

14th HARYANA STATE Sr ATHLETICS CHAMPIONSHIP-2024						
*~*~* KARNAL STADIUM, KARNAL * 01st & 2nd June 2024 *~*~*						
<b>Event # 1 MENS 100m</b>						
<b>Final</b>						
1	GOVIND KUMAR, 43	43		KARNAL		10.82
2	ARIJIT RANA, 31	31		SONIPAT		10.86
3	SHIVAM YADAV, 83	83		CHARKI DADRI		10.99
4	VIKAS SHEOKAND, 90	90		HISAR		11.01
5	YERNENA BALAVARDHAN, 94	94		SONIPAT		11.06
6	ASHISH DAHIYA, 669	669		SONIPAT		11.12
7	JAGDEEP, 47	47		BHIWANI		11.41
	DUSHYANT KUMAR, 41	41		BHIWANI		DNS
<b>Heats</b>						
1	GOVIND KUMAR, 43	43		KARNAL		10.69
2	ARIJIT RANA, 31	31		SONIPAT		10.80
3	VIKAS SHEOKAND, 90	90		HISAR		10.85
4	YERNENA BALAVARDHAN, 94	94		SONIPAT		10.92
5	SHIVAM YADAV, 83	83		CHARKI DADRI		10.99
6	DUSHYANT KUMAR, 41	41		BHIWANI		11.03
6	ASHISH DAHIYA, 669	669		SONIPAT		11.03
8	JAGDEEP, 47	47		BHIWANI		11.05
9	PANKAJ KUMAR, 63	63		SONIPAT		11.09
10	NUZRAT, 61	61		YAMUNANAGAR		11.10
11	HARSH DIKSHIT, 46	46		PANIPAT		11.13
12	KOSTUBH DCOSTA, 51	51		GURUGRAM		11.14
12	AYOUSH DHAKA, 32	32		ROHTAK		11.14
14	NARINDER PAL, 59	59		SIRSA		11.17
14	KUNAL, 668	668		SONIPAT		11.17
16	AJAY, 22	22		SONIPAT		11.22
17	RAJAT JAKHAR, 70	70		JHAJJAR		11.24
17	MANJEET KUMAR, 53	53		SONIPAT		11.24
19	SOURAV DAHANIYA, 85	85		FARIDABAD		11.27
19	BINTU, 36	36		FARIDABAD		11.27
21	BHUPENDER NAYAK, 35	35		FARIDABAD		11.28
21	ADITYA RAJ SINGH, 21	21		SONIPAT		11.28
23	NIKHIL KUMAR SAHOO, 60	60		BHIWANI		11.31
23	SAHIL SHARMA, 80	80		SONIPAT		11.31
25	LAKSHAY TYAGI, 52	52		PANIPAT		11.35
26	VEERINDER SINGH, 89	89		SIRSA		11.41
27	JAI, 48	48		PALWAL		11.50
28	HARSH, 45	45		ROHTAK		11.53
29	OMKAR LODHI, 62	62		JIND		11.56
30	UMESH, 87	87		FARIDABAD		11.58
31	AARUSH SYAL, 20	20		PANCHKULA		11.61
31	VIRENDER MACHRA, 92	92		FATEHABAD		11.61
33	MITUL, 55	55		FATEHABAD		11.74
34	PRINCE, 67	67		SONIPAT		11.75
35	MOHIT, 56	56		SONIPAT		11.78
35	MOHIT KUMAR, 58	58		ROHTAK		11.78
37	DEEPAK SHARMA, 39	39		MAHENDERGARGH		11.81
38	ANSH RANA, 30	30		KARNAL		11.91
39	ANKIT, 29	29		BHIWANI		12.01
40	MASTU, 54	54		HISAR		12.07
41	DINESH KUMAR, 40	40		ROHTAK		12.12
42	KARANDEEP, 49	49		ROHTAK		12.22
43	GOVIND, 42	42		FATEHABAD		12.35
44	PARAS, 64	64		JIND		12.39
45	MOHIT KAUSHIK, 57	57		SONIPAT		12.58
46	SANJAY, 81	81		FATEHABAD		12.60
47	BRAJESH KUMAR SAHANI, 37	37		YAMUNANAGAR		12.64
48	SAHIL, 78	78		ROHTAK		12.85
49	RAVINDER, 72	72		ROHTAK		12.88
50	ROHIT, 75	75		FATEHABAD		12.96
51	UJJWAL SINGH, 86	86		FARIDABAD		13.06
52	SAHIL KUMAR, 79	79		CHARKI DADRI		13.20
53	SATYAM SHARMA, 82	82		KARNAL		13.24
54	KASHISH CHOUDHARY, 50	50		KARNAL		13.25
55	PRINCE, 68	68		JHAJJAR		13.45
56	ANAND PARKASH, 28	28		SIRSA		13.95
57	RAVINDER SINGH, 73	73		AMBALA		14.06

58	BHAVISH, 34	34		FATEHABAD		14.12
59	MOHIT, 667	667		HISAR		14.17
59	PARMOD KUMAR, 65	65		PANIPAT		14.17
61	VINEET SHARMA, 91	91		REWARI		14.21
62	GURBAKSH, 672	672		SIRSA		15.29
62	AJAY KUMAR, 23	23		KURUKSHETRA		15.29
64	UPESH, 88	88		REWARI		16.02
65	ROHIT, 76	76		BHIWANI		18.01
65	MANDEEP, 673	673		KAITHAL		18.01
67	RAJESH KUMAR, 71	71		KAITHAL		20.03
<b>Event # 2 MENS 200m</b>						
<b>Final</b>						
1	MOHIT KUMAR, 177	177		SONIPAT		21.51
2	ATUL, 160	160		KARNAL		21.74
3	ANKUR, 155	155		SONIPAT		21.84
4	AKSHU SINDHU, 647	647		ROHTAK		21.93
5	ARIJIT RANA, 158	158		SONIPAT		22.11
6	NITESH, 179	179		SONIPAT		22.32
7	AYOUSH DHAKA, 161	161		ROHTAK		22.62
	RAMAN, 190	190		SONIPAT		DNF
