

7th HARYANA STATE SENIOR ATHLETICS CHAMPIONSHIP-2025

* HISAR * 29th TO 30th MARCH 2025 *

~~* FINAL RESULTS *~*~*

Event # 1 MENS 100m

Final

1	SHAINKY, 79	79	YAMUNANAGAR		10.49
2	DHARMBIR, 39	39	ROHTAK		10.50
3	RAJESH KUMAR, 600	600	BHIWANI		10.64
4	ASHISH, 36	36	SONIPAT		10.81
5	HIMANSHU, 47	47	JHAJJAR		10.88
6	LALIT KUMAR TUSHIR, 50	50	SONIPAT		11.01
7	NIKUNJ PANWAR, 59	59	YAMUNANAGAR		11.06
8	BHUPENDER NAYAK, 37	37	FARIDABAD		11.16

Heats

1	SHAINKY, 79	79	YAMUNANAGAR		10.62
2	RAJESH KUMAR, 600	600	BHIWANI		10.79
3	DHARMBIR, 39	39	ROHTAK		10.86
4	NIKUNJ PANWAR, 59	59	YAMUNANAGAR		10.91
5	ASHISH, 36	36	SONIPAT		10.94
6	HIMANSHU, 47	47	JHAJJAR		10.95
7	LALIT KUMAR TUSHIR, 50	50	SONIPAT	11.141	11.15
8	BHUPENDER NAYAK, 37	37	FARIDABAD	11.149	11.15
9	RAJAT JAKHAR, 67	67	ROHTAK		11.17
10	AMIT GAUTAM, 28	28	PALWAL		11.18
11	VIRENDER MACHRA, 89	89	FATEHABAD		11.20
12	MANJEET KUMAR, 54	54	SONIPAT		11.21
13	KAPIL, 48	48	PANIPAT	11.219	11.22
13	TANISH SHEORAN, 83	83	KURUKSHETRA	11.214	11.22
15	RAHUL POONIA, 66	66	HISAR		11.26
16	HARSH, 45	45	GURUGRAM		11.29
16	GOPAL, 43	43	BHIWANI	11.410	11.41
17	VAIBHAV, 84	84	FARIDABAD	11.403	11.41
19	ASHISH, 35	35	SONIPAT		11.43
20	MITUL, 56	56	FATEHABAD		11.44
21	AJAY, 23	23	BHIWANI		11.49
22	VISHAL, 613	613	HISAR		11.51
23	GAURAV, 42	42	FARIDABAD		11.53
24	ANSH RANA, 31	31	KARNAL		11.57
25	PRIYANSHU PUNDIR, 65	65	YAMUNANAGAR		11.62
26	LOVEPREET SINGH, 51	51	KURUKSHETRA		11.69
27	HANU KUMAR, 44	44	MAHENDERGARGH		11.75
28	ABHISHEK SHARMA, 22	22	REWARI		11.79
29	MASTU, 55	55	HISAR		11.82
30	MOHIT KAUSHIK, 58	58	SONIPAT		11.90
31	AMAN, 26	26	SONIPAT		11.93
32	ANKIT, 29	29	HISAR		12.01
33	ANUJ, 33	33	SONIPAT		12.02
34	ROHIT, 71	71	PANIPAT		12.13
35	YOGENDER, 91	91	PANIPAT		12.19
36	ROBIN, 70	70	BHIWANI		12.23
37	MADHUR, 52	52	FATEHABAD		12.38
38	AAKASH, 20	20	PANIPAT		12.39
39	MAHESH KUMAR, 53	53	JHAJJAR		12.40
40	SAHIL KUMAR, 76	76	CHARKI DADRI		12.56
41	GAURAV, 41	41	FARIDABAD		12.90
42	SWARAJ NARAYAN SAINI, 82	82	AMBALA		12.91
43	HARSH, 46	46	GURUGRAM		13.13
44	SAHIL, 75	75	ROHTAK		13.14
45	ABHINAV, 21	21	CHARKI DADRI		13.35
46	PRINCE YADAV, 64	64	GURUGRAM		13.36
47	AMAN, 25	25	MAHENDERGARGH		13.44
48	ROHIT KAUSHIK, 74	74	FARIDABAD		13.55
49	VISHAL, 90	90	REWARI		13.62
50	PRADEEP KUMAR, 63	63	HISAR		13.79
51	PARAS, 603	603	REWARI		14.07
52	VIKAS, 87	87	HISAR		14.08
53	VIKRAM BHATI, 88	88	SIRSA		14.12
54	ROHIT, 72	72	MAHENDERGARGH		14.16

