

22nd J&K UT STATE ATHLETICS CHAMPIONSHIP-2024

JAMMU UNIVERSITY 20th TO 21st AUGUST 2024*

Event # 1 BOYS 14&UN 60m

FINAL						
1	SAQIB MUKHTAR, 90	90	MUKHTAR AHMAD DAR	08/06/12	BARAMULA	8.02
2	YUVRAJ SINGH, 555	555	SURJEET SINGH	25/03/12	JAMMU	8.27
3	GURVEER SINGH, 287	287	SATINDER PAL SINGH	01/07/11	JAMMU	8.31
4	ZAKIR MANZOOR, 104	104	MANZOOR AHMAD MIR	20/04/12	BARAMULA	8.33
5	IMRAN AKHTER LONE, 44	44	MOHD AKHTER LONE	06/12/10	BANDIPORE	8.40
6	ANTRIKSH BHAGAT, 216	216	HATISH KUMAR	03/02/11	JAMMU	8.69
7	BURHAN AHMAD BHAT, 148	148	MOHAMMAD MAQBOOL BHA	16/06/12	GANDERBAL	8.70
8	TAWSEEF NAZIR, 94	94	NAZIR AHMAD WANI	18/05/11	BARAMULA	8.75
HEATS						
1	SAQIB MUKHTAR, 90	90	MUKHTAR AHMAD DAR	08/06/12	BARAMULA	8.05
2	ZAKIR MANZOOR, 104	104	MANZOOR AHMAD MIR	20/04/12	BARAMULA	8.44
3	GURVEER SINGH, 287	287	SATINDER PAL SINGH	01/07/11	JAMMU	8.49
4	YUVRAJ SINGH, 555	555	SURJEET SINGH	25/03/12	JAMMU	8.51
5	IMRAN AKHTER LONE, 44	44	MOHD AKHTER LONE	06/12/10	BANDIPORE	8.58
6	ANTRIKSH BHAGAT, 216	216	HATISH KUMAR	03/02/11	JAMMU	8.70
7	TAWSEEF NAZIR, 94	94	NAZIR AHMAD WANI	18/05/11	BARAMULA	8.74
8	BURHAN AHMAD BHAT, 148	148	MOHAMMAD MAQBOOL BHA	16/06/12	GANDERBAL	8.86
9	SOBIT KHAJURIA, 962	962	MUKESH KHAJURIA	15/11/10	RAJORI	8.92
10	SHAIQ IBRAHIEM, 47	47	MUHAMMAD IBRAHIEM GA	24/09/12	BANDIPORE	9.04
11	SUMIT SINGH, 774	774	SURJEET SINGH	31/08/11	KISHWAR	9.05
12	FAISAL SHABIR, 267	267	SHABIR AHMAD LONE	08/07/13	JAMMU	9.06
12	ARPIT KUMAR, 746	746	SATISH KUMAR	01/12/10	KISHWAR	9.06
14	DANISH BASHIR WANI, 811	811	BASHIR AHMAD WANI	01/04/10	KUPWARA	9.12
15	MUSSADIQ HUSSAIN, 363	363	MOHD. LATIF	04/09/11	JAMMU	9.17
16	DUNESH SAINI, 263	263	SINDER SINGH	08/05/11	JAMMU	9.21
17	SHEKH MANAHIL, 469	469	RAJA FAISAL	19/02/12	JAMMU	9.35
18	RAGHAV MANHAS, 1125	1125	GOVIND RAM	28/10/10	UDHAMPUR	9.37
18	SAHIL TABASSUM, 955	955	LAL HUSSAIN	07/08/12	RAJORI	9.37
19	MANIK SHARMA, 332	332	VARUN KUMAR	01/01/11	JAMMU	9.44
20	ADHYAN CHALOTRA, 1029	1029	VARINDER KUMAR	17/08/11	SAMBA	9.45
21	RUDRA PRATAP SINGH, 1059	1059	BALBIR SINGH	02/03/12	SAMBA	9.48
22	SARVESHWAR SINGH, 463	463	JAGJIT SINGH	25/03/11	JAMMU	9.59
23	VINAYAK SINGH CHARAK, 536	536	SUHEL SINGH CHARAK	28/08/12	JAMMU	9.67
24	VANSH CHOUDHARY, 516	516	SURESH KUMAR	30/10/10	JAMMU	9.74
25	1222, 1222	1222			JAMMU	9.86
26	SAHEZPREET SINGH, 441	441	JASBIR SINGH	19/10/11	JAMMU	9.89
26	PRAFUL SABHARWAL, 393	393	LT. SUNIL KUMAR	06/04/12	JAMMU	9.89
28	ROGER NAHAR, 426	426	RAKESH NAHAR	10/08/11	JAMMU	10.12
29	ANIKET MOTTAN, 199	199	SEEMAT MOTTAN	05/05/11	JAMMU	10.15
30	MUNISH, 361	361	VINOD KUMAR	18/03/11	JAMMU	10.25
31	AKHSHAR SHARMA, 187	187	RAJESH KUMAR	07/09/11	JAMMU	10.34
32	SAQIB UL HASSAN, 46	46	GH HASSAN DAR	15/04/13	BANDIPORE	10.43
33	ARNAB KUMAR, 228	228	RAKESH KUMAR	30/08/12	JAMMU	10.63
34	GOVIND SAINI, 279	279	MUKESH KUMAR	27/09/12	JAMMU	10.79
35	1216, 1216	1216			JAMMU	10.82
36	PRANISH PANDAV, 394	394	RAJAN KOLHI	07/07/11	JAMMU	10.96
37	ADITIYA RAINA, 892	892	RAVI SHARMA	08/12/11	RAJORI	10.99
38	ABHINANDAN SINGH, 171	171	SURAM SINGH	12/11/12	JAMMU	11.03
39	SAMVRIT PANDOTRA, 457	457	PANKAJ PANDOTRA	26/02/12	JAMMU	11.43
	RUDRA PRATAP SINGH, 1061	1061	BALBIR SINGH	02/03/12	SAMBA	DNS
	RAJVEER GUPTA, 409	409	AMIT GUPTA	28/12/13	JAMMU	DNS
	MEHPREET SINGH RANDH, 347	347	HARPREET SINGH	22/01/12	JAMMU	DNS
	RUDRA PRATAP SINGH, 1063	1063	BARBIR SINGH	02/03/12	SAMBA	DNS
	KRISHNA PANDOH, 321	321	RAJESH PANDOH	01/08/11	JAMMU	DNS
	NEALESHWAR KHAJURIA, 700	700	CHARANJI RISHI	14/01/11	KATHUA	DNS
	FARZAN HUSSEIN KHAND, 794	794	MOHD HUSSEIN KHANDAY	20/06/12	KULGAM	DNS
	AZIZ UR REHMAN SAGAR, 902	902	TANWIR AHMED	07/05/12	RAJORI	DNS

Event # 3 BOYS 14&UN 600m						
FINAL						
1	ZAKIR MANZOOR, 103	103	MANZOOR AHMAD MIR	20/04/12	BARAMULA	1:38.80
2	MOHD FREED, 931	931	MOHD NADEEM	10/01/12	RAJORI	1:41.43
3	RAHIL MANHAS, 1002	1002	MOHD KHALID	01/08/10	REASI	1:43.94
4	ADISH MANHAS, 123	123	SUNIL SINGH	21/10/08	DODA	1:47.74
5	FARZAN HUSSAIN KHAND, 793	793	MOHD HUSSAIN KHANDAY	20/06/12	KULGAM	1:47.95
6	MOHD ARBAZ, 696	696	MANZOOR AHMED	18/01/07	KATHUA	1:55.48
7	ARPIT KUMAR, 745	745	SATISH KUMAR	01/12/10	KISHWAR	1:55.57
8	SAHITYA UTTAM, 957	957	SATISH CHANDER	09/06/09	RAJORI	2:02.30
9	BANITA KUMARI, 726	726	SUDESH KUMAR	04/12/05	KATHUA	2:05.62
10	SHAIQ IBRAHIEM, 48	48	MUHAMMAD IBRAHIEM GA	24/09/12	BANDIPORE	2:09.39
11	ANSHUMAN KUMAR, 215	215	AJAY MALHOTRA	15/03/11	JAMMU	2:15.86
Event # 4 BOYS 14&UN High Jump						
FINAL						
1	VIKAS GUPTA, 533	533	ASHOK KUMAR GUPTA	10/10/10	JAMMU	1.35m
2	DANISH BASHIR WANI, 810	810	BASHIR AHMAD WANI	01/04/10	KUPWARA	1.30m
3	AJRU KHAN, 185	185	AMJAD KHAN	03/11/11	JAMMU	1.00m
	KRISHNA PANDOH, 322	322	RAJESH PANDOH	01/08/11	JAMMU	DNS
Event # 5 BOYS 14&UN Long Jump						
FINAL						
1	GURVEER SINGH, 288	288	SATINDER PAL SINGH	01/07/11	JAMMU	5.05m
2	VIKAS GUPTA, 532	532	ASHOK KUMAR GUPTA	10/10/10	JAMMU	4.90m
3	SALMAN NAZIR, 796	796	NAZIR AHMAD KUMAR	18/02/11	KULGAM	4.79m
4	RAGHAV MANHAS, 1127	1127	GOVIND RAM	28/10/10	UDHAMPUR	4.71m
5	RAHIL MANHAS, 1003	1003	MOHD KHALID	01/08/10	REASI	4.58m
6	RUDRA PRATAP SINGH, 1060	1060	BALBIR SINGH	02/03/12	SAMBA	4.39m
7	MANIK SHARMA, 331	331	VARUN KUMAR	01/01/24	JAMMU	4.34m
8	YUVRAJ SINGH, 556	556	SURJEET SINGH	25/03/12	JAMMU	4.30m
9	MOHD FREED, 930	930	MOHD NADEEM	10/01/12	RAJORI	4.29m
10	FAISAL SHABIR, 268	268	SHABIR AHMAD LONE	08/07/13	JAMMU	4.25m
11	ADHYAN CHALOTRA, 1030	1030	VARINDER KUMAR	17/08/11	SAMBA	4.19m
12	DUNESH SAINI, 264	264	SINDER SINGH	08/05/11	JAMMU	4.03m
13	MISBA UR REHMAN, 927	927	MUSTAFA SAIFULLAH	01/03/12	RAJORI	3.51m
14	VRISHANK, 552	552	ASHU GUPTA	05/06/11	JAMMU	3.15m
Event # 6 BOYS 14&UN 3Kg Shot Put						
FINAL						
1	SULAIMAN JEELANI, 798	798	BASHEER AHMAD BAJARD	09/07/11	KULGAM	12.00m
2	RAZWAN MUSHTAQ, 421	421	MUSHTAQ AHMED MUSHTA	15/05/11	JAMMU	11.70m
3	SUAKSH KUNDAL, 481	481	PARSHOTAM LAL	01/01/11	JAMMU	9.40m
4	GURPREET SINGH, 284	284	GURDEEP SINGH	26/01/11	JAMMU	9.25m
Event # 8 BOYS 16&UN 100m						
FINAL						
1	PARTAP SINGH, 944	944	RAGHUBIR SINGH	10/01/09	RAJORI	11.68
2	GOURAV ROY, 997	997	GOVIND ROY	25/03/09	REASI	12.05
3	ASHMEET ANGRAL, 235	235	PREM ANGRAL	27/10/09	JAMMU	12.15
4	ANUBHAV ANGRAL, 218	218	PAWAN KUMAR	08/07/09	JAMMU	12.22
5	MOMIN MIRZA, 357	357	IFTAKHAR HUSSAIN MIR	25/03/10	JAMMU	12.28
6	TOYIAB SHAD, 509	509	MOHD IRSHAD WANI	22/02/09	JAMMU	12.30
7	MUKUND KATAL, 1048	1048	SAMPURAN SINGH	23/12/09	SAMBA	12.33
8	MOHD SHOAB KHAN, 354	354	NAYAMAT ULLAH KHAN	21/01/10	JAMMU	12.65
HEATS						
1	PARTAP SINGH, 944	944	RAGHUBIR SINGH	10/01/09	RAJORI	11.72
2	GOURAV ROY, 997	997	GOVIND ROY	25/03/09	REASI	11.95
3	ANUBHAV ANGRAL, 218	218	PAWAN KUMAR	08/07/09	JAMMU	11.99
4	ASHMEET ANGRAL, 235	235	PREM ANGRAL	27/10/09	JAMMU	12.00
5	MOMIN MIRZA, 357	357	IFTAKHAR HUSSAIN MIR	25/03/10	JAMMU	12.21
6	MUKUND KATAL, 1048	1048	SAMPURAN SINGH	23/12/09	SAMBA	12.26
7	MOHD SHOAB KHAN, 354	354	NAYAMAT ULLAH KHAN	21/01/10	JAMMU	12.30
8	TOYIAB SHAD, 509	509	MOHD IRSHAD WANI	22/02/09	JAMMU	12.45
9	AAKASH KUMAR, 1259	1259			JAMMU	12.62
10	YUVRAJ SINGH, 1149	1149	MAKHAN SINGH	17/01/09	UDHAMPUR	12.78
11	MOHMMAD SUHAIB SHAH, 77	77	FIDA HUSSAIN SHAH	03/03/09	BARAMULA	12.84
11	VINOD KUMAR, 142	142	TERETH RAM	05/01/07	DODA	12.93

