

21st J&K UT STATE ATHLETICS CHAMPIONSHIP-2023

* JAMMU UNIVERSITY, JAMMU * 28th TO 29th SEPTEMBER 2023*

Event # 1 BOYS 14&UN 60m Run

Final

1	MOHD. MOMIN MIRZA, 287	287	03/03/10	JAMMU	7.86
2	ASHMEET ANGRAL, 227	227	27/10/09	JAMMU	8.19
3	HILAL AHMAD GANAIE, 148	148	05/01/10	BARAMULA	8.31
4	IMRAN AKHTER LONE, 132	132	06/12/10	BANDIPORE	8.43
5	SAHIL HILAL SHEIKH, 116	116	14/02/10	ANANTNAG	8.54
6	ZAKIR MANZOOR MIR, 166	166	20/04/12	BARAMULA	8.61
7	MUBASHAR ALI, 509	509	05/03/10	RAJORI	9.10
8	AALIM KHURSHEED, 140	140	15/01/10	BARAMULA	9.21

Heats

1	MOHD. MOMIN MIRZA, 287	287	03/03/10	JAMMU	8.02
2	ASHMEET ANGRAL, 227	227	27/10/09	JAMMU	8.26
3	HILAL AHMAD GANAIE, 148	148	05/01/10	BARAMULA	8.52
4	IMRAN AKHTER LONE, 132	132	06/12/10	BANDIPORE	8.53
5	SAHIL HILAL SHEIKH, 116	116	14/02/10	ANANTNAG	8.61
6	ZAKIR MANZOOR MIR, 166	166	20/04/12	BARAMULA	8.67
7	MUBASHAR ALI, 509	509	05/03/10	RAJORI	9.05
8	AALIM KHURSHEED, 140	140	15/01/10	BARAMULA	9.08
9	ARNAV SINGH SALATHIA, 222	222	24/10/10	JAMMU	9.18
10	IBRAR CHOUDHARY, 260	260	13/11/09	JAMMU	9.19
11	EBAAD LONE, 145	145	11/03/11	BARAMULA	9.21
12	RANBIR KUMAR, 318	318	04/11/09	JAMMU	9.28
13	KAMRAN HILAL, 109	109	03/03/10	ANANTNAG	9.42
14	YASIR IQBAL, 688	688	02/10/10	POONCH	9.60
14	HIRDHAY SANDHU, 259	259	01/01/10	JAMMU	9.60
16	MANAN AHMED, 172	172	07/08/10	DODA	9.69
17	., 693	693		JAMMU	9.73
18	DAKSHVEER SINGH, 236	236	03/01/11	JAMMU	9.75
19	JAPMAN SINGH, 264	264	30/06/10	JAMMU	9.78
20	MOHD IMRAN, 447	447	15/08/11	KISHWAR	9.95
21	ZAHID SOHAIL, 523	523	25/03/10	RAJORI	10.04
22	MANIK THAKUR, 547	547	04/01/10	REASI	10.05
23	SHIVANSH SHAN, 455	455	03/09/10	KISHWAR	10.15
24	GAGANDEEP VERMA, 244	244	14/08/11	JAMMU	10.37
25	PRADUMAN SHUKLA, 450	450	31/01/10	KISHWAR	10.45
26	MADHAV SHARMA, 627	627	20/09/10	UDHAMPUR	10.60
27	RANVIR LAKHOTRA, 320	320	05/02/12	JAMMU	10.82
28	VIJAY KUMAR, 650	650	06/05/10	UDHAMPUR	10.96
29	BALVINDER SINGH, 620	620	11/08/12	UDHAMPUR	11.24

Event # 3 BOYS 14&UN 600m Run

Final

1	MOHD. MOMIN MIRZA, 287	287	03/03/10	JAMMU	1:36.41
2	ATHER FAROOQ, 104	104	14/04/10	ANANTNAG	1:38.63
3	MOHD IRFAN, 448	448	08/03/10	KISHWAR	1:38.70
4	ZAKIR MANZOOR MIR, 166	166	20/04/12	BARAMULA	1:39.14
5	HILAL AHMAD GANAIE, 148	148	05/01/10	BARAMULA	1:39.30
6	., 682	682		JAMMU	1:53.44
7	HUSNAIN MALIK, 501	501	09/01/10	RAJORI	2:05.91
8	KARAMET ALI, 502	502	05/05/12	RAJORI	2:18.40
9	AKSHAY SHARMA, 609	609	06/05/10	UDHAMPUR	2:19.05
10	BALVINDER SINGH, 620	620	11/08/12	UDHAMPUR	2:23.49
11	GAGANDEEP VERMA, 244	244	14/08/11	JAMMU	2:25.04
12	MADHAV SHARMA, 627	627	20/09/10	UDHAMPUR	2:25.69
13	DAKSHVEER SINGH, 236	236	03/01/11	JAMMU	2:33.05
14	TAHIR HUSSAIN DAR, 466	466	25/07/10	KUPWARA	2:35.29

Event # 4 BOYS 14&UN High Jump						
Final						
1	VANSH SARMAL, 378	378	22/12/09	JAMMU	1.30m	
Event # 5 BOYS 14&UN Long Jump						
Final						
1	ASHMEET ANGRAL, 227	227	27/10/09	JAMMU	4.86m	
2	ATHER FAROOQ, 104	104	14/04/10	ANANTNAG	4.71m	
3	IBRAR CHOUDHARY, 260	260	13/11/09	JAMMU	4.61m	
4	ASIF BASHIR, 144	144	20/06/11	BARAMULA	4.39m	
5	MANAN AHMED, 172	172	07/08/10	DODA	3.88m	
Event # 6 BOYS 14&UN 3Kg Shot Put						
Final						
1	KRISHNA SAINI, 278	278	12/11/09	JAMMU	10.16m	
2	YASIR IQBAL, 688	688	02/10/10	POONCH	10.15m	
3	TANISH KUMAR, 368	368	04/04/10	JAMMU	9.97m	
4	SAHIL HILAL SHEIKH, 116	116	14/02/10	ANANTNAG	9.93m	
5	ASIF BASHIR, 144	144	20/06/11	BARAMULA	9.62m	
6	JAPMAN Y, 265	265	30/06/10	JAMMU	9.19m	
7	HUSNAIN MALIK, 501	501	09/01/10	RAJORI	7.61m	
8	SAMAR THAKUR, 431	431	14/11/08	KATHUA	7.56m	
9	SAMAR KHAJURIA, 337	337	13/03/10	JAMMU	7.09m	
10	SADHIL SUNIL DUBEY, 587	587	10/11/10	SAMBA	6.12m	
Event # 8 BOYS 16&UN 100m Run						
Final						
1	JASKIRIT SINGH, 266	266	19/03/08	JAMMU	12.24	
2	GOURAV ROY, 543	543	25/03/09	REASI	12.25	
3	ANUBHAV ANGRAL, 216	216	08/07/09	JAMMU	12.65	
4	PARTAP SINGH, 512	512	10/01/09	RAJORI	12.72	
5	NEEL KAMAL, 584	584	21/10/08	SAMBA	12.86	
6	DANVEER SINGH, 496	496	28/03/08	RAJORI	12.89	
7	JATIN SINGH, 571	571	06/08/08	SAMBA	13.68	
	RAJVEER, 313	313	20/12/07	JAMMU	FS	
Heats						
1	GOURAV ROY, 543	543	25/03/09	REASI	12.40	
2	JASKIRIT SINGH, 266	266	19/03/08	JAMMU	12.48	
3	PARTAP SINGH, 512	512	10/01/09	RAJORI	12.74	
4	ANUBHAV ANGRAL, 216	216	08/07/09	JAMMU	12.75	
5	RAJVEER, 313	313	20/12/07	JAMMU	12.82	
6	NEEL KAMAL, 584	584	21/10/08	SAMBA	12.84	
7	DANVEER SINGH, 496	496	28/03/08	RAJORI	13.01	
8	JATIN SINGH, 571	571	06/08/08	SAMBA	13.26	
9	YUVRAJ SINGH, 652	652	17/01/23	UDHAMPUR	13.29	
10	MOHD ZUBAIR, 286	286	13/12/07	JAMMU	13.41	
11	MOHAMMAD REHAN ROSHA, 284	284	31/08/08	JAMMU	13.82	
12	ADITIYA SHARMA, 488	488	22/03/09	RAJORI	13.89	
13	BILAL AHMAD SHEIKH, 130	130	11/03/09	BANDIPORE	14.19	
14	PIYUSH KUMAR, 513	513	20/02/09	RAJORI	14.32	
15	VA CHOUDHARY, 380	380	27/11/07	JAMMU	14.43	
15	ISHTIYAQ AHMED BIMLA, 107	107	04/02/09	ANANTNAG	14.43	
17	LALIT KHAJURIA, 416	416	07/01/09	KATHUA	14.90	
18	TAHIR SOHAIL, 521	521	01/03/09	RAJORI	14.98	
19	SAHIL CHARAK, 588	588	12/07/09	SAMBA	15.44	
20	SUKHDEV RAINA, 117	117	22/11/08	ANANTNAG	22.20	
Event # 10 BOYS 16&UN 300m Run						
Final						
1	NAZAKAT HUSSAIN, 479	479	06/04/08	POONCH	39.49	
2	JASKIRIT SINGH, 266	266	19/03/08	JAMMU	40.36	
3	PARTAP SINGH, 512	512	10/01/09	RAJORI	40.61	
4	NEEL KAMAL, 584	584	21/10/08	SAMBA	41.49	

