

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 1 MENS 100m Run**FINALS****RESULTS OF FINALS**

1	SHIVAM YADAV, 14	14	CHARKI DADRI	10.80
2	JAI PARKASH, 13	13	CHARKI DADRI	10.89
3	CHIRAG, 65	65	ROHTAK	10.89
4	SUMIT, 27	27	HISAR	10.99
5	PRINCE, 81	81	SONIPAT	11.01
6	NUZRAT, 90	90	YAMUNANAGAR	11.02
7	SHAINKY, 93	93	YAMUNANAGAR	11.04

RESULTS OF PRELIMS

1	SHIVAM YADAV, 14	14	CHARKI DADRI	10.80
2	JAI PARKASH, 13	13	CHARKI DADRI	10.89
3	CHIRAG, 65	65	ROHTAK	10.89
4	SUMIT, 27	27	HISAR	10.99
5	PRINCE, 81	81	SONIPAT	11.01
6	NUZRAT, 90	90	YAMUNANAGAR	11.02
7	SHAINKY, 93	93	YAMUNANAGAR	11.04
9	ROHIT, 8	8	BHIWANI	11.14
10	NIMISH DHAWAN, 16	16	FARIDABAD	11.15
11	PRINCE, 59	59	PANIPAT	11.16
12	HARSH, 66	66	ROHTAK	11.20
13	AKASH SINGH, 64	64	ROHTAK	11.26
14	RAHUL ., 7	7	BHIWANI	11.30
15	ASHISH, 76	76	SONIPAT	11.31
16	LALIT KUMAR TUSHIR, 78	78	SONIPAT	11.32
16	GOPI RAM PANCHAL, 46	46	KARNAL	11.32
18	SAHIL ANTIL, 83	83	SONIPAT	11.33
19	VEERINDER SINGH, 73	73	SIRSA	11.37
19	JAGDEEP, 5	5	BHIWANI	11.37
19	BRIJESH, 42	42	KAITHAL	11.37
22	MANJEET, 68	68	ROHTAK	11.40
23	SOURAV, 51	51	MAHENDRAGARH	11.47
24	SAGAR, 60	60	PANIPAT	11.50
25	ANKIT, 24	24	HISAR	11.51
26	MANJEET KUMAR, 79	79	SONIPAT	11.56
27	RAJAT JAKHAR, 33	33	JHAJJAR	11.59
28	SHUBHAM, 71	71	ROHTAK	11.66
29	RUDRA ATTRI, 17	17	FARIDABAD	11.68
29	MAHESH KUMAR, 29	29	JHAJJAR	11.68
31	MITUL, 19	19	FATEHABAD	11.72
32	AMIT GAUTAM, 54	54	PALWAL	11.74
33	NUPESH, 32	32	JHAJJAR	11.77
34	OMKAR LODHI, 39	39	JIND	11.88
35	DEEPAK SHARMA, 49	49	MAHENDRAGARH	11.93
36	NISHANT, 38	38	JIND	11.97
37	KARANDEEP, 67	67	ROHTAK	11.99
38	SACHIN, 82	82	SONIPAT	12.05
39	LOVE PREET SINGH, 72	72	SIRSA	12.06
40	TUSHAR, 45	45	KAITHAL	12.07
40	NIKHIL DANDYAAN, 48	48	KURUKSHETRA	12.07
42	VISHAL KUMAR, 88	88	SONIPAT	12.08
43	NISHANT GAUR, 43	43	KAITHAL	12.09

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

44	MASTU, 26	26	HISAR	12.10
45	YAMAN, 41	41	JIND	12.11
46	SHUBHAM TANWER, 86	86	SONIPAT	12.12
47	NITISH SAINI, 56	56	PANCHKULA	12.17
48	YASHDEEP, 89	89	SONIPAT	12.19
49	KESHAV CHAND TALWA	55	PALWAL	12.24
50	PARDEEP KUMAR, 57	57	PANCHKULA	12.27
51	SACHIN, 40	40	JIND	12.36
52	MUKUN, 21	21	GURUGRAM	12.37
53	SHUBHAM, 22	22	GURUGRAM	12.38
53	MOHIT KAUSHIK, 80	80	SONIPAT	12.38
53	AMAN, 75	75	SONIPAT	12.38
56	RAVI, 34	34	JHAJJAR	12.41
57	DUSHYANT KUMAR, 3	3	BHIWANI	12.42
58	NAVDEEP, 31	31	JHAJJAR	12.44
59	SACHIN ., 92	92	YAMUNANAGAR	12.51
60	SACHIN, 10	10	BHIWANI	12.62
61	AAKASH, 796	796	CHARKI DADRI	12.70
62	PAWAN, 793	793	JIND	12.82
63	MONU, 37	37	JIND	12.83
64	KASHISH CHOUDHARY,	47	KARNAL	13.02
65	JONEE KHANNA, 50	50	MAHENDRAGARH	13.03
66	SHUBHAM, 85	85	SONIPAT	13.07
67	SAMEER, 84	84	SONIPAT	13.18
68	MANJEET ., 52	52	MEWAT	13.43
69	TEJAS YADAV, 63	63	REWARI	13.68
70	SOURBH, 44	44	KAITHAL	13.69
71	PRINCE ., 62	62	REWARI	13.80
72	DEEPAK ., 77	77	SONIPAT	13.91
73	NAVEEN, 795	795	BHIWANI	14.02
74	SARVAN, 35	35	JHAJJAR	14.06
75	ASHISH PHALSWAL, 61	61	REWARI	14.08
76	THANISH BODWAL, 23	23	GURUGRAM	14.12
77	MANISH SHARMA, 30	30	JHAJJAR	14.15
78	GOPAL, 4	4	BHIWANI	14.34
79	AASHISH, 18	18	FATEHABAD	15.16
80	BINTU SHARMA, 36	36	JIND	15.54
81	SAHDEV CHECHI, 53	53	MEWAT	15.91
82	MOHIT NAGPAL, 1	1	AMBALA	15.94
83	VINAY, 87	87	SONIPAT	16.00
	RAHUL, 91	91	YAMUNANAGAR	DNS
	GAURAV, 15	15	FARIDABAD	DQ
	ABHISHEK, 794	794	KARNAL	DNS
	ROHIT, 9	9	BHIWANI	DNS
	SOURAB SINGH CHAUH.	12	BHIWANI	DNS
	ROHIT SINGH, 70	70	ROHTAK	DNS
	SANJAY, 11	11	BHIWANI	DQ
	MOHMMAD BILAL, 20	20	GURUGRAM	DNS
	VIJAY SINGH, 74	74	SIRSA	DNS
	RAVINDER, 69	69	ROHTAK	DQ
	PRAMOD, 6	6	BHIWANI	DNS
	KUNAL HIRANWAL, 25	25	HISAR	DNS
	GOURAV JAKHAR, 28	28	JHAJJAR	DNS
	ATUL CHHOKER, 58	58	PANIPAT	DNS
	SWARAJ NARAYAN SAIN	2	AMBALA	DNS

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 2 MENS 200m Run**FINALS****RESULTS OF FINALS**

1	SHUBHAM, 112	112	HISAR	21.92
2	MOHIT KUMAR, 153	153	SONIPAT	21.94
3	SHIVAM YADAV, 100	100	CHARKI DADRI	22.04
4	ADITYA RAJ SINGH, 150	150	SONIPAT	22.29
5	NITESH, 154	154	SONIPAT	22.36
6	HARDEEP, 140	140	PANIPAT	22.46
7	JAI PARKASH, 99	99	CHARKI DADRI	22.47
	ROHIT, 96	96	BHIWANI	DNS