<b>Heats</b>						
1	MOHIT KUMAR, 177	177		SONIPAT		21.70
2	ATUL, 160	160		KARNAL		21.82
3	ANKUR, 155	155		SONIPAT		22.02
4	RAMAN, 190	190		SONIPAT		22.06
5	AKSHU SINDHU, 647	647		ROHTAK		22.19
6	ARIJIT RANA, 158	158		SONIPAT		22.30
7	NITESH, 179	179		SONIPAT		22.32
8	AYOUSH DHAKA, 161	161		ROHTAK		22.36
9	AMIT KUMAR, 152	152		CHARKI DADRI		22.46
10	ANKIT, 154	154		KAITHAL		22.48
11	SACHIN, 714	714		FARIDABAD		22.53
12	ANAND KUMAR BANSALA, 153	153		FARIDABAD		22.54
12	KAILASH SINGH, 171	171		ROHTAK		22.54
14	ADARSH, 145	145		FARIDABAD		22.55
15	GURMEET, 168	168		HISAR		22.56
16	JANGSHER SINGH DHILL, 170	170		SIRSA		22.60
17	GOURAV, 166	166		FATEHABAD		22.62
18	AJAY, 147	147		SONIPAT		22.70
19	NAVNEET, 178	178		JIND		22.82
20	SAHIL, 197	197		SONIPAT		22.83
21	KUNAL, 704	704		SONIPAT		22.93
22	BHUPENDER NAYAK, 162	162		FARIDABAD		23.07
23	AARUSH SYAL, 144	144		PANCHKULA		23.09
24	HEMANT KUMAR, 169	169		GURUGRAM		23.12
25	AJAY KUMAR, 148	148		KURUKSHETRA		23.42
26	AMIT, 150	150		BHIWANI		23.48
27	PRINCE, 186	186		SONIPAT		23.55
28	RAHUL POONIA, 188	188		HISAR		23.72
29	MITUL, 175	175		FATEHABAD		23.87
30	PAWAN, 183	183		SONIPAT		23.96
31	ANSH RANA, 156	156		KARNAL		23.98
32	ROHIT, 194	194		PANIPAT		24.24
33	SHAKIR MALIK, 200	200		KURUKSHETRA		24.32
34	ANIRUDH, 703	703		GURUGRAM		24.43
35	SUNNY, 201	201		PANIPAT		24.60
36	OMKAR LODHI, 180	180		JIND		24.69
37	SAGAR, 649	649		FARIDABAD		25.00
38	ANURAG GOYAL, 157	157		FARIDABAD		25.14
39	MANDEEP, 174	174		PANIPAT		25.21
40	DHRUV, 164	164		SONIPAT		26.06
41	RAHUL, 187	187		PANIPAT		26.21
41	A, 159	159		YAMUNANAGAR		26.21
43	SATYAM SHARMA, 199	199		KARNAL		26.90
44	AFRID, 146	146		MEWAT		27.42
45	MOHIT, 176	176		SONIPAT		28.03
46	SAMEER, 715	715		KARNAL		28.17
47	SHUBHAM, 721	721		JIND		28.35
48	VINOD KUMAR, 203	203		ROHTAK		28.82

49	RAVINDER SINGH, 193	193		AMBALA		29.01
	RAKSHIT, 189	189		GURUGRAM		DNS
	DUSHYANT KUMAR, 165	165		BHIWANI		DNS
	KRISHAN, 173	173		SONIPAT		DQ
	ABHISHEK, 646	646		FATEHABAD		DQ
	VIKAS BIDDU, 202	202		PANIPAT		DNS
	CHETAN BRAR, 163	163		YAMUNANAGAR		DNS
	SACHIN DHAYAL, 196	196		BHIWANI		DNS
	KASHISH CHOUDHARY, 172	172		KARNAL		DNS
	AMAN, 149	149		SONIPAT		DNS
	GOVIND KUMAR, 167	167		KARNAL		DNS
	SAHIL KUMAR, 198	198		CHARKI DADRI		DNS
	PAWAN JEET, 184	184		JHAJJAR		DNS
	AMIT BALAYAN, 151	151		SONIPAT		DNS
	PARMOD KUMAR, 181	181		PANIPAT		DNS
	ROHIT, 195	195		BHIWANI		DNS
	JATIN, 648	648		SONIPAT		DNS
	PRINCE, 185	185		SONIPAT		DNS
	RAMAN, 192	192		SONIPAT		DNS
	RAMAN, 191	191		PANIPAT		DNS
	PARVEEN KUMAR, 182	182		JHAJJAR		DNS
	<b>Event # 3 MENS 400m</b>					
	<b>Final</b>					
1	VIKRANT PANCHAL, 261	261		FARIDABAD		46.65
2	MOHIT KUMAR, 242	242		SONIPAT		46.67
3	ATUL, 232	232		KARNAL		46.74
4	ABHISHEK, 219	219		FATEHABAD		47.49
5	ANKUL, 228	228		SONIPAT		47.66
6	VIKAS, 260	260		BHIWANI		48.71
7	AMIT BALAYAN, 222	222		SONIPAT		50.03
	ANAND KUMAR BANSALA, 225	225		FARIDABAD		DNF
	<b>Heats</b>					
1	VIKRANT PANCHAL, 261	261		FARIDABAD		47.23
2	ATUL, 232	232		KARNAL		47.50
3	ABHISHEK, 219	219		FATEHABAD		48.28
4	MOHIT KUMAR, 242	242		SONIPAT		48.37
5	ANKUL, 228	228		SONIPAT		48.60
6	ANAND KUMAR BANSALA, 225	225		FARIDABAD		48.83
7	AMIT BALAYAN, 222	222		SONIPAT		48.92
8	VIKAS, 260	260		BHIWANI		48.95
9	ANKIT, 227	227		KAITHAL		48.97
10	ASHISH PHOGAT, 231	231		CHARKI DADRI		49.00
11	ANUP KUMAR, 230	230		BHIWANI		49.06