54	ROHIT, 73	73	JHAJJAR		14.31
55	SAHIL, 601	601	HISAR		14.17
56	ARAFAT, 34	34	MEWAT		14.31
58	DINESH KUMAR, 40	40	FATEHABAD		14.55
59	PARVINDER, 61	61	PALWAL		14.66
60	ANUJ, 32	32	CHARKI DADRI		14.95
61	KULDEEP, 49	49	BHIWANI		15.19
62	BHUPENDER SINGH, 602	602	REWARI		15.46
63	CHAMAN PAL, 38	38	JIND		16.33
64	AMIT, 27	27	KARNAL		16.99
	MOHD. ANSAR, 57	57	MEWAT		DNS
	NILESH, 60	60	HISAR		DNS
	VIJAY SINGH, 86	86	SIRSA		DNS
	SOURAB SINGH CHAUHAN, 81	81	BHIWANI		DNF
	VEERINDER SINGH, 85	85	SIRSA		DNS
	RAKESH, 68	68	MAHENDERGARGH		DNS
	PAWANJEET, 62	62	JHAJJAR		DNS
	SHAHID KHAN, 78	78	MEWAT		DNS
	SANCHIT, 77	77	PALWAL		DNS
	RITIK TYAGI, 69	69	GURUGRAM		DNS
	AJAY KUMAR, 24	24	FATEHABAD		DNS
	ANKIT KUMAR, 30	30	KARNAL		DNS
	Event # 2 MENS 200m				
	Final				
1	DHARMBIR, 141	141	ROHTAK		21.70
2	HIMANSHU, 145	145	JHAJJAR		22.14
3	JANGSHER SINGH, 147	147	SIRSA		22.19
4	SACHIN PILWAN, 164	164	FARIDABAD		22.28
5	AARUSH SYAL, 129	129	PANCHKULA		22.39
6	GOURAV, 144	144	FATEHABAD		22.65
7	DEEPAK JANGRA, 139	139	JIND		22.92
	Heats				
1	JANGSHER SINGH, 147	147	SIRSA		21.96
2	DHARMBIR, 141	141	ROHTAK		22.16
3	AARUSH SYAL, 129	129	PANCHKULA		22.28
4	SACHIN PILWAN, 164	164	FARIDABAD		22.32
5	HIMANSHU, 145	145	JHAJJAR		22.39
6	SHAINKY, 168	168	YAMUNANAGAR		22.41
7	GOURAV, 144	144	FATEHABAD		22.60
8	DEEPAK JANGRA, 139	139	JIND	22.682	22.69
9	BHUPENDER NAYAK, 138	138	FARIDABAD	22.687	22.69
10	MANJEET, 152	152	ROHTAK		22.74
11	ANKUSH, 136	136	FARIDABAD		23.00
12	VAIBHAV, 171	171	FARIDABAD		23.17
13	ANKIT KADYAN, 135	135	CHARKI DADRI		23.22
14	KAPIL, 148	148	PANIPAT	23.306	23.31
15	MANVIT GAHLOT, 153	153	GURUGRAM	23.302	23.31
16	MITUL, 653	653	FATEHABAD		23.32
17	LOVE, 151	151	HISAR		23.38
18	GOPAL, 143	143	BHIWANI		23.46
19	BANTY SINGH, 137	137	FATEHABAD		23.54
20	VIJAY, 173	173	SONIPAT		23.69
21	RAHUL, 160	160	BHIWANI		24.10
22	PRAMOD, 157	157	BHIWANI		24.19
23	SUMIT MALIK, 169	169	PANIPAT		24.21
24	VASHITVA SHANDILYA, 172	172	FARIDABAD		24.31
25	ROHIT, 162	162	PANIPAT		24.36
26	ROHIT, 163	163	BHIWANI		24.58
27	AKSHAY KUMAR, 131	131	JHAJJAR		25.17
28	YOGENDER, 175	175	PANIPAT		25.29
29	DEEPANSHU, 140	140	GURUGRAM		25.30
30	RAHUL, 159	159	PANIPAT		25.58
31	PRINCE, 158	158	PALWAL		26.69
32	SAHIL KUMAR, 166	166	MAHENDERGARGH		26.72
33	SAGAR, 165	165	BHIWANI		26.93
34	ANIL KUMAR, 132	132	BHIWANI		27.02
35	AJITKUMAR JHA, 130	130	PALWAL		27.90

