

Punjab Senior and U-20 Athletics Meet 2025

Guru Nank Stadium Ludhiana

12-04-2025

4/9/25 - 4/10/25

9th to 10th April 2025

Event # 1 MENS 100m Run OPEN**FINALS**

% AFI QUALIFY: 10.75

RESULTS OF FINALS

1	LOVEPREET SINGH.	213 APBM107144	JALANDHAR	10.68 %
2	HARMANPREET SINGH	253 ???132924	LUDHIANA	10.81
3	KULVIR RAM	376 APBM164158	SRI MUKTSAR SAHIB	10.94
4	MOHIT ..	130 APBM172830	BATHINDA	11.05
5	NARINDER SINGH	321	ROPAR	11.21
6	UMESH SHARMA	363	SAS NAGAR	11.35
7	AKASH SAHNI	185 APBM215415	HOSHIARPUR	11.41

Event # 2 MENS 200m Run OPEN**FINALS**

% AFI QUALIFY: 21.80

RESULTS OF FINALS

1	HARMANPREET SINGH	253 ???132924	LUDHIANA	21.91
2	MANINDER SINGH	306 APBM157354	PATIALA	22.02
3	VISHAVPARTAP SI BIL	351 APBM181229	SANGRUR	22.02
4	RANBIR SINGH	394 APBM111946	TARN TARAN	22.41
5	MOHIT ..	130 APBM172830	BATHINDA	22.92
6	UMESH SHARMA	363	SAS NAGAR	23.98

Event # 3 MENS 400m Run OPEN**FINALS**

% AFI QUALIFY: 48.75

RESULTS OF FINALS

1	MANINDER SINGH	306 APBM157354	PATIALA	48.12 %
2	TEJPARTAP SINGH	396 APBM227729	TARN TARAN	48.50 %
3	VISHAVPARTAP SI BIL	351 APBM181229	SANGRUR	48.54 %
4	AMRITPAL SINGH.	104	AMRITSAR	48.64 %
5	PUNEET .	113	AMRITSAR	50.07
6	AMANATJEET SINGH	383	TARN TARAN	51.21
7	HARMANJIT SINGH	252 APBM163305	LUDHIANA	53.50
	RANBIR SINGH	394 APBM111946	TARN TARAN	DNS
	MANOJ SAINI	307	PATIALA	DNS
	SUKHVEER SINGH	285	MANSA	DNS

Event # 4 MENS 800m Run OPEN**FINALS**

% AFI QUALIFY: 1:52.50

RESULTS OF FINALS

1	AMANATJEET SINGH	383	TARN TARAN	1:59.32
2	SHUSHANT SINGH	266	LUDHIANA	1:59.62
3	ANMOL SINGH	186 APBM 230582	HOSHIARPUR	2:01.03
4	GURJANT SINGH	251	LUDHIANA	2:53.38
	GURMAN SINGH	339 APBM129938	SANGRUR	DNS

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Event # 5 MENS 1500m Run OPEN

FINALS

% AFI QUALIFY: 3:52.50

RESULTS OF FINALS

1	DAVINDER SINGH	126	BATHINDA	4:09.10
2	JAGDEV SINGH.	254 APBM131040	LUDHIANA	4:10.64
3	SHUSHANT SINGH	266	LUDHIANA	4:18.77
4	NEERAJ .	370	SBS NAGAR	4:32.44
	SUKHWINDER SINGH	162 APBM174668	FAZILKA	DNS

Event # 6 MENS 5000m Run OPEN

FINALS

% AFI QUALIFY: 14:40.00

RESULTS OF FINALS

1	SAHIL SAGAR	344 APBM108145	SANGRUR	14:32.66 %
2	JAGDEV SINGH.	254 APBM131040	LUDHIANA	15:55.50
3	MANJINDER SINGH	405	GURDASPUR	15:58.06
4	AMRITPAL SINGH	384 APBM201937	TARN TARAN	16:20.16
5	AKASH PRAJAPATI	241	LUDHIANA	17:22.90
	NEERAJ .	370	SBS NAGAR	DNS
	LOVEPREET SINGH	139	FARIDKOT	DNF
	RINKU .	157 APBM202003	FAZILKA	DNS
	SUKHWINDER SINGH	162 APBM174668	FAZILKA	DNF
	GAGANDEEP .	204 APBM179754	JALANDHAR	DNS
	ARSHDEEP SINGH...	335	SANGRUR	DNF
	EKAMBIR SINGH	358	SAS NAGAR	DNS
	HARISH .	374	SRI MUKTSAR SAHIB	DNS
	ANAND .	397	FAZILKA	DNS

Event # 7 MENS 10000m Run OPEN

FINALS

% AFI QUALIFY: 30:30.00

RESULTS OF FINALS

1	MANJINDER SINGH	405	GURDASPUR	34:26.74
2	RINKU .	157 APBM202003	FAZILKA	36:00.45
3	AKASH PRAJAPATI	241	LUDHIANA	38:19.81
	EKAMBIR SINGH	358	SAS NAGAR	DNS
	SAHIL SAGAR	344 APBM108145	SANGRUR	DNS
	ANAND .	397	FAZILKA	DNF
	GAGANDEEP .	204 APBM179754	JALANDHAR	DNF

Event # 8 MENS 110m Hurdles OPEN

FINALS

% AFI QUALIFY: 14.75

RESULTS OF FINALS

1	AMRINDER SINGH AU	271	MALERKOTLA	15.25
2	PANKAJ PAL	154 ABPM133723	FAZILKA	15.58
3	ARSHDEEP SINGH GIL	336	SANGRUR	16.06
	JASKARAN SINGH.	120	BARNALA	DNS

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Event # 9 MENS 400m Hurdles OPEN

FINALS

% AFI QUALIFY: 52.50

RESULTS OF FINALS

1	NIKHIL BHARDWAJ	361 APBM107255	SAS NAGAR	51.62 %
2	SUKHVEER SINGH	285	MANSA	1:00.66
3	JASKARAN SINGH.	120	BARNALA	1:05.98
	TEJPARTAP SINGH	396 APBM227729	TARN TARAN	DNF
	PANKAJ PAL	154 ABPM133723	FAZILKA	DNS

