



63RD NATIONAL INTER STATE Senior Athletics Championships



27th to 30th June 2024.

Tau Devi Lal Stadium,
Panchkula, Haryana



START LIST DAY-4

Organised by
HARYANA ATHLETICS ASSOCIATION



HSBC



Athletics Federation of India

www.indianathletics.in

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 Four 30 06 2024 Forenoon					
401	0700hrs	Long Jump		Women	Heptathlon 5
402	0740hrs	Javelin Throw	600gm	Women	Heptathlon 6
Day Four 30 06 2024 Afternoon					
403	1700hrs	100m Hurdles	0.838m	Women	Final 30
404	1710hrs	Triple Jump		Men	Final 31
405	1720hrs	110m Hurdles	1.067m	Men	Final 32
	1730hrs	100m Hurdles	0.838m	Women	Medal Ceremony 30
	1737hrs	110m Hurdles	1.067m	Men	Medal Ceremony 31
406	1750hrs	200m		Women	Final 33
407	1755hrs	High Jump		Women	Final 34
408	1800hrs	200m		Men	Final 35
409	1810hrs	800m		Women	Final 36
	1810hrs	200m		Women	Medal Ceremony 32
410	1820hrs	800m		Men	Final 37
	1820hrs	200m		Men	Medal Ceremony 33
411	1830hrs	800m		Women	Heptathlon 7/38
	1830hrs	800m		Women	Medal Ceremony 34
	1840hrs	800m		Men	Medal Ceremony 35
412	1850hrs	400m Hurdles	0.762m	Women	Final 39
413	1910hrs	400m Hurdles	0.914m	Men	Final 40
414	1915hrs	Javelin Throw	800gm	Men	Final 41
	1920hrs	Heptathlon		Women	Medal Ceremony 36
	1927hrs	400m Hurdles	0.762m	Women	Medal Ceremony 37
	1940hrs	400m Hurdles	0.914m	Men	Medal Ceremony 38
415	1945hrs	10000m		Women	Final 42
416	1950hrs	Long Jump		Women	Final 43
	2020hrs	Triple Jump		Men	Medal Ceremony 39
417	2030hrs	10000m		Men	Final 44
418	2110hrs	4 X 400m Mixed Relay		Men & Women	Final 45
	2115hrs	High Jump		Women	Medal Ceremony 40
	2122hrs	10000m		Women	Medal Ceremony 41
	2130hrs	Javelin Throw	800gm	Men	Medal Ceremony 42
	2137hrs	10000m		Men	Medal Ceremony 43
	2145hrs	Long Jump		Women	Medal Ceremony 44
	2152hrs	4 X 400m Mixed Relay		Men & Women	Medal Ceremony 45
	22.00hrs	VALIDICTORY FUNCTION			

63rd National Inter State Senior Athletics Championships 2024

Tau Devi Lal Stadium, Sector- 3

27-30 June 2024, Panchkula, Haryana

Start List Day-4 (30-06-2024)

