. TARIQ AHMED	396	J&K	15:49.99
16	.. PRAMOD KUMAR	126	ASSAM.	16:08.69
17	.. SUKHDEV SINGH	552	PUNJAB	16:30.79
18	.. PANDI M	642	TAMILN	16:39.31
19	.. V GOUTHAMAN VEL	610	SSB	16:44.67
20	.. HARIKRISHNAN A	628	TAMILN	16:54.71
21	.. ASHOK DANDSENA	483	ORISSA	16:56.70
22	.. SUDHANSU NAYAK	495	ORISSA	17:10.83
23	.. VIVEK KUMAR	132	BIHAR	17:18.21
24	.. ARCHU BHOI	585	SSB	17:33.00
25	.. ROOP CHAND	213	CHHATT	18:13.95
26	.. MAHABUL ALAM	672	TRIPUR	18:17.44
27	.. ANIL	341	HARYAN	18:21.57
28	.. FRANSIS M. GAMI	327	GUJRAT	19:09.47
29	.. ACHINT KUMAR GA	212	CHHATT	19:25.52
30	.. ISHWARBHAI A. M	329	GUJRAT	19:49.61

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

31	.. BIPLAB MAJUMDER	669	TRIPUR	19:50.49
32	.. RAVI KUMAR	350	HARYAN	19:55.21
33	.. SHASTI ROY	113	ASSAM	20:12.99
34	.. MEHMAN SHAH	439	MADHYA	20:22.71
35	.. SUNIL	353	HARYAN	20:35.02
36	.. CHMBRU TIRKEY	671	TRIPUR	20:35.17
	.. AJAY SINGH RATN	215	CHHATT	DNF
	.. RAVINDAR ROUTEL	719	UTTARA	DNF
	.. RAJESH KUMAR	718	UTTARA	DNF
	.. SHRAWAN KUMAR B	566	RAJAST	DNF
	.. PAWAN VERMA	289	CRPF	DNF
	.. SATISH MINJ	382	ITBP	DNF
	.. MUKESH RAWAT	714	UTTARA	DNF
	.. FRANCIS ZIMIK	120	ASSAM.	DNF
	.. SUNIL KUMAR	200	CHANDI	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 7 MENS 10000m Run**

MR -:HARICHAND CRPF 29:41.04 1978

@ NR -:SURENDRA SINGH UTTARAKHAND 28:02.89 2008

Rank	Name	Age	State	Time	#
1	.. SHRAWAN KUMAR B	566	RAJAST	29:40.79	#
2	SINGH2, MAKHAN	536	PUNJAB	30:07.21	
3	.. RAKESH KUMAR	565	RAJAST	30:10.83	
4	.. MAKHAN SINGH	537	PUNJAB	30:33.44	
5	.. SUNIL	191	BSF	30:33.72	
6	.. SUBASH CHAND SA	606	SSB	30:38.89	
7	.. SUVISIE	129	ASSAM.	30:42.21	
8	.. LALSINGH	708	UTTARA	30:53.66	
9	.. MOHAN SINGH	282	CRPF	30:54.81	
10	.. N P SINGH	125	ASSAM.	31:21.42	
11	.. PANKAJ PANNU	171	BSF	31:23.50	
12	.. PANDI M	642	TAMILN	31:27.36	
13	.. BIRJA RAM	558	RAJAST	31:32.62	
14	.. GURMEJ SINGH	509	PUNJAB	32:26.17	
15	.. BABLU GHOSH	587	SSB	32:27.53	
16	.. SANTYUS KERKETT	214	CHHATT	32:37.67	
17	.. ROOP CHAND	213	CHHATT	32:49.02	
18	.. PRADIPKUMAR S.	334	GUJRAT	32:54.37	
19	.. KARAM SINGH SAM	400	JHARKH	33:25.50	
20	.. MAHABUL ALAM	672	TRIPUR	33:25.71	
21	.. SURENDRA SINGH	446	MADHYA	33:35.72	
22	.. ACHINT KUMAR GA	212	CHHATT	33:47.49	
23	.. VIKAS	201	CHANDI	34:44.97	
24	.. PAWAN	348	HARYAN	46:35.90	

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 8 MENS 110m Hurdles**

MR -:NAVNIDH SINGH BSF 14.01 2007

@ NR -:SIDDHANTH THINGALAYA 13.48 2017

RESULTS OF FINALS Heat 1

1	.. MOHAMMED FAIS.	429	KERALA	14.74
2	.. SAHAD. N.V	433	KERALA	14.85
3	.. AMRUT TIWALE	453	MAHARA	14.88
4	.. AMRINDER SINGH	499	PUNJAB	14.97
5	.. ANUPENDRA KUMAR	263	CRPF	15.33
6	.. ARAVINDH S	618	TAMILN	15.80
7	.. SUMTT KUMAR	311	CRPF	15.80
8	.. ANGREJ SINGH	501	PUNJAB	19.12

RESULTS OF PRELIMS Heat 1

1	.. SAHAD. N.V	433	KERALA	14.76
2	.. AMRUT TIWALE	453	MAHARA	14.87
3	.. AMRINDER SINGH	499	PUNJAB	14.89
4	.. ANUPENDRA KUMAR	263	CRPF	15.27
5	.. KUMAR M	631	TAMILN	16.34
6	.. RAHUL TIWARI	378	ITBP	17.24
	.. BAIDYANATH BHOW	733	WEST B	DNF
	.. V SRIKANTH KUMA	314	CRPF	DNS

RESULTS OF PRELIMS Heat 2

1	.. MOHAMMED FAIS.	429	KERALA	14.91
2	.. ANGREJ SINGH	501	PUNJAB	15.35
3	.. MUKHA RAM	284	CRPF	15.36
4	.. PROSENJIT KAYAL	600	SSB	15.61
5	.. RAMADURAI	574	RPF	18.84
6	.. KRISHNA DEBBARM	681	TRIPUR	21.41
	.. ARUN KUMAR C	619	TAMILN	DNF
	.. KALPESH H. RATH	332	GUJRAT	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 3**

1	.. SUMTT KUMAR	311	CRPF	15.53
2	.. ARAVINDH S	618	TAMILN	15.77
3	.. AMIT KUMAR MAHA	482	ORISSA	15.82
4	.. SHARANBIR SINGH	550	PUNJAB	16.11
5	.. PRAVIN LADGAOKA	467	MAHARA	16.61
6	.. SAMANTBHAI D. C	338	GUJRAT	24.58

Event # 9 MENS 400m Hurdles

MR -:JOPESH G ABRAHAM CRPF 50.91 2005

@ NR -:AYYASAMY DHARUN 48.80 2019

RESULTS OF FINALS Heat 1

1	.. TOMSON POULOSE	436	KERALA	52.42
2	.. JASDEEP SINGH	522	PUNJAB	53.91
3	.. MANIKANDA PRABH	634	TAMILN	54.76
4	.. JUGRAJ SINGH	532	PUNJAB	55.29
5	.. KOUSHALYA KUMAR	494	ORISSA	56.34
6	.. SANDEEP LAWRENC	547	PUNJAB	56.38
7	.. HARSHIT KUMAR	272	CRPF	57.42
8	.. KRISHAN	277	CRPF	58.48

RESULTS OF PRELIMS Heat 1

1	.. MANIKANDA PRABH	634	TAMILN	56.02
2	.. KOUSHALYA KUMAR	494	ORISSA	56.27
3	.. SANDEEP LAWRENC	547	PUNJAB	57.64
4	.. SANDEEP DUBEY	694	UTTAR	1:00.22
5	.. RAJA. K	294	CRPF	1:00.45
6	.. BISWAJEET SAMAN	588	SSB	1:02.08
	.. RAHUL RAJ	431	KERALA	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 2**

1	.. TOMSON POULOSE	436	KERALA	54.91
2	.. JASDEEP SINGH	522	PUNJAB	55.65
3	.. KRISHAN	277	CRPF	56.93
4	.. ARUN KUMAR C	619	TAMILN	58.09
5	.. ANUP KUMAR	583	SSB	58.35
6	.. ANIL AINAPURE	454	MAHARA	59.76
7	.. JAGDISH CHANDRA	707	UTTARA	1:05.90
	.. D SRINIVASA RAO	101	ANDHRA	DNS

RESULTS OF PRELIMS Heat 3

1	.. JUGRAJ SINGH	532	PUNJAB	56.48
2	.. HARSHIT KUMAR	272	CRPF	57.37
3	.. SANJEEV KUMAR	184	BSF	59.95
4	.. ALEXANDER P	616	TAMILN	1:01.56
5	.. DINESH SINGH BA	480	NSG	1:04.28
6	.. RAHUL MISHRA	601	SSB	1:05.54
	.. BHUPENDRA KUMAR	686	UTTAR	DNF
	.. SHAILESH D. CHA	339	GUJRAT	DNS

Event # 10 MENS 3000m Steeplechase

MR -:ISHWAR SINGH BSF 8:54.04 1988

@ NR -:AVINASH SABLE 8:21.37 2019

RESULTS OF FINALS Heat 1

1	.. PAWAN VERMA	289	CRPF	9:29.32
2	.. RAM MILAN SINGH	243	CISF	9:36.74
3	.. PARSHURAM GHAST	597	SSB	9:37.57
4	.. L SANAJAOBA SIN	162	BSF	9:39.97
5	.. PRAHLAD MEENA	563	RAJAST	9:45.01
6	.. SANDEEP N	181	BSF	9:47.02
7	.. MANJU	416	KARNAT	9:51.90
8	.. BUNIP PRADHAN	493	ORISSA	10:12.23
9	.. MOHAN SINGH	282	CRPF	10:17.27
10	.. NARENDRA D	415	KARNAT	10:27.03
	.. MUKESH KUMAR	561	RAJAST	DNF
	.. ABUZAR KHAN	359	ITBP	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 1**

1	.. SANDEEP N	181	BSF	9:43.57
2	.. MUKESH KUMAR	561	RAJAST	9:43.61
3	.. RAM MILAN SINGH	243	CISF	9:43.64
4	.. MANJU	416	KARNAT	9:43.71
5	.. NARENDRA D	415	KARNAT	9:48.71
6	.. ABUZAR KHAN	359	ITBP	9:53.92
7	.. MOHAN SINGH	282	CRPF	9:54.04
8	.. BUNIP PRADHAN	493	ORISSA	9:57.18
9	.. MUGILAN R	639	TAMILN	10:20.49
10	.. HEMANT GAVIT	459	MAHARA	10:29.41
11	.. HARJIT SINGH	512	PUNJAB	10:30.46
12	.. RAJU RAM JANI	297	CRPF	10:40.46
	.. MANOJ VERM	713	UTTARA	DNF
	.. RAJESH KUMAR SI	206	CHHATT	DNF
	.. SUDHIR GIRI	725	UTTARA	DNF
	.. RAJESH KUM	402	JHARKH	DNF

RESULTS OF PRELIMS Heat 2

1	.. L SANAJAOBA SIN	162	BSF	9:43.48
2	.. PAWAN VERMA	289	CRPF	9:45.75
3	.. PARSHURAM GHAST	597	SSB	9:47.86
4	.. PRAHLAD MEENA	563	RAJAST	9:53.05
5	.. KULDEEP KUMAR	157	BSF	10:00.21
6	.. MANIKANDAN C	635	TAMILN	10:03.78
7	.. SUKHDEV SINGH	552	PUNJAB	10:24.24
8	.. VIBHAVE NARVEKA	476	MAHARA	10:29.13
9	.. MAHENDER MER	710	UTTARA	10:36.08
10	.. V GOUTHAMAN VEL	610	SSB	10:48.63
11	.. VENUGOPAL P C	658	TAMILN	10:53.23
12	.. YOGESH TILLORE	449	MADHYA	10:54.16
13	.. SHIVRAJ CHOUDHA	218	CHHATT	12:29.27
14	.. S ANIL KUMAR	106	ANDHRA	12:43.85
	.. RAHUL KUMAR PAR	401	JHARKH	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 11 MENS Marathon**

