

63RD NATIONAL INTER STATE Senior Athletics Championships



27th to 30th June 2024.

Tau Devi Lal Stadium,
Panchkula, Haryana



RESULTS DAY-4

Organised by
HARYANA ATHLETICS ASSOCIATION

63rd National Inter State Senior Athletics Championship

Tau Devi Lal Stadium, Sector- 3,

30-06-2024

6/27/24 - 6/30/24

27-30 June 2024, Panchkula, Haryana

Event # 29 WOMENS 100m Hurdles

& OLY. Q.MARK: 12.77

NR:JYOTHI YARRAJI CHENGDU 12.78 04/08/2023

% MR:JYOTHI YARRAJI BHUBANESWAR 12.92 2023

RESULTS OF FINALS

1	JYOTHI YARRAJI	112	28/08/99	ANDHRA PRADESH	+0.1m/s nw	13.06
2	PRAGYAN PRASANT SAHU	524	19/12/99	ODISHA	+0.1m/s nw	13.15
3	NITHYA RAMRAJ	696	20/09/98	TAMIL NADU	+0.1m/s nw	13.21
4	MOUMITA MONDAL	846	09/12/01	WEST BENGAL	+0.1m/s nw	13.82
5	NANDHINI K	686	13/07/99	TAMIL NADU	+0.1m/s nw	13.91
6	S. SRIRESHMA .	678	04/05/01	TAMIL NADU	+0.1m/s nw	14.15
7	ANJALI C	339	27/07/00	KARNATAKA	+0.1m/s nw	14.23
8	MEDHA KAMATH	343	04/12/97	KARNATAKA	+0.1m/s nw	14.47

Event # 14 MENS Triple Jump

& OLY. Q.MARK: 17.22

NR:PRAVEEN CHITHRAVEL HAVANA 17.37 06/05/2023

% MR:PRAVEEN CHITHRAVEL CHENNAI 17.18 2022

1	ABDULLA ABOOBACKER	419	17/01/96	KERALA (WC)	+0.8m/s	17.00m
	F, F, 17.00, F, -, F					
2	PRAVEEN CHITHRAVEL	715	05/06/01	TAMIL NADU	+0.9m/s	16.98m
	F, F, 16.98, F, 14.74, 16.79					
3	GAILEY VENISTER	737	31/01/00	TAMIL NADU	+1.3m/s	16.40m
	15.69, 16.40, 16.27, 14.06, 15.67, 15.40					
4	MOHAMMED S.N	733	24/03/94	TAMIL NADU	+0.2m/s	16.05m
	15.75, 15.97, 15.77, 15.92, 16.05, F					
5	KARTHIK U	415	03/06/93	KERALA	-1.0m/s	15.93m
	F, F, 15.92, 15.93, F, 14.87					
6	NARPINDER .	567	06/11/02	PUNJAB	+0.5m/s	15.45m
	14.76, 14.82, 15.01, 15.29, 15.41, 15.45					
7	ASHOK YADAV	314	16/10/99	HARYANA	+0.9m/s	15.20m
	14.81, 14.86, 15.20, 13.86, 13.23, 14.92					
	PUNEET KUMAR	797	02/02/94	UTTAR PRADESH		DNS
	DNS					
	ELDHOSE PAUL	422	07/11/96	KERALA (WC)		DNS
	DNS					

Event # 8 MENS 110m Hurdles

& OLY. Q.MARK: 13.27

NR:TEJAS ASHOK SHIRSE JYVASKYLA 13.41 22/05/2024

% MR:SIDDHANTH THINGALAYA LUCKNOW 13.65 2019

RESULTS OF FINALS

1	TEJAS SHIRSE	501	04/06/02	MAHARASHTRA		13.54 %
2	MANAV R	725	07/06/00	TAMIL NADU		13.85
	13.843					
3	MADHVENDRA SHEKHAWAT	658	30/10/03	RAJASTHAN		13.85
	13.846					
4	RONALD .	435	09/04/98	MADHYA PRADESH		14.11
5	NISHANTHRAJA G	718	12/04/01	TAMIL NADU		14.27
6	SACHIN BINU	395	18/05/98	KERALA		14.28
7	DHANUSH ADITHAN G	717	30/09/01	TAMIL NADU		14.32
8	MUHAMMED LAZAN VK	406	01/06/02	KERALA		14.36

