

50th NATIONAL OPEN ATHLETICS CHAMPIONSHIPS-2010				
MAHARAJA' COLLEGE STADIUM, KOCCHI { KERALA}				
15th TO 18th MAY 2010				
*~*~* FINAL RESULTS *~*~*				
<b>Event # 1 MENS 100m</b>				
<b>TIME:- 17:00 HRS</b>				
<b>5/16/2010</b>				
<b># N.R.:ANIL KUMAR P. NEW DELHI 10.30 24.08.2005</b>				
<b>% M.R.:ANIL KUMAR P. SSCB 10.37 OCT-2001</b>				
<b>RESULTS OF FINALS</b>				
1	Md Abdul najeeb Qureshi	ANDHRA PRADESH	+0.0m/s	10.42
2	Rahamatulla Molla	POLICE	+0.0m/s	10.48
3	Shameermon N a .	SERVICES	+0.0m/s	10.49
4	Hemant Kirulkar Maruti	TAMILNADU	+0.0m/s	10.58
5	Krishna Kumar Rane	MAHARASTRA	+0.0m/s	10.64
6	Ritesh Anand .	RAILWAYS	+0.0m/s	10.66
7	Manikandaraj .	GUJRAT	+0.0m/s	10.67
	Dibin Eldhose .	KERALA		DNS
<b>Semi Final -1</b>				
1	Shameermon N a .	SERVICES	+0.0m/s	10.51
2	Ritesh Anand .	RAILWAYS	+0.0m/s	10.56
3	Dibin Eldhose .	KERALA	+0.0m/s	10.57
4	Manikandaraj .	GUJRAT	+0.0m/s	10.69
5	Vilas Neelgund .	KARNATAKA	+0.0m/s	10.71
6	Al Ameen .	TAMILNADU	+0.0m/s	10.83
7	Amandeep Singh .	PUNJAB	+0.0m/s	10.94
8	Sriniwas .	RAILWAYS	+0.0m/s	11.10
<b>Semi Final -2</b>				
1	Rahamatulla Molla	POLICE	+0.5m/s	10.44
2	Md Abdul najeeb Qureshi	ANDHRA PRADESH	+0.5m/s	10.47
3	Hemant Kirulkar Maruti	TAMILNADU	+0.5m/s	10.59
4	Krishna Kumar Rane	MAHARASTRA	+0.5m/s	10.63
5	G.n. Bopanna .	KARNATAKA	+0.5m/s	10.93
6	Hariom Sharma .	SERVICES	+0.5m/s	10.99
7	Praveen Kumar .	SERVICES	+0.5m/s	11.05
8	B.G.nagraj .	RAILWAYS	+0.5m/s	12.24
<b>Heat -1</b>				

1	Dibin Eldhose .	KERALA	+0.0m/s	10.71
2	Ritesh Anand .	RAILWAYS	+0.0m/s	10.75
3	Manikandaraj .	GUJRAT	+0.0m/s	10.76
4	Vilas Neelgund .	KARNATAKA	+0.0m/s	10.82
5	Praveen Kumar .	SERVICES	+0.0m/s	11.08
6	Shoaib Sayyed .	POLICE	+0.0m/s	16.80
	Anupam Toppo .	MADHYA PRADESH		DNS
<b>Heat -2</b>				
1	B.G.nagraj .	RAILWAYS	+0.1m/s	10.82
2	Krishna Kumar Rane	MAHARASTRA	+0.1m/s	10.86
3	Rahamatulla Molla	POLICE	+0.1m/s	10.89
4	Hariom Sharma .	SERVICES	+0.1m/s	11.06
5	Shahansha.k .s .	KERALA	+0.1m/s	11.18
	A.m. Jamaluddin .	KARNATAKA		DNS
	Pintu Roy .	COAL INDIA		DNS
	Sombeer Singh .	CHANDIGARH		DNS
<b>Heat -3</b>				
1	Shameermon N a .	SERVICES	+0.1m/s	11.00
2	Al Ameen .	TAMILNADU	+0.1m/s	11.03
3	Amandeep Singh .	PUNJAB	+0.1m/s	11.06
4	Anas. C. g .	KERALA	+0.1m/s	11.18
5	Mukesh Pathak .	DELHI	+0.1m/s	11.18
6	M R khan .	MADHYA PRADESH	+0.1m/s	11.78
7	Rajendra Sathi .	COAL INDIA	+0.1m/s	12.11
	Sukomal Pal . .	UTTAR PRADESH		DNS
<b>Heat -4</b>				
1	Md Abdul najeeb Qureshi	ANDHRA PRADESH	+0.0m/s	10.83
2	Hemant Kirulkar Maruti	TAMILNADU	+0.0m/s	10.99
3	G.n. Bopanna .	KARNATAKA	+0.0m/s	11.01
4	Sriniwas .	RAILWAYS	+0.0m/s	11.11
5	Satyavir Singh .	MADHYA PRADESH	+0.0m/s	11.38
6	Dushyant Singh .	UTTAR PRADESH	+0.0m/s	11.73
	Baldev Singh .	CHANDIGARH		DNS
<b>Event # 2 MENS 200m</b>				
<b>TIME:-16:15 HRS</b>				
<b>5/18/2010</b>				

# N.R.:ANIL KUMAR P. BANGLORE 20.73 17.07.2000				
% M.R.:AJITH S. RSPB 20.92 OCT-2007				
RESULTS OF FINALS				
1	Md Abdul najeeb Qureshi	ANDHRA PRADESH	+0.2m/s	21.06
2	Ritesh Anand .	RAILWAYS	+0.2m/s	21.73
3	Manikandaraj .	GUJRAT	+0.2m/s	21.75
4	N Kumar .	SERVICES	+0.2m/s	21.83
5	T.Kamat .	RAILWAYS	+0.2m/s	21.92
6	Amandeep Singh .	PUNJAB	+0.2m/s	22.03
7	Hariom Sharma .	SERVICES	+0.2m/s	22.34
8	Rahul G. pillai .	KERALA	+0.2m/s	22.54
Heat -1				
1	T.Kamat .	RAILWAYS	+0.0m/s	21.85
2	Hariom Sharma .	SERVICES	+0.0m/s	22.22
3	Rahul G. pillai .	KERALA	+0.0m/s	22.30
4	Gurjeet Singh .	JHARKHAND	+0.0m/s	23.72
	Vipin Kumar .	POLICE		DNF
	Parveen Kumar .	HARYANA		DNS
	Harvinder Singh .	UTTAR PRADESH		DNS
	Hemant Kirulkar Maruti	TAMILNADU		DNS
Heat -2				
1	Ritesh Anand .	RAILWAYS	+0.0m/s	21.73
2	Manikandaraj .	GUJRAT	+0.0m/s	21.90
3	Amandeep Singh .	PUNJAB	+0.0m/s	22.27
4	Praveen Kumar .	SERVICES	+0.0m/s	22.31
5	Vikas Sharma .	MADHYA PRADESH	+0.0m/s	22.80
	Al Ameen .	TAMILNADU		DNS
	Vilas Neelgund .	KARNATAKA		DNS
	Manoj Kumar .	UTTAR PRADESH		DNS
Heat -3				
1	Md Abdul najeeb Qureshi	ANDHRA PRADESH	+0.0m/s	21.80
2	N Kumar .	SERVICES	+0.0m/s	21.89
3	Deepak R. .	RAILWAYS	+0.0m/s	22.41
4	Rajendra Sathi .	COAL INDIA	+0.0m/s	24.24
	Dharambir .	HARYANA		DNF
	Vikas .m. Puthran	KARNATAKA		DNS
	Ratheesh. M .	KERALA		DNS

	Ajay Kumar .		POLICE		DNS
<b>Event # 3 MENS 400m</b>					
<b>TIME:16:25 HRS</b>					
<b>5/18/2010</b>					
<b># N.R.:K.M. BINU ATHENS 45.48 20.8.2004</b>					
<b>% M.R.:PARAMJIT SINGH POL 45.70 NOV-1998</b>					
<b>RESULTS OF FINALS</b>					
1	Kunhumammed. P		KERALA		47.14
2	Mortuza S k .		SERVICES		47.25
3	J. Prem anand .		TAMILNADU		47.70
4	V.B.binish .		RAILWAYS		47.71
5	Srijith P.s. .		RAILWAYS		48.30
6	Ajay Kumar .		POLICE		48.57
7	Sunil .		HARYANA		48.74
	Bibin Mathew .		RAILWAYS		DNF
<b>Semi Final -1</b>					
1	V.B.binish .		RAILWAYS		47.58
2	J. Prem anand .		TAMILNADU		47.68
3	Ajay Kumar .		POLICE		48.15
4	Srijith P.s. .		RAILWAYS		48.32
5	Sunil .		HARYANA		48.70
6	R K george .		SERVICES		49.01
7	Rakesh yadav .		UTTAR PRADESH		51.38
	Harpreet Singh .		PUNJAB		DNS
<b>Semi Final -2</b>					
1	Kunhumammed. P		KERALA		47.99
2	Mortuza S k .		SERVICES		48.19
3	Bibin Mathew .		RAILWAYS		48.22
4	R.K.tiwari .		RAJASTHAN		48.80
5	Jayaprakash Shetty		KARNATAKA		48.94
6	Dharambir .		HARYANA		49.59
7	Bachhu Durlav .		WEST BENGAL		49.71
8	Jaibin Sebastian		MADHYA PRADESH		50.27
<b>Heat -1</b>					
1	Kunhumammed. P		KERALA		48.78
2	Srijith P.s. .		RAILWAYS		49.60
3	Harpreet Singh .		PUNJAB		50.13