36	SATISH, 167	167	CHARKI DADRI		28.78
37	KULDEEP, 150	150	FATEHABAD		29.77
38	MOHIT, 154	154	HISAR		29.81
39	HIMANSHU LAMBA, 146	146	REWARI		30.99
40	RAMAN BAGRI, 161	161	GURUGRAM		31.17
41	TARSEM SINGH, 170	170	FATEHABAD		35.84
42	ANKIT KUMAR, 651	651	KARNAL		38.15
43	DALSHER SINGH, 654	654	FATEHABAD		38.41
	PAWANJEET, 156	156	JHAJJAR		DNS
	DUSHYANT KUMAR, 142	142	BHIWANI		DNS
	VIJENDER, 174	174	FATEHABAD		DNS
	KARAMBIR, 149	149	CHARKI DADRI		DNS
	ANKIT, 134	134	KARNAL		DNS
	ANKIT, 133	133	KAITHAL		DNS
	NILESH, 155	155	HISAR		DNS
	Event # 3 MENS 400m				
	Final				
1	NATIN, 208	208	ROHTAK		48.61
2	RAMAN DAGAR, 220	220	SONIPAT		49.30
3	SAWAN RATHEE, 228	228	ROHTAK		49.45
4	JATIN BALAYAN, 199	199	SONIPAT		49.50
5	ANAND KUMAR BANSALA, 189	189	FARIDABAD		50.59
6	SOURAV DAHIYA, 230	230	SONIPAT		51.01
	Heats				
1	HARSH KUMAR, 608	608	REWARI		48.45
2	NATIN, 208	208	ROHTAK		49.38
3	RAMAN DAGAR, 220	220	SONIPAT		49.84
4	SOURAV DAHIYA, 230	230	SONIPAT		49.92
5	AARUSH SYAL, 186	186	PANCHKULA		50.27
6	JATIN BALAYAN, 199	199	SONIPAT		50.38
7	ANAND KUMAR BANSALA, 189	189	FARIDABAD		50.54
8	SAWAN RATHEE, 228	228	ROHTAK		50.55
9	SACHIN PILWAN, 223	223	FARIDABAD		50.65
10	MANISH KUMAR, 203	203	HISAR		50.69
11	MOHIT KUMAR, 206	206	HISAR		50.72
12	NITESH, 211	211	SONIPAT		51.09
13	NAVISH, 210	210	JIND	51.504	51.51
14	MD ASHARUL HOQUE, 205	205	SONIPAT	51.505	51.51
15	RAHUL SIWACH, 217	217	FATEHABAD		51.96
16	HARIOM, 195	195	FARIDABAD		52.32
17	MANVIT GAHLOT, 204	204	GURUGRAM		52.67
18	SACHIN, 222	222	PANIPAT		52.71
19	DHRUV, 194	194	FARIDABAD		52.90
20	SOURABH KUMAR, 229	229	KARNAL		53.04
21	ROHIT, 221	221	PANIPAT		53.20
22	AJJU KHAN, 187	187	FARIDABAD		53.29
23	RAHUL, 216	216	BHIWANI		53.94
24	ANKIT, 191	191	KAITHAL		54.03
25	PRAMOD, 214	214	BHIWANI		54.31
26	JASANDEEP SINGH, 198	198	AMBALA		54.46
27	VASHITVA SHANDILYA, 232	232	FARIDABAD		54.57
28	SAGAR YADAV, 224	224	FARIDABAD		55.69
29	KUNAL, 202	202	ROHTAK		55.88
30	DEV SINGH, 606	606	HISAR		57.07
31	RAJIV, 614	614	BHIWANI		57.08
32	AMAN, 618	618	HISAR		58.39
33	HARSH CHOUDHARY, 196	196	GURUGRAM		59.25
34	VIVEK, 616	616	HISAR		1:01.85
35	PRINCE, 215	215	SONIPAT		1:02.31
36	ANIKESH, 190	190	HISAR		1:03.10
37	PARDEEP, 619	619	HISAR		1:03.24
38	MUNEET DAHIYA, 207	207	SONIPAT		1:08.45
39	HIMANSHU, 615	615	HISAR		1:09.34
40	ANKIT, 620	620	SONIPAT		1:10.49
41	ABHISHEK, 617	617	HISAR		1:10.50
42	AKSHIT YADAV, 188	188	MAHENDERGARGH		1:16.72
43	JAIDEEP, 197	197	SIRSA		1:17.00