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Event # 23 WOMENS 200m Run

& OLY. Q.MARK: 22.57

NR:SARASWATI SAHA LUDHIANA 22.82 28/08/2002

% MR:HIMA DAS GUWAHATI 23.10 2018

RESULTS OF FINALS

1	SRABANI NANDA	523	07/05/91	ODISHA	+0.0m/s	23.89
2	MADHUMITA DEB	424	04/01/02	MADHYA PRADESH	+0.0m/s	23.93
3	NANCY .	240	12/12/07	HARYANA	+0.0m/s	23.95
4	NEERU PAHTAK	169	27/01/07	DELHI	+0.0m/s	23.96
5	HIMASHREE ROY	264	15/03/95	HARYANA	+0.0m/s	24.06
6	GIRIDHARANI RAVIKUMAR	698	07/07/01	TAMIL NADU	+0.0m/s	24.48
7	KAVERI PATIL	345	11/06/00	KARNATAKA	+0.0m/s	24.52
8	DEVYANIBA ZALA	218	15/03/02	GUJARAT	+0.0m/s	24.53

Event # 32 WOMENS High Jump**HEIGHTS: 1.55, 1.60, 1.65, 1.70, 1.73, 1.76, 1.79, 1.82, 1.84, 1.86, 1.88**

& OLY. Q.MARK: 1.97

NR:SAHANA KUMARI HYDERABAD 1.92 23/06/2012

% MR:SAHANA KUMARI HYDERABAD 1.92 2012

1	KHYATI MATHUR	766	02/09/03	UTTAR PRADESH		1.86m
					--- --- O O O O XO O O XO XXX	
2	POOJA -	230	21/02/07	HARYANA		1.79m
					O O O O XXO XXO O XXX	
3	MANSHI .	754	03/09/02	UTTAR PRADESH		1.76m
					--- --- O O O O XXX	
4	ABHINAYA SHETTY	349	16/06/99	KARNATAKA		1.76m
					--- --- O O XXO XO XXX	
5	SUPRIYA B	338	11/03/01	KARNATAKA		1.73m
					O O O O O XXX	
5	GOBIKA K .	675	06/08/02	TAMIL NADU		1.73m
					--- --- O O O XXX	
5	ANGEL DEVASIA	371	06/12/94	KERALA		1.73m
					--- --- O O O XXX	
8	MOHUR MUKHERJEE	847	13/11/06	WEST BENGAL		1.73m
					--- O O XO XO XXX	
9	PRACHI ..	254	02/04/07	HARYANA		1.73m
					O O O XO XXO XXX	
10	PRAMILLA RAJGAR	850	27/11/00	WEST BENGAL		1.70m
					--- O O O XXX	
11	RAJESWARI DAS	844	23/05/99	WEST BENGAL		1.65m
					--- O XO XXX	
11	KEVINAA ANNAVI	680	23/03/02	TAMIL NADU		1.65m
					--- O XO XXX	
13	RIMPAL .	547	15/09/05	PUNJAB		1.60m
					O O XXX	
14	VAIDEHI VASHISHTHA	174	06/04/04	DELHI		1.60m
					XO XO XXX	
15	JASSIKA .	163	06/10/01	DELHI		1.60m
					XO XXO XXX	

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Event # 2 MENS 200m Run

& OLY. Q.MARK: 20.16

NR:AMLAN BORGHAIN THENHIPALAM 20.52 06/04/2022

% MR:AMLAN BORGHAIN BHUBANESWAR 20.71 2023

RESULTS OF FINALS

1	ANIMESH KUJUR	536	02/06/03	ODISHA	+0.3m/s ne	20.65 %
2	NALUBOTHU SRINIVAS	123	09/10/02	ANDHRA PRADESH	+0.3m/s ne	20.95
3	RAGUL KUMAR G	719	22/03/00	TAMIL NADU	+0.3m/s ne	21.15
4	JAY SHAH	500	11/10/97	MAHARASHTRA	+0.3m/s ne	21.34
5	KAPIL .	275	10/11/03	HARYANA	+0.3m/s ne	21.49
6	LAKSHAY .	786	18/12/04	UTTAR PRADESH	+0.3m/s ne	21.51
7	LOVEPREET SINGH	589	27/11/99	PUNJAB	+0.3m/s ne	21.56

