



4th SOUTH ASIAN JUNIOR ATHLETICS CHAMPIONSHIPS



11th - 13th September 2024

Jawaharlal Nehru Stadium, Chennai

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Fact Book

By Ram. Murali Krishnan
Association of Track & Field Statisticians



Welcome Message



Dear Athletes, Coaches, Officials,

It gives me immense pleasure to extend a warm and heartfelt welcome to all the participating nations in the South Asian Junior Athletics Championships 2024, scheduled to be held from 11th to 13th September in the vibrant city of Chennai, Tamil Nadu, India.

This prestigious event brings together the finest young talents from across South Asia, offering a unique platform to showcase athletic excellence, foster camaraderie, and celebrate the spirit of sportsmanship. As the future stars of athletics, your dedication, hard work, and passion will inspire generations to come.

Chennai, known for its rich cultural heritage and sporting tradition, stands ready to host this grand event, ensuring a memorable experience for everyone. We are confident that the championships will witness exceptional performances but will also strengthen the bonds of friendship among our South Asian neighbours.

On behalf of the South Asian Athletics Federation, I wish all participants the very best. May you achieve your personal bests and make your countries proud!

We are also ready to host the South Asian Senior Athletics Championships in India soon.

Let the spirit of unity and competition shine brightly as we embark on this exciting journey together.

Best regards,

Dr. Lalit K. Bhanot
President
South Asian Athletics Federation

Editor's Note & Acknowledgments

This **Fact Book** is hugely inspired by various Statistical compendiums published by *World Athletics* and excellently produced by my long-time friend Mark Butler and the Communication Department of the WA for the past several years.

Practicing and participating in competitive athletics and other sports commence at a young age. A sportsperson evolves into a superstar after taking part in school and collegiate sporting competitions at the beginning.

For the past several decades, the national and regional championships and athletics matches have included separate events for boys and girls. This helps to groom the club culture and identify and nurture talented youngsters from a young age.

The South Asian Athletics Federation realised the importance of introducing a regional championship for junior athletes. The first edition of the SAAF U20 championships was held in 2007 at Colombo, Sri Lanka. Ranchi, in India, organized the next edition in 2013, while Colombo once again conducted the championships in 2018.

Chennai, the capital of Tamil Nadu, will host the 4th edition of this important championship in the magnificent Jawaharlal Nehru Stadium from September 11 to 13, 2024.

The South Asian Athletics Federation consists of eight member federations: Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan, and Sri Lanka.

In Chennai, the best junior athletes from seven member federations of the SAAF participate in the three-day championship. The athletes will contest for top honours in 30 events, divided equally between boys and girls.

Considering the weather conditions, competitions will be held in the evening on all three days under flood lights on a newly laid blue synthetic track.

You may find in this Fact Book the Records and Best Performances for U20 athletes in each event, a Roster of Past Medallists, a Brief Personal Data of Participating Athletes, and a List of National Junior Records for all Participating Countries.

The majority of athletes taking part in Chennai have participated in some of the major competitions held earlier this year, such as the Asian U20 Athletics Championships in Dubai and the World U20 Championships in Lima, Peru.

National U20 Records:

The best-known performance per event per nation is included if a country has no national U20 records for such an event. In case a record is better than the performances from fully automatic equipment, manual timings have been included. Manual (hand) timings in track events are indicated with "**m**" after such performance.

"s" after a performance (time) in track events and "m" after a performance (distance) in field events indicate "seconds" and "metres" respectively.

Acknowledgments:

I principally acknowledge the support received from **Heinrich Hubbeling**, the Asian AA Statistician, who, for the past 35 years, compiled the annual and all-time Asian Ranking Lists for the continent. A great deal of information was provided by Mirko Jalava (*Tilastopaja*), Michel Saint-Raymond (*AthleRecords*), Sevket F. Erbay (*Athletics Podium*), Peter Matthews (*Athletics International*), Winfried Kramer (*National Records for All Countries in the World*), Alfonz Juck (*EME News*), David Monti (*Race Results Weekly*), Marco Buccellato (*Atletica*), Tony Hunt (*World Junior Athletics*), Michel Naze, Stephen Sprague and Tatsumi Senda.

Information was sourced from the official websites of the member federations. However, my longtime friends Saman Kumara Gunawardhana (Sri Lanka) and Diwakar Lal Amatya (Nepal) have helped provide information on athletes from their respective countries. Saman Kumara is now serving as the Secretary of the Sri Lankan Athletics Association and has produced an excellent Souvenir Book for the SLAA's centenary.

I also fondly remembered the pioneering work of the late Lionel Peters in collating the junior and youth athletics statistics for so many years, which were still forming a base for anyone working on U20 and U18 statistics.

I wish to thank Mark Butler, Richard Hymans, Paul Jenes, Micahel Mclaughlin, Tom Casacky, Paco Ascorbe and Felix Capilla for their inspiration and encouragement from time to time.

Many of my friends associated with the *World Athletics* supported me in my work on various occasions. For that, I would like to thank Ottavio Castellini, Sean Wallace-Jones, Chris Turner, Anna Legnani, Laura Arcoleo, Imre Matrahazi, Carlo de Angeli, Pierce O'Callaghan, Jessica Whittington, Bob Ramsak and Jon Mulkeen.

I am grateful to the Association of Track and Field Statisticians, of which I have been a member since 1982, for moulding me into who I am today. This summer I was elected to the Executive Council of the above organisation.

Last but not least, to the *South Asian Athletics Federation*, especially to its President, Dr. Lalit K Bhanot for permitting me to produce this Fact Book on behalf of the SAAF.

A work of this nature takes much time and energy; hence, errors are likely to creep in. I shall be highly thankful if you could send in any additions, corrections, and comments to my email ID sportsmurali@gmail.com

I am confident that this handbook will be helpful to the fans, media, and officials following the 4th South Asian Junior (U20) Athletics Championships in Chennai in person or through live streaming.

I take this opportunity to wish all participants, officials and the organisers every success.

Ram. Murali Krishnan
Editor





Junior Men's 100m

U20 RECORDS

World Jr Record	9.91 s	Letsile Tebogo	Botswana	2 Aug 2022	Cali
Asian Jr Record	10.03 s	Lalu Muhammad Zohri	Indonesia	19 May 2019	Osaka
South Asian Jr Best	10.35 s	Gurindervir Singh	India	18 Mar 2019	Patiala
Championship Record	10.61 s	Augustine Yesudas	India	11 Nov 2013	Ranchi

PAST MEDALISTS

GOLD			SILVER			BRONZE		
2007	Shehan Ambepitiya	SRI 10.69	Hemant Kirulkar	IND 10.73	Daham Madawa Silva	SRI 10.83		
2013	Augustine Yesudas	IND 10.61	Husandeep Singh	IND 10.64	Himasha Eashan	SRI 10.64		
2018	Prajwal Mandanna	IND 10.81w	Chanuka Sandeepa	SRI 10.88w	Akash Kumar	IND 10.89w		

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
111	Md. Masum Mostafa	2006	BAN		
113	Deluar Hossen Saidy	2008	BAN		
122	Tashi Tobgay	2007	BHU		
164	Dondapati Mrutyam Jayaram	2005	IND	10.40 – 2023	10.65
	<i>2024 Lima World U20 championships Participant</i>				
172	Varun Oori Manohar	2005	IND	10.75 – 2024	10.75
	<i>2023 Bhopal Khelo India Youth Games bronze medalist</i>				
197	Nizar Ibrahim Naahil	2006	MDV	11.01 – 2024	11.01
	<i>2024 Dubai Asian U20 championships Participant</i>				
199	Shamin Mohamed Minhaal	2005	MDV	10.73 – 2024	10.73
	<i>2023 Hangzhou Asian Games Participant</i>				
206	Aadesh Kumar Yadav	2006	NEP	11.38 – 2024	11.38
	<i>2024 Dubai Asian U20 championships Participant</i>				
210	Yubraj B K	2005	NEP		
213	Ammaar Ibrahim Afridi	2006	PAK		
218	Muhammad Hasnain	2005	PAK	11.33 – 2024	11.33
	<i>2024 Dubai Asian U20 championships Participant</i>				
254	Dineth Induwara Weeraratna	2005	SRI	10.47 – 2024	10.47
	<i>2024 Lima World U20 championships Participant</i>				
264	Merone Julian Wijesinghe	2005	SRI	10.52 – 2024	10.52
	<i>Fifth in 2024 Dubai Asian U20 championships</i>				

NATIONAL U20 RECORDS

BAN	10.61 secs	Bimal Tarafdar	24 Dec 1993	Dhaka
BHU	11.82 secs	Thinley Pema	09 Feb 2016	Guwahati
IND	10.35 secs	Gurindervir Singh	18 Mar 2019	Patiala
MDV	10.73 secs	Mohamed Minhaal Shamin	04 May 2024	Kingston
NEP	10.85 secs	Tilak Ram Tharu	04 Aug 2012	London
PAK	10.44 secs	Gohar Shehzad	10 May 2016	Quetta
SRI	10.43 secs	Shehan Ambepitiya	14 Oct 2008	Pune