44	NITIN KUMAR, 212	212	MAHENDERGARGH		1:22.53
	ANSHUL SINGH NOONIA, 192	192	HISAR		DNS
	SAHIL, 225	225	JIND		DNS
	PARAS, 213	213	JIND		DNS
	NAV SHARMA, 209	209	JIND		DNS
	KULDEEP, 201	201	FATEHABAD		DNS
	JONY, 200	200	FATEHABAD		DNS
	SUMIT KUMAR SHEORAN, 231	231	BHIWANI		DNS
	ARUN, 193	193	BHIWANI		DNS
	SANJAY DAHIYA, 227	227	FATEHABAD		DNS
	SAHIL SINGH, 226	226	BHIWANI		DNS
	VISHAL, 613	613	HISAR		DNS
	AMIT, 610	610	KARNAL		DNF
	RAKESH, 219	219	MAHENDERGARGH		DNS
	RAJESH KUMAR, 218	218	BHIWANI		DNS
	Event # 4 MENS 800m				
	Final				
1	PRINCE, 290	290	JHAJJAR		1:54.69
2	HITESH, 275	275	HISAR		1:55.69
3	ISLAMUDDIN, 276	276	MEWAT		1:55.74
4	AMIT KUMAR, 269	269	REWARI		1:55.79
5	NEERAJ, 285	285	SONIPAT		1:58.34
6	NITESH, 287	287	SONIPAT		1:58.71
7	NAITIK MUDGAL, 282	282	SONIPAT		1:59.80
8	NITIN KUMAR, 288	288	JHAJJAR		2:00.04
9	SAMEER, 295	295	SONIPAT		2:00.08
10	GAURAV, 272	272	SONIPAT		2:02.85
11	UTTAM, 301	301	SONIPAT		2:04.62
12	SAKSHAM, 294	294	ROHTAK		2:05.32
13	NARSINGH, 283	283	PALWAL		2:06.77
14	KAPIL, 278	278	SONIPAT		2:06.93
15	NEERAJ, 286	286	ROHTAK		2:06.94
16	KARMBIR, 279	279	HISAR		2:07.21
17	HARISH, 273	273	PANIPAT		2:07.53
18	PARDEEP KUMAR, 289	289	FATEHABAD		2:27.47
19	VAKIL, 302	302	FATEHABAD		2:42.32
20	RAJBEER KUMAR, 291	291	FATEHABAD		2:45.95
21	SOMIT, 296	296	HISAR		2:48.37
22	RAMPARKASH, 293	293	PALWAL		2:48.53
	Event # 5 MENS 1500m				
	Final				
1	SANKET, 122	122	JHAJJAR		3:59.14
2	NAVDEEP, 111	111	JIND		3:59.41
3	AKSHAY RATHEE, 99	99	ROHTAK		3:59.75
4	DEEPAK, 629	629	HISAR		4:00.09
5	VISHAL, 127	127	BHIWANI		4:01.91
6	ISLAMUDDIN, 105	105	MEWAT		4:04.19
7	KRISHAN, 631	631	JHAJJAR		4:06.78
8	HARSH KUMAR, 101	101	GURUGRAM		4:06.92
9	BILLU, 100	100	JIND		4:13.82
10	ANKIT, 633	633	HISAR		4:14.22
11	HIMANSHU, 102	102	PANIPAT		4:16.76
12	RAVI, 118	118	PANIPAT		4:19.49
13	TANISK BHARDWAJ, 126	126	PALWAL		4:37.15
14	LALIT KUMAR, 109	109	HISAR		4:52.90
15	RAKESH KUMAR, 117	117	HISAR		5:12.44
16	KARAMVEER SINGH, 107	107	FATEHABAD		5:16.94
17	RAKESH KUMAR, 116	116	HISAR		5:17.94
18	RAGHU NATH, 114	114	SONIPAT		5:19.05
19	MUKESH KUMAR, 110	110	KARNAL		5:22.75
20	ROHIT, 120	120	KARNAL		5:23.68
21	SANGAM, 121	121	KARNAL		5:28.84
22	DEEPENDER, 628	628	GURUGRAM		5:41.06
23	SUKHVEER SINGH, 125	125	FATEHABAD		6:25.76

Event # 6 MENS 5000m					
Final					
1	DHARAMBIR HOODA, 642	642	AMBALA		15:01.47
2	NITIN, 250	250	JHAJJAR		15:02.77
3	AASHISH, 240	240	HISAR		15:03.98
4	SAURABH SINGH, 259	259	CHARKI DADRI		15:09.61
5	SURENDER, 265	265	JIND		15:12.00
6	VISHAL, 638	638	BHIWANI		15:24.94
7	SOMNATH, 639	639	HISAR		15:51.99
8	ANKIT ANKIT, 246	246	ROHTAK		15:52.24
9	ROHAN, 256	256	SONIPAT		17:08.87
10	SHARVAN KUMAR, 260	260	HISAR		17:58.22
11	SHUBHAM, 262	262	FATEHABAD		19:57.11
12	SUNIL KUMAR, 264	264	HISAR		19:57.49
13	SAHIL, 257	257	HISAR		20:28.01
14	AMIT, 242	242	CHARKI DADRI		20:43.68
15	AMIT SHARMA, 637	637	HISAR		21:21.06
16	RAGHU NATH, 253	253	SONIPAT		21:24.19
17	SAHIL CHAUHAN, 258	258	MAHENDERGARGH		21:32.31
18	PUNIT YADAV, 252	252	MAHENDERGARGH		21:35.16
19	MUNEET DAHIYA, 249	249	SONIPAT		22:13.22
20	AMIT, 243	243	FATEHABAD		22:25.44
Event # 7 MENS 10000m					
Final					
1	ASHU RANA, 4	4	SONIPAT		30:36.31
2	RAHUL, 9	9	JHAJJAR		30:37.11
3	VISHAL, 18	18	BHIWANI		30:37.35
4	NITIN, 7	7	JHAJJAR		30:40.69
5	MOHIT PANNU, 6	6	KARNAL		31:17.77
6	GOURAV, 5	5	ROHTAK		31:23.93
7	ANKIT, 3	3	JHAJJAR		31:43.19
8	PRITAM KUMAR, 8	8	MAHENDERGARGH		32:51.14
9	SURESH KUMAR, 17	17	HISAR		33:02.64
10	YOGESH, 19	19	HISAR		34:24.60
11	SOMIT, 14	14	HISAR		38:04.74
12	SRIKANT, 15	15	HISAR		39:59.96
13	SHARVAN KUMAR, 13	13	HISAR		42:09.89
14	RINKU, 10	10	PANIPAT		45:25.71
Event # 8 MENS 3000m Steeplechase					
Final					
1	BHIM MAAN, 178	178	CHARKI DADRI		9:21.89
2	NISHANT, 182	182	HISAR		9:32.57
3	VIKASH, 185	185	HISAR		9:33.71
4	HEMANT, 179	179	MAHENDERGARGH		9:51.41
5	MANISH SHARMA, 180	180	JIND		9:55.04
6	ROHIT, 184	184	FATEHABAD		10:09.31
7	YASH DAGAR, 635	635	JHAJJAR		10:42.00
8	VIJETA, 504	504	KARNAL		12:10.36
9	AMAN KUMAR, 176	176	MAHENDERGARGH		12:43.56
10	ANKIT, 177	177	HISAR		13:31.09
11	ASTHA, 501	501	SONIPAT		13:57.79
12	PRANKUL, 503	503	FATEHABAD		16:28.08
Event # 9 MENS 110m Hurdles					
Final					
1	SONU, 98	98	HISAR		15.28
2	JAI PARKASH, 93	93	HISAR		15.66
3	SANJAY, 97	97	HISAR		15.69
4	ROBIN, 621	621	HISAR		15.87
5	AJAY, 92	92	HISAR		16.19
6	KAMAL, 94	94	JIND		16.31
7	RAVI, 96	96	JHAJJAR		16.85
	PAWAN, 95	95	MAHENDERGARGH		DNS