RESULTS OF PRELIMS

1	SHUBHAM, 112	112	HISAR	21.81
2	MOHIT KUMAR, 153	153	SONIPAT	21.85
3	ADITYA RAJ SINGH, 150	150	SONIPAT	22.11
4	HARDEEP, 140	140	PANIPAT	22.14
5	NITESH, 154	154	SONIPAT	22.18
6	SHIVAM YADAV, 100	100	CHARKI DADRI	22.32
7	ROHIT, 96	96	BHIWANI	22.43
8	JAI PARKASH, 99	99	CHARKI DADRI	22.45
9	HIMANSHU, 114	114	JHAJJAR	22.53
10	ROHIT SINGH, 117	117	JHAJJAR	22.54
11	AMIT KUMAR, 98	98	CHARKI DADRI	22.59
12	SUMIT, 113	113	HISAR	22.61
13	KRISHAN, 151	151	SONIPAT	22.64
14	PANKAJ, 809	809	BHIWANI	22.68
15	PRINCE, 141	141	PANIPAT	22.74
16	VIMAL HOODA, 146	146	ROHTAK	22.83
17	MANJEET, 143	143	ROHTAK	22.88
18	SAWAN RATHEE, 145	145	ROHTAK	22.92
19	GAURAV, 101	101	FARIDABAD	23.04
20	SHIVDARSHAN, 156	156	SONIPAT	23.06
21	ASIM KHAN, 135	135	PALWAL	23.14
22	NITIN, 95	95	BHIWANI	23.19
23	GOURAV, 103	103	FATEHABAD	23.25
24	ANKIT, 109	109	HISAR	23.31
25	NUPESH, 115	115	JHAJJAR	23.46
26	ANSHUL, 124	124	KARNAL	23.56
27	NARENDER SHEOKAND,	119	JIND	23.59
28	PARVEEN KUMAR, 116	116	JHAJJAR	23.85
29	MITUL, 104	104	FATEHABAD	23.90
30	TILAK SINGH, 139	139	PANCHKULA	24.02
31	MAHESH, 138	138	PALWAL	24.09
32	LOKESH, 111	111	HISAR	24.28
33	SHUBHAM TANWER, 157	157	SONIPAT	24.35
34	NISHANT, 120	120	JIND	24.40
35	NIKHIL DANDYAAN, 129	129	KURUKSHETRA	24.46
36	YAMAN, 121	121	JIND	24.52
37	ANKIT, 142	142	ROHTAK	24.70
38	GOPAL..., 94	94	BHIWANI	25.17
39	MALKIT, 118	118	JIND	25.39
40	LOVEKIT KAMBOJ, 127	127	KARNAL	25.48
41	SAHIL SHARMA, 106	106	FATEHABAD	25.49

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS**Org.By:- KARNAL ATHLETICS ASSO.**

28-05-2023

3/27/23 - 3/28/23

KARNAL

42	MOHIM KHAN, 133	133	MEWAT	25.50
43	YASHDEEP, 158	158	SONIPAT	25.52
44	HARSH SINGH, 128	128	KURUKSHETRA	25.67
45	ANSH RANA, 123	123	KARNAL	26.03
46	KAPIL SINGH, 136	136	PALWAL	26.09
47	MANISH, 152	152	SONIPAT	26.12
48	SONU, 131	131	MAHENDRAGARH	26.39
49	JATIN KUMAR, 110	110	HISAR	26.44
50	MUKUN., 108	108	GURUGRAM	26.57
51	VANSH KUMAR, 160	160	YAMUNANAGAR	26.60
52	KASHISH CHOUDHARY,	126	KARNAL	26.91
53	PRINCE ..., 159	159	YAMUNANAGAR	26.92
54	RAHUL, 130	130	KURUKSHETRA	27.46
55	KUNAL, 137	137	PALWAL	28.66
56	SANJAY, 814	814	BHIWANI	29.34
57	SANJAY, 107	107	FATEHABAD	30.03
58	MOHIT KUMAR, 105	105	FATEHABAD	30.06
59	PRINCE, 134	134	MEWAT	30.68
60	GOURAV, 125	125	KARNAL	30.92

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 3 MENS 400m Run**FINALS****RESULTS OF FINALS**

1	MOHIT KUMAR, 212	212	SONIPAT	47.32
2	VIKRANT PANCHAL, 170	170	FARIDABAD	47.54
3	SUMIT CHAHAL, 192	192	JIND	47.97
4	NITESH., 214	214	SONIPAT	48.23
5	HARDEEP, 199	199	PANIPAT	48.59
6	PRAVEEN KUMAR, 162	162	BHIWANI	48.70
7	BALJEET BURA, 174	174	HISAR	48.71
8	PARVEEN, 215	215	SONIPAT	49.76

RESULTS OF PRELIMS

1	MOHIT KUMAR, 212	212	SONIPAT	47.66
2	SUMIT CHAHAL, 192	192	JIND	48.39
3	VIKRANT PANCHAL, 170	170	FARIDABAD	48.48
4	NITESH., 214	214	SONIPAT	48.64
5	PRAVEEN KUMAR, 162	162	BHIWANI	48.97
6	HARDEEP, 199	199	PANIPAT	49.05
7	BALJEET BURA, 174	174	HISAR	49.17
8	PARVEEN, 215	215	SONIPAT	49.22
9	AMIT KUMAR, 163	163	CHARKI DADRI	49.39
10	ASHISH PHOGAT, 164	164	CHARKI DADRI	49.49
11	AKASH PARMAR, 161	161	BHIWANI	49.76
12	PARDEEP NEHRA, 172	172	GURUGRAM	50.06
13	ANAND, 166	166	FARIDABAD	50.15
14	DEEPAK, 211	211	SONIPAT	50.33
15	ANSHUL ., 194	194	KARNAL	50.36
16	SACHIN PILWAN, 168	168	FARIDABAD	50.77
17	VISHAL SINGH, 171	171	FATEHABAD	50.80
18	TARUN DAHIYA, 218	218	SONIPAT	50.98
19	SAWAN RATHEE, 207	207	ROHTAK	51.08
19	MAYANK, 206	206	ROHTAK	51.08
21	MANISH RATHEE, 179	179	JHAJJAR	51.11
22	NAVEEN, 213	213	SONIPAT	51.18
23	PARVESH CHAHAL, 190	190	JIND	51.23
24	HIMANSHU ., 186	186	JIND	51.66
25	SANJAY., 177	177	HISAR	51.69
26	SANDEEP DHANKHAR, 1	181	JHAJJAR	51.73
27	NAVISH, 189	189	JIND	51.88
28	ASHLESH JATAIN, 210	210	SONIPAT	52.08
29	ANKUSH SHARMA, 204	204	ROHTAK	52.09
30	VAIBHAV, 169	169	FARIDABAD	52.24
31	VIJAY PAL, 197	197	MAHENDRAGARH	52.51
32	ROBIN KHINCHI, 216	216	SONIPAT	52.61
33	ANKIT, 203	203	ROHTAK	52.88
34	SUNNY, 201	201	PANIPAT	52.98
35	ABHISHEK DHULL, 195	195	KURUKSHETRA	53.09
36	HIMANSHU, 185	185	JIND	53.51
37	VISHAL, 209	209	SIRSA	53.76
38	ANSHUL, 173	173	HISAR	54.22
39	MANJEET, 188	188	JIND	54.67
40	ANAND, 158940	184	JIND	55.52
41	KUNAL, 167	167	FARIDABAD	55.66

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS**Org.By:- KARNAL ATHLETICS ASSO.**

28-05-2023

3/27/23 - 3/28/23

KARNAL

42	MUNFED, 198	198	MEWAT	55.95
43	AJAY KUMAR, 183	183	JIND	56.19
44	MALKIT, 187	187	JIND	56.64
45	SOURAV, 222	222	YAMUNANAGAR	56.91
46	PRANJAL, 191	191	JIND	57.74
47	DARSHAN SINGH, 175	175	HISAR	1:00.75
48	ANKIT SEHGAL, 219	219	YAMUNANAGAR	1:01.95
49	RAJAT, 221	221	YAMUNANAGAR	1:04.05
50	SOHIT, 791853283576	208	ROHTAK	1:06.76
51	NITISH, 200	200	PANIPAT	1:13.89
52	HARSH, 469035347696	205	ROHTAK	1:19.33
	TUSHAR SWAMI, 182	182	JHAJJAR	DNS
	VIJAY SINGH MALIK, 193	193	JIND	DNS
	LAKSHAYDEEP, 176	176	HISAR	DNS
	SHIVDARSHAN, 217	217	SONIPAT	DNS
	UMESH KUMAR, 196	196	MAHENDRAGARH	DNS
	SAHIL, 202	202	REWARI	DNS
	PARVEEN KUMAR, 180	180	JHAJJAR	DNF
	CHIRAG, 220	220	YAMUNANAGAR	DQ
	SAGAR., 165	165	CHARKI DADRI	DNS
	DEEPAK SINGH, 178	178	JHAJJAR	DNS

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 4 MENS 800m Run**FINALS****RESULTS OF FINALS**