5	PERVAIZ LATEEF DAR, 154	154	05/07/08	BARAMULA	46.26
6	ANKIT SHARMA, 796	796	09-Apr-09	JAMMU	49.59
	GOURAV ROY, 543	543	25/03/09	REASI	DQ
	KRRISH WAZIR, 445	445	02/03/08	KISHWAR	DNS
Event # 11 BOYS 16&UN 300m Run					
Heats					
1	NAZAKAT HUSSAIN, 479	479	06/04/08	POONCH	40.21
2	JASKIRIT SINGH, 266	266	19/03/08	JAMMU	40.86
3	KRRISH WAZIR, 445	445	02/03/08	KISHWAR	40.87
4	PARTAP SINGH, 512	512	10/01/09	RAJORI	41.05
5	GOURAV ROY, 543	543	25/03/09	REASI	41.13
6	PERVAIZ LATEEF DAR, 154	154	05/07/08	BARAMULA	42.75
7	NEEL KAMAL, 584	584	21/10/08	SAMBA	42.88
8	ANKIT SHARMA, 796	796	09-Apr-09	JAMMU	43.32
9	YUVRAJ SINGH, 652	652	17/01/23	UDHAMPUR	43.90
10	RONAK KUMAR, 331	331	11/11/08	JAMMU	44.45
11	SUNEER THAKUR, 457	457	01/06/09	KISHWAR	45.45
12	ARYAN KUMAR, 225	225	04/11/07	JAMMU	46.89
13	IMRAN AHMED, 470	470	01/03/08	POONCH	47.71
14	BILAL AHMAD SHEIKH, 130	130	11/03/09	BANDIPORE	48.38
15	Goutam kumar, 697	697	04-03-2005	JAMMU	49.83
16	TANISH SINGH, 558	558	25/11/08	REASI	50.86
17	DHEERAJ SINGH, 405	405	20/06/09	KATHUA	51.22
18	PRIYANSHU ASHAV, 309	309	20/04/08	JAMMU	51.85
19	ARVIND PARIHAR, 444	444	13/06/09	KISHWAR	53.99
20	SUKHDEV RAINA, 117	117	22/11/08	ANANTNAG	54.08
21	RIZWAN AHMAD SHEIKH, 114	114	08/03/08	ANANTNAG	56.52
22	ANKUSH THAKUR, 610	610	08/02/08	UDHAMPUR	58.12
23	ANUBHAV SHARMA, 489	489	14/09/08	RAJORI	58.98
24	BASIT RASOOL, 129	129	03/02/09	BANDIPORE	1:00.54
Event # 12 BOYS 16&UN 800m Run					
Final					
1	NAZAKAT HUSSAIN, 479	479	06/04/08	POONCH	2:13.41
2	SHAKTI CHANDAL, 433	433	22/12/07	KATHUA	2:22.53
3	Himanshu Kumar , 670	670		JAMMU	2:27.16
4	MONIS FAYAZ, 112	112	10/04/08	ANANTNAG	2:27.80
5	UMMAR FAROOQ, 459	459	15/06/09	KISHWAR	2:39.54
6	DIVAY JAMWAL, 240	240	27/07/09	JAMMU	2:45.32
Event # 13 BOYS 16&UN 2000m Run					
Final					
1	NISHAD AHMED, 480	480	07/07/08	POONCH	6:59.65
2	UMMAR FAROOQ, 459	459	15/06/09	KISHWAR	7:19.76
3	HIMANSHU KUMAR, 258	258	03/02/08	JAMMU	7:26.63
4	AVHAY CHUHAN, 229	229	03/05/08	JAMMU	8:10.22
5	PRAJWAL MAHOTRA, 586	586	17/04/10	SAMBA	8:42.34
6	ISHTIYAQ AHMED BIMLA, 107	107	04/02/09	ANANTNAG	8:50.24
Event # 15 BOYS 16&UN High Jump					
Final					
1	UMMAR KHAYAM, 594	594	15/12/09	SAMBA	1.35m
Event # 16 BOYS 16&UN Long Jump					
Final					
1	MOOMIN AFZAL BAIG, 288	288	25/05/09	JAMMU	5.42m
2	NIRMAL SINGH MANHAS, 585	585	08/11/07	SAMBA	5.41m
3	TANISH SINGH, 558	558	25/11/08	REASI	4.70m
4	JATIN SINGH, 571	571	06/08/08	SAMBA	4.70m
5	AFTAAB HAIDER, 559	559	18/02/08	SAMBA	4.36m
6	ABINASH THAPA, 201	201	08/03/08	JAMMU	4.35m
7	SAHIL CHARAK, 588	588	12/07/09	SAMBA	4.12m

Event # 17 BOYS 16&UN 4Kg Shot Put						
Final						
1	SYED MUSAIB, 118	118		18/07/09	ANANTNAG	12.90m
2	VISHAV PRATAP SINGH, 392	392		20/12/08	JAMMU	12.06m
3	KRISHNA PADHA, 579	579		03/10/09	SAMBA	10.62m
4	SHRAWAN, 348	348		12/03/09	JAMMU	10.07m
5	MUNISH SINGH, 291	291		20/08/09	JAMMU	9.96m
6	RAHAT JAHANGIR, 454	454		24/10/07	KISHWAR	9.74m
7	SAMAR PRATAP SINGH B, 430	430		20/03/09	KATHUA	9.03m
8	SUNEER THAKUR, 457	457		01/06/09	KISHWAR	8.42m
9	JATIN DOGRA, 570	570		16/11/07	SAMBA	7.76m
Event # 18 BOYS 16&UN 1.25Kg Discus Throw						
Final						
1	VISHAV PRATAP SINGH, 392	392		20/12/08	JAMMU	24.46m
2	RAHAT JAHANGIR, 454	454		24/10/07	KISHWAR	22.68m
3	AAQIB JAVIED, 193	193		01/03/09	JAMMU	9.29m
Event # 20 BOYS 16&UN 600Gms Javelin Throw						
Final						
1	OWAIS MUZAFFAR KHAN, 113	113		09/10/08	ANANTNAG	37.38m
2	SHRAWAN, 348	348		12/03/09	JAMMU	27.15m
3	JATIN DOGRA, 570	570		16/11/07	SAMBA	27.07m
4	NEHAL AHMED MALIK, 511	511		28/03/10	RAJORI	26.80m
5	GAURAV SHARMA, 246	246		08/04/08	JAMMU	24.87m
Event # 22 BOYS 18&UN 100m Run						
Final						
1	TANVIR SINGH, 369	369		09/08/06	JAMMU	11.44
2	SAGAR SINGH, 516	516		07/09/06	RAJORI	12.14
3	AKSHAY SHARMA, 563	563		03/01/06	SAMBA	12.58
4	UBAID NABI, 165	165		15/10/07	BARAMULA	12.72
5	EKLOVE SHARMA, 242	242		12/11/06	JAMMU	12.75
6	VINOD KUMAR, 180	180		05/01/07	DODA	12.83
7	AMBATI SAMPATH, 210	210		21/07/06	JAMMU	12.99
	RAVINDER LAKHOTRA, 321	321		23/03/06	JAMMU	FS
Heats						
1	TANVIR SINGH, 369	369		09/08/06	JAMMU	11.60
2	SAGAR SINGH, 516	516		07/09/06	RAJORI	12.27
3	RAVINDER LAKHOTRA, 321	321		23/03/06	JAMMU	12.36
4	AKSHAY SHARMA, 563	563		03/01/06	SAMBA	12.75
5	AMBATI SAMPATH, 210	210		21/07/06	JAMMU	12.95
6	UBAID NABI, 165	165		15/10/07	BARAMULA	13.00
7	EKLOVE SHARMA, 242	242		12/11/06	JAMMU	13.14
8	VINOD KUMAR, 180	180		05/01/07	DODA	13.20
9	VANSH GUPTA, 377	377		05/12/06	JAMMU	13.40
10	AAKASH SINGH BANDRAL, 605	605		29/07/06	UDHAMPUR	13.41
11	A CHOUDHARY, 223	223		02/08/07	JAMMU	13.58
12	TUSHAR BHAGAT, 375	375		14/04/07	JAMMU	13.84
13	VANSH PARIHAR, 178	178		14/05/06	DODA	13.90
14	KANAV KUMAR, 413	413		31/01/07	KATHUA	13.91
15	FAISAL ABBAS, 603	603		04/06/07	SRINAGAR	13.95
16	MOHMAD SHAKIR DAR, 134	134		15/10/07	BANDIPORE	14.06
17	ARJUN BALORIA, 400	400		30/10/05	KATHUA	14.14
18	GIRIRAJ SINGH CHOUDH, 248	248		12/05/07	JAMMU	14.22
19	GOURAV MAMOTRA, 253	253		22/06/07	JAMMU	14.42
20	PURDEEP, 310	310		10/02/07	JAMMU	14.78
21	KANAV SHARMA, 791	791			JAMMU	15.31
22	VA SARMAL, 442	442		20/09/07	KATHUA	16.22