Event # 12 MENS Long Jump OPEN

FINALS

% AFI QUALIFY: 7.20

RESULTS OF FINALS

1	LAKHVEER SINGH	257 APBM129489	LUDHIANA	7.31m %
2	LAKHWINDER SINGH	319 APBM124649	ROPAR	6.58m
3	AYUSH PAL	298	PATIALA	6.28m
4	NAMAN KAPILA	215	JALANDHAR	6.22m
5	GURJANT SINGH	251	LUDHIANA	3.52m
	JASKARAN.. SINGH	318 APBM118718	ROPAR	DNS

Event # 13 MENS Triple Jump OPEN

FINALS

% AFI QUALIFY: 15.20

RESULTS OF FINALS

1	JASKARAN SINGH	222	KAPURTHALA	14.29m
2	GURBIR SINGH	108	AMRITSAR	14.25m
3	JASKARAN.. SINGH	318 APBM118718	ROPAR	13.60m
4	NAMAN KAPILA	215	JALANDHAR	13.51m
5	SHIVAM .	226	KAPURTHALA	13.32m
	AYUSH PAL	298	PATIALA	DNS

Event # 14 MENS Shot Put OPEN

FINALS

% AFI QUALIFY: 16.00

RESULTS OF FINALS

1	VARINDERPAL SINGH	364	SAS NAGAR	17.25m %
2	IQBAL SINGH	280 APBM107263	MANSA	17.15m %
3	MUKHTYAR SINGH	343 AHRM185163	SANGRUR	15.25m
4	WATTANPREET SINGH	228	KAPURTHALA	13.62m
5	GURSHARN SINGH	137 APBM229677	FARIDKOT	11.84m
6	ALAMJOT SANDHU	297	PATIALA	11.52m
7	ROHIT KUMAR	142	FARIDKOT	4.84m
	HARSHPREET SINGH	412	LUDHIANA	NM

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Event # 15 MENS Discus Throw OPEN**FINALS**

% AFI QUALIFY: 49.00

RESULTS OF FINALS

1	BALJINDER SINGH	299 APBM171064	PATIALA	54.88m %
2	BALWINDERJIT SINGH	300 APBM129437	PATIALA	48.89m
3	BALRAJDEEP SINGH	389 APBM230069	TARN TARAN	44.52m
4	GURSHARN SINGH	137 APBM229677	FARIDKOT	43.55m
5	JASHANPREET. SINGH	210 APBM192567	JALANDHAR	40.88m
	HARSHPREET SINGH	412	LUDHIANA	DNS

Event # 16 MENS Hammer Throw OPEN**FINALS**

% AFI QUALIFY: 60.00

RESULTS OF FINALS

1	PARAMVIR SINGH	173	GURDASPUR	62.86m %
2	ARVIND SINGH GILL	287 APBM129130	MOGA	60.09m %
3	LOVEJOT SINGH	172 APBM107606	GURDASPUR	57.18m
4	BALDEEP SINGH	247	LUDHIANA	40.23m
	NITISH TOMAR	131 APBM104656	BATHINDA	DNS

Event # 17 MENS Javelin Throw OPEN**FINALS**

% AFI QUALIFY: 70.00

RESULTS OF FINALS

1	AMIT KUMAR YADAV	103	AMRITSAR	63.17m
2	HARMAN PREET SINGH	170	GURDASPUR	62.18m
3	LOVEPREET SINGH..	214 APBM118358	JALANDHAR	61.80m
4	JASWANT SINGH	223 APBM118604	KAPURTHALA	61.57m
5	NITISH SINGH	403	GURDASPUR	61.03m
6	SURINDER KUMAR	163	FAZILKA	47.23m
7	PRIHLAD WISHWASH	265	LUDHIANA	45.72m
	HARISH .	374	SRI MUKTSAR SAHIB	DNS
	LOVEPREET SINGH	139	FARIDKOT	DNS

Event # 18 WOMENS 100m Run OPEN**FINALS**

% AFI QUALIFY: 12.25

RESULTS OF FINALS

1	SIMRAN DEEP KAUR	294	PATIALA	12.28
2	HARLEEN KAUR	233 APBF145403	LUDHIANA	12.86
3	SARBJEET KAUR	168 APBF212502	GURDASPUR	12.87
4	NARINDER KAUR	116	BARNALA	14.19

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Event # 19 WOMENS 200m Run OPEN

FINALS

% AFI QUALIFY: 25.00

RESULTS OF FINALS

1	AKSHI MALIK	327 AUPF145268	SANGRUR	25.11
2	NARINDER KAUR	116	BARNALA	30.16
	TANVEER KAUR	334 APBF107533	SANGRUR	DNS
	SIMRAN DEEP KAUR	294	PATIALA	DNS

Event # 20 WOMENS 400m Run OPEN

FINALS

% AFI QUALIFY: 57.50

RESULTS OF FINALS

1	AKSHI MALIK	327 AUPF145268	SANGRUR	56.92 %
2	TANVEER KAUR	334 APBF107533	SANGRUR	58.94
3	VEERPAL KAUR	238 APBF142126	LUDHIANA	1:01.86
	NEHA .	198 APBF107330	JALANDHAR	DNS

Event # 21 WOMENS 800m Run OPEN

FINALS

% AFI QUALIFY: 2:16.00

RESULTS OF FINALS

1	VEERPAL KAUR	238 APBF142126	LUDHIANA	2:27.01
2	RANPREET KAUR	331	SANGRUR	4:44.15

Event # 23 WOMENS 5000m Run OPEN

FINALS

% AFI QUALIFY: 17:00.00

RESULTS OF FINALS

1	PRIYANKA KUMARI	181	HOSHIARPUR	26:54.72
2	MANPREET. KAUR	179	HOSHIARPUR	29:19.30

Event # 26 WOMENS 400m Hurdles OPEN

FINALS

% AFI QUALIFY: 1:03.00

RESULTS OF FINALS

1	NEHA .	198 APBF107330	JALANDHAR	1:03.53
2	PALAK KAUR	380 APBF197011	TARN TARAN	1:08.00

Event # 29 WOMENS Long Jump OPEN

FINALS

% AFI QUALIFY: 5.85

RESULTS OF FINALS

1	HARLEEN KAUR	233 APBF145403	LUDHIANA	5.18m
2	KAMALJEET KAUR.	236 APBF123853	LUDHIANA	4.69m

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Event # 30 WOMENS Triple Jump OPEN