12	NAMAN THAPPA, 368	368	PREM PAUL	26/11/08	JAMMU	12.93
14	MUSTAFEED MALIK, 364	364	RAZWAN MALIK	05/07/09	JAMMU	12.96
15	JATIN SINGH CHARAK, 1042	1042	PRITAM SINGH	04/08/08	SAMBA	13.15
16	AYUSH SHARMA, 243	243	MADAN LAL	16/02/10	JAMMU	13.20
17	NEERAJ SINGH, 753	753	MOHINDER SINGH	25/09/10	KISHWAR	13.28
18	AADIL KHOKHER, 160	160	AMRIT KUMAR	12/09/08	JAMMU	13.54
19	MUZAMIL AHMAD PADDY, 14	14	REYAZ AHMAD PADDY	25/04/11	ANANTNAG	13.74
20	VANSH CHOUDHARY, 519	519	SURESH KUMAR	30/10/10	JAMMU	13.88
21	PRATYAKSH SINGH, 756	756	ANJEET SINGH	31/03/10	KISHWAR	13.90
22	MOHAN SINGH, 695	695	SUBASH CHANDER	06/12/08	KATHUA	13.92
23	PARKASH CHANDER, 387	387	PRITAM CHAND	21/01/09	JAMMU	14.06
24	SAJJAD HUSSAIN, 959	959	TALIB HUSSAIN	03/02/10	RAJORI	14.08
25	HUZAIF AEJAZ PADDY, 7	7	AEJAZ AHMAD PADER	14/07/12	ANANTNAG	14.45
26	SARFRAZ AHMED, 882	882	MOHD IQBAL	09/04/09	POONCH	14.48
27	MOHD SHIRAZ AMIN, 868	868	MOHD AMIN	16/03/09	POONCH	14.79
27	GURJOT SINGH, 849	849	TARLOCHAN SINGH	02/09/09	POONCH	14.88
28	VARUN CHOUDHARY, 522	522	SUBASH CHANDER	03/09/09	JAMMU	14.88
30	SUJAL SINGH CHIB, 485	485	RAJINDER SINGH	08/01/09	JAMMU	14.91
31	SIMRANJEET SINGH, 477	477	RANJEET SINGH	01/02/10	JAMMU	15.00
32	GOURAV CHOUDHARY, 276	276	PAWAN KUMAR	25/11/09	JAMMU	15.12
33	RITAK KUMAR, 953	953	MADAN LAL	12/03/09	RAJORI	15.14
34	MANJOT SINGH, 335	335	MALVINDER SINGH	14/04/10	JAMMU	15.41
35	VEERAJ KESAR, 972	972	RAJ KUMAR	22/02/09	RAJORI	15.85
36	MOHD ZAFFAR, 940	940	MOHD YOUSAF	06/03/10	RAJORI	16.24
37	ANIKET SONI, 200	200	ANUJ SONI	12/08/10	JAMMU	16.28
38	HARSH CHOUDHARY, 291	291	SUKHDEV	11/06/10	JAMMU	17.14
Event # 10 BOYS 16&UN 300m						
FINAL						
1	PARTAP SINGH, 945	945	RAGHUBIR SINGH	10/01/09	RAJORI	37.41
2	ANUBHAV ANGRAL, 219	219	PAWAN KUMAR	08/07/09	JAMMU	37.99
3	MOMIN MIRZA, 356	356	IFTAKHAR HUSSAIN MIR	25/03/10	JAMMU	38.39
4	ASHMEET ANGRAL, 236	236	PREM ANGRAL	27/10/09	JAMMU	38.82
5	GOURAV ROY, 998	998	GOVIND ROY	25/03/09	REASI	39.34
6	TOYIAB SHAD, 510	510	MOHD IRSHAD WANI	22/02/09	JAMMU	40.20
7	MUKUND KATAL, 1050	1050	SAMPURAN SINGH	23/12/09	SAMBA	40.64
8	1163, 1163	1163			JAMMU	42.42
HEATS						
1	ANUBHAV ANGRAL, 219	219	PAWAN KUMAR	08/07/09	JAMMU	39.73
2	MOMIN MIRZA, 356	356	IFTAKHAR HUSSAIN MIR	25/03/10	JAMMU	39.06
3	GOURAV ROY, 998	998	GOVIND ROY	25/03/09	REASI	39.22
4	ANUBHAV ANGRAL, 219	219	PAWAN KUMAR	08/07/09	JAMMU	39.73
5	MUKUND KATAL, 1050	1050	SAMPURAN SINGH	23/12/09	SAMBA	41.17
6	ASHMEET ANGRAL, 236	236	PREM ANGRAL	27/10/09	JAMMU	41.22
7	TOYIAB SHAD, 510	510	MOHD IRSHAD WANI	22/02/09	JAMMU	41.86
8	1163, 1163	1163			JAMMU	42.05
9	YUVRAJ SINGH, 1148	1148	MAKHAN SINGH	17/01/09	UDHAMPUR	43.08
10	DANISH FIRDOS, 1078	1078	FIRDOS AHMAD WANI	10/02/09	SHOPIAN	43.23
11	SHOIEB YOUNIS, 885	885	MOHD YOUNIS	30/10/10	POONCH	43.77
12	VANSH CHOUDHARY, 518	518	SURESH KUMAR	30/10/10	JAMMU	44.27
13	JAGANDEEP SINGH, 301	301	AMKAR SINGH	18/02/10	JAMMU	47.38
14	ADIL AHMED KHAN, 846	846	NASAR AHMED KHAN	06/05/09	POONCH	47.79
15	1251, 1251	1251			JAMMU	47.81
16	UMMAR GULL, 969	969	MOHD SHAFI	31/03/09	RAJORI	48.59
17	ANKIT SAINI, 202	202	JOGINDER SINGH	01/06/09	JAMMU	49.50
Event # 13 BOYS 16&UN 2000m						
FINAL						
1	TAWSEEF NAZIR, 95	95	NAZIR AHMAD WANI	18/05/11	BARAMULA	6:44.06
2	ARYAN SHARMA, 996	996	SHADI LAL	20/01/09	REASI	6:44.31
3	HILAL AHMAD GANAIE, 69	69	MOHAMMAD AKBAR GANAI	05/01/10	BARAMULA	6:50.69
4	PARUL KUMAR, 389	389	MANGAL DASS	26/07/09	JAMMU	7:02.35
5	DARSHAN KUMAR, 1232	1232			KATHUA	7:17.68
6	SHAZ ALI MIR, 467	467	MOHD ALYAS	02/03/10	JAMMU	7:20.91
7	ANSHMAN, 213	213	SURJEET KUMAR	25/05/10	JAMMU	7:21.16
8	NADEEM AHMAD LONE, 828	828	MOHAMMAD	07/03/09	KUPWARA	7:34.37

9	ADNAN SHAFI, 56	56	MOHAMMAD SHAFI MALIK	02/02/10	BARAMULA	7:39.82
10	WAQAR AHMAD, 887	887	MOHD FAROOQ	25/09/10	POONCH	7:58.39
11	FARHAD AYOOB GANIE, 815	815	MOHD AYOOB GANIE	04/03/09	KUPWARA	7:58.55
12	SHOIEB YOUNIS, 884	884	MOHD YOUNIS	30/10/10	POONCH	8:07.43
Event # 15 BOYS 16&UN High Jump						
FINAL						
1	MOMIN AFZAL, 1217	1217			JAMMU	1.50m
1	ALOK, 126	126	VIPEN KUMAR	11/02/10	DODA	1.50m
3	MUSTAFEED MALIK, 365	365	RAZWAN MALIK	05/07/09	JAMMU	1.40m
Event # 16 BOYS 16&UN Long Jump						
FINAL						
1	SURAJ KUMAR, 494	494	RAMISHWAR SINGH	12/10/08	JAMMU	5.62m
2	MOOMIN AFZAL BAIG, 358	358	MOHD. AFZAL BAIG	25/05/09	JAMMU	5.55m
3	SAYAM BHARDWAJ, 960	960	SHAM LAL	03/08/08	RAJORI	5.49m
4	ALOK, 125	125	VIPEN KUMAR	11/02/10	DODA	5.47m
5	MUKUND KATAL, 1049	1049	SAMPURAN SINGH	23/12/09	SAMBA	5.38m
6	VISHAL KUMAR, 540	540	BADHUR LAL	28/02/09	JAMMU	5.36m
7	VANSH SARMAL, 520	520	JOGINDER LAL	22/12/09	JAMMU	5.09m
8	FARHAD AYOOB GANIE, 816	816	MOHD AYOOB GANIE	04/03/09	KUPWARA	4.33m
9	HABIB UL RAHMAN, 912	912	ABDUL REHMAN	28/05/10	RAJORI	3.43m
Event # 17 BOYS 16&UN 4Kg Shot Put						
FINAL						
1	KARAN SINGH, 1044	1044	GOVIND SINGH	20/02/08	SAMBA	11.20m
2	VISHAV PRATAP SINGH, 545	545	JAI SINGH CHARAK	20/12/08	JAMMU	11.05m
3	DANISH FIRDOS, 1077	1077	FIRDOS AHMAD WANI	10/02/09	SHOPIAN	10.45m
Event # 18 BOYS 16&UN 1.25Kg Discus Throw						
FINAL						
1	VISHAV PRATAP SINGH, 544	544	JAI SINGH CHARAK	20/12/08	JAMMU	38.92m
2	ABSAR UL ASHRAF BHAT, 3	3	MOHD ASHRAF BHAT	25/01/10	ANANTNAG	29.99m
3	AAKASH KUMAR, 1259	1259			JAMMU	28.25m
4	KRISHNA SAINI, 323	323	BALBIR SINGH	12/11/09	JAMMU	25.95m
5	MOHD SHOAB KHAN, 355	355	NAYAMAT ULLAH KHAN	21/01/10	JAMMU	25.58m
6	PRATYAKSH SINGH, 756	756	ANJEET SINGH	31/03/10	KISHWAR	23.66m
7	ADIL AHMED KHAN, 845	845	NASAR AHMED KHAN	06/05/09	POONCH	19.85m
8	RAQIB AMIN BHAT, 831	831	MOHMMAD AMIN BHAT	03/10/09	KUPWARA	18.71m
Event # 20 BOYS 16&UN 600Gms Javelin Throw						
FINAL						
1	SURAJ KUMAR, 495	495	RAMISHWAR SINGH	12/10/08	JAMMU	44.81m
2	NEHAL AHMED MALIK, 943	943	AJAZ AHMED	03/03/10	RAJORI	44.70m
3	VEERAJ KESAR, 971	971	RAJ KUMAR	22/02/09	RAJORI	39.50m
4	ABSAR UL ASHRAF BHAT, 2	2	MOHD ASHRAF BHAT	25/01/10	ANANTNAG	37.00m
5	ARSALAN MAJEED BHAT, 804	804	ABDUL MAJEED BHAT	03/03/09	KUPWARA	36.86m
6	KRISHNA SAINI, 324	324	BALBIR SINGH	12/11/09	JAMMU	31.70m
7	SURYAVANSH SINGH, 1069	1069	AKESHWAR SINGH	12/10/09	SAMBA	30.15m
8	SADHIL DUBEY, 1066	1066	DR. SUNIL DUBEY	10/11/10	SAMBA	15.15m
Event # 22 BOYS 18&UN 100m						
FINAL						
1	JASKIRIT SINGH, 306	306	RAVINDER SINGH BALI	19/03/08	JAMMU	11.49
2	RAVINDER LAKHOTRA, 419	419	JINDER KUMAR	23/03/07	JAMMU	12.23
3	HIMANSHU PATHAK, 678	678	SATISH KUMAR	14/03/08	KATHUA	12.43
4	ROHIT KUMAR MEHTA, 428	428	RAMESH CHANDER	30/05/07	JAMMU	12.44
5	ANKUSH SHARMA, 208	208	JAGAN NATH	24/09/07	JAMMU	12.65
	SHUVAM KUMAR, 715	715	SAT PAUL	16/02/07	KATHUA	DNS
	VANSH SHARMA, 1146	1146	VISHAL SHARMA	18/07/07	UDHAMPUR	DQ
6	RAJVEER, 407	407	VIJAY KUMAR	20/12/07	JAMMU	13.35
HEATS						
1	JASKIRIT SINGH, 306	306	RAVINDER SINGH BALI	19/03/08	JAMMU	11.36
2	RAVINDER LAKHOTRA, 419	419	JINDER KUMAR	23/03/07	JAMMU	12.12
3	SHUVAM KUMAR, 715	715	SAT PAUL	16/02/07	KATHUA	12.26
4	HIMANSHU PATHAK, 678	678	SATISH KUMAR	14/03/08	KATHUA	12.37
5	ANKUSH SHARMA, 208	208	JAGAN NATH	24/09/07	JAMMU	12.41
6	ROHIT KUMAR MEHTA, 428	428	RAMESH CHANDER	30/05/07	JAMMU	12.43
7	VANSH SHARMA, 1146	1146	VISHAL SHARMA	18/07/07	UDHAMPUR	12.48