Event # 24 BOYS 18&UN 200m Run						
Final						
1	TANVIR SINGH, 369	369		09/08/06	JAMMU	23.03
2	RAKSHAM MATTU, 314	314		10/07/06	JAMMU	23.64
3	SAGAR SINGH, 516	516		07/09/06	RAJORI	24.97
4	RAVINDER LAKHOTRA, 321	321		23/03/06	JAMMU	25.19
5	ARJUN SHARMA, 219	219		14/11/05	JAMMU	26.03
6	AMBATI SAMPATH, 210	210		21/07/06	JAMMU	26.49
7	SANCHIT SHARMA, 340	340		25/01/06	JAMMU	26.69
8	TINKU KUMAR, 593	593		22/02/06	SAMBA	26.72
Heats						
1	RAKSHAM MATTU, 314	314		10/07/06	JAMMU	23.73
2	TANVIR SINGH, 369	369		09/08/06	JAMMU	24.02
3	SAGAR SINGH, 516	516		07/09/06	RAJORI	25.25
4	TINKU KUMAR, 593	593		22/02/06	SAMBA	25.33
5	RAVINDER LAKHOTRA, 321	321		23/03/06	JAMMU	25.41
6	ARJUN SHARMA, 219	219		14/11/05	JAMMU	26.07
7	AMBATI SAMPATH, 210	210		21/07/06	JAMMU	26.30
8	SANCHIT SHARMA, 340	340		25/01/06	JAMMU	26.64
9	RAVINDER SINGH, 426	426		04/04/06	KATHUA	26.84
10	AAKASH SINGH BANDRAL, 605	605		29/07/06	UDHAMPUR	27.25
11	AMAN SINGH, 398	398		04/04/05	KATHUA	27.29
12	ABDUL MUQEET, 141	141		12/08/05	BARAMULA	27.31
13	A CHOUDHARY, 223	223		02/08/07	JAMMU	27.38
14	VANSH SHARMA, 649	649		18/07/07	UDHAMPUR	27.56
15	VANSH GUPTA, 377	377		05/12/06	JAMMU	28.19
16	FIZA HUSSAIN MIR, 131	131		25/05/06	BANDIPORE	28.53
17	FAISAL ABBAS, 603	603		04/06/07	SRINAGAR	28.97
18	MOHMAD SHAKIR DAR, 134	134		15/10/07	BANDIPORE	29.00
19	Amrik singh, 660	660		18-12-2005	JAMMU	29.28
20	ABHINEET SHARMA, 486	486		26/03/05	RAJORI	30.13
21	ANKUSH SINGH RAKWAL, 541	541		17/11/06	REASI	30.21
22	SUSHANT SHARMA, 520	520		16/03/07	RAJORI	30.30
23	SUKSHAM SHARMA, 519	519		08/08/06	RAJORI	30.84
24	ALISHAB SIDHU, 206	206		11/06/05	JAMMU	31.53
25	SAMAR THAKUR, 431	431		14/11/08	KATHUA	31.72
26	GOTAM MEHRA, 250	250		03/09/07	JAMMU	32.32
27	AKASH MANHAS, 169	169		08/12/08	DODA	34.37
28	SACHIN KUMAR, 637	637		26/09/07	UDHAMPUR	37.31
Event # 27 BOYS 18&UN 400m Run						
Final						
1	RAKSHAM MATTU, 314	314		10/07/06	JAMMU	54.13
2	ANSH DUBEY, 611	611		22/03/06	UDHAMPUR	58.59
3	ARJUN SHARMA, 219	219		14/11/05	JAMMU	58.61
4	SANCHIT SHARMA, 340	340		25/01/06	JAMMU	59.84
5	Amrik singh, 793	793		18-12-2005	JAMMU	1:01.07
6	ANSHUL SHARMA, 613	613		09/05/06	UDHAMPUR	1:01.81
7	UMAR MOHI UD DIN RAT, 604	604		05/10/06	SRINAGAR	1:02.67
8	ANIL SHARMA, 211	211		25/07/06	JAMMU	1:04.34
9	SHAHID SHOWKAT, 485	485		01/03/06	PULWAMA	1:04.85
10	MANDEV SINGH, 417	417		27/10/05	KATHUA	1:07.13
11	SHAKIR AHMAD SHEIKH, 157	157		25/10/05	BARAMULA	1:07.41
12	SHAM SINGH, 347	347		24/12/06	JAMMU	1:08.20
13	NASEEM KHAN, 295	295		01/01/06	JAMMU	1:08.25
14	Waseem raja, 795	795		11-04-2005	JAMMU	1:16.15
15	AKHIL SINGH, 397	397		10/10/06	KATHUA	1:18.17
16	VANSH SHARMA, 439	439		01/01/07	KATHUA	1:18.40
17	Manjeet kumar, 678	678		24-06-2006	JAMMU	1:19.01
18	TANISH, 367	367		16/07/06	JAMMU	1:19.82
19	AUBAIDNIYAZ, 484	484		31/12/05	PULWAMA	1:25.78

Event # 28 BOYS 18&UN 800m Run						
Final						
1	ANKUSH KUMAR, 564	564	25/02/06	SAMBA	2:16.03	
2	AJAY, 528	528	13/02/23	REASI	2:16.46	
3	SUNNY SHARMA, 436	436	31/07/07	KATHUA	2:32.28	
4	SUMIT SHARMA, 362	362	27/05/06	JAMMU	2:48.14	
5	ROHIT MANYAL, 429	429	25/09/06	KATHUA	2:53.36	
6	SHAKIR AHMAD SHEIKH, 157	157	25/10/05	BARAMULA	2:58.34	
7	RANJAT SINGH, 319	319	31/01/07	JAMMU	3:04.96	
8	VANSH SHARMA, 649	649	18/07/07	UDHAMPUR	3:06.98	
9	ABRAR ALI KHATANA, 101	101	01/08/07	ANANTNAG	3:15.25	
10	ARYAN SINGH, 226	226	11/02/07	JAMMU	3:15.36	
Event # 29 BOYS 18&UN 1500m Run						
Final						
1	ANSH DUBEY, 611	611	22/03/06	UDHAMPUR	4:49.17	
2	AKSHAY SHARMA, 563	563	03/01/06	SAMBA	4:49.37	
3	ZAID BIN MUSHTAQ, 123	123	04/02/06	ANANTNAG	4:49.61	
4	Fazil nabi lone, 698	698	10-05-2007	JAMMU	5:08.72	
5	Nitish kumar, 677	677	14-09-2007	JAMMU	5:22.83	
6	HARIT KUNDAL, 622	622	30/11/07	UDHAMPUR	5:41.25	
7	FIZA HUSSAIN MIR, 131	131	25/05/06	BANDIPORE	5:41.36	
8	A KUMAR, 224	224	01/09/07	JAMMU	6:41.72	
Event # 30 BOYS 18&UN 3000m Run						
Final						
1	HASHIM RIYAZ, 186	186	10/02/06	GANDERBAL	10:28.42	
2	MOHD MUKHTAR, 476	476	02/02/05	POONCH	10:28.51	
3	ZAID BIN MUSHTAQ, 123	123	04/02/06	ANANTNAG	10:28.56	
Event # 34 BOYS 18&UN High Jump						
Final						
1	UBAID NABI, 165	165	15/10/07	BARAMULA	1.47m	
2	MASKEEN ALI, 418	418	15/03/05	KATHUA	1.45m	
	LIAQAT HUSSAIN, 472	472	20/03/06	POONCH	DNS	
Event # 36 BOYS 18&UN Long Jump						
Final						
1	RAKSHAM MATTU, 314	314	10/07/06	JAMMU	6.08m	
2	SHOKAT ALI, 589	589	01/02/07	SAMBA	5.33m	
3	AJAY, 528	528	13/02/23	REASI	5.13m	
4	NASEEM KHAN, 295	295	01/01/06	JAMMU	5.10m	
5	KANAV KUMAR, 413	413	31/01/07	KATHUA	4.38m	
6	MOHD. ABID, 420	420	20/12/06	KATHUA	3.31m	
Event # 38 BOYS 18&UN 5Kg Shot Put						
Final						
1	SUJAL CHIB, 590	590	13/10/06	SAMBA	9.45m	
2	SHUBAM SHARMA, 350	350	18/09/06	JAMMU	8.00m	
3	SIWANG KUMAR, 694	694	02/02/06	JAMMU	7.66m	
4	ROHIT MANYAL, 429	429	25/09/06	KATHUA	7.60m	
5	VANSH SHARMA, 439	439	01/01/07	KATHUA	7.36m	
6	ARJUN SINGH, 614	614	27/12/05	UDHAMPUR	6.93m	
7	ANSHUL SHARMA, 613	613	09/05/06	UDHAMPUR	6.84m	
8	MANIK JAMWAL, 582	582	11/06/07	SAMBA	6.81m	
Event # 39 BOYS 18&UN 1.50Kg Discus Throw						
Final						
1	GURPREET SINGH, 256	256	14/06/07	JAMMU	31.50m	
2	VIKRAMJEET SINGH, 385	385	24/09/06	JAMMU	24.76m	
3	RAHUL PIKHAN, 425	425	12/06/06	KATHUA	19.60m	
4	ARJUN SINGH, 614	614	27/12/05	UDHAMPUR	18.16m	
	PRIKSHIT SINGH, 548	548	12/02/07	REASI	DNS	