4	Rakesh yadav .	UTTAR PRADESH	50.58
	R. Veeramani .	TAMILNADU	DNS
	Sarish Paul .	SERVICES	DNS
	Lokesh .	MADHYA PRADESH	DNS
<b>Heat -2</b>			
1	V.B.binish .	RAILWAYS	48.21
2	Ajay Kumar .	POLICE	48.26
3	J. Prem anand .	TAMILNADU	48.40
4	Sunil .	HARYANA	48.56
5	Jayaprakash Shetty	KARNATAKA	48.59
	Neeraj Panwar .	UTTAR PRADESH	DNS
	Mohammed Naseem .	KERALA	DNS
<b>Heat -3</b>			
1	R K george .	SERVICES	49.16
2	R.K.tiwari .	RAJASTHAN	49.28
3	Jaibin Sebastian	MADHYA PRADESH	49.56
4	Rajendra Singh .	JHARKHAND	51.32
5	Dharminder Kumar	POLICE	53.16
	Vikas Singh .	UTTAR PRADESH	DNS
	Parveen Kumar .	HARYANA	DNS
<b>Heat -4</b>			
1	Mortuza S k .	SERVICES	48.62
2	Bibin Mathew .	RAILWAYS	48.67
3	Dharambir .	HARYANA	49.03
4	Bachhu Durlav .	WEST BENGAL	50.13
5	Sajin. V .	KERALA	50.74
6	Raj Kumar Orwan	COAL INDIA	53.38
	Jinu .	MADHYA PRADESH	DNS
	S. Gnanasekaran .	TAMILNADU	DNS
<b>Event # 4 MENS 800m</b>			
<b>TIME:- 18:15 HRS</b>			
<b>5/16/2010</b>			
<b># N.R.:SRI RAM SINGH MONTRIAL 1:45.77 27.7.1976</b>			
<b>% M.R.:GHAMNDA RAM SSCB 1:46.67 9.11.2005</b>			
<b>RESULTS OF FINALS</b>			
1	S.Prakash Verma	RAILWAYS	1:48.72
2	Pankaj Dimri .	POLICE	1:48.99

3	Francis Sg .	SERVICES	1:49.52
4	Ghamanda Ram .	RAJASTHAN	1:49.93
5	Satnam Singh .	RAILWAYS	1:50.02
6	Ranjan Kariappa .	SERVICES	1:51.54
7	Suhesh S j .	MADHYA PRADESH	1:52.30
8	S L bishoni .	SERVICES	1:53.03
<b>Heat -1</b>			
1	Pankaj Dimri .	POLICE	1:54.50
2	Suhesh S j .	MADHYA PRADESH	1:54.71
3	S L bishoni .	SERVICES	1:54.76
4	Jaswant Singh .	HARYANA	1:56.89
5	Rajeev. T. s .	KERALA	2:00.38
	Ram Asrey yadav .	UTTAR PRADESH	DNF
	Rajeev R. .	RAILWAYS	DNS
	P. Francis Sagayaraj	TAMILNADU	DNS
	Ranjan Kariyappa	KARNATAKA	DNS
	Balram Bisnoi .	POLICE	DNS
<b>Heat -2</b>			
1	S.Prakash Verma	RAILWAYS	1:53.10
2	Francis Sg .	SERVICES	1:53.13
3	Ghamanda Ram .	RAJASTHAN	1:53.54
4	Amul .	MADHYA PRADESH	1:55.08
5	Shammi Yadav .	DELHI	1:56.22
6	Neeraj. C.m .	KERALA	1:57.63
	Raj Kumar Orwan	COAL INDIA	DNS
	Nitin Kumar .	UTTAR PRADESH	DNS
	Jayaprakash Shetty	KARNATAKA	DNS
	Beer Singh .	HARYANA	DNS
<b>Heat -3</b>			
1	Satnam Singh .	RAILWAYS	1:58.20
2	Ranjan Kariappa .	SERVICES	1:58.26
3	Deepumon Joseph .	KERALA	1:58.59
4	Vipin Luhach .	DELHI	1:59.07
5	Indarjeet Solanki	MADHYA PRADESH	2:25.31
	Birbal .	HARYANA	DNF
	Rajeev lohan .	UTTAR PRADESH	DNS
	Nirvair Singh .	POLICE	DNS

	P. Ebinezar .	TAMILNADU	DNS
<b>Event # 5 MENS 1500m</b>			
<b>TIME:- 17:45 HRS</b>			
<b>5/18/2010</b>			
<b># N.R.:BAHADUR PRASAD CHENNAI 3:38.00 23.12.1995</b>			
<b>% M.R.:C. HAMZA RSPB 3:39.90 OCT-2007</b>			
1	Sandeep .	SERVICES	3:46.84
2	Sunil Kumar .	POLICE	3:47.20
3	Satnam Singh .	RAILWAYS	3:47.81
4	P Ebenezer .	SERVICES	3:49.12
5	Pranjal Gogai .	MAHARASTRA	3:49.23
6	Ranjan Kariappa .	SERVICES	3:50.23
7	Jagdeep .	RAILWAYS	3:54.19
8	Ajesh N b .	MAHARASTRA	3:54.36
9	Arjun .	GUJRAT	3:56.19
10	Paramveer .	MADHYA PRADESH	4:05.84
11	Vipin Francis .	KERALA	4:05.97
12	Harish.S.g .	KARNATAKA	4:06.78
13	Birbal .	HARYANA	4:09.48
14	Pankaj Pujari .	DELHI	4:13.03
15	Ram Asrey yadav .	UTTAR PRADESH	4:13.87
16	Harinder Malik .	DELHI	4:25.55
	S.Prakash Verma	RAILWAYS	DNF
	Shammi Yadav .	DELHI	DNF
	Anup T.k. .	GUJRAT	DNS
	Sajeev T.m. .	POLICE	DNS
	Mukesh Kumar .	BIHAR	DNS
	Sheymon Joseph .	KERALA	DNS
	Pritam Bind .	UTTARAKHAND	DNS
	Deepumon Joseph .	KERALA	DNS
	R. Ramachandran .	TAMILNADU	DNS
	Ashok Kumar .	RAJASTHAN	DNS
<b>Event # 6 MENS 5000m</b>			
<b>TIME:- 6:40 AM</b>			
<b>15/5/2010</b>			
<b>#N.R.:B.PRASAD BIRMINGHAM :13:29.70 25.06.1992</b>			

% M.R.:BAHADUR PRASAD RSPB :13:54.72 FEB-1994				
1	Sunil Kumar .		POLICE	14:21.33
2	Sandeep Kumar .		RAILWAYS	14:21.49
3	S.Raghunath .		POLICE	14:21.65
4	Md Yunus .		SERVICES	14:21.84
5	Ajay Kumar Patel		POLICE	14:24.44
6	Ajay Veer singh .		RAILWAYS	14:26.16
7	Nitender Singh Rawat		RAJASTHAN	14:31.39
8	Parash .		MADHYA PRADESH	14:33.49
9	Ashwini Kumar .		RAILWAYS	14:36.54
10	Param Singh .		UTTAR PRADESH	14:50.00
11	Shobraj Singh .		SERVICES	14:51.18
12	Dharmender Singh		CHANDIGARH	15:12.84
13	Laxman Singh .		MAHARASTRA	15:14.02
14	Samod Kumar .		DELHI	15:18.03
15	B. Ezhil Nilavan		TAMILNADU	15:20.57
	Amit Singh. .		COAL INDIA	DNS
	Subhash Paswan .		BIHAR	DNS
<b>Event # 7 MENS 10000m</b>				
<b>TIME:- 6:45 HRS</b>				
<b>18/5/2010</b>				
<b>#N.R.:S.SINGH VIGO-SPAIN :28:02.89 12.07.2008</b>				
<b>% M.R.:SHIVNATH SINGH SSCB :28:58.28 1978</b>				
1	S.Raghunath .		POLICE	30:03.08
2	Ajay Kumar Patel		POLICE	30:07.60
3	Ajay Veer singh .		RAILWAYS	30:13.38
4	B C tilak .		SERVICES	30:31.82
5	Nandaraj Singh .		SERVICES	30:38.59
6	Nitender Singh Rawat		RAJASTHAN	30:56.41
7	Jagmal Singh .		POLICE	31:52.04
8	Ramesh Kumar Pal		MAHARASTRA	31:53.82
9	Tejinder Singh .		RAILWAYS	32:03.01
10	Rajesh .		GUJRAT	32:11.98
11	Param Singh .		UTTAR PRADESH	32:12.19
12	Satish Kumar .		DELHI	32:42.25
13	B. Ezhil Nilavan		TAMILNADU	34:02.35
14	Gautam .		DELHI	34:45.59



