



63RD NATIONAL INTER STATE Senior Athletics Championships

27th to 30th June 2024.

Tau Devi Lal Stadium,
Panchkula, Haryana



START LIST DAY-2

Organised by
HARYANA ATHLETICS ASSOCIATION



HSBC



63rd National Inter State Senior Athletics Championships 2024					
Tau Devi Lal Stadium, Panchkula, Haryana - 27 to 30 June					
Competition Schedule As on 23 06 2024					
Day Two 28 06 2024 Forenoon					
Event No	Scheduled Time	Event	Specification	Gender	Round
201	0515hrs	20km Race Walk		Men	Final 4
202	0800hrs	110m Hurdles	1.067m	Men	Decathlon 6
203	0840hrs	Discus Throw	2.000kg	Men	Decathlon 7
204	0930hrs	Pole Vault		Men	Decathlon 8
Day Two 28 06 2024 Afternoon					
205	1730hrs	Discus Throw	2.000kg	Men	Final 5
206	1740hrs	Pole Vault		Women	Final 6
207	1750hrs	Shot Put	7.260kg	Men	Q. Round Group 1 & 2
208	1800hrs	Long Jump		Men	Q. Round Group 1 & 2
209	1820hrs	100m		Women	Final 7
210	1830hrs	100m		Men	Final 8
	1835hrs	20km Race Walk		Men	Medal Ceremony 4
	1842hrs	100m		Women	Medal Ceremony 5
	1855hrs	100m		Men	Medal Ceremony 6
	1902hrs	Discus Throw	2.000kg	Men	Medal Ceremony 7
211	1905hrs	Shot Put	4.000kg	Women	Final 9
212	1910hrs	400m		Women	Final 10
213	1920hrs	400m		Men	Final 11
214	1920hrs	Javelin Throw	800gm	Men	Decathlon 9
215	1930hrs	Triple Jump		Women	Final 12
216	1930hrs	1500m		Women	Final 13
217	1940hrs	1500m		Men	Final 14
218	1950hrs	Javelin Throw	600gm	Women	Final 15
	1950hrs	400m		Women	Medal Ceremony 8
	2000hrs	400m		Men	Medal Ceremony 9
	2010hrs	1500m		Women	Medal Ceremony 10
	2020hrs	Shot Put	4.000kg	Women	Medal Ceremony 11
	2030hrs	1500m		Men	Medal Ceremony 12
	2040hrs	Pole Vault		Women	Medal Ceremony 13
219	2050hrs	4 X 100m Relay		Women	Final 16
220	2100hrs	4 X 100m Relay		Men	Final 17
	2110hrs	Triple Jump		Women	Medal Ceremony 14
	2117hrs	Javelin Throw	600gm	Women	Medal Ceremony 15
221	2125hrs	4 X 400m Relay		Women	Final 18
222	2135hrs	4 X 400m Relay		Men	Final 19

223	2145hrs	1500m		Men	Decathlon 10 /20
	2155hrs	4 X 100m Relay		Women	Medal Ceremony 16
	2202hrs	4 X 400m Relay		Women	Medal Ceremony 17
	2210hrs	4 X 100m Relay		Men	Medal Ceremony 18
	2217hrs	4 X 400m Relay		Men	Medal Ceremony 19
	2225hrs	Decathlon		Men	Medal Ceremony 20



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63rd National Inter State Senior Athletics Championships 2024**Tau Devi Lal Stadium, Sector- 3****27-30 June 2024, Panchkula, Haryana****Start List Day-2 (28-06-2024)**