Event # 25 WOMENS 800m Run

& OLY. Q.MARK: 1:59.30

NR:TINTU LUKA SPLIT 1:59.17 04/09/2010

% MR:K.C. ROSA KUTTY BANGALORE 2:00.49 1997

RESULTS OF FINALS

1	CHANDA .	162	16/08/01	DELHI		2:01.53
2	AMANDEEP KAUR	550	09/07/03	PUNJAB		2:04.73
3	LAVANYA R	692	08/08/01	TAMIL NADU		2:05.60
4	GUG KAUR	553	23/08/98	PUNJAB		2:05.64
5	KAVITHA V	701	15/06/98	TAMIL NADU		2:07.26
	RAKHI .	756	25/07/01	UTTAR PRADESH		DNF
	KM DEEKSHA	425	01/01/99	MADHYA PRADESH		DNF
	TWINKLE .	548	17/10/95	PUNJAB		DNF

Event # 4 MENS 800m Run

& OLY. Q.MARK: 1:44.70

NR:JINSON JOHNSON GUWAHATI 1:45.65 27/06/2018

% MR:JINSON JOHNSON GUWAHATI 1:45.65 2018

RESULTS OF FINALS

1	SHYAM MILAN BIND	439	05/08/04	MADHYA PRADESH		1:47.24
2	RIJOY J	400	21/12/03	KERALA		1:48.58
3	ANKESH CHAUDHARY	323	28/12/98	HIMACHAL PRADESH		1:50.01
4	TUSHAR BHEKANE	353	25/08/03	KARNATAKA		1:50.40
5	VINOD KUMAR BANOTH	749	16/12/05	TELANGANA		1:50.73
6	MANJEET .	276	07/07/02	HARYANA		1:51.54
7	SATYA DEV .	283	21/02/02	HARYANA		2:09.15

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Event # 30 WOMENS 400m Hurdles

& OLY. Q.MARK: 54.85

NR:P.T USHA LOS ANGELES 55.42 08/08/1984

% MR:VITHYA RAMRAJ BHUBANESWAR 56.01 2023

RESULTS OF FINALS

1	OLIMBA STEFFI .	676	15/02/02	TAMIL NADU	59.43
2	RAMANDEEP KAUR	560	20/12/03	PUNJAB	59.81
3	DEEKSHITA RAMAK GOWDA	342	28/04/03	KARNATAKA	59.84
4	ANU R	381	20/04/93	KERALA	59.91
5	DHIVYA.J .	674	31/01/98	TAMIL NADU	1:00.43
6	VANDANA SHARMA	430	08/09/98	MADHYA PRADESH	1:00.91
7	RAJI CHRISTUDAS THANKAM	385	01/08/88	KERALA	1:02.84
	PRAJNA .	334	25/07/01	KARNATAKA	DQ

T.R.NO. 22.6.1

Event # 9 MENS 400m Hurdles

& OLY. Q.MARK: 48.70

NR:A DHARUN PATIALA 48.80 16/03/2019

% MR:YASHAS PALAKSHA BHUBANESWAR 49.37 2023

RESULTS OF FINALS

1	NIKHIL BHARDWAJ	571	24/05/96	PUNJAB	50.21
2	MURAD SIRMAN	224	10/09/05	GUJARAT	50.60
3	DHAVAL UTEKAR	227	06/10/00	GUJARAT	50.87
4	RUCHIT MORI	221	24/08/01	GUJARAT	51.14
5	MANOOP M .	391	22/08/01	KERALA	51.46
6	ROHAN KAMBLE	490	15/02/02	MAHARASHTRA	51.91
7	HARDEEP ..	569	27/06/03	PUNJAB	51.94
8	BHUPENDER .	152	02/07/99	CHANDIGARH	52.00