15	Sushil Kumar .	BIHAR		36:55.92
	Pankaj Dhaka .	UTTARAKHAND		DNF
	Dharmender Singh	CHANDIGARH		DNF
	Nandraj Singh Naruka	UTTAR PRADESH		DNF
	Arvind Yadav .	MADHYA PRADESH		DNF
	Nandraj Singh .	RAJASTHAN		DNF
	Md Yunus .	SERVICES		DNF
	Kashinath Aswale	RAILWAYS		DNF
	Vishram Meena .	RAJASTHAN		DNF
	Santosh Kumar Dhiwar	CHATTISGARH		DNF
	Ajayveer Singh .	MADHYA PRADESH		DNF
<b>Event # 8 MENS 106.7cms 110m Hurdles</b>				
<b>TIME:-16:00 HRS</b>				
<b>5/17/2010</b>				
<b># N.R.:K.KRISHAN MOHAN SSCB 13.96 10.09.2008</b>				
<b>% M.R.:K.KRISHAN MOHAN SSCB 13.96 8-11SEP08</b>				
<b>RESULTS OF FINALS</b>				
1	P.muthu Swami .	RAILWAYS	+1.4m/s	14.31
2	Sandeep Parmar	MAHARASTRA	+1.4m/s	14.40
3	Raghvendra Singh	POLICE	+1.4m/s	14.55
4	M. Krish Beethovan	TAMILNADU	+1.4m/s	14.80
5	Rohit H. .	RAILWAYS	+1.4m/s	14.87
6	P Pandi .	SERVICES	+1.4m/s	14.88
7	Akhil Krishnan .	KERALA	+1.4m/s	14.90
8	Nibu George .	KERALA	+1.4m/s	15.04
<b>Heat -1</b>				
1	Raghvendra Singh	POLICE	+0.0m/s	14.90
2	P.muthu Swami .	RAILWAYS	+0.0m/s	14.93
3	P Pandi .	SERVICES	+0.0m/s	15.01
4	Akhil Krishnan .	KERALA	+0.0m/s	15.04
5	Rohit H. .	RAILWAYS	+0.0m/s	15.12
6	P Gopinath .	SERVICES	+0.0m/s	15.49
7	Ajit Shukal .	MADHYA PRADESH	+0.0m/s	16.44
<b>Heat -2</b>				
1	Sandeep Parmar	MAHARASTRA	+0.0m/s	14.51
2	M. Krish Beethovan	TAMILNADU	+0.0m/s	15.14
3	Nibu George .	KERALA	+0.0m/s	15.29

4	Akhil. P.h .		KERALA	+0.0m/s	16.51
5	Gibin George .		GUJRAT	+0.0m/s	16.75
6	Arjun Kumar .		COAL INDIA	+0.0m/s	19.73
	Harish K.a .		RAILWAYS		DNF
	Amandeep Singh .		POLICE		DNS
<b>Event # 9 MENS 91.4cms 400m Hurdles</b>					
<b>TIME:- 16:15 HRS</b>					
<b>5/15/2010</b>					
<b># N.R.:JOSEPH G.ABRAHAM OSAKA 49.51 26.08.2007</b>					
<b>% M.R.:JOSEPH G.ABRAHAM RSPB 50.26 OCT-2009</b>					
<b>RESULTS OF FINALS</b>					
1	Joseph Abraham .		RAILWAYS		50.67
2	Satender Singh .		RAILWAYS		50.99
3	Avin A thomas .		RAILWAYS		51.02
4	Jitender Singh .		SERVICES		51.46
5	Tapan Devnath .		SERVICES		52.38
6	Bala Murugan .		TAMILNADU		52.52
7	Chandra Shekar .		SERVICES		54.14
8	Shibin Maichal .		MADHYA PRADESH		54.16
<b>Heat -1</b>					
1	Avin A thomas .		RAILWAYS		52.60
2	Tapan Devnath .		SERVICES		52.85
3	A. Yogesh .		TAMILNADU		56.45
4	Nelrin Joy .		KERALA		57.20
5	Subhash Suryawanshi		POLICE		58.76
	Manish Kumar Maurya		UTTAR PRADESH		DNS
	Depeesh Sawant .		MAHARASTRA		DNS
<b>Heat -2</b>					
1	Joseph Abraham .		RAILWAYS		53.15
2	Chandra Shekar .		SERVICES		53.26
3	Jomon. P. p .		KERALA		53.94
4	Bhgirath Yadav .		POLICE		59.21
5	Abib Hussain .		BIHAR		1:08.51
	Aditya.G.k .		KARNATAKA		DNF
	Ajay Dusera .		MAHARASTRA		DNS
<b>Heat -3</b>					
1	Jitender Singh .		SERVICES		52.58

2	Satender Singh .		RAILWAYS	52.78
3	Bala Murugan .		TAMILNADU	52.80
4	Shibin Maichal .		MADHYA PRADESH	53.74
5	Vijith Vijayan .		KERALA	56.25
	Puyalrala Chandran		POLICE	DNS
<b>Event # 10 MENS 3000m Steeplechase</b>				
<b>TIME:- 17:45 HRS</b>				
<b>17/5/2010</b>				
<b># N.R.:GOPAL SAINI TOKYA 8:30.88 05.06.1981</b>				
<b>% M.R.:GOPAL SAINI RSPB 8:40.05 1984</b>				
1	Elam Singh .		<b>SERVICES</b>	<b>8:39.18 *NMR</b>
2	Pritam Bind .		UTTARAKHAND	8:49.49
3	Ramachandran R .		SERVICES	8:50.79
4	Rati Ram saini .		RAILWAYS	9:06.97
5	T Sanjit luwang .		SERVICES	9:08.38
6	Ram Bahadur Subba		POLICE	9:08.93
7	D.Kumar .		KERALA	9:29.40
8	Raju Ram jani .		POLICE	9:34.67
9	Vijender .		GUJRAT	9:37.96
10	K.I. Girish .		KARNATAKA	9:42.37
11	Devender Singh .		RAILWAYS	9:43.76
12	Jasveer Singh .		RAJASTHAN	9:51.48
13	Sheo Poojan Bind		UTTAR PRADESH	10:18.34
	Karamvir .		RAJASTHAN	DNF
	Jiya Lal .		MADHYA PRADESH	DNF
	Sheymon Joseph .		KERALA	DNF
	Amardeep Singh .		RAILWAYS	DNF
	R. Ramachandran .		TAMILNADU	DNF
	Hari Shanker Sharma		POLICE	DNF
	Vineet Malik .		UTTARAKHAND	DNF
<b>Event # 11 MENS High Jump</b>				
<b>TIME:- 16:30 HRS</b>				
<b>16/5/2010</b>				
<b># N.R.:HARI SHANKAR RAI SINGAPUR 2.25 28.09.2004</b>				
<b>% M.R.:BENEDICT STARLEY RSPB 2.19 OCT-2007</b>				
1	C. Nickil Chittarasu		TAMILNADU	2.10m
2	Bendict Starlie .		RAILWAYS	2.05m

3	P Shankar .		SERVICES		2.05m
4	L. Yogaraj .		TAMILNADU		2.05m
5	Elangumaran .		KARNATAKA		2.00m
5	Jitin Thomas .		SERVICES		2.00m
7	Vinod Kumar .		RAILWAYS		2.00m
8	Manoj T thomas .		KERALA		2.00m
8	Prince Jose .		KERALA		2.00m
10	Abhishek Roy .		MADHYA PRADESH		1.95m
11	Ritesh Kumar .		DELHI		1.95m
12	Ajay Pal singh .		POLICE		1.90m
13	Anoop P.k..		POLICE		1.90m
14	K.r. Roshan .		LIC		1.90m
	G.S.sarath .		SERVICES		NM
	Suresh Kumar .		UTTAR PRADESH		NM
	Rajesh Kali Ramana		POLICE		NM
	Nitya Nand Singh		UTTAR PRADESH		DNS
	Shashi Dharan Nair		BIHAR		DNS
	Hari Shanker Rai		RAILWAYS		DNS
	Arun S. kumar .		KERALA		DNS
<b>Event # 12 MENS Long Jump</b>					
<b>TIME:- 16:00 HRS</b>					
<b>5/16/2010</b>					
<b># N.R.:AMRIT PAL SINGH DELHI 8.08 16.03.2004</b>					
<b>% M.R.:SANJAY KUMAR RAI RSPB 8.02 OCT-2001</b>					
1	Ankit Sharma .		MADHYA PRADESH	+0.0m/s	7.73m
<b>7.47, 7.33, 7.28, 7.53, FOUL, 7.73</b>					
2	Harikrishanan .		SERVICES	+0.0m/s	7.64m
<b>6.98, 7.36, FOUL, 7.39, FOUL, 7.64</b>					
3	Maha Singh .		RAILWAYS	+0.0m/s	7.59m
<b>FOUL, 7.48, 7.46, 7.49, 7.59, 7.56</b>					
4	Raja Oomen .		RAILWAYS	+0.0m/s	7.57m
5	Amritpal Singh .		PUNJAB	+0.0m/s	7.56m
6	B. Baskar .		TAMILNADU	+0.0m/s	7.40m
7	Basil George .		KERALA	+0.0m/s	7.22m
8	Sudhir .		HARYANA	+0.0m/s	7.19m
9	Rositto Sax .		RAILWAYS	+0.0m/s	7.13m
10	Shamsher Partap Singh		PUNJAB	+0.0m/s	7.13m

