



**3rd INDIAN OPEN
THROWS
COMPETITION 2024**

22nd MARCH, 2024 PATIALA, PUNJAB

3rd INDIAN OPEN THROWS COMPETITION 2024

22nd Mar, 2024 Patiala, Punjab

Organised by

Athletics Federation of India

START LIST



3rd Indian Open Throws Competition

Athletics Stadium SAI NS NIS, Patiala on 22.03.2024

Schedule of Events

Morning Session

S.No	Event.No	Time	Event along with Age Category & Specifications	Round
1	101	08:00	Men Hammer Throw U -20 (6.000 kg)	Final 1
2	102	08:50	Men Hammer Throw (7.260 kg)	Final 2
3	103	10:10	Men Javelin Throw U20 (800 g)	Final 3
4	104	10:50	Women Javelin Throw (600 g) & Women Javelin Throw U-20 (600 g)	Final 4 & Final 5
5	105	12:00	Women Discus Throw (1.000 kg) & Women Discus Throw U-20 (1.000 kg)	Final 6 & Final 7

Afternoon Session

6	106	13:20	Men Discus Throw (2.000 kg)	Final 8
7	107	14:00	Men Shotput (6.000 kg) U20	Final 9
8	108	14:50	Women Shot Put (4.000kg) & Women Shot Put U-20 (4.000kg)	Final 10 & Final 11
9	109	15:00	Men Discus Throw Under 20 (1.750 kg)	Final 12
10	110	15:10	Victory Ceremony Men Hammer Throw U-20	VC1
11	111	15:20	Men Hammer Throw (7.260 kg)	VC2
12	112	15:30	Men Javelin Throw U20 (800 g)	VC3
14	114	15:40	Men Javelin Throw (800 g)	Final 13
13	113	15:50	Women Javelin Throw (600 g)	VC4
16	116	16:00	Men Shot Put (7.2600 kg)	Final 14
15	115	16:10	Women Javelin Throw U-20 (600 g)	VC5
17	117	16:20	Women Discus Throw (1.000 kg)	VC6
18	118	16:30	Women Discus Throw U-20 (1.000 kg)	VC7
19	119	16:40	Men Discus Throw (2.000 kg)	VC8
20	120	16:50	Men Shotput (6.000 kg) U20	VC9
21	121	17:00	Women Shot Put (4.000kg)	VC10
22	122	17:10	Women Shot Put U-20 (4.000kg)	VC11
23	123	17:20	Men Discus Throw Under 20 (1.750 kg)	VC12
24	124	17:30	Men Shot Put (7.2600 kg)	VC13
25	125	17:50	Women Hammer Throw (4.000 kg) & Women Hammer Throw U-20 (4.000 kg)	Final 15 & Final 16
26	126	18:40	Men Javelin Throw (800 g)	VC14
27	127	18:50	Women Hammer Throw (4.000 kg)	VC15
28	128	19:00	& Women Hammer Throw U-20 (4.000 kg)	VC16

Note 1

Bib Number can be collected from 7:00AM onwards on 22.03.2024
Athletes are directed to report One Hour Prior to the Event Time in call room 1



3rd Indian Open Throws Competition 2024

22nd March 2024

NS NIS, Patiala (Punjab)

Event # 7 MENS Hammer Throw UNDER-20

NR:ASHISH JAKHAR GIFU 76.86 07/06/2018

FINAL

TIME: 08:00 HRS

1	ARYAN .	237	13/07/05	RAJASTHAN
2	PRATEEK .	154	31/10/05	HARYANA
3	HARSHIT KUMAR	276	10/02/05	UTTAR PRADESH
4	TANISHK MEENA	247	18/03/05	RAJASTHAN
5	BHUPENDRA SINGH	250	15/05/04	RAJASTHAN