12	HARDEEP, 234	234		PANIPAT		49.39
13	NITESH, 247	247		SONIPAT		49.58
14	HEMANT KUMAR, 235	235		GURUGRAM		49.60
15	GOURAV RAWAL, 233	233		PANIPAT		49.79
16	SACHIN, 252	252		HISAR		49.86
16	ANISH KUMAR, 226	226		BHIWANI		49.86
18	SOURAV DAHIYA, 257	257		SONIPAT		49.87
19	JATIN, 237	237		ROHTAK		50.08
20	PARMESH KUMAR, 248	248		SONIPAT		50.11
21	SACHIN PILWAN, 253	253		FARIDABAD		50.23
22	SANJAY, 255	255		BHIWANI		50.37
23	ROHIT, 251	251		PANIPAT		50.47
24	MOHIT SHARMA, 243	243		SONIPAT		50.49
25	ADARSH, 220	220		FARIDABAD		51.56
26	MD ASHARUL HOQUE, 240	240		SONIPAT		51.64
27	LOKESH, 238	238		MEWAT		52.22
28	NAVEEN SINGH, 244	244		JIND		52.81
29	VINAY PANWAR, 263	263		SONIPAT		53.00
30	VIJENDER YADAV, 258	258		YAMUNANAGAR		53.91
31	ANAND, 224	224		PANIPAT		54.52
32	RUDRA, 665	665		FARIDABAD		54.88
33	ANSHUL SINGH NOONIA, 229	229		HISAR		54.94
34	SAGAR YADAV, 254	254		FARIDABAD		55.46
35	NIKHIL DANDYAAN, 245	245		KURUKSHETRA		57.71
36	RITESH MALIK, 662	662		JIND		57.97
37	NIRANJAN, 246	246		FARIDABAD		59.57

38	AMAN, 661	661		KARNAL		1:00.86
39	DEV KUMAR, 663	663		KARNAL		1:09.43
40	MOHD TOSIF, 241	241		MEWAT		1:19.90
41	RAKESH, 664	664		SIRSA		1:23.60
42	ASHOK, 660	660		JIND		1:31.04
	MAYANK, 239	239		ROHTAK		DNS
	VIKAS, 259	259		BHIWANI		DNS
	PRANJAL NEHRA, 250	250		ROHTAK		DNS
	AMIT KUMAR, 223	223		CHARKI DADRI		DNS
	AMAN KUMAR, 221	221		MAHENDERGARGH		DNS
	SHIVAM, 256	256		ROHTAK		DNS
	VIMAL HOODA, 262	262		ROHTAK		DNS
	JAIVEER SINGH, 236	236		SONIPAT		DNS
	PARMJEET, 249	249		BHIWANI		DNF
<b>Event # 4 MENS 800m</b>						
<b>Final</b>						
1	SATYA DEV, 328	328		PALWAL		1:48.36
2	MANJEET, 316	316		HISAR		1:49.02
3	JATIN, 313	313		JHAJJAR		1:49.54
4	AKASH, 305	305		BHIWANI		1:52.26
5	HARSH, 311	311		JHAJJAR		1:52.73
6	PARMESH LATHWAL, 322	322		SONIPAT		1:55.37
7	ANIL KUMAR, 307	307		MAHENDERGARGH		2:01.49
	VIKASH, 333	333		BHIWANI		DNF
<b>Heats</b>						
1	MANJEET, 316	316		HISAR		1:51.72
2	JATIN, 313	313		JHAJJAR		1:51.74
3	AKASH, 305	305		BHIWANI		1:51.83
4	ANIL KUMAR, 307	307		MAHENDERGARGH		1:51.84
5	VIKASH, 333	333		BHIWANI		1:52.34
6	SATYA DEV, 328	328		PALWAL		1:52.45
7	HARSH, 311	311		JHAJJAR		1:52.62
8	PARMESH LATHWAL, 322	322		SONIPAT		1:52.64
9	HARSH, 312	312		JHAJJAR		1:52.87
10	SOHIT, 331	331		JIND		1:52.88
11	KRISHAN, 314	314		JHAJJAR		1:53.23
12	SAIMKAMBOJ, 327	327		KAITHAL		1:53.39
13	NAVEEN KUMAR, 320	320		BHIWANI		1:53.60
14	GAURAV ATTRI, 310	310		FARIDABAD		1:53.64
15	RAVINDER, 324	324		FATEHABAD		1:53.91
16	VIJAY SINGH, 332	332		HISAR		1:54.94
17	VISHESH MAHLA, 335	335		CHARKI DADRI		1:55.90
18	RAVINDER, 323	323		KAITHAL		1:57.83
19	NITIN SHARMA, 321	321		YAMUNANAGAR		1:59.35
20	VISHAL, 334	334		CHARKI DADRI		1:59.83
21	ROHIT, 325	325		PANIPAT		1:59.96
22	DIPESH, 309	309		HISAR		2:00.61
23	AKSHAY, 306	306		BHIWANI		2:00.85
24	MOHIT, 319	319		KARNAL		2:06.08
25	SHREE RAM GOPAL, 329	329		GURUGRAM		2:06.63
26	MANJEET, 317	317		HISAR		2:12.26
27	ATMA RAM, 308	308		SIRSA		2:19.72
28	LALIT KUMAR, 315	315		KAITHAL		2:23.47
29	TUSHAR, 690	690		HISAR		2:33.16
30	ANKUSH, 689	689		JIND		2:39.11
31	PARDEEP KUMAR, 691	691		MAHENDERGARGH		2:39.40
<b>Event # 5 MENS 1500m</b>						
<b>Final</b>						
1	GAURAV ATTRI, 111	111		FARIDABAD		3:47.58
2	VIKASH, 135	135		BHIWANI		3:47.94
3	NARENDER SINGH, 120	120		BHIWANI		3:48.25
4	ANKIT MALIK, 108	108		SONIPAT		3:48.64
5	MUKUL SAINI, 119	119		KARNAL		3:48.97