11	Dilip .		MADHYA PRADESH	+0.0m/s	7.10m
12	Rajpal Singh .		SERVICES	+0.0m/s	7.08m
13	R.S.bijil .		RAJASTHAN	+0.0m/s	7.00m
14	Pushpender Singh		POLICE	+0.0m/s	6.97m
15	Nafees .		MADHYA PRADESH	+0.0m/s	6.93m
16	Sunil Solanki .		DELHI	+0.0m/s	6.61m
17	R.K.singh .		SERVICES	+0.0m/s	6.59m
18	Rajender Kumar .		UTTARAKHAND	+0.0m/s	6.15m
19	Sanjay Tudu .		COAL INDIA	+0.0m/s	3.08m
	Rajiv Kumar .		POLICE		DNS
	A. Amalanathan .		TAMILNADU		DNS
<b>Event # 13 MENS Triple Jump</b>					
<b>TIME:- 16:30 HRS</b>					
<b>15/5/2010</b>					
<b>#N.R.:R.MAHESHWARI GUWAHATI 17.04 23.06.2007</b>					
<b>% M.R.:RANJITH MAHESHWARI RSPB 16.68 OCT-2009</b>					
1	Ranjith M. .		RAILWAYS	+0.0m/s	16.97m *NMR
<b>16.45, 16.97, FOUL, FOUL, NM, NM</b>					
2	Amarjeet Singh .		RAILWAYS	+0.0m/s	16.18m
<b>15.73, 15.87, 15.73, 15.85, 16.18, 16.18</b>					
3	B. Baskar .		TAMILNADU	+0.7m/s	15.91m
<b>15.82, FOUL, 15.91, FOUL, 15.47, 15.51</b>					
4	Rakesh Babu.a.v .		KERALA	+0.0m/s	15.79m
5	Vinoth Raj .		RAILWAYS	+0.0m/s	15.79m
6	Bipin Dev .		SERVICES	+0.0m/s	15.54m
7	Saurabh Singh .		POLICE	+0.0m/s	15.21m
8	Pranav. P .		KERALA	+0.7m/s	14.99m
9	Y Papa rao .		SERVICES	+0.0m/s	14.98m
10	Tanmoy Adhikari .		SERVICES	+0.0m/s	14.91m
11	Navjot Singh .		CHANDIGARH	+0.0m/s	14.51m
	Manoj Kumar .		POLICE		NM
	Karim S d .		MADHYA PRADESH		DNS
	Sudheep M p .		MADHYA PRADESH		DNS
	M. Arshad .		KARNATAKA		DNS
	Hardeep Singh .		JHARKHAND		DNS
<b>Event # 14 MENS Pole Vault</b>					
<b>TIME:- 14:00 HRS</b>					

<b>17/5/2010</b>				
<b># N.R.:VIJAY PAL SINGH TRIVANDRAM 5.10 27.12.1987</b>				
<b>% M.R.:V.V.GEESH KUMAR POL 5.05 9-11-2005</b>				
1	Gajanan Uppadhaya	RAILWAYS		5.00m
2	Vadivel .	TAMILNADU		4.80m
3	Suresh .	HARYANA		4.70m
4	Bimin K.p. .	RAILWAYS		4.60m
5	Ajimon S .	SERVICES		4.50m
6	Devender .	HARYANA		4.40m
7	Vijender Singh .	SERVICES		4.30m
8	Sitaram .	RAJASTHAN		4.20m
	Sunder Singh .	HARYANA		NM
	K. Rajesh .	TAMILNADU		NM
	M.Mukesh .	POLICE		NM
	Sanjeev Kumar .	SERVICES		NM
	Binieesh J. .	RAILWAYS		NM
	Shamsher Singh .	POLICE		DNS
	Bineesh Jacob .	KERALA		DNS
	Subhash Ch Yadav	POLICE		DNS
	Parveen Kumar .	PUNJAB		DNS
<b>Event # 15 MENS 7.26kg Shot Put</b>				
<b>TIME:- 15:45 HRS</b>				
<b>15/5/2010</b>				
<b># N.R.:SHAKTI SINGH CHENNAI 20.42 29.07.2000</b>				
<b>% M.R.:BAHADUR SINGH POL 19.59 NOV-1998</b>				
1	Sourav Vij .	DELHI		18.99m
	<b>17.59, 17.92, 18.27, 18.76, 18.99, 18.91</b>			
2	Gurpreet Singh .	PUNJAB		17.86m
	<b>16.37, 16.86, 16.86, 17.42, 17.86, 17.41</b>			
3	Satyender Singh .	RAILWAYS		17.57m
	<b>17.09, 17.57, 16.31, 17.33, FOUL, NM</b>			
4	Kulwinder .	SERVICES		16.90m
5	A Malik .	SERVICES		16.59m
6	Sandeep Kumar .	SERVICES		16.34m
7	Budhisatava B Banerjee	MADHYA PRADESH		16.32m
8	Sombir Singh .	RAJASTHAN		13.82m
	Sandeep Kr. Dagar	DELHI		FOUL

	Om Prakash .		HARYANA		DNS
	Ramesh Kumar .		HARYANA		DNS
	Arvind .		KARNATAKA		DNS
	Jasdeep Singh .		PUNJAB		DNS
	Jagjeet Singh .		UTTARAKHAND		DNS
	Ravinder Singh .		POLICE		DNS
	Sudhansu Mishra .		UTTAR PRADESH		DNS
	Jagroop Singh .		POLICE		DNS
	Tarun Veer Singh Wariach		UTTARAKHAND		DNS
<b>Event # 16 MENS 2.00kg Discus Throw</b>					
<b>TIME:- 16:00 HRS</b>					
<b>17/5/2010</b>					
<b># N.R.:VIKAS GOWDA SALINAS 64.96 17.05.2007</b>					
<b>% M.R.:ANIL KUMAR HAR 60.07 SEP-2003</b>					
<b>1</b>	Simranjit Singh .		POLICE		52.47m
<b>49.57, 52.01, 51.76, 48.99, 52.40, 52.47</b>					
<b>2</b>	Vipender Singh .		SERVICES		51.06m
<b>FOUL, 49.75, FOUL, 50.32, FOUL, 51.06</b>					
<b>3</b>	Amrit Pal singh .		RAILWAYS		50.91m
<b>48.42, 50.78, 49.50, 49.35, 49.77, 50.91</b>					
<b>4</b>	Sunil Kumar .		RAILWAYS		50.54m
<b>5</b>	Vikas Poonia .		RAJASTHAN		49.52m
<b>6</b>	Jagat Narayan Singh		RAILWAYS		48.55m
<b>7</b>	Karan Singh .		HARYANA		47.85m
<b>8</b>	Us Chaudhary .		SERVICES		47.31m
<b>9</b>	Nites Rathi .		JHARKHAND		45.77m
<b>10</b>	Ram Avtar .		SERVICES		45.32m
<b>11</b>	Dharamvir Sardha		DELHI		44.21m
<b>12</b>	Naresh Kumar .		POLICE		37.84m
	Dharam raj .		UTTAR PRADESH		DNS
	Deepak Chaudhary		UTTAR PRADESH		DNS
	Md Ujjaed .		UTTAR PRADESH		DNS
	Amrit Pal singh .		JHARKHAND		DNS
	Rishpal Singh .		DELHI		DNS
<b>Event # 17 MENS 7.26kg Hammer Throw</b>					
<b>TIME:- 15:30 HRS</b>					
<b>5/18/2010</b>					

<b>#N.R.:R.YADAV BANGLORE 70.16 17.07.2003</b>				
<b>% M.R.:PRAMOD KUMAR TIWARI UP 70.05 OCT-2001</b>				
1	Chandrodaya Narayan Singh		UTTAR PRADESH	63.00m
<b>FOUL, 60.89, 60.91, FOUL, FOUL, 63.00</b>				
2	Harvinder Singh Dagar		UTTAR PRADESH	62.38m
<b>62.06, 62.38, 61.30, 61.65, 61.14, 62.00</b>				
3	Joginder Singh .		RAILWAYS	61.75m
<b>61.75, FOUL, FOUL, FOUL</b>				
4	Imran ahmed .		SERVICES	60.83m
5	Pramod Kumar Tewari		UTTAR PRADESH	60.62m
6	Diwakar Singh .		RAILWAYS	58.46m
7	Harinder Singh .		POLICE	58.11m
8	Lokesh Yadav .		POLICE	57.36m
9	Nirbhay Singh .		SERVICES	57.21m
10	Ajaz Ahemad .		DELHI	56.93m
11	Rama Shankar Yadav		MADHYA PRADESH	56.33m
12	Daler Singh .		PUNJAB	55.59m
13	Bhupinder Singh .		RAILWAYS	52.09m
14	Amit Kumar .		MAHARASTRA	51.00m
15	Anil Kumar .		RAJASTHAN	49.32m
	Satish Kumar .		SERVICES	FOUL
	Pradeep Kumar .		POLICE	FOUL
	Kaushal Kumar Singh		BIHAR	DNS
	Kalyanaramasamy .		PONDICHERRY	DNS
	Rambir .		HARYANA	DNS
	Md Ajaz .		ATHLETICS FEDERATION	DNS
<b>Event # 18 MENS 800gms Javelin Throw</b>				
<b>TIME:- 17:30 HRS</b>				
<b>16/5/2010</b>				
<b># N.R.:SATBIR SINGH KOLKATA 79.68 18.09.2008</b>				
<b>% M.R.:HARMINDER SINGH POL 77.39 SEP-2002</b>				
1	Jag Mohan .		SERVICES	74.84m
<b>68.24, FOUL, 69.59, 67.30, 74.84, FOUL</b>				
2	Vipin Kasana .		DELHI	74.39m
<b>72.36, FOUL, 71.08, 74.39, 74.33, 73.61</b>				
3	Anuj Kumar .		DELHI	73.60m
<b>62.82, 67.19, 69.24, 68.93, 72.51, 73.60</b>				



