

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

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

1	Ramandeep singh	314	01/07/98	MALERKOTLA	<b>10.81</b>	
2	Surtoj Singh Sidhu	375	10/06/03	PATIALA	<b>10.97</b>	
3	Adarsh Kumar Singh	297	14/12/04	LUDHIANA	<b>11.17</b>	
4	Sharup Khan	373	10/12/01	PATIALA	<b>11.22</b>	
5	Umesh Sharma	458	06/11/01	SAS NAGAR	<b>11.32</b>	11.320
6	Sharnjit Singh	442	27/11/99	SANGRUR	<b>11.65</b>	
	Anif .	422	20/01/97	SANGRUR	<b>DNS</b>	11.320
	Akashdeep Singh	355	15/05/95	PAP	<b>DNS</b>	

**RESULTS OF PRELIMS**

1	Ramandeep singh	314	01/07/98	MALERKOTLA	<b>10.83</b>
2	Surtoj Singh Sidhu	375	10/06/03	PATIALA	<b>10.97</b>
3	Sharup Khan	373	10/12/01	PATIALA	<b>11.11</b>
4	Akashdeep Singh	355	15/05/95	PAP	<b>11.15</b>
5	Adarsh Kumar Singh	297	14/12/04	LUDHIANA	<b>11.25</b>
6	Sharnjit Singh	442	27/11/99	SANGRUR	<b>11.30</b>
7	Anif .	422	20/01/97	SANGRUR	<b>11.32</b>
7	Umesh Sharma	458	06/11/01	SAS NAGAR	<b>11.32</b>
9	Dilpreet Singh	346	08/06/99	MUKTSAR	<b>11.39</b>
10	Pardeep singh Singh	438	14/03/26	SANGRUR	<b>11.44</b>
11	Mandeep Singh Rathore	299	04/05/98	LUDHIANA	<b>11.60</b>
12	Jaskaran Singh.	450	22/11/05	SANGRUR	<b>11.62</b>
13	Rishit .	368	10/03/05	PATIALA	<b>11.71</b>
14	Satnam Singh	140	14/12/01	BATHINDA	<b>11.91</b>
15	Ramesh Kumar	296	13/08/03	LUDHIANA	<b>13.46</b>
16	Prince procha	487	08/01/00	SANGRUR	<b>14.77</b>
	Sagar singh Rana	457	06/12/00	SAS NAGAR	<b>DNS</b>
	Raj Bawa	292	19/07/98	LUDHIANA	<b>DNS</b>
	Vansh Manhas	219	25/08/05	HOSHIARPUR	<b>DNS</b>
	Harpreet Singh	204	18/01/05	GURDASPUR	<b>DNS</b>
	Harmandeep Singh	190	14/02/06	FAZILKA	<b>DNS</b>

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3/21/26 - 3/22/26

21st to 22nd March 2026

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

1	Harpreet Gill	332	19/12/97	MOGA	pts	<b>21.79</b>
2	Ramandeep singh	314	01/07/98	MALERKOTLA	pts	<b>21.88</b>
3	Harshehbaz sing Bhullar	474	06/12/00	TARNTARAN	pts	<b>21.91</b>
4	Surtoj Singh Sidhu	375	10/06/03	PATIALA	pts	<b>22.35</b>
5	Sharup Khan	373	10/12/01	PATIALA	pts	<b>22.78</b>
6	Gurpreet Singh Singh	142	10/09/91	BATHINDA	pts	<b>22.96</b>
7	Lakshay Tewatia	392	03/01/04	PATIALA	pts	<b>23.06</b>
8	Sharnjit Singh	442	27/11/99	SANGRUR	pts	<b>23.08</b>
9	Umesh Sharma	458	06/11/01	SAS NAGAR	pts	<b>23.19</b>
10	Satnam Singh	140	14/12/01	BATHINDA	pts	<b>23.38</b>
11	Jaskaran Singh.	450	22/11/05	SANGRUR	pts	<b>23.39</b>
12	Dilpreet Singh	346	08/06/99	MUKTSAR	pts	<b>23.43</b>
13	Aniket Singh	377	23/04/02	PATIALA	pts	<b>23.72</b>
14	Preet Singh	386	16/02/00	PATIALA	pts	<b>24.37</b>
15	Harpreet Singh	204	18/01/05	GURDASPUR	pts	<b>25.62</b>
	SUKHWINDER SINGH	448	03/02/91	SANGRUR	pts	<b>DNS</b>
	Prince procha	487	08/01/00	SANGRUR	pts	<b>DNS</b>
	Akash Sahn	220	24/03/04	HOSHIARPUR	pts	<b>DNS</b>
	Heera Singh	191	20/06/96	FAZILKA	pts	<b>DNS</b>
	GURPAL SINGH	460	08/05/90	SAS NAGAR	pts	<b>DNS</b>
	Manoj Kumar	246	03/10/02	JALANDHER	pts	<b>DNS</b>
	Anif .	422	20/01/97	SANGRUR	pts	<b>DNS</b>
	Vansh Manhas	219	25/08/05	HOSHIARPUR	pts	<b>DNS</b>
	Parmvir Singh	334	04/04/06	MOGA	pts	<b>DNS</b>

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WAR HERO Stadium Sangrur

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21st to 22nd March 2026

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

1	Tarandeep Singh	388	13/07/05	PATIALA	<b>47.01</b>
2	Harpreet Gill	332	19/12/97	MOGA	<b>47.66</b>
3	Amritpal Singh..	120	04/11/02	AMRITSAR	<b>49.07</b>
4	Parmvir Singh	334	04/04/06	MOGA	<b>50.01</b>
5	Manoj Kumar	246	03/10/02	JALANDHER	<b>50.89</b>
6	Akash Sahni	220	24/03/04	HOSHIARPUR	<b>50.97</b>
	Amritpal Singh	478	16/04/06	TARNTARAN	<b>DNF</b>
	Amanatjeet Singh	477	19/08/04	TARNTARAN	<b>DNS</b>

**RESULTS OF PRELIMS**

1	Tarandeep Singh	388	13/07/05	PATIALA	<b>48.60</b>
2	Harpreet Gill	332	19/12/97	MOGA	<b>49.76</b>
3	Amritpal Singh..	120	04/11/02	AMRITSAR	<b>50.51</b>
4	Parmvir Singh	334	04/04/06	MOGA	<b>50.54</b>
5	Amanatjeet Singh	477	19/08/04	TARNTARAN	<b>50.88</b>
6	Manoj Kumar	246	03/10/02	JALANDHER	<b>50.94</b>
7	Akash Sahni	220	24/03/04	HOSHIARPUR	<b>51.97</b>
8	Amritpal Singh	478	16/04/06	TARNTARAN	<b>54.39</b>
9	Aniket Singh	377	23/04/02	PATIALA	<b>54.54</b>
	Nikhil Arora	371	12/01/96	PATIALA	<b>DNF</b>
	Harshehbaz sing Bhullar	474	06/12/00	TARNTARAN	<b>DNS</b>
	Preet Singh	386	16/02/00	PATIALA	<b>DNS</b>
	Vishal Kumar	201	24/09/99	GURDASPUR	<b>DNS</b>
	Heera Singh	191	20/06/96	FAZILKA	<b>DNS</b>
	GURPAL SINGH	460	08/05/90	SAS NAGAR	<b>DNS</b>