Event # 19 MENS 20Km Race Walk				FINAL
OLY. Q.MARK: 1:20:10.00				TIME: 05:15 HRS
NR:AKSHDEEP SINGH RANCHI 1:19.55 14/02/2023				
MR:BABUBHAI PANUCHA BHOPAL 1:25:09.36 2007				
1	SANDIP .	568	12/11/97	PUNJAB
2	SUNIL KUMAR.	833	15/05/88	UTTRAKHAND
3	BILIN GEORGE ANTO	398	09/11/04	KERALA
4	AMANJOT SINGH	576	19/03/99	PUNJAB
5	JASPAL SINGH	330	19/11/98	JHARKHAND
6	DHANANJAY YADAV	814	05/07/98	UTTAR PRADESH
7	MUKESH NITHARWAL	651	04/06/00	RAJASTHAN
8	ANIL KUMAR	643	05/04/88	RAJASTHAN
9	VIKASH SINGH	202	06/07/96	DELHI
10	SANJAY KUMAR	647	20/02/01	RAJASTHAN
11	VIJAY VISHWAKARMA	209	11/10/99	GOA
12	BALJINDER SINGH	577	18/09/86	PUNJAB
13	KHANGEMBAM .	513	28/02/02	MANIPUR
14	SERVIN .	708	26/11/99	TAMIL NADU
15	RAHUL .	279	07/01/00	HARYANA
16	AMIT .	267	25/12/03	HARYANA
17	SANABAM SINGH	519	15/10/89	MANIPUR
18	NINGTHOUKHONGJA .	514	01/03/02	MANIPUR
19	SACHIN BOHRA	829	22/03/03	UTTRAKHAND
20	HARDEEP .	273	22/09/98	HARYANA
21	RAM BABOO	787	20/03/99	UTTAR PRADESH
Event # 57 MENS 110m Hurdles Decathlon-6				TIME: 08:00 HRS
Heat 1				
2	DHAVAL SOLANKI	225	23/04/00	GUJARAT
3	KUSHAL MOHITE	494	02/04/03	MAHARASHTRA
4	THOWFEEQ N	408	20/12/03	KERALA
5	JASHBIR NAYAK	541	03/04/02	ODISHA
6	ARUN KUMAR.	721	04/07/96	TAMIL NADU
7	ROHIT ROMAN	121	05/07/99	ANDHRA PRADESH
Heat 2				
2	KAMAL DHANKHAR	292	13/10/98	HARYANA
3	SANJAY .	282	11/05/00	HARYANA
4	UMESH LAMBA	650	25/02/00	RAJASTHAN
5	MUHAMMED PP	411	30/07/96	KERALA
6	NAVJOR SINGH	594	05/05/94	PUNJAB
7	MOHIT .	277	10/09/01	HARYANA
Event # 58 MENS Discus Throw Decathlon-7				TIME: 08:40 HRS
Event # 59 MENS Pole Vault Decathlon-8				TIME: 09:30 HRS