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Event # 28 WOMENS 10000m Run

& OLY. Q.MARK: 30:40.00

#NR:P.SREEDHARAN GUANGZHOU 31:50.47 21/11/2010

% MR:PREEJA SREEDHARAN PATIALA 32:36.53 2010

1	SANJIVANI JADHAV	505	12/07/96	MAHARASHTRA (WC)	33:42.54
2	SEEMA .	316	10/01/01	HIMACHAL PRADESH	34:05.69
3	ANKITA ..	250	04/10/01	HARYANA	36:34.97
4	JYOTI .	237	09/02/03	HARYANA	36:37.29
5	MAMATA PAL	768	15/07/03	UTTAR PRADESH	36:38.29
6	PRANALI SANAJY SHEGOKAI	476	09/10/03	MAHARASHTRA	38:43.89
7	D.LATHA D	682	20/06/02	TAMIL NADU	39:09.90
8	SONIYA .	825	25/07/00	UTTRAKHAND	39:11.87
9	KAVITA .	238	16/12/98	HARYANA	39:53.96
10	CHANDRA SHARMA	664	22/01/98	SIKKIM	40:55.25
11	RINKY YADAV	621	05/09/00	RAJASTHAN	43:13.00
12	TEJASWINI LAMBKANE	470	01/11/00	MAHARASHTRA	43:25.69
	ANKITA .	822	05/02/02	UTTRAKHAND	DNF
	ARCHANA JADHAV	467	10/10/04	MAHARASHTRA	DNF
	REEBA GEORGE	374	07/08/96	KERALA	DNF
	SANGHAMITRA MAHATA	328	25/12/04	JHARKHAND	DNF
	KAVITA YADAV	782	08/11/98	UTTAR PRADESH	DNF
	NEETU KUMARI	764	06/07/96	UTTAR PRADESH	DNS
	POOJA .	602	12/06/96	RAJASTHAN	DNS
	BASANTI KUMARI	327	10/01/02	JHARKHAND	DNS

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Event # 34 WOMENS Long Jump**& OLY. Q.MARK: 6.86****# NR:ANJU B.GEORGE ATHENS 6.83 27/08/2004****% MR:MAYOOKHA JOHNY BANGALORE 6.63 2011**

1	ANCY SOJAN E 6.16, 6.44, 6.36, 6.52, 6.59, 6.56	372	01/03/01	KERALA	+0.3m/s	6.59m
2	SHAILI SINGH 6.26, 6.44, 6.22, 6.59, 6.36, F	780	07/01/04	UTTAR PRADESH	-0.1m/s	6.59m
3	NAYANA JAMES F, 6.27, 6.40, F, 6.42, F	376	18/10/95	KERALA	+0.0m/s	6.42m
4	BHAVANI YADAV BHAGAVATI 6.31, F, 6.12, 6.15, 4.13, F	681	19/12/98	TAMIL NADU	+0.5m/s	6.31m
5	SHERIN A 6.01, 6.21, 6.16, 6.10, 5.50, 6.24	679	24/02/00	TAMIL NADU	+0.5m/s	6.24m
6	PRIYANKA KERKETTA 6.00, F, F, 6.04, F, 6.23	326	13/10/98	JHARKHAND	+0.8m/s	6.23m
7	MOUMITA MONDAL 6.20, 6.11, 4.17, 6.02, 6.09, F	846	09/12/01	WEST BENGAL	-0.7m/s	6.20m
8	KUSUMA RAVADA 5.88, 5.93, 6.14, 5.95, 6.01, 5.88	109	15/09/01	ANDHRA PRADESH	+0.1m/s	6.14m
9	AMBRIKA NARZARY 5.97, 5.88, 5.84	127	14/01/02	ASSAM	-0.7m/s	5.97m
10	SANDRA BABU 5.91, 5.78, F	370	03/07/01	KERALA	-0.1m/s	5.91m
11	PUNITHA RAMASAMY 5.50, 5.88, 5.90	695	13/04/00	TAMIL NADU	-1.0m/s	5.90m
12	POOJA SAINI 5.80, 5.86, 5.53	618	10/10/99	RAJASTHAN	+0.4m/s	5.86m
13	NIRMA BHURAJI 5.71, 5.62, 5.61	210	03/06/04	GUJARAT	+0.0m/s	5.71m
14	MANISHA MEREL F, 5.41, 5.42	522	05/07/01	ODISHA	-0.4m/s	5.42m
15	DALIYA PARVIN 5.18, 5.32, 5.23	848	11/06/02	WEST BENGAL	-0.4m/s	5.32m