MR -:RADHEY KUMAR BSF 2:24.20 2013

@ NR -:SHIVNATH SINGH 2:12.00 1978

1	.. SUBHASH CHANDRA	189	BSF	2:27:03.24
2	.. MAHENDER BISHT	709	UTTARA	2:27:40.28
3	.. R S BISHT	127	ASSAM.	2:28:44.73
4	.. SUNIL KUMAR	726	UTTARA	2:29:30.16
5	.. MANOJ KUMAR	370	ITBP	2:30:21.66
6	.. MUDANG OMO	124	ASSAM.	2:32:19.83
7	.. SURENDER GOSWAM	729	UTTARA	2:33:19.64
8	.. SHIVRAJ	697	UTTAR	2:34:31.15
9	.. BHARAT BHUSHAN	119	ASSAM.	2:37:16.75
10	.. ANIL KUMAR	581	SSB	2:41:18.25
11	.. RAMESH KUMAR	199	CHANDI	2:46:12.90
12	.. SARABJIT SINGH	548	PUNJAB	2:47:13.00
13	.. BUDRA BISINAYAK	486	ORISSA	2:51:42.80
14	.. ANIL KUMAR	481	NSG	3:00:01.49
15	.. ADESH DIXIT	255	CRPF	3:01:36.87
16	.. PRABHAKAR GAHAL	466	MAHARA	3:01:57.76
17	.. VELMURUGAN N	657	TAMILN	3:07:40.31
18	.. BITU RAM PRAJAP	404	JHARKH	3:19:46.31
	.. SANJAY KUMAR MA	303	CRPF	DNF
	SINGHI, JATINDER	530	PUNJAB	DNF
	.. RADHEY KUMAR	175	BSF	DNF
	.. JAGMAL	153	BSF	DNF
	.. CHAKARADHAR KUM	403	JHARKH	DNF
	.. PARTHEEBAN G	643	TAMILN	DNF
	.. MANDU RAM	560	RAJAST	DNF
	.. NEEL KAMAL GAYA	219	CHHATT	DNS
	.. NEM SINGH PORTA	210	CHHATT	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA***Event # 12 MENS 20 KM Race Walk***

MR -:JAI BHAGWAN BSF 1:24.00 2012

@ NR -:DEVENDER SINGH 1:20.21 2016

1	SINGHI, BALJINDER	504	PUNJAB	1:25:18.52
2	., MANISH RAWAT	712	UTTARA	1:25:26.41
3	., KULWANT SINGH	160	BSF	1:25:46.34
4	., SURINDER SINGH	553	PUNJAB	1:30:11.62
5	., CHARANJIT SINGH	267	CRPF	1:30:12.01
6	., MAHENDRA KUMAR	163	BSF	1:35:09.21
7	., AMAN KUMAR	260	CRPF	1:35:49.89
8	., AMIT MISHRA	700	UTTARA	1:36:50.00
9	., VIKAS RAWAT	730	UTTARA	2:16:02.85
10	., P BHASKAR RAO	105	ANDHRA	2:17:13.80
11	., AMIT KUMAR	208	CHHATT	2:20:56.61
	., BACHU SARKAR	680	TRIPUR	DNF
	., UMENDRA TIWARI	319	DELHI	DNF
	., MOHIT SONI	373	ITBP	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 13 MENS 20 KM Decathlon

MR -:JORA SINGHJ BSF 7255 2005

@ NR -:B HjARTENDER SINGH HARAYANA 7658 2011

1	.. SREEDHU G S	652	TAMILN	6760pts
2	.. DURAI MURUGAN S	623	TAMILN	6320pts
3	.. THEIVENDIRAN R	655	TAMILN	6190pts
4	.. NAVJOR SINGH	540	PUNJAB	6112pts
5	.. GURLAL SINGH	507	PUNJAB	6021pts
6	.. MINAJ MONDAL	166	BSF	5808pts
7	.. VINOD KUMAR	612	SSB	5721pts
8	.. GURSHARN SINGH	151	BSF	5291pts
9	.. JATINDER SINGH	529	PUNJAB	4989pts
10	.. TH. IMOCHA SING	609	SSB	4874pts
	.. A B NARZARY	135	BSF	
	.. T AYYAPPAN	312	CRPF	
	.. NARENDRA KUMAR	285	CRPF	
	.. AMAL SHAJI	259	CRPF	
	.. BABURAJ FERNADI	457	MAHARA	

Event # 14 MENS 100m Dec Dash**Heat 1**

1	.. NAVJOR SINGH	540	PUNJAB	11.33
2	.. MINAJ MONDAL	166	BSF	12.05
3	.. AMAL SHAJI	259	CRPF	12.06
4	.. VINOD KUMAR	612	SSB	12.14
5	.. GURSHARN SINGH	151	BSF	12.21
6	.. A B NARZARY	135	BSF	12.38
	.. T AYYAPPAN	312	CRPF	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Heat 2				
1	.. SREEDHU G S	652	TAMILN	11.11
2	.. DURAI MURUGAN S	623	TAMILN	11.23
3	.. THEIVENDIRAN R	655	TAMILN	11.27
4	.. BABURAJ FERNADI	457	MAHARA	11.66
5	.. GURLAL SINGH	507	PUNJAB	11.98
6	.. JATINDER SINGH	529	PUNJAB	12.15
7	.. NARENDRA KUMAR	285	CRPF	12.39
8	.. TH. IMOCHA SING	609	SSB	12.46

Event # 15 MENS Dec Long Jump

1	.. SREEDHU G S	652	TAMILN	7.21m
2	.. NAVJOR SINGH	540	PUNJAB	6.85m
3	.. THEIVENDIRAN R	655	TAMILN	6.65m
4	.. JATINDER SINGH	529	PUNJAB	6.31m
5	.. GURLAL SINGH	507	PUNJAB	6.22m
6	.. BABURAJ FERNADI	457	MAHARA	6.17m
7	.. VINOD KUMAR	612	SSB	6.14m
8	.. TH. IMOCHA SING	609	SSB	6.09m
9	.. MINAJ MONDAL	166	BSF	6.08m
10	.. AMAL SHAJI	259	CRPF	5.95m
11	.. NARENDRA KUMAR	285	CRPF	5.90m
12	.. DURAI MURUGAN S	623	TAMILN	5.83m
13	.. A B NARZARY	135	BSF	5.71m
14	.. GURSHARN SINGH	151	BSF	5.39m
	.. T AYYAPPAN	312	CRPF	NM

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 16 MENS Dec Shot Put				
1	.. GURLAL SINGH	507	PUNJAB	13.52m
2	.. GURSHARN SINGH	151	BSF	12.14m
3	.. DURAI MURUGAN S	623	TAMILN	11.99m
4	.. NARENDRA KUMAR	285	CRPF	11.97m
5	.. SREEDHU G S	652	TAMILN	11.67m
6	.. JATINDER SINGH	529	PUNJAB	11.09m
7	.. THEIVENDIRAN R	655	TAMILN	11.08m
8	.. NAVJOR SINGH	540	PUNJAB	10.97m
9	.. BABURAJ FERNADI	457	MAHARA	10.53m
10	.. MINAJ MONDAL	166	BSF	10.41m
11	.. VINOD KUMAR	612	SSB	10.06m
12	.. AMAL SHAJI	259	CRPF	9.91m
13	.. A B NARZARY	135	BSF	9.61m
14	.. TH. IMOCHA SING	609	SSB	9.50m
	.. T AYYAPPAN	312	CRPF	DNS
Event # 17 MENS Dec High Jump				
1	.. SREEDHU G S	652	TAMILN	1.90m
2	.. MINAJ MONDAL	166	BSF	1.87m
3	.. THEIVENDIRAN R	655	TAMILN	1.84m
4	.. NAVJOR SINGH	540	PUNJAB	1.81m
4	.. VINOD KUMAR	612	SSB	1.81m
6	.. DURAI MURUGAN S	623	TAMILN	1.78m
7	.. GURLAL SINGH	507	PUNJAB	1.72m
8	.. A B NARZARY	135	BSF	1.66m
9	.. GURSHARN SINGH	151	BSF	1.60m
9	.. NARENDRA KUMAR	285	CRPF	1.60m
9	.. JATINDER SINGH	529	PUNJAB	1.60m
12	.. TH. IMOCHA SING	609	SSB	1.55m
13	.. AMAL SHAJI	259	CRPF	1.50m
	.. T AYYAPPAN	312	CRPF	DNS
	.. BABURAJ FERNADI	457	MAHARA	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 18 MENS 400m Dec Dash**Heat 1**

1	.. SREEDHU G S	652	TAMILN	50.10
2	.. GURLAL SINGH	507	PUNJAB	53.72
3	.. AMAL SHAJI	259	CRPF	54.27
4	.. BABURAJ FERNADI	457	MAHARA	55.45
5	.. A B NARZARY	135	BSF	55.72
6	.. MINAJ MONDAL	166	BSF	56.70
7	.. TH. IMOCHA SING	609	SSB	56.74

Heat 2

1	.. DURAI MURUGAN S	623	TAMILN	51.33
2	.. NAVJOR SINGH	540	PUNJAB	51.67
3	.. THEIVENDIRAN R	655	TAMILN	54.03
4	.. VINOD KUMAR	612	SSB	55.11
5	.. GURSHARN SINGH	151	BSF	55.53
6	.. JATINDER SINGH	529	PUNJAB	55.94
7	.. NARENDRA KUMAR	285	CRPF	1:07.76
	.. T AYYAPPAN	312	CRPF	DNS

Event # 19 MENS 110m Dec Hurdles**Heat 1**

1	.. MINAJ MONDAL	166	BSF	16.18
2	.. JATINDER SINGH	529	PUNJAB	16.24
3	.. VINOD KUMAR	612	SSB	17.38
4	.. A B NARZARY	135	BSF	17.73
5	.. AMAL SHAJI	259	CRPF	17.95
6	.. TH. IMOCHA SING	609	SSB	19.98
7	.. BABURAJ FERNADI	457	MAHARA	20.31

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Heat 2**

1	.. SREEDHU G S	652	TAMILN	15.42
2	.. NAVJOR SINGH	540	PUNJAB	15.61
3	.. DURAI MURUGAN S	623	TAMILN	15.91
4	.. GURLAL SINGH	507	PUNJAB	16.44
5	.. THEIVENDIRAN R	655	TAMILN	16.73
6	.. GURSHARN SINGH	151	BSF	17.36
	.. NARENDRA KUMAR	285	CRPF	DNS
	.. T AYYAPPAN	312	CRPF	DNS

Event # 20 MENS Dec Discus Thro

1	.. GURLAL SINGH	507	PUNJAB	38.29m
2	.. DURAI MURUGAN S	623	TAMILN	38.15m
3	.. NAVJOR SINGH	540	PUNJAB	37.04m
4	.. THEIVENDIRAN R	655	TAMILN	35.59m
5	.. JATINDER SINGH	529	PUNJAB	35.03m
6	.. SREEDHU G S	652	TAMILN	34.96m
7	.. VINOD KUMAR	612	SSB	34.55m
8	.. GURSHARN SINGH	151	BSF	33.03m
9	.. MINAJ MONDAL	166	BSF	32.00m
10	.. A B NARZARY	135	BSF	31.35m
11	.. TH. IMOCHA SING	609	SSB	29.83m
12	.. AMAL SHAJI	259	CRPF	28.53m
13	.. BABURAJ FERNADI	457	MAHARA	28.10m
	.. T AYYAPPAN	312	CRPF	DNS
	.. NARENDRA KUMAR	285	CRPF	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 21 MENS Dec Pole Vault

1	.. DURAI MURUGAN S	623	TAMILN	4.00m
2	.. A B NARZARY	135	BSF	3.80m
2	.. SREEDHU G S	652	TAMILN	3.80m
4	.. MINAJ MONDAL	166	BSF	3.40m
4	.. GURSHARN SINGH	151	BSF	3.40m
4	.. GURLAL SINGH	507	PUNJAB	3.40m
7	.. VINOD KUMAR	612	SSB	3.30m
8	.. THEIVENDIRAN R	655	TAMILN	3.20m
9	.. JATINDER SINGH	529	PUNJAB	2.70m
9	.. TH. IMOCHA SING	609	SSB	2.70m
	.. T AYYAPPAN	312	CRPF	DNS
	.. BABURAJ FERNADI	457	MAHARA	DNS
	.. AMAL SHAJI	259	CRPF	DNS
	.. NARENDRA KUMAR	285	CRPF	DNS
	.. NAVJOR SINGH	540	PUNJAB	DNF

Event # 22 MENS Dec Javelin Thr

1	.. TH. IMOCHA SING	609	SSB	59.51m
2	.. THEIVENDIRAN R	655	TAMILN	58.48m
3	.. NAVJOR SINGH	540	PUNJAB	57.62m
4	.. SREEDHU G S	652	TAMILN	53.07m
5	.. DURAI MURUGAN S	623	TAMILN	52.26m
6	.. VINOD KUMAR	612	SSB	51.34m
7	.. MINAJ MONDAL	166	BSF	51.30m
8	.. GURSHARN SINGH	151	BSF	50.09m
9	.. GURLAL SINGH	507	PUNJAB	49.03m
10	.. BABURAJ FERNADI	457	MAHARA	48.27m
11	.. JATINDER SINGH	529	PUNJAB	20.80m
	.. A B NARZARY	135	BSF	DNS
	.. T AYYAPPAN	312	CRPF	DNS
	.. AMAL SHAJI	259	CRPF	DNS
	.. NARENDRA KUMAR	285	CRPF	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 23 MENS 1500m Dec Run				
1	.. VINOD KUMAR	612	SSB	4:56.23
2	.. MINAJ MONDAL	166	BSF	5:01.38
3	.. NAVJOR SINGH	540	PUNJAB	5:03.02
4	.. GURLAL SINGH	507	PUNJAB	5:14.99
5	.. TH. IMOCHA SING	609	SSB	5:17.42
6	.. THEIVENDIRAN R	655	TAMILN	5:18.76
7	.. GURSHARN SINGH	151	BSF	5:28.43
8	.. JATINDER SINGH	529	PUNJAB	5:28.50
9	.. SREEDHU G S	652	TAMILN	5:31.56
10	.. DURAI MURUGAN S	623	TAMILN	5:33.77
11	.. BABURAJ FERNADI	457	MAHARA	5:34.15
	.. A B NARZARY	135	BSF	DNS
	.. NARENDRA KUMAR	285	CRPF	DNS
	.. T AYYAPPAN	312	CRPF	DNS
	.. AMAL SHAJI	259	CRPF	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 24 MENS 4x100m Relay

