



5th INDIAN OPEN 400M COMPETITION 2024

18th March 2024
LNCPE, Trivandrum (Kerala)

Organised by

KERALA STATE ATHLETICS ASSOCIATION



START LIST (18-03-2024)



5th INDIAN OPEN 400m COMPETITION

LNCPE, THIRUVANANTHAPURAM, KERALA, 18th March 2024

Competition Schedule

Ev. No	Scheduled Time	Section	Round
FORENOON			
101	0800hrs	Men	Heat 1
102	0807hrs	Men	Heat 2
103	0815hrs	Men	Heat 3
104	0822hrs	Men	Heat 4
105	0830hrs	Men	Heat 5
106	0837hrs	Men	Heat 6
107	0847hrs	Women	Heat 1
108	0855hrs	Women	Heat 2
109	0902hrs	Women	Heat 3
110	0910hrs	Women	Heat 4
111	0920hrs	Junior Men U 20	Heat 1
112	0927hrs	Junior Men U 20	Heat 2
113	0935hrs	Junior Men U 20	Heat 3
114	0942hrs	Junior Men U 20	Heat 4
115	0950hrs	Junior Women U 20	Heat 1
116	0957hrs	Junior Women U 20	Heat 2
117	1002hrs	Junior Women U 20	Heat 3
118	1010hrs	Youth Men U 18	Heat 1
119	1017hrs	Youth Men U 18	Heat 2
AFTERNOON			
120	1600hrs	Youth Women Under 18	Final
121	1610hrs	Youth Men Under 18	Final
122	1620hrs	Junior Women U 20	Final
123	1630hrs	Junior Men U 20	Final A
124	1640hrs	Junior Men U 20	Final B
	<i>1645hrs</i>	<i>Youth Women Under 18</i>	<i>Medal Ceremony</i>
	<i>1650hrs</i>	<i>Youth Men Under 18</i>	<i>Medal Ceremony</i>
125	1700hrs	Women	Final A
126	1710hrs	Women	Final B
	<i>1720hrs</i>	<i>Junior Women U 20</i>	<i>Medal Ceremony</i>
	<i>1725hrs</i>	<i>Junior Men U 20</i>	<i>Medal Ceremony</i>
127	1730hrs	Men	Final A
128	1740hrs	Men	Final B
129	1750hrs	Men	Final C
	<i>1800hrs</i>	<i>Women</i>	<i>Medal Ceremony</i>
	<i>1805hrs</i>	<i>Men</i>	<i>Medal Ceremony</i>

In Men Section twenty four Athletes shall be qualified to the Final which will be conducted as three Finals

In Women and Junior Men Under 20 sixteen Athletes shall be qualified to the Final which will be conducted as two Finals

If the actual participants are twenty four or less, only eight will qualify for the Final as per existing rules and provisions

TECHNICAL DELEGATE

5th Indian Open 400m Competition 2024**LNCPE, Trivandrum (Kerala)****18th March 2024****Start List**