FINALS

% AFI QUALIFY: 12.30

RESULTS OF FINALS

1	ARSHDEEP KAUR..	230	APBF107570	LUDHIANA	12.51m %
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Event # 31 WOMENS Shot Put OPEN

FINALS

% AFI QUALIFY: 12.50

RESULTS OF FINALS

1	MANPREET KAUR.	291		PATIALA	15.60m %
2	SANDEEP RANI	134	APBF230318	FARIDKOT	8.68m
3	KAJAL .	235		LUDHIANA	6.74m

Event # 32 WOMENS Discus Throw OPEN

FINALS

% AFI QUALIFY: 40.00

RESULTS OF FINALS

1	ARSHDEEP KAUR KH/	328	APBF108068	SANGRUR	44.79m %
2	JASMEET KAUR	268	APBF110834	MALERKOTLA	42.62m %
3	DIVNOOR KAUR	231		LUDHIANA	26.97m
	SANDEEP RANI	134	APBF230318	FARIDKOT	DNS
	KAJAL .	235		LUDHIANA	DNS

Event # 35 BOYS 100m Run U-20

FINALS

% AFI QUALIFY: 10.90

RESULTS OF FINALS

1	JASJIT SINGH	408		PATIALA	10.78 %
2	VARUN SHARMA	289		MOGA	11.06
3	ARSHDEEP SINGH	187	APBM192258	HOSHIARPUR	11.14
4	SANJEEV KUMAR	159	APBM223340	FAZILKA	11.21
5	SAGAR KHANNA	324	APBM151999	ROPAR	11.22
6	RAGHAV KALIA	196	APBM215550	HOSHIARPUR	11.26
	NAVEEN KUMAR	263		LUDHIANA	DQ
	NAVROOP SINGH	112		AMRITSAR	DQ

Event # 36 BOYS 200m Run U-20

FINALS

% AFI QUALIFY: 23.00

RESULTS OF FINALS

1	ARSHDEEP SINGH	187	APBM192258	HOSHIARPUR	21.98 %
2	JASJIT SINGH	408		PATIALA	22.24 %
3	VARUN SHARMA	289		MOGA	22.29 %
4	ANKIT KUMAR	201	APBM168509	JALANDHAR	22.61 %
5	TOM HARSIT KUJUR	219		JALANDHAR	23.06
6	ANMOLDEEP SINGH	387		TARN TARAN	23.76
	SANJEEV KUMAR	159	APBM223340	FAZILKA	DNS
	JAGJIT SINGH	171	APBM158168	GURDASPUR	DNS

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Event # 37 BOYS 400m Run U-20**FINALS**

% AFI QUALIFY: 50.20

RESULTS OF FINALS

1	TARANDEEP SINGH	311 APBM182336	PATIALA	48.33 %
2	HARMANDEEP SINGH	375 APBM201312	SRI MUKTSAR SAHIB	48.63 %
3	HARJOT SINGH	190 APBM162271	HOSHIARPUR	48.91 %
4	JASHANPREET SINGH	391 APBM155931	TARN TARAN	49.80 %
5	SOHAIL .	161 APBM179323	FAZILKA	49.86 %
6	SANDEEP KUMAR GU	345 APBM223688	SANGRUR	50.99
7	JAGJIT SINGH	171 APBM158168	GURDASPUR	52.31
	ANKIT KUMAR	201 APBM168509	JALANDHAR	DNF

Event # 38 BOYS 800m Run U-20**FINALS**

% AFI QUALIFY: 1:55.00

RESULTS OF FINALS

1	HARMANDEEP SINGH	375 APBM201312	SRI MUKTSAR SAHIB	1:54.37 %
2	MOHIT ...	262	LUDHIANA	1:57.44
3	ARUN KAITHWAR	188 APBM139404	HOSHIARPUR	1:58.84
4	IKBAL SINGH	390	TARN TARAN	2:00.40
5	BALRAJ SINGH	119	BARNALA	2:03.38
6	GARAV ARORA	338	SANGRUR	2:04.70
7	SRAJU HUSSAIN	227	KAPURTHALA	2:07.43
8	MANVEER SINGH	341 APBM177395	SANGRUR	2:10.80
9	DAVINDER SINGH..	203	JALANDHAR	2:11.28
10	SHEKHAR .	160	FAZILKA	2:13.87
11	ARSHNOOR SINGH	107 APBM230144	AMRITSAR	2:27.27
	JASHAN SINGH	138	FARIDKOT	DNS

Event # 39 BOYS 1500m Run U-20**FINALS**

% AFI QUALIFY: 4:10.00

RESULTS OF FINALS

1	MOHIT ...	262	LUDHIANA	4:22.74
2	DAVINDER SINGH..	203	JALANDHAR	4:26.08
3	SUDHAKAR SINGH	267	LUDHIANA	4:27.42
4	MANPREET SINGH	153 APBM225832	FAZILKA	4:28.94
5	SRAJU HUSSAIN	227	KAPURTHALA	4:36.24
6	SHEKHAR .	160	FAZILKA	4:40.94
7	JAGDEV SINGH	340	SANGRUR	4:51.42
8	ARSHDEEP. SINGH	106 APBM230167	AMRITSAR	4:52.44
9	ARSHNOOR SINGH	107 APBM230144	AMRITSAR	4:53.77
10	TANVEER SINGH	411	LUDHIANA	5:53.66
	MANVEER SINGH	140	FARIDKOT	DNS
	SUKHVEER SINGH.	144	FARIDKOT	DNS
	VANSH .	176	GURDASPUR	DNS
	SEHAJPREET SINGH	349 SAHAJ	SANGRUR	DNS
	SATBIR SINGH	347	SANGRUR	DNS

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Event # 40 BOYS 3000m Run U-20