Junior Men's 200m

U20 RECORDS

World Jr Record	19.49 s	Erriyon Knighton	U S A	30 Apr 2022	Baton Rouge
Asian Jr Record	20.19 s	Phuripol Boonson	Thailand	26 Jun 2022	Almaty
South Asian Jr Best	21.02 s	Shanmuga Srinivas N	India	2 Aug 2021	Sangrur
Championship Record	21.44 s	Himasha Eashan	Sri Lanka	12 Nov 2013	Ranchi

PAST MEDALISTS

GOLD			SILVER			BRONZE			
2007	Shehan Ambepitiya	SRI	21.91	Ali Amir Murad	PAK	22.07	Ashan Hasaranga	SRI	22.50
2013	Himasha Eashan	SRI	21.44	Husandeep Singh	IND	21.63	Malik Khan Fernando	SRI	21.69
2018	Aruna Darshana S	SRI	21.50	Nithin Balakumar	IND	21.63	Akash Kumar	IND	21.86

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
122	Tashi Tobgay	2007	BHU		
165	Ankit Kumar Kaswan	2005	IND		
171	Pratik Maharana	2007	IND	21.65 – 2024	21.65
	<i>Fourth in 2024 Bilaspur National Youth Championships</i>				
181	Gajendra Singh	2007	IND		
197	Nizar Ibrahim Naahil	2006	MDV		
	<i>2024 Dubai Asian U20 championships Participant</i>				
200	Suad Mohamed Zu Iz	2007	MDV		
210	Yubraj B K	2005	NEP		
206	Aadesh Kumar Yadav	2006	NEP		
215	Atta Ullah	2007	PAK		
219	Muhammad Munir	2005	PAK	22.71 – 2024	22.71
	<i>2024 Dubai Asian U20 championships participant</i>				
272	Maliith Koushan Thamel W	2005	SRI	21.23 – 2024	21.23
	<i>2024 Lima World U20 championship semi-finalist</i>				
275	Indusara Vidushan Rajamuni	2005	SRI	21.14 – 2024	21.14
	<i>2024 Lima World U20 championship semi-finalist</i>				

NATIONAL U20 RECORDS

BAN	21.70 secs	Mohd Saiful Ismail Khan	04 Dec 2019	Kathmandu
BHU	24.18 secs	Lhaba Tshering	30 Sep 2014	Incheon
IND	21.02 secs	Shanmuga Srinivas Nalubothu	02 Aug 2021	Sangrur
MDV	21.95 secs	Hassan Saaid	14 May 2011	Krubong
NEP	22.25 secs	Aashish Chaudhary	06 Jun 2015	Wuhan
PAK	21.19 secs	Imran Ali	15 Apr 2005	Makkah
SRI	21.14 secs	Indusara Vidushan Rajamuni	27 Jun 2024	Diyagama



Junior Men's 400m

U20 RECORDS

World Jr Record	43.87 s	Steve Lewis	U S A	28 Sep 1988	Seoul
Asian Jr Record	44.27 s	Abdelilah Haroun	Qatar	5 Jul 2015	La Chaux-de-Fonds
South Asian Jr Best	45.78 s	Aruna Darshana S	Sri Lanka	31 Oct 2018	Colombo
Championship Record	46.55 s	Aruna Darshana S	Sri Lanka	5 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE			
2007	Saman Kumara C	SRI	49.05	Jaspal Singh	IND	49.07	Nuwan Abeywickrama	SRI	49.12
2013	Sandeep Lathwal	IND	48.24	Dharun Ayyasamy	IND	48.44	Harsha Chathuranga P	SRI	48.53
2018	Aruna Darshana	SRI	46.55	Pasindu Kodikara	SRI	46.99	Pabasara Niku	SRI	47.43

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
160	Rihan C H	2005	IND	46.95 – 2023	47.47
	<i>2024 Lima World U20 championship Relay participant</i>				
169	Jay Kumar	2006	IND	46.96 – 2024	46.96
	<i>Sixth in 2024 Lima World U20 Championships</i>				
196	Hussain Zeek Suad	2005	MDV	51.14 – 2023	51.26
	<i>2024 Dubai Asian U20 championships participant</i>				
201	Mohamed Yoosuf Aish	2006	MDV		
206	Aadesh Kumar Yadav	2006	NEP		
214	Anis Khan	2005	PAK		
217	Muhammad Farhan	2006	PAK		
258	Jathya Kirulu Gonsalu Wasan	2006	SRI	47.28 – 2024	47.28
	<i>2024 Lima World U20 championship semi-finalist</i>				
271	Omel Shashintha Silva J	2007	SRI	47.67 – 2024	47.67
	<i>2024 Dubai Asian U20 Champs Relay Bronze medalist</i>				

NATIONAL U20 RECORDS

BAN	47.34 secs	Mohammed Jahir Rayhan	03 Nov 2019	Mangalagiri
BHU	61.05 secs	Nado Tshering	15 Jul 2006	Taipa
IND	46.26 secs	Amoj Jacob	04 Jun 2017	Patiala
MDV	48.18 secs	Mohamed Naail	07 Apr 2018	Gaborone
NEP	49.03 secs	Dhani Ram Chaudhari	28 Sep 1990	Beijing
PAK	47.78 secs	Muhammed Fayyaz	06 Dec 1986	Jakarta
SRI	45.78 secs	Aruna Darshana S	31 Oct 2018	Colombo



Junior Men's 800m

U20 RECORDS

World Jr Record	1:41.73	Nijel Amos	Botswana	9 Aug 2012	London
Asian Jr Record	1:44.02	Bilal Mansour Ali	Bahrain	9 Sep 2007	Rieti
South Asian Jr Best	1:46.92	Beant Singh	India	27 Jun 2018	Guwahati
Championship Record	1:52.99	Prakash Verma	India	29 Nov 2007	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE		
2007	Prakash Verma	IND 1:52.99	Abeysinghe K D	SRI 1:53.43	Dilhan Aloka	SRI 1:54.45		
2013	Arjun Khokhar	IND 1:54.00	Kupun Kushantha	SRI 1:54.08	Mandeep Goyat	IND 1:55.62		
2018	Karunarathna DMHS	SRI 1:53.35	Isuru Lakshan	SRI 1:53.95	Abhinanth Sundaresan	IND 1:53.97		

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
115	Md Aslam Sikder	2006	BAN		
168	Bopanna Kalappa <i>2022 Kuwait Asian U18 championships finalist</i>	2005	IND	1:50.90 – 2023	1:51.40
170	Vinod Kumar Banoth <i>2024 Chennai Khelo India Youth Games Winner</i>	2005	IND	1:51.61 – 2024	1:51.61
194	Abdulla Ikram	2005	MDV		
220	Shahid Muhammad	2006	PAK		
249	Shavindu Awishka Handalage Don <i>2024 Sri Lankan National Youth Champion</i>	2008	SRI	1:54.48 – 2024	1:54.48
255	Nethsara Dineth Liyanage <i>2024 Sri Lankan National Youth Silver medalist</i>	2007	SRI	1:55.88 – 2024	1:55.88

NATIONAL U20 RECORDS

BAN	1:51.16	Mohamed Hossain Mizel	23 Sep 1986	Seoul
BHU	2:03.08	Tshering Penjor	08 Jul 2018	Tokyo
IND	1:46.92	Beant Singh	27 Jun 2018	Guwahati
MDV	1:57.49	Ahmed Wisam	14 Jun 2022	Hulhumale
NEP	1:54.47	Dhani Ram Chaudhari	14 Jun 1990	Beijing
PAK	1:50.90	Zafer Iqbal	03 Dec 1992	New Delhi
SRI	1:48.31	Manoj Pushpakumara PWG	01 Jun 2003	Colombo



Junior Men's 1,500m

U20 RECORDS

World Jr Record	3:28.81	Ronald Kwemoi	Kenya	18 Jul 2014	Monaco
Asian Jr Record	3:31.49	Bilal Mansour Ali	Bahrain	2 Jul 2007	Athens
South Asian Jr Best	3:40.89	Parvej Khan	India	30 Sep 2022	Gandhinagar
Championship Record	3:51.52	Ankit	India	5 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE			
2007	Pandala Trinadh	IND	3:57.05	Prakash Verma	IND	4:01.43	Abeyasinghe K D	SRI	4:03.59
2013	Shailendra Singh	IND	4:02.39	Mohammed Afsal P	IND	4:02.56	Dushan Ishara Hemantha	SRI	4:02.57
2018	Ankit	IND	3:51.52	Ajit Kumar	IND	3:53.45	Madushanka K A K	SRI	4:02.45