Event # 10 MENS 400m Hurdles					
Final					
1	JASHAN SINGH DUHAN, 657	657	PANCHKULA		54.69
2	SUBHAM, 238	238	BHIWANI		55.67
3	AMIT, 233	233	JIND		57.65
4	DEEPAK, 234	234	JHAJJAR		58.20
5	SATISH, 237	237	HISAR		58.65
6	NAKUL, 235	235	HISAR		59.99
7	ARJUN, 661	661	HISAR		1:15.42
Event # 11 MENS High Jump					
Final					
1	SHIV BHAGWAN, 370	370	BHIWANI		2.05m
2	LUCKY, 360	360	MAHENDERGARGH		1.93m
3	NAVEEN, 361	361	BHIWANI		1.93m
4	BIJENDER KUMAR, 357	357	BHIWANI		1.93m
5	AKASH, 355	355	BHIWANI		1.90m
6	SAKSHAM, 368	368	JIND		1.80m
7	JATIN DHANKHAR, 358	358	MAHENDERGARGH		1.70m
8	RAHUL, 363	363	HISAR		1.65m
9	SANYOG, 369	369	HISAR		1.65m
	RAJIV KUMAR, 364	364	FATEHABAD		DNS
	RAVI, 365	365	MAHENDERGARGH		NM
	SAHIL KUMAR, 366	366	MAHENDERGARGH		NM
	JONI, 359	359	BHIWANI		DNS
	SAHIL YADAV, 367	367	MAHENDERGARGH		NM
	AMANDEEP, 356	356	FATEHABAD		NM
	RAHUL, 362	362	HISAR		NM
Event # 12 MENS Pole Vault					
Final					
1	UTTAM, 410	410	BHIWANI		4.50m
2	NITIN, 408	408	BHIWANI		4.40m
3	SACHIN, 409	409	HISAR		4.30m
Event # 13 MENS Long Jump					
Final					
1	AVINASH KUMAR, 390	390	REWARI		7.43m
2	RAVINDER KUMAR, 399	399	HISAR		7.03m
3	CHHOTU, 391	391	JHAJJAR		6.86m
4	DINESH TANWAR, 393	393	REWARI		6.56m
5	NARENDER, 398	398	BHIWANI		6.35m
6	SIKANDER, 402	402	BHIWANI		6.14m
7	DEEPAK, 392	392	MAHENDERGARGH		6.07m
8	ABHISHEK SHARMA, 647	647	MAHENDERGARGH		5.98m
9	SAHIL YADAV, 401	401	MAHENDERGARGH		5.05m
Event # 14 MENS Triple Jump					
Final					
1	TARUN CHAUHAN, 442	442	BHIWANI		14.52m
2	TANUJ MANN, 441	441	FARIDABAD		14.14m
3	SIKANDER, 440	440	BHIWANI		14.13m
4	VIJAY, 443	443	HISAR		13.80m
5	RAHUL, 439	439	HISAR		12.23m
Event # 15 MENS Discus Throw					
Final					
1	ANIL KUMAR, 316	316	KARNAL		52.20m
2	SAHIL CHECHI, 328	328	JIND		51.95m
3	ABHIMANYU, 312	312	JIND		51.30m
4	PRINCE, 324	324	PANIPAT		50.24m
5	AMIT KUMAR, 315	315	JHAJJAR		50.15m
6	AJAY KUMAR, 314	314	BHIWANI		50.14m
7	SAHIL DESWAL, 329	329	JIND		49.50m
8	PRATEEK MAAN, 323	323	SONIPAT		48.90m
9	UJJAWAL CHOUDHARY, 335	335	HISAR		48.45m
10	SUMIT, 331	331	BHIWANI		45.50m
11	SUMIT, 330	330	BHIWANI		44.98m