MR -:BSF 40.86 2005

@ NR -: 38.89 2010

(RAHAMATULLA/SURESH/SAMEER MON/A.KURESHI)

RESULTS OF FINALS Heat 1

1	. P		PUNJAB		41.02
		497 .. AKASHDEEP SINGH	517 .. INDERJIT SINGH		
		527 .. JATIN JAIN	515 .. HARMNPREET SING		
		539 .. NARINDER SINGH			
2	. F		CRPF		41.15
		278 .. MAHENDRA KUMAR	265 .. B SAI RAM		
		256 .. AJITH. M. A	268 .. CHIRAG		
3	. L		KERALA		41.23
		428 .. MIDHUN. T	432 .. RAHUL. G. PILLA		
		420 .. ASWIN. K. P	433 .. SAHAD. N.V		
4	. C		BSF		41.97
		188 .. SOURAVH SAHA	195 .. VINEETH SASEEND		
		138 .. AKRITAM CHAUDHA	173 .. R ANESH		
5	. N		MAHARA		42.36
		475 .. VAIBHAV YEDGE	464 .. OMKAR GAIKWAD		
		455 .. AVINASH LAD	465 .. PARESH WARANG		
6	. S		TAMILN		42.67
		625 .. ELAYARAJA G	641 .. NANDHA KUMAR S		
		650 .. SATHEESH R	621 .. CHINRAJ G		
		646 .. PUNNIYA SURIYAN			
7	. E		CISF		43.63
		232 .. K PAWAN KUMAR	231 .. DIPANKAR DEY		
		248 .. SANAM PRADHAN	239 .. PRAVEEN		
8	. J		J&K		44.92
		397 .. MOHAMMAD ISHTAQ	391 .. ANKIT SHARMA		
		392 .. ZUBAIR AHMAD MA	389 .. DANISH YOUSAF		
		390 .. JAI KUMAR			

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 1**

1	. F		CRPF		41.45
		278 .. MAHENDRA KUMAR		265 .. B SAI RAM	
		256 .. AJITH. M. A		268 .. CHIRAG	
2	. P		PUNJAB		41.55
		515 .. HARMNPREET SINGH		497 .. AKASHDEEP SINGH	
		527 .. JATIN JAIN		508 SINGH2, GURLAL	
3	. L		KERALA		41.77
		428 .. MIDHUN. T		432 .. RAHUL. G. PILLA	
		420 .. ASWIN. K. P		433 .. SAHAD. N.V	
4	. V		UTTARA		43.27
		722 .. SHRIKANT		720 .. SHAKTI SHARMA	
		711 .. MAHESH PURI		704 .. BHUPESH BOHRA	
5	. W		WEST B		43.65
		736 .. SRIBASH DHAL		737 .. SUBHANKAR SARKA	
		734 .. SATYAJIT ROY SA		735 .. SHOUMALLYA PAUL	
6	. Q		RPF		44.38
		570 .. DAUD KHAN		571 .. PRAJEESH KP	
		574 .. RAMADURAI		572 .. KARAN KUMAR	
7	. M		MADHYA		45.64
		444 .. RAVINDRA KANNOU		448 .. YOGBHADRA	
		437 .. GAURAV SHUKLA		442 .. PUSHPENDRA SING	
	. I		ITBP		DNS
		368 .. KULDEEP SAINI		377 .. RAHUL	
		381 .. SACHIN POONIA		380 .. REJAUL MOLLA	

RESULTS OF PRELIMS Heat 2

1	. C		BSF		42.26
		188 .. SOURAVH SAHA		195 .. VINEETH SASEEND	
		138 .. AKRITAM CHAUDHA		173 .. R ANESH	
2	. E		CISF		42.50
		232 .. K PAWAN KUMAR		231 .. DIPANKAR DEY	
		248 .. SANAM PRADHAN		239 .. PRAVEEN	
3	. N		MAHARA		42.61
		475 .. VAIBHAV YEDGE		464 .. OMKAR GAIKWAD	
		455 .. AVINASH LAD		465 .. PARESH WARANG	
4	. R		SSB		42.68
		584 .. ANUPAM MAITY		593 .. IMRAN ALI	
		586 .. ASHWANI KUMAR S		602 .. RAKHIL AG	
5	. O		ORISSA		42.97
		489 .. PRABHAS KUMAR B		488 .. MADHUSUDAN SABA	
		490 .. PRABIN TARIA		485 .. BIGHNARAJ MIRID	
6	. A		ANDHRA		45.60
		102 .. K PEDABBAI NAID		103 .. K PRADEEP	
		104 .. N VIJENDRA		107 .. V SURESH BABU	
7	. H		GUJRAT		46.71
		325 .. ASHVIN M. SOLAN		332 .. KALPESH H. RATH	
		331 .. JIGNESH R. VASA		337 .. SAFIQUE B. PATH	
	. U		UTTAR		DNS
		684 .. AMIT KUMAR		691 .. RAHUL KUMAR	
		695 .. SEETU KUMAR		698 .. VISHVAS TOMAR	

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 3**

1	. S		TAMILN		42.68
		621 .. CHINRAJ G		641 .. NANDHA KUMAR S	
		625 .. ELAYARAJA G		650 .. SATHEESH R	
2	. J		J&K		44.52
		391 .. ANKIT SHARMA		390 .. JAI KUMAR	
		392 .. ZUBAIR AHMAD MA		389 .. DANISH YOUSAF	
3	. B		ASSAM		45.98
		114 .. JACKSON KACHARI		109 .. ROBIN PATOR	
		110 .. NUMAL DAS		111 .. SATRADHAR GOGOI	
4	. G		DELHI		46.40
		321 .. MANDEEP SINGH		320 .. ATUL JAGLAN	
		322 .. JOHNEY		318 .. KARAN	
5	. K		JHARKH		46.53
		410 .. KRISHNA ORAON		409 .. LAXMAN GUNDUA	
		408 .. SURAJ DEOGAM		407 .. BUDHRAM PURTY	
6	. T		TRIPUR		47.91
		681 .. KRISHNA DEBBARM		663 .. SNEHASISH DEBNA	
		664 .. SAKIM HOSSNIN		662 .. RIPAN DAS	
7	. D		CHHATT		49.00
		202 .. MD. JIYAUDDIN K		227 .. KHILESHWAR NISH	
		216 .. PEAR SAY MINJ		203 .. YASHWANT SAHU	
8	NSG Z		NSG		50.02
		479 .. ARVIND RANA		480 .. DINESH SINGH BA	
		478 .. PAWAN PRAKASH		477 .. RAMESHWAR KUMAR	

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 25 MENS 4x400m Relay**

MR -:CRPF 3:09.82 2006

@ NR -: 3:00.91 2016

(KUNHU MD/MD ANAS/AYYASAMY DHAR/AROKIA RAJIV)

RESULTS OF FINALS Heat 1

1	. O		TAMILN		3:13.54
		633 .. MANICKAM R		629 .. ILAMURUGU R	
		640 .. NAGANATHAN P		638 .. MARUTHAITHANGAM	
2	. E		CRPF		3:14.31
		316 .. VISHNU N NAIR		309 .. SHAFEEQUE K S	
		273 .. HARWINDER SINGH		257 .. AMAL JOSEPH	
3	. G		ITBP		3:14.91
		361 .. AMAN AULOCK		366 .. HARPREET SHIRA	
		362 .. AMARJEET		385 .. SOHAN SINGH	
4	. M		PUNJAB		3:15.20
		505 .. DAVINDER SINGH		519 .. JAGMEET SINGH	
		531 .. JATINDERPAL SIN		533 .. KAMBERDEEP SING	
5	. B		BSF		3:21.49
		193 .. TIKESHWAR THAKU		146 .. DHARMVIR BHARDW	
		176 .. RAHUL P K		164 .. MANDEEP	
6	. K		MAHARA		3:24.69
		460 .. MAHESH AWAHALE		463 .. NITIN PATIL	
		472 .. SAGAR DESHMUKH		473 .. SHANI KUMAR GAD	
7	. Q		UTTAR		3:29.06
		686 .. BHUPENDRA KUMAR		699 .. VISHVENDRA SING	
		687 .. HIMANSHU		688 .. KRISHAN MOHAN S	
8	. I		KERALA		3:36.96
		434 .. SHAREEF. K		423 .. BIPIN. M.S	
		425 .. IRSHAD. A.S		436 .. TOMSON POULOSE	

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 1**

1	. O		TAMILN		3:17.36
		633 .. MANICKAM R		629 .. ILAMURUGU R	
		640 .. NAGANATHAN P		638 .. MARUTHAITHANGAM	
2	. E		CRPF		3:19.81
		316 .. VISHNU N NAIR		309 .. SHAFEEQUE K S	
		273 .. HARWINDER SINGH		257 .. AMAL JOSEPH	
3	. K		MAHARA		3:22.11
		460 .. MAHESH AWAHALE		463 .. NITIN PATIL	
		472 .. SAGAR DESHMUKH		473 .. SHANI KUMAR GAD	
4	. I		KERALA		3:22.17
		434 .. SHAREEF. K		423 .. BIPIN. M.S	
		425 .. IRSHAD. A.S		436 .. TOMSON POULOSE	
5	. S		WEST B		4:13.92
		736 .. SRIBASH DHAL		732 .. BACHU DURLAV	
		734 .. SATYAJIT ROY SA		735 .. SHOUMALLYA PAUL	
	. F		GUJRAT		DNS
		326 .. CHAMBALBHAI G.		327 .. FRANSIS M. GAMI	
		328 .. HARSUKH D. SAIK		336 .. RANJIT S. VASAV	
	. H		J&K		DNS
		398 .. SAMEER MOHI-U-D		393 .. ISHTIYAQ ISMAI	
		394 .. KEWAL SINGH RAJ		392 .. ZUBAIR AHMAD MA	
		389 .. DANISH YOUSAF			
	. P		TRIPUR		DNS
		670 .. GOURANGA DEBNAT		668 .. BRAJA MOHAN TRI	
		669 .. BIPLAB MAJUMDER			

RESULTS OF PRELIMS Heat 2

1	. G		ITBP		3:20.89
		361 .. AMAN AULOCK		366 .. HARPREET SHIRA	
		362 .. AMARJEET		380 .. REJAUL MOLLA	
2	. M		PUNJAB		3:21.36
		505 .. DAVINDER SINGH		519 .. JAGMEET SINGH	
		531 .. JATINDERPAL SIN		533 .. KAMBERDEEP SING	
3	. B		BSF		3:21.65
		193 .. TIKESHWAR THAKU		146 .. DHARMVIR BHARDW	
		176 .. RAHUL P K		164 .. MANDEEP	
4	. Q		UTTAR		3:27.20
		686 .. BHUPENDRA KUMAR		699 .. VISHVENDRA SING	
		687 .. HIMANSHU		688 .. KRISHAN MOHAN S	
5	. L		ORISSA		3:31.71
		488 .. MADHUSUDAN SABA		494 .. KOUSHALYA KUMAR	
		492 .. ANAM SETH		485 .. BIGHNARAJ MIRID	
6	. R		UTTARA		3:44.30
		701 .. AMIT RAJ		724 .. SUDHESH	
		707 .. JAGDISH CHANDRA		715 .. PANKAJ DIMRI	
	. C		CHHATT		DNS
		207 .. BHOJRAM MANDAVI		203 .. YASHWANT SAHU	
		204 .. G KAMESHWAR			