Event # 1 MENS 400m Run				HEATS
NR:Muhammed Anas Yahiya Kladno 45.21 13/07/2019				TIME: 08:00 HRS
Heat 1				TIME: 08:07 HRS
1	GOWRI SHANKAR V	141	17/03/98	KARNATAKA
2	ABINESH J	200	05/01/04	TAMIL NADU
3	VIKAS KUMAR	227	26/12/03	UTTAR PRADESH
4	NAGARJUNAN S	212	07/11/02	TAMIL NADU
5	RASHID .	167	08/01/01	MADHYA PRADESH
6	MUHAMMED AJMAL V	155	01/06/98	KERALA
7	S AROKIA RAJIV	209	22/05/91	TAMIL NADU
8	MIJO CHACKO KURIAN	136	16/07/95	KARNATAKA
Heat 2				TIME: 08:15 HRS
1	VIJAY ROHIT	117	26/11/00	DELHI
2	KRISHAN PAL PRITHVI RAJ	126	12/10/03	HARYANA
3	SURAJ A	198	20/12/03	TAMIL NADU
4	VIJAY PAL	125	28/05/03	HARYANA
5	NOAH NIRMAL TOM	161	13/11/94	KERALA
6	SUBHAS DAS	235	23/01/02	WEST BENGAL
7	SARTHAK BHAMBRI	112	14/08/98	DELHI
8	LAVISH SHARMA	232	25/12/02	UTTAR PRADESH
Heat 3				TIME: 08:22 HRS
1	HIMANSHU .	221	02/02/00	UTTAR PRADESH
2	MUHAMMED BADUSHA V K	158	13/11/96	KERALA
3	PEER MOHAMMAD	228	08/07/02	UTTAR PRADESH
4	BARATH S	211	10/08/03	TAMIL NADU
5	TUSHAR KANTI MANNA	115	03/10/01	DELHI
6	SANTHOSH KUMAR T	203	01/01/98	TAMIL NADU
7	ROHAN GAUTHAM KAMBLE	174	15/02/02	MAHARASHTRA
8	YASHAS P	140	08/12/01	KARNATAKA
Heat 4				TIME: 08:30 HRS
1	SHARAN SHANKAR	214	21/03/98	TAMIL NADU
2	AMOJ JACOB	114	02/05/98	DELHI
3	MOHAMMED AFSAL P	154	03/02/96	KERALA
4	K AVINASH .	197	03/12/00	TAMIL NADU
5	JAGDISH RAMJIBHAI CHUDASAMA	120	15/01/94	GUJARAT
6	BHAVI KUMAR	116	12/07/03	DELHI
7	MUHAMMED ANAS YAHIYA	156	17/09/94	KERALA
8	JAY SHAH	179	11/10/97	MAHARASHTRA
Heat 5				TIME: 08:37 HRS
1	MAHENDAR LIKHMICHAND CHOUDHAR	139	09/02/02	KARNATAKA
2	NIHAL JOEL W	138	13/07/00	KARNATAKA
3	ARUL RAJALINGAM	208	13/03/00	TAMIL NADU
4	RAJESH RAMESH	210	28/03/99	TAMIL NADU
5	RAM SANGA	130	12/03/03	JHARKHAND
6	DHILEEP M	204	10/10/00	TAMIL NADU
7	RAHUL RAMESH KADAM	177	03/10/98	MAHARASHTRA
8	TIRUMALA RAO BORADI	217	05/06/99	TELANGANA
Heat 6				TIME: 08:37 HRS
1	DHEERAJ SHEEMAR	127	23/08/02	HARYANA
2	KULDEEP KUMAR	226	02/07/03	UTTAR PRADESH
3	MEDHANJAI SAXENA	231	19/08/03	UTTAR PRADESH
4	SARAN RAJ A	207	08/02/98	TAMIL NADU
5	DHARUN AYYASAMY	199	31-12-1996	TAMIL NADU
6	SHERIN P K	163	31/08/01	KERALA
7	MUKESH SAIN	187	10/02/01	RAJASTHAN
8	PARVEEN KUMAR	124	31/12/96	HARYANA