12	RAMAN, 325	325	BHIWANI	44.71m
13	TANISHQ, 333	333	FATEHABAD	44.19m
14	SUNNY DHAKA, 332	332	ROHTAK	43.90m
15	NISHAN, 322	322	PANCHKULA	43.27m
16	SAHIL, 327	327	JHAJJAR	43.10m
17	DEEPAK KUMAR, 317	317	HISAR	42.18m
18	DIVYANSH TYAGI, 318	318	FARIDABAD	42.17m
Event # 16 MENS Hammer Throw				
Final				
1	DUPINDER SINGH, 343	343	FATEHABAD	58.49m
2	CHAND HOODA, 342	342	JIND	57.71m
3	HIMANSHU, 345	345	ROHTAK	55.62m
4	GAURAV, 344	344	SONIPAT	54.74m
5	NIRBHAY, 348	348	JHAJJAR	54.54m
6	HUNNY, 346	346	BHIWANI	54.17m
7	AMIT PUNDIR, 339	339	YAMUNANAGAR	54.05m
8	VIKRAM SINGH, 353	353	JHAJJAR	51.53m
9	VINAY, 354	354	JHAJJAR	44.54m
10	ARSHDEEP SINGH, 340	340	FATEHABAD	40.70m
11	VARUN KADYAN, 352	352	JHAJJAR	38.37m
12	PARDEEP KUMAR, 349	349	HISAR	15.10m
	AVTAR SINGH, 341	341	KARNAL	DNS
	MANJEET SINGH, 347	347	HISAR	DNS
	ROHIT RAWAT, 350	350	PALWAL	NM
	AJAY, 338	338	HISAR	DNS
	SUNNY, 351	351	MEWAT	DNS
Event # 17 MENS Javelin Throw				
Final				
1	SAGAR, 384	384	FATEHABAD	70.21m
2	SUJIT, 385	385	JHAJJAR	67.99m
3	ANKIT MALIK, 374	374	PANCHKULA	66.14m
4	YOGESH KUMAR, 388	388	MAHENDERGARGH	65.70m
5	YUVRAJ CHOPRA, 389	389	PANIPAT	59.96m
6	NASIB, 379	379	JHAJJAR	57.76m
7	TUSHAR, 622	622	HISAR	56.40m
	PRINCE, 381	381	KARNAL	NM
	YASHRAJ, 387	387	FARIDABAD	DNS
	SUMIT, 386	386	HISAR	NM
	RONAK, 383	383	BHIWANI	NM
	ARYAN SHRIWAL, 376	376	SONIPAT	NM
	RAMMEHAR, 382	382	HISAR	DNS
	NISHANT DAHIYA, 380	380	SONIPAT	DNS
	CHETAN, 377	377	JHAJJAR	NM
	ARYAN, 375	375	KARNAL	NM
	ANKIT, 373	373	FATEHABAD	DQ
	AJAY KUMAR, 372	372	FATEHABAD	NM
	DEEPAK, 378	378	SONIPAT	NM
	AJAY, 371	371	HISAR	NM
Event # 18 MENS Shot Put				
Final				
1	SANYAM, 430	430	ROHTAK	18.72m
2	ATUL, 414	414	CHARKI DADRI	17.19m
3	CHETAN KAPOOR, 415	415	FARIDABAD	17.11m
4	HARRY, 420	420	JHAJJAR	16.92m
5	AMIT, 624	624	SONIPAT	15.96m
6	ARJUN, 413	413	KURUKSHETRA	15.73m
7	ROHIT ANTIL, 428	428	SONIPAT	15.47m
8	MUKHTYAR SINGH, 426	426	FATEHABAD	15.33m
9	ANSHDEEP RAWAT, 412	412	FARIDABAD	14.07m
10	VIKAS, 433	433	FARIDABAD	12.84m
11	GOURAV CHECHI, 419	419	JIND	12.82m
12	LAKSHAY, 422	422	KAITHAL	12.80m
13	LAKSH, 626	626	PANIPAT	10.50m
14	MANOJ, 424	424	PALWAL	9.88m
15	MAYANK YADAV, 425	425	MAHENDERGARGH	8.90m