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

1	Prabhjot Singh	446	22/11/02	SANGRUR	pts	<b>1:58.25</b>
2	Pawan Indora	243	16/07/02	JALANDHER	pts	<b>1:59.52</b>
3	Sukhjinder Singh	444	18/03/02	SANGRUR	pts	<b>2:01.07</b>
4	Harshdeep Singh	463	16/10/03	SAS NAGAR	pts	<b>2:01.84</b>
5	Mohit Mohit	298	01/12/05	LUDHIANA	pts	<b>2:02.99</b>
6	Pardeep singh Singh	438	14/03/26	SANGRUR	pts	<b>2:03.10</b>
	Vishal Kumar	201	24/09/99	GURDASPUR	pts	<b>DNS</b>
	Amritpal Singh	478	16/04/06	TARNTARAN	pts	<b>DNS</b>
	Ravinder Singh	160	25/01/26	FATEHGARH SAHIB	pts	<b>DNF</b>

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WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 5 MENS 1500m Run OPEN****FINALS****RESULTS OF FINALS**

1	Prabhjot Singh	446	22/11/02	SANGRUR	pts	<b>3:56.27</b>
2	Pawan Indora	243	16/07/02	JALANDHER	pts	<b>4:09.61</b>
3	UPANSHU .	369	10/01/06	PATIALA	pts	<b>4:12.01</b>
4	Mohit Mohit	298	01/12/05	LUDHIANA	pts	<b>4:12.36</b>
5	Soni Kumar	157	15/03/26	FATEHGARH SAHIB	pts	<b>4:41.98</b>
	GURJANT SINGH	322	05/10/01	MANSA	pts	<b>DNS</b>
	Harshdeep Singh	463	16/10/03	SAS NAGAR	pts	<b>DNS</b>

**Event # 6 MENS 5000m Run OPEN****FINALS****RESULTS OF FINALS**

1	John .	236	15/04/05	JALANDHER	pts	<b>14:57.57</b>
2	Sahil Sagar	427	05/11/00	SANGRUR	pts	<b>14:58.44</b>
3	Arshdeep Singh....	453	04/06/03	SANGRUR	pts	<b>15:31.05</b>
4	Lakshdeep Singh	221	26/09/02	HOSHIARPUR	pts	<b>15:38.88</b>
5	Gagandeeep Gagandeeep	239	05/01/03	JALANDHER	pts	<b>16:56.86</b>
6	Soni Kumar	157	15/03/26	FATEHGARH SAHIB	pts	<b>18:38.51</b>
	Navdeep Singh	139	24/03/26	BATHINDA	pts	<b>DNS</b>
	Gurpinder singh	347	11/10/05	MUKTSAR	pts	<b>DNS</b>
	UPANSHU .	369	10/01/06	PATIALA	pts	<b>DNS</b>
	JAGJEET SINGH	430	04/02/95	SANGRUR	pts	<b>DNS</b>
	Urwinder Singh	447	22/09/05	SANGRUR	pts	<b>DNS</b>
	Jishan Gill	274	15/03/93	KAPURTHLA	pts	<b>DNS</b>
	Jaggi Singh	138	04/02/96	BATHINDA	pts	<b>DNS</b>
	SHUBHAM .	199	14/06/99	GURDASPUR	pts	<b>DNS</b>
	Lovepreet Singh Sandhu	275	08/08/93	KAPURTHLA	pts	<b>DNF</b>
	Ranjit Singh	439	26/01/05	SANGRUR	pts	<b>DNF</b>
	Arshdeep Singh..	352	17/11/05	MUKTSAR	pts	<b>DNF</b>
	Sukhwinder Singh	192	24/03/95	FAZILKA	pts	<b>DNS</b>
	Jaspal Singh	276	10/04/72	KAPURTHLA	pts	<b>DNS</b>

**Event # 7 MENS 10000m Run OPEN****FINALS****RESULTS OF FINALS**

1	Simran Singh.	265	28/06/00	JALANDHER	pts	<b>31:08.58</b>
2	Jashandeeep Singh.	449	12/01/04	SANGRUR	pts	<b>32:44.99</b>
3	Lakshdeep Singh	221	26/09/02	HOSHIARPUR	pts	<b>33:09.94</b>
4	Gagandeeep Gagandeeep	239	05/01/03	JALANDHER	pts	<b>34:47.72</b>
5	Navdeep Singh	139	24/03/26	BATHINDA	pts	<b>36:13.11</b>
6	Jaggi Singh	138	04/02/96	BATHINDA	pts	<b>36:23.15</b>
	Arshdeep Singh....	453	04/06/03	SANGRUR	pts	<b>DNF</b>
	Sahil Sagar	427	05/11/00	SANGRUR	pts	<b>DNF</b>
	Urwinder Singh	447	22/09/05	SANGRUR	pts	<b>DNS</b>
	Ranjit Singh	439	26/01/05	SANGRUR	pts	<b>DNS</b>
	John .	236	15/04/05	JALANDHER	pts	<b>DNS</b>

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22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 8 MENS 110m Hurdles OPEN****FINALS****RESULTS OF FINALS**

1	Pankaj Pal .	179	01/10/03	FAZILKA	pts	<b>15.05</b>
2	Sehajdeep Singh	260	25/03/06	JALANDHER	pts	<b>15.11</b>
3	Sagar singh Rana	457	06/12/00	SAS NAGAR	pts	<b>17.92</b>

**Event # 9 MENS 400m Hurdles OPEN****FINALS****RESULTS OF FINALS**

1	Hardeep kumar kumar	426	27/06/03	SANGRUR	pts	<b>51.63</b>
2	Amanatjeet Singh	477	19/08/04	TARNTARAN	pts	<b>54.32</b>
3	Amritpal Singh..	120	04/11/02	AMRITSAR	pts	<b>58.38</b>
4	Sukhveer singh .	321	21/06/02	MANSA	pts	<b>1:00.70</b>
5	Sahildeep Singh Grewal	181	20/01/03	FAZILKA	pts	<b>1:07.30</b>
	Sandeep Lawrance	248	11/05/87	JALANDHER	pts	<b>DNS</b>
	Pankaj Pal .	179	01/10/03	FAZILKA	pts	<b>DNS</b>

**Event # 10 MENS 3000m Steeplechase OPEN****FINALS****RESULTS OF FINALS**

1	Sukhwinder Singh	192	24/03/95	FAZILKA	pts	<b>9:42.56</b>
2	Gurpinder singh	347	11/10/05	MUKTSAR	pts	<b>10:09.24</b>
3	Arshdeep Singh..	352	17/11/05	MUKTSAR	pts	<b>10:12.64</b>
4	JAGJEET SINGH	430	04/02/95	SANGRUR	pts	<b>10:32.27</b>
5	SHUBHAM .	199	14/06/99	GURDASPUR	pts	<b>10:33.17</b>
	GURJANT SINGH	322	05/10/01	MANSA	pts	<b>DNF</b>