1	SATYA DEV, 253	253	PALWAL	1:50.37
2	NAVEEN KUMAR, 226	226	BHIWANI	1:51.64
3	MUKUL, 262	262	SONIPAT	1:51.87
4	VIKASH, 230	230	BHIWANI	1:51.88
5	VIRENDER, 231	231	BHIWANI	1:52.03
6	JATIN, 244	244	JHAJJAR	1:52.66
7	BIRENDER, 257	257	REWARI	1:52.67
8	AMIT KUMAR, 233	233	FARIDABAD	1:52.93
9	SUNIL KUMAR, 237	237	FATEHABAD	1:53.02
10	YOGINDER, 236	236	FARIDABAD	1:54.25
11	SUMIT, 818	818	JIND	1:54.60
12	AMISH NEHRA, 238	238	GURUGRAM	1:54.70
13	MOHD HASAN, 235	235	FARIDABAD	1:54.83
14	HARSH, 243	243	JHAJJAR	1:55.08
15	SUMIT KUMAR, 240	240	GURUGRAM	1:55.47
16	NITIN, 267	267	YAMUNANAGAR	1:55.75
17	DEEPAK RAWAL, 819	819	PANIPAT	1:57.05
18	AMIT, 241	241	HISAR	1:57.70
19	ASHISH RATHEE, 258	258	ROHTAK	1:58.17
20	AKSHAY, 224	224	BHIWANI	2:01.05
21	ANKIT, 247	247	JIND	2:01.63
22	TUSHAR KAJLA, 246	246	JHAJJAR	2:02.45
23	RAJAT JAKHAR, 245	245	JHAJJAR	2:04.14
24	DEEPAK, 248	248	JIND	2:04.15
25	HIMANSHU RATHOD, 231	239	GURUGRAM	2:05.46
26	SAHIL, 232	232	CHARKI DADRI	2:06.17
27	ROHIT, 254	254	PANIPAT	2:07.74
28	ROHIT .., 228	228	BHIWANI	2:08.06
29	LAKSHAY KUMAR, 242	242	HISAR	2:10.46
30	PANKAJ, 223	223	AMBALA	2:10.63
31	PARMJEET, 227	227	BHIWANI	2:10.75
32	KULDEEP, 259	259	ROHTAK	2:14.99
33	HIMANSHU, 261	261	SONIPAT	2:17.20
34	BHUPENDER SINGH, 894	252	MAHENDRAGARH	2:17.85
35	PARAS, 268	268	YAMUNANAGAR	2:18.03
36	SAHIL, 820	820	ROHTAK	2:18.13
37	HARSH, 266	266	YAMUNANAGAR	2:18.20
38	AVTAR SINGH, 251	251	KURUKSHETRA	2:18.36
39	GAJENDER KUMAR, 225	225	BHIWANI	2:22.69
40	AMIT .., 264	264	YAMUNANAGAR	2:23.18
41	ROHIT, 250	250	JIND	2:23.45
42	ANKIT, 256	256	REWARI	2:25.61
43	DIPANSHU, 265	265	YAMUNANAGAR	2:31.97

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 5 MENS 1500m Run**FINALS****RESULTS OF FINALS**

1	NARENDER SINGH, 269	269	BHIWANI	3:48.18
2	VIKASH, 272	272	BHIWANI	3:48.60
3	DEEPAK KUMAR, 285	285	HISAR	3:49.59
4	MOHAN, 275	275	CHARKI DADRI	3:49.67
5	AMAN, 297	297	KURUKSHETRA	3:50.09
6	MANJEET, 286	286	HISAR	3:50.15
7	KUNAL, 304	304	SONIPAT	3:51.35
8	NAVDEEP, 291	291	JIND	3:52.70
9	SUMIT, 293	293	JIND	3:52.99
10	SAWAN KUMAR, 305	305	SONIPAT	3:55.47
11	AAKASH, 284	284	HISAR	3:55.70
12	RAHUL, 287	287	JHAJJAR	3:55.91
13	RAGHAV RANA, 296	296	KAITHAL	3:56.22
14	SUDHIR, 306	306	SONIPAT	3:58.50
15	VISHESH MAHLA, 277	277	CHARKI DADRI	3:58.68
16	MOHD HASAN, 279	279	FARIDABAD	4:00.11
17	AMISH NEHRA, 282	282	GURUGRAM	4:01.94
18	ROHIT, 302	302	ROHTAK	4:05.77
19	ANKIT, 289	289	JIND	4:07.73
20	NITIN, 307	307	YAMUNANAGAR	4:08.24
21	CHARAN SINGH, 295	295	KAITHAL	4:08.97
22	ANKIT, 288	288	JIND	4:11.63
23	NITIN., 270	270	BHIWANI	4:18.12
24	HIMANSHU, 283	283	GURUGRAM	4:21.70
25	HIMANSHU ..., 274	274	CHARKI DADRI	4:29.64
26	VIKASH, 276	276	CHARKI DADRI	4:38.80
27	DEEPAK ..., 273	273	CHARKI DADRI	4:52.38
28	PANKAJ, 292	292	JIND	5:06.76
29	VEER, 299	299	MAHENDRAGARH	5:09.25
30	SONU, 281	281	FATEHABAD	5:24.21

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 6 MENS 5000m Run**FINALS****RESULTS OF FINALS**

1	PANKAJ, 314	314	HISAR	14:12.66
2	RAVI GULIA, 318	318	JHAJJAR	14:12.90
3	SUMIT KUNDU, 333	333	ROHTAK	14:16.15
4	AJAY, 317	317	JHAJJAR	14:19.62
5	BITTU, 320	320	JIND	14:20.61
6	DINESH LATHWAL, 332	332	ROHTAK	14:31.53
7	MOHIT, 328	328	MAHENDRAGARH	14:37.43
8	VIKAS, 319	319	JHAJJAR	14:39.50
9	KARMVEER YADAV, 327	327	MAHENDRAGARH	14:42.34
10	VINAY, 339	339	SONIPAT	14:56.70
11	MUKUL, 804	804	PANCHKULA	15:21.42
12	VICKY, 322	322	JIND	15:23.40
13	ARUN., 337	337	SONIPAT	15:23.48
14	AMIT, 341	341	YAMUNANAGAR	15:39.26
15	AAVKASH, 335	335	SONIPAT	15:51.00
16	AKSHAY, 336	336	SONIPAT	15:53.88
17	SUNIL, 805	805	PANCHKULA	15:57.00
18	AKSHAY KUMAR, 329	329	MEWAT	15:59.43
19	MANISH, 331	331	PANIPAT	16:07.81
20	KRISHAN KUMAR, 324	324	KURUKSHETRA	16:17.36
21	ANUJ KUMAR, 342	342	YAMUNANAGAR	16:19.76
22	SARVJEET, 334	334	SIRSA	16:24.64
23	MAHIPAL SINGH, 313	313	HISAR	16:24.68
24	ISHANT SHARMA, 330	330	MEWAT	16:36.06
25	SACHIN ..., 325	325	KURUKSHETRA	16:41.74
26	KARANVEER, 343	343	YAMUNANAGAR	17:39.66
27	MANOJ, 310	310	FARIDABAD	17:50.78
28	SAHIL, 898380089201	326	KURUKSHETRA	18:01.53
29	ABHISHEK, 340	340	YAMUNANAGAR	18:41.84
30	VIKASH, 312	312	GURUGRAM	18:53.01

Event # 7 MENS 10000m Run**FINALS****RESULTS OF FINALS**

1	MANOJ KUMAR, 361	361	PANIPAT	31:19.33
2	SAHIL KUMAR, 355	355	KARNAL	31:20.42
3	MOHIT, 358	358	MAHENDRAGARH	31:35.44
4	RAKESH KUMAR, 347	347	FATEHABAD	33:07.75
5	KULDEEP, 344	344	BHIWANI	33:19.80
6	RAHUL ..., 345	345	BHIWANI	33:20.26
7	PRATHMIK, 363	363	ROHTAK	33:57.15
8	SANJAY ..., 350	350	HISAR	34:11.79
9	ANIL KUMAR, 348	348	HISAR	35:43.87
10	SUNIL, 346	346	BHIWANI	37:33.07
11	VIVEK, 366	366	SONIPAT	37:49.92
12	SAURABH, 367	367	YAMUNANAGAR	38:02.32