Event # 48 WOMENS Long Jump Heptathlon-5					TIME: 07:00 HRS
1	AGASARA .	742		07/08/03	TELANGANA
2	NEETA KUMARI .	601		22/01/03	RAJASTHAN
3	DEEPIKA S	700		09/04/02	TAMIL NADU
4	POOJA ..	253		09/03/03	HARYANA
5	JYOTI ...	257		22/07/95	HARYANA
6	SONU BHALOTHIA	607		30/11/96	RAJASTHAN
7	SARBJEET KAUR	562		21/02/87	PUNJAB
8	SONU KUMARI	260		23/11/00	HARYANA
Event # 49 WOMENS Javelin Throw Heptathlon-6					TIME: 07:40 HRS
Event # 29 WOMENS 100m Hurdles					FINAL
OLY. Q.MARK: 12.77					TIME: 17:00 HRS
NR:JYOTHI YARRAJI CHENGDU 12.78 04/08/2023					
MR:JYOTHI YARRAJI BHUBANESWAR 12.92 2023					
1	MEDHA KAMATH	343		04/12/97	KARNATAKA
2	NANDHINI K	686		13/07/99	TAMIL NADU
3	PRAGYAN PRASANT SAHU	524		19/12/99	ODISHA
4	JYOTHI YARRAJI	112		28/08/99	ANDHRA PRADESH
5	NITHYA RAMRAJ	696		20/09/98	TAMIL NADU
6	MOUMITA MONDAL	846		09/12/01	WEST BENGAL
7	S. SRIRESHMA .	678		04/05/01	TAMIL NADU
8	ANJALI C	339		27/07/00	KARNATAKA
Event # 14 MENS Triple Jump					FINAL
OLY. Q.MARK: 17.22					TIME: 17:10 HRS
NR:PRAVEEN CHITHRAVEL HAVANA 17.37 06/05/2023					
MR:PRAVEEN CHITHRAVEL CHENNAI 17.18 2022					
1	NARPINDER .	567		06/11/02	PUNJAB
2	ABDULLA ABOOBACKER	419		17/01/96	KERALA (WC)
3	PRAVEEN CHITHRAVEL	715		05/06/01	TAMIL NADU
4	PUNEET KUMAR	797		02/02/94	UTTAR PRADESH
5	ASHOK YADAV	314		16/10/99	HARYANA
6	ELDHOSE PAUL	422		07/11/96	KERALA (WC)
7	MOHAMMED S.N	733		24/03/94	TAMIL NADU
8	KARTHIK U	415		03/06/93	KERALA
9	GAILEY VENISTER	737		31/01/00	TAMIL NADU
Event # 8 MENS 110m Hurdles					FINAL
OLY. Q.MARK: 13.27					TIME: 17:20 HRS
NR:TEJAS ASHOK SHIRSE JYVASKYLA 13.41 22/05/2024					
MR:SIDDHANTH THINGALAYA LUCKNOW 13.65 2019					
1	SACHIN BINU	395		18/05/98	KERALA
2	RONALD .	435		09/04/98	MADHYA PRADESH
3	TEJAS SHIRSE	501		04/06/02	MAHARASHTRA
4	MADHVENDRA SHEKHAWAT	658		30/10/03	RAJASTHAN
5	MUHAMMED LAZAN VK	406		01/06/02	KERALA

6	MANAV R	725		07/06/00	TAMIL NADU
7	NISHANTHRAJA G	718		12/04/01	TAMIL NADU
8	DHANUSH ADITHAN G	717		30/09/01	TAMIL NADU
Event # 23 WOMENS 200m Run					FINAL
OLY. Q.MARK: 22.57					TIME: 17:50 HRS
NR:SARASWATI SAHA LUDHIANA 22.82 28/08/2002					
MR:HIMA DAS GUWAHATI 23.10 2018					
1	NANCY .	240		12/12/07	HARYANA
2	DEVYANIBA ZALA	218		15/03/02	GUJARAT
3	MADHUMITA DEB	424		04/01/02	MADHYA PRADESH
4	HIMASHREE ROY	264		15/03/95	HARYANA
5	NEERU PAHTAK	169		27/01/07	DELHI
6	SRABANI NANDA	523		07/05/91	ODISHA
7	GIRIDHARANI RAVIKUMAR	698		07/07/01	TAMIL NADU
8	KAVERI PATIL	345		11/06/00	KARNATAKA
Event # 32 WOMENS High Jump					FINAL
OLY. Q.MARK: 1.97					TIME: 17:55 HRS
NR:SAHANA KUMARI HYDERABAD 1.92 23/06/2012					
MR:SAHANA KUMARI HYDERABAD 1.92 2012					
1	POOJA -	230		21/02/07	HARYANA
2	GOBIKA K .	675		06/08/02	TAMIL NADU
3	JASSIKA .	163		06/10/01	DELHI
4	MANSHI .	754		03/09/02	UTTAR PRADESH
5	RIMPAL .	547		15/09/05	PUNJAB
6	PRACHI ..	755		02/04/07	HARYANA
7	KEVINAA ANNAVI	680		23/03/02	TAMIL NADU
8	ABHINAYA SHETTY	349		16/06/99	KARNATAKA
9	RAJESWARI DAS	844		23/05/99	WEST BENGAL
10	ANGEL DEVASIA	371		06/12/94	KERALA
11	VAIDEHI VASHISHTHA	174		06/04/04	DELHI
12	KHYATI MATHUR	766		02/09/03	UTTAR PRADESH
13	MOHUR MUKHERJEE	847		13/11/06	WEST BENGAL
14	PRAMILLA RAJGAR	850		27/11/00	WEST BENGAL
15	SUPRIYA B	338		11/03/01	KARNATAKA
Event # 2 MENS 200m Run					FINAL
OLY. Q.MARK: 20.16					TIME: 18:00 HRS
NR:AMLAN BORGHAIN THENHIPALAM 20.52 06/04/2022					
MR:AMLAN BORGHAIN BHUBANESWAR 20.71 2023					
1	DONDAPATI MRUTY JAYARAM	533		12/01/05	ODISHA
2	LOVEPREET SINGH	589		27/11/99	PUNJAB
3	KAPIL .	275		10/11/03	HARYANA
4	JAY SHAH	500		11/10/97	MAHARASHTRA
5	NALUBOTHU SRINIVAS	123		09/10/02	ANDHRA PRADESH
6	ANIMESH KUJUR	536		02/06/03	ODISHA
7	RAGUL KUMAR G	719		22/03/00	TAMIL NADU
8	LAKSHAY .	786		18/12/04	UTTAR PRADESH
Event # 25 WOMENS 800m Run					FINAL
OLY. Q.MARK: 1:59.30					TIME: 18:10 HRS
NR:TINTU LUKA SPLIT 1:59.17 04/09/2010					
MR:K.C. ROSA KUTTY BANGALORE 2:00.49 1997					
1	RAKHI .	756		25/07/01	UTTAR PRADESH
2	TWINKLE .	548		17/10/95	PUNJAB
3	CHANDA .	162		16/08/01	DELHI
4	GUG KAUR	553		23/08/98	PUNJAB
5	LAVANYA R	692		08/08/01	TAMIL NADU