**Event # 11 MENS High Jump OPEN****FINALS****RESULTS OF FINALS**

1	Sahiljot Singh Gill	150	04/11/06	FARIDKOT	pts	<b>1.90m</b>
2	Robanpreet Singh	259	05/08/05	JALANDHER	pts	<b>1.85m</b>
3	Ramandeep Singh	134	19/12/04	BARNALA	pts	<b>1.70m</b>

**Event # 12 MENS Pole Vault OPEN****FINALS****RESULTS OF FINALS**

	Jaspal Singh	276	10/04/72	KAPURTHLA	pts	<b>DNS</b>
	Lovepreet Singh Sandhu	275	08/08/93	KAPURTHLA	pts	<b>DNS</b>
	Jishan Gill	274	15/03/93	KAPURTHLA	pts	<b>DNS</b>

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WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 13 MENS Long Jump OPEN****FINALS****RESULTS OF FINALS**

1	Jagroop Singh	398	18/08/98	ROPAR	pts	7.03m
2	Lovejeet Singh	399	17/12/05	ROPAR	pts	6.97m
3	Naman Kapila	244	22/12/03	JALANDHER	pts	6.73m
4	Harmandeep Singh	190	14/02/06	FAZILKA	pts	6.66m
5	SHIVAM .	273	13/09/00	KAPURTHLA	pts	6.43m
6	Zoravar singh .	370	29/05/00	PATIALA	pts	6.39m
7	GURPREET SINGH...	353	11/04/04	MUKTSAR	pts	6.29m
8	ABHAY .	421	11/06/05	SANGRUR	pts	5.89m
	GURPREET SINGH.	224	16/11/05	HOSHIARPUR	pts	DNS
	SUKHWINDER SINGH	448	03/02/91	SANGRUR	pts	DNS
	Jaskaran Singh....	279	26/06/03	KAPURTHLA	pts	DNS

**Event # 14 MENS Triple Jump OPEN****FINALS****RESULTS OF FINALS**

1	GURPREET SINGH.	224	16/11/05	HOSHIARPUR	pts	14.51m
2	Jaskaran Singh....	279	26/06/03	KAPURTHLA	pts	14.22m
3	Naman Kapila	244	22/12/03	JALANDHER	pts	12.43m
	Lovejeet Singh	399	17/12/05	ROPAR	pts	DNS
	SHIVAM .	273	13/09/00	KAPURTHLA	pts	DNS
	Ramandeep Singh	134	19/12/04	BARNALA	pts	DNS

**Event # 15 MENS Shot Put OPEN****FINALS****RESULTS OF FINALS**

1	Devinder Singh	380	30/10/92	PATIALA	pts	17.97m
2	Omesh Ranga	110	31/05/03	AMRITSAR	pts	17.42m
3	Iqbal Singh	325	13/11/99	MANSA	pts	17.06m
4	Mukhtyar singh	437	04/11/00	SANGRUR	pts	15.75m
5	Ranvir Singh	387	07/11/03	PATIALA	pts	14.98m
6	HUSHANPREET SINGH	494	12/21/03	SANGRUR	pts	14.80m
7	Amrinder Singh	459	11/01/06	SAS NAGAR	pts	14.08m
8	Inderjeet singh Singh	324	16/11/05	MANSA	pts	13.86m
	Armandeep Singh	312	30/06/06	MALERKOTLA	pts	DNS

**Event # 16 MENS Discus Throw OPEN****FINALS****RESULTS OF FINALS**

1	Baljinder Singh	356	23/07/89	PAP	pts	53.00m
2	Balwinderjit Si .	154	19/04/03	FATEHGARH SAHIB	pts	49.55m
3	Tanvir Singh	262	13/12/05	JALANDHER	pts	48.48m
4	Jashanpreet Singh.	257	13/01/04	JALANDHER	pts	48.20m
5	Omesh Ranga	110	31/05/03	AMRITSAR	pts	46.00m
6	Balrajdeep Sing Pannu	476	18/08/03	TARNTARAN	pts	45.55m
7	Gursharn Singh .	455	01/28/93	SAS NAGAR	pts	42.28m

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WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 17 MENS Hammer Throw OPEN****FINALS****RESULTS OF FINALS**

1	Arvind Singh Gill	337	23/11/02	MOGA	pts	<b>59.90m</b>
2	Inderpreet Sing Gill	294	05/08/00	LUDHIANA	pts	<b>59.47m</b>
	Taranveer Singh	161	01/10/96	FATEHGARH SAHIB	pts	<b>DNS</b>
	Bajinder Singh	159	01/10/90	FATEHGARH SAHIB	pts	<b>DNS</b>

**Event # 18 MENS Javelin Throw OPEN****FINALS****RESULTS OF FINALS**

1	Nitish singh Singh	206	06/06/02	GURDASPUR	pts	<b>69.42m</b>
2	Jaswant Singh	278	08/03/98	KAPURTHLA	pts	<b>66.58m</b>
3	Harmanpreet Singh	153	08/21/04	FARIDKOT	pts	<b>42.97m</b>
	Prilad wishwash .	290	03/13/02	LUDHIANA	pts	<b>DNS</b>

**Event # 19 WOMENS 100m Run OPEN****FINALS****RESULTS OF FINALS**

1	Preet Kaur	343	12/02/06	MUKTSAR	pts	<b>12.42</b>
2	Harleen Kaur	283	05/10/00	LUDHIANA	pts	<b>13.01</b>
3	Asha Rani	194	07/03/84	FEROZPUR	pts	<b>14.55</b>
4	Pooja Maurya	128	22/12/01	BARNALA	pts	<b>15.11</b>
	Simrandeep Kaur	364	01/08/98	PATIALA	pts	<b>DNS</b>
	Kiranpal Kaur	228	02/05/92	JALANDHER	pts	<b>DNS</b>
	Sarbjeet Kaur	197	21/02/87	GURDASPUR	pts	<b>DNS</b>

**Event # 20 WOMENS 200m Run OPEN****FINALS****RESULTS OF FINALS**

1	simranjot kaur .	358	25/03/03	PATIALA	pts	<b>27.20</b>
2	Amanpreet Kaur	408	10/08/02	SANGRUR	pts	<b>27.87</b>
3	Sazia Kamboj	174	11/10/26	FAZILKA	pts	<b>28.34</b>
4	Ishika Verma	272	30/03/03	KAPURTHLA	pts	<b>28.42</b>
	Simrandeep Kaur	364	01/08/98	PATIALA	pts	<b>DNS</b>
	Preet Kaur	343	12/02/06	MUKTSAR	pts	<b>DNS</b>
	Asha Rani	194	07/03/84	FEROZPUR	pts	<b>DNS</b>
	Pooja Maurya	128	22/12/01	BARNALA	pts	<b>DNS</b>
	Akshi Malik	419	01/06/04	SANGRUR	pts	<b>DNS</b>