6	MOHAN, 117	117		CHARKI DADRI		3:50.24
7	VIKAS, 133	133		BHIWANI		3:51.27
8	NAVDEEP, 121	121		JIND		3:52.37
9	AAKASH, 107	107		HISAR		3:53.02
10	KAPIL, 114	114		GURUGRAM		3:53.33

11	VIKASH, 134	134		HISAR		3:53.51
12	SUKHCHAIN, 131	131		KAITHAL		3:57.74
13	SOURAV PAL, 681	681		KARNAL		4:01.22
14	SACHIN, 127	127		JIND		4:07.84
15	NITIN, 680	680		YAMUNANAGAR		4:19.81
16	NAVEEN, 122	122		FATEHABAD		4:24.18
17	MONTI, 118	118		ROHTAK		4:26.40
18	SAHIB, 128	128		MEWAT		4:39.21
19	SONU, 130	130		JIND		4:39.43
20	ROHAN KUMAR, 126	126		KURUKSHETRA		4:42.11
21	DHEERAJ, 110	110		REWARI		5:22.94
22	HIMANSHU, 112	112		GURUGRAM		5:37.65
23	MAYANK, 115	115		MAHENDERGARGH		6:08.64
24	HIMANSHU, 682	682		KARNAL		6:34.76
	<b>Event # 6 MENS 5000m</b>					
	<b>Final</b>					
1	AMAN KUMAR, 274	274		JHAJJAR		14:14.68
2	GAGAN SINGH, 278	278		PANCHKULA		14:15.42
3	ROHIT, 694	694		SONIPAT		14:16.40
4	RISHABH, 295	295		PALWAL		14:20.47
5	KUNAL, 284	284		SONIPAT		14:21.35
6	VIKASH, 302	302		HISAR		14:23.06
7	AADIL, 272	272		MEWAT		14:31.13
8	BITTU, 276	276		JIND		14:31.55
9	NAVJEET, 291	291		JIND		14:32.50
10	SAHIL, 297	297		KARNAL		14:39.54
11	MONU, 290	290		JIND		14:50.00
12	DEEPAK, 277	277		PALWAL		14:53.62
13	RAHUL, 293	293		JHAJJAR		15:06.46
14	VISHAL, 303	303		BHIWANI		15:06.65
15	SUMIT, 301	301		SONIPAT		15:45.60
16	YOGESH, 304	304		FATEHABAD		16:20.26
17	SANDEEP, 299	299		HISAR		16:47.99
18	KULDEEP YADAV, 283	283		GURUGRAM		17:02.25
19	AJAY GAHLAWAT, 701	701		JHAJJAR		17:51.01
20	SHAHID, 693	693		MEWAT		20:44.67
21	KARTIK SAINI, 282	282		KURUKSHETRA		23:16.56
22	MANOJ, 286	286		FARIDABAD		23:38.91
	<b>Event # 7 MENS 10000m</b>					
	<b>Final</b>					
1	ROHIT, 11	11		SONIPAT		30:11.59
2	MANOJ KUMAR, 6	6		PANIPAT		30:21.63
3	VANSH, 16	16		SONIPAT		30:23.76
4	A, 1	1		SONIPAT		31:36.21
5	SARJEET, 12	12		MAHENDERGARGH		31:53.13
6	ASHU RANA, 2	2		SONIPAT		31:56.15
7	AKSHAY, 651	651		SONIPAT		32:07.55
8	SUNIL KUMAR, 14	14		PANCHKULA		32:30.95
9	RAJESH KUMAR, 10	10		CHARKI DADRI		33:02.99
10	PRITAM KUMAR, 9	9		MAHENDERGARGH		33:08.23
11	PAWAN, 8	8		BHIWANI		34:12.01
12	PARVEEN, 7	7		YAMUNANAGAR		40:05.01
13	DEVESH YADAV, 4	4		REWARI		40:25.60
14	VINOD KUMAR, 18	18		KARNAL		41:06.06
	<b>Event # 8 MENS 3000m Steeplechase</b>					
	<b>Final</b>					
1	SOURABH ANTIL, 217	217		SONIPAT		8:40.59
2	SHANKAR LAL SWAMI, 216	216		BHIWANI		8:44.59
3	RAVI, 213	213		KARNAL		8:45.24
4	ROHIT VERMA, 688	688		REWARI		8:51.47
5	ANKIT, 205	205		JIND		9:02.26
6	PARDEEP, 211	211		MAHENDERGARGH		9:13.37
7	PARVEEN KUMAR, 212	212		JHAJJAR		9:14.16
8	GOURAV, 208	208		ROHTAK		9:27.28
9	HEMANT, 209	209		MAHENDERGARGH		9:34.93

<b>Event # 9 MENS 110m Hurdles</b>					
<b>Final</b>					
1	VIKRAM SINGH, 105	105		BHIWANI	14.97
2	PIYUSH SINGH PANWAR, 100	100		BHIWANI	15.13
3	SONU, 102	102		HISAR	15.54
4	MOHIT CHAHAL, 99	99		SONIPAT	15.55
5	BALRAM SHARMA, 97	97		SONIPAT	15.59
6	SURYA, 104	104		BHIWANI	15.96
7	ABHISHEK YADAV, 95	95		GURUGRAM	16.19
8	SHIVDARSHAN, 101	101		SONIPAT	16.21
9	MOHIT, 98	98		JHAJJAR	17.58
10	JASHAN SINGH, 724	724		PANCHKULA	17.62
	VINAY, 106	106		SONIPAT	DNF
<b>Event # 10 MENS 400m Hurdles</b>					
<b>Final</b>					
1	BHUPENDER, 266	266		JIND	52.81
2	A KUMAR, 265	265		JIND	55.24
3	MANISH RATHEE, 267	267		JHAJJAR	55.39
4	JASHAN SINGH, 723	723		PANCHKULA	56.59
5	ANKIT, 264	264		HISAR	58.44
6	SUNIL KUNDU, 271	271		ROHTAK	59.07