4	Samarjeet Singh .		RAJASTHAN		73.01m
5	Krishnanad Tripathi		RAILWAYS		71.54m
6	Amit Majumder .		BIHAR		71.17m
7	Gurmeet Singh .		PUNJAB		69.39m
8	Dinesh Kumar .		RAJASTHAN		69.20m
9	Kasinath .		SERVICES		68.68m
10	Davender Singh .		SERVICES		68.48m
11	Sharth Raj .		RAILWAYS		67.38m
12	Sandeep Kumar Yadav		MADHYA PRADESH		66.57m
13	Purandar.P.j .		KARNATAKA		65.66m
14	Satpal .		HARYANA		64.16m
15	Arun Kumar .		DELHI		63.12m
16	Lakhwinder Singh		POLICE		59.63m
17	Dharmender .		RAILWAYS		57.45m
18	Vipin Kumar Tyagi		POLICE		57.21m
19	S. Goswami .		LIC		44.62m
20	Durgesh .		POLICE		35.03m
	Bhupinder Singh .		CHANDIGARH		DNS
	Nawal Singh .		COAL INDIA		DNS
	Kashinath .		KARNATAKA		DNS
	Vipin Panwar .		UTTAR PRADESH		DNS
	Anil Kumar .		HARYANA		DNS
	Krishana Nad Tripathi		UTTAR PRADESH		DNS
	Prem Kumar .		BIHAR		DNS
	Vipin Kasana .		UTTAR PRADESH		DNS
<b>Event # 19 MENS 4x100m Relay</b>					
<b>TIME:- 18:00 HRS</b>					
<b>16/5/2010</b>					
<b># N.R.:INDIAN TEAM IND 39.36 13.10.2002</b>					
<b>% M.R.:RAILWAYS TEAM RSPB 39.89 7-10-2006</b>					
1	<b>RAILWAYS</b>				41.48
603	T.Kamat .	610	Ajay Kumar Nayak		
525	Sukomal Pal .	606	Deepak R. .		
586	P.muthu Swami .	579	Jamaluddin .		
2	<b>SERVICES</b>				41.59
654	Hariom Sharma .	674	Praveen Kumar .		
641	Aneesh .	688	Shameermon N a .		

<b>3</b>	<b>TAMILNADU</b>				42.46
727	M. Krish Beethovan	729	H Kirulkar Maruti		
724	S. Gnanasekaran .	714	Al Ameen .		
<b>4</b>	<b>KERALA</b>				42.77
304	Anas. C. g .	327	Shahansha.k .s .		
320	Rahul G. pillai .	302	Akhil Krishnan .		
<b>5</b>	<b>MADHYA PRADESH</b>				42.94
378	Vikas Sharma .	362	M R khan .		
364	Nafees .	373	Satyavir Singh .		
<b>6</b>	<b>POLICE</b>				42.98
462	Rahamatulla Molla	467	Pushpender Singh		
458	Vipin Kumar .	431	Bhupinder Singh .		
<b>7</b>	<b>HARYANA</b>				43.07
189	Dharambir .	207	Virender .		
204	Sunil .	202	Sudhir .		
<b>Event # 20 MENS 4x400m Relay</b>					
<b>TIME:- 18:00 HRS</b>					
<b>5/16/2010</b>					
<b># N.R.:INDIAN TEAM IND 3:02.62 19.12.1998</b>					
<b>% M.R.:NATIONAL TEAM AFI 3:04.91 NOV-1998</b>					
<b>1</b>	<b>RAILWAYS</b>				3:08.68
569	Bibin Mathew .	581	Jitin Paul .		
600	Srijith P.s. .	605	V.B.binish .		
<b>2</b>	<b>SERVICES</b>				3:11.38
675	R K george .	665	N Kumar .		
668	P C barman .	686	Sarish Paul .		
<b>3</b>	<b>KERALA</b>				3:13.25
334	Kunhumammed. P	312	Jomon. P. p .		
326	Sajin. V .	314	Mohammed Naseem .		
<b>4</b>	<b>HARYANA</b>				3:16.41
189	Dharambir .	207	Virender .		
204	Sunil .	194	Parveen Kumar .		
<b>5</b>	<b>MADHYA PRADESH</b>				3:18.73
369	S Sreenivas rao .	351	Amul .		
346	Jaibin Sebastian	357	Jinu .		
<b>6</b>	<b>TAMILNADU</b>				3:19.12
723	R. Veeramani .	718	J. Prem anand .		

713	A. Yogesh .	716	Bala Murugan .		
<b>Event # 21 MENS 20000m Walk</b>					
<b>TIME:-6:00 HRS</b>					
<b>17/5/2010</b>					
<b># N.R.:BABU BHAI INDIA 1:23:06.00 15-08-09</b>					
<b>% M.R.:BABU BHAI SSCB 1:23:40.00 OCT-2007</b>					
1	Babu Bhai .		SERVICES		1:33:22.56
2	Harvinder Singh .		SERVICES		1:33:36.10
3	K Somendra Singh		MADHYA PRADESH		1:34:43.00
4	Baljinder Singh .		CHANDIGARH		1:37:26.01
5	Basant Bahadur .		ATHLETICS FEDERATION		1:39:58.68
6	Binu Varghese .		KERALA		1:40:46.17
7	Jyoti Teotia .		UTTAR PRADESH		1:41:37.77
8	Sanjay Kumar .		MADHYA PRADESH		1:44:17.30
	Anand Sharma .		UTTAR PRADESH		DNF
	Chandan Singh .		SERVICES		DNF
	Hari Ram yadav .		UTTAR PRADESH		DNF
	Ashok Kumar Patel		RAILWAYS		DNF
	Ikrara Ahmed .		POLICE		DNF
	Praveen .		POLICE		DNF
	Shailesh Kumar .		JHARKHAND		DNF
	Rudra Pratap Mishra		JHARKHAND		DNF
	Sandeep Kumar .		RAJASTHAN		DNS
	Anuj Kumar .		DELHI		DNS
	Sachin Kumar .		MADHYA PRADESH		DNS
	Gurmit Singh .		JHARKHAND		DNS
	Somender Singh .		ATHLETICS FEDERATION		DNS
	Niraj Sharma .		POLICE		DNS
	Gurmeet Singh .		RAILWAYS		DNS
	Mani Ram patel .		RAILWAYS		DNS
	Sandeep Kumar .		HARYANA		DNS
<b>Event # 43 MENS m Decathlon</b>					
<b>TIME:-</b>					
<b># N.R.:JORA SINGH DELHI 7502 02.03.2006</b>					
<b>% M.R.:KULWINDER SINGH SSCB 7257 7-8NOV05</b>					
1	Vinod. P. j .		KERALA		7143
<b>10.98,6.95,14.13,1.90,50.38,15.02,34.57,4.20,47.43,4:52.59</b>					

2	Jora Singh .		POLICE		6671
	<b>11.89,6.09,12.84,1.84,52.85,16.32,41.98,4.30,56.28,4:53.13</b>				
3	Vijay Kumar .		SERVICES		6668
	<b>11.96,6.23,12.57,1.93,5467,16.18,39.91,4.00,53.92,4:30.80</b>				
4	Chander Has Kushwaha		UTTAR PRADESH		6490
5	Rahul Kumar .		SERVICES		6224
6	Ajay Kumar .		SERVICES		6046
7	Ram Niwas .		RAILWAYS		5873
8	Narpinder Singh .		CHANDIGARH		5231
9	Reneesh V.v. .		KERALA		4889
10	Rakesh .		HARYANA		4722
11	Jijo P.v. .		RAILWAYS		4258
12	Bhupinder Singh .		POLICE		2077
<b>Event # 22 WOMENS 100m</b>					
<b>TIME:- 17:15 HRS</b>					
<b>5/16/2010</b>					
<b># N.R.:RACHITA MISTRY TRIVENDRAM 11.38 12.08.2000</b>					
<b>% M.R.:SARASWATI SAHA RSPB 11.43 SEP-2002</b>					
<b>RESULTS OF FINALS</b>					
1	Sharda Narayan .		RAILWAYS	+0.0m/s	11.56
2	H.M.jyoti .		KARNATAKA	+0.0m/s	11.65
3	Priya P.k. .		RAILWAYS	+0.0m/s	12.09
4	Arjuna Khatun .		ATHLETICS FEDERATION	+0.0m/s	12.13
5	Mandeep Kaur .		RAILWAYS	+0.0m/s	12.20
6	Ch. Shanti .		ANDHRA PRADESH	+0.0m/s	12.22
7	Namita Samal .		ATHLETICS FEDERATION	+0.0m/s	12.22
<b>Heat -1</b>					
1	Sharda Narayan .		RAILWAYS	+0.0m/s	11.83
2	Namita Samal .		ATHLETICS FEDERATION	+0.0m/s	11.95
3	Manisha .		HARYANA	+0.0m/s	12.19
4	Shilpa. C .		KERALA	+0.0m/s	12.29
5	N. Sudha .		ANDHRA PRADESH	+0.0m/s	12.52
6	Reshma Patil .		POLICE	+0.0m/s	12.87
7	Pushpanjaly Sai .		COAL INDIA	+0.0m/s	14.86
	Vinita sahani .		UTTAR PRADESH		DNS
<b>Heat -2</b>					
1	H.M.jyoti .		KARNATAKA	+0.0m/s	11.71