Event # 3 MENS Hammer Throw

NR:NEERAJ KUMAR HYDERABAD 70.73 29/06/2016

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

FINAL

TIME: 08:50 HRS

1	HIMANSHU .	123	08/05/02	DELHI
2	MUKUL .	265	13/11/01	UTTAR PRADESH
3	HARENDRA BENIWAL	268	01/04/02	UTTAR PRADESH
4	JAI CHAND	239	08/07/01	RAJASTHAN
5	SAMIR DESHMUKH	185	07/08/01	MAHARASHTRA
6	ANIKET KUMAR	242	28/11/01	RAJASTHAN
7	NARESH KUMAR	162	30/12/03	HARYANA
8	RAHUL KUMAR	245	12/07/96	RAJASTHAN
9	SATYAM KUMAR	109	22/12/01	BIHAR
10	SHIV KUMAR	299	02/07/86	UTTARKHAND
11	NITESH POONIA	248	31/12/00	RAJASTHAN
12	DHEERAJ R POOJARY	173	08/11/03	KARNATAKA
13	NIRMAL RAJ S	180	05/05/96	MADHYA PRADESH
14	BAJINDER SINGH	204	01/10/90	PUNJAB
15	DAMNEET SINGH	206	10/03/00	PUNJAB
16	GURDEV SINGH	209	14/08/01	PUNJAB
17	AAMIR SUHAIL	287	17/08/03	UTTAR PRADESH
18	ABHINAV YADAV	134	01/01/03	DELHI
19	MAYANK YADAV	290	01/12/01	UTTAR PRADESH
20	SACHIN YADAV	293	30/12/01	UTTAR PRADESH
21	SHAKTI YADAV	294	08/04/03	UTTAR PRADESH

Event # 8 MENS Javelin Throw UNDER-20

NR:NEERAJ CHOPRA BYDGOSZCZ 86.48 23/07/2016

FINAL

TIME: 10:10 HRS

1	MOHIT CHAUDHARY	270	24/10/05	UTTAR PRADESH
2	SHIVA CHAUDHARY	271	27/11/05	UTTAR PRADESH
3	GAURAV KUMAR	129	28/12/04	DELHI
4	PRAVESH KUMAR	277	27/05/04	UTTAR PRADESH
5	SHIVAM KUMAR	110	05/07/05	BIHAR
6	SONU KUMAR	246	07/01/05	RAJASTHAN
7	HIMANSHU MISHRA	179	22/06/05	MADHYA PRADESH
8	DIPANSHU SHARMA	279	25/04/06	UTTAR PRADESH
9	TANUJ THAKURATHI	303	22/01/05	UTTARKHAND
10	ROHAN YADAV	292	10/09/06	UTTAR PRADESH

Event # 12 WOMENS Javelin Throw				FINAL
NR:ANNU RANI JAMSHEDPUR 63.82 08/05/2022				TIME: 10:50 HRS
MR:SANJANA CHOUDHARY PATIALA 52.41 27/02/2022				
1	JYOTI .	142	01/04/02	HARYANA
2	NAJMEEN BANU KAYAMKHANI	227	04/08/01	RAJASTHAN
3	LALITA CHOUDHARY	228	19/05/98	RAJASTHAN
4	NEELAM CHOUDHARY	229	10/01/00	RAJASTHAN
5	SHAKTI GOHIL	135	29/07/95	GUJARAT
6	RUPINDER KAUR SOHAL	199	08/11/88	PUNJAB
7	ANJANI KUMARI	103	01/01/00	BIHAR
8	NEELAM NEELAM	149	17/03/99	HARYANA
9	VISHAKHA PANWAR	259	21/11/97	UTTAR PRADESH
10	RUNJUN PEGU	102	05/09/99	ASSAM
11	NIKITA RAWAT	296	08/12/98	UTTARKHAND
12	KARISHMA S SANIL	172	04/06/00	KARNATAKA
13	KM SALONI	261	11/12/98	UTTAR PRADESH
14	SHAKSHI SHARMA	262	09/02/02	UTTAR PRADESH
15	MINU SOREN	106	15/10/01	BIHAR
Event # 16 WOMENS Javelin Throw UNDER-20				FINAL
NR:SUMAN DEVI BANGKOK 52.33 29/10/2002				TIME: 10:50 HRS
1	DEEPIKA .	140	21/11/05	HARYANA
2	SAPNA .	145	26/12/05	HARYANA
3	RAMYASHREE JAIN	171	18/11/04	KARNATAKA
4	NISHI KUMARI	104	01/01/05	BIHAR
5	LAXMI PANDAR	234	12/12/04	RAJASTHAN
6	DISHA SHARMA	119	16/05/05	DELHI
7	AAKRITI TYAGI	121	17/08/04	DELHI
Event # 10 WOMENS Discus Throw				FINAL
NR:KAMALPREET KAUR PATIALA 66.59 21/06/2021				TIME: 12:00 HRS
MR:SEEMA PUNIA PATIALA 54.93 27/02/2022				
1	ANNU .	139	18/01/99	HARYANA
2	GRIMA .	141	18/07/02	HARYANA
3	SUNITA .	147	20/03/00	HARYANA
4	JHUMA BASU	304	11/12/96	WEST BENGAL
5	GURVEER KAUR	192	19/10/95	PUNJAB
6	JASMEET KAUR JAGDEO	197	15/09/03	PUNJAB
7	KARUNIYA M	252	11/01/00	TAMIL NADU
8	NIDHI RANI	150	03/01/97	HARYANA
9	MADHU RENU	235	01/05/97	RAJASTHAN
10	K M MADHU VERMA	174	01/05/95	MADHYA PRADESH
11	NEETIKA VERMA	263	04/03/01	UTTAR PRADESH
12	BHAVANA YADAV	122	09/04/99	DELHI
13	SANYA YADAV	151	09/08/03	HARYANA
Event # 14 WOMENS Discus Throw UNDER-20				FINAL
NR:SEEMA ANTIL MUMBAI 59.26 04/10/2002				TIME: 12:00 HRS
1	ANISHA .	117	03/07/05	DELHI
2	NISTHA .	114	24/05/05	CHANDIGARH
3	PRIYA .	143	20/06/04	HARYANA
4	NEHA JAGLAN	148	05/03/05	HARYANA