7	JATIN, 648	648		SONIPAT	59.20
8	PRIYANK DHIMAN, 269	269		GURUGRAM	1:00.72
9	RAHUL, 270	270		BHIWANI	1:01.34
<b>Event # 11 MENS High Jump</b>					
<b>Final</b>					
1	GURJEET SINGH, 382	382		JIND	2.05m
2	MANJEET, 386	386		BHIWANI	2.00m
3	SHIV BHAGWAN, 391	391		BHIWANI	2.00m
4	BIJENDER, 659	659		SONIPAT	1.95m
5	VIJAY, 393	393		ROHTAK	1.90m
6	HARSH PANNU, 383	383		HISAR	1.85m
7	SANNU TANWAR, 390	390		BHIWANI	1.85m
8	YASH, 395	395		YAMUNANAGAR	1.80m
9	SATENDER, 655	655		REWARI	1.80m
9	AKASH, 381	381		BHIWANI	1.80m
11	NAVEEN, 387	387		BHIWANI	1.75m
12	SHIVA, 392	392		ROHTAK	1.65m
13	VIJAY KUMAR, 394	394		CHARKI DADRI	1.60m
	HARSH PANNU, 384	384		HISAR	DNS
	RITEK, 388	388		JHAJJAR	DNS
	HARSH PANNU, 385	385		HISAR	DNS
<b>Event # 12 MENS Pole Vault</b>					
<b>Final</b>					
1	LAKSHAY, 454	454		SONIPAT	4.85m
2	TANU KUMAR, 685	685		BHIWANI	4.75m
3	GOURAV, 452	452		JHAJJAR	4.65m
4	ANIL KUMAR, 449	449		JIND	4.50m
5	DEEPAK KAPASIA, 450	450		FARIDABAD	4.00m
	SUMIT KUMAR, 457	457		HISAR	DNS
	AJAY KUMAR, 448	448		PANIPAT	DNS
	GITANSHU SAINI, 451	451		SONIPAT	DNS
	ACHANAK, 447	447		JIND	NM
	KAPIL CHAUHAN, 453	453		BHIWANI	DNS
	SUNDER SINGH, 458	458		SONIPAT	NM
	UTTAM, 459	459		BHIWANI	NM
	NAVEEN, 455	455		JHAJJAR	NM
	NITIN, 456	456		BHIWANI	NM
<b>Event # 13 MENS Long Jump</b>					
<b>Final</b>					
1	MOHD ATTA SAZID, 433	433		FARIDABAD	7.62m
2	AVINASH KUMAR, 427	427		REWARI	7.61m
3	BHUPENDER SINGH, 429	429		HISAR	7.43m
4	PANKAJ VERMA, 436	436		BHIWANI	7.30m
5	HARINARAYAN, 430	430		PANIPAT	7.09m
6	SACHIN BAMEL, 442	442		HISAR	7.06m

7	SANDEEP KUMAR, 444	444		FATEHABAD		6.90m
8	DEEPAK, 708	708		UNATTACHED		6.39m
9	VIKAS, 706	706		UNATTACHED		6.38m
10	RITESH, 439	439		HISAR		6.36m
11	MAAN SINGH BHADANA, 432	432		FARIDABAD		6.04m
12	RAMESH KUMAR, 438	438		FATEHABAD		5.93m
12	SUKHVINDER, 445	445		YAMUNANAGAR		5.93m
14	AMANDEEP JANAGAL, 425	425		SIRSA		5.74m
15	ANKIT, 426	426		BHIWANI		5.69m
16	MOHIT KAUSHIK, 434	434		SONIPAT		5.63m
17	RAJPAL SINGH, 437	437		SIRSA		5.55m
18	ROHIT, 440	440		PALWAL		5.02m
19	SAHIL, 443	443		JIND		4.80m
20	NITIN, 435	435		MEWAT		4.13m
	JATIN, 431	431		REWARI		NM
	VIJAY KUMAR, 446	446		PANCHKULA		NM
	BHASKAR NAILWAL, 428	428		BHIWANI		DNS
	RUPESH, 441	441		JHAJJAR		NM
	ABHISHEK, 424	424		KAITHAL		NM
<b>Event # 14 MENS Triple Jump</b>						
<b>Final</b>						
1	ASHOK YADAV, 475	475		REWARI		15.35m
2	ABHISHEK SINGH TANWA, 473	473		BHIWANI		14.60m
3	SANDEEP KUMAR, 481	481		KARNAL		14.54m
4	TA CHAUHAN, 482	482		BHIWANI		14.48m
5	NITIN, 478	478		JIND		14.20m
6	ROHIT KUMAR, 480	480		FATEHABAD		14.15m
7	AJAY, 474	474		ROHTAK		13.63m
8	CHHOYU, 679	679		JHAJJAR		13.62m
9	MONTY, 477	477		PANIPAT		13.52m
	PARMOD, 479	479		ROHTAK		NM
	KULDEEP YADAV, 476	476		GURUGRAM		NM
<b>Event # 15 MENS Discus Throw</b>						
<b>Final</b>						
1	AJAY KUMAR, 346	346		BHIWANI		52.10m
2	ABHIMANYU, 343	343		JIND		51.65m
3	AMIT KUMAR, 729	729		JHAJJAR		51.65m
4	SAHIL CHECHI, 717	717		JIND		48.81m
5	ASHISH KUMAR, 349	349		SONIPAT		48.59m
6	ANIL KUMAR, 348	348		KARNAL		48.43m
7	SUNNY DHAKA, 361	361		ROHTAK		48.32m
8	PRATEEK MAAN, 357	357		SONIPAT		47.60m
9	VAIBHAV, 362	362		ROHTAK		46.07m
10	PRASHANT BISLA, 356	356		FARIDABAD		45.28m
11	SAHIL DESWAL, 360	360		JIND		45.09m
12	MANPREET KAJAL, 718	718		PANCHKULA		42.36m
13	AMIT, 347	347		BHIWANI		42.14m
14	SACHIN, 359	359		BHIWANI		42.13m
15	ADITYA, 345	345		SONIPAT		39.40m
