

MEET RECORDS as on 31.12.2009
NATIONAL OPEN ATHLETICS CHAMPIONSHIPS

MEN

S.N.	Events	Performance	Name of the Athlete	State/Unit	Venue	Year
1	100 M.	10.37s {+ 0.6 M/S}	ANIL KUMAR P.	SSCB	CHENNAI	OCT.2001
2	200 M.	20.92s	ARUNJITH S.	RSPB	JAMSHEDPUR	Oct. 2007
3	400 M.	45.70s	PARAMJIT SINGH	POL	KOLKATA	NOV. 1998
4	800 M.	1:46.67s	GHAMANDA RAM	SSCB	HYDERABAD	09.11.2005
5	1,500 M.	3:39.9s	C. HAMZA	RSPB	JAMSHEDPUR	Oct. 2007
6	5,000 M.	13:54.72s	BAHADUR PRASAD	RSPB	MADRAS	FEB. 1994
7	10,000 M.	28:58.28s	SHIVNATH SINGH	SSCB	JALANDHAR	1978
8	3,000 M. St. Chase	8:40.05s	GOPAL SAINI	RSPB		1984
9	110 M. Hurdles	13.96m (+0.6 M/S)	KRISHNA MOHAN K.	SERVICES	KOCHI	8-11 Sept.08
10	400 M. Hurdles	50.26s	JOSEPH G. ABRAHAM	RSPB	BHOPAL	OCT.2009
11	HIGH JUMP	2.19m	BENEDICT STARLEY	RSPB	JAMSHEDPUR	Oct. 2007
12	LONG JUMP	8.02m {+2.1 M/S}	SANJAY KUMAR RAI	RSPB	CHENNAI	OCT. 2001
13	TRIPLE JUMP	16.68m {+0.0 M/S}	RENJITH M.	RSPB	BHOPAL	Oct.2009
14	POLE VAULT	5.05m	V.V. GEESH KUMAR	POL	HYDERABAD	9.11.2005
15	SHOT PUT	19.59m	BAHADUR SINGH	POL	KOLKATA	NOV. 1998
16	DISCUS	60.07m	ANIL KUMAR	HAR	BANGALORE	SEP. 2003
17	HAMMER	70.05m	PRAMOD KUMAR TEWARI	UP	CHENNAI	OCT. 2001
18	JAVELIN	77.39m	HARMINDER SINGH	POL	NEW DELHI	SEP. 2002
19	DECATHLON	7257PTS.	KULWINDER SINGH	SSCB	HYDERABAD	7-8.11.2005
20	4 x 100 M. RELAY	39.89s	RAILWAYS SPB TEAM	RSPB	NEW DELHI	7.10.06
	VISHAL SAXENA, AMIT KUMAR SAHA, VILAS NEELGUND, ARAVIND A.					
21	4 x 400 M. RELAY	3:04.91s	AFI NATIONAL TEAM	AAFI	KOLKATA	NOV.1998
	(Lijo David, P. Ramachandran, Jata Shankar, Paramjit Singh)					
22	20000m WALK	1::23:40.0Hr.	BABU BHAI	SSCB	JAMSHEDPUR	Oct. 2007
23	50 Kms. WALK	4::16.22s	GURDEV SINGH	SSCB	HYDERABAD	9.11.2005

WOMEN

1	100 M.	11.43s { - 0.3 M/S}	SARASWATI SAHA	RSPB	NEW DELHI	SEP. 2002
2	200 M.	22.83s { + 0.4 M/S}	SARASWATI SAHA	RSPB	NEW DELHI	SEP. 2002
3	400 M.	51.90s	K. M. BEENAMOL	RSPB	NEW DELHI	SEP. 2002
4	800 M.	2:01.74s	JYOTIRMOYEE SIKDAR	WB	KOLKATA	NOV. 1998
5	1,500 M.	4:11.83s	O.P. JAISHA	RSPB	NEW DELHI	5.10.06
6	3,000 M.	9:36.62s	MOLLY CHACKO	RSPB	MADRAS	FEB. 1994
7	5,000 M.	15:45.96s	PREEJA SREEDHARAN	RSPB	JAMSHEDPUR	OCT. 2007
8	10,000 M.	33:25.0s	PREEJA SREEDHARAN	RSPB	JAMSHEDPUR	OCT. 2007
9	3,000 M. St. Chase	10:18.76s	SUDHA SINGH	RSPB	JAMSHEDPUR	OCT. 2007
10	100 M. Hurdles	13.38s { + 0.4 M/S}	ANURADHA BISWAL	ORI	NEW DELHI	SEP. 2002
11	400 M. Hurdles	56.8s	P. T. USHA	RSPB		1985
12	HIGH JUMP	1.82m	SAHANA KUMARI	RSPB	JAMSHEDPUR	OCT. 2007
13	LONG JUMP	6.74m { - 0.3 M/S}	ANJU BOBBY GEORGE	TN	NEW DELHI	SEP. 2002
14	TRIPLE JUMP	13.54m { + 0.0 M/S}	MAYOOKHA JOHNY	KER	KOCHI	8-11 Sept.08
15	POLE VAULT	4.00m	V. S. SUREKA	RSPB	BHOPAL	Oct.2009
16	SHOT PUT	17.84m	HARBANS KAUR	RSPB	KOLKATA	NOV. 1998
17	DISCUS	61.17m	NEELAM J. SINGH	RSPB	BANGALORE	SEP. 2003
18	HAMMER	61.67m	HARDEEP KAUR	LIC	NEW DELHI	SEP. 2002
19	JAVELIN	54.98m	GURMEET KAUR	LIC	KOLKATA	NOV. 1998
20	HEPTATHLON	5739 Pts.	SOMA BISWAS	RSPB	CHENNAI	OCT. 2001
21	4 x 100 M. RELAY	45.24s	RAIWAY SPB TEAM	RSPB	JAMSHEDPUR	OCT. 2007
22	4 x 400 M. RELAY	3:38.49s	RAIWAY SPB TEAM	RSPB	NEW DELHI	SEP. 2002
23	10,000 M. WALK	51:33.1s	JASMIN KAUR	RSPB	BHOPAL	OCT. 1999
24	20 KM. WALK	1::43:49s	AMANDEEP KAUR	PUNJAB	HYDERABAD	08.11.2005
25	20,000 M WALK	1::39:30.5s	L. DEEPMALA DEVI	RSPB	NEW DELHI	6.10.06