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 8 MENS 3000m Steeplechase

FINALS

RESULTS OF FINALS

1	ANKIT, 374	374	ROHTAK	9:00.38
2	RAVI, 803	803	KARNAL	9:17.30
3	GOURAV GOURAV, 375	375	ROHTAK	9:21.85
4	RAHUL., 369	369	BHIWANI	9:31.73
5	ANKUR, 373	373	PANIPAT	10:24.28
6	SURENDER, 372	372	HISAR	10:34.16
7	MANJEET ..., 371	371	HISAR	10:46.55
8	DEEPAK, 368	368	AMBALA	11:04.75

Event # 9 MENS 110m Hurdles

FINALS

RESULTS OF FINALS

1	MOHIT CHAHAL, 388	388	SONIPAT	15.22
2	BHUPENDER, 385	385	JIND	15.37
3	SURYA, 377	377	BHIWANI	15.62
4	SUMIT, 384	384	JHAJJAR	15.64
5	AKASH SINGH, 386	386	ROHTAK	16.17
6	RITIK, 389	389	SONIPAT	16.75
7	SONU, 382	382	HISAR	16.84
8	VIJAY, 378	378	BHIWANI	17.03
9	SITA RAM, 381	381	HISAR	17.79
10	AJAY, 376	376	BHIWANI	18.14
11	YOGESH, 380	380	FATEHABAD	18.65
12	VINOD KUMAR, 383	383	HISAR	22.88
	SONU, 387	387	ROHTAK	DNF
	AJIT SINGH, 379	379	FATEHABAD	DNF

Event # 10 MENS 400m Hurdles

FINALS

RESULTS OF FINALS

1	VIJAY SINGH MALIK, 394	395	JIND	50.86
2	SURENDER, 392	392	HISAR	51.15
3	BHUPENDER, 393	393	JIND	54.82
4	MOHIT, 397	397	ROHTAK	55.81
5	PANKAJ, 391	391	HISAR	59.15
6	BHAWAN, 390	390	FATEHABAD	1:13.34
	UTTAM, 394	394	JIND	DNS
	AMAN, 396	396	KARNAL	DNS

Event # 11 MENS High Jump

FINALS

RESULTS OF FINALS

1	MUKESH, 399	399	BHIWANI	1.90m
2	YASH, 403	403	YAMUNANAGAR	1.81m
3	AKASH, 398	398	BHIWANI	1.75m
	DEEPANSHU, 402	402	SONIPAT	DNS
	RITEK, 400	400	JHAJJAR	DNS
	PARVEEN KUMAR, 401	401	SIRSA	DNS

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 12 MENS Pole Vault**FINALS****RESULTS OF FINALS**

1	GOURAV, 448	448	JHAJJAR	4.70m
2	AJAY KUMAR, 449	449	PANIPAT	4.60m
3	UTTAM, 446	446	BHIWANI	4.40m
4	NITIN, 444	444	BHIWANI	4.20m
5	KUNDAN, 452	452	SONIPAT	4.20m
6	KRISHAN, 451	451	SONIPAT	4.10m
	LAKSHAY, 453	453	SONIPAT	DNS
	PANKAJ, 445	445	BHIWANI	
	DINESH DALAL, 447	447	HISAR	
	GITESH SAINI, 450	450	SONIPAT	

Event # 13 MENS Long Jump**FINALS****RESULTS OF FINALS**

1	SAHIL MAHABALI, 419	419	PANCHKULA	7.59m
2	BHUPENDER SINGH, 409	409	HISAR	7.43m
3	AVINASH KUMAR, 420	420	REWARI	7.38m
4	SURESH KUMAR, 811	811	SONIPAT	7.29m
5	DEEPAK, 404	404	BHIWANI	7.27m
6	SANDEEP KUMAR, 418	418	KARNAL	6.90m
7	SAHIL NUNIA, 414	414	HISAR	6.86m
8	ABHISHEK, 416	416	KAITHAL	6.85m
9	VIJAY SINGH, 408	408	FATEHABAD	6.53m
10	PARVEEN, 412	412	HISAR	6.46m
11	RAVINDER ..., 415	415	JHAJJAR	6.45m
12	NARENDER, 405	405	BHIWANI	6.40m
13	TANUJ MAAN, 812	812	FARIDABAD	6.26m
13	SUKHVINDER, 423	423	YAMUNANAGAR	6.26m
15	NAVNEET, 421	421	SONIPAT	6.07m
	SACHIN BAMEL, 413	413	HISAR	DNS
	DAMAN, 411	411	HISAR	
	ARUN., 422	422	YAMUNANAGAR	
	BINTU KUMAR, 410	410	HISAR	
	SOURBH, 417	417	KAITHAL	
	SAHIL SHARMA ..., 407	407	FATEHABAD	
	SAGAR., 406	406	CHARKI DADRI	DNS
	KARTIK, 816	816	MAHENDRAGARH	

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 14 MENS Triple Jump**FINALS****RESULTS OF FINALS**

1	ASHOK YADAV, 436	436	REWARI	15.76m
2	ABHISHEK SINGH TANW	424	BHIWANI	15.16m
3	MAYANK CHOUDHARY, .	435	PANCHKULA	15.03m
4	PRINCE, 425	425	BHIWANI	14.90m
5	VISHAL MOR, 430	430	HISAR	14.89m
6	CHHOTU, 431	431	JHAJJAR	14.84m
7	GOURAV, 441	441	SONIPAT	14.77m
8	AJAY, 438	438	ROHTAK	14.76m
9	NITIN, 432	432	JIND	14.60m
10	SACHIN KUMAR, 434	434	MAHENDRAGARH	14.29m
11	TANUJ MANN, 426	426	FARIDABAD	14.25m
12	ROHIT KUMAR, 428	428	FATEHABAD	14.25m
13	SAHIL YADAV, 437	437	REWARI	13.99m
14	DAMAN, 429	429	HISAR	13.52m
	PAWAN KUMAR, 439	439	SIRSA	DNS
	MOHIT, 442	442	SONIPAT	
	AJAY, 427	427	FATEHABAD	
	MANISH, 433	433	KAITHAL	
	DEV, 440	440	SONIPAT	
	NAMAN, 443	443	SONIPAT	

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 15 MENS Discus Throw**FINALS****RESULTS OF FINALS**

1	NIRBHAY SINGH, 484	484	BHIWANI	54.66m
2	PARSHANT MALIK, 509	509	SONIPAT	53.33m
3	LAKHWINDER SINGH, 483	483	AMBALA	52.48m
4	MANJEET, 493	493	JHAJJAR	52.20m
5	SAHIL DESWAL, 496	496	JIND	51.08m
6	ABHIMANYU, 495	495	JIND	50.71m
7	SUMIT, 511	511	SONIPAT	50.14m
8	ASHWANI LAMBA, 500	500	MAHENDRAGARH	50.10m
9	SACHIN SUHAG, 494	494	JHAJJAR	49.39m
10	RAHUL, 513	513	YAMUNANAGAR	48.83m
11	ANIL KUMAR, 499	499	KARNAL	47.59m
12	SUNNY DHAKA, 503	503	ROHTAK	46.34m
13	VAIBHAV, 504	504	ROHTAK	46.24m
14	VINIT KUMAR, 497	497	JIND	46.18m
15	RAMAN, 485	485	BHIWANI	45.92m
16	PRATEEK MAAN, 510	510	SONIPAT	45.87m
17	LAVIN DAHIYA, 508	508	SONIPAT	42.65m
18	SACHIN, 486	486	BHIWANI	40.05m
19	SMIT, 488	488	BHIWANI	39.52m
20	MANPREET KAJAL, 501	501	PANCHKULA	39.35m
	TALWINDER DHILLON, 498	498	KAITHAL	
	DHARMVIR, 490	490	CHARKI DADRI	DNS
	DEEPANSHU GARG, 491	491	HISAR	
	VIKAS SINGH, 489	489	BHIWANI	
	ASHISH, 507	507	SONIPAT	DNS
	SHUBHAM, 487	487	BHIWANI	DNS
	BANSI LAL, 505	505	SIRSA	DNS
	AMIT, 502	502	ROHTAK	DNS
	DIVYANSH, 492	492	HISAR	DNS
	VAZEER, 512	512	SONIPAT	
	ADARSH MALIK, 506	506	SONIPAT	

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 16 MENS Hammer Throw**FINALS****RESULTS OF FINALS**