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
115	Md Aslam Sikder	2006	BAN		
154	Priyanshu	2006	IND	3:49.15 – 2024	3:49.15
	<i>2024 Dubai Asian U20 Champs SILVER medalist</i>				
178	Rahul Sarnaliya	2006	IND	3:49.00 – 2024	3:49.00
	<i>Fifth in 2024 Dubai Asian U20 Championships</i>				
195	Aidh Abdulla Rifau	2008	MDV		
198	Shafeeu Mohamed Ayaa	2008	MDV		
207	Ajay B K	2007	NEP		
208	Badal Karki	2008	NEP	4:05.63 – 2024	4:05.63
	<i>2024 Dubai Asian U20 championships participant</i>				
250	Prashan Buddika Rashmikara	2006	SRI	4:05.03 – 2024	4:05.03
270	Sanuka Mihisara	2006	SRI		

NATIONAL U20 RECORDS

BAN	3:53.89	Zakir Hossain	22 Dec 1993	Dhaka
BHU	4:08.09	Lungten Tshering	15 Jun 2004	Ipoh
IND	3:40.89	Parvej Khan	30 Sep 2022	Gandhinagar
MDV	4:00.06	Hossain Riyaz	22 Dec 1993	Dhaka
NEP	3:53.2m	Ajit Kumar Yadav	15 Oct 2022	Pokhara
PAK	3:52.49	Zafer Iqbal	04 Dec 1992	New Delhi
SRI	3:52.9m	Chaminda Indika Wijekoon	04 Jun 2000	Colombo



Junior Men's 3,000m

U20 RECORDS

World Jr Record	7:28.19	Yomif Kejelcha	Ethiopia	27 Aug 2016	Saint-Denis
Asian Jr Record	7:47.65	Adam Ismail Khamis	Bahrain	22 Jun 2006	El Djezair
South Asian Jr Best	8:09.97	Ajay Kumar Patel	India	23 Jun 2008	Bangkok
Championship Record		<i>New event to be introduced in Chennai-2024</i>			

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
121	Dhendup Pema	2005	BHU		
161	Mohit Choudhary	2006	IND	8:21.05 – 2024	8:21.05
	<i>Sixth in 2024 Khelo India Youth Games at Chennai</i>				
167	Sharuk Khan	2005	IND	-	
	<i>Finalist in 2024 Lima World U20 championships</i>				
195	Rifau Aidh Abdulla	2008	MDV		
198	Shafeeu Mohamed Ayaa	2008	MDV		
207	Ajaya B K	2007	NEP		
208	Badal Karki	2008	NEP		
	<i>2024 Dubai Asian U20 championships participant</i>				
261	Kavindu Madushan Hewage	2007	SRI		
276	Jeyakanthan Vithusan	2008	SRI		

NATIONAL U20 RECORDS

BHU	9:28.0m	Kuenzang Norbu	12 Jan 2001	Punakha
IND	8:09.97	Ajay Kumar Patel	23 Jun 2008	Bangkok
MDV	9:41.2m	Azham Waheed	22 Apr 2011	Male
NEP	8:30.32	Ajit Kumar Yadav	17 Mar 2019	Hong Kong



Junior Men's 110m Hurdles

U20 RECORDS

World Jr Record	12.72 s	Sasha Zohya	France	21 Aug 2021	Nairobi
Asian Jr Record	13.19 s	Shunsuke Izumiya	Japan	19 Oct 2018	Nagoya
South Asian Jr Best	13.64 s	Supun Viraj Randeniya	Sri Lanka	12 Nov 2013	Ranchi
	(equalled)	Nadun Kaveesha Bandara	Sri Lanka	5 Dec 2022	Colombo
Championship Record	13.64 s	Supun Viraj Randeniya	Sri Lanka	12 Nov 2013	Ranchi

PAST MEDALISTS

GOLD			SILVER			BRONZE			
2007	Balamurugan T	IND	14.62	Mohsin Ali	PAK	14.65	Ranga Kelum K A D	SRI	14.78
2013	Supun Viraj Randeniya	SRI	13.64	Malin Udaya Kumara	SRI	14.41	Tarundeep Singh	IND	14.51
2018	Kunal Choudhary	IND	14.50	Mohammed Fais C	IND	14.55	Dilusha Kariyawasam	SRI	14.60

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
166	Hariharan Kathiravan	2005	IND	14.09 – 2024	14.09
	<i>2024 Lima World U20 championships participant</i>				
174	Nayan Pradip Sarde	2005	IND	14.11 – 2024	14.11
	<i>2024 Lima World U20 championships participant</i>				
259	Sandun Kosala W P	2005	SRI	14.04 – 2024	14.04
	<i>2024 Lima World U20 championships participant</i>				
273	Vishwa Tharuka E	2005	SRI	14.45 – 2024	14.45
	<i>2024 National Junior Silver medalist</i>				

NATIONAL U20 RECORDS

BAN	14.15 secs *	MaHFuzur Rahman	20 May 2007	Kuala Lumpur
IND	13.74 secs	Tejas Ashok Shirse	31 Jul 2021	Sangrur
NEP	18.61 secs *	Dhanbir Chaudhari	10 Sep 1988	Singapore
PAK	14.45 secs *	Saddam Hussein	22 Jun 2014	Faisalabad
SRI	13.64 secs	Supun Viraj Randeniya	12 Nov 2013	Ranchi
	{equalled}	Nadun Kaveesha Bandara	05 Dec 2022	Colombo

[* performances made with senior hurdles]



Junior Men's HIGH JUMP

U20 RECORDS

World Jr Record	2.37 m	Dragutin Topic	Serbia	12 Aug 1990	Plovdiv
	(equalled)	Steve Smith	Gr.Britain	20 Sep 1992	Seoul
Asian Jr Record	2.33 m	Zhu Jianhua	China	1 Dec 1982	New Delhi
South Asian Jr Best	2.26 m	Tejaswin Shankar	India	10 Nov 2016	Coimbatore
Championship Record	2.06 m	Sreenith Mohan	India	11 Nov 2013	Ranchi

PAST MEDALISTS

GOLD				SILVER				BRONZE			
2007	Udara Silva G M	SRI	2.05	Nikhil Chittarasu C	IND	2.05	Shajib Hossain	BAN	2.02		
2013	Supun Viraj Randeniya	SRI	13.64	Malin Udaya Kumara	SRI	14.41	Tarundeep Singh	IND	14.51		
2018	Kunal Choudhary	IND	14.50	Mohammed Fais C	IND	14.55	Dilusha Kariyawasam	SRI	14.60		

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
184	Juwel Thomas	2007	IND	2.04 – 2024	2.04
	<i>2024 Bilaspur Youth Nationals Silver medalist</i>				
175	Sagar Roy	2006	IND	2.06 – 2024	2.06
	<i>2024 Bilaspur Youth Nationals Gold medalist</i>				
248	Arthavidu G L	2006	SRI	2.13 – 2024	2.13
	<i>2024 Lima World U20 championships participant</i>				
263	Tharusha Dinushan Mendis	2008	SRI	2.10 – 2014	2.10
	<i>2024 Sri Lankan U18 & U20 Champion</i>				

NATIONAL U20 RECORDS

BAN	2.16 m	Mahfuzur Rahman	03 Dec 2019	Kathmandu
BHU	1.80 m	Sonam Wangchuk	06 Jul 2018	Thimphu
IND	2.26 m	Tejaswin Shankar	10 Nov 2016	Coimbatore
MDV	1.80 m	Ahmed Zabeer	26 Aug 2006	Colombo
NEP	1.90 m	Bal Krishna Chaudhari	26 Aug 2006	Colombo
PAK	2.00 m	Muhammad Riaz	14 Mar 2001	Lahore
SRI	2.18 m	Wijesekara Manjula Kumara	17 Jul 2002	Kingston



Junior Men's LONG JUMP

U20 RECORDS

World Jr Record	8.38 m	Mattia Furlani	Italy	8 Jun 2024	Rome
Asian Jr Record	8.31 m	Shi Yuhao	China	25 Jun 2017	Beijing
South Asian Jr Best	8.20 m	Sreeshankar Murali	India	27 Sep 2018	Bhubaneswar
Championship Record	7.74 m	Lokesh Sathyanathan	India	5 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE		
2007	Krishna Kumar Rane	IND 7.45w	Sajith Nadeeshan	SRI 7.36	Sumith Rathnayake	SRI 7.08w		
2013	Anburaja P	IND 7.41	Vinura Lakmal	SRI 7.26	Malin Udaya Kumara	SRI 7.14		
2018	Lokesh Sathyanathan	IND 7.74	Rishabh Rishiswar	IND 7.43w	Pramod Madubasha	SRI 7.02w		