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WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 21 WOMENS 400m Run OPEN****FINALS****RESULTS OF FINALS**

1	Akshi Malik	419	01/06/04	SANGRUR	pts	<b>56.51</b>
2	Kiranpal Kaur	228	02/05/92	JALANDHER	pts	<b>57.08</b>
3	Khushdeep Kaur	135	03/04/00	BATHINDA	pts	<b>59.57</b>
4	Rajni Rajni	198	07/11/90	GURDASPUR	pts	<b>1:00.29</b>
5	Amanpreet Kaur	408	10/08/02	SANGRUR	pts	<b>1:04.60</b>
6	simranjot kaur .	358	25/03/03	PATIALA	pts	<b>1:05.57</b>
	Sazia Kamboj	174	11/10/26	FAZILKA	pts	<b>DNF</b>
	Lashmi Devi	282	08/21/97	LUDHIANA	pts	<b>DNS</b>
	Neha Neha	230	30/06/02	JALANDHER	pts	<b>DNS</b>

**Event # 24 WOMENS 5000m Run OPEN****FINALS****RESULTS OF FINALS**

1	Bablu Kaur	316	26/06/05	MANSA	pts	<b>23:46.70</b>
2	Japneet Kaur	472	01/05/96	TARNTARAN	pts	<b>25:39.14</b>

**Event # 25 WOMENS 10000m Run OPEN****FINALS****RESULTS OF FINALS**

1	Bablu Kaur	316	26/06/05	MANSA	pts	<b>52:50.16</b>
2	Japneet Kaur	472	01/05/96	TARNTARAN	pts	<b>58:10.22</b>

**Event # 26 WOMENS 100m Hurdles OPEN****FINALS****RESULTS OF FINALS**

1	Sumandeep Kaur	269	10/04/94	KAPURTHLA	pts	<b>14.97</b>
2	Arshdeep Kaur.	126	29/10/04	BARNALA	pts	<b>18.60</b>
	Lashmi Devi	282	08/21/97	LUDHIANA	pts	<b>DNS</b>

**Event # 27 WOMENS 400m Hurdles OPEN****FINALS****RESULTS OF FINALS**

1	Khushdeep Kaur	135	03/04/00	BATHINDA	pts	<b>1:05.34</b>
2	Neha Neha	230	30/06/02	JALANDHER	pts	<b>1:06.79</b>
3	Palak Kaur	471	01/01/05	TARNTARAN	pts	<b>1:11.28</b>
4	Arshdeep Kaur.	126	29/10/04	BARNALA	pts	<b>1:19.29</b>
5	Manreet kaur .	163	01/29/12	FAZILKA	pts	<b>1:37.90</b>
	Rajni Rajni	198	07/11/90	GURDASPUR	pts	<b>DNS</b>

**Event # 29 WOMENS High Jump OPEN****FINALS****RESULTS OF FINALS**

1	Anchal Sharma	107	24/03/04	AMRITSAR	pts	<b>1.58m</b>
2	Rimpal Kaur	105	15/09/05	AMRITSAR	pts	<b>1.55m</b>
3	Avneet Kaur	393	22/05/05	ROPAR	pts	<b>1.40m</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 31 WOMENS Long Jump OPEN****FINALS****RESULTS OF FINALS**

1	SIMRAN .	464	17/10/05	SBS NAGAR	pts	<b>5.61m</b>
2	Harleen Kaur	283	05/10/00	LUDHIANA	pts	<b>5.27m</b>
3	Ishika Verma	272	30/03/03	KAPURTHLA	pts	<b>4.66m</b>
4	Avneet Kaur	393	22/05/05	ROPAR	pts	<b>4.58m</b>
5	Amandeep Kaur	407	10/01/90	SANGRUR	pts	<b>4.43m</b>

**Event # 32 WOMENS Triple Jump OPEN****FINALS****RESULTS OF FINALS**

1	SIMRAN .	464	17/10/05	SBS NAGAR	pts	<b>12.15m</b>
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**Event # 33 WOMENS Shot Put OPEN****FINALS****RESULTS OF FINALS**

1	Manpreet Kaur	362	05/03/96	PATIALA	pts	<b>14.69m</b>
2	Jaskanwal Kaur	361	18/11/04	PATIALA	pts	<b>13.76m</b>
3	Jashandeep Kaur	410	01/11/05	SANGRUR	pts	<b>12.69m</b>
4	Sukhmanpreet Kaur	317	13/01/06	MANSA	pts	<b>6.42m</b>
	Pardip Kaur	394	17/06/05	ROPAR	pts	<b>DNS</b>
	Amandeep Kaur	407	10/01/90	SANGRUR	pts	<b>DNS</b>
	Mandeep Kaur	104	07/02/02	AMRITSAR	pts	<b>DNS</b>

**Event # 34 WOMENS Discus Throw OPEN****FINALS****RESULTS OF FINALS**

1	Jasmeet Kaur	310	15/09/03	MALERKOTLA	pts	<b>49.00m</b>
2	Mandeep Kaur	104	07/02/02	AMRITSAR	pts	<b>43.93m</b>
3	Nishu Vashishat	420	22/08/96	SANGRUR	pts	<b>10.33m</b>

**Event # 35 WOMENS Hammer Throw OPEN****FINALS****RESULTS OF FINALS**

1	Haqikat kaur Grewal	169	28/09/05	FAZILKA	pts	<b>53.17m</b>
2	Ranju Devi	196	23/02/94	GURDASPUR	pts	<b>51.70m</b>
3	Anmol Kaur	354	04/01/92	PAP	pts	<b>51.67m</b>
4	Harmandeep Kaur .	281	01/03/26	LUDHIANA	pts	<b>35.33m</b>
	Manpreet Kaur	412	19/08/98	SANGRUR	pts	<b>DNS</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 36 WOMENS Javelin Throw OPEN****FINALS****RESULTS OF FINALS**

1	Versha .	403	05/03/06	SANGRUR	pts	<b>44.20m</b>
2	Muskanpret kaur	470	12/27/05	TARNTARAN	pts	<b>33.50m</b>
3	Pardip Kaur	394	17/06/05	ROPAR	pts	<b>28.40m</b>
4	Manreet kaur .	163	01/29/12	FAZILKA	pts	<b>22.37m</b>
	Nishu Vashishat	420	22/08/96	SANGRUR	pts	<b>DNS</b>