16	DEEPANSHU GARG, 350	350		HISAR		38.58m
17	HITESH MALIK, 353	353		SONIPAT		38.13m
18	DIVYANSH TYAGI, 352	352		FARIDABAD		37.25m
19	NISHANT, 355	355		FARIDABAD		33.10m
20	RITIK SHARMA, 358	358		BHIWANI		30.11m
	DIVYANSH, 351	351		HISAR		DNS
	VIKAS, 363	363		BHIWANI		DNS
	ADARSH MALIK, 344	344		SONIPAT		NM
	NIRBHAY SINGH, 354	354		BHIWANI		DNS
<b>Event # 16 MENS Hammer Throw</b>						
<b>Final</b>						
1	AMIT PUNDIR, 364	364		YAMUNANAGAR		62.29m
2	NAVEEN YADAV, 371	371		BHIWANI		61.52m
3	GAURAV, 368	368		SONIPAT		60.61m
4	NITIN MALIK, 373	373		HISAR		58.94m
5	CHAND HOODA, 366	366		JIND		57.74m
6	DUPINDER SINGH, 367	367		FATEHABAD		57.71m
7	NARESH KUMAR, 369	369		BHIWANI		56.74m

8	VIKRAM SINGH, 377	377		JHAJJAR		51.98m
9	NIRBHAY, 372	372		JHAJJAR		51.65m
10	PRINCE, 374	374		SIRSA		22.46m
	ASHISH JAKHAR, 365	365		JHAJJAR		DNS
	VA KADYAN, 376	376		JHAJJAR		NM
	RAJESH, 375	375		BHIWANI		DNS
	NAVDEEP SINGH, 370	370		SIRSA		DNS
<b>Event # 17 MENS Javelin Throw</b>						
<b>Final</b>						
1	PARMOD, 408	408		FATEHABAD		74.52m
2	MOHIT, 407	407		JHAJJAR		72.47m
3	RAVI TANWER, 411	411		BHIWANI		71.79m
4	JAIDEEP, 405	405		FATEHABAD		70.32m
5	ABHILASH, 396	396		BHIWANI		69.23m
6	SANUJ, 416	416		SONIPAT		68.68m
7	ADITYA, 398	398		JIND		67.88m
8	SUJIT, 418	418		JHAJJAR		66.39m
9	VIPUL YADAV, 421	421		KARNAL		65.16m
10	MANGAL SINGH, 406	406		HISAR		62.55m
11	DIPESH CHOUDHARY, 403	403		KARNAL		62.37m
12	ASHISH KUMAR, 401	401		KARNAL		61.31m
13	SANDEEP, 415	415		BHIWANI		61.01m
14	TUSHAR, 420	420		PANCHKULA		60.66m
15	HARSH RAWAT, 404	404		HISAR		60.20m
16	ABHISHEK, 424	424		KAITHAL		60.08m
17	PARTEEK, 409	409		KARNAL		56.72m
18	ABHINAV, 397	397		JIND		56.35m
19	SURYA PARTAP SINGH, 419	419		KAITHAL		55.20m
20	ANKUSH, 400	400		SONIPAT		54.05m
21	SAHIL, 414	414		KARNAL		52.42m
22	PRINCE, 410	410		PANIPAT		51.53m
23	YUDDHVIR, 422	422		BHIWANI		50.94m
24	YUVRAJ CHOPRA, 423	423		PANIPAT		49.67m
25	DHARMENDRA KUMAR, 402	402		KARNAL		44.37m
26	SACHIN, 413	413		GURUGRAM		44.01m
	ROMIT, 412	412		PANIPAT		NM
	SEVAK KUMAR, 417	417		KAITHAL		NM
	ANKIT MALIK, 399	399		PANCHKULA		DNS
<b>Event # 18 MENS Shot Put</b>						
<b>Final</b>						
1	ASHISH BHALOTHIA, 463	463		BHIWANI		18.02m
2	CHETAN KAPOOR, 465	465		FARIDABAD		17.45m
3	ASHISH KUMAR, 464	464		BHIWANI		17.39m
4	SANYAM, 469	469		ROHTAK		17.38m
5	VIKAS CHHIKARA, 654	654		JHAJJAR		16.75m
6	HEMCHANDER KHATRI, 467	467		SONIPAT		16.04m
7	AMIT, 460	460		SONIPAT		15.81m
8	NISHCHAY, 653	653		ROHTAK		14.51m
9	ANSHDEEP RAWAT, 461	461		FARIDABAD		14.03m
10	VIKAS, 471	471		FARIDABAD		11.57m
11	VEDANT SHARMA, 470	470		FARIDABAD		8.02m
12	RAJU, 468	468		JHAJJAR		8.00m
12	ANUJ, 462	462		SONIPAT		8.00m
14	RONAK, 656	656		JIND		6.00m
15	VINAY, 472	472		SONIPAT		5.00m
	GANGA SINGH, 466	466		SIRSA		DNS
<b>Event # 21 MENS 20Km Race Walk</b>						
<b>Final</b>						
1	SANDEEP, 140	140		BHIWANI		1:26:04.00
2	VIKAS, 141	141		BHIWANI		1:32:58.00
3	KHAZAN SINGH, 138	138		CHARKI DADRI		1:33:16.00
4	HARSH, 137	137		JIND		1:33:18.00
5	VISHAL, 142	142		KAITHAL		1:36:12.00



<b>Event # 23 WOMENS 100m</b>				
<b>Final</b>				
1	HIMASHREE ROY, 491	491	JHAJJAR	11.84
2	ANSHU, 489	489	SONIPAT	12.32
3	SHUBHAM, 501	501	JIND	12.39
4	KUSUM KUMARI, 494	494	AMBALA	12.80
5	RENU, 499	499	KARNAL	13.02
6	AARTI, 488	488	HISAR	13.09
7	KASVI SHARMA, 493	493	PANCHKULA	13.62
8	KAJAL, 492	492	KARNAL	13.83
<b>Heats</b>				