2	Mandeep Kaur .		RAILWAYS	+0.0m/s	12.19
3	Ranjita Roy .		WEST BENGAL	+0.0m/s	12.31
4	Hema Nazreth Bhanga		POLICE	+0.0m/s	12.45
5	Viji Vijayan .		KERALA	+0.0m/s	12.67
6	Patel Devanshi .		GUJRAT	+0.0m/s	13.80
	Poonam Tomar .		DELHI		DNS
<b>Heat -3</b>					
1	Priya P.k. .		RAILWAYS	+0.0m/s	12.08
2	Ch. Shanti .		ANDHRA PRADESH	+0.0m/s	12.10
3	Arjuna Khatun .		ATHLETICS FEDERATION	+0.0m/s	12.13
4	Anuradha Biswal .		ORISSA	+0.0m/s	12.61
5	M.priya Devi .		POLICE	+0.0m/s	12.91
	Sini Alex .		KERALA		DNF
	S. Radhika .		TAMILNADU		DNS
	Aarti .		UTTAR PRADESH		DNS
<b>Event # 23 WOMENS 200m</b>					
<b>TIME:- 16:00 HRS</b>					
<b>5/18/2010</b>					
<b># N.R.:SARASWATI SAHA LUDHIANA 22.82 28.08.2002</b>					
<b>% M.R.:SARASWATI SAHA RSPB 22.83 SEP-2002</b>					
<b>RESULTS OF FINALS</b>					
1	H.M.jyoti .		KARNATAKA	+0.0m/s	23.86
2	S.Geetha .		RAILWAYS	+0.0m/s	24.33
3	Ch. Shanti .		ANDHRA PRADESH	+0.0m/s	24.87
4	Manisha .		HARYANA	+0.0m/s	25.02
5	Shilpa. C .		KERALA	+0.0m/s	25.33
	Bindu. B .		KERALA	+0.0m/s	DNS
	Arjuna Khatun .		RAILWAYS	+0.0m/s	DNS
<b>Heat -1</b>					
1	S.Geetha .		RAILWAYS	+0.0m/s	24.62
2	Ch. Shanti .		ANDHRA PRADESH	+0.0m/s	25.00
3	Bindu. B .		KERALA	+0.0m/s	26.20
4	Reshma Patil .		POLICE	+0.0m/s	26.25
	Sarswati Chand .		POLICE		DNS
	Alka Rani .		UTTAR PRADESH		DNS
	R. Subhashini .		TAMILNADU		DNS
<b>Heat -2</b>					

1	Tiana Marry Thomas		ATHLETICS FEDERATION	+0.0m/s	24.41
2	H.M.jyoti .		KARNATAKA	+0.0m/s	24.48
3	Manisha .		HARYANA	+0.0m/s	24.86
4	Shilpa. C .		KERALA	+0.0m/s	25.18
5	Arjuna Khatun .		RAILWAYS	+0.0m/s	25.39
6	Hema Nazreth Bhanga		POLICE	+0.0m/s	25.98
7	Pushpanjaly Sai .		COAL INDIA	+0.0m/s	32.28
<b>Event # 24 WOMENS 400m</b>					
<b>TIME:- 16:30 HRS</b>					
<b>5/18/2010</b>					
<b># N.R.:MANJEET KAUR CHENNAI 51.05 16.06.2004</b>					
<b>% M.R.:K.M. BEENAMOL RSPB 51.90 SEP-2002</b>					
<b>RESULTS OF FINALS</b>					
1	Tintu Luka .		KERALA		53.96
2	Ratandeep Kaur .		PUNJAB		55.45
3	R. Elavarasi .		TAMILNADU		55.54
4	Aswathi Mohanan .		KERALA		56.37
5	K.Sowjanya .		RAILWAYS		56.63
6	Ranjana Roy .		WEST BENGAL		56.72
7	T. Renuka .		TAMILNADU		57.51
	Ashwini A.c. .		KARNATAKA		DNF
<b>Heat -1</b>					
1	Ashwini A.c. .		KARNATAKA		55.56
2	Aswathi Mohanan .		KERALA		56.45
3	Ratandeep Kaur .		PUNJAB		56.70
4	T. Renuka .		TAMILNADU		56.94
5	Ranjana Roy .		WEST BENGAL		57.10
6	Archana Bhadoria		POLICE		59.14
	K.Mridula .		ANDHRA PRADESH		DNF
	Sonu .		RAILWAYS		DNS
<b>Heat -2</b>					
1	Tintu Luka .		KERALA		55.75
2	R. Elavarasi .		TAMILNADU		56.89
3	K.Sowjanya .		RAILWAYS		57.78
4	Arya C .		KERALA		58.56
5	Ruma Biswas .		RAILWAYS		1:01.81
	Alka Rani .		UTTAR PRADESH		DNS

	Sarswati Chand .		POLICE		DNS
	Anu Mariam jose .		JHARKHAND		DNS
<b>Event # 25 WOMENS 800m</b>					
<b>TIME:- 18:25 HRS</b>					
<b>5/16/2010</b>					
<b># N.R.:SHINY WILSON CHENNAI 1:59.85 20.12.1995</b>					
<b>% M.R.:JYOTIMOYEE SIKDAR WB 2:01.74 NOV-1998</b>					
<b>RESULTS OF FINALS</b>					
<b>1</b>	<b>Tintu Luka .</b>		<b>KERALA</b>		<b>2:01.61 *NMR</b>
<b>2</b>	Sushma Devi .		RAILWAYS		2:03.69
<b>3</b>	Sini Mole Paulosh		JHARKHAND		2:06.49
<b>4</b>	Bindu S.r. .		RAILWAYS		2:06.69
<b>5</b>	M.C.mohanal .		RAILWAYS		2:15.34
<b>6</b>	Anu Mariam jose .		JHARKHAND		2:15.80
<b>7</b>	Ambika Sreedharan		KERALA		2:18.33
<b>8</b>	Anupama Srivastava		UTTAR PRADESH		2:18.57
<b>Heat -1</b>					
<b>1</b>	Tintu Luka .		KERALA		2:16.73
<b>2</b>	Sushma Devi .		RAILWAYS		2:16.83
<b>3</b>	Anu Mariam jose .		JHARKHAND		2:17.32
<b>4</b>	Anupama Srivastava		UTTAR PRADESH		2:18.31
<b>5</b>	Ambika Sreedharan		KERALA		2:21.33
	Deepti Mishra .		MADHYA PRADESH		DNS
	Chinchu Jose .		JHARKHAND		DNS
<b>Heat -2</b>					
<b>1</b>	Sini Mole Paulosh		JHARKHAND		2:20.83
<b>2</b>	Bindu S.r. .		RAILWAYS		2:20.89
<b>3</b>	M.C.mohanal .		RAILWAYS		2:21.69
<b>4</b>	B.e. Indira .		KARNATAKA		2:22.90
<b>5</b>	Chinchu Jose .		KERALA		2:23.08
	Pratima Tudu .		POLICE		DNF
	Kune Das .		COAL INDIA		DNS
<b>Event # 26 WOMENS 1500m</b>					
<b>TIME:- 17:30 HRS</b>					
<b>5/18/2010</b>					
<b># N.R.:SUNITA RANI BUSAN 4:06.03 10.10.2002</b>					

<b>% M.R.:O.P. JAISHA RSPB 4:11.83 5-10-2006</b>				
1	Sushma Devi .		RAILWAYS	4:18.92
2	Bindu S.r. .		RAILWAYS	4:33.63
3	Wahida Rehman .		POLICE	4:42.81
4	B.e. Indira .		KARNATAKA	4:59.73
5	S.Thoebajon Chanu		POLICE	5:01.42
	Sabina Khatun .		RAILWAYS	DNF
	Pratima Tudu .		POLICE	DNF
	Kune Das .		COAL INDIA	DNF
	Soniya. P.m .		KERALA	DNF
	Jijimol Jacob .		KERALA	DNS
	Sini Mole Paulosh		JHARKHAND	DNS
	Annie. K.r .		KERALA	DNS
<b>Event # 27 WOMENS 5000m</b>				
<b>TIME:- 6:00 AM</b>				
<b>15/5/2010</b>				
<b># N.R.:SUNITA RANI BUSAN :15:18.77 12.10.2002</b>				
<b>% M.R.:PREEJA SREEDHARAN RSPB :15:45.96 OCT-2007</b>				
1	Lalita Babar .		RAILWAYS	17:25.61
2	Jijimol Jacob .		KERALA	17:49.46
3	Vijayamala Patil		MAHARASTRA	17:52.07
4	Manisha Salunke		MAHARASTRA	17:55.04
5	Anuja Bijagare .		RAILWAYS	18:42.94
6	Rajshree Patil .		RAILWAYS	19:01.54
7	Anuradha Singh .		POLICE	19:08.00
8	S.Thoebajon Chanu		POLICE	19:21.27
9	Nehera Khatun .		WEST BENGAL	19:41.03
10	Sheeba. D .		KERALA	20:09.58
	L.Chaubha Chanu		POLICE	DNS
	Kavita Raut .		MAHARASTRA	DNS
<b>Event # 28 WOMENS 10000m</b>				
<b>TIME:- 6:00 HRS</b>				
<b>18/5/2010</b>				
<b>#N.R.:P.SRIDHARAN WATFORD-LONDAN :32:04.41 14.06.2008</b>				
<b>% M.R.:PREEJA SREEDHARAN RSPB :33:25.00 OCT-2007</b>				
1	Kavita Raut .		MAHARASTRA	32:41.31 *NMR
2	Preeja Sreedharan		RAILWAYS	32:41.72 *BMR