FINALS

% AFI QUALIFY: 9:14.00

RESULTS OF FINALS

1	GURPINDER SINGH	373 APBM182452	SRI MUKTSAR SAHIB	8:59.23 %
2	UPANSHU .	312 APBM212804	PATIALA	9:02.84 %
3	EKAMPREET SINGH	337	SANGRUR	9:37.24
	JAGDEV SINGH	340	SANGRUR	DNF
	SUDHAKAR SINGH	267	LUDHIANA	DNF
	ANKIT KUMAR	243	LUDHIANA	DNS
	HARSHDEEP SINGH	191 APBM230334	HOSHIARPUR	DNS
	VANSH .	176	GURDASPUR	DNF
	RAMANDEEP SINGH	165	FEROZEPUR	DNS
	MANPREET SINGH	153 APBM225832	FAZILKA	DNS
	BALKAR SINGH	136	FARIDKOT	DNF

Event # 41 BOYS 5000m Run U-20

FINALS

% AFI QUALIFY: 15:30.00

RESULTS OF FINALS

1	UPANSHU .	312 APBM212804	PATIALA	16:05.41
2	EKAMPREET SINGH	337	SANGRUR	16:40.76
3	SATBIR SINGH	347	SANGRUR	19:37.41
	GURPINDER SINGH	373 APBM182452	SRI MUKTSAR SAHIB	DNS
	MOHIT .	195	HOSHIARPUR	DNS
	RAMANDEEP SINGH	165	FEROZEPUR	DNS
	SUKHVEER SINGH.	144	FARIDKOT	DNF
	MANVEER SINGH	140	FARIDKOT	DNF

Event # 42 BOYS 10000m Run U-20

FINALS

% AFI QUALIFY: 33:00.00

RESULTS OF FINALS

1	MOHIT .	195	HOSHIARPUR	40:23.55
2	ANKIT KUMAR	243	LUDHIANA	40:33.59
3	HARSHDEEP SINGH	191 APBM230334	HOSHIARPUR	44:24.60

Event # 43 BOYS 110m Hurdles U-20

FINALS

% AFI QUALIFY: 15.00

RESULTS OF FINALS

1	GURMIT SINGH	413	LUDHIANA	15.59
2	MANJOT SINGH.	121 APBM215020	BARNALA	16.08
3	DAPINDER SINGH	316 APBM145497	ROPAR	17.54
	SUKHANDEEP SINGH	350 APBM148540	SANGRUR	DNS
	SAHILJOT SINGH GILI	143 APBM139188	FARIDKOT	DNS

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Event # 44 BOYS 400m Hurdles U-20

FINALS

% AFI QUALIFY: 56.00

RESULTS OF FINALS

1	JASHANPREET SINGH	391 APBM155931	TARN TARAN	54.71 %
2	SUKHANDEEP SINGH	350 APBM148540	SANGRUR	56.86
3	SANDEEP KUMAR GU	345 APBM223688	SANGRUR	57.64
4	NAVJOT SINGH	282	MANSA	58.61
5	DAPINDER SINGH	316 APBM145497	ROPAR	58.96
6	LOVEJOT KUMAR	393	TARN TARAN	59.18
7	SOHAIL .	161 APBM179323	FAZILKA	1:01.00
8	PUNIT KUMAR	156	FAZILKA	1:03.30
9	MANVEER SINGH	341 APBM177395	SANGRUR	1:04.90
10	SUKHSEHAJ SINGH	407	PATIALA	1:08.67
	RAM MANDHOTRA	132	BATHINDA	DNS

Event # 45 BOYS 5Km Race Walk U-20

FINALS

RESULTS OF FINALS

1	ROBIN SINGH CHAHA	310 APBM178189	PATIALA	24:23.18
2	HARMAN SINGH.	302 APBM223662	PATIALA	24:29.01
3	SAHIL .	398	FAZILKA	29:57.23

Event # 46 BOYS 10Km Race Walk U-20

FINALS

% AFI QUALIFY: 50:00.00

RESULTS OF FINALS

1	HARMAN SINGH.	302 APBM223662	PATIALA	47:56.21 %
2	IRSHAD ALI	209	JALANDHAR	1:03:41.53
3	MANJOT SINGH	259	LUDHIANA	1:07:33.92
	SAHIL .	398	FAZILKA	DNS
	ROBIN SINGH CHAHA	310 APBM178189	PATIALA	DNS

Event # 47 BOYS High Jump U-20

FINALS

% AFI QUALIFY: 1.90

RESULTS OF FINALS

1	ROBANPREET SINGH	323 APBM110559	ROPAR	2.00m %
2	HARMAN SINGH	278 APBM137154	MANSA	1.83m
2	SAHILJOT SINGH GILI	143 APBM139188	FARIDKOT	1.83m
4	SUNIL SINGH	145 NO	FARIDKOT	1.80m
5	LOVEPREET. SINGH	320 APBM207837	ROPAR	1.75m
5	RAJVEER SAHARAN	322 APBM191711	ROPAR	1.75m
7	JASHANPREET SINGH	164 NO	FEROZEPUR	1.65m
7	JASNOOR SINGH DHA	360 APBM107163	SAS NAGAR	1.65m
	SUKHDEEP SINGH	284	MANSA	NM
	ARSHPREET SINGH	245	LUDHIANA	NM
	ABHEYPARTAP SIN GI	135	FARIDKOT	DNS

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Event # 49 BOYS Long Jump U-20

FINALS

% AFI QUALIFY: 6.80

RESULTS OF FINALS

1	HARMANDEEP SINGH	152 APBM182593	FAZILKA	7.00m %
2	AMRITPAL SINGH..	286 APBM163840	MOGA	6.83m %
3	DAMANPREET SINGH	249 APBM155698	LUDHIANA	6.68m
4	MOHD SHAKIB	369 NO	SBS NAGAR	6.44m
5	JAGJOT SINGH	192	HOSHIARPUR	6.10m
6	SAMUEL MASIH	158 ABPM152606	FAZILKA	5.90m
7	HARNOOR SINGH	221 APBM229532	KAPURTHALA	5.05m
8	ABHAYJEET SINGH	220 APBM227908	KAPURTHALA	4.00m
	PARAMSHIV .	224 APBM186811	KAPURTHALA	NM
	AKARSHIT PARTAP SII	240 APBM153423	LUDHIANA	DNS
	GURSHAN SINGH	410	TARN TARAN	NM