1	GAURAV, 563	563	SONIPAT	64.45m
2	NAVEEN YADAV, 552	552	BHIWANI	62.74m
3	DUPINDER SINGH, 554	554	FATEHABAD	61.32m
4	RAVI, 556	556	JHAJJAR	58.72m
5	HARSH, 553	553	CHARKI DADRI	58.28m
6	NARESH KUMAR, 551	551	BHIWANI	57.12m
7	CHAND HOODA, 559	559	JIND	56.74m
8	NAVDEEP SINGH, 561	561	SIRSA	56.23m
9	AJAY, 562	562	SONIPAT	54.96m
10	LAKSHAY, 810	810	KARNAL	49.11m
11	AKASH SINGH, 550	550	BHIWANI	48.72m
12	NIRBHAY, 555	555	JHAJJAR	47.10m
13	VARUN KADYAN, 557	557	JHAJJAR	36.18m
14	BHAVISHAY, 560	560	PANIPAT	25.10m
	VIKRAM SINGH, 558	558	JHAJJAR	DNS
	SOHIT, 564	564	SONIPAT	
	AJAY KUMAR..., 549	549	BHIWANI	DNS

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 17 MENS Javelin Throw**FINALS****RESULTS OF FINALS**

1	MANDEEP KUMAR, 536	536	MAHENDRAGARH	77.36m
2	JAIDEEP, 519	519	FATEHABAD	74.97m
3	SAGAR, 521	521	FATEHABAD	72.69m
4	MOHIT, 525	525	JHAJJAR	72.38m
5	SANUJ, 547	547	SONIPAT	70.91m
6	SAHIL SILWAL, 517	517	CHARKI DADRI	66.83m
7	ANKIT MALIK, 538	538	PANCHKULA	65.91m
8	YASHRAJ, 518	518	FARIDABAD	65.30m
9	PARMOD, 520	520	FATEHABAD	65.16m
10	YASH, 523	523	HISAR	64.20m
11	TUSHAR, 539	539	PANCHKULA	63.59m
12	VINAY, 148110	522	HISAR	62.20m
13	KULDEEP KUMAR, 514	514	BHIWANI	61.91m
14	HARIOM, 802	802	KARNAL	61.34m
15	AMIT ..., 542	542	ROHTAK	59.24m
16	RANVIJAY SINGH, 515	515	BHIWANI	58.75m
17	SANDEEP, 516	516	BHIWANI	58.31m
18	NASEEB, 526	526	JHAJJAR	58.22m
19	DEEPAK, 545	545	SONIPAT	57.95m
20	RAM KARWASARA, 535	535	KARNAL	56.65m
21	MANJEET., 537	537	MAHENDRAGARH	56.32m
22	PRIYAM TALUKDAR, 534	534	KARNAL	55.41m
23	MOHIT SHEORAN, 532	532	KARNAL	55.13m
24	PARTEEK KUMAR, 533	533	KARNAL	51.90m
25	ABHINAV, 528	528	JIND	47.87m
26	SAHIL, 540	540	PANIPAT	45.92m
27	SIDHARTH, 541	541	PANIPAT	42.00m
28	DHARMENDARA KUMAR	531	KARNAL	41.45m
29	RAMESH KUMAR, 529	529	KAITHAL	39.85m
30	PARVEEN KUMAR, 527	527	JHAJJAR	25.95m
	HIMANSHU, 546	546	SONIPAT	
	JITENDER, 524	524	JHAJJAR	
	MOHIT KUMAR., 548	548	YAMUNANAGAR	
	LAKSHAY, 543	543	ROHTAK	DNS
	SURYA PARTAP SINGH, 5	530	KAITHAL	
	AMIT DAHIYA, 544	544	SONIPAT	

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 18 MENS Shot Put**FINALS****RESULTS OF FINALS**

1	NARESH, 481	481	SONIPAT	18.29m
2	CHETAN KAPOOR, 460	460	FARIDABAD	17.92m
3	ASHISH BHALOTHIA, 45	454	BHIWANI	17.13m
4	NIKET, 463	463	JHAJJAR	17.04m
5	VARINDER PAL SINGH, 4	471	PANCHKULA	17.01m
6	PARVEEN, 476	476	ROHTAK	16.77m
7	ARJUN, 469	469	KURUKSHETRA	16.60m
8	BHAGAT SINGH, 456	456	BHIWANI	16.35m
9	ASHISH KUMAR, 455	455	BHIWANI	16.04m
10	VIKASH, 465	465	JHAJJAR	15.90m
11	MOHIT, 474	474	ROHTAK	15.77m
12	NAVEEN, 482	482	SONIPAT	15.76m
13	KUNAL KAUSHIK, 458	458	CHARKI DADRI	15.49m
14	SAWAN, 477	477	ROHTAK	15.47m
15	ASHU DALAL, 461	461	JHAJJAR	15.15m
16	AMIT, 473	473	ROHTAK	14.97m
17	MANNU TOKAS, 459	459	CHARKI DADRI	14.42m
18	MONU, 475	475	ROHTAK	13.29m
19	KARTIK, 480	480	SONIPAT	13.07m
20	SHIVSAGAR, 468	468	KARNAL	11.56m
21	SAGAR, 466	466	JIND	11.19m
22	RAJU, 464	464	JHAJJAR	10.78m
23	GOURAV JAKHAR, 462	462	JHAJJAR	10.20m
24	LAKSH, 472	472	PANIPAT	9.28m
25	AMAN BHARDWAJ, 470	470	MAHENDRAGARH	9.17m
26	GOPAL DAS, 467	467	KAITHAL	7.80m
27	JATIN, 457	457	BHIWANI	7.50m
	GANGA SINGH, 478	478	SIRSA	DNS
	HIMANSHU, 479	479	SONIPAT	DNS
	PIYUSH, 797	797	BHIWANI	

Event # 21 MENS 20 Km Walk**FINALS****RESULTS OF FINALS**

1	AARYAN, 565	565	BHIWANI	1:32:11.58
2	VIVEK RATHI, 569	569	JHAJJAR	1:35:36.90
3	PARAS, 568	568	JHAJJAR	1:37:48.62
4	SANJAY KUMAR, 567	567	HISAR	2:11:38.80
5	VANSH, 570	570	SONIPAT	2:16:24.00

Event # 22 MENS 35km Race Walk**FINALS****RESULTS OF FINALS**

1	SUMIT KUMAR, 573	573	HISAR	3:20:40.00
2	HARIKESH, 572	572	HISAR	3:39:32.00

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 23 WOMENS 100m Run**FINALS****RESULTS OF FINALS**

1	HIMASHREE ROY, 593	593	JHAJJAR	11.97
2	AARTI AGROIYA, 592	592	HISAR	12.67
3	KUSUM KUMARI, 588	588	AMBALA	13.19
4	RENU, 597	597	KARNAL	13.21
5	KAJAL, 600	600	PANIPAT	13.25
6	MANSI, 601	601	PANIPAT	13.48
7	PRACHI SHARMA, 589	589	BHIWANI	13.66
8	HARSHIL, 595	595	JIND	13.82

RESULTS OF PRELIMS

1	HIMASHREE ROY, 593	593	JHAJJAR	12.28
2	AARTI AGROIYA, 592	592	HISAR	12.77
3	KAJAL, 600	600	PANIPAT	13.25
4	RENU, 597	597	KARNAL	13.29
5	KUSUM KUMARI, 588	588	AMBALA	13.30
6	MANSI, 601	601	PANIPAT	13.64
7	HARSHIL, 595	595	JIND	13.65
8	PRACHI SHARMA, 589	589	BHIWANI	13.84
9	PRINYANKA CHOUDARY	590	BHIWANI	14.21
10	LAKSHITA MAAN, 594	594	JHAJJAR	14.51
11	MADHU RANI, 591	591	FATEHABAD	16.30
12	SAKSHI RANI, 602	602	SIRSA	16.37
13	EKTA YADAV, 598	598	MAHENDRAGARH	17.41
14	KOMAL, 599	599	MAHENDRAGARH	19.35
	ANSHU, 603	603	SONIPAT	DNS
	TANUJA, 596	596	JIND	DNF
	PRIYA, 605	605	YAMUNANAGAR	DNS
	MOHITA, 604	604	SONIPAT	DNS

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 24 WOMENS 200m Run**FINALS****RESULTS OF FINALS**