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 26 MENS Long Jump**

MR -:AMRIT PAL SINGH PUNJAB POLICE 7.98 2002

@ NR -:SRI SHANKAR MURLI 8.20 2018

RESULTS OF FINALS

1	., MEHAKPREET SING	538	PUNJAB	7.96m
2	., MUHAMMED ANEES	430	KERALA	7.65m
3	., NARINDER SINGH	539	PUNJAB	7.62m
4	., RAJENDRA GADARI	295	CRPF	7.57m
5	., BIKRAMJIT SINGH	142	BSF	7.51m
6	., SANTHOSH KUMAR	305	CRPF	7.45m
7	., SIRAJUDEEN. C	435	KERALA	7.39m
8	., ATHISTAM K	620	TAMILN	7.38m
9	., DAUD KHAN	570	RPF	7.31m
10	., KULDEEP SAINI	368	ITBP	7.30m
11	., BALJINDER SINGH	503	PUNJAB	7.29m
12	., TAPASH ROY	608	SSB	7.20m
13	., ABUL HASAN	577	SSB	7.18m
14	., CHANDAN KUMAR Y	230	CISF	7.12m
15	., MANIKANDAN J	636	TAMILN	7.09m
15	., CHINRAJ G	621	TAMILN	7.09m
17	., RANJAN BORO	244	CISF	7.00m
18	., ASHUTOSH KUMAR	484	ORISSA	6.95m
19	., SHAKTI SHARMA	720	UTTARA	6.84m
20	., VIJAY KUMAR JAN	251	CISF	6.78m
21	., SUNIL KUMAR	192	BSF	6.76m

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS**

1	., MUHAMMED ANEES	430	KERALA	7.47m
2	., RAJENDRA GADARI	295	CRPF	7.38m
3	., ATHISTAM K	620	TAMILN	7.32m
4	., MEHAKPREET SING	538	PUNJAB	7.31m
5	., TAPASH ROY	608	SSB	7.28m
6	., SANTHOSH KUMAR	305	CRPF	7.28m
7	., BIKRAMJIT SINGH	142	BSF	7.28m
8	., SIRAJUDEEN. C	435	KERALA	7.23m
9	., DAUD KHAN	570	RPF	7.21m
10	., NARINDER SINGH	539	PUNJAB	7.11m
11	., MANIKANDAN J	636	TAMILN	7.02m
12	., KULDEEP SAINI	368	ITBP	6.98m
13	., CHANDAN KUMAR Y	230	CISF	6.98m
14	., SHAKTI SHARMA	720	UTTARA	6.94m
15	., ABUL HASAN	577	SSB	6.91m
16	., RANJAN BORO	244	CISF	6.89m
17	., VIJAY KUMAR JAN	251	CISF	6.88m
18	., BALJINDER SINGH	503	PUNJAB	6.87m
19	., SUNIL KUMAR	192	BSF	6.87m
20	., CHINRAJ G	621	TAMILN	6.85m
21	., ASHUTOSH KUMAR	484	ORISSA	6.80m
22	., SAURABH SINGH	186	BSF	6.75m
23	., PARDEEP KUMAR	716	UTTARA	6.74m
24	., PRABHAS KUMAR B	489	ORISSA	6.73m
25	., PRITAM SINGH	134	BIHAR	6.56m
25	., SACHIN KOLI	471	MAHARA	6.56m
27	., MOHIT	595	SSB	6.42m
28	., MUKESH KR. SING	133	BIHAR	6.38m
28	., BUDHRAM PURTY	407	JHARKH	6.38m
30	., AMIT PAWAR	450	MAHARA	6.33m
31	., MANDEEP SINGH	321	DELHI	6.32m
32	., N VIJENDRA	104	ANDHRA	6.17m

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

33	., PEAR SAY MINJ	216	CHHATT	6.13m
34	., MOHIT JAT	440	MADHYA	5.85m
35	., K PEDABBAI NAID	102	ANDHRA	5.75m
36	., SURENDER	354	HARYAN	5.63m
37	., SARAVANA PRASAT	306	CRPF	5.41m
38	., SONU KUMAR	352	HARYAN	5.39m
39	., JASWINDER SINGH	196	CHANDI	5.36m
40	., PARVINDER SINGH	198	CHANDI	5.06m
41	., SUBHANKAR SARKA	737	WEST B	4.97m
	., JACKSON KACHARI	114	ASSAM	DNF
	., KISHORE PATGIRI	108	ASSAM	DNF
	., LITAN DEB	677	TRIPUR	DNF
	., MD. JIYAUDDIN K	202	CHHATT	DNF
	., RIPAN DAS	662	TRIPUR	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 27 MENS High Jump**

MR -:MADAN SINGH BSF 2.11 1997

@ NR -:TAJASWAN SHANKAR DELHI 2.29 2018

1	., MANU FRANCIS	427	KERALA	2.09m
2	., VEERAMANI S	656	TAMILN	2.06m
3	., MANIVANNAN R	637	TAMILN	2.00m
4	., AMAL S	258	CRPF	2.00m
4	., DHARA LAL	145	BSF	2.00m
6	., UJJWAL	194	BSF	2.00m
7	., RAGHU S	615	TAMILN	1.95m
7	SINGH1, HARMANPREET	514	PUNJAB	1.95m
8	., GURKIRTAN SINGH	150	BSF	1.95m
10	., PRADEEP KUMAR	290	CRPF	1.90m
10	., RAHUL RAJ	431	KERALA	1.90m
10	., LOVEPREET SINGH	535	PUNJAB	1.90m
13	., ARUN KUMAR	264	CRPF	1.85m
14	., NAIRUTTA SAHU	235	CISF	1.80m
15	., RAHUL KUMAR	240	CISF	1.75m
16	., RAKESH ROSHAN L	411	JHARKH	1.70m
16	., P. JOFFIN JOSE	575	RPF	1.70m
16	., SUNIL SONOWAL	115	ASSAM	1.70m
	., LITAN DEBBARMA	679	TRIPUR	DNF
	., KARNADEEP SINGH	534	PUNJAB	DNF
	., NARESH	345	HARYAN	DNF
	., PAWAN PRAKASH	478	NSG	DNF
	., RAJESH KUMAR YA	241	CISF	DNF
	., RAMESH	349	HARYAN	DNF
	., RASHU BISWAS	678	TRIPUR	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 28 MENS Triple Jump**

MR -:AMARJIT SINGH PUNJAB POLIVE 16.27 2002

@ NR -:RANJITH MAHESWARY KERALA 17.30 2016

1	.. DINESH V	622	TAMILN	15.82m
2	.. SONU KUMAR	567	RAJAST	15.77m
3	.. SUNDAR C	653	TAMILN	15.43m
4	.. BOBY SABU	424	KERALA	15.42m
5	.. SANAL SCARIA	302	CRPF	15.24m
6	.. RANJIT SINGH	544	PUNJAB	15.04m
7	.. JUSTIN TOMMY	155	BSF	15.02m
8	.. BALJINDER SINGH	503	PUNJAB	14.91m
9	.. NEERAJ KUMAR YA	596	SSB	14.74m
10	.. RAVINDER SINGH	545	PUNJAB	14.57m
11	.. ROBIN FRANCIS	299	CRPF	14.17m
12	.. SANDEEP KUMAR	249	CISF	14.09m
13	.. UJJWAL	194	BSF	13.86m
14	.. RAJVEER	242	CISF	13.75m
	.. SANDEEP ORAON	406	JHARKH	NM
	.. AMIT PAWAR	450	MAHARA	NM
	.. AMRITPAL SINGH	500	PUNJAB	NM
	.. VINEET KUMAR	253	CISF	NM
	.. SUBHAN GOGOI	116	ASSAM	NM
	.. KARTHI K	630	TAMILN	NM
	.. N VIJENDRA	104	ANDHRA	NM
	.. SAMAD N	301	CRPF	NM
	.. RANJIT S. VASAV	336	GUJRAT	NM
	.. ABIN. B	417	KERALA	NM
	.. RUSTAM KHAN	604	SSB	NM
	.. SADHAN ROY	178	BSF	NM
	.. MOHIT	595	SSB	NM

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 29 MENS Pole Vault**

MR -:V V GEESH KUMAR CISF 4.90 2005

@ NR -:SUBRAMANI SIVA 5.30 2018

1	.. VIGNESH V	659	TAMILN	4.91m	#
2	.. SANTHOS KUMAR	649	TAMILN	4.50m	
2	.. SATHYATHAS R	651	TAMILN	4.50m	
4	.. ASWIN.S	421	KERALA	4.45m	
5	.. RAJESH KUMAR	296	CRPF	4.00m	
5	.. ALOK SINGH	683	UTTAR	4.00m	
7	.. RAVENDRA SINGH	692	UTTAR	3.90m	
7	.. SUNDER SINGH	190	BSF	3.90m	
8	.. MANURANJAN SONA	165	BSF	3.90m	
9	.. SAURABH	185	BSF	3.90m	
10	.. SHIV BAHADUR	384	ITBP	3.80m	
	.. SUDHIR KATOCH	551	PUNJAB	DNS	
	.. ANIKET KUMAR PA	262	CRPF	DNF	
	.. ANIL SINGH	582	SSB	DNF	
	.. ANOOP CB	418	KERALA	DNF	
	.. KARAN SINGH	233	CISF	DNF	
	.. SATPAL SINGH	549	PUNJAB	DNF	
	.. NARESH	286	CRPF	DNF	

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 30 MENS Shot Put

MR -:S BAHADUR SINGH PUNJAB POLICE 19.40 2000

@ NR -:TEJINDER TOOR 20.92 2019

1	SINGHI, JASDEEP	521	PUNJAB	17.72m
2	., UMESH KUMAR	313	CRPF	17.22m
3	., JASPAL SINGH	525	PUNJAB	16.84m
4	., TAJINDER SINGH	554	PUNJAB	16.78m
5	., PRADEEP SINGH	562	RAJAST	16.32m
6	., MONU	283	CRPF	15.92m
7	., MOHIT	372	ITBP	15.33m
8	., DIVYANSH SHARMA	147	BSF	14.57m
9	., VINOOTH KANNAN	576	RPF	12.30m
10	., RAGU T	647	TAMILN	11.96m
11	., SHAMBU ROY	674	TRIPUR	10.70m
12	., BIKASH DEBBARMA	676	TRIPUR	10.46m
13	., RAJESH MANI SIN	220	CHHATT	9.54m
14	., M.A. MAKRANI	333	GUJRAT	7.73m
15	., JAYRAJSINH RATH	330	GUJRAT	7.68m
	., RAM KUMAR	177	BSF	NM
	., SAURAB TOMAR	307	CRPF	NM
	., MARTAND SINGH	226	CHHATT	NM
	., KADAR ALI	225	CHHATT	NM
	., NISHAN SINGH	542	PUNJAB	NM

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 31 MENS Discus Throw**

MR -:SAKTI SINGH CISF 57.76 1994

@ NR -:VIKAS GOWDA 66.28 2012

1	.. HARPREET SINGH	516	PUNJAB	54.09m
2	.. JAGTAR SINGH	520	PUNJAB	50.54m
3	.. PRABHJOT SINGH	543	PUNJAB	50.39m
4	.. AMIT KUMAR	556	RAJAST	49.99m
5	.. RAI GOVIND KUMA	293	CRPF	48.30m
6	.. PUNIT KUMAR	291	CRPF	47.82m
7	.. SACHIN SUHAG	246	CISF	47.69m
8	.. VIKAS POONIA	569	RAJAST	45.96m
9	.. JAIDEEP	275	CRPF	45.76m
10	.. RAM KUMAR	177	BSF	44.88m
11	.. ASHWANI LAMBA	229	CISF	44.02m
12	.. MANOJ KUMAR MAH	371	ITBP	43.75m
13	.. AJAY	360	ITBP	41.49m
14	.. PARMOD	237	CISF	41.27m
15	.. VINOOTH KANNAN	576	RPF	37.88m
16	.. MADHAB GOGOI	117	ASSAM	35.03m
17	.. GOPINATH R	627	TAMILN	33.95m
18	.. MOHIT KUMAR	675	TRIPUR	26.67m
19	.. RAJESH M. VASAI	335	GUJRAT	23.03m
20	.. M.A. MAKRANI	333	GUJRAT	22.72m
	.. PRASANTA SARKAR	661	TRIPUR	DNF
	.. SURJEEET GURRA	607	SSB	DNF
	.. RAGU T	647	TAMILN	DNF
	.. VIJAY T	660	TAMILN	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 32 MENS Hammer Throw**

MR -:KULVINDAR SINGH PUNJAB POLICE 66.82 2004

@ NR -:NEERAJ KUMAR RAJASTHAN 70.73 2016

1	.. BALDEEP SINGH	141	BSF	61.30m
2	.. RAHUL KUMAR	292	CRPF	61.30m
3	.. GURJOHAR SINGH	149	BSF	59.64m
4	.. SABEEL AHMAD	605	SSB	58.95m
5	.. GAGAN KUMAR YAD	590	SSB	58.45m
6	.. SHIV KUMAR	721	UTTARA	57.92m
7	.. SUMIT KUMAR	386	ITBP	53.15m
8	.. HARJOT SINGH	513	PUNJAB	50.15m
9	.. BHUSHAN CHITTE	458	MAHARA	47.17m
10	.. GOPINATH R	627	TAMILN	44.13m
	.. BRIJMOHAN UPADH	221	CHHATT	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 33 MENS Javelin Throw**