Event # 16 MENS Discus Throw				FINAL
OLY. Q.MARK: 67.20				TIME: 17:30 HRS
NR:VIKAS GOWDA NORMAN 66.28 12/04/2012				
MR:KIRPAL SINGH CHENNAI 60.31 2022				
1	ARJUN .	177	01/07/93	DELHI
2	HARENDRA .	433	20/04/02	MADHYA PRADESH
3	LOKESH RAJ G .	705	05/10/01	TAMIL NADU
4	RITIK .	154	06/07/06	CHANDIGARH
5	IKRAM KHAN	446	01/07/01	MADHYA PRADESH
6	AMIT KUMAR	186	17/04/98	DELHI
7	PRAVEEN KUMAR	646	02/02/96	RAJASTHAN
8	AJAY KUMAR.	300	20/06/03	HARYANA
9	VARUN SINGH	149	10/11/02	BIHAR
10	PARSHANT MALIK	302	10/07/91	HARYANA
11	HARNOOR SANDHU	575	08/09/02	PUNJAB
12	ARVIND SHARMA	196	30/11/03	DELHI
13	GAGANDEEP SINGH	579	20/05/95	PUNJAB
14	NIRBHAY SINGH	312	20/11/96	HARYANA
15	OINAM SINGH	518	22/01/02	MANIPUR
16	PRABHJOT SINGH	595	05/05/92	PUNJAB
Event # 33 WOMENS Pole Vault				FINAL
OLY. Q.MARK: 4.73				TIME: 17:40 HRS
NR:ROSY MEENA PAULRAJ BENGALURU 4.21 15/10/2022				
MR:PAVITHRA VENKATESH BHUBANESWAR 4.10 2023				
1	NIDHI ..	252	20/02/04	HARYANA
2	RITU BIRDA	608	20/06/05	RAJASTHAN
3	BARANICA ELANGO VAN	683	03/02/97	TAMIL NADU
4	NEKHA ELDHO	373	05/03/03	KERALA
5	SINDHUSHREE. G	341	23/10/00	KARNATAKA
6	VANSHIKA GHANGHAS	259	08/10/05	HARYANA
7	MARIYA JAISON	375	23/09/97	KERALA
8	BABITA PATEL	427	12/08/00	MADHYA PRADESH
9	ROSY PAULRAJ	690	28/10/97	TAMIL NADU
10	KRISHNA RACHAN	382	24/05/94	KERALA
11	ARCHANA SINGH	779	15/07/01	UTTAR PRADESH
12	PAVITHRA VENKATESH	703	08/12/01	TAMIL NADU
Event # 15 MENS Shot Put				QUALIFYING ROUND
OLY. Q.MARK: 21.50				
NR:T.SINGH TOOR BHUBANESHWAR 21.77 19/06/2023				TIME: 17:50 HRS
MR:TAJINDERPAL SINGH TOOR BHUBANESWAR 21.77 2023				
GROUP A				
1	RAVI KUMAR	798	06/05/92	UTTAR PRADESH
2	S.SRI KUMARAN	722	23/08/03	TAMIL NADU
3	SIDDHARTH RAO	193	15/08/95	DELHI
4	VANAM SHARMA	656	13/04/98	RAJASTHAN
5	DEVINDER SINGH	197	30/10/92	DELHI
6	NAVDEEP SINGH	593	24/06/96	PUNJAB
7	PRABHKIRPAL SINGH	596	12/07/97	PUNJAB
8	RAMANAND SINGH	331	02/10/02	JHARKHAND
9	ABHISHEK SINGH.	811	18/07/01	UTTAR PRADESH
10	CHETAN KAPOOR	294	23/12/93	HARYANA
GROUP B				
1	ANIKET .	826	05/11/01	UTTRAKHAND
2	BALAJI .	704	26/09/00	TAMIL NADU
3	PARAMJEET .	153	11/11/93	CHANDIGARH
4	AKSHAY ..	628	28/12/98	RAJASTHAN
5	AMIT BHAINI	155	20/10/97	CHANDIGARH
6	ASHISH BHALOTHIA	291	11/11/99	HARYANA
7	AMANDEEP DHALI WAL	572	16/05/02	PUNJAB
8	ADHISH GHILDIYAL	830	21/05/02	UTTRAKHAND
9	ASHISH KUMAR	295	07/09/99	HARYANA