3	Lalita Babar .		RAILWAYS		35:13.76
4	Kamlesh Baghel .		RAILWAYS		39:29.02
5	Nehera Khatun .		WEST BENGAL		41:02.92
6	Sheeba. D .		KERALA		41:55.00
	Vijayamala Patil		MAHARASTRA		DNF
	Manisha Salunke		MAHARASTRA		DNF
<b>Event # 29 WOMENS 84.0cm 100m Hurdles</b>					
<b>TIME:- 16:15 HRS</b>					
<b>5/17/2010</b>					
<b># N.R.:ANURADHA BISWAL NEW DELHI 13.38 08.09.2002</b>					
<b>% M.R.:ANURADHAL BISWAL ORI 13.38 SEP-2002</b>					
<b>RESULTS OF FINALS</b>					
1	G. Gayathry .		TAMILNADU	+1.1m/s	13.88
2	Anuradha Biswal .		ORISSA	+1.1m/s	14.04
3	Anchu M.m. .		RAILWAYS	+1.1m/s	14.16
4	Hemashree .		TAMILNADU	+1.1m/s	14.51
5	Shreema Priyadarshini		RAILWAYS	+1.1m/s	14.89
6	Darshana. M. s .		KERALA	+1.1m/s	14.92
7	Manju P.m. .		RAILWAYS	+1.1m/s	15.22
8	Divya Paul .		KERALA	+1.1m/s	15.33
<b>Heat -1</b>					
1	G. Gayathry .		TAMILNADU	+0.0m/s	14.35
2	Anchu M.m. .		RAILWAYS	+0.0m/s	14.80
3	Shreema Priyadarshini		RAILWAYS	+0.0m/s	15.29
4	Sajitha. K.v .		KERALA	+0.0m/s	15.93
5	Charulata Gajpal		CHATTISGARH	+0.0m/s	17.05
6	Kamalane Nayak .		COAL INDIA	+0.0m/s	24.34
<b>Heat -2</b>					
1	Anuradha Biswal .		ORISSA		14.36
2	Hemashree .		TAMILNADU	+0.0m/s	14.62
3	Darshana. M. s .		KERALA	+0.0m/s	14.95
4	Manju P.m. .		RAILWAYS	+0.0m/s	15.54
5	Divya Paul .		KERALA	+0.0m/s	15.74
6	Bharti Dey .		MADHYA PRADESH	+0.0m/s	16.22
	Shilpa Sundar .		KARNATAKA		DNS
<b>Event # 30 WOMENS 76.2cm 400m Hurdles</b>					
<b>TIME:- 16:45 HRS</b>					

<b>5/15/2010</b>			
<b># N.R.:P.T. USHA LOS ANGELES 55.42 08.08.1984</b>			
<b>% M.R.:P.T. USHA RSPB 56.80 1985</b>			
<b>RESULTS OF FINALS</b>			
1	Ashwini A.c .	KARNATAKA	59.28
2	Pooja Jhakar .	RAILWAYS	1:00.39
3	Shiji John .	RAILWAYS	1:01.44
4	R. Elavarasi .	TAMILNADU	1:01.76
5	T. Renuka .	TAMILNADU	1:03.32
6	E.Prathibha .	RAILWAYS	1:04.40
7	Bharti Dey .	MADHYA PRADESH	1:04.77
8	Neethumol P. Mathew	KERALA	1:06.80
<b>Heat -1</b>			
1	T. Renuka .	TAMILNADU	1:02.06
2	Shiji John .	RAILWAYS	1:02.37
3	Bharti Dey .	MADHYA PRADESH	1:04.53
4	Neethumol P. Mathew	KERALA	1:04.76
5	A.Papathi .	POLICE	1:07.85
6	Charulata Gajpal	CHATTISGARH	1:14.82
	Shiji John.c .	KARNATAKA	DNS
	Harpreet Kaur .	JHARKHAND	DNS
<b>Heat -2</b>			
1	Ashwini A.c .	KARNATAKA	1:00.15
2	Pooja Jhakar .	RAILWAYS	1:00.35
3	R. Elavarasi .	TAMILNADU	1:02.46
4	E.Prathibha .	RAILWAYS	1:03.49
5	Anu Paul .	KERALA	1:05.90
6	Darshana. M. s .	KERALA	1:06.32
7	Rekha Halder .	POLICE	1:19.58
<b>Event # 31 WOMENS 3000m Steeplechase</b>			
<b>TIME:- 17:30 HRS</b>			
<b>17/5/2010</b>			
<b># N.R.:SUDHA SINGH GUANGZHOU :10:10.77 12-11-2009</b>			
<b>% M.R.:SUDHA SINGH RSPB :10:18.76 OCT-2007</b>			
1	Sudha Singh .	RAILWAYS	10:09.56 *NR
2	Kiran Tiwari .	RAILWAYS	10:25.11

3	Priyanka Singh Patel		UTTAR PRADESH		10:25.13
	Rajshree Patil .		RAILWAYS		DNF
	Sudha Singh .		UTTAR PRADESH		DNS
<b>Event # 32 WOMENS High Jump</b>					
<b>TIME:- 16:00 HRS</b>					
<b>17/5/2010</b>					
<b># N.R.:BOBBY ALOYSIUS CHENNAI 1.91 18.07.2004</b>					
<b>% M.R.:SAHANA KUMARI RSPB 1.82 OCT-2007</b>					
1	Kavya Muthanna .		KARNATAKA		1.78m
2	Chandana K.c. .		KARNATAKA		1.75m
3	Mallika Mondal .		RAILWAYS		1.70m
3	Siji N.k. .		RAILWAYS		1.70m
3	Sahana Kumari .		RAILWAYS		1.70m
6	Reena .		POLICE		1.65m
7	Tintu. N. d .		KERALA		1.65m
8	Harshini Nishith		LIC		1.60m
8	Renukamol. V.g .		KERALA		1.60m
10	Santi Barman .		WEST BENGAL		1.60m
	Harshini Kumari .		KARNATAKA		DNS
	P. Divyapriya .		TAMILNADU		DNS
<b>Event # 33 WOMENS Long Jump</b>					
<b>TIME:- 16:00 HRS</b>					
<b>18/5/2010</b>					
<b># N.R.:ANJU BOBBY GEORGE ATHENS 6.83 27.08.2004</b>					
<b>% M.R.:ANJU BOBBY GEORGE TN 6.74 SEP-2002</b>					
1	Reshmi Bose .		RAILWAYS	+0.0m/s	6.15m
	<b>6.15, 6.13, 5.89, 6.07, 6.15, FOUL</b>				
2	Mayookha Johny .		KERALA	+0.4m/s	6.13m
	<b>FOUL, FOUL, 5.95, 6.10, 6.13, 5.89</b>				
3	Shalu Choudhary .		DELHI	+0.7m/s	5.88m
	<b>FOUL, 5.55, 5.32, 5.66, 5.80, 5.88</b>				
4	Neena. V .		KERALA	+0.0m/s	5.81m
5	Anu .		HARYANA	+0.0m/s	5.75m
6	P. Subhashini .		TAMILNADU	+0.0m/s	5.74m
7	Susan K joy .		RAILWAYS	+0.0m/s	5.71m
8	M.priya Devi .		POLICE	+0.0m/s	5.57m
9	Shini. A. p .		KERALA	+0.0m/s	5.53m

	Shilpa Sundar .		KARNATAKA		DNS
	Prajusha M.a .		RAILWAYS		DNS
	Piyali Paul .		POLICE		DNS
<b>Event # 34 WOMENS Triple Jump</b>					
<b>TIME:- 15:30 HRS</b>					
<b>5/16/2010</b>					
<b># N.R.:ANJU BOBBYGEORGE HYDERABAD 13.67 18.12.2002</b>					
<b>% M.R.:MAYOOKHA JOHNY KERALA 13.54 8-11SEP08</b>					
1	G. Gayathry .		TAMILNADU	+0.0m/s	13.39m
<b>13.09, 13.14, 13.33, 13.28, 13.23, 13.39</b>					
2	Prajusha M.a .		RAILWAYS	+0.0m/s	12.96m
<b>12.96, 12.85, 12.80, NM, NM, NM</b>					
3	Joyline Lobo .		KARNATAKA	+0.0m/s	12.44m
<b>FOUL, 12.31, FOUL, FOUL, 12.44, FOUL</b>					
4	Mereena Joseph .		KERALA	+0.0m/s	12.43m
5	Sreedurga. C .		KERALA	+0.0m/s	12.18m
6	Aparna Das. .		RAILWAYS	+0.0m/s	11.78m
	Reshmi Bose .		RAILWAYS		FOUL
	Kamalane Nayak .		COAL INDIA		FOUL
	Shalu Choudhary .		DELHI		DNS
	Harshini Nishith		LIC		DNS
	Romya Mol Devsia		POLICE		DNS
<b>Event # 35 WOMENS Pole Vault</b>					
<b>TIME:- 15:45 HRS</b>					
<b>15/5/2010</b>					
<b># N.R.:V.S. SUREKHA PATIALA 4.08 23.10.2006</b>					
<b>% M.R.:V.S. SUREKHA RSPB 4.00 OCT-2009</b>					
1	S. Saranya .		TAMILNADU		3.30m
2	Anusha. K. p .		KERALA		3.20m
3	Kyathi .		KARNATAKA		3.00m
4	N.Madhusini Devi		RAILWAYS		3.00m
5	Anoosha. K.k .		KERALA		3.00m
6	R.Jisha .		RAILWAYS		2.80m
7	Remya R. .		RAILWAYS		2.60m
	Sinju Prakash. M. K		KERALA		DNS
	Sangeeta Kumari .		MADHYA PRADESH		DNS
<b>Event # 36 WOMENS 4.00kg Shot Put</b>					