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
158	Jithin Arjunan R C <i>2024 Bilaspur Youth Nationals Gold medalist</i>	2007	IND	7.46 – 2024	7.46
179	Mohd Atta Sazid <i>2024 Dubai Asian U20 championship Bronze medalist</i>	2006	IND	7.62 – 2023	7.55
153	Deepak <i>Sixth in 2024 Indian National Championships</i>	2005	IND	7.50 – 2024	7.50
209	Bishal Gurung	2008	NEP		
252	Diyath Abeynayaka Daham <i>2024 Sri Lankan National Junior Champion</i>	2006	SRI	7.06 – 2024	7.06
274	Thevindu Sandil Duwage <i>2024 Sri Lankan National Youth Champion</i>	2007	SRI	7.13 – 2024	7.13

NATIONAL U20 RECORDS

BAN	7.61 m	Mohamed Ali Amin	03 Apr 2009	Dhaka
BHU	6.74 m	Tashi Dendup	08 Jul 2016	Thimphu
IND	8.20 m	Sreeshankar Murali	27 Sep 2018	Bhubaneswar
MDV	6.82 m	Ibrahim Naahil Nizar	27 Aug 2022	Male
NEP	6.94 m	Sudip Tharu	29 Apr 2023	Kathmandu
PAK	7.35 m	Muhammad Afzal	11 May 2016	Quetta
SRI	7.67 m	Abesekara Hirusha Hashen	11 Feb 2002	Colombo



Junior Men's TRIPLE JUMP

U20 RECORDS

World Jr Record	17.87 m	Jaydon Hibbert	Jamaica	13 May 2023	Baton Rouge
Asian Jr Record	17.23 m	Gu Junjie	China	26 Sep 2004	Hefei
South Asian Jr Best	16.78 m	Selva Prabhu T	India	28 May 2023	Hania
Championship Record	15.96 m	Kamal Raj K	India	6 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE		
2007	Dhiraj Kumar Mishra	IND 15.78	Deepan Kumar V	IND 15.76	Chanuka E de Silva	SRI 14.88		
2013	Mohammed Salahuddin	IND 15.47	Atheetha Karunasinghe	SRI 15.41	Mohd Zuber	IND 15.19		
2018	Kamal Raj K	IND 16.05w	Ashutosh Chouhan	IND 15.37	Jeremy Stanislaus	SRI 14.79		

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
109	Md. Tamim Hossain <i>2024 National Junior Champion</i>	2008	BAN	14.56 – 2024	14.56
156	Raviprakash <i>2024 Junior Federation Cup Silver medalist</i>	2005	IND	15.07 – 2024	15.07
159	Bhupendra Bisht <i>2024 Junior Federation Cup GOLD medalist</i>	2005	IND	15.08 – 2024	15.08
209	Bishal Gurung	2008	NEP		
269	Senura Hansaka Sandeepa <i>2024 National Junior Silver medalist</i>	2006	SRI	15.30 – 2024	15.30
256	Kavinda Dissanayake <i>2023 National Junior GOLD medalist</i>	2005	SRI	15.42 – 2024	15.42

NATIONAL U20 RECORDS

BAN	14.79 m	Mezbah Ahmed	23 Apr 2013	Dhaka
BHU	13.52 m	Karma Tshering Lepcha	07 Jul 2016	Thimphu
IND	16.78 m	Selva Prabhu T	28 May 2023	Hania
MDV	12.72 m	Ibrahim Raish Abdul Azeez	07 Mar 2024	Male
NEP	13.88 m	Bhuvan Mahato	06 May 2018	Colombo
PAK	15.93 m	Muhammad Afzal	07 Apr 2017	Karachi
SRI	16.19 m	Malith Yasiru K V	13 Sep 2023	Colombo



Junior Men's SHOT PUT

U20 RECORDS

World Jr Record	23.00 m	Jacko Gill	New Zealand	18 Aug 2013	North Shore
Asian Jr Record	20.63 m	Li Meng	China	24 Oct 2011	Nanchang
South Asian Jr Best	20.35 m	Saurabh Vij	India	17 Jun 2006	Chennai
Championship Record	18.53 m	Ashish Bhalothia	India	6 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE		
2007	Ashwani Solanki	IND 17.01	Shiv Kumar	IND 16.77	Srinath Perera	SRI 15.10		
2013	Shakti Solanki	IND 17.89	Chataniya Dabas	IND 16.84	Daluwattage Sumanaweera	SRI 15.62		
2018	Ashish Bhalothia	IND 18.53	Sahib Singh	IND 17.75	Manesh Malintha	SRI 14.97		

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
107	Ali Akbar	2007	BAN		
162	Siddharth Choudhary	2005	IND	19.52 – 2023	19.08
	<i>2024 Dubai Asian U20 championships Bronze medalist</i>				
183	Anurag Singh Kaler	2005	IND	19.23 – 2024	19.23
	<i>2024 Dubai Asian U20 championships GOLD medalist</i>				
268	Jayavi Ranhidha W	2005	SRI	16.69 – 2024	16.69
	<i>2024 National Junior Champion</i>				

NATIONAL U20 RECORDS

BHU	12.48 m *	Phaba Namgay	02 Oct 1998	Thimphu
IND	20.35 m	Saurabh Vij	17 Jun 2006	Chennai
NEP	13.92 m *	Ujr Singh Bista	26 Sep 1999	Kathmandu
PAK	15.95 m *	Hafiz Imtiaz	25 Jan 2003	Lahore
SRI	16.69 m	Jayavi Ranhidha Alwis	14 Jul 2024	Diyagama

(* marks made with senior implements)



Junior Men's DISCUS THROW

U20 RECORDS

World Jr Record	71.37 m	Mika Sosna	Germany	10 Jun 2022	Schonebeck
Asian Jr Record	66.47 m	Mohamed Ibrahim	Qatar	3 Feb 2018	Cape Town
South Asian Jr Best	58.11 m	Sachin	India	10 May 2014	Chennai
Championship Record	54.44 m	Sachin	India	12 Nov 2013	Ranchi

PAST MEDALISTS

GOLD			SILVER			BRONZE		
2007	Dinesh Kumar	IND 54.00	2007	Akash Antil	IND 51.58	2007	Muhammad Arslan	PAK 48.28
2013	Sachin	IND 54.44	2013	Dilyogi	IND 51.98	2013	Ashen Perera J	SRI 44.84
2018	Ajay	IND 50.11	2018	Lahiru Keshan Prathirana	SRI 47.37	2018	Ashish Bhalothia	IND 46.52

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
157	Ritik	2006	IND	56.32 – 2024	56.32
<i>2024 Dubai Asian U20 championships Silver medalist</i>					
155	Raman	2005	IND	54.39 -2024	54.39
<i>2023 National Junior silver medalist</i>					
251	Cristiyan Dilruk Warnakulasuriya	2006	SRI		

NATIONAL U20 RECORDS

BAN	44.00 m *	Mohamed Saidur Rob	06 Mar 1990	Dhaka
BHU	26.80 m *	Pema Tshering	02 Oct 1998	Thimphu
IND	58.11 m	Sachin	10 May 2014	Chennai
NEP	31.48 m *	Kursed Ahmed Khan	11 Sep 1988	Singapore
PAK	52.74 m	Shah Nawaz	29 Oct 2017	Islamabad
SRI	51.93 m	Charith Kapukotuwa	06 Jun 2009	Colombo

(* marks made with senior implements)



Junior Men's JAVELIN THROW

U20 RECORDS

World Jr Record	86.48 m	Neeraj Chopra	India	23 Jul 2016	Bydgoszcz
Asian Jr Record	86.48 m	Neeraj Chopra	India	23 Jul 2016	Bydgoszcz
South Asian Jr Best	86.48 m	Neeraj Chopra	India	23 Jul 2016	Bydgoszcz
Championship Record	71.47 m	Arshdeep Singh	India	5 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE		
2007	Samarjeet Singh	IND 67.14	Arivoli Chockanathan	IND 62.16	Waruna Lakshan	SRI 60.18		
2013	Parvinder Kumar	IND 67.63	Lavus Livingtone	SRI 61.07	Birendra Singh	IND 58.29		
2018	Arshdeep Singh	IND 71.47	Pragathi Prasanna R	SRI 61.71	Anjana Fonseka	SRI 60.47		

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
185	Rohan Yadav <i>2024 Dubai Asian U20 championships Silver medalist</i>	2006	IND	70.03 – 2024	70.03
180	Dipanshu Sharma <i>2024 Dubai Asian U20 championships GOLD medalist</i>	2006	IND	71.21 – 2024	71.21
216	Bilal Muhammad	2006	PAK		
253	Dilhara Danasinghe	2005	SRI	59.11 – 2024	59.11

NATIONAL U20 RECORDS

BAN	56.64 m	Habibur Rahaman	30 Nov 2007	Colombo
BHU	47.62 m	Sonam Rinzin	13 Dec 2001	Phuntsholing
IND	86.48 m	Neeraj Chopra	23 Jul 2016	Bydgoszcz
MDV	47.53 m	Abdullah Mahir	30 Jun 2009	Male
NEP	61.30 m	Kursed Ahmed Khan	10 Sep 1988	Singapore
PAK	78.33 m	Arshad Nadeem	10 Feb 2016	Guwahati
SRI	70.68 m	Ramesh Tharanga Pathirage	04 Aug 2022	Cali