8	RAJVEER, 407	407	VIJAY KUMAR	20/12/07	JAMMU	12.75
9	UDIT KUMAR, 512	512	VIJAY KUMAR	04/12/07	JAMMU	12.84
10	MOHD EASA ANIM, 116	116	MOHAMMAD ASLAM ANIM	05/01/08	BUDGAM	12.87
11	AASHRAY VERMA, 165	165	OM PARKASH VERMA	17/10/08	JAMMU	13.08
12	SAKSHAM SHARMA, 453	453	PUSHKAR RAJ SHARMA	05/12/07	JAMMU	13.13
13	SARBJEET SINGH, 459	459	SURAIN SINGH	11/07/07	JAMMU	13.50
14	CHIRANJEEV SINGH, 253	253	KARANJEET SINGH	01/01/07	JAMMU	13.62
15	TANISH SHARMA, 504	504	SOHAN LAL	09/01/08	JAMMU	13.82
16	KANAV KUNAR, 683	683	SUBASH CHANDER	31/01/07	KATHUA	13.90
17	MOHAMMAD SHAYAN, 1093	1093	BASHIR AHMAD DAR	16/05/08	SRINAGAR	13.94
18	ABRAR AHMED, 174	174	JAMIL AHMED	10/09/07	JAMMU	13.98
19	1278, 1278	1278			UDHAMPUR	14.20
20	SUDANSHU SINGH, 483	483	SUBASH SINGH	15/08/07	JAMMU	14.23
21	ISHU CHOUDHARY, 298	298	SWARN SINGH	07/09/07	JAMMU	14.26
22	MANIK SHARMA, 925	925	DARSHAN LAL	27/03/08	RAJORI	14.37
23	AKSHAY KUMAR, 893	893	RAKESH KUMAR	15/02/07	RAJORI	14.39
24	MANINDER SINGH, 333	333	GURDEV SINGH	30/06/08	JAMMU	14.57
25	BILAL AHMED, 903	903	MOHD AZAM	02/11/08	RAJORI	14.66
26	BHANU MANHAS, 248	248	RAKESH SINGH	13/11/07	JAMMU	15.25
	IKHLAQ HASSAN, 818	818	GHULAM HASSAN	27/06/08	KUPWARA	DQ
Event # 24 BOYS 18&UN 200m						
FINAL						
1	JASKIRIT SINGH, 307	307	RAVINDER SINGH BALI	19/03/08	JAMMU	23.22
2	NAZAKAT HUSSAIN, 874	874	GULZAR HUSSAIN	06/04/08	POONCH	24.89
3	RAVINDER LAKHOTRA, 420	420	JINDER KUMAR	23/03/07	JAMMU	25.21
4	ZAHEER CHOUDHARY, 557	557	MAHROOF AHMED	26/01/08	JAMMU	25.22
5	NEEL KAMAL, 1052	1052	MUKHTYAR CHAND	21/10/08	SAMBA	25.80
6	AYUSH KUMAR, 129	129	JASI RAM	26/05/07	DODA	26.49
7	NIKHIL BAITIA, 376	376	SUNIL BAITIA	01/01/08	JAMMU	26.59
	VANSH SHARMA, 1147	1147	VISHAL SHARMA	18/07/07	UDHAMPUR	DNS
HEATS						
1	JASKIRIT SINGH, 307	307	RAVINDER SINGH BALI	19/03/08	JAMMU	23.16
2	NAZAKAT HUSSAIN, 874	874	GULZAR HUSSAIN	06/04/08	POONCH	24.95
3	NEEL KAMAL, 1052	1052	MUKHTYAR CHAND	21/10/08	SAMBA	25.79
4	ZAHEER CHOUDHARY, 557	557	MAHROOF AHMED	26/01/08	JAMMU	25.97
5	RAVINDER LAKHOTRA, 420	420	JINDER KUMAR	23/03/07	JAMMU	26.12
6	VANSH SHARMA, 1147	1147	VISHAL SHARMA	18/07/07	UDHAMPUR	26.56
7	AYUSH KUMAR, 129	129	JASI RAM	26/05/07	DODA	26.81
8	NIKHIL BAITIA, 376	376	SUNIL BAITIA	01/01/08	JAMMU	26.86
9	VIVEK, 549	549	YOGRAJ	15/06/08	JAMMU	26.93
10	PERVAIZ LATEEF, 85	85	LATEEF AHMAD DAR	05/07/08	BARAMULA	27.14
11	AYUSH SHARMA, 245	245	SUNIL KUMAR	11/02/08	JAMMU	27.48
12	RAJVEER, 408	408	VIJAY KUMAR	20/12/07	JAMMU	27.53
13	SAKSHAM SHARMA, 454	454	PUSHKAR RAJ SHARMA	05/12/07	JAMMU	27.73
14	MOHD ARBAZ, 696	696	MANZOOR AHMED	18/01/07	KATHUA	28.52
15	SOHAIL AHMED WANI, 771	771	SHABIR AHMED WANI	01/11/10	KISHWAR	28.58
16	RAGHAV SHARMA, 396	396	PAWAN KUMAR	15/08/08	JAMMU	28.90
17	ISHU CHOUDHARY, 300	300	SWARN SINGH	07/09/07	JAMMU	29.16
18	ISHFAQ AHMAD GAGEE, 73	73	AB. LATIEF GAGEE	10/04/07	BARAMULA	29.63
19	ROHIT KAITH, 427	427	SOHAN LAL	25/08/08	JAMMU	29.82
20	KARAN VEER SINGH, 919	919	RANJEET SINGH	08/02/08	RAJORI	30.32
21	GOURAV KUNDAL, 277	277	RAKESH KUMAR	12/07/07	JAMMU	30.39
22	1177, 1177	1177			JAMMU	30.55
23	KARAN KUMAR, 316	316	SONU KUMAR	28/02/07	JAMMU	30.64
24	IBLAL HUSSAIN, 915	915	TALIB HUSSAIN	15/02/08	RAJORI	30.83
25	GOUTAM SHARMA, 676	676	NARAYAN DUTT	14/02/08	KATHUA	32.24
26	KARPAL SINGH, 920	920	RATTAN SINGH	01/11/08	RAJORI	33.56
27	1171, 1171	1171			JAMMU	34.47
28	UDHBHAV SHARMA, 722	722	SANJEEV KUMAR	09/03/08	KATHUA	35.99
29	FAZIL MAHMOOD, 1080	1080	MAHMOOD AHMAD SHAH	05/05/07	SHOPIAN	39.55
	CHIRANJEEV SINGH, 254	254	KARANJEET SINGH	01/01/07	JAMMU	DNS
	MANIK KUMAR, 689	689	MADAN GOPAL	30/08/08	KATHUA	DNS
	VANIT SHARMA, 1070	1070	MANU RAM	06/01/07	SAMBA	DNS
	ANKUSH SHARMA, 207	207	JAGAN NATH	24/09/07	JAMMU	DNS

	ROHIT KUMAR, 1057	1057	YASH PAUL	25/12/06	SAMBA	DNS
Event # 26 BOYS 18&UN 400m						
FINAL						
1	IKHLAQ HASSAN, 817	817	GHULAM HASSAN	27/06/08	KUPWARA	53.39
2	IFRAZ AHMED, 851	851	MOHD BASHIR	31/03/08	POONCH	54.63
3	NEEL KAMAL, 1051	1051	MUKHTYAR CHAND	21/10/08	SAMBA	54.92
4	NAZARAT HUSSAIN, 877	877	MAQSOOD AHMED	26/03/07	POONCH	58.08
5	SHAKTI CHANDAL, 714	714	BASHAMBER DASS	22/12/07	KATHUA	59.25
6	NISHAD AHMED, 879	879	LAQUIT HUSSAIN	07/09/08	POONCH	1:00.55
	MUTAIB FAYAZ, 13	13	FAYAZ AHMAD KHAN	02/11/04	ANANTNAG	DNS
HEATS						
1	NAZAKAT HUSSAIN, 873	873	GULZAR HUSSAIN	06/04/08	POONCH	54.91
2	IKHLAQ HASSAN, 817	817	GHULAM HASSAN	27/06/08	KUPWARA	57.53
3	NEEL KAMAL, 1051	1051	MUKHTYAR CHAND	21/10/08	SAMBA	57.71
4	AJAY KUMAR, 183	183	YASH PAL	22/07/07	JAMMU	59.21
5	IFRAZ AHMED, 851	851	MOHD BASHIR	31/03/08	POONCH	59.63
6	NAZARAT HUSSAIN, 877	877	MAQSOOD AHMED	26/03/07	POONCH	1:00.82
7	SHAKTI CHANDAL, 714	714	BASHAMBER DASS	22/12/07	KATHUA	1:01.08
8	NISHAD AHMED, 879	879	LAQUIT HUSSAIN	07/09/08	POONCH	1:01.11
9	AYUSH SHARMA, 244	244	SUNIL KUMAR	11/02/08	JAMMU	1:02.63
10	AASHRAY VERMA, 166	166	OM PARKASH VERMA	17/10/08	JAMMU	1:03.09
11	PERVAIZ LATEEF, 86	86	LATEEF AHMAD DAR	05/07/08	BARAMULA	1:03.71
12	RAQUIB YOUSUF, 986	986	MOHD YOUSUF	06/04/07	RAMBAN	1:04.93
13	EKLOVE SHARMA, 265	265	PARSHOTAM LAL SHARMA	12/11/06	JAMMU	1:04.97
14	JOGESH MANJOTRA, 312	312	VINOD KUMAR	12/05/08	JAMMU	1:07.29
15	RAJINDER SINGH, 1129	1129	GANDHRAB SINGH	26/12/08	UDHAMPUR	1:08.32
16	RASHID NASEER BALI, 987	987	NASEER AHMED BALI	29/12/06	RAMBAN	1:08.36
17	ABRAR ALI, 1	1	JUNAID ALI	01/08/07	ANANTNAG	1:11.91
18	AJAY BANS, 656	656	VIJAY KUMAR	10/03/08	KATHUA	1:13.12
19	FIZAN AHMED SOHIL, 984	984	IRSHAD AHMED	03/04/07	RAMBAN	1:15.10
20	SIDHARTH SHARMA, 716	716	SUNEEL DUTT	01/03/07	KATHUA	1:15.21
21	SAMARDEEP SINGH, 455	455	SUKHADEV SINGH	05/09/08	JAMMU	1:16.67
22	GAGAN KUMAR, 674	674	HEM RAJ	27/01/07	KATHUA	1:18.46
23	NAMAN SHARMA, 367	367	VIJAY KUMAR SHARMA	10/07/08	JAMMU	1:23.52
24	WAJID ALI, 554	554	ATIQU UR REHMAN	07/12/08	JAMMU	1:23.62
25	FAIZAN FAYAZ, 792	792	FAYAZ AHMAD WAGAY	02/03/07	KULGAM	1:33.02
Event # 28 BOYS 18&UN 1000m						
FINAL						
1	AJAY, 991	991	SATPAL	13/02/07	REASI	2:59.47
2	NISHAD AHMED, 878	878	LAQUIT HUSSAIN	26/03/07	POONCH	3:02.76
3	WAJID ALI, 553	553	ATIQU UR REHMAN	07/12/08	JAMMU	3:02.82
4	IMRAN AHMED, 854	854	MAQBOOL HUSSAIN	01/04/08	POONCH	3:08.79
5	JOGESH MANJOTRA, 313	313	VINOD KUMAR	12/05/08	JAMMU	3:10.27
Event # 34 BOYS 18&UN High Jump						
FINAL						
1	MANTHAN SAINI, 340	340	TARA SINGH	07/05/07	JAMMU	1.50m
2	SAHIL KUMAR, 767	767	SHAMBU NATH	08/09/07	KISHWAR	1.45m
3	ROHIT KUMAR MEHTA, 429	429	RAMESH CHANDER	30/05/07	JAMMU	1.40m
4	VIHAAN GUPTA, 530	530	VISHAL GUPTA	18/11/08	JAMMU	1.40m