Event # 13 MENS Long Jump					QUALIFYING ROUND
OLY. Q.MARK: 8.27					
NR:JESWIN ALDRIN BELLARY 8.42 02/03/2023					TIME: 18:00 HRS
MR:SREESHANKAR M BHUBANESWAR 8.41 2023					
GROUP A					
1	KRISHNA SHARMA	453	02/08/99	MADHYA PRADESH	
2	MANEESH SHARMA	454	22/12/99	MADHYA PRADESH	
3	BHUPENDER SINGH	309	13/11/01	HARYANA	
4	MANDEEP SINGH	659	10/12/05	RAJASTHAN	
5	MAYENGBAM SINGH	517	16/05/97	MANIPUR	
6	ADITYA SINGH.	812	26/12/02	UTTAR PRADESH	
7	MUHAMMED ANEES YAHIYA	858	03-12-1995	KERALA (WC)	
8	AKHIL TV	414	13/04/00	KERALA	
9	VINOTH YUVARAJ	417	26/09/94	KERALA	
10	VISHNU SIVA SANKAR	203	22/11/96	DELHI	
11	MOHD SAZID	306	10/02/06	HARYANA	
GROUP B					
1	AVINASH .	270	16/10/02	HARYANA	
2	S LOKESH .	351	21/12/99	KARNATAKA	
3	JESWIN ALDRIN	710	24/12/01	TAMIL NADU	
4	ARAVINTH E	716	30/06/00	TAMIL NADU	
5	SHAHNAVAZ KHAN	792	02/02/08	UTTAR PRADESH	
6	SREEKANTH KM	404	18/05/01	KERALA	
7	SIDDHARTH NAIK	359	08/09/95	KARNATAKA	
8	SWAMINATHAN R	727	07/04/96	TAMIL NADU	
9	SANAPUREDDY REDDY	119	08/06/00	ANDHRA PRADESH	
10	ARYA S	361	31/12/01	KARNATAKA	
Event # 22 WOMENS 100m Run					FINAL
OLY. Q.MARK: 11.07					TIME: 18:20 HRS
NR:DUTEE CHAND PATIALA 11.17 21/06/2021					
MR:DUTEE CHAND GUWAHATI 11.29 2018					
1	BHAVANI YADAV BHAGAVATHI	681	19/12/98	TAMIL NADU	
2	NITHYA GANDHE	744	10/11/99	TELANGANA	
3	SNEHA S.S	347	27/03/98	KARNATAKA	
4	GIRIDHARANI RAVIKUMAR	698	07/07/01	TAMIL NADU	
5	HIMASHREE ROY	264	15/03/95	HARYANA	
6	SRABANI NANDA	523	07/05/91	ODISHA	
7	DANESHWARI T	350	14/08/00	KARNATAKA	
8	TEENA PAREEK	617	04/04/02	RAJASTHAN	
Event # 1 MENS 100m Run					FINAL
OLY. Q.MARK: 10.00					TIME: 18:30 HRS
NR:MANIKANTA HOBLIDHAR BENGALURU 10.23 11/10/2023					
MR:GURINDERVIR SINGH PATIALA 10.27 2021					
1	SAISIDDHARTH R	726	28/10/03	TAMIL NADU	
2	GOVIND KUMAR	296	03/07/02	HARYANA	
3	GURINDERVIR SINGH	580	24/12/00	PUNJAB	
4	AMLAN BORGHAIN	129	25/04/98	ASSAM	
5	ANIMESH KUJUR	536	02/06/03	ODISHA	
6	RAGUL KUMAR G	719	22/03/00	TAMIL NADU	
7	DONDAPATI MRUTY JAYARAM	533	12/01/05	ODISHA	
8	LALU PRASAD BHOI	529	21/09/03	ODISHA	
Event # 36 WOMENS Shot Put					FINAL
OLY. Q.MARK: 18.80					TIME: 19:05 HRS
NR:ABHA KHATUA BHUBANESWAR 18.41 13/05/2024					
MR:MANPREET KAUR CHENNAI 18.06 2022					
1	AMBIKA .	332	13/04/00	KARNATAKA	
2	REKHA .	245	02/02/01	HARYANA	
3	SHIKSHA .	247	12/12/02	HARYANA	

4	TAMANNA .	249		31/08/06	HARYANA
5	VIDHI .	759		27/12/04	UTTAR PRADESH
6	KACHNAR CHAUDHARY	609		17/05/99	RAJASTHAN
7	KRISHNA JAYASANKAR	685		10/11/02	TAMIL NADU
8	JASHANDEEP KAUR	556		01/11/05	PUNJAB
9	ABHA KHATUA	469		09/07/95	MAHARASHTRA
10	KHUSHI RANA	151		10/12/02	CHANDIGARH
11	TUFFII SULTAN KHAN	158		07/11/02	CHHATTISGARH
12	SRISHTI VIG	175		15/07/95	DELHI
Event # 24 WOMENS 400m Run					FINAL
OLY. Q.MARK: 50.95					TIME: 19:10 HRS
NR:HIMA DAS JAKARTA 50.79 26/08/2018					
MR:HIMA DAS GUWAHATI 51.13 2018					
1	SNEHA K	377		19/05/99	KERALA
2	JISNA MATHEW	379		07/01/99	KERALA
3	SUBHA VENKATESAN	702		31/08/99	TAMIL NADU
4	DANDI JYOTHIKA SRI	111		16/07/00	ANDHRA PRADESH
5	KIRAN PAHAL	263		05/08/00	HARYANA
6	DEEPANSHI .	235		04/11/02	HARYANA
7	NEERU PAHTAK	169		27/01/07	DELHI
8	DEVYANIBA ZALA	218		15/03/02	GUJARAT
Event # 3 MENS 400m Run					FINAL
OLY. Q.MARK: 45.00					TIME: 19:20 HRS
NR:MUHAMMED ANAS KLDNO 45.21 13/07/2019					
MR:V.MUHAMMED AJMAL BHUBANESWAR 45.51 2023					
1	NOAH NIRMAL TOM	421		13/11/94	KERALA (WC)
2	MIJO KURIAN	358		16/07/95	KARNATAKA
3	MUHAMMED ANAS YAHIYA	420		17/09/94	KERALA (WC)
4	SANTHOSH T	735		01/01/98	TAMIL NADU
5	MUHAMMED AJMAL V	416		01/06/98	KERALA
6	MOHIT KUMAR	298		01/09/97	HARYANA
7	AMOJ JACOB	185		02/05/98	DELHI
8	RINCE .	392		31/08/02	KERALA
Event # 60 MENS Javelin Throw Decathlon-9					TIME: 19:20 HRS
Event # 35 WOMENS Triple Jump					FINAL
OLY. Q.MARK: 14.55					TIME: 19:30 HRS
NR:MAYOOKHA JOHNY KOBE 14.11 09/07/2011					
MR:MAYOOKHA JOHNY LUCKNOW 13.72 2014					
1	KM. SONAM .	753		15/05/98	UTTAR PRADESH
2	MALLALA ANUSHA	103		10/07/02	ANDHRA PRADESH
3	SANDRA BABU	370		03/07/01	KERALA
4	PAVITHRA G	340		10/03/00	KARNATAKA
5	I.ASHA ILANGO	684		18/06/99	TAMIL NADU
6	NIHARIKA VASHISHT	565		17/10/95	PUNJAB
7	AISHWARYA R	691		03/01/00	TAMIL NADU
8	POORVA SAWANT	475		23/01/03	MAHARASHTRA
9	GAYATHRY SIVAKUMAR	384		26/02/01	KERALA
10	MERYMUKTA SORENG	526		01/11/04	ODISHA
11	SHEENA V	387		22/11/92	KERALA