<b>TIME:- 16:30 HRS</b>				
<b>16/5/2010</b>				
<b># N.R.:HARBANS KAUR MUMBAI 17.43 24.11.1997</b>				
<b>% M.R.:HARBANS KAUR LIC 17.84 NOV-1998</b>				
1	Manpreet Kaur .		RAILWAYS	14.72m
<b>14.72, FOUL, 13.91, 14.23, 14.06, 14.55</b>				
2	Steffi Cordozo .		GOA	13.63m
<b>13.63, 13.26, 13.39, 13.04, 13.37, 12.33</b>				
3	Seema Antil .		HARYANA	13.50m
<b>13.50, 12.71, 13.17, 12.79, 12.79, 12.44</b>				
4	Patwant Kaur .		PUNJAB	13.34m
5	Udaya Laxmi .		RAILWAYS	13.16m
6	Saraswathi .		RAILWAYS	12.72m
7	Rajasree. R.I .		KERALA	12.59m
8	K G kavita .		LIC	9.91m
	Neelam .		HARYANA	DNS
	Smritikana Manna		POLICE	DNS
	Neha Singh .		POLICE	DNS
<b>Event # 37 WOMENS 1.00kg Discus Throw</b>				
<b>TIME:- 15:30 Hrs</b>				
<b>15/5/2010</b>				
<b># N.R.:SEEMA ANTIL CHENNAI 64.64 16.06.2004</b>				
<b>% M.R.:NEELAM J.SINGH RSPB 61.17 SEP-2003</b>				
1	Seema Antil .		HARYANA	53.05m
<b>FOUL, 50.95, 52.15, 51.97, 50.48, 53.05</b>				
2	Parwathi Sethi .		RAILWAYS	46.49m
<b>46.29, 46.49, 42.38, 45.38, 40.13, FOUL</b>				
3	Amanpreet Kaur .		RAILWAYS	44.09m
<b>44.09, 42.76, 43.55, 41.89, 43.99, FOUL</b>				
4	Parmila .		RAILWAYS	42.01m
5	Savita Chaudhary		UTTAR PRADESH	40.04m
6	Neha Singh .		POLICE	39.98m
7	Jeoty Nair .		BIHAR	35.54m
8	K G kavita .		LIC	30.23m
	Ambey Yadav .		UTTAR PRADESH	DNS
	Indu Bala .		COAL INDIA	DNS
<b>Event # 38 WOMENS 4.00kg Hammer Throw</b>				

<b>TIME:- 16:45 HRS</b>				
<b>15/5/2010</b>				
<b># N.R.:HARDEEP KAUR NEW DELHI 61.67 08.09.2002</b>				
<b>% M.R.:HARDEEP KAUR LIC 61.67 SEP-2002</b>				
1	Gunjan Singh .		RAILWAYS	52.68m
<b>FOUL, 52.68, 49.76, FOUL, FOUL, FOUL</b>				
2	Anitha Abraham .		KERALA	52.54m
<b>46.99, 51.33, 50.42, 52.54, 51.85, FOUL</b>				
3	Ushma D.singh .		RAILWAYS	52.17m
<b>FOUL, 46.39, FOUL, 49.80, FOUL, 52.17</b>				
4	Manju Bala .		RAJASTHAN	51.97m
5	Reena Kumari .		RAILWAYS	48.28m
6	Sarita .		UTTAR PRADESH	47.74m
7	Archana Bara .		POLICE	47.26m
8	Vipin Kumari .		POLICE	42.64m
	Ritu Rani .		UTTAR PRADESH	DNS
	Gunjan singh .		UTTAR PRADESH	DNS
	Sajjan Kanwar .		BIHAR	DNS
<b>Event # 39 WOMENS 600gms Javelin Throw</b>				
<b>TIME:-17:20 HRS</b>				
<b>5/17/2010</b>				
<b># N.R.:GURMEET KAUR BANGLORE 58.64 17.07.2000</b>				
<b>% M.R.:GURMEET KAUR LIC 54.98 NOV-1998</b>				
1	Saraswathi .		RAILWAYS	49.47m
<b>45.94, FOUL, 49.47, 47.70, 46.44, 45.15</b>				
2	T.Patel .		POLICE	46.05m
<b>FOUL, 41.38, 40.56, 39.95, FOUL, 46.05</b>				
3	Megha Perdeshi .		RAILWAYS	45.79m
<b>39.39, 42.89, 45.79, FOUL, FOUL, 40.94</b>				
4	Suman devi .		UTTAR PRADESH	45.76m
5	Rupinder Kaur .		PUNJAB	43.81m
6	Gurpreet .		HARYANA	42.65m
7	Phultoosi Ghosh .		BIHAR	41.16m
8	N.M.hemalatha .		RAILWAYS	41.01m
9	Chumki Chaudhary		POLICE	40.10m
10	Anu rani .		UTTAR PRADESH	39.55m

11	Aarti Maurya .		UTTAR PRADESH		38.49m
12	Patwant Kaur .		PUNJAB		38.31m
13	Pushpa Ekka .		COAL INDIA		29.60m
	Gurpreet Kaur .		PUNJAB		DNS
<b>Event # 40 WOMENS 4x100m Relay</b>					
<b>TIME:- 17:45 HRS</b>					
<b>16/5/2010</b>					
<b># N.R.:INDIAN TEAM FUKUOKA 44.43 22.07.1998</b>					
<b>% M. (NIDHI K SINGH, POONAM TOMAR, , )</b>					
1	<b>RAILWAYS</b>				46.47
499	Arjuna Khatun .	518	Manpreet Kaur .		
529	Priya P.k. .	545	Sharda Narayan .		
2	<b>KERALA</b>				48.12
279	Neethu Rajan .	290	Sini Alex .		
287	Shilpa. C .	297	Viji Vijayan .		
3	<b>TAMILNADU</b>				48.77
701	Hemashree .	705	R. Elavarasi .		
710	T. Kalaivani .	700	G. Gayathry .		
4	<b>POLICE</b>				48.90
412	Reshma Patil .	401	A.Papathi .		
405	M.priya Devi .	419	H Bhanga		
<b>Event # 41 WOMENS 4x400m Relay</b>					
<b>TIME:- 17:45 HRS</b>					
<b>5/16/2010</b>					
<b># N.R.:INDIAN TEAM ATHENS 3:26.89 27.08.2004</b>					
<b>% M.R.:RSPB TEAM RSPB 3:38.49 SEP-2002</b>					
1	<b>KERALA</b>				3:50.68
268	Aswathi Mohanan .	267	Arya C .		
265	Anu Paul .	270	Chinchu Jose .		
2	<b>RAILWAYS</b>				4:03.52
539	Ruma Biswas .	548	Sonu .		
540	S.Geetha .	509	K.Sowjanya .		
3	<b>TAMILNADU</b>				4:19.95
705	R. Elavarasi .	711	T. Renuka .		
710	T. Kalaivani .	701	Hemashree .		
<b>Event # 42 WOMENS 20000m Walk</b>					
<b>TIME:- 6:30 AM</b>					

<b>16/5/2010</b>				
<b># N.R.:Y.BALA DEVI HYDRABAD 1:43:06.00 30/07/2003</b>				
<b>% M.R.:AMANDEEP KAUR PUNJAB 1:43:49.00 08.11.2005</b>				
1	L.deepmala Devi .		RAILWAYS	1:47:53.26
2	Sandhya. K. j .		KERALA	1:54:32.14
3	Supriya Adak .		RAILWAYS	2:01:01.57
4	Sandhya. V.s .		KERALA	2:08:49.91
	Gaurav Kumari .		POLICE	DNF
	Meena Chhikara .		POLICE	DNF
	L.sarda Devi .		POLICE	DNF
	Neeroz .		CHATTISGARH	DNF
	Meeshma. K. m .		KERALA	DNF
	Karishma Kashyap		UTTAR PRADESH	DNS
	Supriya Adak .		MAHARASTRA	DNS
	Deep Mala devi .		JHARKHAND	DNS
	Antar Singh .		PUNJAB	DNS
<b>Event # 54 WOMENS m Heptathlon</b>				
<b>TIME:-</b>				
<b># N.R.:J.J. SHOBHA DELHI 6211 1703.2004</b>				
<b>% M.R.:SOMA BISWAS RSPB 5739 OCT-2001</b>				
1	G.G.parmila .		RAILWAYS	5238
	<b>14.62,1.62,12.04,25.86,5.92,38.23,2:33.00</b>			
2	Navpreet Kaur .		PUNJAB	4881
	<b>14.85,1.62,10.71,25.63,4.99,32.03,2:23.07</b>			
3	Sindhu. K.d .		KERALA	4858
	<b>15.58,1.65,9.31,26.71,5.16,36.88,2:16.99</b>			
4	D.Karpuramala .		RAILWAYS	4435
5	T. Kalaivani .		TAMILNADU	4281