1	NIRMLA, 606	606	BHIWANI	24.94
2	KAVITA, 616	616	SONIPAT	24.98
3	RAJNI NAGAR, 607	607	FARIDABAD	25.28
4	SHIVANI, 615	615	ROHTAK	25.80
5	KAJAL, 613	613	PANIPAT	26.89
6	DIVYA KUMARI, 612	612	PANIPAT	26.93
7	KAJAL, 609	609	KARNAL	28.96
8	MANPREET KAUR, 610	610	KURUKSHETRA	29.68

RESULTS OF PRELIMS

1	KAVITA, 616	616	SONIPAT	25.23
2	NIRMLA, 606	606	BHIWANI	25.64
3	RAJNI NAGAR, 607	607	FARIDABAD	25.95
4	SHIVANI, 615	615	ROHTAK	26.07
5	DIVYA KUMARI, 612	612	PANIPAT	27.09
6	KAJAL, 613	613	PANIPAT	27.25
7	KAJAL, 609	609	KARNAL	29.13
8	MANPREET KAUR, 610	610	KURUKSHETRA	29.70
9	KANGANA, 611	611	MAHENDRAGARH	38.16
10	RANJU, 608	608	JIND	39.36
	HIMASHI MALIK, 614	614	ROHTAK	DNS

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 25 WOMENS 400m Run**FINALS****RESULTS OF FINALS**

1	HIMASHI MALIK, 631	631	ROHTAK	52.75
2	NIRMLA., 617	617	BHIWANI	54.21
3	KAVITA, 633	633	SONIPAT	55.45
4	DEEPANSI, 623	623	JHAJJAR	56.14
5	RAJNI NAGAR, 619	619	FARIDABAD	57.19
6	SHIVANI, 632	632	ROHTAK	57.88
7	SIMMY, 618	618	BHIWANI	58.17

RESULTS OF PRELIMS

1	HIMASHI MALIK, 631	631	ROHTAK	52.75
2	NIRMLA., 617	617	BHIWANI	54.21
3	KAVITA, 633	633	SONIPAT	55.45
4	DEEPANSI, 623	623	JHAJJAR	56.14
5	RAJNI NAGAR, 619	619	FARIDABAD	57.19
6	SHIVANI, 632	632	ROHTAK	57.88
7	SIMMY, 618	618	BHIWANI	58.17
9	AKANKSHA, 624	624	JIND	59.03
10	GARIMA, 626	626	JIND	1:00.28
11	ASHA, 625	625	JIND	1:01.20
12	NITU, .	791	KARNAL	1:02.15
13	MANPREET KAUR., 627	627	KURUKSHETRA	1:04.58
14	PRITAM, 621	621	FATEHABAD	1:20.59
15	NEHA, 620	620	FATEHABAD	1:27.04
16	HARSHITA, 630	630	ROHTAK	1:40.01
17	SAPNA, 628	628	MAHENDRAGARH	1:45.28
	SUMMY, 622	622	HISAR	DNS
	SONIKA, 629	629	REWARI	DNF
	MOHITA., 634	634	SONIPAT	DNS

Event # 26 WOMENS 800m Run**FINALS****RESULTS OF FINALS**

1	POOJA, 638	638	FATEHABAD	2:09.72
2	RACHNA, 648	648	ROHTAK	2:11.41
3	POOJA, 647	647	ROHTAK	2:17.33
4	SANTOSH KUMARI ., 639	639	FATEHABAD	2:21.69
5	MEENA, 644	644	MAHENDRAGARH	2:28.00
6	SEEMA, 636	636	BHIWANI	2:32.99
7	VINITA, 637	637	BHIWANI	2:44.70
8	RITU, 642	642	JIND	3:04.08
9	RUY, 650	650	YAMUNANAGAR	3:05.15
10	NEELAM, 645	645	MAHENDRAGARH	3:16.81
11	PRIYANKA, 649	649	YAMUNANAGAR	3:20.81
12	KHUSHI, 249	249	JIND	3:27.51
13	VANDANA, 643	643	JIND	3:27.78
14	PAYAL, 641	641	JIND	3:41.84
15	SEEMA, 640	640	HISAR	3:48.68
16	NIDHI SOLANKI, 635	635	BHIWANI	3:51.86

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 27 WOMENS 1500m Run**FINALS****RESULTS OF FINALS**

1	POOJA, 654	654	FATEHABAD	4:25.87
2	SANTOSH KUMARI, 655	655	FATEHABAD	4:50.26
3	KHUSBU, 653	653	BHIWANI	5:07.71
4	SANJANA, 656	656	GURUGRAM	5:42.02
5	BASKAR, 657	657	HISAR	6:24.69
6	DEEPIKA, 651	651	BHIWANI	6:27.81
7	SEEMA, 661	661	YAMUNANAGAR	6:34.88
8	SIMRAN, 662	662	YAMUNANAGAR	6:37.57
9	MONIKA, 659	659	MAHENDRAGARH	6:45.47
10	JYOTI, 652	652	BHIWANI	7:50.02
	MONI, 660	660	PANIPAT	DNS
	SUMAN, 658	658	JHAJJAR	DNS

Event # 28 WOMENS 5000m Run**FINALS****RESULTS OF FINALS**

1	SONIKA, 665	665	BHIWANI	16:49.18
2	BADHO, 667	667	CHARKI DADRI	16:59.20
3	JYOTI, 685	685	ROHTAK	17:17.43
4	TANNU, 668	668	CHARKI DADRI	17:42.26
5	ANJU BALA, 666	666	CHARKI DADRI	18:09.15
6	KAVITA, 675	675	HISAR	18:28.34
7	SNEHA, 672	672	FATEHABAD	19:43.79
8	KHUSHI, 687	687	SONIPAT	19:53.41
9	RINKU, 664	664	BHIWANI	20:01.04
10	MANJU, 683	683	MAHENDRAGARH	20:03.20
11	RAMAN DEVI, 679	679	KAITHAL	20:24.53
12	SWEETA PAL, 806	806	PANCHKULA	20:33.01
13	INDU, 663	663	BHIWANI	20:39.28
14	MEGHA, 671	671	FATEHABAD	20:58.62
15	KARAM DEVI, 678	678	KAITHAL	21:35.12
16	MANDEEP KAUR, 669	669	FARIDABAD	21:40.72
17	RENU, 681	681	KARNAL	21:49.02
18	ANU DEVI, 688	688	YAMUNANAGAR	21:56.60
19	ANJALI, 674	674	HISAR	23:28.57
20	POONAM, 676	676	HISAR	24:01.31
21	KAJAL., 670	670	FATEHABAD	24:06.60
22	YOGITA, 673	673	FATEHABAD	24:36.13

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 29 WOMENS 1000m Run

FINALS

RESULTS OF FINALS

1	SONIKA, 696	696	BHIWANI	35:00.17
2	BHARTI, 697	697	SONIPAT	36:20.44
3	KM JYOTI, 695	695	ROHTAK	37:49.92
4	PRINCI, 692	692	JHAJJAR	38:02.50
5	ANJALI DEVI, 694	694	KURUKSHETRA	39:35.72
6	KAMINI, 690	690	FARIDABAD	41:40.98
7	PREENA DEVI, 693	693	JIND	42:27.22
8	SANJANA, 699	699	YAMUNANAGAR	43:47.61
9	MEGHA, 691	691	FATEHABAD	45:40.04

Event # 30 WOMENS 300m Steeplechase

FINALS

RESULTS OF FINALS

1	MEENA, 706	706	MAHENDRAGARH	12:03.15
2	ANJU, 700	700	BHIWANI	12:39.97
3	VIJETA, 705	705	KARNAL	12:58.48
4	JYOTI, 708	708	ROHTAK	13:23.17
5	MUSKAN, 703	703	HISAR	15:00.44
6	KHUSHBU, 702	702	HISAR	15:19.11
7	NEHA, 704	704	HISAR	16:36.12

Event # 31 WOMENS 100m Hurdles

FINALS

RESULTS OF FINALS

1	KIRAN, 709	709	BHIWANI	18.56
2	NEELAM, 710	710	PANIPAT	21.72
	POOJA, 712	712	YAMUNANAGAR	DNF
	JOYTI, 711	711	REWARI	DNS

Event # 32 WOMENS 400m Hurdles

FINALS

RESULTS OF FINALS

1	GEETA DEVASI, 715	715	SONIPAT	1:02.46
2	SIMMY, 713	713	BHIWANI	1:02.71
3	POOJA, 714	714	MAHENDRAGARH	1:11.72

Event # 33 WOMENS High Jump

FINALS

RESULTS OF FINALS

1	KIRAN, 718	718	ROHTAK	1.56m
2	MUSKAN, 716	716	KAITHAL	1.50m
3	PRIYA ., 719	719	ROHTAK	1.30m
4	SNEHA, 720	720	ROHTAK	1.20m
	NAVJOT RANI, 721	721	YAMUNANAGAR	DNS
	RUBINA YADAV, 717	717	REWARI	DNS