Event # 36 BOYS 18&UN Long Jump						
FINAL						
1	DIGVIJAY SINGH, 1037	1037	DEEPAK SINGH	12/09/08	SAMBA	5.49m
2	SACHIN CHIB, 435	435	SURINDER SINGH	12/10/08	JAMMU	5.49m
3	NIRMAL SINGH MANHAS, 1053	1053	VIKRAM SINGH	08/11/07	SAMBA	5.41m
4	ABHAY THAKUR, 167	167	MUNDERA SINGH	03/05/08	JAMMU	5.23m
5	GOURAV KUNDAL, 278	278	RAKESH KUMAR	12/07/07	JAMMU	5.16m
6	GURDEEP SINGH, 281	281	BALWINDER SINGH	23/06/08	JAMMU	5.10m
7	ZAHEER CHOUDHARY, 558	558	MAHROOF AHMED	26/01/08	JAMMU	5.08m
8	KANAV KUMAR, 682	682	SUBASH CHANDER	31/01/07	KATHUA	5.04m
9	JATIN SINGH CHARAK, 1041	1041	PRITAM SINGH	04/08/08	SAMBA	4.99m
10	ANIKET THAKUR, 743	743	SUBASH KUMAR	07/09/07	KISHWAR	4.92m
11	SUNIL ROY, 1007	1007	GOVIND ROY	20/05/07	REASI	4.85m
12	MOHD IMRAN, 863	863	MOHD YOUNIS	10/01/08	POONCH	4.51m
13	VARUN SINGH CHIN, 527	527	SURENDER SINGH	18/08/08	JAMMU	4.50m
14	DAWOOD MANZOOR PARRY, 812	812	MANZOOR AHMAD PARRY	03/04/07	KUPWARA	4.44m
15	NIKHIL KHAJURIA, 378	378	YASH PAUL	18/03/07	JAMMU	4.32m
16	SHIV MEHRA, 470	470	RATTAN LAL	19/07/08	JAMMU	3.97m
17	MANIK KUMAR, 688	688	MADAN GOPAL	30/08/08	KATHUA	3.90m
18	SACHIN BHAGAT, 434	434	JANAKRAJ	08/11/07	JAMMU	3.52m
Event # 38 BOYS 18&UN 5Kg Shot Put						
FINAL						
1	SAKSHAM GUPTA, 711	711	SATISH KUMAR GUPTA	11/07/07	KATHUA	11.67m
2	PARAMVEER SINGH, 386	386	JANGBAHADUR SINGH	14/12/06	JAMMU	10.49m
3	GAURAV SHARMA, 274	274	PARSHOTAM LAL	08/04/08	JAMMU	9.97m
Event # 39 BOYS 18&UN 1.50Kg Discus Throw						
FINAL						
1	GURPREET SINGH, 285	285	RAJ KUMAR	14/06/07	JAMMU	33.45m
2	SAKSHAM GUPTA, 712	712	SATISH KUMAR GUPTA	11/07/07	KATHUA	28.74m
3	ZUHAIB HASSAN PARRY, 24	24	GHULAM HASSAN PARRY	03/05/08	ANANTNAG	26.36m
4	GURDEEP SINGH, 282	282	SURJEET SINGH	06/02/08	JAMMU	25.66m
5	DISCUSS, 1113	1113	RASHPAL SINGH	04/06/07	UDHAMPUR	25.39m
6	SHRAWAN, 475	475	LT. VIJAY KUMAR	12/03/08	JAMMU	22.00m
7	AMAN KHAJURIA, 191	191	AJAY KUMAR	30/04/08	JAMMU	21.72m
8	ANGRAZ SINGH, 993	993	CHAMAIL SINGH	25/01/08	REASI	17.04m
9	SAIYAM, 449	449	ROMESH KUMAR GUPTA	25/09/07	JAMMU	16.94m
10	ASIF SHAIKH, 128	128	SAJID JOHN	25/07/08	DODA	16.48m
Event # 41 BOYS 18&UN 700Gms Javelin Throw						
FINAL						
1	AMANDEEP SINGH, 992	992	ONKAR SINGH	10/10/08	REASI	40.35m
2	ZUHAIB HASSAN PARRY, 25	25	GHULAM HASSAN PARRY	03/05/08	ANANTNAG	39.60m
3	ADIL ALI ZAKIR, 122	122	ZAKIR HUSSAIN MIR	24/02/07	DODA	39.56m
4	HIMANSHU PATHAK, 678	678	SATISH KUMAR	14/03/08	KATHUA	38.06m
5	AMIT KUMAR, 193	193	BHOLA RAM	07/01/07	JAMMU	35.50m
6	DEEPAK SHARMA, 258	258	ROMESH CHAND	30/09/07	JAMMU	33.96m
7	KARAN VEER SINGH, 918	918	RANJEET SINGH	08/02/08	RAJORI	33.54m
8	KARAN SING, 1043	1043	GOVIND SINGH	20/02/08	SAMBA	32.62m
9	KRISHAV SAINI, 320	320	SANDEEP SAINI	16/03/07	JAMMU	32.12m
10	IMRAN AHMED, 853	853	MAQBOOL HUSSAIN	01/04/08	POONCH	28.43m
11	SHRAWAN, 474	474	LT. VIJAY KUMAR	12/03/08	JAMMU	27.30m
12	KARTIK SHARMA, 684	684	JOGINDER PAUL SHARMA	18/09/08	KATHUA	26.70m
13	BUMBUM KUMAR, 252	252	BALRAM JHA	02/09/07	JAMMU	24.25m
14	NISHAD AHMED, 880	880	LAQUIT HUSSAIN	07/09/08	POONCH	18.54m
	GAURAV SHARMA, 273	273	PARSHOTAM LAL	08/04/08	JAMMU	NM
Event # 43 BOYS 20&UN 100m						
FINAL						
1	TANVIR SINGH, 507	507	GULZAR SINGH	09/08/06	JAMMU	11.56
2	YUVRAJ SINGH, 1203	1203			UDHAMPUR	11.76
3	UTTKARSH BARNWAL, 1143	1143	SUDESH SINGH	19/11/04	UDHAMPUR	12.02
4	JUNAID LATIEF, 133	133	ABDUL LATIEF	10/12/05	DODA	12.50
5	AAKASH SINGH BANDRA, 1098	1098	PRITHVI PAL SINGH	29/07/06	UDHAMPUR	12.52
6	ADITYA KHAJURIA, 180	180	MANOHAR LAL	26/08/06	JAMMU	12.60
7	1279, 1279	1279			UDHAMPUR	13.31
	JEETAIN WAZA, 310	310	KIDAR NATH WAZA	31/12/05	JAMMU	DNS

HEATS						
1	TANVIR SINGH, 507	507	GULZAR SINGH	09/08/06	JAMMU	11.64
2	YUVRAJ SINGH, 1203	1203			UDHAMPUR	12.00
3	UTTKARSH BARNWAL, 1143	1143	SUDESH SINGH	19/11/04	UDHAMPUR	12.02
4	JUNAID LATIEF, 133	133	ABDUL LATIEF	10/12/05	DODA	12.27
5	AAKASH SINGH BANDRA, 1098	1098	PRITHVI PAL SINGH	29/07/06	UDHAMPUR	12.63
6	ADITYA KHAJURIA, 180	180	MANOHAR LAL	26/08/06	JAMMU	12.76
7	JEETAIN WAZA, 310	310	KIDAR NATH WAZA	31/12/05	JAMMU	12.89
8	1279, 1279	1279			UDHAMPUR	13.09
9	SUNNY DEOL, 140	140	ANGRAZ SINGH	21/05/05	DODA	13.16
10	DEVANSHU PADHA, 670	670	DHANI RAM	06/11/05	KATHUA	13.46
11	UDHAY SHARMA, 721	721	MOHAN LAL	07/11/06	KATHUA	13.49
12	ZAHID CHOUDHARY, 559	559	MUNIR AHMED	24/03/06	JAMMU	13.56
13	FIZA HUSSAIN MIR, 42	42	MOHAMMAD TARIQ MIR	25/05/06	BANDIPORE	13.60
14	FAIZAL MAJEED, 151	151	ABDUL MAJEED KUCHAY	01/03/06	GANDERBAL	13.82
15	ROHIT SINGH, 137	137	BODH RAJ	17/04/06	DODA	13.86
16	ROSHAN LAL, 431	431	MADAN LAL	01/09/05	JAMMU	13.95
17	JATIN CHHETTRI, 308	308	VIKRAM SINGH	13/10/05	JAMMU	14.45
18	SAHIL KUMAR, 1067	1067	JEET RAJ	29/08/06	SAMBA	14.65
19	SHAKIR AHMED BHAT, 465	465	NAZIR AHMED BHAT	18/03/04	JAMMU	14.76
20	SWAYAM GUPTA, 501	501	OM PARKASH GUPTA	03/07/06	JAMMU	15.14
21	1280, 1280	1280			UDHAMPUR	15.30
22	ADITYA KUMAR, 182	182	SUNIL KUMAR	20/09/06	JAMMU	17.26
Event # 45 BOYS 20&UN 200m						
FINAL						
1	SAHIL KUMAR, 447	447	SATPAL	26/01/05	JAMMU	23.62
2	YUVRAJ SINGH, 1203	1203			UDHAMPUR	24.35
3	RAKSHAM MATTU, 415	415	SHAMSHER SINGH	10/07/06	JAMMU	24.37
4	SUHAIL BASHIR DAR, 92	92	BASHIR AHMAD DAR	21/02/05	BARAMULA	24.38
5	JUNAID LATIEF, 133	133	ABDUL LATIEF	10/12/05	DODA	26.28
	AAKASH SINGH BANDRA, 1097	1097	PRITHVI PAL SINGH	29/07/06	UDHAMPUR	DNS
	TANVIR SINGH, 506	506	GULZAR SINGH	09/08/06	JAMMU	DNS
	TUFAIL RAMZAN, 97	97	MOHD. RAMZAN DAR	15/11/05	BARAMULA	DNS
HEATS						
1	SAHIL KUMAR, 447	447	SATPAL	26/01/05	JAMMU	24.26
2	RAKSHAM MATTU, 415	415	SHAMSHER SINGH	10/07/06	JAMMU	24.41
3	SUHAIL BASHIR DAR, 92	92	BASHIR AHMAD DAR	21/02/05	BARAMULA	24.45
4	TANVIR SINGH, 506	506	GULZAR SINGH	09/08/06	JAMMU	24.89
5	YUVRAJ SINGH, 1203	1203			UDHAMPUR	25.17
6	JUNAID LATIEF, 133	133	ABDUL LATIEF	10/12/05	DODA	25.46
7	AAKASH SINGH BANDRA, 1097	1097	PRITHVI PAL SINGH	29/07/06	UDHAMPUR	25.57
8	TUFAIL RAMZAN, 97	97	MOHD. RAMZAN DAR	15/11/05	BARAMULA	25.92
9	ARJUN SHARMA, 225	225	JAGAN NATH	14/11/05	JAMMU	26.46
10	ABU HURAIRA, 54	54	FAROOQ AHAMD GANIE	05/08/05	BARAMULA	27.37
11	SUDERSHAN SINGH, 1006	1006	BHUSHAN SINGH	02/07/05	REASI	27.42
12	ANEES FAYAZ MIR, 803	803	FAYAZ AHMAD MIR	01/02/05	KUPWARA	27.64
13	SUNNY DEOL, 141	141	ANGRAZ SINGH	28/05/05	DODA	28.07
14	NASEEM KHAN, 372	372	SHAMIR ALI	01/01/06	JAMMU	28.24
15	ABDUL MAJID, 889	889	MOHD SHAFAIT	01/01/05	RAJORI	28.38
16	REETIK VERMA, 950	950	RAJ KUMAR	19/11/04	RAJORI	28.86
17	KETAN, 1300	1300			JAMMU	29.29
18	AMIT SHARMA, 895	895	PAWAN KUMAR	15/03/05	RAJORI	30.85
19	BUNTY SHARMA, 904	904	VINOD KUMAR	16/06/24	RAJORI	35.27
	RAJAT KUMAR, 405	405	SHAM LAL	13/12/04	JAMMU	DNS
	AAKASH SHOWKAT, 49	49	SHOWKAT AHMAD	24/09/12	BARAMULA	DNS
	UTTKARSH BARNWAL, 1144	1144	SUDESH SINGH	19/11/04	UDHAMPUR	DNS
	AMIT SHARMA, 896	896	PAWAN KUMAR	15/03/05	RAJORI	DNS
Event # 47 BOYS 20&UN 400m						
FINAL						
1	SAHIL KUMAR, 446	446	SAT PAL	26/01/05	JAMMU	51.82
2	SUHAIL BASHIR DAR, 93	93	BASHIR AHMAD DAR	21/02/05	BARAMULA	53.61
3	RAKSHAM MATTU, 414	414	SHAMSHER SINGH	10/07/06	JAMMU	55.17
4	GAGAN JOSHI, 270	270	BUSHAN KUMAR	16/01/05	JAMMU	56.91
5	MUKENDAN, 359	359	MOTAN	20/03/05	JAMMU	59.95