6	AMANDEEP KAUR	550		09/07/03	PUNJAB
7	KAVITHA V	701		15/06/98	TAMIL NADU
8	KM DEEKSHA	425		01/01/99	MADHYA PRADESH
Event # 4 MENS 800m Run					FINAL
OLY. Q.MARK: 1:44.70					TIME: 18:20 HRS
NR:JINSON JOHNSON GUWAHATI 1:45.65 27/06/2018					
MR:JINSON JOHNSON GUWAHATI 1:45.65 2018					
1	ANKESH CHAUDHARY	323		28/12/98	HIMACHAL PRADESH
2	VINOD KUMAR BANOTH	749		16/12/05	TELANGANA
3	SHYAM MILAN BIND	439		05/08/04	MADHYA PRADESH
4	MOHAMMED AFJAL P	410		03/02/96	KERALA
5	SATYA DEV .	283		21/02/02	HARYANA
6	TUSHAR BHEKANE	353		25/08/03	KARNATAKA
7	RIJOY J	400		21/12/03	KERALA
8	MANJEET .	276		07/07/02	HARYANA
Event # 50 WOMENS 800m Heptathlon-7					TIME: 18:30 HRS
Event # 30 WOMENS 400m Hurdles					FINAL
OLY. Q.MARK: 54.85					TIME: 18:50 HRS
NR:P.T USHA LOS ANGELES 55.42 08/08/1984					
MR:VITHYA RAMRAJ BHUBANESWAR 56.01 2023					
1	DHIVYA.J .	674		31/01/98	TAMIL NADU
2	VANDANA SHARMA	430		08/09/98	MADHYA PRADESH
3	OLIMBA STEFFI .	676		15/02/02	TAMIL NADU
4	PRAJNA .	334		25/07/01	KARNATAKA
5	RAMANDEEP KAUR	560		20/12/03	PUNJAB
6	ANU R	381		20/04/93	KERALA
7	DEEKSHITA RAMAK GOWDA	342		28/04/03	KARNATAKA
8	RAJI CHRISTUDAS THANKAM	385		01/08/88	KERALA
Event # 9 MENS 400m Hurdles					FINAL
OLY. Q.MARK: 48.70					TIME: 19:10 HRS
NR:A DHARUN PATIALA 48.80 16/03/2019					
MR:YASHAS PALAKSHA BHUBANESWAR 49.37 2023					
1	ROHAN KAMBLE	490		15/02/02	MAHARASHTRA
2	BHUPENDER .	152		02/07/99	CHANDIGARH
3	DHAVAL UTEKAR	227		06/10/00	GUJARAT
4	NIKHIL BHARDWAJ	571		24/05/96	PUNJAB
5	MANOOP M .	391		22/08/01	KERALA
6	RUCHIT MORI	221		24/08/01	GUJARAT
7	MURAD SIRMAN	224		10/09/05	GUJARAT
8	HARDEEP ..	569		27/06/03	PUNJAB
Event # 18 MENS Javelin Throw					FINAL
OLY. Q.MARK: 85.50					TIME: 19:15 HRS
NR:NEERAJ CHOPRA STOCKHOLM 89.94 30/06/2022					
MR:MANU DP CHENNAI 84.35 2022					
1	SACHIN YADAV.	818		25/10/99	UTTAR PRADESH
2	KISHORE JENA	535		06/09/95	ODISHA
3	UTTAM PATIL	496		01/11/98	MAHARASHTRA
4	VIKRANT MALIK	538		02/01/96	ODISHA
5	SARBJEET SINGH	597		03/09/94	PUNJAB
6	ABHISHEK SINGH	838		20/05/95	UTTRAKHAND