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 34 WOMENS Pole Vault

FINALS

RESULTS OF FINALS

1	VANSHIKA GHANGHAS,	738	BHIWANI	3.50m
2	JYOTI, 739	739	SONIPAT	2.50m
3	MANJUBALA, 792	792	ROHTAK	2.30m

Event # 35 WOMENS Long Jump

FINALS

RESULTS OF FINALS

1	REENA, 722	722	BHIWANI	5.32m
2	KUSUM, 725	725	JIND	5.06m
3	RENU, 813	813	KARNAL	4.92m
4	MANSI, 728	728	PANIPAT	4.90m
5	JIYA, 726	726	KARNAL	4.80m
6	GAGANDEEP KAUR, 729	729	YAMUNANAGAR	4.79m
7	PREETI, 723	723	FATEHABAD	4.48m
8	NIKITA, 730	730	YAMUNANAGAR	3.50m
	REENU, 724	724	HISAR	
	KHUSHI, 727	727	PANIPAT	DNS

Event # 36 WOMENS Triple Jump

FINALS

RESULTS OF FINALS

1	RENU, 733	733	BHIWANI	13.04m
2	KAJAL., 732	732	BHIWANI	12.46m
3	MANALI CHAUHAN, 736	736	REWARI	12.08m
4	PARTIBHA, 734	734	JHAJJAR	11.05m
	BHARTI, 737	737	YAMUNANAGAR	
	HEMA, 731	731	BHIWANI	DNS
	MIMANSA DAHIYA, 735	735	KARNAL	DNS

Event # 37 WOMENS Discus Throw

FINALS

RESULTS OF FINALS

1	SUNITA, 746	746	BHIWANI	47.07m
2	GRIMA, 748	748	JHAJJAR	44.10m
3	SHWETA, 751	751	SONIPAT	42.93m
4	ANNU, 747	747	CHARKI DADRI	41.67m
5	JYOTI, 750	750	SIRSA	32.42m
6	MANINER KAUR, 808	808	PANCHKULA	31.86m
7	MUSKAN RANA, 749	749	ROHTAK	25.15m
8	SEEMA DEVI, 753	753	YAMUNANAGAR	19.76m
	KOMAL DEVI, 752	752	YAMUNANAGAR	DNS

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 38 WOMENS Hammer Throw

FINALS

RESULTS OF FINALS

1	RENU, 756	756	SONIPAT	62.46m
2	ANITA, 755	755	JHAJJAR	55.42m
3	AISHWARYA, 754	754	BHIWANI	53.34m

Event # 39 WOMENS Javelin Throw

FINALS

RESULTS OF FINALS

1	DEEPIKA, 761	761	FATEHABAD	52.00m
2	PRIYANKA, 759	759	CHARKI DADRI	50.06m
3	PUSHPA JAKHAR, 766	766	JHAJJAR	46.25m
4	HARITA, 758	758	CHARKI DADRI	44.72m
5	SAPNA, 765	765	FATEHABAD	43.72m
6	MANISHA, 762	762	FATEHABAD	40.68m
7	POONAM RANI, 764	764	FATEHABAD	38.61m
8	SALONI, 767	767	JIND	38.56m
9	CHAHAT, 760	760	FATEHABAD	36.64m
	KALPNA, 769	769	YAMUNANAGAR	
	MEENAKSHI, 757	757	BHIWANI	
	MONIKA, 763	763	FATEHABAD	DNS
	SHABNAM, 768	768	PANIPAT	

Event # 40 WOMENS Shot Put

FINALS

RESULTS OF FINALS

1	SHIKSHA, 742	742	CHARKI DADRI	14.22m
2	ANJALI, 740	740	BHIWANI	13.06m
3	MONIKA, 743	743	FARIDABAD	10.88m
4	MONIKA, 745	745	SIRSA	8.66m
5	GUNGUN, 744	744	PANIPAT	7.76m
6	POONAM, 741	741	BHIWANI	6.37m

Event # 43 WOMENS 20 Km Walk

FINALS

RESULTS OF FINALS

1	MONIKA, 772	772	JHAJJAR	1:48:54.39
2	BHARTI BHADANA, 770	770	FARIDABAD	1:53:21.34
3	REENA, 773	773	REWARI	2:09:19.35
4	KHUSHBU YADAV, 775	775	YAMUNANAGAR	2:20:42.35
5	SAVITA DEVI, 771	771	HISAR	2:27:26.00

Event # 44 WOMENS 35km Race Walk

FINALS

RESULTS OF FINALS

1	KOMAL, 777	777	REWARI	3:30:11.00
2	SAKSHI, 776	776	HISAR	3:47:30.00

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 45 MENS Decathlon**FINALS****RESULTS OF FINALS**

1	AMIT., 586	586	SONIPAT	6372
2	SANJAY, 582	582	HISAR	6171
3	MOHIT SAINI, 583	583	KARNAL	6060
4	MANJEET SINGH, 578	578	FATEHABAD	5843
5	AJAY, 581	581	HISAR	5580
6	JASWANT, 580	580	GURUGRAM	3995
7	UMESH KUMAR, 585	585	REWARI	3784
8	ASHOK YADAV, 587	587	YAMUNANAGAR	
9	MOHIT, 584	584	PANIPAT	
10	AMAN SINGH, 579	579	GURUGRAM	
11	AJIT SINGH, 575	575	BHIWANI	
12	KAMAL, 577	577	FATEHABAD	
13	AMANDEEP, 576	576	BHIWANI	

Event # 46 MENS 100m Dec Run**FINALS****RESULTS OF FINALS**

1	MANJEET SINGH, 578	578	FATEHABAD	11.32
2	AMIT., 586	586	SONIPAT	11.48
3	AJAY, 581	581	HISAR	11.95
4	UMESH KUMAR, 585	585	REWARI	12.15
5	MOHIT SAINI, 583	583	KARNAL	12.17
6	SANJAY, 582	582	HISAR	12.20
7	AJIT SINGH, 575	575	BHIWANI	12.25
8	ASHOK YADAV, 587	587	YAMUNANAGAR	12.55
9	AMAN SINGH, 579	579	GURUGRAM	12.56
10	JASWANT, 580	580	GURUGRAM	13.30
	MOHIT, 584	584	PANIPAT	DNS
	KAMAL, 577	577	FATEHABAD	DQ
	AMANDEEP, 576	576	BHIWANI	DNS

Event # 47 MENS Dec Long Jump**FINALS****RESULTS OF FINALS**

1	AMIT., 586	586	SONIPAT	6.49m
2	SANJAY, 582	582	HISAR	6.40m
2	MANJEET SINGH, 578	578	FATEHABAD	6.40m
4	KAMAL, 577	577	FATEHABAD	6.17m
5	AJAY, 581	581	HISAR	6.16m
6	MOHIT SAINI, 583	583	KARNAL	5.72m
7	JASWANT, 580	580	GURUGRAM	5.63m
8	AMAN SINGH, 579	579	GURUGRAM	5.57m
9	ASHOK YADAV, 587	587	YAMUNANAGAR	5.45m
9	UMESH KUMAR, 585	585	REWARI	5.45m
	AMANDEEP, 576	576	BHIWANI	DNS
	AJIT SINGH, 575	575	BHIWANI	DNS
	MOHIT, 584	584	PANIPAT	DNS

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 48 MENS Dec Shot Put**FINALS****RESULTS OF FINALS**

1	KAMAL, 577	577	FATEHABAD	12.07m
2	MANJEET SINGH, 578	578	FATEHABAD	11.90m
3	AMIT., 586	586	SONIPAT	11.44m
4	MOHIT SAINI, 583	583	KARNAL	10.67m
5	SANJAY, 582	582	HISAR	10.56m
6	AMAN SINGH, 579	579	GURUGRAM	10.12m
7	AJAY, 581	581	HISAR	9.25m
8	ASHOK YADAV, 587	587	YAMUNANAGAR	8.20m
9	UMESH KUMAR, 585	585	REWARI	6.19m
10	JASWANT, 580	580	GURUGRAM	5.90m
	AMANDEEP, 576	576	BHIWANI	DNS
	AJIT SINGH, 575	575	BHIWANI	DNS
	MOHIT, 584	584	PANIPAT	DNS