5	AMANAT KAMBOJ	190		18/11/07	PUNJAB
6	ARSHDEEP KAUR KHANGURA	198		07/01/05	PUNJAB
7	PRIYANSHI KULHAR	231		27/02/05	RAJASTHAN
8	NIKITA KUMARI	233		26/07/06	RAJASTHAN
9	SONI KUMARI	105		18/04/05	BIHAR
10	SHIKHA RAI	260		20/04/04	UTTAR PRADESH
11	PRIYANKA YADAV	236		26/12/05	RAJASTHAN
Event # 2 MENS Discus Throw					FINAL
NR:VIKAS GOWDA NORMAN 66.28 12/04/2012					TIME: 13:20 HRS
MR:ARJUN . PATIALA 53.28 27/02/2022					
1	NITIN .	266		14/08/01	UTTAR PRADESH
2	RAVINDER .	156		20/03/94	HARYANA
3	SUMIT .	159		27/09/99	HARYANA
4	YASH ABHAY SHEKATKAR	183		20/08/03	MAHARASHTRA
5	IKRAM ALI KHAN	175		01/07/01	MADHYA PRADESH
6	OINAM ALSON SINGH	187		22/01/02	MANIPUR
7	AJAY KUMAR	255		20/06/03	TELANGANA
8	AMIT KUMAR	128		17/04/98	DELHI
9	ASHISH KUMAR	274		11/09/02	UTTAR PRADESH
10	PANKAJ KUMAR	243		01/01/00	RAJASTHAN
11	PRAVEEN KUMAR	244		02/02/96	RAJASTHAN
12	ASHWANI LAMBA	178		29/03/98	MADHYA PRADESH
13	ADARSH MALIK	163		07/11/02	HARYANA
14	PARSHANT MALIK	164		10/07/91	HARYANA
15	ANURAG PATEL	278		29/11/03	UTTAR PRADESH
16	PUNIT RANVEER KUMAR	249		02/11/98	RAJASTHAN
17	ARVIND SHARMA	131		30/11/03	DELHI
18	GAGANDEEP SINGH	208		20/05/95	PUNJAB
19	JAGJEET SINGH	214		09/08/80	PUNJAB
20	NIRBHAY SINGH	167		20/11/96	HARYANA
21	SATYAM SINGH	284		27/12/00	UTTAR PRADESH
22	VARUN SINGH	113		10/11/02	BIHAR
23	HARNOOR SINGH SANDHU	222		08/09/02	PUNJAB
24	HARDEEP SINGH SINGH	223		14/09/97	PUNJAB
25	ABHINAV VAISHNAV	251		05/07/02	RAJASTHAN
Event # 5 MENS Shot Put UNDER-20					FINAL
NR:SAURABH VIJ CHENNAI 20.35 17/06/2006					TIME: 14:00 HRS
1	KRISHNAVEER .	107		13/11/05	BIHAR
2	S EBENEZER .	253		24/09/04	TAMIL NADU
3	JOYDEV BERA	305		24/07/04	WEST BENGAL
4	HARSH CHAUDHRY	273		28/08/04	UTTAR PRADESH
5	SIDDHARTH CHOUDHARY	241		24/09/05	RAJASTHAN
6	JAIDEV DIKKA	127		27/06/04	DELHI
7	HUSHANPREET SINGH	213		21/12/05	PUNJAB
8	SARTHAK SINGH	283		01/01/06	UTTAR PRADESH
9	ANURAG SINGH KALER	286		24/07/05	UTTAR PRADESH
10	ANKIT YADAV	289		15/12/05	UTTAR PRADESH