Event # 41 BOYS 18&UN 700Gms Javelin Throw						
Final						
1	MOHAMMAD AAMIR CHOPA, 463	463	15/04/06	KUPWARA	49.70m	
2	VIKRAMJEET SINGH, 385	385	24/09/06	JAMMU	44.89m	
3	ADIL ALI ZAKIR, 168	168	24/02/07	DODA	33.64m	
4	ABHIMANYU SUDAN, 196	196	14/07/06	JAMMU	22.68m	
5	RAJDEEP SINGH, 683	683		JAMMU	18.40m	
Event # 43 BOYS 20&UN 100m Run						
Final						
1	SORAV SINGH, 556	556	11/12/04	REASI	11.51	
2	JAGMEET SINGH, 261	261	12/11/04	JAMMU	12.00	
3	AKHILESHWAR SINGH, 562	562	08/12/03	SAMBA	12.04	
4	VA SHARMA, 381	381	07/06/04	JAMMU	12.28	
5	SUHAIL BASHIR DAR, 161	161	21/02/05	BARAMULA	12.44	
6	UTTKARSH BARNWAL, 648	648	19/11/04	UDHAMPUR	12.48	
7	ABDUL MUQEET, 141	141	12/08/05	BARAMULA	13.26	
	ABHI KUMAR, 194	194	29/02/04	JAMMU	DNS	
Heats						
1	SORAV SINGH, 556	556	11/12/04	REASI	11.68	
2	JAGMEET SINGH, 261	261	12/11/04	JAMMU	11.95	
3	AKHILESHWAR SINGH, 562	562	08/12/03	SAMBA	12.11	
4	VA SHARMA, 381	381	07/06/04	JAMMU	12.46	
5	UTTKARSH BARNWAL, 648	648	19/11/04	UDHAMPUR	12.48	
6	ABHI KUMAR, 194	194	29/02/04	JAMMU	12.50	
7	SUHAIL BASHIR DAR, 161	161	21/02/05	BARAMULA	12.64	
8	ABDUL MUQEET, 141	141	12/08/05	BARAMULA	12.90	
9	YASIR AHMAD WANI, 121	121	10/11/02	ANANTNAG	12.98	
10	JATIN SHARMA, 268	268	05/04/05	JAMMU	13.49	
11	SURESH KUMAR, 366	366	20/08/03	JAMMU	13.56	
12	VA SHARMA, 382	382	12/04/05	JAMMU	13.93	
13	WISMAN SALEEM, 394	394	15/05/04	JAMMU	14.16	
14	NITIN LAKHOTRA, 297	297	16/10/04	JAMMU	14.84	
15	AJAY KUMAR, 204	204	24/06/05	JAMMU	15.03	
Event # 45 BOYS 20&UN 200m Run						
Final						
1	SORAV SINGH, 556	556	11/12/04	REASI	23.69	
2	GOLDY SINGH, 567	567	25/11/04	SAMBA	24.01	
3	JAGMEET SINGH, 261	261	12/11/04	JAMMU	24.15	
4	AKHILESHWAR SINGH, 562	562	08/12/03	SAMBA	24.59	
5	SUHAIL BASHIR DAR, 161	161	21/02/05	BARAMULA	24.97	
6	VISHWAMITER BHAGAT, 596	596	04/08/04	SAMBA	24.99	
7	UTTKARSH BARNWAL, 648	648	19/11/04	UDHAMPUR	25.50	
8	VA SHARMA, 381	381	07/06/04	JAMMU	26.14	
Heats						
1	SORAV SINGH, 556	556	11/12/04	REASI	23.97	
2	JAGMEET SINGH, 261	261	12/11/04	JAMMU	24.04	
3	GOLDY SINGH, 567	567	25/11/04	SAMBA	24.37	
4	AKHILESHWAR SINGH, 562	562	08/12/03	SAMBA	24.71	
5	SUHAIL BASHIR DAR, 161	161	21/02/05	BARAMULA	24.99	
6	VISHWAMITER BHAGAT, 596	596	04/08/04	SAMBA	25.00	
7	UTTKARSH BARNWAL, 648	648	19/11/04	UDHAMPUR	25.40	
8	VA SHARMA, 381	381	07/06/04	JAMMU	25.51	
9	ARVINDER PAL SINGH, 657	657		JAMMU	25.91	
10	SURJEET SINGH, 674	674		JAMMU	27.03	
11	NITISH MOTTAN, 298	298	04/06/05	JAMMU	27.70	
12	DINESH KUMAR, 675	675		JAMMU	27.79	
13	VANSH SINGH, 440	440	20/06/05	KATHUA	28.57	
14	AYSUH KAPTA, 230	230	19/12/04	JAMMU	29.33	
15	AKARSH CHIB, 560	560	24/05/05	SAMBA	30.09	
16	VISHAL CHOUDHARY, 388	388	09/09/04	JAMMU	35.34	