Junior Men's 4 x 100m Relay

U20 RECORDS

World Jr Record	38.51 s	South African National U20 Team	22 Aug 2021	Nairobi
Asian Jr Record	39.01 s	Japan National U20 Team	13 Jul 2012	Barcelona
	(equalled)	Japan National U20 Team	23 Jul 2016	Bydgoszcz
South Asian Jr Best	39.81 s	Sri Lankan National U20 Team	27 Apr 2024	Dubai
Championship Record	41.27 s	Sri Lankan National U20 Team	30 Nov 2007	Colombo

PAST MEDALISTS

GOLD				SILVER				BRONZE			
2007	Sri Lanka	SRI	41.27	India	IND	42.30	Maldives	MDV	48.16		
2013	Sri Lanka	SRI	41.42	India	IND	41.81	Pakistan	PAK	43.15		
2018	India	IND	42.85	Pakistan	PAK	43.03	Maldives	MDV	44.68		

PARTICIPANTS

Bib		Nation	PB	SB
A	Bangladesh U20 Team	BAN	42.04 - 1992	
B	India U20 Team	IND	40.01 – 2024	40.01
E	Maldives U20 Team	MDV	44.68 - 2018	
F	Nepal U20 Team	NEP	45.5* - 2021	
C	Pakistan U20 Team	PAK	42.0* - 2003	
D	Sri Lanka U20 Team	SRI	39.81 – 2024	39.81

NATIONAL U20 RECORDS

BAN	42.04 secs	National U20 Team	30 Nov 1992	New Delhi
IND	40.01 secs	National U20 Team	27 Apr 2024	Dubai
MDV	44.68 secs	National U20 Team	05 May 2018	Colombo
NEP	45.5* secs	Kapilbastu Team	30 Dec 2021	Kathmandu
PAK	42.0* secs	National U20 Team	26 Dec 2003	Islamabad
SRI	39.81 secs	National U20 Team	27 Apr 2024	Dubai



Junior Men's 4 x 400m Relay

U20 RECORDS

World Jr Record	2:59.30	United States National U20 Team	21 Jul 2019	San Jose
Asian Jr Record	3:04.11	Japan National U20 Team	27 Jul 2014	Eugene
South Asian Jr Best	3:08.10	Indian National U20 Team	30 Aug 2024	Lima
Championship Record	3:08.21	Sri Lankan National U20 Team	6 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE		
2007	India	IND 3:14.56	Sri Lanka	SRI 3:15.68	Maldives	MDV 4:04.22		
2013	Sri Lanka	SRI 3:15.46	India	IND 3:15.66	Bangladesh	BAN 3:26.71		
2018	Sri Lanka	SRI 3:08.21	India	IND 3:09.33	Pakistan	PAK 3:22.98		

PARTICIPANTS

Bib		Nation	PB	SB
A	Bangladesh National U20 Team	BAN	3:17.27 - 1992	
B	India National U20 Team	IND	3:08.10 – 2024	3:08.10
E	Maldives National U20 Team	MDV	3:31.86 – 2018	
F	Nepal National U20 Team	NEP	3:49.6* – 1989	
C	Pakistan National U20 Team	PAK	3:10.45 - 1986	
D	Sri Lanka National U20 Team	SRI	3:08.21 – 2018	3:09.48

NATIONAL U20 RECORDS

BAN	3:17.27	National U20 Team	04 Dec 1992	New Delhi
IND	3:08.10	National U20 Team	30 Aug 2024	Lima
MDV	3:31.86	National U20 Team	06 May 2018	Colombo
NEP	3:49.6m	National U20 Team	30 Dec 1989	Birgunj
PAK	3:10.45	National U20 Team	06 Dec 1986	Jakarta
SRI	3:08.21	National U20 Team	06 May 2018	Colombo



Junior Women's 100m

U20 RECORDS

World Jr Record	10.75 s	Sha'Carri Richardson	U S A	8 Jun 2019	Austin
Asian Jr Record	11.17 s	Xizo Lin	China	18 Oct 1997	Shanghai
South Asian Jr Best	11.42 s	Damayanthi Dharsha	Sri Lanka	18 Sep 1994	Jakarta
Championship Record	11.92 s	Amasha de Silva	Sri Lanka	5 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE			
2007	Jessy Arulappan	IND	12.15	Jayasinghe J A N S	SRI	12.28	Srabani Nanda	IND	12.31
2013	Archana Suseendran	IND	12.06w	Deepika P	IND	12.22w	Rumeshika Rathnayaka	SRI	12.23w
2018	Amasha de Silva	SRI	11.92	Chaitrali Gujur	IND	12.24	Shelinda Jansen	SRI	12.28

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
102	Sumaiya Akter	2007	BAN		
105	Mayna Khanom	2005	BAN		
117	Chimi Pelden	2009	BHU		
129	Sudheeksha V	2005	IND	11.97 – 2023	11.98
	<i>2024 Lima World U20 championships participant</i>				
145	Abinaya Rajarajan	2006	IND	11.69 – 2023 (11.60 windy)	11.86
	<i>2024 Lima World U20 championships participant</i>				
186	Nizar Ahnaa	2007	MDV	13.03 – 2022	-
190	Mariyam Ru'ya Ali	2005	MDV	11.87 – 2024	11.87
	<i>2024 Lima World U20 championships participant</i>				
204	Gopali Dina	2009	NEP		
239	Dhanani Reshma Kodithuwakku	2005	SRI	12.37 – 2024	12.37
244	Shanella Senevirathne	2005	SRI	12.20 – 2024	12.20
	<i>2024 National Junior Champion</i>				

NATIONAL U20 RECORDS

BAN	12.09 secs	Sumaya Dewan	23 Sep 2022	Dhaka
BHU	14.41 secs	Sangay Wangmo	03 Jun 2016	Ho Chi Minh city
IND	11.62 secs	Dutee Chand	10 Jul 2013	Donetsk
MDV	11.87 secs	Mariyam Ru'ya Ali	25 May 2024	Kingston
NEP	12.83 secs	Devi Maya Paneru	21 Dec 1995	Chennai
	(equalled)	Reshma Subedi	14 Oct 2022	Al-Kuwait
PAK	11.95 secs	Shabana Akhtar	26 Dec 1991	Colombo
SRI	11.42 secs	Damayanthi Dharsha	18 Sep 1994	Jakarta



Junior Women's 200m

U20 RECORDS

World Jr Record	21.81 s	Christine Mboma	Namibia	3 Aug 2021	Tokyo
Asian Jr Record	22.74 s	Ofonime Odiong	Bahrain	15 Aug 2016	Rio de Janeiro
South Asian Jr Best	23.10 s	Hima Das	India	27 Jun 2018	Guwahati
Championship Record	24.32 s	Archana Suseendran	India	12 Nov 2013	Ranchi

PAST MEDALISTS

GOLD				SILVER				BRONZE			
2007	Jessy Arulappan	IND	25.32	Jayasinghe J A N S	SRI	25.39	Srabani Nanda	IND	25.49		
2013	Archana Suseendran	IND	24.32	Rengitha C	IND	25.04	Rumeshika Rathnayaka	SRI	25.23		
2018	Amasha de Silva	SRI	24.70	Sharmila Jan	SRI	24.80	Shelinda Jansen	SRI	25.08		

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
117	Chimi Pelden	2009	BHU		
125	Nancy	2007	IND	23.84 – 2024	23.84
	<i>2024 National championships Bronze medalist</i>				
130	Unnathi Aiyappa	2005	IND	23.85 – 2024	23.85
	<i>2024 Indian Federation Cup Champion</i>				
144	Neeru Pathak	2007	IND	23.94 – 2024	23.94
	<i>2024 Bilaspur Youth Nationals Champion</i>				
186	Nizar Ahnaa	2007	MDV	26.34 – 2022	-
193	Shafeeu Ziva Moosa	2007	MDV	25.60 – 2024	25.60
204	Gopali Dina	2009	NEP		
238	Dilanma Ransini Perera	2007	SRI	25.37 – 2023	25.42
247	Jithma Shenari Wijethunga	2006	SRI	24.90 – 2024	24.90
	<i>2024 National Junior Champion</i>				

NATIONAL U20 RECORDS

BAN	25.37 secs	Sumaya Dewan	24 Sep 2022	Dhaka
BHU	30.87 secs	Sangay Wangmo	22 Aug 2014	Nanjing
IND	23.10 secs	Hima Das	27 Jun 2018	Guwahati
MDV	25.44 secs	Aishath Himna Hassan	18 Dec 2021	Hulhumale
NEP	26.18 secs	Saraswati Chaudhary	11 Feb 2016	Guwahati
PAK	24.53 secs	Shabana Akhtar	24 Dec 1991	Colombo
SRI	23.16 secs	Susanthika Jayasinghe	20 Sep 1994	Jakarta