Event # 9 WOMENS Shot Put					FINAL
NR:MANPREET KAUR CHENNAI 18.06 11/06/2022					TIME: 14:50 HRS
MR:ABHA KHATUA PATIALA 17.09 27/02/2022					
1	REKHA .	144		02/02/01	HARYANA
2	SHIKSHA .	146		12/12/02	HARYANA
3	PRIYANKA KANWAR NATHAWAT	230		11/02/01	RAJASTHAN
4	RAMNEET KAUR	195		28/12/03	PUNJAB
5	ABHA KHATUA	182		09/07/95	MAHARASHTRA
6	TUNLAI NARZARY	101		10/02/94	ASSAM
7	TUFFII SULTAN KHAN	116		07/11/02	CHHATTISGARH
Event # 13 WOMENS Shot Put UNDER-20					FINAL
NR:N.DHILLON CHENNAI 15.89 10/05/2014					TIME: 14:50 HRS
1	POOJA .	225		22/09/04	RAJASTHAN
2	RITU .	226		25/08/05	RAJASTHAN
3	JASHANDEEP KAUR	193		01/11/05	PUNJAB
4	JASKANWAL KAUR	194		18/11/04	PUNJAB
5	POOJA KUMARI	308		01/07/07	RAJASTHAN
Event # 6 MENS Discus Throw UNDER-20					FINAL
NR:SACHIN SINGH DALAL CHENNAI 58.11 10/05/2014					TIME: 15:00 HRS
1	ATUL .	152		17/01/05	HARYANA
2	RAHUL .	238		05/01/05	RAJASTHAN
3	RAMAN .	155		28/12/05	HARYANA
4	RISHABH .	157		03/12/04	HARYANA
5	RITIK .	115		06/07/06	CHANDIGARH
6	DEEPAK CHOUDHARY	240		15/01/06	RAJASTHAN
7	HARISH KUMAR	275		20/12/04	UTTAR PRADESH
8	ELAYAPERUMAL R	254		14/08/04	TAMIL NADU
9	BHARTPREET SINGH	205		02/07/04	PUNJAB
10	ABHIJEET TEOTIA	288		31/12/05	UTTAR PRADESH
Event # 4 MENS Javelin Throw					FINAL
NR:NEERAJ KUMAR STOCKHOLM 89.94 30/06/2022					TIME: 15:40 HRS
MR:KISHORE JENA BELLARY 78.93 01/03/2023					
1	PARMOD .	153		03/12/99	HARYANA
2	TUSHAR .	160		01/07/01	HARYANA
3	KUNWER AJAIRAJ SINGH RANA	200		13/01/02	PUNJAB
4	BIBIN ANTONY	176		04/05/94	MADHYA PRADESH
5	SARVESH BHARAT SONAR	184		17/06/03	MAHARASHTRA
6	AKASH BHATI	307		28/09/96	UTTAR PRADESH
7	AASHISH CHAUDHARY	269		17/05/99	UTTAR PRADESH
8	SUNNY CHAUDHARY	272		19/06/99	UTTAR PRADESH
9	VISHAL CHAUDHARY	125		20/10/02	DELHI
10	NISHANT DAHIYA	126		16/02/01	DELHI
11	ASHUTOSH KUMAR	108		20/02/92	BIHAR
12	SUBHASH KUMAR PATHAK	111		25/04/01	BIHAR
13	ANIL KUMAR RAJBHAR	177		08/04/92	MADHYA PRADESH
14	AJEET KUMAR YADAV	300		01/07/05	UTTARKHAND
15	VIJAY LAKRA	168		22/06/99	JHARKHAND
16	AMIT MAJUMDER	306		04/05/87	WEST BENGAL