7	PARMOD .	278		03/12/99	HARYANA
8	SHIVAM LOHAKARE	493		14/09/04	MAHARASHTRA
9	PATHIRANGE RUMESH THARANG	856		21/03/03	SRI LANKA
10	ABHISHEK DRALL	183		11/05/98	DELHI
11	ROHIT YADAV	816		06/06/01	UTTAR PRADESH
12	R.M. SUMEDHA RANASINGHE	857		10/02/91	SRI LANKA
13	ANUJ KALERA	639		28/11/01	RAJASTHAN
14	SAHIL SILWAL	307		17/12/00	HARYANA
Event # 28 WOMENS 10000m Run					FINAL
OLY. Q.MARK: 30:40.00					TIME: 19:45 HRS
NR:PREEJA SREEDHARAN GUANGZHOU 31:50.47 21/11/2010					
MR:PREEJA SREEDHARAN PATIALA 32:36.53 2010					
1	BASANTI KUMARI	327		10/01/02	JHARKHAND
2	ARCHANA JADHAV	467		10/10/04	MAHARASHTRA
3	ANKITA ..	250		04/10/01	HARYANA
4	SONIYA .	825		25/07/00	UTTRAKHAND
5	MAMATA PAL	768		15/07/03	UTTAR PRADESH
6	TEJASWINI LAMBKANE	470		01/11/00	MAHARASHTRA
7	POOJA .	602		12/06/96	RAJASTHAN
8	NEETU KUMARI	764		06/07/96	UTTAR PRADESH
9	RINKY YADAV	621		05/09/00	RAJASTHAN
10	CHANDRA SHARMA	664		22/01/98	SIKKIM
11	SANJIVANI JADHAV	505		12/07/96	MAHARASHTRA (WC)
12	KAVITA .	238		16/12/98	HARYANA
13	ANKITA .	822		05/02/02	UTTRAKHAND
14	REEBA GEORGE	374		07/08/96	KERALA
15	KAVITA YADAV	782		08/11/98	UTTAR PRADESH
16	SEEMA .	316		10/01/01	HIMACHAL PRADESH
17	SANGHAMITRA MAHATA	328		25/12/04	JHARKHAND
18	JYOTI .	237		09/02/03	HARYANA
19	PRANALI SANAJY SHEGOKAR	476		09/10/03	MAHARASHTRA
20	D.LATHA D	682		20/06/02	TAMIL NADU
Event # 34 WOMENS Long Jump					FINAL
OLY. Q.MARK: 6.86					TIME: 19:50 HRS
NR:ANJU B.GEORGE ATHENS 6.83 27/08/2004					
MR:MAYOOKHA JOHNY BANGALORE 6.63 2011					
1	SHERIN A	679		24/02/00	TAMIL NADU
2	SANDRA BABU	370		03/07/01	KERALA
3	BHAVANI YADAV BHAGAVATHI	681		19/12/98	TAMIL NADU
4	NIRMA BHURAJI	210		03/06/04	GUJARAT
5	ANCY SOJAN E	372		01/03/01	KERALA
6	SHAILI SINGH	780		07/01/04	UTTAR PRADESH
7	NAYANA JAMES	376		18/10/95	KERALA
8	PRIYANKA KERKETTA	326		13/10/98	JHARKHAND
9	KUSUMA RAVADA	109		15/09/01	ANDHRA PRADESH
10	MOUMITA MONDAL	846		09/12/01	WEST BENGAL
11	AMBRIKA NARZARY	127		14/01/02	ASSAM
12	DALIYA PARVIN	848		11/06/02	WEST BENGAL
13	PUNITHA RAMASAMY	695		13/04/00	TAMIL NADU
14	MANISHA MEREL	522		05/07/01	ODISHA
15	POOJA SAINI	618		10/10/99	RAJASTHAN