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Event # 7 MENS 10000m Run

& OLY. Q.MARK: 27:00.00

#NR:G.SINGH SAN JUAN CAPISTRANO 27:41.81 16/03/2024

% MR:KARTIK KUMAR BHUBANESWAR 29:01.84 2023

1	KARTIK KUMAR	794	12-05-99	UTTAR PRADESH (WC)	29:50.11
2	GULVEER SINGH	821	01/06/98	UTTAR PRADESH (WC)	29:50.38
3	VANSH .	284	14/11/05	HARYANA	30:43.74
4	ROHIT .	281	05/03/98	HARYANA	30:46.66
5	PRADUM GORDHAN SINGH	790	01/08/03	UTTAR PRADESH	31:11.54
6	LOKESH CHOUDHARY	634	15/08/00	RAJASTHAN	31:31.93
7	MANOJ KUMAR	297	10/05/93	HARYANA	31:36.06
8	ARUN RATHOD	499	27/03/00	MAHARASHTRA	31:52.59
9	DAMBER KUMAR BASNETT	665	20/09/96	SIKKIM	32:19.37
10	ABHISHEK DEVKATE	483	05/09/02	MAHARASHTRA	32:26.19
11	MAHENDRA MAURYA	802	12/07/06	UTTAR PRADESH	32:45.84
12	AARYAN SAINI	655	25/12/02	RAJASTHAN	32:46.80
	ROHIT KUMAR	189	07/01/01	DELHI	DNF
	DEEPAK BHATT	828	14/09/00	UTTRAKHAND	DNF
	SUNIL KUMAR	448	10/03/97	MADHYA PRADESH	DNF
	UTTAM CHAND	322	07/06/99	HIMACHAL PRADESH	DNF
	SANDEEP SINGH	208	07/03/99	GOA	DNF
	SOHAN KUMAR	142	20/06/95	BIHAR	DNS
	ABHISHEK .	784	15/07/97	UTTAR PRADESH	DNS
	AFTAB ANSARI	139	10/12/03	BIHAR	DNS
	DHARMENDER .	623	20/07/99	RAJASTHAN	DNS
	GAURAV MATHUR	192	19/09/99	DELHI	DNS
	HARMANJOT SINGH	459	10/10/95	MADHYA PRADESH	DNS
	RAJEEV NAMBOORI	835	10/08/98	UTTRAKHAND	DNS
	TRILOK KUMAR	143	10/08/01	BIHAR	DNS
	MOHAN SAINI	207	14/10/98	GOA	DNS
	RAVI DASS	325	27/01/93	J&K	DNS
	SAWAN BARWAL	321	18/02/98	HIMACHAL PRADESH	DNS

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Event # 18 MENS Javelin Throw