Event # 50 BOYS Triple Jump U-20

FINALS

% AFI QUALIFY: 14.00

RESULTS OF FINALS

1	AKARSHIT PARTAP SII	240 APBM153423	LUDHIANA	14.88m %
2	MOHD SHAKIB	369 NO	SBS NAGAR	14.42m %
3	GURPREET SINGH.	189 APBM131134	HOSHIARPUR	14.22m %
4	DAKSH BISHNOI	151 APBM229541	FAZILKA	14.20m %
5	GURSHAN SINGH	410	TARN TARAN	13.19m
6	SAMUEL MASIH	158 ABPM152606	FAZILKA	12.92m
7	AMANDEEP SINGH	125	BATHINDA	12.09m
	ARSHPREET SINGH	245	LUDHIANA	DNS
	PARAMSHIV .	224 APBM186811	KAPURTHALA	NM
	RAM MANDHOTRA	132	BATHINDA	NM

Event # 51 BOYS Shot Put U-20

FINALS

% AFI QUALIFY: 15.00

RESULTS OF FINALS

1	ARMANDEEP SINGH	272 APBM123438	MALERKOTLA	16.88m %
2	AMRINDER SINGH	356	SAS NAGAR	14.77m
3	JODHBIR SINGH	212	JALANDHAR	13.86m
4	INDERJEET SINGH	279 APBM218018	MANSA	13.85m
5	GURMEHAKDEEP SIN	277	MANSA	11.94m
6	ABHEY VASHISTHA	295	PATIALA	11.69m
7	JASNOOR SINGH	304	PATIALA	11.26m
	NAVDEEP SINGH	141	FARIDKOT	NM
	SAHIBJEET SINGH	362	SAS NAGAR	NM

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Event # 52 BOYS Discus Throw U-20

FINALS

% AFI QUALIFY: 45.00

RESULTS OF FINALS

1	SATWIK VASHIST	122 APBM131679	BARNALA	52.02m %
2	TANVIR SINGH	218 APBM191528	JALANDHAR	50.23m %
3	ARMANJOT SINGH SE	244 APBM230299	LUDHIANA	45.59m %
4	SHARANDEEP SINGH	283 APBM136818	MANSA	42.93m
5	GURPREET SINGH..	206 APBM181839	JALANDHAR	42.33m
6	YADWINDER SINGH	313	PATIALA	41.64m
7	NAVDEEP SINGH	141	FARIDKOT	39.17m
8	PRABHNOOR SINGH S	309	PATIALA	38.87m
9	KRISHIV SHARMA	129 APMB208544	BATHINDA	29.38m
	ABHEY VASHISTHA	295	PATIALA	DNS
	GURSHARANPREET S	404	GURDASPUR	NM

Event # 53 BOYS Hammer Throw U-20

FINALS

% AFI QUALIFY: 60.00

RESULTS OF FINALS

1	MANJOT. SINGH	260	LUDHIANA	54.31m
2	MEHTAAB SINGH VIR	308	PATIALA	51.54m
3	ARSHDEEP SINGH.	105	AMRITSAR	50.87m
4	ANSHPREET SINGH	388	TARN TARAN	44.63m
5	AGAMDEEP SINGH	382	TARN TARAN	43.87m
6	TARANJIT SINGH	395	TARN TARAN	43.80m
7	PIYUSH ARORA	264	LUDHIANA	38.98m
	RAJANDEEP SINGH	174	GURDASPUR	NM
	AVNOOR SINGH	357 APBM215503	SAS NAGAR	NM
	ARMAN .	202	JALANDHAR	DNS
	SHISHDEEP SINGH	175	GURDASPUR	NM

Event # 54 BOYS Javelin Throw U-20

FINALS

% AFI QUALIFY: 58.00

RESULTS OF FINALS

1	MANPREET. SINGH	194 APBM155480	HOSHIARPUR	58.87m %
2	SIDHARTH ...	216 APBM211833	JALANDHAR	56.02m
3	HARSHIT BIBLANI	208 APBM204486	JALANDHAR	55.12m
4	LOVEPREET KUMAR	281	MANSA	50.59m
5	JASKIRAT SINGH	359 APBM223971	SAS NAGAR	46.75m
6	SARTHAK SARTHAK .	346 APBM205715	SANGRUR	45.49m
7	ARMAN .	202	JALANDHAR	44.70m
8	GURBAJ SINGH	250	LUDHIANA	41.60m
9	KUSHAGRA .	256	LUDHIANA	27.40m
	TANISH .	326 APBM162942	ROPAR	DNS
	KARAMJIT SINGH	128	BATHINDA	DNS
	KRISHNA TIWARI	255	LUDHIANA	NM
	BALKAR SINGH	136	FARIDKOT	NM

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Event # 55 GIRLS 100m Run U-20

FINALS

% AFI QUALIFY: 12.75

RESULTS OF FINALS

1	SANDEEP KAUR	117	APBF107823	BARNALA	12.13 %
2	JASLEEN KAUR.	353	APBF112222	SAS NAGAR	12.31 %
3	LOVEJOT KAUR	366	APBF192979	SBS NAGAR	12.70 %
4	SHUBHNEET KAUR	124	APBF173649	BATHINDA	13.10
5	ADITI LOHIA	352	APBF194296	SAS NAGAR	13.60
6	AMANDEEP KAUR	166		GURDASPUR	13.86
7	SUKHMAN PREET KA	102	APBF230147	AMRITSAR	15.53
8	SANIA .	270		MALERKOTLA	16.96

Event # 56 GIRLS 200m Run U-20

FINALS

% AFI QUALIFY: 26.50

RESULTS OF FINALS

1	SANDEEP KAUR	117	APBF107823	BARNALA	25.16 %
2	SUPREET KAUR	354	APBF176631	SAS NAGAR	25.34 %
3	LOVEJOT KAUR	366	APBF192979	SBS NAGAR	25.65 %
4	SAROJ RANI	199	APBF223696	JALANDHAR	26.54
5	AMANDEEP KAUR	166		GURDASPUR	28.52
	PREET KAUR	372	APBF107310	SRI MUKTSAR SAHIB	DNS
	ANMOLDEEP KAUR	229	APBF114168	LUDHIANA	DNS
	SUKHMAN PREET KA	102	APBF230147	AMRITSAR	DNS