1	HIMASHREE ROY, 491	491	JHAJJAR	11.95
2	ANSHU, 489	489	SONIPAT	12.28
3	SHUBHAM, 501	501	JIND	12.43
4	KUSUM KUMARI, 494	494	AMBALA	12.89
5	AARTI, 488	488	HISAR	12.93
6	RENU, 499	499	KARNAL	13.00
7	KASVI SHARMA, 493	493	PANCHKULA	13.57
8	KAJAL, 492	492	KARNAL	13.65
9	TAMANNA GOLA, 502	502	GURUGRAM	13.98
10	POOJA, 498	498	SONIPAT	14.00
11	AYUSHI, 675	675	BHIWANI	14.10
12	SARAH THOMAS, 500	500	FARIDABAD	16.77
13	BHOOMI, 674	674	FARIDABAD	17.30
14	MAMTA RANI, 495	495	HISAR	17.83
	NEHA, 497	497	JIND	DNS
	HIMANSHI PANWAR, 490	490	MEWAT	DNS
<b>Event # 24 WOMENS 200m</b>				
<b>Final</b>				
1	NANCY, 522	522	JHAJJAR	24.05
2	HIMASHREE ROY, 519	519	JHAJJAR	24.15
3	SEEMA, 710	710	JIND	25.09
4	NEHA, 523	523	JIND	26.38
5	RENU, 524	524	KARNAL	26.73
6	BABLI, 518	518	PALWAL	27.46
7	ANJU, 517	517	HISAR	28.39
8	KAJAL, 520	520	KARNAL	28.83
9	SONIA, 713	713	SIRSA	35.21
<b>Event # 25 WOMENS 400m</b>				
<b>Final</b>				
1	DEEPANSHI, 536	536	ROHTAK	52.10
2	KIRAN, 538	538	SONIPAT	52.13
3	SHIVANI, 543	543	ROHTAK	54.92
4	MAHI NANDAL, 539	539	ROHTAK	56.11
5	NIKITA CHAUDHARY, 541	541	FARIDABAD	1:01.53
6	MONIKA, 540	540	CHARKI DADRI	1:04.38
7	BHUVI AGRAWAL, 534	534	FARIDABAD	1:09.98
8	POOJA, 658	658	HISAR	1:52.37
<b>Event # 26 WOMENS 800m</b>				
<b>Final</b>				
1	JYOTI, 567	567	ROHTAK	2:08.99
2	POOJA, 573	573	ROHTAK	2:12.44
3	SAKSHI, 576	576	REWARI	2:16.05
4	MEENA KUMARI, 569	569	BHIWANI	2:17.50
5	TAMANNA, 579	579	JIND	2:20.88
6	NIKITA CHAUDHARY, 572	572	FARIDABAD	2:24.43
7	MUSKAN, 570	570	GURUGRAM	2:54.27
8	NEELAM, 571	571	SIRSA	3:16.62
9	LAKSHMI DEVI, 568	568	KARNAL	3:28.09
<b>Event # 27 WOMENS 1500m</b>				
<b>Final</b>				
1	JYOTI, 508	508	ROHTAK	4:28.13
2	MUSKAN, 510	510	SONIPAT	4:38.29
3	CHANCHAL, 507	507	PALWAL	4:38.85
4	RIMPI DEVI, 513	513	AMBALA	4:47.05
5	SANTOSH KUMARI, 514	514	FATEHABAD	4:57.84

6	MADHU, 509	509		HISAR		5:01.11
<b>Event # 28 WOMENS 5000m</b>						
<b>Final</b>						
1	ANITA, 555	555		HISAR		17:51.17
2	KAVITA, 560	560		HISAR		17:54.77
3	MADHU, 696	696		JIND		18:34.02
4	ANJALI DEVI, 556	556		KURUKSHETRA		19:02.63
5	CHARU, 697	697		ROHTAK		19:09.44
6	POONAM, 561	561		SIRSA		19:44.13
7	GAYTRI, 558	558		SIRSA		20:37.07
8	YANSHU, 563	563		SONIPAT		20:58.37
9	VIJETA, 698	698		KARNAL		21:34.47
10	ANJU, 645	645		HISAR		21:34.82
11	FRUTI, 557	557		KARNAL		21:35.69
<b>Event # 29 WOMENS 10000m</b>						
<b>Final</b>						
1	ANKITA, 484	484		MAHENDERGARGH		35:25.71
2	JYOTI, 486	486		PANCHKULA		35:37.01
3	KAVITA, 487	487		HISAR		37:48.61
4	PRIYANKA LUHACH, 650	650		CHARKI DADRI		41:01.56
<b>Event # 30 WOMENS 3000m Steeplechase</b>						
<b>Final</b>						
1	CHHOTI, 687	687		HISAR		11:33.95
2	VIJETA, 531	531		KARNAL		11:46.47
3	ANJU, 526	526		BHIWANI		12:16.53
4	MADHVI, 684	684		KAITHAL		15:17.98
5	HARMAN, 528	528		SIRSA		15:18.06
6	NITIKA, 529	529		KARNAL		15:27.29
7	VANSHIKA, 530	530		KARNAL		15:34.11
8	DISHA, 527	527		JHAJJAR		16:13.85
<b>Event # 31 WOMENS 100m Hurdles</b>						
<b>Final</b>						
1	PALLAVI, 505	505		BHIWANI		15.67
2	MONIKA, 504	504		PANCHKULA		16.27
3	MONIKA, 727	727		CHARKI DADRI		16.46
4	POONAM, 506	506		HISAR		18.01
5	ANJU, 725	725		HISAR		21.32
	SUMAN, 728	728		SIRSA		DNF
	JYOTI, 503	503		CHARKI DADRI		DNS
<b>Event # 32 WOMENS 400m Hurdles</b>						
<b>Final</b>						
1	NANHI, 548	548		HISAR		1:01.12
2	RITIKA, 552	552		HISAR		1:02.58
3	POONAM, 551	551		HISAR		1:09.71