**Event # 37 BOYS 100m Run U-20****FINALS****RESULTS OF FINALS**

1	Ajayveer Singh	445	27/01/08	SANGRUR		<b>11.02</b>
2	Varun Sharma	333	04/12/06	MOGA		<b>11.06</b>
3	Jatinder Singh	435	21/11/07	SANGRUR		<b>11.08</b>
4	kirtpal singh	384	21/12/06	PATIALA		<b>11.18</b>
5	Arshdeep Singh.	223	23/07/07	HOSHIARPUR		<b>11.26</b>
6	Gurjot Singh	255	25/07/07	JALANDHER		<b>11.35</b>
7	Sujal Bhardwaj	237	08/05/07	JALANDHER		<b>11.40</b>
8	JASHANDEEP SINGH	256	11/12/08	JALANDHER		<b>11.42</b>

**RESULTS OF PRELIMS**

1	Ajayveer Singh	445	27/01/08	SANGRUR		<b>10.98</b>
2	Jatinder Singh	435	21/11/07	SANGRUR		<b>11.05</b>
2	Varun Sharma	333	04/12/06	MOGA		<b>11.05</b>
4	kirtpal singh	384	21/12/06	PATIALA		<b>11.10</b>
5	Arshdeep Singh.	223	23/07/07	HOSHIARPUR		<b>11.16</b>
6	JASHANDEEP SINGH	256	11/12/08	JALANDHER		<b>11.25</b>
7	Gurjot Singh	255	25/07/07	JALANDHER		<b>11.31</b>
8	Sujal Bhardwaj	237	08/05/07	JALANDHER		<b>11.35</b>
9	Manjot Singh Singh	133	26/03/10	BARNALA		<b>11.47</b>
10	Sehajpreet Singh	441	22/02/07	SANGRUR		<b>11.53</b>
10	Pratham Sharma	428	22/05/06	SANGRUR		<b>11.53</b>
12	Navit Kumar	185	30/03/09	FAZILKA		<b>11.55</b>
13	Labhveer Singh	132	12/02/08	BARNALA		<b>11.70</b>
14	Satnam Singh..	456	28/12/06	SAS NAGAR		<b>11.74</b>
15	Gurpreet Singh	189	05/09/07	FAZILKA		<b>11.79</b>
16	Naveen Kumar	295	21/06/07	LUDHIANA		<b>11.87</b>
17	Akamveer Singh	209	23/02/07	GURDASPUR		<b>12.16</b>
18	Sidharth .	214	21/06/08	HOSHIARPUR		<b>12.29</b>
19	Rajwinder Singh	349	18/02/08	MUKTSAR		<b>12.43</b>
20	Manveer Partap Singh	264	15/06/06	JALANDHER		<b>12.55</b>
21	Harnoor Singh	383	01/11/09	PATIALA		<b>12.76</b>
22	Japjot Singh	304	16/08/08	LUDHIANA		<b>12.81</b>
23	Yashpreet singh	389	02/03/09	PATIALA		<b>15.19</b>
	Jaspal Singh .	350	16/10/08	MUKTSAR		<b>DNS</b>
	Manjot Singh .	308	14/05/07	LUDHIANA		<b>DNS</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 38 BOYS 200m Run U-20****FINALS****RESULTS OF FINALS**

1	Varun Sharma	333	04/12/06	MOGA	pts	22.13	
2	Jatinder Singh	435	21/11/07	SANGRUR	pts	22.23	
3	Ankit Kumar	245	18/06/07	JALANDHER	pts	22.55	
4	Arshdeep Singh.	223	23/07/07	HOSHIARPUR	pts	22.71	
5	Harmandeep Singh.	351	01/10/07	MUKTSAR	pts	22.75	
6	Gurjot Singh	255	25/07/07	JALANDHER	pts	22.76	
7	Sohail Sohail	193	28/03/07	FAZILKA	pts	22.94	
8	kirtpal singh	384	21/12/06	PATIALA	pts	23.06	
9	Sehajpreet Singh	441	22/02/07	SANGRUR	pts	23.23	
10	Gurveer Ditta Singh	381	19/03/08	PATIALA	pts	23.25	
11	Adit Kumar	218	05/07/07	HOSHIARPUR	pts	23.36	
12	Labhveer Singh	132	12/02/08	BARNALA	pts	23.66	23.660
12	Gurpreet Singh	189	05/09/07	FAZILKA	pts	23.66	23.660
14	Prabhdeep Singh	328	29/10/08	MANSA	pts	23.68	
15	Pratham Sharma	428	22/05/06	SANGRUR	pts	23.84	
16	JASHANDEEP SINGH	256	11/12/08	JALANDHER	pts	24.02	
17	Jaskaran Singh...	122	26/07/07	AMRITSAR	pts	24.03	
18	Princepal Singh	348	05/12/09	MUKTSAR	pts	24.55	
19	Harkirat Singh	382	12/11/06	PATIALA	pts	24.58	
20	Rajwinder Singh	349	18/02/08	MUKTSAR	pts	25.02	
21	Emmanuel Masih	249	09/11/08	JALANDHER	pts	25.83	
22	Manveer Partap Singh	264	15/06/06	JALANDHER	pts	25.88	
23	Harnoor Singh	383	01/11/09	PATIALA	pts	26.23	
24	Yashpreet singh	389	02/03/09	PATIALA	pts	26.39	
25	Bikramjit Singh	379	03/10/07	PATIALA	pts	26.90	
26	Yash Budh	149	25/12/06	FARIDKOT	pts	28.28	
	Ajayveer Singh	445	27/01/08	SANGRUR	pts	DNS	
	Akamveer Singh	209	23/02/07	GURDASPUR	pts	DQ	
	Sujal Bhardwaj	237	08/05/07	JALANDHER	pts	DNS	
	Satgur Singh	440	20/08/08	SANGRUR	pts	DNS	
	Satnam Singh..	456	28/12/06	SAS NAGAR	pts	DNS	
	Sidharth .	214	21/06/08	HOSHIARPUR	pts	DNS	
	Manmeet singh Singh	385	09/01/07	PATIALA	pts	DNS	
	Naveen Kumar	295	21/06/07	LUDHIANA	pts	DNS	
	Harinandan Harinandan	372	25/01/08	PATIALA	pts	DNS	
	Ashmit Rana	251	17/02/08	JALANDHER	pts	DNS	

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 39 BOYS 400m Run U-20****FINALS****RESULTS OF FINALS**

1	Jashanpreet Singh	481	10/01/08	TARNTARAN	47.55
2	Harmandeep Singh.	351	01/10/07	MUKTSAR	48.60
3	Harinandan Harinandan	372	25/01/08	PATIALA	48.93
4	Sohail Sohail	193	28/03/07	FAZILKA	49.38
5	Prabhdeep Singh	328	29/10/08	MANSA	51.83
6	Gurveer Ditta Singh	381	19/03/08	PATIALA	54.38
	Manmeet singh Singh	385	09/01/07	PATIALA	DNF
	Ankit Kumar	245	18/06/07	JALANDHER	DNF