6	ARJUN SHARMA, 224	224	JAGAN NATH	14/11/05	JAMMU	1:01.32
	LAKHVINDER KUMAR, 1046	1046	TARA RAM	20/07/06	SAMBA	DNS
	TANUSH BHARTI, 505	505	SUDAGAR KUMAR	25/11/05	JAMMU	DNS
HEATS						
1	SAHIL KUMAR, 446	446	SAT PAL	26/01/05	JAMMU	52.33
2	SUHAIL BASHIR DAR, 93	93	BASHIR AHMAD DAR	21/02/05	BARAMULA	54.84
3	RAKSHAM MATTU, 414	414	SHAMSHER SINGH	10/07/06	JAMMU	56.46
4	GAGAN JOSHI, 270	270	BUSHAN KUMAR	16/01/05	JAMMU	56.89
5	MUKENDAN, 359	359	MOTAN	20/03/05	JAMMU	59.58
6	ARJUN SHARMA, 224	224	JAGAN NATH	14/11/05	JAMMU	59.93
7	TANUSH BHARTI, 505	505	SUDAGAR KUMAR	25/11/05	JAMMU	1:00.88
8	LAKHVINDER KUMAR, 1046	1046	TARA RAM	20/07/06	SAMBA	1:02.38
9	RAJ KUMAR, 758	758	NARAYAN DASS	04/01/05	KISHWAR	1:02.60
10	MOHD SHABAZ, 934	934	MOHD SHABIR	06/01/04	RAJORI	1:05.16
11	ARJUN CHOUDHARY, 221	221	VINOD CHOUDHARY	30/09/06	JAMMU	1:07.55
12	AZIZ UR REHMAN, 1198	1198			JAMMU	1:07.80
13	MOHD ARIF, 862	862	MOHD ASLAM	01/08/04	POONCH	1:07.87
14	REETIK VERMA, 949	949	RAJ KUMAR	19/11/04	RAJORI	1:08.04
15	ABU HURAIRA, 53	53	FAROOQ AHAMD GANIE	05/08/05	BARAMULA	1:08.96
16	NITISH SHARMA, 382	382	VEERU RAM	24/08/06	JAMMU	1:13.81
17	ABDUL MAJID, 890	890	MOHD SHAFAIT	01/01/05	RAJORI	1:17.19
18	MD IRMAN, 1275	1275			SRINAGAR	1:17.98
	RAJ KUMAR, 760	760	NARAYAN DASS	04/01/05	KISHWAR	DNS
	TAAHIL MUSHTAQ, 799	799	MUSHTAQ AHMAD CHOPAN	02/09/10	KULGAM	DQ
Event # 49 BOYS 20&UN 800m						
FINAL						
1	MUKENDAN MOTAN, 360	360	BODH RAJ	20/03/05	JAMMU	2:13.15
2	ANKUSH KUMAR, 661	661	PREM CHAND	25/02/06	KATHUA	2:13.43
3	ANSHUL SHARMA, 1107	1107	CHUNI LAL	09/05/06	UDHAMPUR	2:13.56
4	ARUN CHOUDHARY, 229	229	YASH PAL	02/08/07	JAMMU	2:20.24
5	SUMIT SHARMA, 489	489	ROMESH KUMAR	27/05/06	JAMMU	2:20.93
6	NITISH MOTTAN, 380	380	MANGAL DASS	04/06/05	JAMMU	2:33.35
7	REZWAN KHALID, 952	952	ABDUL KHALID	03/10/06	RAJORI	2:33.50
8	RAGHAV MANHAS, 1126	1126	GOVIND RAM	28/10/10	UDHAMPUR	2:38.15
9	RAJVIR SINGH, 410	410	KULDEEP SINGH	03/05/06	JAMMU	2:39.49
10	BARJESH KUMAR, 1035	1035	ARJAN KUMAR	12/04/05	SAMBA	2:48.05
11	ADITYA KHAJURIA, 181	181	MANOHAR LAL	26/08/06	JAMMU	2:50.38
12	MOHD ASIF, 1116	1116	ABDUL HAMID	05/04/06	UDHAMPUR	3:00.99
Event # 50 BOYS 20&UN 1500m						
FINAL						
1	ANSH DUBEY, 1104	1104	LATE SH. YASH PAUL	22/03/06	UDHAMPUR	4:41.76
2	ANSHUL SHARMA, 1106	1106	CHUNI LAL	09/05/06	UDHAMPUR	4:44.27
3	VARUN RAJRA, 523	523	VIJAY KUMAR	15/11/05	JAMMU	4:47.51
4	PANKAJ SHARMA, 1119	1119	MULKH RAJ	22/08/04	UDHAMPUR	4:50.34
5	ARUN CHOUDHARY, 230	230	YASH PAL	02/08/07	JAMMU	4:54.51
6	1230, 1230	1230			JAMMU	5:06.21
7	ARUN KUMAR, 231	231	DEV RAJ	01/09/07	JAMMU	5:07.55
8	MOHAMMAD HUSSAIN, 1290	1290	RAMZAN		JAMMU	5:09.94
9	ZAID BIN MUSHTAQ, 22	22	MUSHTAQ AHMAD BHAT	04/02/06	ANANTNAG	5:10.32
10	INNAM UL HAQ, 857	857	BASAR KHAN	25/11/07	POONCH	5:12.65
Event # 51 BOYS 20&UN 5000m						
FINAL						
1	VISHAV SINGH BHAU, 547	547	ASHOK SINGH	12/08/06	JAMMU	18:14.45
2	HASHIM RIYAZ, 154	154	RIYAZ AHMAD BHAT	10/02/06	GANDERBAL	18:33.52
3	VISHAL KUMAR, 541	541	RAM LAL	15/06/05	JAMMU	18:49.94
4	ZAID BIN MUSHTAQ, 23	23	MUSHTAQ AHMAD BHAT	02/02/06	ANANTNAG	18:57.47
5	RAVINDER SINGH, 704	704	SURAJ SINGH	04/04/06	KATHUA	19:44.13
6	MOHAMMAD HUSSAIN, 1290	1290	RAMZAN		JAMMU	19:49.97
7	NAWAZ ALI MALLA, 84	84	ALI MOHD MALLA	05/09/05	BARAMULA	20:12.35
8	HARISH, 290	290	KUMAR	20/03/05	JAMMU	20:26.78
9	PAWAN KUMAR, 1124	1124	SHAM LAL	21/01/06	UDHAMPUR	22:00.67
10	ARJUN SINGH, 1108	1108	RAJINDER SINGH	27/12/05	UDHAMPUR	22:35.26
11	VANSH SHARMA, 521	521	JOGINDER PAL	26/01/05	JAMMU	23:30.57

Event # 52 BOYS 20&UN 1000m						
FINAL						
1	VISHAV SINGH BHAI, 547	547	ASHOK SINGH	12/08/06	JAMMU	39:29.27
2	VISHAL KUMAR, 1159	1159			JAMMU	40:29.31
3	PAWAN KUMAR, 1123	1123	SHAM LAL	21/01/06	UDHAMPUR	46:47.42
Event # 58 BOYS 20&UN Long Jump						
FINAL						
1	GAGAN JOSHI, 271	271	BUSHAN KUMAR	16/01/05	JAMMU	6.17m
2	NAKUL SHARMA, 366	366	DESHANT KUMAR	04/03/05	JAMMU	6.00m
3	TUFAIL RAMZAN, 96	96	MOHD. RAMZAN DAR	15/11/05	BARAMULA	5.88m
4	DEVANSHU PADHA, 671	671	DHANI RAM	06/11/05	KATHUA	5.54m
5	ANISH SADOOTRA, 1102	1102	BHUSHAN KUMAR	21/06/05	UDHAMPUR	5.51m
6	RAHUL SHARMA, 402	402	MANOHAR LAL	09/08/06	JAMMU	5.36m
7	NASEEM KHAN, 373	373	SHAMIR ALI	01/01/06	JAMMU	5.21m
8	KAISAR BASHIR DAR, 820	820	BASHIR AHMAD DAR	27/07/06	KUPWARA	5.15m
9	VARUN SHARMA, 524	524	RISHI KUMAR	12/04/05	JAMMU	4.91m
Event # 59 BOYS 20&UN Triple Jump						
FINAL						
1	SURAJ KUMAR, 493	493	JAGDISH KUMAR	25/01/05	JAMMU	11.63m
2	RAHUL SHARMA, 401	401	RAMESH LAL	09/08/06	JAMMU	10.48m
3	KAISAR BASHIR DAR, 821	821	BASHIR AHMAD DAR	27/07/06	KUPWARA	10.30m
Event # 60 BOYS 20&UN 6Kg Shot Put						
FINAL						
1	SULAKSHYA SINGH, 487	487	INDER SINGH	18/08/05	JAMMU	11.80m
2	BASIT BASHIR, 1266	1266			BARAMULA	10.03m
3	ARJUN SINGH BANDRAL, 226	226	RAJESH SINGH	21/11/05	JAMMU	9.82m
4	RAJ KUMAR, 759	759	NARAYAN DASS	04/01/05	KISHWAR	9.26m
5	VAAYU MAHAJAN, 515	515	SITAL KANT GUPTA	01/12/05	JAMMU	7.96m
Event # 63 BOYS 20&UN 800Gms Javelin Throw						
FINAL						
1	SULAKSHYA SINGH, 486	486	INDER SINGH	18/08/05	JAMMU	60.50m
2	VIKRAMJEET SINGH, 534	534	SIKANDER SINGH	24/09/06	JAMMU	53.64m
3	MOHAMMAD AAMIR CHOPA, 823	823	GHULAM QADIR CHOPAN	15/04/06	KUPWARA	44.62m
4	PRABJOT SINGH, 946	946	KULBIR SINGH	28/02/05	RAJORI	30.59m
5	ARJUN SINGH, 1109	1109	RAJINDER SINGH	27/12/05	UDHAMPUR	29.50m
6	REZWAN KHALID, 951	951	ABDUL KHALID	03/10/06	RAJORI	23.18m
Event # 65 MENS 100m						
FINAL						
1	ABHIJEET SINGH, 168	168	BALBIR SINGH	09/12/03	JAMMU	11.15
2	DANISH YOUSAF NAIK, 256	256	MOHAMAD YOUSAF NAIK	18/04/88	JAMMU	11.35
3	FAISAL RASHID, 149	149	AB RASHID MIR	25/10/98	GANDERBAL	11.38
4	DR MOHMAD AADIL, 5	5	AKHTER ALI KHAN	15/10/99	ANANTNAG	11.46
5	VARUN SHARMA, 525	525	SH. RAJ SHARMA	07/06/04	JAMMU	12.07
6	AKHILESHWAR SINGH, 1032	1032	RAKESH SINGH	08/12/03	SAMBA	12.13
7	ANKIT SHARMA, 659	659	OMKAR SHARMA	20/01/93	KATHUA	12.18
8	PARVEEN KUMAR, 390	390	KAMAL LAL	15/01/01	JAMMU	14.79
HEATS						
1	ABHIJEET SINGH, 168	168	BALBIR SINGH	09/12/03	JAMMU	11.07
2	DR MOHMAD AADIL, 5	5	AKHTER ALI KHAN	15/10/99	ANANTNAG	11.40
3	FAISAL RASHID, 149	149	AB RASHID MIR	25/10/98	GANDERBAL	11.42
4	DANISH YOUSAF NAIK, 256	256	MOHAMAD YOUSAF NAIK	18/04/88	JAMMU	11.53
5	VARUN SHARMA, 525	525	SH. RAJ SHARMA	07/06/04	JAMMU	11.89
6	AKHILESHWAR SINGH, 1032	1032	RAKESH SINGH	08/12/03	SAMBA	12.03
7	ANKIT SHARMA, 659	659	OMKAR SHARMA	20/01/93	KATHUA	12.24
8	PARVEEN KUMAR, 390	390	KAMAL LAL	15/01/01	JAMMU	12.27
9	SABZAR AHMED, 138	138	AKHTER HUSSAIN	05/03/04	DODA	12.39
10	SUNIL BHAGAT, 491	491	TILAK RAJ	27/02/04	JAMMU	12.48
11	SUSHANT SINGH, 963	963	ASHOK SINGH	11/12/02	RAJORI	12.63
12	SACHIN SHARMA, 766	766	RATTAN LAL SHARMA	22/03/04	KISHWAR	12.70
13	PANKAJ SHARMA, 385	385	PARVEEN SHARMA	04/07/02	JAMMU	12.76
14	MANIK DOGRA, 330	330	SUKHDEV	04/05/04	JAMMU	12.99
15	AMIT KUMAR, 192	192	INDERJIT	23/03/01	JAMMU	13.04
16	ADIL AHMAD RATHER, 36	36	BASHIR AHMAD RATHER	18/04/99	BANDIPORE	13.11
17	MANJEET KUMAR, 334	334	SHAM LAL	08/04/03	JAMMU	13.17