4	TAMANNA YADAV, 554	554		GURUGRAM		1:18.83
5	ANJU, 544	544		HISAR		1:19.35
6	INDU, 546	546		HISAR		1:19.45
7	GAGANDEEP KAUR, 545	545		YAMUNANAGAR		1:26.83
8	SARITA RANI, 553	553		YAMUNANAGAR		1:48.39
	POONAM, 550	550		HISAR		DNF
	NAVEENA, 549	549		HISAR		DNF
	MONIKA, 547	547		CHARKI DADRI		DNS
<b>Event # 33 WOMENS High Jump</b>						
<b>Final</b>						
1	POOJA, 605	605		FATEHABAD		1.70m
2	PRACHI, 606	606		SONIPAT		1.65m
3	KIRAN, 603	603		ROHTAK		1.55m
4	MUSKAN, 604	604		KAITHAL		1.40m
	HIMANSHI, 602	602		CHARKI DADRI		NM

<b>Event # 34 WOMENS Pole Vault</b>							
<b>Final</b>							
1	VANSHIKA GHANGHAS, 630	630		BHIWANI			3.80m
2	NIDHI, 627	627		SONIPAT			3.55m
	SHABNAM, 629	629		BHIWANI			NM
	RAJNI, 628	628		BHIWANI			NM
<b>Event # 35 WOMENS Long Jump</b>							
<b>Final</b>							
1	PARIKSHA, 623	623		FARIDABAD			5.64m
2	TAMANNA, 625	625		FATEHABAD			5.57m
3	KUSUM, 620	620		JIND			5.35m
4	MONIKA, 622	622		MAHENDERGARGH			5.26m
5	AARTI, 616	616		REWARI			5.17m
6	GAGANDEEP KAUR, 618	618		YAMUNANAGAR			4.79m
7	TAMANNA GOLA, 626	626		GURUGRAM			4.50m
8	MAMTA, 621	621		HISAR			4.49m
9	BHUVI AGRAWAL, 617	617		FARIDABAD			3.71m
10	PARUL, 624	624		SIRSA			3.61m
	GOMATI, 619	619		SIRSA			NM
<b>Event # 36 WOMENS Triple Jump</b>							
<b>Final</b>							
1	TAMANNA, 644	644		FATEHABAD			11.96m
2	HEMA, 643	643		BHIWANI			11.73m
3	PRATHIBHA, 676	676		JHAJJAR			11.34m
<b>Event # 37 WOMENS Discus Throw</b>							
<b>Final</b>							
1	SEEMA, 587	587		BHIWANI			58.32m
2	SUNITA, 589	589		BHIWANI			49.66m
3	GRIMA, 582	582		JHAJJAR			48.17m
4	SANYA YADAV, 586	586		MAHENDERGARGH			47.09m
5	PALAK, 585	585		BHIWANI			37.74m
6	MANINDER KAUR, 584	584		PANCHKULA			35.13m
7	NITAN, 716	716		PANIPAT			32.93m
8	JYOTI, 583	583		SIRSA			32.75m
9	SHRUTI SINGH, 588	588		HISAR			29.24m
10	ANJALI DUHAN, 581	581		HISAR			23.51m
<b>Event # 38 WOMENS Hammer Throw</b>							
<b>Final</b>							
1	AISHWARYA, 590	590		BHIWANI			54.96m
2	ANISHA, 591	591		SONIPAT			54.40m
3	ANITA, 592	592		JHAJJAR			53.92m
4	RINKU, 594	594		FATEHABAD			43.91m
5	PARUL, 593	593		JIND			35.87m
	RINKU, 595	595		FATEHABAD			DNS
<b>Event # 39 WOMENS Javelin Throw</b>							
<b>Final</b>							
1	DEEPIKA, 610	610		FATEHABAD			50.69m
2	BHAVYA PILANIA, 608	608		FATEHABAD			44.74m
3	JYOTI, 611	611		JHAJJAR			44.39m
4	BHATERI, 607	607		FATEHABAD			41.07m
5	SAPNA, 615	615		FATEHABAD			39.03m
6	BHAWANA, 609	609		BHIWANI			31.48m
	PRACHI, 614	614		BHIWANI			NM
	POONAM, 613	613		FATEHABAD			DNS
	MUSKAN, 612	612		MEWAT			DNS
<b>Event # 40 WOMENS Shot Put</b>							
<b>Final</b>							
1	REKHA, 636	636		JIND			15.71m
2	SHIKSHA, 638	638		CHARKI DADRI			15.25m
3	TAMANNA, 640	640		JHAJJAR			13.61m
4	MONIKA, 634	634		FARIDABAD			13.00m
5	KIRTI, 633	633		KAITHAL			11.04m
6	SHRUTI SINGH, 639	639		HISAR			10.02m
7	USHA, 641	641		SONIPAT			6.70m

8	ANJALI DUHAN, 632	632		HISAR		6.47m
9	NEELAM, 635	635		PANCHKULA		5.00m
	ANJALI, 631	631		BHIWANI		DNS
	RIYA VERMA, 637	637		ROHTAK		DNS
	YOGITA, 642	642		BHIWANI		NM
<b>Event # 43 WOMENS 20Km Race Walk</b>						
<b>Final</b>						
1	NIRMLA, 670	670		FATEHABAD		2:02:47.00
2	SARBJEET KAUR, 692	692		PANCHKULA		2:10:48.00
3	KHUSHBU YADAV, 516	516		YAMUNANAGAR		2:35:12.00
<b>Event # 45 MENS Decathlon</b>						
<b>Final</b>						
1	KAMAL, 339	339		SONIPAT		6564
2	SANJAY, 342	342		HISAR		6296
3	MOHIT, 341	341		PANIPAT		6007
4	JAIVEER, 338	338		SONIPAT		5915