Event # 26 WOMENS 1500m Run				FINAL
OLY. Q.MARK: 4:02.50				TIME: 19:30 HRS
NR:DEEKSHA . LOS ANGELES 4:04.78 11/05/2024				
MR:DEEKSHA . BHUBANESWAR 4:06.07 2023				
1	SHRADDHA KATHIRIYA	213	20/12/01	GUJARAT
2	SHIKHA GUPTA	131	16/12/00	BIHAR
3	RAKHI .	756	25/07/01	UTTAR PRADESH
4	VINEETA GURJAR	763	27/09/05	UTTAR PRADESH
5	LAXITA SANDILEA	215	13/02/05	GUJARAT
6	ELAVARASI KUMARAN	687	08/06/99	TAMIL NADU
7	CHANDA .	162	16/08/01	DELHI
8	SHIVANI KUMARI	134	01/08/00	BIHAR
9	AMANDEEP KAUR	550	09/07/03	PUNJAB
10	KM DEEKSHA	425	01/01/99	MADHYA PRADESH
11	LILI DAS	843	18/03/98	WEST BENGAL
12	JYOTI ..	251	05/07/97	HARYANA
13	NEHA PANWAR	771	01/07/03	UTTAR PRADESH
14	LAXMIPRIYA KISAN	521	10/04/05	ODISHA
15	AKSHANA .	423	01/06/03	MADHYA PRADESH
Event # 5 MENS 1500m Run				FINAL
OLY. Q.MARK: 3:33.50				TIME: 19:40 HRS
NR:JINSON JOHNSON BERLIN 3:35.24 01/09/2019				
MR:BAHADUR PRASAD CHENNAI 3:40.10 1995				
1	PARVEJ KHAN	855	26/12/04	HARYANA
2	YOONUS SHAH	806	10/05/01	UTTAR PRADESH
3	MEHEDI HASSAN	130	01/01/04	ASSAM
4	RAM SINGH	840	10/06/02	UTTRAKHAND
5	HARSHDEEP SINGH	586	28/09/01	PUNJAB
6	KARTIK KARKERA	491	17/03/97	MAHARASHTRA
7	RAHUL .	179	01/12/96	DELHI
8	PRINCE KUMAR	796	25/02/00	UTTAR PRADESH
9	ASHOK DANDASENA	530	05/07/94	ODISHA
10	RAHUL BALODA	630	05/06/99	RAJASTHAN
11	PRIYANSHU .	827	20/05/06	UTTRAKHAND
12	ADARSH GOPI	399	01/12/00	KERALA
Event # 39 WOMENS Javelin Throw				FINAL
OLY. Q.MARK: 64.00				TIME: 19:50 HRS
NR:ANNU RANI JAMSHEDPUR 63.82 08/05/2022				
MR:ANNU RANI PATIALA 62.83 2021				
1	DEEPIKA .	236	21/11/05	HARYANA
2	POONAM .	243	22/04/07	HARYANA
3	RAMYASHREE JAIN .	336	18/11/04	KARNATAKA
4	S GOWSALYA .	677	15/07/97	TAMIL NADU
5	JYOTI	256	15/12/05	HARYANA
6	LALITA CHOUDHARY	610	19/05/98	RAJASTHAN
7	UMA CHOUDHARY	611	04/10/99	RAJASTHAN
8	DIKSHA DWIVEDI	212	24/06/01	GUJARAT
9	RASHMI K	105	24/11/93	ANDHRA PRADESH
10	ANJANI KUMARI	132	01/01/00	BIHAR
11	HEMAMALINI NEELAKANDAN	689	12/04/00	TAMIL NADU
12	VISHAKHA PANWAR	772	21/11/97	UTTAR PRADESH
13	RUNJUN PEGU	128	05/09/99	ASSAM
14	ANNU RANI	776	29/08/92	UTTAR PRADESH
15	KARISHMA SANIL	348	04/06/00	KARNATAKA
16	SHAKSHI SHARMA	777	09/02/02	UTTAR PRADESH
17	AAKRITI TYAGI	173	17/08/04	DELHI