Event # 47 BOYS 20&UN 400m Run						
Final						
1	SAHIL KUMAR, 335	335		26/01/05	JAMMU	52.65
2	GOLDY SINGH, 567	567		25/11/04	SAMBA	53.03
3	SOURAB CHOUDHARY, 355	355		30/12/03	JAMMU	54.05
4	GAGAN JOSHI, 243	243		16/01/05	JAMMU	54.48
5	TA KUMAR, 371	371		19/06/05	JAMMU	55.18
6	VISHWAMITER BHAGAT, 596	596		04/08/04	SAMBA	58.03
7	SAHIL SHARMA, 336	336		14/10/04	JAMMU	1:21.18
	SAVIT KUMAR, 345	345		20/03/04	JAMMU	DNS
Heats						
1	GOLDY SINGH, 567	567		25/11/04	SAMBA	53.74
1	SAHIL KUMAR, 335	335		26/01/05	JAMMU	53.74
3	SOURAB CHOUDHARY, 355	355		30/12/03	JAMMU	55.56
4	GAGAN JOSHI, 243	243		16/01/05	JAMMU	55.63
5	VISHWAMITER BHAGAT, 596	596		04/08/04	SAMBA	56.56
6	TA KUMAR, 371	371		19/06/05	JAMMU	57.25
7	SAVIT KUMAR, 345	345		20/03/04	JAMMU	57.99
8	SAHIL SHARMA, 336	336		14/10/04	JAMMU	1:01.18
9	ADITYA SINGH, 203	203		25/10/04	JAMMU	1:01.28
10	MANISH SINGH, 281	281		23/11/04	JAMMU	1:02.95
11	RAMAN SINGH, 315	315		15/11/03	JAMMU	1:04.44
12	PANKAJ SHARMA, 629	629		22/08/04	UDHAMPUR	1:04.48
13	SHUBAM SHARMA, 351	351		04/03/04	JAMMU	1:04.63
14	Ashish Malhotra , 691	691		03-03-2005	JAMMU	1:04.72
15	KARAN SHARMA, 271	271		02/02/04	JAMMU	1:04.76
16	ZEESHAN HAIDER, 483	483		30/12/03	POONCH	1:05.34
17	ABID HUSSAIN SHAH, 487	487		20/07/04	RAJORI	1:06.54
18	VANSH SINGH, 440	440		20/06/05	KATHUA	1:08.39
19	AMAN SHARMA, 207	207		28/12/04	JAMMU	1:13.73
20	TASADUQ RASHID, 139	139		01/03/04	BANDIPORE	1:14.83
21	ROHIT SHARMA, 330	330		07/07/04	JAMMU	1:16.54
22	PRINCE KUMAR, 308	308		17/09/05	JAMMU	1:29.51
Event # 49 BOYS 20&UN 800m Run						
Final						
1	SOURAB CHOUDHARY, 355	355		30/12/03	JAMMU	2:10.73
2	GOURAV KUMAR, 252	252		07/09/02	JAMMU	2:11.98
3	MUKENDAN MOTAN, 289	289		20/03/05	JAMMU	2:12.85
4	SUMIT SHARMA, 362	362		27/05/06	JAMMU	2:25.32
5	RAJU, 634	634		14/09/04	UDHAMPUR	2:25.51
6	CHARANJEET BHAGAT, 403	403		16/12/04	KATHUA	2:29.74
7	PARVEEN KUMAR, 631	631		16/06/05	UDHAMPUR	2:33.82
8	GAGANDEEP, 407	407		16/03/04	KATHUA	2:42.75
9	PARAMDEEP SINGH, 630	630		05/09/05	UDHAMPUR	2:45.14
10	DIVANSH DUTTA, 497	497		10/03/04	RAJORI	2:47.49
Event # 50 BOYS 20&UN 1500m Run						
Final						
1	AMANDEEP SHARMA, 208	208		28/07/03	JAMMU	4:25.57
2	PARTAP SINGH SAROCH, 301	301		13/08/05	JAMMU	4:28.95
3	PARVEEN KUMAR, 631	631		16/06/05	UDHAMPUR	4:30.89
4	BRIJ BHUSHAN, 402	402		05/02/04	KATHUA	4:35.81
5	RAJAT SANMOTRA, 549	549		26/12/03	REASI	4:48.17
6	BHARAT KUMAR, 234	234		11/11/03	JAMMU	4:59.87
7	NAWAZ ALI MALLA, 153	153		05/09/05	BARAMULA	5:06.54
8	RAMAN SINGH, 315	315		15/11/03	JAMMU	5:08.93
9	ROCKY KUMAR, 428	428		23/04/05	KATHUA	5:13.24
10	NIKHIL CHOUDHARY, 296	296		07/10/05	JAMMU	5:16.59
11	SAHIL SINGH THAKUR, 639	639		25/03/04	UDHAMPUR	5:19.75
12	ABISHEK SINGH, 202	202		23/12/04	JAMMU	5:23.97
13	RAMAN THAPA, 550	550		13/11/04	REASI	5:28.00

14	BADAL SHARMA, 494	494		15/06/04	RAJORI	5:46.59
Event # 51 BOYS 20&UN 5000m Run						
Final						
1	RITIK SHARMA, 427	427		31/05/04	KATHUA	14:58.72
2	PARTAP SINGH SAROCH, 301	301		13/08/05	JAMMU	17:17.60
3	VIJAY KUMAR, 179	179		12/01/04	DODA	17:52.86
Event # 52 BOYS 20&UN 10000m Run						
Final						
1	RITIK SHARMA, 427	427		31/05/04	KATHUA	31:46.64
2	BRIJ BHUSHAN, 402	402		05/02/04	KATHUA	36:41.67
3	AIJAZ AHMED, 102	102		10/02/05	ANANTNAG	42:27.21
4	NIKHIL CHOUDHARY, 296	296		07/10/05	JAMMU	44:38.79
5	., 691	691			JAMMU	46:35.67
6	ANIKET SAINI, 399	399		13/09/05	KATHUA	46:39.76
7	ISHWAR KUMAR, 410	410		10/12/04	KATHUA	49:35.42
Event # 56 BOYS 20&UN High Jump						
Final						
	AALOK SHARMA, 257	257		01/08/04	JAMMU	DNS
Event # 58 BOYS 20&UN Long Jump						
Final						
1	GAGAN JOSHI, 243	243		16/01/05	JAMMU	6.03m
2	AQIB ALI DAR, 143	143		09/11/04	BARAMULA	5.91m
3	SURAJ KUMAR, 364	364		25/01/05	JAMMU	5.28m
4	AQIB RASHID MIR, 128	128		05/10/03	BANDIPORE	5.06m
5	ABHI KUMAR, 194	194		29/02/04	JAMMU	4.96m
6	MOHD RAFI, 419	419		20/03/05	KATHUA	4.90m
Event # 59 BOYS 20&UN Triple Jump						
Final						
1	SAVIT KUMAR, 345	345		20/03/04	JAMMU	11.31m
2	AQIB ALI DAR, 143	143		09/11/04	BARAMULA	11.10m
	RAMAN THAPA, 550	550		13/11/04	REASI	DNS
Event # 60 BOYS 20&UN 6Kg Shot Put						
Final						
1	YUVRAJ SINGH MANHAS, 598	598		18/11/23	SAMBA	11.30m
2	JAGNEET SINGH, 262	262		23/08/03	JAMMU	8.53m
3	ARJUN SINGH, 221	221		21/11/05	JAMMU	8.31m
4	RAJINDER SINGH, 633	633		10/12/03	UDHAMPUR	6.74m
Event # 61 BOYS 20&UN 1.75Kg Discus Throw						
Final						
1	ABIKESH SHARMA, 396	396		15/01/05	KATHUA	27.01m
2	DANISH MANZOOR, 182	182		26/06/05	GANDERBAL	22.42m
3	YUVRAJ SINGH MANHAS, 598	598		18/11/23	SAMBA	21.71m
	CHETAN SHARMA, 621	621		03/06/05	UDHAMPUR	
Event # 63 BOYS 20&UN 800Gms Javelin Throw						
Final						
1	SULAKSHYA SINGH, 357	357		18/08/05	JAMMU	50.21m
2	AMIT DUBBY, 539	539		09/10/04	REASI	29.16m
3	CHETAN SHARMA, 621	621		03/06/05	UDHAMPUR	21.50m
4	KEWAL SINGH, 545	545		04/01/05	REASI	17.87m
Event # 66 MENS 100m Run						
Final						
1	VIKAS SHARMA, 384	384		15/01/01	JAMMU	11.23
2	FAISAL RASHID, 183	183		25/10/98	GANDERBAL	11.501
3	DANISH YOUSAF, 237	237		18/04/89	JAMMU	11.506
4	JAI KUMAR, 263	263		07/01/89	JAMMU	12.17