**RESULTS OF PRELIMS**

1	Sohail Sohail	193	28/03/07	FAZILKA	49.32
2	Harmandeep Singh.	351	01/10/07	MUKTSAR	49.56
3	Harinandan Harinandan	372	25/01/08	PATIALA	49.71
4	Manmeet singh Singh	385	09/01/07	PATIALA	49.98
5	Ankit Kumar	245	18/06/07	JALANDHER	50.06
6	Jashanpreet Singh	481	10/01/08	TARNTARAN	50.39
7	Prabhdeep Singh	328	29/10/08	MANSA	51.56
8	Gurveer Ditta Singh	381	19/03/08	PATIALA	51.74
9	Jaskaran Singh...	122	26/07/07	AMRITSAR	51.91
10	Karan Singh	436	16/09/06	SANGRUR	52.30
11	Amritpal Singh.	483	05/06/06	TARNTARAN	52.59
12	Jaspreet Singh	434	03/11/07	SANGRUR	52.81
13	Balraj Singh	130	25/02/07	BARNALA	53.18
14	Adit Kumar	218	05/07/07	HOSHIARPUR	53.30
15	Harkirat Singh	382	12/11/06	PATIALA	53.83
16	Princepal Singh	348	05/12/09	MUKTSAR	55.06
17	Satgur Singh	440	20/08/08	SANGRUR	55.09
18	Gurbaksh Singh	131	01/11/08	BARNALA	56.07
19	Yugraj Singh	263	19/10/07	JALANDHER	57.39
20	Ramandeep singh .	320	01/06/08	MANSA	58.31
21	Emmanuel Masih	249	09/11/08	JALANDHER	58.76
22	Bikramjit Singh	379	03/10/07	PATIALA	59.45
23	Ashmit Rana	251	17/02/08	JALANDHER	1:01.33
24	Yash Budh	149	25/12/06	FARIDKOT	1:01.70
	Ikbal Singh	480	31/01/09	TARNTARAN	DNS
	Jagsir Singh	326	05/01/09	MANSA	DNS
	Lovejot Kumar	475	15/09/08	TARNTARAN	DNS
	Jaskaran Singh	432	15/03/09	SANGRUR	DNS
	Prabhnoor Singh Dhaliwæ	137	13/06/09	BATHINDA	DNS
	Sukhbir Singh	119	27/03/08	AMRITSAR	DNS
	Barinder Singh	303	12/03/08	LUDHIANA	DNS
	Ranveer Bassi	291	09/02/07	LUDHIANA	DNS
	Karandeep Sidhu	301	15/01/08	LUDHIANA	DNS

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 40 BOYS 800m Run U-20****FINALS****RESULTS OF FINALS**

1	ARUN KAITHWAR	217	25/01/07	HOSHIARPUR	pts	<b>1:57.67</b>
2	Jashandeep Singh...	144	01/12/06	BATHINDA	pts	<b>1:58.03</b>
3	Jaskaran Singh	432	15/03/09	SANGRUR	pts	<b>1:58.23</b>
4	DISHANT KUMAR	183	27/09/07	FAZILKA	pts	<b>1:58.38</b>
5	Prabhnoor singh Gill	216	24/08/07	HOSHIARPUR	pts	<b>1:59.53</b>
6	JATIN .	195	06/09/06	FEROZPUR	pts	<b>2:00.18</b>
7	Ikbal Singh	480	31/01/09	TARNTARAN	pts	<b>2:00.83</b>
8	Gaurav Kumar	247	03/01/10	JALANDHER	pts	<b>2:01.60</b>
9	Sazim Sazim	300	05/12/06	LUDHIANA	pts	<b>2:04.46</b>
10	Sukhbir Singh	119	27/03/08	AMRITSAR	pts	<b>2:04.78</b>
11	Prabhnoor Singh Dhaliwa	137	13/06/09	BATHINDA	pts	<b>2:06.76</b>
12	Sudhakar Singh	307	05/09/07	LUDHIANA	pts	<b>2:06.80</b>
13	ARMANPREET SINGH	492	07/25/08	SANGRUR	pts	<b>2:06.95</b>
	Karandeep Sidhu	301	15/01/08	LUDHIANA	pts	<b>DNF</b>
	Sandeep Singh Sandeep S	374	17/06/07	PATIALA	pts	<b>DNF</b>
	Jaskirat Singh	433	25/09/11	SANGRUR	pts	<b>DNF</b>
	Arshdeep Singh...	452	22/07/08	SANGRUR	pts	<b>DNF</b>
	SIMRAN SINGH	141	21/09/07	BATHINDA	pts	<b>DNF</b>
	Davinder Singh Singh	253	25/12/07	JALANDHER	pts	<b>DNF</b>
	Ramandeep singh .	320	01/06/08	MANSA	pts	<b>DNS</b>

**Event # 41 BOYS 1500m Run U-20****FINALS****RESULTS OF FINALS**

1	Prabhnoor singh Gill	216	24/08/07	HOSHIARPUR	pts	<b>4:05.44</b>
2	Jaskirat Singh	433	25/09/11	SANGRUR	pts	<b>4:05.67</b>
3	Gurmeet Singh	188	02/02/07	FAZILKA	pts	<b>4:05.97</b>
4	Arshdeep Singh...	452	22/07/08	SANGRUR	pts	<b>4:08.02</b>
5	Davinder Singh Singh	253	25/12/07	JALANDHER	pts	<b>4:18.33</b>
6	Sudhakar Singh	307	05/09/07	LUDHIANA	pts	<b>4:23.45</b>
7	Sandeep Singh Sandeep S	374	17/06/07	PATIALA	pts	<b>4:37.67</b>
8	Lakhwinder Singh	327	17/01/08	MANSA	pts	<b>4:37.93</b>
9	Ranjot Singh	258	10/06/08	JALANDHER	pts	<b>4:39.26</b>
10	Manjot Singh..	451	07/01/10	SANGRUR	pts	<b>4:40.85</b>
	DISHANT KUMAR	183	27/09/07	FAZILKA	pts	<b>SCR</b>
	Satnam Singh.	143	17/08/06	BATHINDA	pts	<b>SCR</b>
	Jashandeep Singh...	144	01/12/06	BATHINDA	pts	<b>SCR</b>
	Gaurav Kumar	247	03/01/10	JALANDHER	pts	<b>SCR</b>
	ARUN KAITHWAR	217	25/01/07	HOSHIARPUR	pts	<b>SCR</b>
	Bikram Singh	378	07/01/07	PATIALA	pts	<b>SCR</b>
	JATIN .	195	06/09/06	FEROZPUR	pts	<b>SCR</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 42 BOYS 3000m Run U-20****FINALS****RESULTS OF FINALS**