MR -:SATBIR SINGH PUNJAB POLICE 79.68 1994

@ NR -:NEERAJ CHOPRA 88.06 2018

1	.. NEWTON KATOKY	169	BSF	76.16m
2	.. KRISHNA KUMAR P	689	UTTAR	73.45m
3	.. MANJINDER SINGH	281	CRPF	72.91m
4	.. SUNIL KUMAR	568	RAJAST	72.17m
5	.. ARUN BABY	419	KERALA	70.93m
6	.. VIPIN PANWAR	315	CRPF	68.99m
7	.. KISHORE KUMAR J	234	CISF	68.97m
8	.. AAGESH PAWAR	682	UTTAR	66.14m
9	.. JASNOOR SINGH	524	PUNJAB	65.59m
10	.. SAGAR	179	BSF	64.72m
11	.. THARASIN M	654	TAMILN	64.21m
12	.. ABHILASH	136	BSF	62.85m
13	.. MANDEEP KUMAR	280	CRPF	61.48m
14	.. MUKESH KUMAR	197	CHANDI	59.77m
15	.. MANOJ SWARGIARY	118	ASSAM	59.27m
16	.. ANAND TIWARI	580	SSB	59.22m
17	.. YASJEET KUMAR	731	UTTARA	58.28m
18	.. VISHWAJEET SHAR	614	SSB	56.14m
19	.. ANKIT RATHI	228	CISF	55.61m
20	.. KISHAN KUMAR	222	CHHATT	54.74m
21	.. NIJIL ANTONY P	236	CISF	54.54m
22	.. KULDEEP RAJAWAT	438	MADHYA	54.51m
23	.. PARVEEN JOSHI	717	UTTARA	50.80m
24	.. DEBASISH MAJUMD	673	TRIPUR	45.94m
25	.. SARVJEET KUMAR	223	CHHATT	45.15m
26	.. SUNNY KUMAR	323	DELHI	44.62m
27	.. MARTAND SINGH	226	CHHATT	38.12m
	.. GURVANT SINGH	511	PUNJAB	DNS
	.. THEIVENDIRAN R	655	TAMILN	DNS
	.. RAMESHWAR KUMAR	477	NSG	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

.. NAVJOR SINGH	540	PUNJAB	DNS
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Event # 34 WOMENS 100m Run

MR -:SINDHU V.T CRPF2008 11.85 2008

@ NR -:DUTEE CHAND ODISHA 11.22 2019

RESULTS OF FINALS Heat 1

1	.. STUTI SINGH	1104	CRPF	11.92
2	.. VIJAYA KUMARI	1075	CISF	12.08
3	.. MANJU. K	1152	KERALA	12.09
4	.. INDU PRASAD	1061	CISF	12.15
5	.. DEEPTI RANI	1192	PUNJAB	12.20
6	.. BONITA LAKRA	1188	ORISSA	12.21
7	.. SHILBI. A.P	1159	KERALA	12.26
8	.. REMYA RAJAN	1156	KERALA	12.42

RESULTS OF SEMIS Heat 1

1	.. VIJAYA KUMARI	1075	CISF	11.91
2	.. BONITA LAKRA	1188	ORISSA	12.08
3	.. SHILBI. A.P	1159	KERALA	12.20
4	.. REMYA RAJAN	1156	KERALA	12.29
5	.. INDU PRASAD	1061	CISF	12.31
6	.. REMYA KRISHNA T	1070	CISF	12.73
7	.. PRAMILA R	1262	TAMILN	13.35
	.. RATTANDEEP KAUR	1207	PUNJAB	DNF

RESULTS OF SEMIS Heat 2

1	.. STUTI SINGH	1104	CRPF	11.86
2	.. MANJU. K	1152	KERALA	12.09
3	.. DEEPTI RANI	1192	PUNJAB	12.10
4	.. MANJIRI REWALE	1172	MAHARA	12.31
5	.. MANDEEP KAUR	1202	PUNJAB	12.38
6	.. PRAVINA TIWARI	1029	BSF	12.71
7	.. SARANYA V	1267	TAMILN	12.75
8	.. SWMSRI BORO	1003	ASSAM	13.17

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

RESULTS OF PRELIMS Heat 1				
1	.. BONITA LAKRA	1188	ORISSA	12.11
2	.. INDU PRASAD	1061	CISF	12.31
3	.. REMYA RAJAN	1156	KERALA	12.34
4	.. RATTANDEEP KAUR	1207	PUNJAB	13.18
5	.. SWMSRI BORO	1003	ASSAM	13.29
6	.. JYOTI VERMA	1280	UTTARA	13.89
7	.. NAVPREET KAUR	1023	BSF	14.36
8	.. TARAWATI MANDAV	1054	CHHATT	17.24
RESULTS OF PRELIMS Heat 2				
1	.. MANJIRI REWALE	1172	MAHARA	12.47
2	.. MANDEEP KAUR	1202	PUNJAB	12.62
3	.. PRAVINA TIWARI	1029	BSF	12.87
4	.. DIVYA A.S.	1226	RPF	13.63
5	.. SARLA SAHU	1037	CHHATT	14.11
6	.. PRABHA	1288	UTTARA	14.16
7	.. SK SHABANA PRAV	1002	ANDHRA	15.39
RESULTS OF PRELIMS Heat 3				
1	.. MANJU. K	1152	KERALA	12.28
2	.. DEEPTI RANI	1192	PUNJAB	12.32
3	.. SARANYA V	1267	TAMILN	12.96
4	.. SHEETAL KUMBHAR	1175	MAHARA	13.58
5	.. RINKI SHIL	1298	WEST B	13.80
6	.. PARWATI	1286	UTTARA	13.85
7	.. SAVITA KUMARI	1036	CHANDI	15.47
8	.. POORNIMA RAJ	1053	CHHATT	16.85
RESULTS OF PRELIMS Heat 4				
1	.. VIJAYA KUMARI	1075	CISF	12.17
2	.. SHILBI. A.P	1159	KERALA	12.23
3	.. MANJUSHREE. R.	1089	CRPF	13.35
	.. RANGA K	1246	SSB	DNS
	.. MADHU SAHU	1048	CHHATT	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 5**

1	.. STUTI SINGH	1104	CRPF	12.11
2	.. REMYA KRISHNA T	1070	CISF	12.77
3	.. PRAMILA R	1262	TAMILN	13.13
4	.. SATHI MANDAL	1299	WEST B	13.36
5	.. ANITA NASKAR	1227	RPF	14.79
6	.. BANSI R. CHAUHA	1116	GUJRAT	14.90
7	.. K SUPRIYA	1001	ANDHRA	16.24

Event # 35 WOMENS 200m Dash

MR -:K RANGA . SSB 23.66 2018

@ NR -:SARASWATI SHAH 22.82 2002

RESULTS OF FINALS Heat 1

1	.. STUTI SINGH	1104	CRPF	25.04
2	.. RATTANDEEP KAUR	1207	PUNJAB	25.26
3	.. SANTOSH KUMARI	1100	CRPF	25.27
4	.. INDU PRASAD	1061	CISF	25.43
5	.. RAMANDEEP KAUR	1205	PUNJAB	25.49
6	.. SMRUTHIMOL.V. R	1162	KERALA	25.56
7	.. BONITA LAKRA	1188	ORISSA	25.60
8	.. TWIKLE PUNDIR	1073	CISF	25.86

RESULTS OF SEMIS Heat 1

1	.. RATTANDEEP KAUR	1207	PUNJAB	25.66
2	.. SANTOSH KUMARI	1100	CRPF	25.70
3	.. BONITA LAKRA	1188	ORISSA	25.85
4	.. TWIKLE PUNDIR	1073	CISF	26.08
5	.. PRAVINA TIWARI	1029	BSF	26.73
6	.. JANCI HILDA I	1258	TAMILN	26.81
	.. SHILBI. A.P	1159	KERALA	DNF
	.. SHEETAL KUMBHAR	1175	MAHARA	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

RESULTS OF SEMIS Heat 2				
1	.. STUTI SINGH	1104	CRPF	25.10
2	.. INDU PRASAD	1061	CISF	25.21
3	.. SMRUTHIMOL.V. R	1162	KERALA	25.26
4	.. RAMANDEEP KAUR	1205	PUNJAB	25.61
5	.. MANJIRI REWALE	1172	MAHARA	26.34
6	.. SARANYA V	1267	TAMILN	27.00
7	.. SWMSRI BORO	1003	ASSAM	28.68
8	.. BARNALI DAS	1295	WEST B	30.51
RESULTS OF PRELIMS Heat 1				
1	.. TWIKLE PUNDIR	1073	CISF	25.89
2	.. MANJIRI REWALE	1172	MAHARA	26.41
3	.. BARNALI DAS	1295	WEST B	30.56
4	.. SANGEETHA S	1266	TAMILN	31.05
5	.. BANSI R. CHAUHA	1116	GUJRAT	32.20
6	.. SANGEETA MARKAM	1052	CHHATT	33.55
	.. MANJU. K	1152	KERALA	DNF
RESULTS OF PRELIMS Heat 2				
1	.. INDU PRASAD	1061	CISF	26.07
2	.. SHILBI. A.P	1159	KERALA	26.24
3	.. JANCI HILDA I	1258	TAMILN	26.53
4	.. SWMSRI BORO	1003	ASSAM	28.55
5	.. RADHA VERMA	1095	CRPF	32.08
6	.. SK SHABANA PRAV	1002	ANDHRA	33.18
7	.. AHILYA SAHU	1038	CHHATT	35.78
RESULTS OF PRELIMS Heat 3				
1	.. SANTOSH KUMARI	1100	CRPF	25.55
2	.. SMRUTHIMOL.V. R	1162	KERALA	25.65
3	.. RAMANDEEP KAUR	1205	PUNJAB	26.15
4	.. SARANYA V	1267	TAMILN	26.94
5	.. SHEETAL KUMBHAR	1175	MAHARA	27.73
6	.. RASHMITA BEHERA	1184	ORISSA	28.65
7	.. SUSMITA DAS	1294	WEST B	30.48

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 4**

1	.. STUTI SINGH	1104	CRPF	25.24
2	.. RATTANDEEP KAUR	1207	PUNJAB	25.84
3	.. BONITA LAKRA	1188	ORISSA	26.26
4	.. PRAVINA TIWARI	1029	BSF	27.07
5	.. RANJILA BORO	1004	ASSAM	29.35
6	.. RINKI SHIL	1298	WEST B	29.51
7	.. K SUPRIYA	1001	ANDHRA	34.71

Event # 36 WOMENS 400m Dash

MR -:RAJVINDER KAUR PUNJAB POLICE 52.53 2008

@ NR -:HEMA DAS ASSAM 50.79 2018

RESULTS OF FINALS Heat 1

1	.. AYANA THOMAS	1081	CRPF	53.34
2	.. VEERPAL KAUR	1215	PUNJAB	54.08
3	.. SMRUTHIMOL.V. R	1162	KERALA	54.09
4	.. VANDANA SHARMA	1074	CISF	55.39
5	.. SANTOSH KUMARI	1100	CRPF	55.52
6	.. RAMANDEEP KAUR	1205	PUNJAB	55.66
7	.. REETA KUMARI	1247	SSB	56.60
8	.. ANSA BABU	1148	KERALA	56.98

RESULTS OF SEMIS Heat 1

1	.. AYANA THOMAS	1081	CRPF	54.70
2	.. SMRUTHIMOL.V. R	1162	KERALA	54.74
3	.. SANTOSH KUMARI	1100	CRPF	55.61
4	.. RAMANDEEP KAUR	1205	PUNJAB	55.77
5	.. REETA KUMARI	1247	SSB	55.88
6	.. KIRANPAL KAUR	1199	PUNJAB	56.31
7	.. JANJI HILDA I	1258	TAMILN	59.00
	.. RINKI KHATUN	1248	SSB	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF SEMIS Heat 2**

1	.. VEERPAL KAUR	1215	PUNJAB	55.11
2	.. VANDANA SHARMA	1074	CISF	55.72
3	.. ANSA BABU	1148	KERALA	55.83
4	.. POOJA	1066	CISF	56.84
5	.. JAISRANI SEBAST	1151	KERALA	56.94
6	.. TWIKLE PUNDIR	1073	CISF	56.95
7	.. SONIYA MOKAL	1179	MAHARA	58.92
8	.. USHA	1293	UTTARA	59.19