5	ADIL AHMAD RATHER, 125	125		18/04/99	BANDIPORE	13.03
6	PRABJOT SINGH, 303	303		26/01/01	JAMMU	13.04
7	NEERAJ SHARMA, 510	510		03/12/99	RAJORI	13.18
8	ARJUN SINGH, 171	171		01/04/01	DODA	13.32
9	ABHISHEK SHARMA, 200	200		09/12/02	JAMMU	13.66
10	PARDEEP SINGH, 424	424		07/05/03	KATHUA	13.95
11	SANJAY PAUL KRATIA, 342	342		05/08/03	JAMMU	14.47
12	MOHAMMAD SHOIAB SHAF, 110	110		17/03/00	ANANTNAG	15.53
13	ANZER HUSSAIN, 490	490		25/01/98	RAJORI	15.99
14	MAHESH KUMAR, 679	679			JAMMU	16.66
15	FEHZAN AHMED, 498	498		07/11/99	RAJORI	16.84
Event # 67 MENS 200m Run						
Final						
1	DANISH YOUSAF, 237	237		18/04/89	JAMMU	23.25
2	FAISAL RASHID, 183	183		25/10/98	GANDERBAL	23.42
3	ANKUSH MAGOTRA, 214	214		28/04/02	JAMMU	24.13
4	GHANSHAM, 247	247		01/01/02	JAMMU	25.56
5	PRABJOT SINGH, 303	303		26/01/01	JAMMU	26.39
6	ANKIT KUMAR, 213	213		28/03/02	JAMMU	27.04
7	DEEPAK SHARMA, 239	239		24/10/02	JAMMU	28.02
	AYSUH KAPTA, 230	230		19/12/04	JAMMU	DNS
Heats						
1	FAISAL RASHID, 183	183		25/10/98	GANDERBAL	23.20
2	ANKUSH MAGOTRA, 214	214		28/04/02	JAMMU	24.47
3	DANISH YOUSAF, 237	237		18/04/89	JAMMU	25.38
4	GHANSHAM, 247	247		01/01/02	JAMMU	25.44
5	ANKIT KUMAR, 213	213		28/03/02	JAMMU	26.04
6	AYSUH KAPTA, 230	230		19/12/04	JAMMU	26.28
7	DEEPAK SHARMA, 239	239		24/10/02	JAMMU	26.57
8	PRABJOT SINGH, 303	303		26/01/01	JAMMU	26.62
9	YASIR AHMAD WANI, 122	122		10/11/02	ANANTNAG	27.05
10	ANKUSH TARGOTRA, 215	215		16/06/01	JAMMU	28.13
11	TALIB HUSSAIN KHATAN, 119	119		02/11/01	ANANTNAG	29.83
12	SHOKET HUSSAIN, 518	518		02/02/00	RAJORI	30.93
13	GHULAM MUSTAFA, 499	499		11/11/00	RAJORI	31.82
14	SHANAZ BASHIR, 158	158		05/02/96	BARAMULA	32.94
15	MOHAMMAD SHOIAB SHAF, 110	110		17/03/00	ANANTNAG	33.20
16	ATTA UR REHMAN, 493	493		01/01/02	RAJORI	36.52
	MOHD DANISH, 508	508		28/02/02	RAJORI	DNS
Event # 69 MENS 400m Run						
Final						
1	ABRAR CHAUDHARY, 790	790			JAMMU	50.54
2	ANKUSH MAGOTRA, 214	214		28/04/02	JAMMU	52.19
3	VIKAS THAKUR, 527	527		29/10/03	RAMBAN	53.25
4	SAHIL CHOUDHARY, 334	334		19/06/02	JAMMU	55.33
5	MOHD ASHIQ, 474	474		02/02/03	POONCH	56.66
6	GHANSHAM, 247	247		01/01/02	JAMMU	57.22
7	RAHUL KUMAR, 312	312		05/07/03	JAMMU	58.22
	SUMIT CHOUDHARY, 359	359		16/03/02	JAMMU	DNS
Heats						
1	ABRAR CHAUDHARY, 790	790			JAMMU	51.35
2	ANKUSH MAGOTRA, 214	214		28/04/02	JAMMU	52.94
3	VIKAS THAKUR, 527	527		29/10/03	RAMBAN	53.06
4	SUMIT CHOUDHARY, 359	359		16/03/02	JAMMU	54.23
5	SAHIL CHOUDHARY, 334	334		19/06/02	JAMMU	54.71
6	GHANSHAM, 247	247		01/01/02	JAMMU	56.25
7	RAHUL KUMAR, 312	312		05/07/03	JAMMU	56.37
8	MOHD ASHIQ, 474	474		02/02/03	POONCH	57.55
9	MADHAV SHARMA, 505	505		01/12/01	RAJORI	59.32
10	VA VERMA, 383	383		19/09/02	JAMMU	1:01.31

11	KARTIK PAL, 794	794			RAJORI	1:08.09
12	Aadil nabi peerzada, 797	797		10-10-1999	JAMMU	1:12.84
13	YASEEN HAMID BHAT, 191	191		10/08/93	GANDERBAL	1:13.10
14	SATISH, 344	344		02/09/23	JAMMU	1:13.48
15	KOSHAL MANHAS, 276	276		24/03/02	JAMMU	1:14.87
16	IMRAN RAHI, 187	187		30/01/89	GANDERBAL	1:17.60
17	MAJID RASHID, 599	599		18/05/03	SHOPIAN	1:23.64
18	BASHARAT HUSSAIN DAR, 460	460		05/02/99	KUPWARA	1:34.10
Event # 71 MENS 800m Run						
Final						
1	MOHD MUNEEER, 583	583		28/02/00	SAMBA	2:00.60
2	BALWINDER SINGH, 231	231		27/05/97	JAMMU	2:00.88
3	BARKAT ALI WANI, 602	602		15/05/93	SRINAGAR	2:02.97
4	VIVEK KALSI, 393	393		15/03/98	JAMMU	2:06.31
5	ASHWANI KANT, 228	228		10/10/94	JAMMU	2:06.32
6	KANHAIYA LAL, 544	544		14/02/03	REASI	2:11.82
7	MOHD ASHIQ, 474	474		02/02/03	POONCH	2:17.19
8	SAJAD AHMAD MAGRAY, 190	190		01/12/89	GANDERBAL	2:26.33
9	IRFAN MAQBOOL, 188	188		05/05/93	GANDERBAL	3:04.88
Event # 72 MENS 1500m Run						
Final						
1	ADETYA SINGH, 524	524		03/02/03	RAMBAN	4:10.29
2	ROHIT ARSHPREET SUDA, 327	327		09/12/01	JAMMU	4:19.67
3	BALWINDER SINGH, 231	231		27/05/97	JAMMU	4:20.20
4	MUSHTAQ AHMED, 477	477		07/07/04	POONCH	4:21.68
5	BARKAT ALI WANI, 602	602		15/05/93	SRINAGAR	4:28.18
6	KRISHANA RAJ ROKAYA, 414	414		22/07/96	KATHUA	4:37.92
7	PARDEEP SINGH, 424	424		07/05/03	KATHUA	4:44.68
8	MUKESH KUMAR, 290	290		15/10/94	JAMMU	4:45.13
9	MAAN SINGH, 626	626		20/12/04	UDHAMPUR	4:56.59
10	SURAJ KUMAR, 363	363		06/04/03	JAMMU	5:03.08
11	JATINDER KUMAR, 411	411		02/10/02	KATHUA	5:06.74
12	MAKHAN LAL, 280	280		03/02/75	JAMMU	5:29.69
13	SURAT SINGH, 645	645		11/04/00	UDHAMPUR	5:42.80
14	ADIL AHMAD RATHER, 125	125		18/04/99	BANDIPORE	5:52.83
	KANHAIYA LAL, 544	544		14/02/03	REASI	DQ
Event # 73 MENS 5000m Run						
Final						
1	GULBADAN HIKMATYAR S, 184	184		17/05/01	GANDERBAL	15:39.12
2	PANKAJ KUMAR, 659	659		11/11/01	KATHUA	15:43.84
3	AKSHAY SHARMA, 608	608		08/02/99	UDHAMPUR	16:31.40
Event # 74 MENS 10000m Run						
Final						
1	RAVI DASS, 635	635		27/01/93	UDHAMPUR	30:15.10
2	PANKAJ KUMAR, 659	659		11/11/01	KATHUA	32:51.03
3	HANS RAJ, 409	409		30/01/93	KATHUA	33:02.09
4	NARINDER SINGH, 294	294		16/04/98	JAMMU	34:09.90
5	BALVINDER SINGH, 619	619		02/04/03	UDHAMPUR	36:12.03
6	BILAL AHMAD KASSANA, 106	106		06/05/03	ANANTNAG	37:12.39
Event # 78 MENS High Jump						
Final						
1	ABHISHEK KHAJURIA, 198	198		20/03/03	JAMMU	1.60m
2	VIVEK KALSI, 393	393		15/03/98	JAMMU	1.55m
3	BILAL AHMAD KASSANA, 106	106		06/05/03	ANANTNAG	1.40m
	SAJAD AHMAD MAGRAY, 190	190		01/12/89	GANDERBAL	DNS
	PARVAIZ HAJAM, 189	189		05/05/98	GANDERBAL	DNS