Junior Women's 400m

U20 RECORDS

World Jr Record	49.42 s	Grit Breuer	Germany	27 Aug 1991	Tokyo
Asian Jr Record	49.88 s	Salwa Eid Naser	Bahrain	1 Sep 2017	Brussels
South Asian Jr Best	50.79 s	Hima Das	India	26 Aug 2018	Jakarta
Championship Record	54.47 s	Dilshi Shyamali Kumarasinghe	Sri Lanka	5 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE			
2007	Gujjala Harathi	IND	56.32	Debashree Mazumdar	IND	57.22	Samaraweera S K	SRI	58.78
2013	Siwanthi Kumari	SRI	56.87	Nirmali Madushika	SRI	57.01	Shaharbana Sidhique	IND	57.15
2018	Shyamali Kumarasinghe	SRI	54.47	Subha Venkatesan	IND	55.18	Rachna	IND	55.70

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
106	Azmi Khatun	2007	BAN	58.58 – 2024	58.58
141	Sandra Mol Sabu	2005	IND	55.35 – 2024	55.35
	<i>Part of 2024 Dubai Asian U20 Champs 4x400m GOLD winning Relay Team</i>				
144	Neeru Pathak	2007	IND	52.78 – 2024	52.78
	<i>2024 Lima World U20 championships participant</i>				
189	Hawwa Muznaa Faiz	2006	MDV	57.99 - 2023	
193	Shafeeu Ziva Moosa	2007	MDV	58.55 – 2023	61.41
202	Tharu Anisha	2008	NEP		
232	Takshima Nuhansa K	2006	SRI	55.78 – 2024	55.78
	<i>2024 Dubai Asian U20 championships Relay Bronze medalist</i>				
247	Jithma Shenari Wijethunga	2006	SRI	54.85 – 2024	54.85
	<i>2024 Lima World U20 championships participant</i>				

NATIONAL U20 RECORDS

BAN	58.58 secs	Azmi Khatun	26 May 2024	Dhaka
BHU	67.1* secs	Pratiksha Pradhan	10 Jul 2019	Thimphu
IND	50.79 secs	Hima Das	26 Aug 2018	Jakarta
MDV	57.99 secs	Hawwa Muznaa Faiz	05 Jul 2023	Hulhumale
NEP	63.49 secs	Manisha Adhikari	17 Aug 2010	Singapore
PAK	57.2* secs	Sajida Ramzan	27 Feb 2003	Islamabad
SRI	52.62 secs	Tharushi Dilsara Karunaratne	15 Sep 2023	Colombo



Junior Women's 800m

U20 RECORDS

World Jr Record	1:54.01	Pamela Jelimo	Kenya	29 Aug 2008	Zurich
Asian Jr Record	1:57.18	Wang Yuan	China	8 Sep 1993	Beijing
South Asian Jr Best	2:00.66	Tharushi Dilsara Karunaratne	Sri Lanka	16 Jul 2023	Bangkok
Championship Record	2:07.73	Dilshi Shyamali Kumarasinghe	Sri Lanka	6 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE			
2007	Bindhu S R	IND	2:17.91	Manpreet Kaur	IND	2:19.84	Rasika Sanjeevani	SRI	2:20.61
2013	Jessy Joseph	IND	2:08.38	Nadeesha Ramanayaka	SRI	2:12.82	Archana Adhav	IND	2:13.71
2018	Shyamali Kumarasinghe	SRI	2:07.73	Durga Deore	IND	2:09.27	Ankita Chahal	IND	2:09.91

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
140	Tanvi Malik	2006	IND	2:09.34 – 2024	2:09.34
	<i>Fifth at 2024 Dubai Asian U20 championships</i>				
147	Laxita Vinod Sandilea	2005	IND	2:07.10 – 2024	2:07.10
	<i>2024 Dubai Asian U20 championship SILVER medalist</i>				
192	Rasheed Zeek Ashraf	2008	MDV	2:29.52 – 2024	2:29.52
225	Sansala Himashani	2008	SRI	2:14.24 – 2024	2:14.24
	<i>2024 National Youth championship Silver medalist</i>				
233	Abhisheka Pemasiri	2008	SRI	2:14.02 – 2023	2:15.43
	<i>Fourth at 2024 National Sports Festival</i>				

NATIONAL U20 RECORDS

BAN	2:27.55	Smriti Akter	25 May 2024	Dhaka
BHU	2:37.40	Chimi Wangmo	06 May 2018	Colombo
IND	2:03.01	Ashakiran Barla	14 Oct 2023	Bengaluru
MDV	2:29.52	Rasheed Zeek Ashraf	08 Mar 2024	Male
NEP	2:20.61	Menuka Rawat	22 Nov 1987	Kolkata
PAK	2:11.6m	Sajida Ramzan	26 May 2002	Islamabad
SRI	2:00.66	Tharushi Dilsara Karunaratne	16 Jul 2023	Bangkok



Junior Women's 1,500m

U20 RECORDS

World Jr Record	3:51.34	Lang Yinglai	China	18 Oct 1997	Shanghai
Asian Jr Record	3:51.34	Lang Yinglai	China	18 Oct 1997	Shanghai
South Asian Jr Best	4:13.66	Sunita Rani	India	14 Dec 1998	Bangkok
Championship Record	4:31.38	Durga Deore	India	5 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE			
2007	Savita Dhankhar	IND	4:35.49	Bindhu S R	IND	4:35.51	Nimali W K L A	SRI	4:46.32
2013	Chitra P U	IND	4:32.13	Preeti Lamba	IND	4:33.71	Mahesha Weerasingha	SRI	4:52.46
2018	Durga Deore	IND	4:31.38	Poonam Sonune	IND	4:36.65	Manike Kanagarathna	SRI	4:36.71

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
119	Yuden Sonam	2007	BHU		
136	Vineeta Gurjar <i>2023 Junior Nationals Bronze medalist</i>	2005	IND	4:30.43 – 2024	4:30.43
147	Laxita Vinod Sandilea <i>2024 Dubai Asian U20 championship SILVER medalist</i>	2005	IND	4:19.23 – 2023	4:25.63
192	Rasheed Zeek Ashraf	2008	MDV		
203	Bhujel Asmita	2007	NEP		
205	Bhandari Narayani	2007	NEP		
233	Abhisheka Pemasiri <i>Bronze medalist in 2024 National Sports Festival</i>	2008	SRI	4:36.51 – 2024	4:36.51
234	Dulanjana Pradeepani <i>2024 National Junior Champion</i>	2006	SRI	4:37.61 – 2024	4:37.61

NATIONAL U20 RECORDS

BHU	5:21.3m	Tandin Pema	22 Dec 2002	Phuntsholing
IND	4:13.66	Sunita Rani	14 Dec 1998	Bangkok
MDV	5:14.38	Aminath Jaaisha	30 Aug 2018	Jakarta
NEP	4:49.67	Menuka Rawat	23 Nov 1987	Kolkata
PAK	4:57.89	Rabia Ashiq	08 Jul 2011	Kobe
SRI	4:33.40	Shanika Lakshani	29 Dec 2020	Colombo



Junior Women's 3,000m

U20 RECORDS

World Jr Record	8:28.83	Zola Budd	Gr.Britain	7 Sep 1985	Rome
Asian Jr Record	8:36.45	Ma Ningning	China	6 Jun 1993	Jinan
South Asian Jr Best	9:13.57	Sunita Rani	India	22 Aug 1996	Sydney
Championship Record	9:50.21	Poonam Sonune	India	6 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE			
2013	Chitra P U	IND	9:51.13	Preeti Lamba	IND	10:04.81	Pramoda Abeisingha	SRI	11:00.26
2018	Poonam Sonune	IND	9:50.21	Savita Pal	IND	10:04.21	Samudika Herath	SRI	10:06.12

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
118	Wangmo Dechen	2006	BHU		
131	Prachi Ankush	2005	IND	9:43.57 – 2023	9:44.28
	<i>Fourth in 2024 Dubai Asian U20 championships</i>				
135	Shilpa Dihora	2005	IND	9:53.23 – 2024	9:53.23
	<i>Seventh at 2024 Dubai Asian U20 championships</i>				
191	Jaleel Shal Shal Moobe	2007	MDV		
203	Bhujel Asmita	2007	NEP		
205	Bandari Narayani	2007	NEP		
234	Dulanjana Pradeepani	2006	SRI		