RESULTS OF PRELIMS Heat 1

1	.. SMRUTHIMOL.V. R	1162	KERALA	55.12
2	.. SANTOSH KUMARI	1100	CRPF	55.77
3	.. KIRANPAL KAUR	1199	PUNJAB	57.07
4	.. SONIYA MOKAL	1179	MAHARA	58.69
5	.. SUKHWANT KAUR	1217	RAJAST	1:02.30
6	.. BARNALI DAS	1295	WEST B	1:09.24
7	.. DALESHWARI SAHU	1055	CHHATT	1:14.54
8	.. VERONICA LAKRA	1140	JHARKH	1:20.94

RESULTS OF PRELIMS Heat 2

1	.. VEERPAL KAUR	1215	PUNJAB	54.89
2	.. AYANA THOMAS	1081	CRPF	55.08
3	.. REETA KUMARI	1247	SSB	55.73
4	.. ANSA BABU	1148	KERALA	56.20
5	.. VANDANA SHARMA	1074	CISF	56.22
6	.. SANGEETHA S	1266	TAMILN	59.83
7	.. TANUJA	1292	UTTARA	1:02.16
8	.. TAPASWINI PATEL	1187	ORISSA	1:06.07

RESULTS OF PRELIMS Heat 3

1	.. RAMANDEEP KAUR	1205	PUNJAB	57.20
2	.. TWIKLE PUNDIR	1073	CISF	57.22
3	.. JANCI HILDA I	1258	TAMILN	58.35
4	.. MITALI MALLICK	1182	ORISSA	1:02.07
5	.. SHIBANI DAS	1300	WEST B	1:12.08
	.. RADHA CHAUDHARY	1133	ITBP	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 4**

1	.., POOJA	1066	CISF	58.12
2	.., USHA	1293	UTTARA	58.85
3	.., MADHURI THITAME	1171	MAHARA	1:00.35
4	.., RAJNI	1273	UTTAR	1:00.47
5	.., ALVEENA KHAN	1076	CRPF	1:01.77
6	.., PUSHPA KUMARI	1139	JHARKH	1:20.32
	.., ANJU MOHAN	1231	SSB	DNS

RESULTS OF PRELIMS Heat 5

1	.., JAISRANI SEBAST	1151	KERALA	57.46
2	.., RINKI KHATUN	1248	SSB	59.76
3	.., YAGOSHRI S	1270	TAMILN	1:01.74
4	.., SAROJ CHOUDHARY	1219	RAJAST	1:03.12
5	.., RANJILA BORO	1004	ASSAM	1:04.12
6	.., ANJANA	1279	UTTARA	1:07.27
7	.., KANIKA PRAMANIK	1296	WEST B	1:15.14

Event # 37 WOMENS 800m Run

MR -:MONIKA CHOUDRY CRPF 2:07.79 2011

@ NR -:TITU LUKA 1:59.17 2010

RESULTS OF FINALS Heat 1

1	.., SHIVANI HUDDA	1101	CRPF	2:08.47
2	.., SONALI DESAI	1178	MAHARA	2:09.34
3	.., PREETI MEHTA	1092	CRPF	2:10.80
4	.., SONIYA MOKAL	1179	MAHARA	2:13.54
5	.., SUKHWANT KAUR	1217	RAJAST	2:15.72
6	.., LAXMI KASHYAP	1088	CRPF	2:16.18
7	.., SHRI DEVI MHETR	1177	MAHARA	2:16.48
8	.., RADHA CHAUDHARY	1133	ITBP	2:29.45

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 1**

1	.. SONIYA MOKAL	1179	MAHARA	2:15.23
2	.. LAXMI KASHYAP	1088	CRPF	2:18.12
3	.. SAROJ CHOUDHARY	1219	RAJAST	2:23.97
4	.. KRISHMA	1200	PUNJAB	2:24.14
5	.. SANGEETA KUMARI	1071	CISF	2:30.92
6	.. KAVITA RAWAT	1281	UTTARA	2:38.65
7	.. SHIBANI DAS	1300	WEST B	2:50.68
	.. GEETHA K	1256	TAMILN	DNS

RESULTS OF PRELIMS Heat 2

1	.. SHIVANI HUDDA	1101	CRPF	2:14.81
2	.. SONALI DESAI	1178	MAHARA	2:14.82
3	.. RADHA CHAUDHARY	1133	ITBP	2:22.10
4	.. SUKHWANT KAUR	1217	RAJAST	2:23.04
5	.. TULUMONI DOLLEY	1005	ASSAM	2:41.91
6	.. MITALI MALLICK	1182	ORISSA	2:44.02
	.. ANJALI KUMARI	1142	JHARKH	DNF
	.. VAISHALI L. NAN	1115	GUJRAT	DNS
	.. ANJU MOHAN	1231	SSB	DNS

RESULTS OF PRELIMS Heat 3

1	.. PREETI MEHTA	1092	CRPF	2:17.97
2	.. SHRI DEVI MHETR	1177	MAHARA	2:20.13
3	.. RAJNI	1273	UTTAR	2:26.19
4	.. YAGOSHRI S	1270	TAMILN	2:31.81
5	.. MUNESH	1119	HARYAN	3:07.04
6	.. JYOTI SORENG	1141	JHARKH	3:25.95
	.. SARABJIT KAUR	1212	PUNJAB	DNS
	.. AHILYA SAHU	1038	CHHATT	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 38 WOMENS 1500m Run**

MR -:SUNITA RANI PUNJAB POLICE 4:20.61 2004

@ NR -:SUNITA RANI 4:06.03 2002

1	.. KHUSHBU GUPTA	1236	SSB	4:27.02
2	.. SONALI DESAI	1178	MAHARA	4:28.78
3	.. SUGANDHA	1033	BSF	4:31.17
4	.. GEETHA K	1256	TAMILN	4:33.69
5	.. SHIVANI HUDDA	1101	CRPF	4:34.91
6	.. PREETI MEHTA	1092	CRPF	4:36.48
7	.. KHUSHBU KUMARI	1237	SSB	4:39.88
8	.. SHRI DEVI MHETR	1177	MAHARA	4:47.29
9	.. ANGEL JAMES	1011	BSF	4:52.73
10	.. LAXMI KASHYAP	1088	CRPF	4:57.43
11	.. KRISHMA	1200	PUNJAB	5:03.26
12	.. SAFEEDA. M. P	1158	KERALA	5:03.91
13	.. POONAM	1241	SSB	5:06.87
14	.. PINKI	1221	RAJAST	5:08.60
15	.. SHIVA SHAKYA	1031	BSF	5:17.04
16	.. SUKUMATI LAGUR	1186	ORISSA	5:26.66
17	.. PINKESH	1287	UTTARA	5:34.23
18	.. SAVITRI	1290	UTTARA	5:36.68
19	.. MANJU	1284	UTTARA	5:39.83
20	.. SUMAN CHOUDHARY	1220	RAJAST	6:05.87
21	.. BEMIN DHRUW	1056	CHHATT	6:08.53
22	.. POWLIN S P	1261	TAMILN	6:16.53
23	.. LALITA LAKRA	1144	JHARKH	6:16.93
24	.. KOUSHALYA KUMAR	1143	JHARKH	6:28.01
	KAURI, SARVJEET	1211	PUNJAB	DNF
	.. TULUMONI DOLLEY	1005	ASSAM	DNF
	.. DIPTI CHUTIA	1006	ASSAM	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 39 WOMENS 5000m Run**

MR -:SUNITA RANI PUNJAB POLICE 16:35.59 2004

@ NR -:PREEJA SREEDHAR 15:15.89 2010

1	.. SEEMA DEVI	1213	PUNJAB	16:52.61
2	.. PRIYANKA KASANA	1222	RAJAST	17:12.86
3	.. PRITY CHOUDHARY	1068	CISF	17:27.32
4	.. MEENU	1218	RAJAST	17:46.84
5	.. POOJA	1240	SSB	17:48.05
6	.. SAIGEETA NAIK	1173	MAHARA	17:56.88
7	.. SRUTHI M S	1103	CRPF	18:17.06
8	.. ARCHANA KOHAKAD	1169	MAHARA	18:26.28
9	.. NEETHU U	1024	BSF	18:32.66
10	.. RIMA	1096	CRPF	19:00.85
11	.. PUJA MONDAL	1132	ITBP	20:18.38
12	.. ABISHA BELLSIYA	1254	TAMILN	20:38.55
13	.. KM ALKA	1228	RPF	21:14.60
14	.. TULSI DEWANGAN	1039	CHHATT	22:01.06
15	.. POWLIN S P	1261	TAMILN	23:07.11
16	.. RAMA YADAV	1166	MADHYA	23:49.85
17	.. SUKUMATI LAGUR	1186	ORISSA	23:49.98
18	.. KAVITA	1223	RAJAST	23:53.58
19	.. LALITA LAKRA	1144	JHARKH	23:53.62
20	.. SEWATI SAHU	1040	CHHATT	24:07.37
21	.. SARSWATI ORAON	1145	JHARKH	25:55.03
22	.. DEEPA CHELAK	1057	CHHATT	26:40.45
	.. VARSHA BHAVARI	1181	MAHARA	DNF
	.. RAJWINDER KAUR	1244	SSB	DNS
	.. DALJEET KAUR	1084	CRPF	DNS
	.. MANISHA	1035	CHANDI	DNS
	.. GEETHA K	1256	TAMILN	DNS
	.. SAROJ	1250	SSB	DNS
	.. KAVITA PATEL	1018	BSF	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 40 WOMENS 10000m Run

MR -:MEENU . RAJSRTHAN POLICE 35:11.26 2018

@ NR -:PREEJA SREEDHARAN KERALA 31:50.47 2010

1	.. SEEMA DEVI	1213	PUNJAB	34:28.94	#
2	.. MEENU	1218	RAJAST	35:44.26	
3	.. SAIGEETA NAIK	1173	MAHARA	36:00.17	
4	.. POOJA	1240	SSB	37:27.13	
5	.. NEETHU U	1024	BSF	37:43.06	
6	.. KAVITA PATEL	1018	BSF	39:22.04	
7	.. RIMA	1096	CRPF	39:54.67	
8	.. PUJA MONDAL	1132	ITBP	40:30.44	
9	.. DALJEET KAUR	1084	CRPF	41:21.44	
10	.. BABITA NISHAD	1233	SSB	42:10.40	
11	.. KM ALKA	1228	RPF	42:47.64	
12	.. L. CHAOBA CHANU	1086	CRPF	43:27.37	
13	.. SAROJ	1250	SSB	43:32.38	
14	.. ANJANA	1012	BSF	43:52.73	
	.. MANISHA	1035	CHANDI	DNF	

Event # 41 WOMENS 100m Hurdles

MR -:ARVIND RATHWA PUNJAB POLICE 14.01 2018

@ NR -:ANURADHA VISWAL 13.38 2002

RESULTS OF FINALS Heat 1

1	.. PUJA KOLEY	1094	CRPF	14.39
2	.. ARVINDA RATHWA	1190	PUNJAB	14.46
3	.. SANGEETHA N P	1099	CRPF	14.83
4	.. SOUMYA VARGHEES	1163	KERALA	14.91
5	.. SUMANDEEP KAUR	1214	PUNJAB	15.22
6	.. VINITHA BABU	1034	BSF	15.30
7	.. ANURUPA KUMARI	1232	SSB	15.33
8	.. ANJULA SINGH	1013	BSF	15.69

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

RESULTS OF PRELIMS Heat 1

1	.. PUJA KOLEY	1094	CRPF	14.25
2	.. VINITHA BABU	1034	BSF	14.81
3	.. ANURUPA KUMARI	1232	SSB	15.30
4	.. SUMANDEEP KAUR	1214	PUNJAB	15.46
5	.. SUGINA. M	1164	KERALA	15.59
6	.. RIDDHIBEN K. VA	1117	GUJRAT	20.98

RESULTS OF PRELIMS Heat 2

1	.. SANGEETHA N P	1099	CRPF	14.65
2	.. ARVINDA RATHWA	1190	PUNJAB	14.67
3	.. SOUMYA VARGHEES	1163	KERALA	14.82
4	.. ANJULA SINGH	1013	BSF	15.48
5	.. PUNITHAVALLI S	1264	TAMILN	15.90
6	.. JYOTI VERMA	1280	UTTARA	21.31
	.. JASPREET KAUR	1195	PUNJAB	DNS

Event # 42 WOMENS 400m Hurdles

MR -:VEERPAL KAUR PUNJAB POLICE 58.64 2018

@ NR -:P T USHA 55.42 1984

RESULTS OF FINALS Heat 1

1	.. AYANA THOMAS	1081	CRPF	59.13
2	KAUR1, VEERPAL	1216	PUNJAB	1:00.83
3	.. VANDANA SHARMA	1074	CISF	1:01.84
4	.. BHATERI	1234	SSB	1:02.97
5	.. JAISRANI SEBAST	1151	KERALA	1:03.60
6	.. ARTI BHATRA	1059	CISF	1:05.15
7	.. NIBHA. K.M	1155	KERALA	1:06.00
8	.. RAJNI	1204	PUNJAB	1:09.01