Event # 57 GIRLS 400m Run U-20

FINALS

% AFI QUALIFY: 59.00

RESULTS OF FINALS

1	SUPREET KAUR	354	APBF176631	SAS NAGAR	56.85 %
2	MANPREET KAUR	123	APBF230036	BATHINDA	57.24 %
3	SAROJ RANI	199	APBF223696	JALANDHAR	57.80 %
4	INDER JOT KAUR	365	APBF116774	SBS NAGAR	1:02.75
5	ANMOLDEEP KAUR	229	APBF114168	LUDHIANA	1:07.57
	MEHARDEEP KAUR	292	APBF116402	PATIALA	DNS
	PRIYA SHARMA	269		MALERKOTLA	DNS

Event # 58 GIRLS 800m Run U-20

FINALS

% AFI QUALIFY: 2:20.00

RESULTS OF FINALS

1	MANPREET KAUR	123	APBF230036	BATHINDA	2:21.92
2	POOJA .	180	APBF 110794	HOSHIARPUR	2:22.75
3	INDER JOT KAUR	365	APBF116774	SBS NAGAR	2:27.23
4	KULWINDER KAUR	115		BARNALA	3:11.40
5	SUNEHA .	237		LUDHIANA	3:13.16
	MEHARDEEP KAUR	292	APBF116402	PATIALA	DNS

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Event # 59 GIRLS 1500m Run U-20

FINALS

% AFI QUALIFY: 4:58.00

RESULTS OF FINALS

1	POOJA .	180 APBF 110794	HOSHIARPUR	5:01.98
2	DIYA RANA	314 APBF177401	ROPAR	5:13.46
3	KULWINDER KAUR	115	BARNALA	6:20.56
4	SUNEHA .	237	LUDHIANA	7:10.29

Event # 60 GIRLS 3000m Run U-20

FINALS

% AFI QUALIFY: 11.50

RESULTS OF FINALS

1	SIMRAN .	182 APBF145071	HOSHIARPUR	12:43.51
	PRIYA SHARMA	269	MALERKOTLA	DNS

Event # 62 GIRLS 100m Hurdles U-20

FINALS

% AFI QUALIFY: 16.00

RESULTS OF FINALS

1	TASNEEM KAUR DHIL	118 APBF180261	BARNALA	16.61
2	ARSHDEEP KAUR.	114 APBF230056	BARNALA	17.41
3	RATANJEET KAUR	332	SANGRUR	21.98
	RIMPAL KAUR	101 APBF124926	AMRITSAR	DNS

Event # 63 GIRLS 400m Hurdles U-20

FINALS

% AFI QUALIFY: 1:07.00

RESULTS OF FINALS

1	PREET KAUR	372 APBF107310	SRI MUKTSAR SAHIB	1:08.78
2	TASNEEM KAUR DHIL	118 APBF180261	BARNALA	1:12.02
3	ARSHDEEP KAUR.	114 APBF230056	BARNALA	1:12.14
4	PARNEET KAUR	275	MANSA	1:14.40
5	HARPREET KAUR.	178 APBF164542	HOSHIARPUR	1:16.82
	RATANJEET KAUR	332	SANGRUR	DNS
	JASMEEN KAUR	234	LUDHIANA	DNS

Event # 64 GIRLS 5Km Race Walk U-20

FINALS

RESULTS OF FINALS

1	KAMALPREET KAUR]	197 APBF159391	JALANDHAR	27:05.81
2	PRABH JOT KAUR	381 APBF197358	TARN TARAN	28:46.26
3	BANDNA .	177 APBF223417	HOSHIARPUR	33:11.84
4	SUJATA .	184 APBF223413	HOSHIARPUR	36:22.64
	HARPREET KAUR	371 APBF223643	SRI MUKTSAR SAHIB	DNS
	SIMRANJEET KAUR	333 APBF151252	SANGRUR	DNS

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Event # 65 GIRLS 10Km Race Walk U-20**FINALS**

% AFI QUALIFY: 1:06.00

RESULTS OF FINALS

1	KAMALPREET KAUR]	197	APBF159391	JALANDHAR	56:03.72
2	SIMRANJEET KAUR	333	APBF151252	SANGRUR	1:01:54.59
3	BANDNA .	177	APBF223417	HOSHIARPUR	1:16:32.90
4	SUJATA .	184	APBF223413	HOSHIARPUR	1:17:48.92
	HARPREET KAUR	371	APBF223643	SRI MUKTSAR SAHIB	DNS

Event # 66 GIRLS High Jump U-20**FINALS**

% AFI QUALIFY: 1.50

RESULTS OF FINALS

1	RIMPAL KAUR	101	APBF124926	AMRITSAR	1.50m %
2	KAMALJEET KAUR	274		MANSA	1.20m

Event # 68 GIRLS Long Jump U-20**FINALS**

% AFI QUALIFY: 5.30

RESULTS OF FINALS

1	SIMRAN .	368	APBF145395	SBS NAGAR	5.63m %
2	ROSEPREET KAUR	415		GURDASPUR	4.73m
3	HARMAN KAMBOJ	150	APBF159788	FAZILKA	4.73m
4	PARNEET KAUR.	276		MANSA	4.65m
5	PRABHSIMRAN KAUR	367		SBS NAGAR	4.52m
6	PARNEET KAUR	275		MANSA	4.32m

Event # 69 GIRLS Triple Jump U-20**FINALS**

% AFI QUALIFY: 11.20

RESULTS OF FINALS

1	JASLEEN KAUR.	353	APBF112222	SAS NAGAR	11.84m %
2	SIMRAN .	368	APBF145395	SBS NAGAR	11.62m %
	PRABHSIMRAN KAUR	367		SBS NAGAR	DNS

Event # 70 GIRLS Shot Put U-20**FINALS**

% AFI QUALIFY: 11.00

RESULTS OF FINALS

1	JASHANDEEP KAUR	329	APBF124217	SANGRUR	13.60m %
2	NAVNEET KAUR	293	APBF229595	PATIALA	9.43m
3	HUSHAINDEEP KAUR	290	APBF229596	PATIALA	8.24m
4	GURLEEN KAUR	167	APBF230225	GURDASPUR	6.20m
5	GURPREET KAUR	232		LUDHIANA	6.01m

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Event # 71 GIRLS Discus Throw U-20