NATIONAL U20 RECORDS

BAN	10:25.3m	Rinki Biswas	05 Jan 2022	Dhaka
BHU	12:01.1m	Ugyen Pema	12 Dec 2001	Phuntsholing
IND	9:13.57	Sunita Rani	22 Aug 1996	Sydney
MDV	12:03.2m	Fathmath Hashma Abdulaziz	28 Dec 2005	Male
NEP	10:23.47	Raj Kumari Pandey	10 Sep 1988	Singapore
PAK	11:22.3m	Maryum Sadiqa	28 Dec 1997	Peshawar
SRI	9:58.3m	Maristela Parami Wasanthi	20 Sep 2018	Colombo



Junior Women's 100m Hurdles

U20 RECORDS

World Jr Record	12.71 s	Brittany Anderson	Jamaica	24 Jul 2019	Joensuu
Asian Jr Record	12.92 s	Sun Hongwei	China	18 Oct 1997	Shanghai
South Asian Jr Best	13.34 s	Agasara Nandini	India	5 Aug 2022	Cali
Championship Record	14.19 s	Sapna Kumari	India	5 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE		
2007	Raji C T	IND 14.86w	Sachinthana Perera	SRI 14.95w	Hani V	IND 15.14w		
2013	Meghana Shetty	IND 14.54	Deepika P	IND 14.75	Ireshani Sachiprabha	SRI 15.26		
2018	Sapna Kumari	IND 14.19	Pragyan Sahu	IND 14.98	Gunathilaka N G P R	SRI 15.25		

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
130	Unnathi Aiyappa	2005	IND	13.66 – 2024	13.66
	<i>2024 Dubai Asian U20 championships Bronze medalist</i>				
149	Sabita Toppo	2005	IND	14.04 – 2024	14.04
	<i>Seventh in 2024 Dubai Asian U20 championships</i>				
228	Imasha Lellupitiya	2006	SRI	15.08 – 2023	-
237	Nihansa Pujani	2006	SRI		
245	Miyuni Sidasna Gunathilaka	2006	SRI	15.53 – 2024	15.53

NATIONAL U20 RECORDS

BAN	14.36 secs	Sunita Rani	25 Aug 2006	Colombo
IND	13.34 secs	Agasara Nandini	05 Aug 2022	Cali
MDV	19.84 secs	Nashfa Amira	30 Oct 2002	Bangkok
PAK	15.43 secs	Seemi Rizvi	23 Dec 1989	Islamabad
SRI	14.27 secs	Harshani Wijesinghe	09 Oct 2009	Colombo



Junior Women's HIGH JUMP

U20 RECORDS

World Jr Record	2.04 m	Yaroslava Mahuchikh	Ukraine	30 Sep 2019	Doha
Asian Jr Record	1.95 m	Tatyana Efimenko	Kyrgyzstan	6 Oct 1999	Bishkek
South Asian Jr Best	1.83 m	Pooja	India	29 Aug 2024	Lima
Championship Record	1.75 m	Dulanjali Ranasinghe	Sri Lanka	30 Nov 2007	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE			
2007	Dulanjali Ranasinghe	SRI	1.75	Kavya Muthanna	IND	1.72	Lahiruni M Peiris	SRI	1.69
2013	Purnima Jayamali	SRI	1.68	Swapna Barman	IND	1.65	Jyoti	IND	1.60
2018	Gracena Glistus Merly	IND	1.70	Pallegama P P I N	SRI	1.65	Abhinaya S Shetty	IND	1.60

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
142	Mohur Mukherjee	2006	IND	1.79 – 2023	1.73
	<i>Sixth at 2023 Yecheon Asian U20 championships</i>				
126	Pooja	2007	IND	1.83 – 2024	1.84
	<i>2023 Tashkent Asian U18 championship GOLD medalist</i>				
211	Aiza Ahmed	2007	PAK		
227	Timeshi Jayarathna	2006	SRI	1.68 – 2024	1.68
240	Nethra Samadhi V P	2008	SRI	1.70 – 2024	1.70
	<i>2024 National Youth Champion</i>				

NATIONAL U20 RECORDS

BAN	1.68 m	Umme Hafsa Rumki	30 Aug 2019	Dhaka
BHU	1.39 m	Chimi Wangmo	05 Jul 2018	Thimphu
IND	1.83 m	Pooja	29 Aug 2024	Lima
MDV	1.50 m	Aishath Shaim Azeez	06 Feb 2023	Fuvahmulah
NEP	1.69 m	Keshari Chaudhari	07 Feb 2010	Dhaka
PAK	1.69 m	Rehana Kausar	27 Sep 1999	Kathmandu
SRI	1.80 m	Nimesha Madushani Siriwardana	12 May 2012	Diyagama



Junior Women's LONG JUMP

U20 RECORDS

World Jr Record	7.14 m	Heike Drechsler	Germany	4 Jun 1983	Bratislava
Asian Jr Record	6.80 m	Peng Fengmei	China	19 Apr 1998	Chengdu
South Asian Jr Best	6.76 m	Shaili Singh	India	15 Apr 2023	Bengaluru
Championship Record	6.01 m	Mayookha Johny	India	30 Nov 2007	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE			
2007	Mayokha Johny	IND	6.01	Renu Bala Mahanta	IND	5.65	Shyamali Gamage	SRI	5.46
2013	Jenimol Joy	IND	5.40w	Shipu Mondal	IND	5.39	Lakshini Sarangi Silva	SRI	5.36
2018	Punitha Ramasamy	IND	5.95w	Ridma N Aberathne	SRI	5.91	Nethmi Megawarna	SRI	5.67w

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
143	Lakshanya S N <i>2024 Junior Federation Cup Bronze medalist</i>	2005	IND	5.75 – 2024	5.75
150	Prathiksha Yamuna <i>2024 Dubai Asian U20 championships participant</i>	2005	IND	6.18 – 2023	5.82
187	Azeez Aishath Shaim	2005	MDV	5.12 – 2022	-
202	Tharu Anisha	2008	NEP		
223	Adithya Fernando <i>2024 National Junior Silver medalist</i>	2006	SRI	5.74 – 2024	5.74
224	Nethmika Madushani Herath <i>2024 Lima World U20 championships participant</i>	2005	SRI	6.32 – 2024	6.32

NATIONAL U20 RECORDS

BAN	6.07 m	Foujia Huda Jui	02 Apr 2004	Islamabad
BHU	5.47 m	Tashi Dema	22 Jan 2003	Phuntsholing
IND	6.76 m	Shaili Singh	15 Apr 2023	Bengaluru
MDV	5.19 m	Mariyam Ruya Ali	12 Nov 2022	Hulumale
NEP	5.20 m	Keshari Chaudhari	20 Jan 2009	Kathmandu
PAK	4.30 m	Nadia Zulfiqar	30 Nov 2007	Colombo
SRI	6.32 m	Nethmika Madushani Herath	15 Jul 2024	Diyagama



Junior Women's TRIPLE JUMP

U20 RECORDS

World Jr Record	14.62 m	Tereza Marinova	Bulgaria	25 Aug 1996	Sydney
Asian Jr Record	14.57 m	Huang Qiuyan	China	19 Oct 1997	Shanghai
South Asian Jr Best	13.58 m	Gayathry Govindharaj	India	3 Jul 2010	Hanoi
Championship Record	12.69 m	Priyadharshini Suresh	India	6 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE			
2013	Vidusha Lakshani	SRI	12.68	Rochella Macfarlane	IND	12.49	Jenimol Joy	IND	12.30
2018	Priyadharshini Suresh	IND	12.90w	Khushbeen Kaur	IND	12.59	Randi Cooray	SRI	12.50

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
152	Rishika Awasthi	2005	IND	12.40 – 2024	12.40
	<i>Sixth in 2024 Dubai Asian U20 championships</i>				
150	Prathiksha Yamuna	2005	IND	12.12 – 2024	12.12
	<i>2024 Junior Federation Cup Silver medalist</i>				
224	Madushani Herath	2005	SRI	13.13 – 2024	13.13
	<i>2024 Dubai Asian U20 Championships SILVER medalist</i>				
231	Dilki Nehara M	2008	SRI	12.19 – 2024	12.19
	<i>2024 National Youth championship Gold medalist</i>				
202	Anisha Tharu	2008	NEP		

NATIONAL U20 RECORDS

BHU	9.80 m	Tenzin Choden	08 Jul 2016	Thimphu
IND	13.58 m	Gayathry Govindharaj	03 Jul 2010	Hanoi
MDV	10.63 m	Ahnaa Nizar	14 May 2023	Hulhumale
NEP	11.60 m	Keshari Chaudhari	01 Sep 2010	Kathmandu
SRI	13.49 m	Vidusha Lakshani	28 Jun 2015	Diyagama



Junior Women's SHOT PUT

U20 RECORDS

World Jr Record	20.54 m	Astrid Kumbernuss	Germany	1 Jul 1989	Orimattila
Asian Jr Record	20.02 m	Cheng Xiaoyan	China	5 Jun 1994	Beijing
South Asian Jr Best	15.89 m	Navjeet Kaur Dhillon	India	10 May 2014	Chennai
Championship Record	14.77 m	Kiran Baliyan	India	5 May 2018	Colombo