1	SAHIL SILWAL	307	17/12/00	HARYANA	81.81m
	70.19, 71.25, 74.95, 77.88, 77.66, 81.81				
2	VIKRANT MALIK	538	02/01/96	ODISHA	81.74m
	77.33, 76.87, 75.45, F, 78.98, 81.74				
3	KISHORE JENA	535	06/09/95	ODISHA	80.84m
	77.89, 80.84, 80.47, 79.90, F, F				
4	UTTAM PATIL	496	01/11/98	MAHARASHTRA	79.40m
	79.40, F, 77.16, F, 75.69, 76.44				
5	PATHIRANGE RUMESH THAR	856	21/03/03	SRI LANKA	79.39m
	79.39, 73.46, 79.08, F, 64.95, 70.80				
6	R.M. SUMEDHA RANASINGH	857	10/02/91	SRI LANKA	78.48m
	73.12, 78.48, 75.85, F, 76.95, 76.33				
7	ANUJ KALERA	639	28/11/01	RAJASTHAN	77.00m
	74.34, 71.13, 77.00, 72.65, 68.62, 74.08				
8	PARMOD .	278	03/12/99	HARYANA	75.60m
	72.96, 75.13, 74.46, 73.52, F, 75.60				
9	SACHIN YADAV.	818	25/10/99	UTTAR PRADESH	74.14m
	70.43, 72.06, 74.14				
10	SHIVAM LOHAKARE	493	14/09/04	MAHARASHTRA	73.83m
	73.83, F, 71.20				
11	ABHISHEK SINGH	838	20/05/95	UTTRAKHAND	73.36m
	F, 73.36, F				
12	ROHIT YADAV	816	06/06/01	UTTAR PRADESH	72.50m
	71.27, 72.50, 72.01				
13	ABHISHEK DRALL	183	11/05/98	DELHI	70.41m
	66.11, 69.81, 70.41				
14	SARBJEET SINGH	597	03/09/94	PUNJAB	70.28m
	F, 70.28, 68.87				



Indian Oil Corporation Limited

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Event # 43 WOMENS Heptathlon

NR: J.SHOBHA NEW 6211 17/03/2004

MR: SOMA BISWAS CHENNAI 6186 2000

Place	Athlete	Total Points	100m Hurdles	High Jump	Shot Put	200m Dash	DAY ONE	Long Jump	Javelin Throw	800m Run	DAY TWO
1	AGASARA NANDINI (742) TELANGANA	7pt 5806	13.93 988	1.64 783	14.56 831	24.39 944	3546	5.85 804	37.00 610	2:18.33 846	2260
2	POOJA .. (253) HARYANA	5pt 5176	15.22 813	1.67 818	12.58 700	26.76 732	3063	5.51 703	39.21 652	2:24.89 758	2113
3	SONU KUMARI (260) HARYANA	4pt 4889	15.42 787	1.58 712	13.01 728	26.79 729	2956	5.52 706	36.11 593	2:34.77 634	1933
4	DEEPIKA S (700) TAMIL NADU	3pt 4702	15.05 835	1.52 644	10.40 556	26.27 774	2809	5.36 660	32.16 518	2:28.21 715	1893
5	NEETA KUMARI . (601) RAJASTHAN	2pt 4601	15.76 744	1.58 712	9.49 496	27.11 703	2655	5.30 643	33.03 534	2:24.05 769	1946
6	SONU BHALOTHIA (607) RAJASTHAN	1pt 4424	16.73 627	1.55 678	11.41 622	27.93 636	2563	5.22 620	39.13 651	2:38.55 590	1861
7	SARBJEET KAUR (562) PUNJAB	4407	16.10 702	1.46 577	12.76 711	26.12 787	2777	5.14 598	26.44 409	2:35.71 623	1630
	GEETIKA LOHIA (168) DELHI	0	15.72 749	1.49 610	DNS 0				DNS 0		
	JYOTI ... (257) HARYANA	0	15.38 792	1.73 891	10.38 554	26.03 795		5.83 798	23.85 361	DNS 0	1159

27/06/2024

63rd National Inter State Senior Athletics Championship

Tau Devi Lal Stadium, Sector- 3,

30-06-2024

27-30 June 2024, Panchkula, Haryana

Event # 43 WOMENS Heptathlon

NR: J.SHOBHA NEW 6211 17/03/2004

MR: SOMA BISWAS CHENNAI 6186 2000

Place	Athlete	Total Points	100m Hurdles	High Jump	Shot Put	200m Dash	DAY ONE	Long Jump	Javelin Throw	800m Run	DAY TWO
	TANUSHREE . (604) RAJASTHAN	0	DNS 0	DNS 0	DNS 0				DNS 0		