17	VIKRANT MALIK	188		02/01/96	ODISHA
18	ARUN MODI	112		20/12/96	BIHAR
19	GYAN RANJAN MAHATO	169		27/03/99	JHARKHAND
20	BHARATBHAI RATHVA	136		29/04/01	GUJARAT
21	VIKASH SHARMA	302		23/04/03	UTTARKHAND
22	SAHIL SILWAL	165		17/12/00	HARYANA
23	ABHISHEK SINGH	280		02/07/01	UTTAR PRADESH
24	ASHISH SINGH	170		29/11/94	JHARKHAND
25	HAPPY SINGH	210		11/07/98	PUNJAB
26	HARMANPREET SINGH	212		22/02/97	PUNJAB
27	JASWANT SINGH	215		08/03/98	PUNJAB
28	MANJINDER SINGH	216		09/12/98	PUNJAB
29	NARAYAN SINGH	281		09/11/04	UTTAR PRADESH
30	NIKUNJ SINGH	133		18/05/00	DELHI
31	SAMAR SINGH	282		03/01/00	UTTAR PRADESH
32	SARBJEET SINGH	219		03/09/94	PUNJAB
33	SHIVPAL SINGH	285		07/06/95	UTTAR PRADESH
34	LOVEPREET SINGH MANESH	221		19/12/03	PUNJAB
35	NITISH YADAV	291		12/07/00	UTTAR PRADESH
36	SHUBHAM YADAV	295		23/06/00	UTTAR PRADESH
Event # 1 MENS Shot Put					FINAL
NR:T.SINGH TOOR PATIALA 21.49 21/06/2021					TIME: 16:00 HRS
MR:T.SINGH TOOR BELLARY 19.95 01/03/2023					
1	ANIKET .	297		05/11/01	UTTARKHAND
2	SANYAM .	158		05/10/03	HARYANA
3	VIKASH .	124		12/02/03	DELHI
4	SHAKIR ALI	267		20/08/00	UTTAR PRADESH
5	ADHISH GHILDIAL	298		21/05/02	UTTARKHAND
6	CHETAN KAPOOR	161		23/12/93	HARYANA
7	OMESH RANGA	201		31/05/03	PUNJAB
8	SIDDHARTH RAO	130		15/08/95	DELHI
9	SHOBHIT SEMWAL	301		29/11/03	UTTARKHAND
10	AADIL SHER SINGH	202		08/07/98	PUNJAB
11	ARMAANDEEP SINGH	203		14/06/00	PUNJAB
12	DEVINDER SINGH	132		30/10/92	DELHI
13	DHANVEER SINGH	207		28/12/02	PUNJAB
14	HARJOT SINGH	211		30/07/00	PUNJAB
15	MANKIRAT SINGH	217		26/05/98	PUNJAB
16	MUKHTYAR SINGH	166		04/11/00	HARYANA
17	PRABHKIRPAL SINGH	218		12/07/97	PUNJAB
18	VARINDERPAL SINGH	220		22/12/02	PUNJAB
19	TAJINDERPAL SINGH TOOR	224		13/11/94	PUNJAB
20	GOVIND VIJAY RAI	186		11/05/93	MAHARASHTRA
Event # 11 WOMENS Hammer Throw					FINAL
NR:SARITA SINGH PATIALA 65.25 01/06/2017					TIME: 17:50 HRS
MR:SARITA R SINGH PATIALA 61.78 27/02/2022					
1	AISHWARYA .	137		24/09/01	HARYANA
2	TANYA CHAUDHARY	257		21/09/03	UTTAR PRADESH
3	KM FATMA	258		09/02/92	UTTAR PRADESH
4	SURABHI GANESH VEDPATHAK	181		29/08/98	MAHARASHTRA
5	ANMOL KAUR	191		04/01/92	PUNJAB
6	HARSHITA SEHRAWAT	118		01/04/03	DELHI
7	AESHWARYA SINGH PUNDEER	120		29/04/03	DELHI

Event # 15 WOMENS Hammer Throw UNDER-20					FINAL
NR:TANYA CHAUDHARY GUWAHATI 58.30 13/11/2022					TIME: 17:50 HRS
1	ANJALI .	138		05/01/05	HARYANA
2	NANDNI .	256		02/05/08	UTTAR PRADESH
3	HAQIKAT GREWAL	189		28/09/05	PUNJAB
4	RIPUDAMAN KAUR	196		18/06/04	PUNJAB
5	KARISHMA KUMARI	232		18/10/05	RAJASTHAN
6	ANUSHKA YADAV	264		04/05/08	UTTAR PRADESH