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 1**

1	.. JAISRANI SEBAST	1151	KERALA	1:04.75
2	.. BHATERI	1234	SSB	1:04.91
3	.. ARTI BHATRA	1059	CISF	1:05.09
4	.. RAJNI	1204	PUNJAB	1:05.81
5	.. REENA YADAV	1271	UTTAR	1:08.40
	.. TAMILARASI D	1268	TAMILN	DNS
	.. PUJA KOLEY	1094	CRPF	DNS

RESULTS OF PRELIMS Heat 2

1	.. VANDANA SHARMA	1074	CISF	1:03.22
2	KAURI, VEERPAL	1216	PUNJAB	1:03.33
3	.. AYANA THOMAS	1081	CRPF	1:03.46
4	.. NIBHA. K.M	1155	KERALA	1:05.40
5	.. RINKI KHATUN	1248	SSB	1:06.17
6	.. ANSA BABU	1148	KERALA	1:06.25
7	.. SUNITA JADHAV	1180	MAHARA	1:11.33

Event # 43 WOMENS 3000m Steeplechase

MR -:KHUSHBU GUPTA SSB 9:58.32 2018

@ NR -:LALITA BABAR 9:19.76 2016

1	.. KHUSHBU GUPTA	1236	SSB	10:18.40
2	.. PRIYANKA KASANA	1222	RAJAST	10:33.13
3	.. SUGANDHA	1033	BSF	10:51.26
4	.. PRITY CHOUDHARY	1068	CISF	11:18.65
5	.. ANGEL JAMES	1011	BSF	11:25.26
6	.. SRUTHI M S	1103	CRPF	11:55.52
7	.. MAMTA	1283	UTTARA	12:06.13
8	.. VARSHA NAGAR	1253	SSB	12:20.19
9	.. REENA	1108	DELHI	14:13.63
	.. KHUSHBU KUMARI	1237	SSB	DNF
	.. RICHA BHADAURIY	1134	ITBP	DNF
	.. WAHIDA REHAMAN	1107	CRPF	DNF
	.. SAFEEDA. M. P	1158	KERALA	DNS

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 44 WOMENS 10K Race Walk

MR -:GAURAV KUMARI CISF 45:42.40 2012

@ NR -:KHUSHBIR KAUR 44.42 2014

1	.. SOUMYA. B	1102	CRPF	48:22.49
2	.. MARY MARGARET K	1239	SSB	49:26.65
3	.. MANJU RANI	1238	SSB	51:24.49
4	.. SONU RAWAT	1224	RAJAST	52:05.96
5	.. ANUBHA DEVI	1079	CRPF	54:56.24
6	.. L. SARDA DEVI	1087	CRPF	1:01:51.39
7	.. NASINA A	1260	TAMILN	1:11:23.19
	.. PUSHPA	1243	SSB	DNF

Event # 45 WOMENS 4x100m Relay

MR -: SSB 46.41 2018

@ NR -: 43.42 2016

(MERLIN JOSEPH/H M JYOTHI/SARVANI NANDA/DUTEE CHAND

RESULTS OF FINALS Heat 1

1	. H		KERALA	46.41	#
		1151 .. JAISRANI SEBAST	1148 .. ANSA BABU		
		1155 .. NIBHA. K.M	1162 .. SMRUTHIMOL.V. R		
2	. E		CRPF	46.56	
		1085 .. KOCHUTHRASIA K	1100 .. SANTOSH KUMARI		
		1076 .. ALVEENA KHAN	1081 .. AYANA THOMAS		
3	. J		PUNJAB	46.73	
		1207 .. RATTANDEEP KAUR	1205 .. RAMANDEEP KAUR		
		1199 .. KIRANPAL KAUR	1215 .. VEERPAL KAUR		
4	. L		SSB	48.69	
		1247 .. REETA KUMARI	1236 .. KHUSHBU GUPTA		
		1248 .. RINKI KHATUN	1234 .. BHATERI		
5	. D		CISF	48.82	
		1073 .. TWIKLE PUNDIR	1059 .. ARTI BHATRA		
		1066 .. POOJA	1074 .. VANDANA SHARMA		
6	. I		MAHARA	49.85	
		1180 .. SUNITA JADHAV	1175 .. SHEETAL KUMBHAR		
		1172 .. MANJIRI REWALE	1171 .. MADHURI THITAME		
7	. M		TAMILN	50.24	
		1267 .. SARANYA V	1270 .. YAGOSHRI S		
		1266 .. SANGEETHA S	1258 .. JANJI HILDA I		
8	. J		ORISSA	50.79	
		1188 .. BONITA LAKRA	1186 .. SUKUMATI LAGUR		
		1184 .. RASHMITA BEHERA	1182 .. MITALI MALLICK		

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 1**

1	. E		CRPF		46.81
		1085 .. KOCHUTHRASIA K	1100 .. SANTOSH KUMARI		
		1076 .. ALVEENA KHAN	1081 .. AYANA THOMAS		
2	. L		SSB		49.29
		1247 .. REETA KUMARI	1236 .. KHUSHBU GUPTA		
		1248 .. RINKI KHATUN	1234 .. BHATERI		
3	. J		ORISSA		50.18
		1188 .. BONITA LAKRA	1186 .. SUKUMATI LAGUR		
		1184 .. RASHMITA BEHERA	1182 .. MITALI MALLICK		
4	. M		TAMILN		50.62
		1267 .. SARANYA V	1270 .. YAGOSHRI S		
		1266 .. SANGEETHA S	1258 .. JANCI HILDA I		
5	. I		MAHARA		50.64
		1180 .. SUNITA JADHAV	1175 .. SHEETAL KUMBHAR		
		1172 .. MANJIRI REWALE	1171 .. MADHURI THITAME		
6	. N		UTTAR		52.39
		1271 .. REENA YADAV	1272 .. NISHU MANGAT		
		1274 .. PUSHPA CHAHAR	1273 .. RAJNI		
7	. A		ASSAM		54.79
		1003 .. SWMSRI BORO	1004 .. RANJILA BORO		
		1005 .. TULUMONI DOLLEY	1006 .. DIPTI CHUTIA		
	. C		CHHATT		DNS
		1037 .. SARLA SAHU	1053 .. POORNIMA RAJ		
		1054 .. TARAWATI MANDAV	1048 .. MADHU SAHU		

RESULTS OF PRELIMS Heat 2

1	. H		KERALA		46.43
		1151 .. JAISRANI SEBAST	1148 .. ANSA BABU		
		1155 .. NIBHA. K.M	1162 .. SMRUTHIMOL.V. R		
2	. J		PUNJAB		46.95
		1207 .. RATTANDEEP KAUR	1205 .. RAMANDEEP KAUR		
		1199 .. KIRANPAL KAUR	1215 .. VEERPAL KAUR		
3	. D		CISF		49.55
		1073 .. TWIKLE PUNDIR	1059 .. ARTI BHATRA		
		1066 .. POOJA	1074 .. VANDANA SHARMA		
4	. P		WEST B		52.95
		1295 .. BARNALI DAS	1300 .. SHIBANI DAS		
		1298 .. RINKI SHIL	1294 .. SUSMITA DAS		
5	. O		UTTARA		53.15
		1286 .. PARWATI	1288 .. PRABHA		
		1293 .. USHA	1280 .. JYOTI VERMA		
6	. F		GUJRAT		1:00.44
		1113 .. RAMILABEN B. SH	1115 .. VAISHALI L. NAN		
		1117 .. RIDDHIBEN K. VA	1116 .. BANSI R. CHAUHA		
	. B		BSF		DNF
		1013 .. ANJULA SINGH	1032 .. SONAM		
		1023 .. NAVPREET KAUR	1029 .. PRAVINA TIWARI		
	. G		JHARKH		DNS
		1139 .. PUSHPA KUMARI	1144 .. LALITA LAKRA		
		1143 .. KOUSHALYA KUMAR	1140 .. VERONICA LAKRA		

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 46 WOMENS 4x400m Relay

MR -:CRPF CRPF 3:41.00 1998

@ NR -: 3:26.89 2004

(CHITRA K SOMA/RAJWINDER KAU/K M BEENAMOL/MANJEET

RESULTS OF FINALS Heat 1

1	. I		PUNJAB		3:42.95
		1215 .. VEERPAL KAUR	1199 .. KIRANPAL KAUR		
		1207 .. RATTANDEEP KAUR			
2	. D		CRPF		3:46.99
		1085 .. KOCHUTHRASIA K	1100 .. SANTOSH KUMARI		
		1076 .. ALVEENA KHAN	1101 .. SHIVANI HUDDA		
		1081 .. AYANA THOMAS			
3	. F		KERALA		3:47.42
		1155 .. NIBHA. K.M	1148 .. ANSA BABU		
		1151 .. JAISRANI SEBAST	1162 .. SMRUTHIMOL.V. R		
4	. C		CISF		3:48.59
		1059 .. ARTI BHATRA	1066 .. POOJA		
		1073 .. TWIKLE PUNDIR	1074 .. VANDANA SHARMA		
5	. G		MAHARA		4:01.14
		1177 .. SHRI DEVI MHETR	1178 .. SONALI DESAI		
		1179 .. SONIYA MOKAL	1172 .. MANJIRI REWALE		
6	. H		ORISSA		4:07.40
		1187 .. TAPASWINI PATEL	1184 .. RASHMITA BEHERA		
		1186 .. SUKUMATI LAGUR	1182 .. MITALI MALLICK		
7	. K		TAMILN		4:08.52
	. J		SSB		DNF

RESULTS OF PRELIMS Heat 1

1	. F		KERALA		3:55.56
		1155 .. NIBHA. K.M	1148 .. ANSA BABU		
		1151 .. JAISRANI SEBAST	1162 .. SMRUTHIMOL.V. R		
2	. I		PUNJAB		3:58.72
		1215 .. VEERPAL KAUR	1199 .. KIRANPAL KAUR		
		1207 .. RATTANDEEP KAUR			
3	. H		ORISSA		4:08.68
		1187 .. TAPASWINI PATEL	1184 .. RASHMITA BEHERA		
		1186 .. SUKUMATI LAGUR	1182 .. MITALI MALLICK		
4	. K		TAMILN		4:09.01
		1256 .. GEETHA K	1266 .. SANGEETHA S		
		1270 .. YAGOSHRI S	1258 .. JANCI HILDA I		
5	. M		WEST B		4:46.40
		1294 .. SUSMITA DAS	1296 .. KANIKA PRAMANIK		
		1300 .. SHIBANI DAS	1295 .. BARNALI DAS		
6	. E		JHARKH		5:31.38
		1140 .. VERONICA LAKRA	1141 .. JYOTI SORENG		
		1142 .. ANJALI KUMARI	1144 .. LALITA LAKRA		

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**RESULTS OF PRELIMS Heat 2**

1	. C		CISF		3:52.58
		1059 .. ARTI BHATRA		1066 .. POOJA	
		1073 .. TWIKLE PUNDIR		1074 .. VANDANA SHARMA	
2	. D		CRPF		3:53.32
		1088 .. LAXMI KASHYAP		1101 .. SHIVANI HUDDA	
		1076 .. ALVEENA KHAN		1085 .. KOCHUTHRASIA K	
		1080 .. ARTI KUSHWAHA		1100 .. SANTOSH KUMARI	
3	. J		SSB		3:59.04
		1247 .. REETA KUMARI		1231 .. ANJU MOHAN	
		1234 .. BHATERI		1248 .. RINKI KHATUN	
4	. G		MAHARA		4:02.14
		1177 .. SHRI DEVI MHETR		1178 .. SONALI DESAI	
		1179 .. SONIYA MOKAL		1172 .. MANJIRI REWALE	
5	. L		UTTAR		4:17.93
		1271 .. REENA YADAV		1272 .. NISHU MANGAT	
		1276 .. PALLAVI		1273 .. RAJNI	
		1274 .. PUSHPA CHAHAR			
	. B		BSF		DNS
		1031 .. SHIVA SHAKYA		1011 .. ANGEL JAMES	
		1018 .. KAVITA PATEL		1019 .. KIRANJIT KAUR	
		1033 .. SUGANDHA		1034 .. VINITHA BABU	