Event # 4 WOMENS 400m Run					HEATS
NR:Hima Das Jakarta 50.79 26/08/2018					TIME: 08:47 HRS
Heat 1					
2	PRIYA THAKUR	128	11/09/00	HIMACHAL PRADESH	
3	AISHWARYA MISHRA	172	16/08/97	MAHARASHTRA	
4	VISMAYA V K	151	14-05-1997	KERALA	
5	VIJAYAKUMARI GK	133	05/08/96	KARNATAKA	
6	SIMARJEET KAUR	184	25/10/01	PUNJAB	
7	VANDANA SHARMA	166	08/09/98	MADHYA PRADESH	
8	SWATHI RONGALI	103	07/08/00	ANDHRA PRADESH	
Heat 2					TIME: 08:55 HRS
2	BHARGAVI DABBETA	215	06/06/02	TELANGANA	
3	PRACHI .	218	20/12/96	UTTAR PRADESH	
4	DANDI JYOTHIKA SRI	101	16/07/00	ANDHRA PRADESH	
5	PRIYA HABBATHANAHALLY MOHA	134	15/03/03	KARNATAKA	
6	SNEHA K	145	19/05/99	KERALA	
7	SONIA .	121	05/01/01	HARYANA	
Heat 3					TIME: 09:02 HRS
2	STEPHY SARA KOSHY	148	22/03/03	KERALA	
3	SUBHA VENKATESAN	196	31/08/99	TAMIL NADU	
4	GOWRINANDANA .	142	26/03/02	KERALA	
5	POOVAMMA RAJU RAJU	135	05/05/90	KARNATAKA	
6	KUNJA RAJITHA	102	01/01/03	ANDHRA PRADESH	
7	SIMRAN KAUR	109	05/03/04	CHANDIGARH	
Heat 4					TIME: 09:10 HRS
2	ANANKHA B A	143	29/03/01	KERALA	
3	R VITHYA RAMRAJ	192	20/09/98	TAMIL NADU	
4	JISNA MATHEW	146	07/01/99	KERALA	
5	RUPAL .	219	23/12/04	UTTAR PRADESH	
6	SONIA BAISHYA	234	31/12/95	WEST BENGAL	
7	MUGADA SIREESHA	104	05/06/03	ANDHRA PRADESH	
Event # 2 MENS 400m Run UNDER-20					HEATS
NR:Amoj Jacob Patiala 46.26 04/06/2017					TIME: 09:20 HRS
Heat 1					
2	NAVEEN KUMAR	202	07/05/04	TAMIL NADU	
3	HUZAIFA QAISAR	107	29/11/04	BIHAR	
4	BAPI HANSDA	183	26/07/06	ODISHA	
5	RUSTAM KANAUJIYA KANAUJIYA	225	06/11/04	UTTAR PRADESH	
6	NIKHIL SUHAS DHAKE	181	04/11/05	MAHARASHTRA	
7	SETU MISHRA	106	12/06/05	BIHAR	
8	SHARAN M	205	03/01/06	TAMIL NADU	
Heat 2					TIME: 09:27 HRS
2	SURAJ .	111	21/12/04	DELHI	
3	SANTHOSH S	213	18/12/04	TAMIL NADU	
4	ARPIT .	220	10-03-2006	UTTAR PRADESH	
5	SHAIJAN N P	160	13/09/05	KERALA	
6	VISHWAJEET SHINDE	180	09/01/05	MAHARASHTRA	
7	DIWAKAR PASWAN	229	02/08/04	UTTAR PRADESH	
8	ABISHEK R	206	06/10/04	TAMIL NADU	
Heat 3					TIME: 09:35 HRS
2	NAVPREET SINGH	118	27/03/06	DELHI	
3	NATARAJAN KALAINITHI	201	06/11/04	TAMIL NADU	
4	ABIRAM P	162	18/12/05	KERALA	
5	GAGAN KUSHA AMIN	175	13/05/04	MAHARASHTRA	
6	SAKET MINJ	129	22/03/08	JHARKHAND	
7	MUNNA KUMAR BRAHMA	105	04/08/06	ASSAM	
8	ABIMON B	157	24/09/04	KERALA	