18	SACHIN SHARMA, 1137	1137	SH. RAMESH SHARMA	04/02/01	UDHAMPUR	14.00
19	AVINASH ANGURAL, 662	662	KAMAL KISHORE	18/10/95	KATHUA	14.06
20	GHULAM MUSTAFA, 910	910	GHULAM MOHI UD DIN	11/11/00	RAJORI	14.31
21	NIKHIL ANGRAL, 701	701	JOGINDER KUMAR	03/08/03	KATHUA	14.38
22	ANMOL SUDAN, 900	900	ASHOK KUMAR	10/06/02	RAJORI	14.42
23	AMAN SHARMA, 894	894	INDERJEET	19/03/00	RAJORI	14.58
24	ABHISHEK SHARMA, 891	891	DARSHAN LAL	07/01/03	RAJORI	14.92
25	NEERAJ SHARMA, 941	941	SHAM LAL SHARMA	03/12/99	RAJORI	15.27
26	MEHMOOD UL HASSAN, 860	860	MOHAMMAD ASLAM	03/04/98	POONCH	15.68
27	FEHZAN AHMED, 908	908	LAL HUSSAIN	14/11/99	RAJORI	16.33
28	MUSHRAF, 81	81	MAJEED	04/03/04	BARAMULA	16.71
Event # 67 MENS 200m						
FINAL						
1	ABRAR CHOUDHARY, 176	176	MOHD HANIF	16/02/02	JAMMU	22.41
2	1169, 1169	1169			JAMMU	22.92
3	DANISH YOUSAF NAIK, 257	257	MOHAMAD YOUSAF NAIK	18/04/88	JAMMU	23.18
4	VARUN SHARMA, 526	526	SH. RAJ SHARMA	07/06/04	JAMMU	24.97
5	PARVEEN KUMAR, 391	391	KAMAL LAL	15/01/01	JAMMU	25.13
6	MADHAV, 923	923	KAMAL SHARMA	01/12/01	RAJORI	25.86
	AKHILESHWAR SINGH, 1033	1033	RAKESH SINGH	08/12/03	SAMBA	DNS
	NEERAJ SHARMA, 942	942	SHAM LAL SHARMA	03/12/99	RAJORI	DNS
HEATS						
1	ABRAR CHOUDHARY, 176	176	MOHD HANIF	16/02/02	JAMMU	23.12
2	DANISH YOUSAF NAIK, 257	257	MOHAMAD YOUSAF NAIK	18/04/88	JAMMU	23.49
3	1169, 1169	1169			JAMMU	23.80
4	PARVEEN KUMAR, 391	391	KAMAL LAL	15/01/01	JAMMU	25.11
5	AKHILESHWAR SINGH, 1033	1033	RAKESH SINGH	08/12/03	SAMBA	25.40
6	MADHAV, 923	923	KAMAL SHARMA	01/12/01	RAJORI	25.47
6	VARUN SHARMA, 526	526	SH. RAJ SHARMA	07/06/04	JAMMU	25.47
8	NEERAJ SHARMA, 942	942	SHAM LAL SHARMA	03/12/99	RAJORI	25.80
9	SABZAR AHMED, 139	139	AKHTER HUSSAIN	05/03/04	DODA	26.22
10	AAKASH SHOWKAT, 50	50	SHOWKAT AHMAD	24/09/12	BARAMULA	27.99
11	TAIMOOR AHMAD MALDIY, 841	841	MALOOQ AHMAD MALDIYA	27/03/97	KUPWARA	28.66
12	ZULIFQAR ALI, 977	977	MOHD IQBAL	01/10/04	RAJORI	28.93
13	MANSHU CHHETRI, 339	339	VIKRAM SINGH	28/09/02	JAMMU	29.10
14	RAMAN SHARMA, 948	948	INDERJEET	06/01/03	RAJORI	29.33
15	IFTAR AHMED, 917	917	ABDUL SHAKOOR	03/01/04	RAJORI	31.68
16	ANKIT SHARMA, 899	899	SATISH KUMAR	05/03/04	RAJORI	33.28
Event # 69 MENS 400m						
FINAL						
1	ABRAR CHOUDHARY, 175	175	MOHD HANIF	16/02/02	JAMMU	48.97
2	GHANSHAM, 275	275	JOGINDER KUMAR	01/01/02	JAMMU	54.08
3	RAHUL KUMAR, 400	400	MULKH RAJ	05/07/03	JAMMU	54.39
4	MADHAV SHARMA, 924	924	KAMAL SHARMA	01/12/01	RAJORI	56.19
5	SAHIL CHOUDHARY, 442	442	AKBAR ALI	19/06/02	JAMMU	58.37
6	AAKASH SHOWKAT, 51	51	SHOWKAT AHMAD	24/09/12	BARAMULA	1:06.30
7	ADIL AHMAD RATHER, 37	37	BASHIR AHMAD RATHER	18/04/99	BANDIPORE	1:13.19
	ANKUSH MAGOTRA, 205	205	TILAK RAJ	28/04/02	JAMMU	DNF
HEATS						
1	ABRAR CHOUDHARY, 175	175	MOHD HANIF	16/02/02	JAMMU	48.06
2	ANKUSH MAGOTRA, 205	205	TILAK RAJ	28/04/02	JAMMU	51.67
3	RAHUL KUMAR, 400	400	MULKH RAJ	05/07/03	JAMMU	54.38
4	GHANSHAM, 275	275	JOGINDER KUMAR	01/01/02	JAMMU	55.05
5	SAHIL CHOUDHARY, 442	442	AKBAR ALI	19/06/02	JAMMU	55.68
6	MADHAV SHARMA, 924	924	KAMAL SHARMA	01/12/01	RAJORI	56.37
7	AAKASH SHOWKAT, 51	51	SHOWKAT AHMAD	24/09/12	BARAMULA	1:03.87
8	ADIL AHMAD RATHER, 37	37	BASHIR AHMAD RATHER	18/04/99	BANDIPORE	1:03.91
9	IRAN CHOUDHARY, 1039	1039	YOUNS ALI	10/10/04	SAMBA	1:10.88
10	AAQIB GANI, 1284	1284			JAMMU	1:12.03
11	SHAHID AHMAD MAGRAY, 834	834	GH AHMAD MAGRAY	07/02/00	KUPWARA	1:19.30
12	TARIQ MEHMOOD, 964	964	MOHAMMAD BASHIR	07/12/97	RAJORI	1:25.46

Event # 71 MENS 800m						
FINAL						
1	SOURAB CHOUDHARY, 480	480	SAT PAUL	30/12/03	JAMMU	2:02.30
2	BARKAT ALI WANI, 1088	1088	AHMAD ALI WANI	15/05/93	SRINAGAR	2:02.64
3	BALWINDER SINGH, 246	246	JAGDEV SINGH	27/05/97	JAMMU	2:02.89
4	NARINDER SINGH, 371	371	SURJEET SINGH	16/04/98	JAMMU	2:06.10
5	LEELA PARSHAD, 135	135	GIRDHARI LAL	01/03/02	DODA	2:13.01
6	PANKAJ KUMAR, 1118	1118	GIAN CHAND	15/08/02	UDHAMPUR	2:20.60
7	WASIM RAJA, 101	101	MOHD QASIM DAR	01/08/99	BARAMULA	2:26.56
8	HAMID FIRDOOS, 132	132	FIRDOOS AHMED WANI	27/04/02	DODA	2:27.29
9	SHAHID RASHID, 838	838	AB RASHID RATHER	08/02/98	KUPWARA	2:50.13
10	MOHD SHAFEEQ, 935	935	NAZEER HUSSAIN	03/05/02	RAJORI	3:21.21
Event # 72 MENS 1500m						
FINAL						
1	BRIJBHUSHAN, 666	666	NAGAR MAL	05/02/04	KATHUA	4:16.24
2	NARINDER SINGH, 370	370	SURJEET SINGH	16/04/98	JAMMU	4:17.15
3	SUMIT CHOUDHARY, 488	488	JANG BHADUR	16/03/02	JAMMU	4:18.78
4	GAZI MUSHTAQ, 1081	1081	MUSHTAQ AHMAD PARA	25/04/02	SHOPIAN	4:18.85
5	SOURAB CHOUDHARY, 479	479	SAT PAUL	30/12/03	JAMMU	4:22.05
6	BALWINDER SINGH, 247	247	JAGDEV SINGH	27/05/97	JAMMU	4:29.25
7	LALIT KUMAR, 687	687	OMKAR	04/12/03	KATHUA	4:35.06
8	VINNY KHAJURIA, 538	538	PARVEEN KHAJURIA	07/12/01	JAMMU	4:39.78
9	ANAYAT CHOWDHARY, 897	897	MOHD RAFIQ	10/02/00	RAJORI	4:40.76
10	WASIM RAJA, 102	102	MOHD QASIM DAR	01/08/99	BARAMULA	4:42.18
11	PANKAJ KUMAR, 1117	1117	GIAN CHAND	15/08/02	UDHAMPUR	4:56.14
12	AIJAZ AHMAD GAGEE, 57	57	AB.LATIEF GAGEE	10/03/03	BARAMULA	5:04.08
Event # 73 MENS 5000m						
FINAL						
1	RITIK SHARMA, 705	705	SUBASH CHANDER	31/05/05	KATHUA	16:25.77
2	GULBADAN HIKMATYAR S, 152	152	SYED MOHMAD YASEEN	17/05/01	GANDERBAL	16:32.65
3	BRIJBHUSHAN, 665	665	NAGAR MAL	05/02/04	KATHUA	16:33.68
4	AKSHAY SHARMA, 1099	1099	ROMESH KUMAR SHARMA	08/02/99	UDHAMPUR	17:15.07
5	TARIQ HUSSAIN KHAN, 18	18	FAROOQ AHMAD KHAN	10/05/92	ANANTNAG	17:41.20
6	JASIF AHMAD DAR, 12	12	WALI MOHD DAR	12/11/94	ANANTNAG	17:48.01
7	TAHIR AZIZ, 840	840	ABDUL AZIZ MALIK	10/08/95	KUPWARA	18:54.20
8	JAVEED BASHIR, 1208	1208			JAMMU	19:43.27
9	AIJAZ AHMAD GAGEE, 58	58	AB.LATIEF GAGEE	10/03/03	BARAMULA	19:51.76
10	GANESH SINGH, 675	675	RASAL SINGH	30/03/04	KATHUA	19:51.79
11	KARAN, 315	315	KISHO RAM	12/04/01	JAMMU	20:01.10
Event # 74 MENS 10000m						
FINAL						
1	RITIK SHARMA, 1292	1292			JAMMU	34:15.96
2	HANS RAJ, 677	677	KARTAR SINGH	14/02/08	KATHUA	34:16.31
3	AKSHAY SHARMA, 1100	1100	ROMESH KUMAR SHARMA	08/02/99	UDHAMPUR	35:49.95
4	TARIQ HUSSAIN KHAN, 1205	1205			ANANTNAG	35:51.08
5	JAVEED BASHIR, 1208	1208			JAMMU	38:46.93
6	ADARSH RAINA, 178	178	SH. SURINDER KUMAR	13/01/10	JAMMU	38:50.43
7	RAKESH KUMAR, 1132	1132	PURAN CHAND	17/10/98	UDHAMPUR	38:55.15
8	VISHAV SINGH BHAU, 547	547	ASHOK SINGH	12/08/06	JAMMU	39:29.27
9	AJAY KUMAR, 657	657	TARA CHAND	15/04/02	KATHUA	39:50.12
10	PAWAN KUMAR, 1123	1123	SHAM LAL	21/01/06	UDHAMPUR	46:47.42
Event # 78 MENS High Jump						
FINAL						
1	VIVEK KALSI, 1248	1248			JAMMU	1.55m
1	MOHD ANWAR, 350	350	AZIZ AHMED	03/02/01	JAMMU	1.55m
3	AJAY SINGH, 658	658	RATTAN CHAND	05/07/02	KATHUA	1.40m
4	HAMIM FAYAZ, 1089	1089	FAYAZ AH.BARAH	14/09/99	SRINAGAR	1.30m
	ISHFAQ AHMAD BHAT, 71	71	MUSHTAQ AHMAD BHAT	11/03/00	BARAMULA	NM
Event # 80 MENS Long Jump						
FINAL						
1	JAI KUMAR, 304	304	SH KRISHAN LAL	07/01/89	JAMMU	6.23m
2	AQIB ALI DAR, 60	60	ALI MOHAMMAD DAR	08/11/04	BARAMULA	6.08m
3	FAISAL RASHID, 150	150	AB RASHID MIR	25/10/98	GANDERBAL	6.00m
4	RAKESH SINGH, 413	413	SUBHASH SINGH	02/03/00	JAMMU	5.80m