1	GURPREET KAMBOJ	182	04/11/06	FAZILKA	pts	<b>8:23.06</b>
2	Gurmeet Singh	188	02/02/07	FAZILKA	pts	<b>9:01.40</b>
3	Jashandeep Singh..	121	10/06/07	AMRITSAR	pts	<b>9:27.08</b>
4	ARMANPREET SINGH	492	07/25/08	SANGRUR	pts	<b>10:03.32</b>
5	Jaspreet Ram	187	10/10/07	FAZILKA	pts	<b>10:03.35</b>
6	Lakhwinder Singh	327	17/01/08	MANSA	pts	<b>10:09.51</b>
7	Manjot Singh..	451	07/01/10	SANGRUR	pts	<b>10:15.93</b>
	Satnam Singh.	143	17/08/06	BATHINDA	pts	<b>DNF</b>
	Prince Singh	482	28/09/06	TARNTARAN	pts	<b>DNS</b>
	Sumit Kumar	186	17/04/09	FAZILKA	pts	<b>DNS</b>
	Mohit .	178	09/30/07	FAZILKA	pts	<b>DNS</b>
	Daksh Sharma	252	19/12/07	JALANDHER	pts	<b>DNF</b>

**Event # 43 BOYS 5000m Run U-20****FINALS****RESULTS OF FINALS**

1	GURPREET KAMBOJ	182	04/11/06	FAZILKA	pts	<b>14:23.65</b>
2	Karanveer Singh	115	24/02/07	AMRITSAR	pts	<b>15:57.03</b>
3	Sumit Kumar	186	17/04/09	FAZILKA	pts	<b>16:23.36</b>
4	Jaspreet Ram	187	10/10/07	FAZILKA	pts	<b>17:23.41</b>
5	Sahil Gill	240	07/12/07	JALANDHER	pts	<b>17:34.84</b>
	Sraju Hussain	242	10/01/07	JALANDHER	pts	<b>DNF</b>
	Mohit .	178	09/30/07	FAZILKA	pts	<b>DNF</b>
	Jashandeep Singh..	121	10/06/07	AMRITSAR	pts	<b>DNF</b>
	Daksh Sharma	252	19/12/07	JALANDHER	pts	<b>DNS</b>

**Event # 44 BOYS 110m Hurdles U-20****FINALS****RESULTS OF FINALS**

1	Manjot Singh Singh	133	26/03/10	BARNALA	pts	<b>14.82</b>
2	Jaskaran Singh..	484	06/10/06	TARNTARAN	pts	<b>18.34</b>
	Bhavya Sharma	158	09/01/10	FATEHGARH SAHIB	pts	<b>DNS</b>
	Rajkaran Singh	116	24/03/08	AMRITSAR	pts	<b>DNS</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 45 BOYS 400m Hurdles U-20****FINALS****RESULTS OF FINALS**

1	Jashanpreet Singh	481	10/01/08	TARNTARAN	pts	<b>52.37</b>
2	Sukhandeep Singh	443	29/01/07	SANGRUR	pts	<b>54.96</b>
3	Balraj Singh	130	25/02/07	BARNALA	pts	<b>57.22</b>
4	Jaspreet Singh	434	03/11/07	SANGRUR	pts	<b>57.92</b>
5	Barinder Singh	303	12/03/08	LUDHIANA	pts	<b>58.49</b>
6	Punit Kumar	184	03/08/06	FAZILKA	pts	<b>58.95</b>
7	Lovejot Kumar	475	15/09/08	TARNTARAN	pts	<b>1:00.13</b>
8	Ranveer Bassi	291	09/02/07	LUDHIANA	pts	<b>1:03.49</b>
9	Gurbaksh Singh	131	01/11/08	BARNALA	pts	<b>1:06.80</b>
	Amritpal Singh.	483	05/06/06	TARNTARAN	pts	<b>DNF</b>
	Jaskaran Singh..	484	06/10/06	TARNTARAN	pts	<b>DNS</b>

**Event # 46 BOYS 3000m Steeplechase U-20****FINALS****RESULTS OF FINALS**

1	Bikram Singh	378	07/01/07	PATIALA	pts	<b>9:31.49</b>
2	Prince Singh	482	28/09/06	TARNTARAN	pts	<b>10:20.89</b>
3	Bhavya Sharma	158	09/01/10	FATEHGARH SAHIB	pts	<b>10:58.64</b>
	Sraju Hussain	242	10/01/07	JALANDHER	pts	<b>DNF</b>
	SIMRAN SINGH	141	21/09/07	BATHINDA	pts	<b>DNF</b>

**Event # 47 BOYS 10Km Race Walk U-20****FINALS****RESULTS OF FINALS**

1	Harman SINGH.	390	26/08/06	PATIALA	pts	<b>44:07.43</b>
2	Aditiya -	233	09/30/06	JALANDHER	pts	<b>48:45.04</b>
3	Lovish -	234	22/10/07	JALANDHER	pts	<b>49:55.20</b>
4	Harpreet Singh.	391	01/11/10	PATIALA	pts	<b>54:07.19</b>
5	Manjot Singh .	308	14/05/07	LUDHIANA	pts	<b>56:18.90</b>
6	Karis Kumar	129	14/09/06	BARNALA	pts	<b>58:11.90</b>

**Event # 48 BOYS High Jump U-20****FINALS****RESULTS OF FINALS**

1	Waris Sharif	112	08/01/08	AMRITSAR	pts	<b>2.00m</b>
2	Gurpreet Singh Bhatti	200	25/01/08	GURDASPUR	pts	<b>1.85m</b>
3	Lovepreet Singh	400	02/09/07	ROPAR	pts	<b>1.80m</b>
4	Harman Singh	323	12/08/08	MANSA	pts	<b>1.80m</b>
5	Yuvraj Singh	397	11/07/07	ROPAR	pts	<b>1.70m</b>
6	Sukhraj Singh	261	26/07/06	JALANDHER	pts	<b>1.60m</b>
	Gursharan Singh	329	31/01/09	MANSA	pts	<b>NM</b>
	Baljeet Singh Kainth	309	09/05/06	LUDHIANA	pts	<b>DNS</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 50 BOYS Long Jump U-20****FINALS****RESULTS OF FINALS**

1	Rimaljeet Singh	207	08/08/07	GURDASPUR	pts	<b>6.94m</b>
2	Baljeet Singh Kainth	309	09/05/06	LUDHIANA	pts	<b>6.81m</b>
3	Amandeep Singh	203	09/12/09	GURDASPUR	pts	<b>6.70m</b>
4	Jagmail Singh	431	16/10/07	SANGRUR	pts	<b>6.28m</b>
5	Avijot singh Ghuman	425	04/08/09	SANGRUR	pts	<b>6.22m</b>
6	Navit Kumar	185	30/03/09	FAZILKA	pts	<b>6.07m</b>
7	Jagsir Singh	326	05/01/09	MANSA	pts	<b>5.89m</b>
8	Arman Atlas	395	19/11/09	ROPAR	pts	<b>5.88m</b>
	Aarav Khera	345	04/04/10	MUKTSAR	pts	<b>DNS</b>
	Amritpal Singh ...	336	14/11/08	MOGA	pts	<b>DNS</b>
	Jaspal Singh .	350	16/10/08	MUKTSAR	pts	<b>DNS</b>
	BIKRAM SINGH	429	06/17/08	SANGRUR	pts	<b>DNS</b>
	Akarshit Partap Singh	302	18/01/07	LUDHIANA	pts	<b>DNS</b>