Heat 4					TIME: 09:42 HRS
2	AGNAL BERNARD	159		04/08/04	KERALA
3	SAHIL MALIK	233		19/04/06	UTTARKHAND
4	YASH SAMEER JOSHI	178		09/04/04	MAHARASHTRA
5	PRATAP GHOSI	168		15/05/05	MADHYA PRADESH
6	AMAN CHAUDHARY	113		04/04/06	DELHI
7	BOBBY YADAV	119		07/09/04	DELHI
Event # 5 WOMENS 400m Run UNDER-20					HEATS
NR:Hima Das Jakarta 50.79 26/08/2018					TIME: 09:50 HRS
Heat 1					
2	PRATHIBHA VARGHESE	152		12/08/04	KERALA
3	PAVITHRA P	191		19/07/05	TAMIL NADU
4	SANJANA AHIRWAR	164		08/07/05	MADHYA PRADESH
5	DODLA SAI SANGEETHA	216		09/07/06	TELANGANA
6	SUMAN .	122		06/12/05	HARYANA
7	P R. NEEHARIKA	190		30/06/04	TAMIL NADU
Heat 2					TIME: 09:57 HRS
2	SHRAVANI SACHIN SANGLE	173		16/11/05	MAHARASHTRA
3	LAXMIPRIYA KISAN	182		10/04/05	ODISHA
4	MARI SELVI M	194		24/10/05	TAMIL NADU
5	KANISTA TEENA M	195		01/12/05	TAMIL NADU
6	JEYAVINDHIYA JEGADISH	189		11/01/05	TAMIL NADU
7	NAYANA JOSE	144		13/04/04	KERALA
Heat 3					TIME: 10:02 HRS
2	MISHTHI KAJLA	186		18/08/05	RAJASTHAN
3	SHARIKA SUNILKUMAR	149		19/01/06	KERALA
4	ANUSHKA KUMBHAR	171		04/05/05	MAHARASHTRA
5	SANDRA MOL SABU	147		08/07/05	KERALA
6	SANIYA TREESA TOMY	150		01/09/04	KERALA
7	DISHA ALIGE	131		02/06/05	KARNATAKA
Event # 3 BOYS 400m Run UNDER-18					HEATS
NR:Chandan Bauri Apia 46.99 08/09/2015					TIME: 10:10 HRS
Heat 1					
3	SAHIL .	123		01/07/06	HARYANA
4	SHAURYA SONI	110		04/02/07	CHHATTISGARH
5	NITHIN GOWDA M	137		31/05/07	KARNATAKA
6	NIKHIL DHAMA	224		20/05/06	UTTAR PRADESH
7	YUGANK CHOUDHARY	223		10/08/07	UTTAR PRADESH
Heat 2					TIME: 10:17 HRS
3	PIYUSH RAJ	108		28/01/07	BIHAR
4	ANIKET MANTOSH RAJ	176		26/04/06	MAHARASHTRA
5	ANISH SHARMA	185		03/10/07	PUNJAB
6	MAYANK CHIKARA	222		25/05/07	UTTAR PRADESH
7	UMESH SAHANI	230		01/12/06	UTTAR PRADESH
Event # 6 GIRLS 400m Run UNDER-18					FINAL
NR:Rezoana Mallick Heena Tashkent 52.98 28/04/2023					TIME: 16:00 HRS
2	ANKITA INGULKAR	169		03/12/06	MAHARASHTRA
3	LIFONA ROSELIN GIN S V	193		07/12/06	TAMIL NADU
4	LATIKA DHARAN	188		11/03/08	TAMIL NADU
5	MAYUKHA VINOD	153		18/04/06	KERALA
6	KAJAL RAJKA	165		12/07/06	MADHYA PRADESH
7	ISHA ELIZABETH RENJITH	132		07/01/07	KARNATAKA
8	EEKISHA KIRAN BHADSAVALE	170		16/08/06	MAHARASHTRA

Event # 3 BOYS 400m Run UNDER-18				FINAL
NR:Chandan Bauri Apia 46.99 08/09/2015				TIME: 16:10 HRS
Event # 5 WOMENS 400m Run UNDER-20				FINAL
NR:Hima Das Jakarta 50.79 26/08/2018				TIME: 16:20 HRS
Event # 2 MENS 400m Run UNDER-20				Final A
NR:Amoj Jacob Patiala 46.26 04/06/2017				TIME: 16:30 HRS
Event # 2 MENS 400m Run UNDER-20				Final B
NR:Amoj Jacob Patiala 46.26 04/06/2017				TIME: 16:40 HRS
Event # 4 WOMENS 400m Run				Final A
NR:Hima Das Jakarta 50.79 26/08/2018				TIME: 17:00 HRS
Event # 4 WOMENS 400m Run				Final B
NR:Hima Das Jakarta 50.79 26/08/2018				TIME: 17:10 HRS
Event # 1 MENS 400m Run				Final A
NR:Muhammed Anas Yahiya Kladno 45.21 13/07/2019				TIME: 17:30 HRS
Event # 1 MENS 400m Run				Final B
NR:Muhammed Anas Yahiya Kladno 45.21 13/07/2019				TIME: 17:40 HRS
Event # 1 MENS 400m Run				Final C
NR:Muhammed Anas Yahiya Kladno 45.21 13/07/2019				TIME: 17:50 HRS