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 47 WOMENS Long Jump**

MR -:M PRIYA DEVI CRPF 6.09 2012

@ NR -:ANJU BOBY JEORG 6.83 2004

1	.. REMYA RAJAN	1156	KERALA	5.88m
2	.. SOMA KARMAKAR	1252	SSB	5.87m
3	.. ALPHY LUCKOSE	1147	KERALA	5.86m
4	.. UMA MAHESWARI M	1269	TAMILN	5.72m
5	.. SATHI MANDAL	1299	WEST B	5.71m
6	.. PUNITHAVALLI S	1264	TAMILN	5.54m
7	.. AKSHYA MOL A K	1010	BSF	5.50m
8	.. PRAMILA R	1262	TAMILN	5.43m
8	.. KAIRI PURTY	1063	CISF	5.43m
10	.. KULWINDER KAUR	1201	PUNJAB	5.42m
11	.. VINIJA VIJAYAN	1106	CRPF	5.37m
12	.. PIYALI PAUL	1297	WEST B	5.35m
13	.. MEREENA JOSEPH	1154	KERALA	5.34m
14	.. ANKITA PATEL	1014	BSF	5.25m
15	.. BHUMIKA THAKUR	1191	PUNJAB	5.21m
16	KAURI, RAMANDEEP	1206	PUNJAB	5.20m
17	.. MANJUSHREE. R.	1089	CRPF	4.97m
18	.. SHILPI	1291	UTTARA	4.96m
19	.. SREE DURGA C	1072	CISF	4.88m
20	.. SANJU	1109	DELHI	4.57m
21	.. KIRAN VERMA	1043	CHHATT	4.47m
22	.. KIRAN	1282	UTTARA	4.44m
23	.. JYOTI BAGHEL	1062	CISF	4.37m
24	.. PARVATI NISHAD	1044	CHHATT	4.34m
25	.. PARWATI	1286	UTTARA	4.11m
26	.. RAMILABEN B. SH	1113	GUJRAT	3.92m
27	.. DIVYA SINGH RAT	1167	MADHYA	3.35m
28	.. DOLLY DEWANGAN	1045	CHHATT	2.66m
	.. BABITHA K	1082	CRPF	NM
	.. MELVA GEORGE	1022	BSF	NM

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 48 WOMENS High Jump

MR -:A K DEEPA CRPF 1.76 1999

@ NR -:SAHANA KUMARI 1.92 2012

1	.. SANGEETHA N P	1099	CRPF	1.72m
2	.. ATHIRA SOMARAJ	1150	KERALA	1.70m
3	.. ATHIRA K S	1015	BSF	1.68m
4	.. ATHIRA MOHANAN	1016	BSF	1.62m
5	.. NIMMY V O	1090	CRPF	1.59m
6	.. REKHA RANI	1208	PUNJAB	1.59m
7	.. SHITAL PINNARE	1176	MAHARA	1.56m
8	.. REENA	1122	HARYAN	1.53m
9	.. KRISHNA REKHA M	1259	TAMILN	1.53m
10	.. RASHMITA BEHERA	1184	ORISSA	1.45m
11	.. ABISHA SOBI S	1255	TAMILN	1.40m
12	.. PARVATI NISHAD	1044	CHHATT	1.35m
13	.. SUMITRA NAIK	1105	CRPF	1.35m
	.. AAMNA	1058	CISF	DNF
	.. SAZIA	1110	DELHI	DNF
	.. YAMINI YADAV	1046	CHHATT	DNF

Event # 49 WOMENS Triple Jump

MR -:ANISHA K VHIAN CRPF 13.31 2005

@ NR -:MEYOOKHA JOHNY KERALA 14.11 2011

1	.. VINIJA VIJAYAN	1106	CRPF	13.32m	#
2	.. MELVA GEORGE	1022	BSF	12.91m	
3	.. SONAM	1032	BSF	12.91m	
4	.. ALPHY LUCKOSE	1147	KERALA	12.89m	
5	.. ALEENA JOSE	1146	KERALA	12.69m	
6	.. BABITHA K	1082	CRPF	12.43m	
7	.. MEREENA JOSEPH	1154	KERALA	12.32m	
8	.. KAIRI PURTY	1063	CISF	12.22m	
9	.. POOJA JANGRA	1067	CISF	11.48m	

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA**Event # 50 WOMENS Pole Vault**

MR -:SANGEETA KUMARI CISF 3.60 2018

@ NR -:V S SUREKHA 4.15 2014

1	.. KIRANBIR KAUR	1197	PUNJAB	3.40m
2	.. ARTI KUSHWAHA	1080	CRPF	3.35m
3	.. KUMARI SANGEETA	1064	CISF	3.20m
4	.. RESHMA RAVEENDR	1157	KERALA	3.20m
5	.. ALEENA VINCENT	1230	SSB	3.10m
6	.. PRITHIKA A	1263	TAMILN	2.90m
7	.. TAMILARASI D	1268	TAMILN	2.80m
	.. SAPINDERPAL KAU	1210	PUNJAB	DNS
	.. SINJU PRAKASH	1161	KERALA	DNF
	.. POONAM KUMARI	1091	CRPF	DNF
	.. PAVITHRA	1027	BSF	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA***Event # 51 WOMENS Shot Put***

MR -:AMAN DEEP KAUR PUNJAB POLICE 15.95 1997

@ NR -:MANPREET KAUR 17.96 2015

1	.. RAKHI	1245	SSB	14.32m
2	.. HARKIRAT KAUR	1193	PUNJAB	13.41m
3	.. KIRANJOT	1198	PUNJAB	13.30m
4	.. TUNLAI NARZARY	1007	ASSAM	13.22m
5	.. NEHA SINGH	1065	CISF	12.00m
6	.. PALLAVI	1276	UTTAR	11.76m
7	.. NEHA SINGH	1025	BSF	11.68m
8	.. PRIYANKA	1242	SSB	10.04m
9	.. RITU	1111	DELHI	9.35m
10	.. JACKULINE MARY	1257	TAMILN	9.22m
11	.. GOMA YADAV	1047	CHHATT	7.96m
12	.. SANDHYA TYAGI	1112	DELHI	7.90m
13	.. LAXMI SINGH URW	1041	CHHATT	6.72m
	.. REGA N	1265	TAMILN	DNS
	.. DEEPA	1017	BSF	DNS
	.. RUPINDER KAUR	1209	PUNJAB	DNS
	.. MANISHA	1020	BSF	DNS
	.. MADHU SAHU	1048	CHHATT	DNF

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 52 WOMENS Discus Throw

MR -:HAEWANT KAUR PUNJAB POLICE 57.07 1994

@ NR -:KRISHNA PUNIA 64.76 2012

1	.. RAKHI	1245	SSB	44.33m
2	.. SALMI KISPOTTA	1249	SSB	43.68m
3	.. HARKIRAT KAUR	1193	PUNJAB	42.22m
4	.. NEETIKA VERMA	1130	ITBP	42.14m
5	.. REGA N	1265	TAMILN	41.85m
6	.. NEERAJ	1277	UTTAR	39.02m
7	.. DEEPA	1017	BSF	38.88m
8	.. MANISHA	1020	BSF	38.50m
9	.. HIMANI	1060	CISF	37.93m
10	.. PRIYANKA	1093	CRPF	37.75m
11	.. JHUMA BASU	1127	ITBP	35.51m
12	.. RITU	1111	DELHI	34.99m
13	.. NARINDER KAUR	1203	PUNJAB	33.66m
14	.. JUNALI DAS	1008	ASSAM	31.37m
15	.. BHAGWATI	1229	RPF	30.65m
16	.. SUSHEELA	1124	HARYAN	28.63m
17	.. PRIYANKA	1289	UTTARA	27.02m
18	.. SANDHYA TYAGI	1112	DELHI	25.00m
19	.. MAYA GOSWAMI	1285	UTTARA	21.87m
20	.. GOMA YADAV	1047	CHHATT	21.17m
21	.. KOMAL	1278	UTTAR	19.65m
22	.. VAISHALI L. NAN	1115	GUJRAT	15.88m
	.. HARWANT KAUR	1194	PUNJAB	NM
	.. DILESHWARI THAK	1049	CHHATT	NM

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VENUE - TAU DEVI LAL STADIUM,PANCHKULA

Event # 53 WOMENS Hammer Throw

MR -:ANITA . CRPF 57.27 2018

@ NR -:SARITA SINGH UTTAR PRADESH 62.25 2017

1	.. SARABJIT KAUR	1212	PUNJAB	56.69m
2	.. ANITA	1078	CRPF	55.72m
3	.. ANMOL KAUR	1189	PUNJAB	55.38m
4	.. K M FATMA	1235	SSB	55.36m
5	.. SHITAL	1251	SSB	54.46m
6	.. PALLAVI	1276	UTTAR	53.05m
7	.. BHATERI	1126	ITBP	50.85m
8	.. POONAM	1028	BSF	50.53m
9	.. RESHU TYAGI	1030	BSF	48.01m
10	.. ARCHANA DARA	1009	BIHAR	43.12m
11	.. SIMRAN	1136	ITBP	42.03m

Event # 54 WOMENS Javelin Throw

MR -:RUPINDER KAUR PUNJAB POLICE 53.42 2018

@ NR -:ANNU RANI 62.43 2019

1	.. RUPINDER KAUR	1209	PUNJAB	44.82m
2	.. PRIYANKA	1093	CRPF	43.15m
3	.. JACKULINE MARY	1257	TAMILN	41.43m
4	.. PRIYANKA SINGH	1069	CISF	39.72m
5	.. CHUMKI CHOUDHUR	1083	CRPF	38.81m
6	.. WAHIDA REHAMAN	1107	CRPF	35.89m
7	.. PROMILA	1121	HARYAN	33.18m
8	.. DHANSHRI GHADI	1170	MAHARA	31.50m
9	.. KUSUMLATA SAROU	1168	MADHYA	31.05m
10	.. BHAGWATI	1229	RPF	29.72m
11	.. JYOTI DEVI	1225	RAJAST	27.02m
12	.. KHEMA YADAV	1051	CHHATT	19.11m
	.. SANGEETA MARKAM	1052	CHHATT	DNS

**68th All India Police Athletics Championship-2019(Best Athlete) Organized By ITBP
ATHLETICS**

68th All India Police Athletics Championship-2019, at Tau Devi Lal Stadium Panchkula, Haryana, Organized By ITBP, from 3rd to 7th
March 2020.

S.No	PLAYER NAME	GENDER	BIB NO.	TEAM NAME	PERF.	EVENT	POINTS
1	Mehakpreet Singh (Punjab)	Best Athlete(Male)	538	Punjab	7.96 M	Long Jump	1117
2	AYANA THOMAS (CRPF)	Best Athlete(Female)	1081	CRPF	53.34 S	400 MTR	1086

68th All India Police Athletics Championship-2019(Overall Medal tally) Organized By ITBP

ATHLETICS

68th All India Police Athletics Championship-2019, at Tau Devi Lal Stadium Panchkula, Haryana,
Organized By ITBP, from 3rd to 7th March 2020.

S.No	STATE/CPO NAME	GOLD	SILVER	BRONZE	TOTAL
1	Punjab	11	8	10	29
2	CRPF	10	10	3	23
3	Kerala	8	5	5	18
4	SSB	4	3	3	10
5	Tamilnadu	5	3	5	13
6	BSF	4	1	6	11
7	Rajasthan	1	5	1	7
8	CISF	0	2	3	5
9	Maharashtra	0	2	2	4
10	ITBP	0	1	2	3
11	Uttarakhand	0	2	0	2
12	Uttar Pradesh	0	1	0	1
13	Odisha Police	0	0	1	1
14	Assam Rifles	0	0	1	1

**68th All India Police Athletics Championship-2019 (OVERALL POINTS
TABLE) Organized By ITBP)**
ATHLETICS

68th All India Police Athletics Championship-2019, at Tau Devi Lal Stadium Panchkula, Haryana,
Organized By ITBP, from 3rd to 7th March 2020.

S.No	STATE/CPO NAME	TOTAL POINTS	MALE(POINTS)	FEMALE (POINTS)	RANK
1	Punjab	200	109	91	1
2	CRPF	189	73	116	2
3	Kerala	124	75	49	3
4	Tamilnadu	91	77	14	4
5	BSF	85.5	55.5	30	5
6	SSB	80	15	65	6
7	Rajasthan	57	34	23	7
8	CISF	48	8	40	8
9	Maharashtra	29	8	21	9
10	ITBP	23	20	3	10
11	Uttarakhand	15.5	15.5	0	11
12	Uttar Pradesh	8	5	3	12
13	Odisha Police	8	6	2	13
14	Assam Rifles	5	5	0	14
15	Karnataka	2	2	0	15
16	West Bengal	2	0	2	16
17	Assam	1	0	1	17

68th All India Police Athletics Championship-2019 (Trophy Winner - Team) ATHLETICS

68th All India Police Athletics Championship-2019, at Tau Devi Lal Stadium Panchkula, Haryana,
Organized By ITBP, from 3rd to 7th March 2020.

S.No	TROPHY	Team Name
1	Overall Champion	Punjab
2	Men's Winner	Punjab
3	Men's Runner up	Tamilnadu
4	State Police Winner	Punjab
5	State Police Runner up	Kerala
6	Women's Winner	CRPF
7	Women's Runner up	Punjab
8	Best Discipline	Uttarakhand