FINALS

% AFI QUALIFY: 35.00

RESULTS OF FINALS

1	SONAM .	183	APBF211691	HOSHIARPUR	40.27m %
2	NAVPREET KAUR	379	APBF164009	TARN TARAN	38.75m %
3	TANU POONIA	200		JALANDHAR	35.61m %
4	HUSHAINDEEP KAUR	290	APBF229596	PATIALA	34.31m
5	NAVNEET KAUR	293	APBF229595	PATIALA	28.48m
	SANIA .	270		MALERKOTLA	DNS
	JASHANDEEP KAUR	329	APBF124217	SANGRUR	DNS

Event # 72 GIRLS Hammer Throw U-20

FINALS

% AFI QUALIFY: 39.00

RESULTS OF FINALS

1	HAQIKAT GREWAL	149	APBF124371	FAZILKA	48.60m %
2	DAMANPREET KAUR	377		TARN TARAN	40.81m %
3	EKAMPREET KAUR	148		FAZILKA	32.24m
4	RAMANPREET KAUR	416		ROPAR	31.84m
	GURLEEN KAUR	167	APBF230225	GURDASPUR	NM
	PARDIP KAUR	315	APBF197230	ROPAR	DNS

Event # 73 GIRLS Javelin Throw U-20

FINALS

% AFI QUALIFY: 35.00

RESULTS OF FINALS

1	NAVREET KAUR	330	APBF124365	SANGRUR	42.47m %
2	PARDIP KAUR	315	APBF197230	ROPAR	31.80m
3	GURPREET KAUR	232		LUDHIANA	11.30m
	RAMANPREET KAUR	416		ROPAR	DNS

Event # 74 MENS Decathlon OPEN

FINALS

% AFI QUALIFY: 5500

RESULTS OF FINALS

1	PRIHLAD WISHWASH	265		LUDHIANA	4379
	BALRAJDEEP SINGH	389	APBM230069	TARN TARAN	

Event # 75 MENS 100m Dec 100 Dash OPEN

FINALS

RESULTS OF FINALS

1	PRIHLAD WISHWASH	265		LUDHIANA	446 pts	13.13
	BALRAJDEEP SINGH	389	APBM230069	TARN TARAN		DNS

Event # 76 MENS Dec Long Jump OPEN

FINALS

RESULTS OF FINALS

1	PRIHLAD WISHWASH	265		LUDHIANA	525 pts	5.71m
	BALRAJDEEP SINGH	389	APBM230069	TARN TARAN		DNS

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Event # 77 MENS Dec Shot Put OPEN

FINALS

RESULTS OF FINALS

1	PRIHLAD WISHWASH	265	LUDHIANA	433 pts	9.12m
	BALRAJDEEP SINGH	389 APBM230069	TARN TARAN		DNS

Event # 78 MENS Dec High Jump OPEN

FINALS

RESULTS OF FINALS

1	PRIHLAD WISHWASH	265	LUDHIANA	389 pts	1.50m
	BALRAJDEEP SINGH	389 APBM230069	TARN TARAN		DNS

Event # 79 MENS 400m Dec 400 Dash OPEN

FINALS

RESULTS OF FINALS

1	PRIHLAD WISHWASH	265	LUDHIANA	459 pts	58.69
	BALRAJDEEP SINGH	389 APBM230069	TARN TARAN		DNS

Event # 80 MENS 110m Dec 110 Hurdles OPEN

FINALS

RESULTS OF FINALS

1	PRIHLAD WISHWASH	265	LUDHIANA	300 pts	20.65
	BALRAJDEEP SINGH	389 APBM230069	TARN TARAN		DNS

Event # 81 MENS Dec Discus Th OPEN

FINALS

RESULTS OF FINALS

1	PRIHLAD WISHWASH	265	LUDHIANA	518 pts	32.73m
	BALRAJDEEP SINGH	389 APBM230069	TARN TARAN		DNS

Event # 82 MENS Dec Pole Vault OPEN

FINALS

RESULTS OF FINALS

1	PRIHLAD WISHWASH	265	LUDHIANA	333 pts	2.90m
	BALRAJDEEP SINGH	389 APBM230069	TARN TARAN		DNS

Event # 83 MENS Dec Javelin T OPEN

FINALS

RESULTS OF FINALS

1	PRIHLAD WISHWASH	265	LUDHIANA	484 pts	42.90m
	BALRAJDEEP SINGH	389 APBM230069	TARN TARAN		DNS

Event # 84 MENS 1500m Dec 1500 Run OPEN

FINALS

RESULTS OF FINALS

1	PRIHLAD WISHWASH	265	LUDHIANA	492 pts	5:12.16
	BALRAJDEEP SINGH	389 APBM230069	TARN TARAN		DNS

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Event # 93 BOYS Decathlon U-20**FINALS**

% AFI QUALIFY: 5000

RESULTS OF FINALS

1	BALJIT SINGH	248	LUDHIANA	5045
2	PUKHRAJ SINGH GRE'	155 APBM224436	FAZILKA	4831
	ABHEYPARTAP SIN GI	135	FARIDKOT	

Event # 94 BOYS 100m Dec 100 Dash U-20**FINALS****RESULTS OF FINALS**

1	BALJIT SINGH	248	LUDHIANA	661 pts	11.95
2	PUKHRAJ SINGH GRE'	155 APBM224436	FAZILKA	586 pts	12.34
3	ABHEYPARTAP SIN GI	135	FARIDKOT	511 pts	12.75

Event # 95 BOYS Dec Long Jump U-20**FINALS****RESULTS OF FINALS**

1	BALJIT SINGH	248	LUDHIANA	580 pts	5.97m
2	PUKHRAJ SINGH GRE'	155 APBM224436	FAZILKA	519 pts	5.68m
3	ABHEYPARTAP SIN GI	135	FARIDKOT	419 pts	5.19m

Event # 96 BOYS Dec Shot Put U-20**FINALS****RESULTS OF FINALS**

1	PUKHRAJ SINGH GRE'	155 APBM224436	FAZILKA	514 pts	10.47m
2	ABHEYPARTAP SIN GI	135	FARIDKOT	484 pts	9.97m
3	BALJIT SINGH	248	LUDHIANA	347 pts	7.67m