Event # 41 WOMENS 4x100m Relay				FINAL
NR:NATIONAL TEAM PATIALA 43.37 21/06/2021				TIME: 20:50 HRS
MR:TAMIL NADU STATE TEAM PATIALA 45.69 2019				
2	MADHYA PRADESH C	2228		MADHYA PRADESH
3	ODISHA D	2229		ODISHA
4	ANDHRA PRADESH A	2226		ANDHRA PRADESH
5	KARNATAKA B	2227		KARNATAKA
6	TAMIL NADU F	2231		TAMIL NADU
7	PUNJAB E	2230		PUNJAB
8	TELANGANA G	2232		TELANGANA
Event # 20 MENS 4x100m Relay				FINAL
NR:NATIONAL TEAM NEW DELHI 38.89 12/10/2010				TIME: 21:00 HRS
MR:TAMIL NADU TEAM CHENNAI 39.88 2022				
Heat 1				
2	PUNJAB F	2224		PUNJAB
3	ODISHA E	2223		ODISHA
4	MAHARASHTRA D	2222		MAHARASHTRA
5	KERALA C	2221		KERALA
6	ANDHRA PRADESH A	2219		ANDHRA PRADESH
7	TAMIL NADU G	2225		TAMIL NADU
8	BIHAR B	2220		BIHAR
Event # 42 WOMENS 4x400m Relay				FINAL
NR:NATIONAL TEAM ATHENS 3:26.89 27/08/2004				TIME: 21:25 HRS
MR:KARNATAKA STATE TEAM GUWAHATI 3:35.32 2018				
3	DELHI B	2243		DELHI
4	HARYANA C	2244		HARYANA
5	TAMIL NADU F	2247		TAMIL NADU
6	ANDHRA PRADESH A	2242		ANDHRA PRADESH
7	KERALA D	2245		KERALA
8	PUNJAB E	2246		PUNJAB
Event # 21 MENS 4x400m Relay				FINAL
NR:NATIONAL TEAM BUDAPEST 2:59.05 26/08/2023				TIME: 21:35 HRS
MR:TAMIL NADU TEAM BHUBANESWAR 3:06.75 2023				
1	RAJASTHAN G	2239		RAJASTHAN
2	ODISHA E	2237		ODISHA
3	HARYANA C	2235		HARYANA
4	DELHI A	2233		DELHI
5	TAMIL NADU H	2240		TAMIL NADU
6	KERALA D	2236		KERALA
7	PUNJAB F	2238		PUNJAB
8	GUJARAT B	2234		GUJARAT
Event # 61 MENS 1500m Decathlon-10				TIME: 21:45 HRS

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