PAST MEDALISTS

GOLD				SILVER				BRONZE			
2007	Manpreet Kaur	IND	13.76	Neelam Jakkhar	IND	12.95	Devni Maduraperuma	SRI	12.42		
2013	Meghna Devanga	IND	12.76	Amanthi Oshadi Silva	SRI	11.96	Tunlai Narzary	IND	11.31		
2018	Kiran Baliyan	IND	14.77	Anamika Das	IND	14.54	Sarisha Gunasekara	SRI	11.51		

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
103	Sharmin Akhter <i>2024 National Junior Champion</i>	2005	BAN	12.10 – 2024	12.10
138	Pooja Kumari <i>2024 Indian Open Throws U20 Champion</i>	2007	IND	14.10 – 2024	14.10
128	Tamanna <i>2024 Lima World U20 championships participant</i>	2006	IND	14.56 – 2024	14.56
230	Isali Malkethmi Silva <i>2024 National Junior Champion</i>	2005	SRI	12.56 – 2024	12.56

NATIONAL U20 RECORDS

BAN	12.10 m	Sharmina Akter	24 May 2024	Dhaka
BHU	9.89 m	Sangay Wangmo	10 Oct 1999	Thimphu
IND	15.89 m	Navjeet Kaur Dhillon	10 May 2014	Chennai
MDV	8.92 m	Aishath Shaya Shafeeu	19 Nov 2021	Male
NEP	10.66 m	Kanti Yadav	1985	Dang
PAK	11.17 m	Madiha Latif	29 Nov 2007	Colombo
SRI	13.02 m	Ovini Chandrasekara	07 Apr 2021	Colombo



Junior Women's DISCUS THROW

U20 RECORDS

World Jr Record	74.40 m	Ilke Wyludda	Germany	13 Sep 1988	East Berlin
Asian Jr Record	66.08 m	Cao Qi	China	12 Sep 1993	Beijing
South Asian Jr Best	59.26 m	Seema Antil	India	4 Oct 2002	Mumbai
Championship Record	48.60 m	Arpandeeep Kaur Bajwa	India	6 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE			
2007	Priyanka Bhanot	IND	45.79	Rinku Rani	IND	40.89	Sonali Weerasekara	SRI	37.28
2013	Amanthi Oshadi Silva	SRI	41.65	Nandhini V	IND	38.71	Manisha	IND	37.96
2018	Arpandeeep Kaur	IND	48.60	Karuniya M	IND	48.58	Heshani Maheshika	SRI	37.50

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
123	Anisha	2005	IND	48.69 – 2024	48.69
<i>2024 Khelo India University Games GOLD medalist</i>					
137	Amanat Kamboj	2007	IND	50.45 – 2024	50.45
<i>2024 Dubai Asian U20 championships SILVER medalist</i>					
188	Aishath Shaya Shafeeu	2007	MDV	31.49 - 2023	-
242	Gauranganie Savindhaya	2005	SRI		

NATIONAL U20 RECORDS

BAN	36.09 m	Jafrin Akhter	06 Mar 2014	Dhaka
BHU	31.18 m	Namkha Lhamo	13 Dec 2001	Phuntsholing
IND	59.26 m	Seema Antil	04 Oct 2002	Mumbai
MDV	31.49 m	Aishath Shaya Shafeeu	24 Nov 2023	Male
NEP	31.59 m	Sujata Subba	16 Jun 1989	Colombo
PAK	29.00 m	Yasra Abru	05 Dec 1996	New Delhi
SRI	43.40 m	Amanthi Oshadi Silva	16 Sep 2013	Colombo



Junior Women's JAVELIN THROW

U20 RECORDS

World Jr Record	64.28 m	Yan Ziyi	China	14 Apr 2024	Hangzhou
Asian Jr Record	64.28 m	Yan Ziyi	China	14 Apr 2024	Hangzhou
South Asian Jr Best	52.68 m	Deepika	India	27 Feb 2024	Guwahati
Championship Record	48.08 m	Sanjana Choudhary	India	6 May 2018	Colombo

PAST MEDALISTS

GOLD				SILVER				BRONZE			
2007	Serena Clarence	SRI	39.42	Asha Mary Panamala	IND	38.12	Sofia Kispotta	IND	36.81		
2013	Prajitha C K	IND	41.69	Chamika Gunarathna	SRI	40.94	Swapna Barman	IND	37.48		
2018	Sanjana Choudhary	IND	48.08	Hasanthi Dissanayake	SRI	40.80	Uthayavani N	SRI	39.12		

PARTICIPANTS

Bib	Athlete	YOB	Nation	PB	SB
127	Poonam	2007	IND	46.24 – 2024	46.24
	<i>2024 Junior Federation Cup Silver medalist</i>				
124	Deepika	2005	IND	52.68 – 2024	52.68
	<i>2024 Khelo India University Games winner</i>				
229	Nisansala Madubashini	2005	SRI		

NATIONAL U20 RECORDS

BHU	38.92 m	Chechay	13 Dec 2001	Phuntsholing
IND	52.33 m	Suman Devi	29 Oct 2002	Bangkok
MDV	15.07 m	Aminath Muneer	20 Jul 2007	Colombo
NEP	37.78 m	Sima Kumari Chaudhari	30 Sep 2013	Kathmandu
PAK	41.64 m	Shabana Kausar	13 Nov 1999	Lahore
SRI	47.26 m	Nadeeka Lakmali	16 Sep 2000	Colombo



Junior Women's 4 x 100m Relay

U20 RECORDS

World Jr Record	42.58 s	Jamaica National U20 Team	17 Apr 2022	Kingston
Asian Jr Record	44.44 s	Guangdong Sports School (China)	16 Aug 2019	Taiyuan
South Asian Jr Best	45.31 s	Indian National U20 Team	30 Aug 2024	Lima
Championship Record	46.23 s	Sri Lankan National U20 Team	5 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE		
2007	Sri Lanka	SRI 47.14	India	IND 47.34	Maldives	MDV 52.19		
2013	Sri Lanka	SRI 47.31	India	IND 48.16	Bangladesh	BAN 50.14		
2018	Sri Lanka	SRI 46.23	India	IND 46.81	Bangladesh	BAN 49.82		

PARTICIPANTS

Bib	Nation	PB	SB
A	Bangladesh U20 Team	49.82 - 2018	
B	India U20 Team	45.31 – 2024	45.31
D	Maldives U20 Team	52.19 - 2007	
C	Sri Lanka U20 Team	46.23 - 2018	

NATIONAL U20 RECORDS

BAN	49.82 secs	National U20 Team	05 May 2018	Colombo
IND	45.31 secs	National U20 Team	30 Aug 2024	Lima
MDV	52.19 secs	National U20 Team	30 Nov 2007	Colombo
NEP	55.5* secs	Dang Junior Team	30 Dec 2021	Kathmandu
PAK	51.14 secs	National U20 Team	05 May 2018	Colombo
SRI	46.23 secs	National U20 Team	05 May 2018	Colombo



Junior Women's 4 x 400m Relay

U20 RECORDS

World Jr Record	3:24.04	United States National U20 Team	21 Jul 2019	San Jose
Asian Jr Record	3:32.59	China National U20 Team	20 Aug 2006	Beijing
South Asian Jr Best	3:34.18	Indian National U20 Team	5 Aug 2022	Cali
Championship Record	3:43.31	Sri Lanka National U20 Team	6 May 2018	Colombo

PAST MEDALISTS

GOLD			SILVER			BRONZE		
2007	India	IND 3:50.27	Sri Lanka	SRI 3:57.62	Maldives	MDV 4:46.90		
2013	Sri Lanka	SRI 3:51.04	India	IND 3:59.14	Bangladesh	BAN 4:16.66		
2018	Sri Lanka	SRI 3:43.31	India	IND 3:46.08	Bangladesh	BAN 4:10.42		

PARTICIPANTS

Bib	Nation	PB	SB
A	Bangladesh U20 Team	4:03.95 - 1992	
B	India U20 Team	3:34.18 – 2022	3:40.43
D	Maldives U20 Team	4:15.0* - 2011	
E	Nepal U20 Team	5:20.3* - 1972	
C	Sri Lanka U20 Team	3:43.31 – 2018	3:46.20

NATIONAL U20 RECORDS

BAN	4:03.95	National U20 Team	04 Dec 1992	New Delhi
IND	3:34.18	National U20 Team	05 Aug 2022	Cali
MDV	4:15.0m	Jalaludin School Team	23 Apr 2011	Male
NEP	5:20.3m	National Junior Team	02 Jul 1972	Kathmandu
PAK	4:12.83	National U20 Team	06 Dec 1996	New Delhi
SRI	3:43.31	National U20 Team	06 May 2018	Colombo

Wishing All Participants Every Success!