Event # 97 BOYS Dec High Jump U-20**FINALS****RESULTS OF FINALS**

1	BALJIT SINGH	248	LUDHIANA	504 pts	1.65m
1	ABHEYPARTAP SIN GI	135	FARIDKOT	504 pts	1.65m
3	PUKHRAJ SINGH GRE'	155 APBM224436	FAZILKA	426 pts	1.55m

Event # 98 BOYS 400m Dec 400 Dash U-20**FINALS****RESULTS OF FINALS**

1	BALJIT SINGH	248	LUDHIANA	635 pts	54.11
2	PUKHRAJ SINGH GRE'	155 APBM224436	FAZILKA	613 pts	54.64
3	ABHEYPARTAP SIN GI	135	FARIDKOT	57 pts	1:14.63

Event # 99 BOYS 110m Dec 110 Hurdles U-20**FINALS****RESULTS OF FINALS**

1	BALJIT SINGH	248	LUDHIANA	597 pts	17.26
2	PUKHRAJ SINGH GRE'	155 APBM224436	FAZILKA	486 pts	18.41
3	ABHEYPARTAP SIN GI	135	FARIDKOT	212 pts	21.94

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Event # 100 BOYS Dec Discus Th U-20

FINALS

RESULTS OF FINALS

1	ABHEYPARTAP SIN GI	135	FARIDKOT	523 pts	32.94m
2	PUKHRAJ SINGH GRE'	155 APBM224436	FAZILKA	519 pts	32.74m
3	BALJIT SINGH	248	LUDHIANA	404 pts	26.92m

Event # 101 BOYS Dec Pole Vault U-20

FINALS

RESULTS OF FINALS

1	BALJIT SINGH	248	LUDHIANA	406 pts	3.20m
1	ABHEYPARTAP SIN GI	135	FARIDKOT	406 pts	3.20m
1	PUKHRAJ SINGH GRE'	155 APBM224436	FAZILKA	406 pts	3.20m

Event # 102 BOYS Dec Javelin T U-20

FINALS

RESULTS OF FINALS

1	PUKHRAJ SINGH GRE'	155 APBM224436	FAZILKA	419 pts	38.40m
2	BALJIT SINGH	248	LUDHIANA	380 pts	35.70m
3	ABHEYPARTAP SIN GI	135	FARIDKOT	167 pts	20.43m

Event # 103 BOYS 1500m Dec 1500 Run U-20

FINALS

RESULTS OF FINALS

1	BALJIT SINGH	248	LUDHIANA	531 pts	5:05.00
2	PUKHRAJ SINGH GRE'	155 APBM224436	FAZILKA	343 pts	5:41.92
	ABHEYPARTAP SIN GI	135	FARIDKOT		DNS

Event # 104 GIRLS Heptathlon U-20

FINALS

% AFI QUALIFY: 3250

RESULTS OF FINALS

1	ALFAZ KAUR GREWAL	147 APBF158326	FAZILKA		3835
2	HARMAN KAMBOJ	150 APBF159788	FAZILKA		2426
3	KAJAL ..	378	TARN TARAN		1629
	JASMEEN KAUR	234	LUDHIANA		

Event # 105 GIRLS 100m Hep 100 Hurdles U-20

FINALS

RESULTS OF FINALS

1	ALFAZ KAUR GREWAL	147 APBF158326	FAZILKA	678 pts	16.30
2	HARMAN KAMBOJ	150 APBF159788	FAZILKA	238 pts	20.82
3	KAJAL ..	378	TARN TARAN	173 pts	21.76
	JASMEEN KAUR	234	LUDHIANA		DNS

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Event # 106 GIRLS Hep High Jump U-20**FINALS****RESULTS OF FINALS**

1	ALFAZ KAUR GREWAL	147	APBF158326	FAZILKA	512 pts	1.40m
2	HARMAN KAMBOJ	150	APBF159788	FAZILKA	460 pts	1.35m
3	KAJAL ..	378		TARN TARAN	359 pts	1.25m
	JASMEEN KAUR	234		LUDHIANA		DNS

Event # 107 GIRLS Hep Shot Put U-20**FINALS****RESULTS OF FINALS**

1	ALFAZ KAUR GREWAL	147	APBF158326	FAZILKA	477 pts	9.19m
2	HARMAN KAMBOJ	150	APBF159788	FAZILKA	238 pts	5.48m
3	KAJAL ..	378		TARN TARAN	235 pts	5.43m
	JASMEEN KAUR	234		LUDHIANA		DNS

Event # 108 GIRLS 200m Hep 200 Dash U-20**FINALS****RESULTS OF FINALS**

1	ALFAZ KAUR GREWAL	147	APBF158326	FAZILKA	625 pts	28.07
2	HARMAN KAMBOJ	150	APBF159788	FAZILKA	526 pts	29.39
3	KAJAL ..	378		TARN TARAN	318 pts	32.57
	JASMEEN KAUR	234		LUDHIANA		DNS

Event # 109 GIRLS Hep Long Jump U-20**FINALS****RESULTS OF FINALS**

1	ALFAZ KAUR GREWAL	147	APBF158326	FAZILKA	492 pts	4.75m
2	HARMAN KAMBOJ	150	APBF159788	FAZILKA	428 pts	4.50m
3	KAJAL ..	378		TARN TARAN	270 pts	3.83m
	JASMEEN KAUR	234		LUDHIANA		DNS

Event # 110 GIRLS Hep Javelin T U-20**FINALS****RESULTS OF FINALS**

1	ALFAZ KAUR GREWAL	147	APBF158326	FAZILKA	537 pts	33.20m
2	KAJAL ..	378		TARN TARAN	204 pts	15.40m
3	HARMAN KAMBOJ	150	APBF159788	FAZILKA	178 pts	14.00m
	JASMEEN KAUR	234		LUDHIANA		DNS

Event # 111 GIRLS 800m Hep 800 Run U-20**FINALS****RESULTS OF FINALS**

1	ALFAZ KAUR GREWAL	147	APBF158326	FAZILKA	514 pts	2:45.29
2	HARMAN KAMBOJ	150	APBF159788	FAZILKA	358 pts	3:00.76
3	KAJAL ..	378		TARN TARAN	70 pts	3:43.24
	JASMEEN KAUR	234		LUDHIANA		DNS