16	VIJAY SINGH, 432	432	SIRSA	8.00m
17	PAWAN, 427	427	HISAR	7.50m
18	SURJEET, 431	431	ROHTAK	7.15m
19	KAPIL, 421	421	HISAR	7.05m
20	DEEPAK, 416	416	HISAR	6.12m
	DEVANSHU SIHAG, 418	418	SIRSA	DNS
	AMAN, 411	411	PALWAL	DNS
	LOVEJEET, 423	423	JHAJJAR	DNS
	DEVANSH TOMAR, 417	417	BHIWANI	DNS
Event # 45 MENS Decathlon				
Final				
1	ROHIT KUMAR, 310	310	FATEHABAD	5894 Pts
2	AKASH SINGH, 305	305	ROHTAK	5402 Pts
3	ABHISHEK, 304	304	FATEHABAD	5134 Pts
4	HIMANSHU, 307	307	ROHTAK	3097 Pts
Event # 23 WOMENS 100m				
Final				
1	USHA, 469	469	SONIPAT	12.12
2	ANSHU, 454	454	SONIPAT	12.26
3	ISHA JAKHAR, 457	457	HISAR	12.74
4	AAYUSHI PAL, 452	452	KURUKSHETRA	12.96
5	SHUBHAM, 466	466	JIND	13.01
6	TULSI, 468	468	JIND	13.03
7	KAMNA, 459	459	FATEHABAD	13.28
8	PRIYANKA, 463	463	BHIWANI	13.33
Heats				
1	USHA, 469	469	SONIPAT	12.28
2	ANSHU, 454	454	SONIPAT	12.58
3	ISHA JAKHAR, 457	457	HISAR	12.76
4	AAYUSHI PAL, 452	452	KURUKSHETRA	12.87
5	SHUBHAM, 466	466	JIND	13.04
6	TULSI, 468	468	JIND	13.05
7	PRIYANKA, 463	463	BHIWANI	13.45
8	KAMNA, 459	459	FATEHABAD	13.46
9	SUNITA, 467	467	PANIPAT	13.69
10	PRIYANKA, 461	461	HISAR	15.51
11	SANJU KUMARI, 464	464	MAHENDERGARGH	17.25
12	PRIYANKA, 462	462	HISAR	17.55
13	KAJAL, 458	458	SIRSA	17.74
14	ANTIM KUMARI, 455	455	JHAJJAR	25.75
15	BHAGAY SHRI, 456	456	ROHTAK	28.12
	SHOT PUT, 465	465	HISAR	DNS
	POOJA, 460	460	KARNAL	DNS
	ANKITA, 453	453	KARNAL	DNS
Event # 24 WOMENS 200m				
Final				
1	MEENA, 495	495	FATEHABAD	26.90
2	HEENA, 491	491	HISAR	27.40
3	ANJU, 489	489	HISAR	27.59
4	PRIYA, 499	499	HISAR	27.65
5	SUNITA, 500	500	PANIPAT	28.66
Heats				
1	MEENA, 495	495	FATEHABAD	27.41
2	HEENA, 491	491	HISAR	27.80
3	PRIYA, 499	499	HISAR	27.89
4	ANJU, 489	489	HISAR	27.92
5	SUNITA, 500	500	PANIPAT	28.54
6	MANISHA, 494	494	FATEHABAD	35.92
7	PAYAL, 496	496	MAHENDERGARGH	40.16
8	ANKU YADAV, 490	490	MAHENDERGARGH	47.61
9	POOJA, 497	497	KARNAL	52.04
	ISHA JAKHAR, 492	492	HISAR	DNS
	PRACHI SHARMA, 498	498	FARIDABAD	DNS
	KARUNA, 493	493	FARIDABAD	DNS

Event # 25 WOMENS 400m					
Final					
1	PRACHI SHARMA, 510	510	FARIDABAD		59.26
2	NEHA, 611	611	JIND		59.67
3	GARIMA, 506	506	JIND		59.81
4	PRIYA, 612	612	HISAR		1:04.77
5	NISHA, 509	509	FATEHABAD		1:11.84
	NISHA, 508	508	HISAR		DNF
	SHARMILA, 511	511	HISAR		DNF
Event # 26 WOMENS 800m					
Final					
1	CHHOTI DEVI, 531	531	HISAR		2:11.78
2	AARTI, 529	529	JIND		2:18.00
3	ANJU, 530	530	BHIWANI		2:22.46
4	RAKHI, 537	537	GURUGRAM		2:26.04
5	HARMAN, 532	532	SIRSA		2:37.82
6	AADITI, 528	528	MAHENDERGARGH		2:53.63
7	SARITA, 539	539	BHIWANI		3:03.89
8	JIVIKA, 533	533	SIRSA		3:04.76
9	KOMAL, 534	534	PALWAL		3:18.49
10	PRITI DEVI, 536	536	HISAR		3:25.33
11	TAMMANA, 540	540	HISAR		3:39.09
	RUCHIKA KUMARI, 538	538	BHIWANI		DNS
Event # 27 WOMENS 1500m					
Final					
1	PRAGATI, 483	483	CHARKI DADRI		4:56.63
2	ANITA, 478	478	HISAR		4:58.70
3	SIMRAN, 485	485	KARNAL		5:04.08
4	REKHA, 484	484	PANIPAT		5:04.94
5	PARUL, 482	482	FATEHABAD		5:26.33
6	VIPAL, 488	488	HISAR		5:27.57
7	NISHA, 481	481	HISAR		5:30.41
8	DISHA, 480	480	JHAJJAR		6:14.16
9	ANU, 479	479	BHIWANI		7:31.64
Event # 28 WOMENS 5000m					
Final					
1	KAVITA, 523	523	HISAR		17:44.83
2	DURGA, 521	521	HISAR		18:00.27
3	SAVITA, 526	526	SIRSA		19:00.04
Event # 29 WOMENS 10000m					
Final					
1	ANJALI DEVI, 444	444	KURUKSHETRA		34:25.37
2	KAVITA, 447	447	HISAR		36:10.98
3	ANNU, 446	446	FATEHABAD		40:38.51
4	ROHINI GAUR, 450	450	FARIDABAD		40:38.90
5	SAKINA, 451	451	HISAR		51:59.09
Event # 30 WOMENS 3000m Steeplechase					
Final					
1	DURGA, 634	634	HISAR		11:32.94
2	VIJETA, 504	504	KARNAL		12:03.54
3	ASTHA, 501	501	SONIPAT		13:50.83
4	PRANKUL, 503	503	FATEHABAD		16:21.32
Event # 31 WOMENS 100m Hurdles					
Final					
1	KOMAL, 472	472	HISAR		15.32
2	MONIKA, 473	473	CHARKI DADRI		15.45
3	SONIKA, 476	476	BHIWANI		16.58
4	KHUSHBU, 471	471	HISAR		16.90
5	RITU RANI, 474	474	SIRSA		23.76
	KAJAL, 470	470	MAHENDERGARGH		DNS
	SAKSHI, 475	475	HISAR		DNF