5	SAHIL CHOUDHARY, 443	443	AKBAR ALI	19/06/02	JAMMU	5.78m
6	MOHD ANWAR, 351	351	AZIZ AHMED	03/02/01	JAMMU	5.75m
7	RAHUL KUMAR, 399	399	MULKH RAJ	05/07/03	JAMMU	5.63m
8	YASIR YOUSUF WANI, 21	21	MOHD. YOUSUF WANI	10/11/02	ANANTNAG	5.53m
9	SAVIT KUMAR, 464	464	SHAM SUNDER	20/03/04	JAMMU	5.45m
10	AYUSH KAPTA, 242	242	BHARAT BHUSHAN	19/12/04	JAMMU	5.35m
11	SHAHID AHMAD MAGRAY, 835	835	GH AHMAD MAGRAY	07/02/00	KUPWARA	5.28m
12	HAPPY KUMAR, 1114	1114	TARA CHAND	12/03/03	UDHAMPUR	4.86m
13	ABRAR RASOOL NAJAR, 800	800	GULAM RASOOL NAJAR	15/05/01	KUPWARA	4.56m
14	ZAHOOQ AHMAD GANIE, 843	843	FAROOQ AHMAD GANIE	27/02/99	KUPWARA	3.53m
Event # 81 MENS Triple Jump						
FINAL						
1	AQIB ALI DAR, 59	59	ALI MOHAMMAD DAR	08/11/04	BARAMULA	11.70m
2	MOHD ANWAR, 349	349	AZIZ AHMED	03/02/01	JAMMU	11.62m
3	SAVIT KUMAR, 1298	1298			JAMMU	11.37m
4	ZUBAIR MALIK, 119	119	GH MOHD MALIK	01/02/88	BUDGAM	10.37m
5	YASIR YOUSUF WANI, 20	20	MOHD. YOUSUF WANI	10/11/02	ANANTNAG	10.35m
6	OWAIS AHMAD MIR, 1083	1083	MOHAMMAD YOUSUF MIR	06/10/04	SHOPIAN	9.84m
Event # 82 MENS 7.260Kg Shot Put						
FINAL						
1	MANPREET SINGH, 337	337	JASPAL SINGH	19/09/95	JAMMU	12.40m
2	MOHD SALEEM, 348	348	SALEEM	12/11/00	JAMMU	10.82m
3	ABHISHEK PADHA, 172	172	SHAM SUNDER PADHA	11/10/96	JAMMU	10.20m
4	JAGNEET SINGH, 302	302	PARAMJEET SINGH	23/08/03	JAMMU	9.51m
5	MOHD SHAFIQ, 937	937	MOHD HUSSAIN	10/04/97	RAJORI	8.53m
6	MOHIEN KHAN, 870	870	MANZOOR AHMED KHAN	14/03/03	POONCH	8.45m
7	RAKESH KUMAR, 1133	1133	PURAN CHAND	17/10/98	UDHAMPUR	6.90m
Event # 83 MENS 2Kg Discus Throw						
FINAL						
1	MANPREET SINGH, 338	338	JASPAL SINGH	19/09/95	JAMMU	34.79m
2	ZUBAIR MALIK, 118	118	GH MOHD MALIK	01/02/88	BUDGAM	24.39m
3	RAJENDER KUMAR, 1175	1175			JAMMU	23.94m
4	JAHANGIR AHMED SHEIK, 1092	1092	ABDUL HAMEED SHEIKH	23/04/99	SRINAGAR	21.33m
5	ABHISHEK PADHA, 172	172	SHAM SUNDER PADHA	11/10/96	JAMMU	20.17m
6	UMER JAAN SHEIKH, 842	842	MANZOOR AHMAD SHEIKH	08/11/02	KUPWARA	18.90m
7	WAHID AHMAD MIR, 100	100	MOHAMMAD AYOUB MIR	05/12/02	BARAMULA	18.47m
8	JAGNEET SINGH, 303	303	PARAMJEET SINGH	23/08/03	JAMMU	17.56m
9	ABDUL HAMEED BHAT, 147	147	AB RASHID BHAT	10/04/97	GANDERBAL	17.33m
10	ABRAR RASOOL NAJAR, 801	801	GHULAM RASOOL NAJAR	15/05/01	KUPWARA	13.67m
Event # 85 MENS 800Gm Javelin Throw						
FINAL						
1	SAHIL KUMAR, 445	445	RASHPAL LAL	26/06/97	JAMMU	38.30m
2	DEEPAK SINGH, 259	259	PAWAN SINGH	19/07/86	JAMMU	37.29m
3	RAJENDER KUMAR, 1175	1175			JAMMU	36.22m
4	WAHID AHMAD MIR, 99	99	MOHAMMAD AYOUB MIR	05/12/02	BARAMULA	35.93m
5	BASIT BASHIR, 64	64	BASHIR AHMED BHAT	18/03/01	BARAMULA	33.71m
6	ARYAN, 233	233	RAKESH KUMAT	20/04/04	JAMMU	32.82m
7	JAHANGIR AHMED SHEIK, 1091	1091	ABDUL HAMEED SHEIKH	23/04/99	SRINAGAR	30.96m
8	SAHIL SINGH, 1138	1138	MOHAN SINGH	25/01/04	UDHAMPUR	30.93m
9	AMIT DUBBY, 1101	1101	RAJINDER KUMAR	09/10/04	UDHAMPUR	29.81m
10	NARINDER, 698	698	ANANT RAM	13/03/98	KATHUA	27.45m
11	RANJESH SINGH, 1135	1135	SURINDER KUMAR	01/10/03	UDHAMPUR	24.72m
12	SHAHID RASHID, 837	837	AB RASHID RATHER	08/02/98	KUPWARA	19.17m
13	AAMIR HUSSAIN MIR, 1086	1086	MOHD IBRAHIM MIR	11/10/93	SRINAGAR	17.89m
14	AYUSH, 241	241	MANMOHAN	08/09/04	JAMMU	15.85m
Event # 87 GIRLS 14&UN 60m						
FINAL						
1	OMISA JAN, 30	30	MANZOOR AHMAD WANI	04/01/11	ANANTNAG	9.46
2	ADIBA SHAMSHIR, 1225	1225			RAJORI	9.83
3	NITYA GUPTA, 614	614	ASHWANI GUPTA	20/07/14	JAMMU	9.84
4	RADHIKA GUPTA, 784	784	RAJU GUPTA	01/01/11	KISHWAR	10.09
5	MAYERA SHABNAM, 778	778	MASOOD AHMED	16/04/11	KISHWAR	10.17
6	IRHA JARRAL, 979	979	IRSHAD UL HAQ	09/03/12	RAJORI	10.47
7	1221, 1221	1221			JAMMU	10.49

8	SEHAR UL NISA, 982	982	MUZAMMAL HUSSAIN	17/02/12	RAJORI	10.65
HEATS						
1	OMISA JAN, 30	30	MANZOOR AHMAD WANI	04/01/11	ANANTNAG	9.42
2	NITYA GUPTA, 614	614	ASHWANI GUPTA	20/07/14	JAMMU	9.86
3	RADHIKA GUPTA, 784	784	RAJU GUPTA	01/01/11	KISHWAR	10.06
3	MAYERA SHABNAM, 778	778	MASOOD AHMED	16/04/11	KISHWAR	10.06
5	ADIBA SHAMSHIR, 1225	1225			RAJORI	10.08
6	SEHAR UL NISA, 982	982	MUZAMMAL HUSSAIN	17/02/12	RAJORI	10.26
7	IRHA JARRAL, 979	979	IRSHAD UL HAQ	09/03/12	RAJORI	10.35
8	1221, 1221	1221			JAMMU	10.43
9	HITASHI KOUL, 589	589	SUNIL KOUL	01/04/12	JAMMU	10.51
10	SIMAR KOUR, 631	631	GURDEEP SINGH	01/12/10	JAMMU	10.54
11	YOGITA SINGH, 652	652	AMAR SINGH	14/07/12	JAMMU	10.62
12	HARIKAA JYOTSHI, 587	587	DR. YOGESH JYOTSHI	16/03/11	JAMMU	10.71
13	DANEEN KHAN, 578	578	SHAHZAD KHAN	22/08/11	JAMMU	10.76
14	UJJWAL REET KOUR, 648	648	GURBACHAN SINGH	06/01/12	JAMMU	10.78
15	KAAMYA THAPA, 595	595	ARPAN THAPA	05/06/12	JAMMU	11.13
16	AARIKA ANGOTRA, 564	564	AJAY ANGOTRA	11/04/11	JAMMU	11.58
17	SHIVINDRA KOSHAL, 627	627	VIKAS KOSHAL	10/01/11	JAMMU	11.66
18	ANANYA BAKSHI, 569	569	RAJEEV SHARMA	11/10/11	JAMMU	12.17
19	INDU SHARMA, 591	591	MOHAN LAL	03/11/10	JAMMU	12.19
20	JANVI SHARMA, 592	592	GOPAL SHARMA	25/11/11	JAMMU	12.33
21	KRISHNAY, 600	600	SHARAT KUMAR	05/10/10	JAMMU	12.60
22	AARADHYA, 561	561	CHANDAN	19/06/11	JAMMU	13.36
	DIKSHA, 579	579	RAJESH KUMAR	01/08/12	JAMMU	DNS
	AARADHYA GUPTA, 563	563	AMIT GUPTA	26/02/11	JAMMU	DNS
	SEERAT JAN, 34	34	KOWSAR AHMAD BHAT	03/05/11	ANANTNAG	DNS
	ZAINEB YOUSUF, 159	159	MOHAMMAD YOUSUF MIR	20/07/11	GANDERBAL	DNS
Event # 89 GIRLS 14&UN 600m						
FINAL						
1	ADIBA SHAMSER, 1224	1224			JAMMU	2:07.15
2	SAMYA SHAHEEN, 989	989	SHAHEEN IQBAL RUNYAL	10/04/13	RAMBAN	2:07.98
3	RADHIKA GUPTA, 782	782	RAJU GUPTA	01/01/11	KISHWAR	2:08.01
4	IRHA JARRAL, 980	980	IRSHAD UL HAQ	09/03/12	RAJORI	2:18.49
5	LIABA NASEEM, 981	981	DR.NASEEM AHMED	14/11/10	RAJORI	2:29.44
6	ZAHEER CHOUDHARY, 558	558	MAHROOF AHMED	26/01/08	JAMMU	2:35.51
7	NITYA GUPTA, 615	615	ASHWANI GUPTA	20/07/14	JAMMU	2:39.85
8	AKSHITA THAKUR, 777	777	PAWAN SINGH	11/01/12	KISHWAR	3:20.64
Event # 91 GIRLS 14&UN Long Jump						
FINAL						
1	SIMAR KOUR, 632	632	GURDEEP SINGH	01/12/10	JAMMU	3.62m
2	SAMYA SHAHEEN, 988	988	SHAHEEN IQBAL RUNYAL	10/04/13	RAMBAN	3.60m
3	HABIBA QADHRI, 1220	1220			JAMMU	3.43m
4	AKSHITA THAKUR, 776	776	PAWAN SINGH	11/01/11	KISHWAR	3.26m
Event # 92 GIRLS 14&UN 2Kg Shot Put						
FINAL						
1	URVASHI SAINI, 1076	1076	RAJ KUMAR	14/09/10	SAMBA	5.81m
2	ARADHYA RAJPUT, 1228	1228			JAMMU	4.50m
3	RADHIKA GUPTA, 783	783	RAJU GUPTA	01/01/11	KISHWAR	4.28m
Event # 94 GIRLS 16&UN 100m						
FINAL						
1	BHUMIKA JAMWAL, 560	560	SANJEEV SINGH JAMWAL	07/03/10	JAMMU	14.98
2	KRITIKA CHARAK, 601	601	TARSEM SINGH	17/11/08	JAMMU	15.93
3	PAYAL KUMARI, 616	616	PRADEEP RAY	09/12/08	JAMMU	17.22
4	LIABA NASEEM, 603	603	NASEEM AHMED	14/11/10	RAJORI	17.25
5	SANEHA MANHAS, 624	624	SUDESH SINGH	12/10/09	JAMMU	17.96
6	1239, 1239	1239			UDHAMPUR	18.10
7	RIDHIMA CHIB, 620	620	PARVEEN SINGH CHIB	31/03/10	JAMMU	18.19
8	BISMA KOUSER, 978	978	SHAFIQ AHMED	01/01/10	RAJORI	18.73
9	PURVI PANDITA, 31	31	SURENDER NATH PANDIT	17/10/09	ANANTNAG	18.77
10	1256, 1256	1256			UNATTACHED	19.67
11	SUNAKSHI BHUMIKA, 640	640	ROMESH CHANDER	16/04/09	JAMMU	19.76
12	1237, 1237	1237			UDHAMPUR	21.35

13	AKHITA SHARMA, 565	565	VIJAY KUMAR	27/08/10	JAMMU	22.56
14	SANDHYA SHARMA, 787	787	RAJ KUMAR	11/10/10	KISHWAR	26.54
Event # 95 GIRLS 16&UN 300m						
FINAL						
1	MUKTIKA SAMBYAL, 612	612	RMINK SINGH	20/12/09	JAMMU	51.19
2	RONAK MAHAJAN, 1154	1154	LUCKY GUPTA	22/06/09	UDHAMPUR	52.08
3	SANDHYA SHARMA, 785	785	RAJ KUMAR	11/10/10	KISHWAR	55.61
4	LIABA NASEEM, 602	602	NASEEM AHMED	14/11/10	RAJORI	59.53
5	SIMRAN DEVI, 145	145	NARINDER KUMAR	29/06/10	DODA	1:02.88
6	BHUMI SHARMA, 1012	1012	SOHAN LAL	18/03/09	REASI	1:04.51
7	TARUN KUMARI, 647	647	SANJEEV KUMAR SINGH	23/07/09	JAMMU	1:08.34
8	VAIBHAVI ABROL, 649	649	VIKAS	21/01/09	JAMMU	1:19.81
9	SANIA RASHID, 113	113	ABDUL RASHID SHEIKH	14/05/09	BARAMULA	1:20.05
Event # 96 GIRLS 16&UN 800m						
FINAL						
1	RONAK MAHAJAN, 1153	1153	LUCKY GUPTA	22/06/09	UDHAMPUR	3:02.40
2	SHIVALI DEVI, 1022	1022	SHAM SINGH	02/07/10	REASI	3:38.78
3	VAIBHAVI ABROL, 650	650	VIKAS ABROL	21/01/09	JAMMU	4:25.08
Event # 99 GIRLS 16&UN High Jump						
FINAL						
1	PAYAL KUMARI, 1213	1213			JAMMU	1.10m
Event # 100 GIRLS 16&UN Long Jump						
FINAL						
1	JASROSE KOUR, 593	593	JAGMOHAN SINGH	15/08/09	JAMMU	3.59m
2	SEHAJ SHARMA, 1172	1172			JAMMU	3.53m
3	PURVI PANDITA, 32	32	SURENDER NATH PANDIT	17/10/09	ANANTNAG	3.27m
4	SUPRIYA CHIB, 641	641	RAJINDER SINGH	06/09/09	JAMMU	2.49m
Event # 101 GIRLS 16&UN 3Kg Shot Put						
FINAL						
1	BHUMIKA JAMWAL, 577	577	SANJEEV SINGH JAMWAL		JAMMU	6.41m
2	SANEHA MANHA, 1161	1161	DILBAG		JAMMU	5.62m
3	RAJVIR KAUR, 1197	1197	DILBAG SINGH		JAMMU	4.97m
Event # 102 GIRLS 16&UN 1Kg Discus Throw						
FINAL						
1	MANPREET SINGH, 607	607	AMAR SINGH	23/10/08	JAMMU	11.76m
2	SANDHYA SHARMA, 786	786	RAJ KUMAR	11/10/10	KISHWAR	11.23m
3	ARADHYA RAJPUT, 1299	1299			JAMMU	8.74m
Event # 105 GIRLS 18&UN 100m						
FINAL						
1	JHANVI SHARMA, 1073	1073	SANJEEV KUMAR	03/02/08	SAMBA	14.01
2	GULNAZ KOUR, 584	584	PRABJEET SINGH	07/01/07	JAMMU	14.50
3	SUMAN RAJPUT, 638	638	ROSHAN LAL	16/02/07	JAMMU	16.12
4	MUSKAN ZEHRA, 121	121	NISSAR AHMAD NAJAR	05/08/07	BUDGAM	16.25
5	KAJOL, 730	730	NAVEEN PASWAN	22/07/07	KATHUA	18.37
6	KALASH JAMWAL, 596	596	SHAM SINGH JAMWAL	02/04/08	JAMMU	18.70
7	1243, 1243	1243			UDHAMPUR	20.82
Event # 106 GIRLS 18&UN 200m						
FINAL						
1	JHANVI SHARMA, 1072	1072	SANJEET KUMAR	03/02/08	SAMBA	29.41
2	GULNAZ KOUR, 585	585	PRABJEET SINGH	07/01/07	JAMMU	31.56
3	SURBHI KUMARI, 642	642	SAHIL SHARMA	01/06/07	JAMMU	38.08
4	UZMAT RASOOL, 1269	1269			BARAMULA	38.14
5	TANISHA SHAMRA, 1296	1296			JAMMU	40.29
	SUNAKSHI THAKUR, 1027	1027	CHANCHAL SINGH	12/08/08	REASI	DNS
	MUSKAN JAVID, 111	111	JAVID AHMAD	06/01/07	BARAMULA	DNS
Event # 107 GIRLS 18&UN 400m						
FINAL						
1	ANSHIKA SHARMA, 1150	1150	LATE SH. YASH PAUL	10/04/08	UDHAMPUR	1:18.76
2	SUNAKSHI THAKUR, 1026	1026	CHANCHAL SINGH	12/08/08	REASI	1:23.81
3	KAJOL, 729	729	NAVEEN PASWAN	22/07/07	KATHUA	1:36.94
4	ARPITA GUPTA, 571	571	PAWAN GUPTA	19/01/08	JAMMU	1:48.47
5	UZMAT RASOOL, 115	115	GHULAM RASOOL BHAT	10/07/07	BARAMULA	1:54.90
6	ANADHI SHARMA, 567	567	BODH RAJ	20/08/07	JAMMU	1:55.92