Event # 7 MENS 10000m Run					FINAL
OLY. Q.MARK: 27:00.00					TIME: 20:30 HRS
NR:G.SINGH SAN JUAN CAPISTRANO 27:41.81 16/03/2024					
MR:KARTIK KUMAR BHUBANESWAR 29:01.84 2023					
1	DHARMENDER .	623		20/07/99	RAJASTHAN
2	KARTIK KUMAR	820		12/05/99	UTTAR PRADESH (WC)
3	ROHIT .	281		05/03/98	HARYANA
4	ABHISHEK DEVKATE	483		05/09/02	MAHARASHTRA
5	DAMBER KUMAR BASNETT	665		20/09/96	SIKKIM
6	PRADUM GORDHAN SINGH	790		01/08/03	UTTAR PRADESH
7	SUNIL KUMAR	448		10/03/97	MADHYA PRADESH
8	MAHENDRA MAURYA	802		12/07/06	UTTAR PRADESH
9	UTTAM CHAND	322		07/06/99	HIMACHAL PRADESH
10	RAJEEV NAMBOORI	835		10/08/98	UTTRAKHAND
11	MANOJ KUMAR	297		10/05/93	HARYANA
12	GULVEER SINGH	821		01/06/98	UTTAR PRADESH (WC)
13	VANSH .	284		14/11/05	HARYANA
14	RAVI DASS	325		27/01/93	J&K
15	AARYAN SAINI	655		25/12/02	RAJASTHAN
16	ROHIT KUMAR	189		07/01/01	DELHI
17	HARMANJOT SINGH	459		10/10/95	MADHYA PRADESH
18	LOKESH CHOUDHARY	634		15/08/00	RAJASTHAN
19	GAURAV MATHUR	192		19/09/99	DELHI
20	SAWAN BARWAL	321		18/02/98	HIMACHAL PRADESH
21	MOHAN SAINI	207		14/10/98	GOA
22	ARUN RATHOD	499		27/03/00	MAHARASHTRA
23	AFTAB ANSARI	139		10/12/03	BIHAR
24	SOHAN KUMAR	142		20/06/95	BIHAR
25	TRILOK KUMAR	143		10/08/01	BIHAR
26	SANDEEP SINGH	208		07/03/99	GOA
27	DEEPAK BHATT	828		14/09/00	UTTRAKHAND
28	ABHISHEK .	784		15/07/97	UTTAR PRADESH
Event # 62 MIXED 4x400m Relay					FINAL
NR:NATIONAL TEAM BANGKOK 3:14.12 20/05/2024					TIME: 21:10 HRS
MR:TAMIL NADU STATE TEAM BHUBANESWAR 3:21.40 2023					
1	DELHI H	2297			DELHI
2	TAMIL NADU G	2294			TAMIL NADU
3	INDIA A A	2296			INDIA A
4	SRI LANKA E	2292			SRI LANKA
5	MALDIVES D	2291			MALDIVES
6	INDIA B B	2289			INDIA B
7	KERALA C	2290			KERALA
8	PUNJAB F	2293			PUNJAB

Sambhudas
29.06.2024
Technical delegate



HSBC