Event # 32 WOMENS 400m Hurdles					
Final					
1	MONIKA, 514	514	CHARKI DADRI		1:06.92
2	MUSKAN, 515	515	JHAJJAR		1:06.93
3	KHUSHBU, 513	513	HISAR		1:09.45
4	POONAM, 517	517	HISAR		1:09.85
5	SAKSHI, 518	518	HISAR		1:20.17
6	SAKSHI, 519	519	HISAR		1:26.11
7	KHUSHBU, 656	656	HISAR		1:29.57
Event # 33 WOMENS High Jump					
Final					
1	JONIKA PAHAL, 558	558	CHARKI DADRI		1.60m
2	NISHA YADAV, 652	652	GURUGRAM		1.55m
3	PUSHPA, 559	559	FATEHABAD		1.45m
4	SARLA, 560	560	HISAR		1.40m
5	SIMRAN SHEORAN, 659	659	BHIWANI		1.30m
6	ANJALI, 660	660	HISAR		1.25m
Event # 34 WOMENS Pole Vault					
Final					
1	VANSHIKA GHANGHAS, 576	576	BHIWANI		4.00m
2	RAJNI, 575	575	BHIWANI		3.90m
3	JYOTI, 574	574	SONIPAT		3.50m
Event # 35 WOMENS Long Jump					
Final					
1	ANMOL, 566	566	FATEHABAD		5.51m
2	NISHA YADAV, 571	571	GURUGRAM		5.15m
3	NIKITA, 570	570	CHARKI DADRI		4.83m
4	RINKU, 573	573	HISAR		4.43m
5	PREETI, 572	572	FATEHABAD		4.34m
6	MONIKA, 568	568	HISAR		4.18m
7	PUSHPA, 648	648	HISAR		4.14m
8	NEELAM, 569	569	MAHENDERGARGH		3.77m
9	EKTA, 567	567	MAHENDERGARGH		3.38m
Event # 36 WOMENS Triple Jump					
Final					
1	MONIKA, 588	588	FATEHABAD		12.37m
2	ANMOL, 584	584	FATEHABAD		11.66m
3	ANKITA CHAUDHARY, 583	583	PANIPAT		11.62m
4	TANNU YADAV, 589	589	PANIPAT		10.39m
5	DEEPIKA, 585	585	PANIPAT		10.21m
	MONIKA, 586	586	HISAR		NM
	MONIKA, 587	587	HISAR		NM
Event # 37 WOMENS Discus Throw					
Final					
1	PRIYA, 547	547	BHIWANI		46.62m
2	NEHA JAGLAN, 545	545	PANIPAT		45.32m
3	PALAK, 546	546	BHIWANI		39.21m
4	BHUMIKA, 543	543	KURUKSHETRA		34.55m
5	AARTI, 541	541	HISAR		30.14m
6	ANJU, 542	542	HISAR		23.80m
	GRIMA, 544	544	JHAJJAR		DNS
Event # 38 WOMENS Hammer Throw					
Final					
1	POONAM JAKHAR, 551	551	JHAJJAR		53.12m
2	SHIWANI SHARMA, 554	554	JHAJJAR		45.35m
3	MEENU, 549	549	JHAJJAR		44.45m
4	RINKU, 552	552	FATEHABAD		41.69m
5	KOMAL, 655	655	JHAJJAR		40.00m
6	PARUL, 550	550	JIND		39.84m
7	SIMRAN KAUR, 649	649	SIRSA		34.88m

Event # 39 WOMENS Javelin Throw					
Final					
1	POONAM, 564	564	FATEHABAD		49.61m
2	BHAVYA PILANIA, 562	562	FATEHABAD		45.56m
3	BHATERI, 561	561	FATEHABAD		40.15m
4	SEEMA, 565	565	BHIWANI		37.71m
	BHAWANA, 563	563	BHIWANI		DNS
Event # 40 WOMENS Shot Put					
Final					
1	MONIKA, 581	581	FARIDABAD		12.38m
2	KIRTI, 604	604	KAITHAL		11.83m
3	BABLI, 577	577	ROHTAK		11.01m
4	KHUSBOO, 578	578	ROHTAK		10.62m
5	DIVYA SINGH, 607	607	AMBALA		10.10m
6	MANISHA, 580	580	ROHTAK		8.56m
7	SWATI, 582	582	HISAR		8.44m
8	KOMAL, 579	579	MAHENDERGARGH		5.01m
Event # 56 WOMENS Heptathlon					
Final					
1	SONIKA, 557	557	BHIWANI		3539 Pts
2	AARTI, 605	605	HISAR		823 Pts
3	PRIYA, 609	609	BHIWANI		744 Pts
	ISHA, 555	555	HISAR		
	MADHU, 556	556	JHAJJAR		