Event # 49 MENS Dec High Jump**FINALS****RESULTS OF FINALS**

1	SANJAY, 582	582	HISAR	1.88m
2	KAMAL, 577	577	FATEHABAD	1.77m
2	AMIT., 586	586	SONIPAT	1.77m
4	AJAY, 581	581	HISAR	1.74m
4	MANJEET SINGH, 578	578	FATEHABAD	1.74m
6	MOHIT SAINI, 583	583	KARNAL	1.65m
7	ASHOK YADAV, 587	587	YAMUNANAGAR	1.60m
8	JASWANT, 580	580	GURUGRAM	1.50m
9	AMAN SINGH, 579	579	GURUGRAM	1.40m
	UMESH KUMAR, 585	585	REWARI	
	AMANDEEP, 576	576	BHIWANI	DNS
	AJIT SINGH, 575	575	BHIWANI	DNS
	MOHIT, 584	584	PANIPAT	DNS

Event # 50 MENS 400m Dec Run**FINALS****RESULTS OF FINALS**

1	MANJEET SINGH, 578	578	FATEHABAD	52.60
2	AMIT., 586	586	SONIPAT	52.66
3	SANJAY, 582	582	HISAR	52.86
4	AJAY, 581	581	HISAR	52.99
5	MOHIT SAINI, 583	583	KARNAL	53.10
6	KAMAL, 577	577	FATEHABAD	53.20
7	AMAN SINGH, 579	579	GURUGRAM	54.00
8	ASHOK YADAV, 587	587	YAMUNANAGAR	54.60
9	UMESH KUMAR, 585	585	REWARI	54.80
10	JASWANT, 580	580	GURUGRAM	56.00
	AMANDEEP, 576	576	BHIWANI	DNS
	AJIT SINGH, 575	575	BHIWANI	DNS
	MOHIT, 584	584	PANIPAT	DNS

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 51 MENS 110m Dec Hurdles**FINALS****RESULTS OF FINALS**

1	SANJAY, 582	582	HISAR	15.20
2	AMIT., 586	586	SONIPAT	15.40
3	MOHIT SAINI, 583	583	KARNAL	15.60
4	AJAY, 581	581	HISAR	16.30
5	UMESH KUMAR, 585	585	REWARI	16.75
6	MANJEET SINGH, 578	578	FATEHABAD	17.00
7	JASWANT, 580	580	GURUGRAM	18.10

Event # 52 MENS Dec Discus Thro**FINALS****RESULTS OF FINALS**

1	AMIT., 586	586	SONIPAT	34.65m
2	AMAN SINGH, 579	579	GURUGRAM	32.46m
3	MANJEET SINGH, 578	578	FATEHABAD	32.37m
4	MOHIT SAINI, 583	583	KARNAL	32.26m
5	AJAY, 581	581	HISAR	26.36m
6	SANJAY, 582	582	HISAR	25.32m
7	JASWANT, 580	580	GURUGRAM	15.40m
8	UMESH KUMAR, 585	585	REWARI	12.10m
	ASHOK YADAV, 587	587	YAMUNANAGAR	DNS
	KAMAL, 577	577	FATEHABAD	DNS
	AMANDEEP, 576	576	BHIWANI	DNS
	AJIT SINGH, 575	575	BHIWANI	DNS
	MOHIT, 584	584	PANIPAT	DNS

Event # 53 MENS Dec Pole Vault**FINALS****RESULTS OF FINALS**

1	MOHIT SAINI, 583	583	KARNAL	4.20m
2	SANJAY, 582	582	HISAR	4.00m
3	AMIT., 586	586	SONIPAT	3.70m
4	AJAY, 581	581	HISAR	3.50m
5	JASWANT, 580	580	GURUGRAM	3.10m
6	MANJEET SINGH, 578	578	FATEHABAD	2.70m
7	UMESH KUMAR, 585	585	REWARI	2.40m

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 54 MENS Dec Javelin Thr**FINALS****RESULTS OF FINALS**

1	AMIT., 586	586	SONIPAT	52.45m
2	AMAN SINGH, 579	579	GURUGRAM	49.90m
3	MANJEET SINGH, 578	578	FATEHABAD	49.15m
4	AJAY, 581	581	HISAR	45.34m
5	SANJAY, 582	582	HISAR	45.15m
6	MOHIT SAINI, 583	583	KARNAL	44.18m
7	UMESH KUMAR, 585	585	REWARI	35.37m
8	JASWANT, 580	580	GURUGRAM	31.39m
	ASHOK YADAV, 587	587	YAMUNANAGAR	DNS
	KAMAL, 577	577	FATEHABAD	DNS
	AMANDEEP, 576	576	BHIWANI	DNS
	AJIT SINGH, 575	575	BHIWANI	DNS
	MOHIT, 584	584	PANIPAT	DNS

Event # 55 MENS 1500m Dec Run**FINALS****RESULTS OF FINALS**

1	MOHIT SAINI, 583	583	KARNAL	4:30.00
2	SANJAY, 582	582	HISAR	4:45.00
3	AMIT., 586	586	SONIPAT	5:05.00
4	AJAY, 581	581	HISAR	5:10.00
4	MANJEET SINGH, 578	578	FATEHABAD	5:10.00
6	JASWANT, 580	580	GURUGRAM	5:15.00
7	UMESH KUMAR, 585	585	REWARI	5:20.00

Event # 56 WOMENS Heptathlon**FINALS****RESULTS OF FINALS**

1	TANU, 779	779	HISAR	5093
2	KAJAL, 780	780	KARNAL	4636
3	ANKITA, 778	778	BHIWANI	3377
4	VANDITA CHAUDHARY,	781	PANCHKULA	

Event # 57 WOMENS 100m Hep Hurdles**FINALS****RESULTS OF FINALS**

1	TANU, 779	779	HISAR	15.28
2	KAJAL, 780	780	KARNAL	15.34
3	ANKITA, 778	778	BHIWANI	18.48
	VANDITA CHAUDHARY,	781	PANCHKULA	DNS

13th HARYANA STATE Sr ATHLETICS CHAMPIONSHIPS

Org.By:- KARNAL ATHLETICS ASSO.

28-05-2023

3/27/23 - 3/28/23

KARNAL

Event # 58 WOMENS Hep High Jump**FINALS****RESULTS OF FINALS**

1	TANU, 779	779	HISAR	1.71m
2	KAJAL, 780	780	KARNAL	1.59m
3	ANKITA, 778	778	BHIWANI	1.53m
	VANDITA CHAUDHARY,	781	PANCHKULA	DNS

Event # 59 WOMENS Hep Shot Put**FINALS****RESULTS OF FINALS**

1	TANU, 779	779	HISAR	11.36m
2	KAJAL, 780	780	KARNAL	10.17m
3	ANKITA, 778	778	BHIWANI	8.81m
	VANDITA CHAUDHARY,	781	PANCHKULA	DNS

Event # 60 WOMENS 200m Hep Run**FINALS****RESULTS OF FINALS**

1	TANU, 779	779	HISAR	26.34
2	KAJAL, 780	780	KARNAL	26.72
3	ANKITA, 778	778	BHIWANI	29.93
	VANDITA CHAUDHARY,	781	PANCHKULA	DNS

Event # 61 WOMENS Hep Long Jump**FINALS****RESULTS OF FINALS**

1	TANU, 779	779	HISAR	5.77m
2	KAJAL, 780	780	KARNAL	5.18m
3	ANKITA, 778	778	BHIWANI	4.98m
	VANDITA CHAUDHARY,	781	PANCHKULA	DNS

Event # 62 WOMENS Hep Javelin Thr**FINALS****RESULTS OF FINALS**

1	TANU, 779	779	HISAR	40.31m
2	KAJAL, 780	780	KARNAL	32.30m
3	ANKITA, 778	778	BHIWANI	22.09m
	VANDITA CHAUDHARY,	781	PANCHKULA	DNS

Event # 63 WOMENS 800m Hep Run**FINALS****RESULTS OF FINALS**

1	KAJAL, 780	780	KARNAL	2:28.61
2	TANU, 779	779	HISAR	2:39.27
3	ANKITA, 778	778	BHIWANI	2:50.22
	VANDITA CHAUDHARY,	781	PANCHKULA	DNS