Event # 108 GIRLS 18&UN 1000m						
FINAL						
1	SANJANA KUMARI, 626	626	SUNIL GUPTA	25/02/08	JAMMU	4:15.21
2	SUMAN RAJPUT, 639	639	ROSHAN LAL	16/02/07	JAMMU	4:22.23
3	SUDIKSHA KUMARI, 636	636	SURINDER KUMAR	26/11/06	JAMMU	4:47.45
4	PAYAL KUMARI, 731	731	NAVEEN PASWAN	14/03/06	KATHUA	5:32.26
5	BANITA KUMARI, 726	726	SUDESH KUMAR	04/12/05	KATHUA	7:00.08
Event # 116 GIRLS 18&UN Long Jump						
FINAL						
1	MUSKAN ZEHRA, 120	120	NISSAR AHMAD NAJAR	05/08/07	BUDGAM	3.79m
2	SANJANA KUMARI, 1276	1276			JAMMU	3.49m
3	NEHA, 1210	1210			JAMMU	3.06m
Event # 118 GIRLS 18&UN 3Kg Shot Put						
FINAL						
1	HIMANI MANHAS, 144	144	DALEEP SINGH MANHAS	11/10/07	DODA	7.70m
2	RIYA BOVORIA, 621	621	AJAY KUMAR	29/05/07	JAMMU	7.65m
3	AKSHITA VERMA, 566	566	RAKESH VERMA	25/04/08	JAMMU	7.55m
4	SHYANA DEONIA, 628	628	GURDEEP SINGH	11/08/07	JAMMU	7.40m
5	KALASH JAMWAL, 597	597	SHAM SINGH JAMWAL	02/04/08	JAMMU	6.66m
6	VANI THAKUR, 1028	1028	KEWAL KRISHAN	04/03/08	REASI	6.65m
7	ANADHI SHARMA, 568	568	BODH RAJ	20/08/07	JAMMU	5.90m
8	MUSKAN BHARTI, 613	613	TARSEMLAL	20/01/07	JAMMU	5.11m
9	GUDIA DEVI, 1014	1014	GANESH LAL	10/08/05	REASI	4.73m
Event # 119 GIRLS 18&UN 1Kg Discus Throw						
FINAL						
1	PRATIBHA SINGH, 619	619	BHUPINDER SINGH	13/06/08	JAMMU	23.14m
2	SIMRAN SALOTRA, 1025	1025	SHASHI SALOTRA	02/01/08	REASI	18.54m
3	YOGITA, 1201	1201			JAMMU	15.79m
Event # 121 GIRLS 18&UN 500Gms Javelin Throw						
FINAL						
1	SHYANA DEONIA, 629	629	GURDEEP SINGH	11/08/24	JAMMU	10.00m
2	RAJVEER KAUR, 1190	1190			JAMMU	9.00m
3	ANADHI SHARMA, 1181	1181			JAMMU	8.50m
Event # 123 GIRLS 20&UN 100m						
FINAL						
1	SHIVANI THAKUR, 1024	1024	SOHAN SINGH	12/11/05	REASI	15.13
2	AYUSHI BHAT, 575	575	SHOBAN JI BHAT	01/02/05	JAMMU	15.76
3	AYUSHI RAJPUT, 576	576	DHEERAJ SINGH	25/03/05	JAMMU	16.25
4	DIKSHA SHARMA, 727	727	HARI KRISHAN	27/05/05	KATHUA	16.71
5	MANPREET KOUR, 606	606	JOGINDER SINGH	17/01/06	JAMMU	16.74
6	MEHAK MESHTAQ, 109	109	MUSHTAQ AH SHSH	12/02/04	BARAMULA	18.35
7	IFFAT JABIN, 590	590	AMJED KHAN	03/01/06	JAMMU	18.98
8	FAZILA MAJIED, 583	583	AB MAJIED	01/01/03	JAMMU	20.00
Event # 124 GIRLS 20&UN 200m						
FINAL						
1	SAKSHI THAKUR, 1018	1018	CHANCHAL SINGH	02/08/06	REASI	30.07
2	SHIVANI THAKUR, 1023	1023	SOHAN SINGH	12/11/05	REASI	31.49
3	BISMA DILAWAR, 1158	1158			BARAMULA	38.45
	FALAK JAN, 1085	1085	MAHMOOD AHMAD SHAH	05/05/05	SHOPIAN	DNS
	SHAKURA BEGUM, 737	737	LAIQUAT ALI	20/04/04	KATHUA	DNS
	SARIKA KUMARI, 733	733	PARVEEN PASWAN	16/12/04	KATHUA	DNS
Event # 125 GIRLS 20&UN 400m						
FINAL						
1	SAKSHI THAKUR, 1018	1018	CHANCHAL SINGH	02/08/06	REASI	1:08.57
2	SARIKA KUMARI, 733	733	PARVEEN PASWAN	16/12/04	KATHUA	1:19.74
3	ARTI DEVI, 1151	1151	ROMESH CHANDER	28/06/06	UDHAMPUR	1:24.84
4	SHAKURA BEGUM, 736	736	LIAQUAT ALI	20/04/04	KATHUA	1:29.60
5	SAPNA DEVI, 1155	1155	OM PARKASH	09/07/06	UDHAMPUR	1:31.17
Event # 126 GIRLS 20&UN 800m						
FINAL						
1	ANJALI RAJPUT, 1009	1009	SURAM SINGH	12/09/06	REASI	3:02.66
2	SAPNA DEVI, 1156	1156	OM PARKASH	09/07/06	UDHAMPUR	3:37.24
Event # 127 GIRLS 20&UN 1500m						
FINAL						

1	ANJALI RAJPUT, 1011	1011	SURAM SINGH	12/09/06	REASI	6:03.59
2	PAYAL KUMARI, 1179	1179			KATHUA	9:04.12

Event # 135 GIRLS 20&UN Long Jump						
FINAL						
1	AYUSHI RAJPUT, 1241	1241			JAMMU	4.26m
2	MANPREET KOUR, 605	605	JOGINDER SINGH	17/01/06	JAMMU	4.11m
3	AURPANA DEVI, 143	143	LT.KRISHAN LAL	10/01/05	DODA	3.40m
Event # 137 GIRLS 20&UN 4Kg Shot Put						
FINAL						
1	MANSHA MANHAS, 608	608	SANDEEP SINGH	08/08/05	JAMMU	7.66m
2	ASMA KOUSAR, 572	572	SAGIR AHMED	22/08/06	JAMMU	5.81m
3	JIYA MAHAJAN, 594	594	RAJESH GUPTA	05/10/06	JAMMU	4.94m
4	REKHA DEVI, 732	732	OM DASS	12/12/04	KATHUA	4.42m
5	MEHVISH SAJAD, 29	29	SAJAD AHMAD NAJAR	27/04/04	ANANTNAG	3.62m
Event # 140 GIRLS 20&UN 600Gms Javelin Throw						
FINAL						
1	MANSHA MANHAS, 609	609	SANDEEP SINGH	08/08/05	JAMMU	17.95m
2	ASMA, 1182	1182			JAMMU	11.95m
3	POONAM KUMARI, 1180	1180			JAMMU	10.98m
Event # 142 WOMENS 100m						
FINAL						
1	SUVIDHA SARIN, 643	643	K.L SARIN	08/02/97	JAMMU	15.91
2	DIYA SHARMA, 582	582	MR ASHNI KUMAR	24/10/03	JAMMU	16.64
3	SHELLY PARMAR, 1021	1021	VIRENDER SINGH	25/11/02	REASI	18.97
Event # 143 WOMENS 200m						
FINAL						
1	FANJA DEVI, 1013	1013	DALIP SINGH	02/01/03	REASI	27.35
	PRIYA SHARMA, 1015	1015	YOGINDER KUMAR	12/12/03	REASI	DNS
	SUVIDHA SARIN, 644	644	K.L SARIN	08/02/97	JAMMU	DNS
	MEHAK MUSHTAQ, 110	110	MUSHTAQ AHMAD SHAH	12/02/04	BARAMULA	DNS
Event # 146 WOMENS 1500m						
FINAL						
1	SHAMSHAD BANO, 1019	1019	MOHD HUSSAIN	04/01/98	REASI	6:04.06
2	MANSI SHARMA, 610	610	JOGINDER PAL	21/01/02	JAMMU	7:17.40
3	POONAM KUMARI, 617	617	VIJAY KUMAR	28/01/02	JAMMU	7:42.38
Event # 147 WOMENS 3000m						
FINAL						
1	SHAMSHAD BANO, 1020	1020	MOHD HUSSAIN	04/01/98	REASI	12:55.63
2	POONAM KUMARI, 618	618	VIJAY KUMAR	28/01/02	JAMMU	15:46.40
3	SONIA CHOUDHARY, 635	635	KRISHAN LAL	09/03/04	JAMMU	18:14.46
Event # 154 WOMENS Long Jump						
FINAL						
1	SUPRIYA DEVI, 790	790	RANJEET KUMAR	01/01/02	KISHWAR	4.11m
2	PRIYA RANI, 781	781	OM PRAKASH	04/01/03	KISHWAR	3.85m
3	SIMRAN DEVI, 990	990	ZALAM SINGH	10/11/03	RAMBAN	3.84m
Event # 156 WOMENS 4Kg Shot Put						
FINAL						
1	SAMREEN KOUR, 622	622	GURCHARAN SINGH	30/11/02	JAMMU	10.50m
2	SUPRIYA DEVI, 789	789	RANJEET KUMAR	01/01/02	KISHWAR	7.60m
3	PRIYA RANI, 780	780	OM PRAKASH	04/01/03	KISHWAR	7.54m
4	LAVANYA MAHAJAN, 1074	1074	RAJEEV KUMAR	12/05/02	SAMBA	7.01m
Event # 157 WOMENS 1Kg Discus Throw						
FINAL						
1	SAMREEN KOUR, 623	623	GURCHARAN SINGH	30/11/02	JAMMU	21.83m
2	LAVANYA MAHAJAN, 1075	1075	RAJEEV KUMAR	12/05/02	SAMBA	16.74m
Event # 221 MENS Decathlon						
FINAL						
1	RITIK SINGH SALATHIA, 423	423	YASHBIR SINGH	11/12/01	JAMMU	4505
2	SAHIL HAMID MIR, 89	89	ABDUL HAMID MIR	03/03/06	BARAMULA	1614
3	ARSALAN MAJEED BHAT, 805	805	ABDUL MAJEED BHAT	03/03/09	KUPWARA	1420
4	GANESH KUMAR, 272	272	SURJEET KUMAR	15/11/05	JAMMU	1296

Event # 241 MENS 4x100m Relay						
FINAL						
1	J&K POLICE A					45.52
2	JAMMU B					48.20
3	RAJORI A					48.72
4	J&K POLICE B					49.03
5	KUPWARA A					51.95
6	BARAMULA A					52.28
7	JAMMU A					54.13
8	POONCH A					56.98
Event # 242 BOYS 20&UN 4x400m Relay						
FINAL						
1	J&K POLICE A					3:42.66
2	JAMMU A					3:56.55
3	RAJORI A					3:58.78
4	UDHAMPUR A					4:12.33
5	J&K POLICE B					4:25.21
6	BARAMULA A					4:42.53