Event # 80 MENS Long Jump						
Final						
1	KESHIV SINGH CHIB, 273	273	16/02/02	JAMMU	5.99m	
2	NARESH KUMAR, 421	421	10/07/03	KATHUA	5.91m	
3	JAI KUMAR, 263	263	07/01/89	JAMMU	5.82m	
4	ABHISHEK KHAJURIA, 197	197	20/03/03	JAMMU	5.80m	
5	MOHD ANWAR, 285	285	03/02/01	JAMMU	5.49m	
6	VA VERMA, 383	383	19/09/02	JAMMU	5.32m	
7	MADHAV SHARNA, 546	546	28/09/23	REASI	4.62m	
8	MUZAFFER AHMAD MIR, 135	135	10/12/99	BANDIPORE	4.14m	
9	MAJID RASHID, 599	599	18/05/03	SHOPIAN	4.08m	
Event # 81 MENS Triple Jump						
Final						
1	MOHD ANWAR, 285	285	03/02/01	JAMMU	11.81m	
2	ZUBAIR AHMAD MALIK, 167	167	01/02/88	BUDGAM	10.87m	
3	SUNIL SINGH, 644	644	11/03/03	UDHAMPUR	10.13m	
Event # 82 MENS 7.260Kg Shot Put						
Final						
1	MANPREET SINGH, 282	282	19/09/95	JAMMU	11.83m	
2	MOHD SALEEM, 692	692		JAMMU	11.09m	
3	MD AZAM, 665	665		JAMMU	10.65m	
4	ABHISHEK PADHA, 199	199	11/10/96	JAMMU	9.72m	
5	REHAM ALI, 322	322	04/03/98	JAMMU	9.26m	
6	KESHIV SINGH CHIB, 273	273	16/02/02	JAMMU	8.80m	
7	MOHD ADIL, 696	696		JAMMU	7.82m	
8	AMANDEEP SINGH, 468	468	01/01/99	POONCH	7.50m	
9	NASEER AHMAD MUGRAY, 136	136	02/02/93	BANDIPORE	7.31m	
10	MUHAMMAD AZIM, 152	152	08/11/00	BARAMULA	6.60m	
Event # 83 MENS 2Kg Discus Throw						
Final						
1	MANPREET SINGH, 282	282	19/09/95	JAMMU	33.35m	
2	MD AZAM, 665	665		JAMMU	29.15m	
3	ZUBAIR AHMAD MALIK, 167	167	01/02/88	BUDGAM	26.41m	
4	ROHIT KUMAR, 329	329	06/12/97	JAMMU	18.97m	
5	ABDUL HAMEED BHAT, 181	181	10/04/97	GANDERBAL	18.26m	
6	BANEET BARU, 232	232	06/08/01	JAMMU	14.43m	
Event # 85 MENS 800Gm Javelin Throw						
Final						
1	BHANU SHARMA, 233	233	19/11/01	JAMMU	59.42m	
2	PARVAIZ HAJAM, 189	189	05/05/98	GANDERBAL	41.77m	
3	TA MEHRA, 373	373	29/02/00	JAMMU	40.48m	
4	SHEIKH WASEEM FAROOQ, 138	138	16/06/99	BANDIPORE	38.91m	
5	AMANJEET SINGH, 654	654	02/05/02	JAMMU	38.22m	
6	RAJNESH SINGH, 174	174	25/01/02	DODA	36.87m	
7	IRFAN MAQBOOL, 188	188	05/05/93	GANDERBAL	26.11m	
8	TALIB HUSSAIN KHATAN, 119	119	02/11/01	ANANTNAG	26.10m	
Event # 87 GIRLS 14&UN 60m Run						
Final						
1	KASHVI ARORA, 700	700	19/12/09	JAMMU	10.15	
2	AARADHYA GUPTA, 690	690		JAMMU	10.23	
3	NITYA GUPTA, 299	299	20/07/14	JAMMU	10.47	
4	RADHIKA GUPTA, 453	453	01/01/11	KISHWAR	10.54	
5	MITTALI MEHRA, 685	685	18/02/10	JAMMU	10.61	
6	RHYTHM SHARMA, 323	323	14/12/09	JAMMU	10.64	
7	PRAGYA MANHAS, 684	684	01/12/10	JAMMU	10.67	
8	TAYIBA FAROOQ, 526	526	02/04/10	RAMBAN	10.98	
9	NANDITA SHARMA, 686	686	05/10/10	JAMMU	11.41	
9	URVASHI SANI, 376	376	14/10/10	JAMMU	11.41	
11	ARADHIYA BAKSHI, 687	687	14/06/11	JAMMU	11.77	

12	SHAZIA KOUSER NAG, 554	554		01/07/12	REASI	12.62
Event # 88 GIRLS 14&UN 600m Run						
Final						
1	RADHIKA GUPTA, 453	453		01/01/11	KISHWAR	2:17.80
2	SIMRAN, 175	175		29/06/10	DODA	2:25.20
3	NITYA GUPTA, 299	299		20/07/14	JAMMU	2:30.14
4	GURLEEN KOUR, 255	255		26/10/10	JAMMU	2:49.04
5	AKANSHA THAKUR, 607	607		08/03/10	UDHAMPUR	2:56.62
6	JIYA SHARMA, 270	270		12/02/10	JAMMU	3:07.30
7	SADIYA REYAZ, 115	115		23/02/10	ANANTNAG	3:10.93
8	ATUFA REYAZ, 105	105		23/02/10	ANANTNAG	3:12.08
Event # 91 GIRLS 14&UN 2Kg Shot Put						
Final						
1	RADHIKA GUPTA, 453	453		01/01/11	KISHWAR	4.84m
2	SHIVIKA RAJPUT, 456	456		12/11/10	KISHWAR	4.60m
Event # 93 GIRLS 16&UN 100m Run						
Final						
1	JHANVI SHARMA, 578	578		03/02/08	SAMBA	14.44
2	KRITIKA CHARAK, 279	279		17/11/08	JAMMU	16.34
3	SUKRITI SHARMA, 356	356		25/03/08	JAMMU	17.98
4	JASMAN KAUR, 676	676			JAMMU	21.45
Event # 94 GIRLS 16&UN 300m Run						
Final						
1	JHANVI SHARMA, 578	578		03/02/08	SAMBA	49.83
2	SUNAKSHI THAKUR, 557	557		12/08/08	REASI	52.32
3	ANSHIKA SHARMA, 612	612		10/04/08	UDHAMPUR	55.29
4	SANJANA KUMARI, 341	341		25/08/08	JAMMU	1:02.06
5	NIDHI SHARMA, 628	628		07/01/08	UDHAMPUR	1:09.94
6	JEEPREET KOUR, 269	269		19/06/09	JAMMU	1:10.24
Event # 96 GIRLS 16&UN 2000m Run						
Final						
1	SUNAKSHI THAKUR, 557	557		12/08/08	REASI	9:00.97
2	AKSHARA SHARMA, 205	205		16/01/09	JAMMU	10:17.97
Event # 99 GIRLS 16&UN Long Jump						
Final						
1	MANPREET SINGH, 283	283		23/10/08	JAMMU	2.97m
Event # 100 GIRLS 16&UN 3Kg Shot Put						
Final						
1	PRATIBHA SINGH, 305	305		13/06/08	JAMMU	8.07m
2	TANISHA SINGH, 592	592		14/10/07	SAMBA	5.21m
3	MANPREET SINGH, 283	283		23/10/08	JAMMU	5.07m
4	ASHIKA MEHRA, 695	695			JAMMU	4.39m
Event # 101 GIRLS 16&UN 1Kg Discus Throw						
Final						
1	PRATIBHA SINGH, 305	305		13/06/08	JAMMU	18.86m
Event # 104 GIRLS 18&UN 100m Run						
Final						
1	SHIVANI THAKUR, 555	555		11/11/03	REASI	14.06
2	SUMAN RAJPUT, 358	358		27/02/07	JAMMU	17.13
3	PARNEET KOUR, 300	300		16/03/07	JAMMU	17.23
4	TIYA SALATHIA, 374	374		23/04/07	JAMMU	19.45

Event # 105 GIRLS 18&UN 200m Run						
Final						
1	SHIVANI THAKUR, 555	555	11/11/03	REASI	29.23	
2	GULNAZ KAUR, 672	672		JAMMU	32.06	
3	NITU THAKUR, 422	422	07/03/07	KATHUA	33.06	
4	RENU DEVI, 551	551	14/03/06	REASI	34.05	
5	SURBHI KUMARI, 365	365	01/06/07	JAMMU	37.04	
6	TARANPREET KOUR, 370	370	06/05/07	JAMMU	39.91	
7	TIYA SALATHIA, 374	374	23/04/07	JAMMU	40.90	
8	KAVYA BALI, 272	272	07/10/06	JAMMU	41.94	
9	DIYA RATHORE, 241	241	07/10/06	JAMMU	42.09	
10	BUMEE GUPTA, 235	235	14/03/06	JAMMU	43.38	
Event # 106 GIRLS 18&UN 400m Run						
Final						
1	RENU DEVI, 551	551	14/03/06	REASI	1:24.67	
2	KAJOL, 412	412	22/07/07	KATHUA	1:31.29	
3	SURBHI KUMARI, 365	365	01/06/07	JAMMU	1:31.50	
4	TULSI DEVI, 438	438	05/01/06	KATHUA	1:43.06	
5	RITANSHI DOGRA, 325	325	14/04/06	JAMMU	1:46.30	
6	SHILPA THAKUR, 792	792	22/10/05	UDHAMPUR	1:59.85	
Event # 107 GIRLS 18&UN 800m Run						
Final						
1	SAKSHI THAKUR, 552	552	02/08/06	REASI	2:46.29	
2	ANJALI RAJPUT, 540	540	12/09/06	REASI	3:12.07	
3	GULNAZ KAUR, 672	672		JAMMU	3:38.44	
Event # 108 GIRLS 18&UN 1500m Run						
Final						
1	VARSHA, 441	441	02/02/07	KATHUA	6:31.06	
	TULSI DEVI, 438	438	05/01/06	KATHUA	DNF	
Event # 109 GIRLS 18&UN 3000m Run						
Final						
1	ANJALI RAJPUT, 540	540	12/09/06	REASI	13:58.91	
Event # 115 GIRLS 18&UN Long Jump						
Final						
1	NITU THAKUR, 422	422	07/03/07	KATHUA	3.38m	
	SAKSHI THAKUR, 552	552	02/08/06	REASI	DNS	
Event # 122 GIRLS 20&UN 100m Run						
Final						
1	SIDHANI SINGH, 353	353	10/11/05	JAMMU	15.57	
Event # 123 GIRLS 20&UN 200m Run						
Final						
1	ARCHIE GUPTA, 218	218	05/08/05	JAMMU	35.26	
2	SHAKURA BEGUM, 434	434	20/04/04	KATHUA	38.07	
3	SOBIA BASHIR, 176	176	13/11/05	DODA	42.70	
	ISHANI JANDIYAL, 655	655	09/12/03	SAMBA	DNS	
Event # 124 GIRLS 20&UN 400m Run						
Final						
1	SARIKA KUMARI, 432	432	16/12/04	KATHUA	1:28.45	
2	IMBISAT ABDULLAH, 149	149	18/12/04	BARAMULA	2:19.89	
Event # 125 GIRLS 20&UN 800m Run						
Final						
1	NARINDER KOUR, 293	293	10/01/04	JAMMU	3:21.46	
2	SARIKA KUMARI, 432	432	16/12/04	KATHUA	3:24.72	
3	PREETI SALGOTRA, 307	307	14/01/05	JAMMU	3:59.27	

Event # 126 GIRLS 20&UN 1500m Run						
Final						
1	NARINDER KOUR, 293	293	10/01/04	JAMMU	8:14.07	
Event # 136 GIRLS 20&UN 4Kg Shot Put						
Final						
1	MUSKAN KAUR, 292	292	10/06/04	JAMMU	8.16m	
Event # 137 GIRLS 20&UN 1Kg Discus Throw						
Final						
1	MUSKAN KAUR, 292	292	10/06/04	JAMMU	16.74m	
Event # 141 WOMENS 100m Run						
Final						
1	FANJA DEVI, 542	542	02/01/03	REASI	12.72	
2	ARTI DEVI, 615	615	19/08/01	UDHAMPUR	16.60	
3	VISHALI CHOUDHARY, 391	391	03/09/01	JAMMU	18.17	
Event # 142 WOMENS 200m Run						
Final						
1	FANJA DEVI, 542	542	02/01/03	REASI	25.51	
2	PRIYA RANI, 452	452	04/01/03	KISHWAR	38.43	
Event # 143 WOMENS 400m Run						
Final						
1	ARTI DEVI, 615	615	19/08/01	UDHAMPUR	1:27.87	
2	SHIVANI SHARMA, 517	517	24/02/03	RAJORI	1:38.78	
Event # 144 WOMENS 800m Run						
Final						
1	MAMTA SHARMA, 664	664		KATHUA	3:23.65	
2	RIMJHIM PAJNOO, 324	324	03/03/02	JAMMU	3:53.44	
Event # 145 WOMENS 1500m Run						
Final						
1	SHAMSHAD BANO, 553	553	03/03/03	REASI	5:54.82	
2	POONAM KUMARI, 302	302	28/01/02	JAMMU	7:05.19	
3	PREETI KUMARI, 306	306	12/04/04	JAMMU	9:18.65	
Event # 146 WOMENS 5000m Run						
Final						
1	SHAMSHAD BANO, 553	553	03/03/03	REASI	21:56.51	
2	RIMPI DEVI, 636	636	04/06/95	UDHAMPUR	24:45.30	
3	MAMTA SHARMA, 664	664		KATHUA	25:58.89	
Event # 151 WOMENS High Jump						
Final						
1	SUPRIYA DEVI, 458	458	01/01/02	KISHWAR	1.15m	
Event # 153 WOMENS Long Jump						
Final						
	SHAKSHI GOURIA, 346	346	21/08/03	JAMMU	DNS	
	KAJAL SHARMA, 623	623	24/02/03	UDHAMPUR	DNS	
Event # 155 WOMENS 4Kg Shot Put						
Final						
1	SUPRIYA DEVI, 458	458	01/01/02	KISHWAR	7.86m	
2	LAVANYA MAHAJAN, 580	580	12/05/02	SAMBA	7.79m	
3	SAMREEN KOUR, 339	339	30/11/02	JAMMU	7.09m	
4	TABASUM AKTHER, 163	163	01/04/96	BARAMULA	4.86m	

Event # 156 WOMENS 1Kg Discus Throw						
Final						
1	SUPRIYA DEVI, 458	458		01/01/02	KISHWAR	18.92m
2	PRIYA RANI, 452	452		04/01/03	KISHWAR	17.86m
3	LAVANYA MAHAJAN, 580	580		12/05/02	SAMBA	17.17m
4	LAXMI DOGRA, 581	581		10/10/92	SAMBA	14.72m
	LONE NARGIS, 462	462		03/03/01	KUPWARA	DNS
Event # 220 MENS Decathlon						
Final						
1	RITIK SINGH SALATHIA, 326	326		11/12/01	JAMMU	4574
2	SUMIT SHARMA, 361	361		15/06/89	JAMMU	1666
3	SUDESH KUMAR, 177	177		10/06/95	DODA	1525
4	BALBIR SINGH, 618	618		15/08/88	UDHAMPUR	1289
Event # 239 BOYS 20&UN 4x100m Relay						
Final						
1	SAMBA					47.54
	567 GOLDY SINGH, 567	25-11-2004	584	NEEL KAMAL, 584	21-10-2008	
	596 VISHWAMITER BHAGAT,	04-08-2004	562	AKHILESHWAR SINGH,	08-12-2003	
2	JAMMU					48.35
	381 VA SHARMA, 381	07-06-2004	321	RAVINDER LAKHOTRA,	23-03-2006	
	194 ABHI KUMAR, 194	29-02-2004	261	JAGMEET SINGH, 261	12-11-2004	
3	BARAMULA					49.41
	165 UBAID NABI, 165	15-10-2007	161	SUHAIL BASHIR DAR,	21-02-2005	
	143 AQIB ALI DAR, 143	09-11-2004	141	ABDUL MUQEET, 141	12-08-2005	
4	POONCH					55.53
	472 LIAQAT HUSSAIN, 472	20-03-2006	470	IMRAN AHMED, 470	01-03-2008	
	476 MOHD MUKHTAR, 476	02-02-2005	475	MOHD IMRAN, 475	10-01-2008	
Event # 240 MENS 4x100m Relay						
Final						
1	J&K POLICE					45.51
	183 FAISAL RASHID, 183	25-10-1998	263	JAI KUMAR, 263	07-01-1989	
	167 ZUBAIR AHMAD MALIK,	01-02-1988	237	DANISH YOUSAF, 237	18-04-1989	
2	JAMMU					51.19
	383 VA VERMA, 383	19-09-2002	294	NARINDER SINGH, 294	16-04-1998	
	334 SAHIL CHOUDHARY, 3	19-06-2002	505	MADHAV SHARMA, 505	01-12-2001	
3	BANDIPORE					53.12
	137 SAHIL BASHIR, 137	05-09-2003	128	AQIB RASHID MIR, 1	05-10-2003	
	125 ADIL AHMAD RATHER,	18-04-1999	126	ADIL NABI, 126	14-08-1999	
4	BARAMULA					56.23
5	KUPWARA					1:01.06
Event # 242 MENS 4x400m Relay						
Final						
1	JAMMU					3:35.97
	335 SAHIL KUMAR, 335	26-01-2005	214	ANKUSH MAGOTRA, 214	28-04-2002	
	228 ASHWANI KANT, 228	10-10-1994	583	MOHD MUNEER, 583	28-02-2000	
2	SAMBA					3:40.34
	567 GOLDY SINGH, 567	25-11-2004	243	GAGAN JOSHI, 243	16-01-2005	
	596 VISHWAMITER BHAGAT,	04-08-2004	371	TARUN KUMAR, 371	19-06-2005	
3	J&K POLICE					3:41.50
	393 VIVEK KALSI, 393	15-03-1998	290	MUKESH KUMAR, 290	15-10-1994	
	237 DANISH YOUSAF, 237	18-04-1989	681	AMARJEET SINGH, 681	29-11-2000	