**Event # 51 BOYS Triple Jump U-20****FINALS****RESULTS OF FINALS**

1	Akarshit Partap Singh	302	18/01/07	LUDHIANA	pts	<b>15.16m</b>
2	Karanjot Singh	205	14/12/07	GURDASPUR	pts	<b>14.27m</b>
3	Jagmail Singh	431	16/10/07	SANGRUR	pts	<b>14.09m</b>
4	Aarav Khera	345	04/04/10	MUKTSAR	pts	<b>13.89m</b>
5	Avijot singh Ghuman	425	04/08/09	SANGRUR	pts	<b>13.12m</b>
	Rimaljeet Singh	207	08/08/07	GURDASPUR	pts	<b>DNS</b>

**Event # 52 BOYS Shot Put U-20****FINALS****RESULTS OF FINALS**

1	Harpartap Singh	114	16/01/08	AMRITSAR	pts	<b>18.09m</b>
2	Triptdeep Singh	335	26/09/07	MOGA	pts	<b>16.03m</b>
3	MEHTAB SINGH Sandh	111	12/08/07	AMRITSAR	pts	<b>15.25m</b>
4	Ranvijay Singh Buttar	293	03/08/09	LUDHIANA	pts	<b>14.95m</b>
5	Tushar .	108	14/01/07	AMRITSAR	pts	<b>14.80m</b>
6	Rayan Batta	311	02/11/06	MALERKOTLA	pts	<b>14.02m</b>
7	Sagunpreet Singh	117	14/04/07	AMRITSAR	pts	<b>13.86m</b>
8	Simarjit Singh	118	23/05/10	AMRITSAR	pts	<b>13.85m</b>
9	diljaan singh	254	04/08/09	JALANDHER	pts	<b>13.26m</b>
10	Sahibjeet Singh	461	10/04/07	SAS NAGAR	pts	<b>12.40m</b>
11	Manpreetsingh Manpreet:	396	31/08/08	ROPAR	pts	<b>11.78m</b>
12	Deepak .	423	10/11/08	SANGRUR	pts	<b>10.19m</b>
	Sahibpreet Singh	306	26/08/09	LUDHIANA	pts	<b>DNS</b>
	Khuwaish Preet singh	250	26/08/08	JALANDHER	pts	<b>DNS</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 53 BOYS Discus Throw U-20****FINALS****RESULTS OF FINALS**

1	Gurpreet Singh..	266	14/01/07	JALANDHER	pts	<b>46.10m</b>
2	Aashish .	235	29/11/07	JALANDHER	pts	<b>43.52m</b>
3	Navdeep Singh .	148	26/06/06	FARIDKOT	pts	<b>42.70m</b>
4	Prabhsimran Singh	210	22/08/08	GURDASPUR	pts	<b>41.85m</b>
5	Khuwaish Preet singh	250	26/08/08	JALANDHER	pts	<b>41.83m</b>
6	Gurvinder Singh Ghotra	357	12/10/08	PATHANKOT	pts	<b>40.23m</b>
7	Ranvijay Singh Buttar	293	03/08/09	LUDHIANA	pts	<b>39.95m</b>
8	Sahibpreet Singh	306	26/08/09	LUDHIANA	pts	<b>39.20m</b>
9	AKAMJOT SINGH	488	01/01/11	PATIALA	pts	<b>35.48m</b>
	Paramvir Singh	313	01/06/07	MALERKOTLA	pts	<b>NM</b>
	Agampreet Singh .	177	20/08/12	FAZILKA	pts	<b>NM</b>

**Event # 54 BOYS Hammer Throw U-20****FINALS****RESULTS OF FINALS**

1	Manjot Singh	305	17/12/08	LUDHIANA	pts	<b>62.12m</b>
2	Arshdeep Singh	113	29/03/08	AMRITSAR	pts	<b>59.42m</b>
3	SUKHMAN SINGH	277	07/03/08	KAPURTHLA	pts	<b>57.07m</b>
4	Taranjeet Singh Kaire	156	14/09/07	FATEHGARH SAHIB	pts	<b>55.82m</b>
5	Harbir Singh Aulakh	331	10/12/07	MOGA	pts	<b>55.18m</b>
6	Anshpreet Singh	479	24/12/08	TARNTARAN	pts	<b>52.95m</b>
7	Simranjeet Sing Kaire	155	14/09/07	FATEHGARH SAHIB	pts	<b>50.93m</b>
8	Avnoor Singh	462	09/05/07	SAS NAGAR	pts	<b>44.20m</b>

**Event # 55 BOYS Javelin Throw U-20****FINALS****RESULTS OF FINALS**

1	Harshit Biblani	238	05/10/07	JALANDHER	pts	<b>66.52m</b>
2	Sarthak .	424	29/05/08	SANGRUR	pts	<b>62.94m</b>
3	Manpreet Singh	222	07/02/07	HOSHIARPUR	pts	<b>60.79m</b>
4	Ryan Hastir	241	03/15/26	JALANDHER	pts	<b>54.50m</b>
5	ROOPARMAAN SINGH	202	01/01/08	GURDASPUR	pts	<b>49.62m</b>
6	ARMAN Slohar	267	18/06/06	JALANDHER	pts	<b>47.25m</b>
7	Harshit Sindhi	376	07/03/09	PATIALA	pts	<b>41.88m</b>
	Aman bishnoi	215	15/09/07	HOSHIARPUR	pts	<b>DNS</b>
	Karis Kumar	129	14/09/06	BARNALA	pts	<b>DNS</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 56 GIRLS 100m Run U-20****FINALS****RESULTS OF FINALS**

1	lovejot kaur	465	21/08/06	SBS NAGAR	12.44
2	Jasmeen .	225	21/07/08	JALANDHER	12.82
3	Rashmanjot Kaur	413	26/12/11	SANGRUR	13.42
4	Suman Kumari	127	02/04/08	BARNALA	13.58
5	Bharti Bharti	406	17/01/07	SANGRUR	14.08
6	Anshika Kamboj	172	12/01/09	FAZILKA	14.15
7	Kirandeep Kaur	341	02/04/09	MUKTSAR	14.30
	Avneet Gill	359	01/08/07	PATIALA	DNS

**RESULTS OF PRELIMS**

1	lovejot kaur	465	21/08/06	SBS NAGAR	12.46
2	Jasmeen .	225	21/07/08	JALANDHER	13.20
3	Rashmanjot Kaur	413	26/12/11	SANGRUR	13.21
4	Suman Kumari	127	02/04/08	BARNALA	13.59
5	Avneet Gill	359	01/08/07	PATIALA	13.64
6	Bharti Bharti	406	17/01/07	SANGRUR	13.79
7	Anshika Kamboj	172	12/01/09	FAZILKA	13.95
8	Kirandeep Kaur	341	02/04/09	MUKTSAR	14.26
	SALONI ..	491	02/26/07	SANGRUR	DNS
	Simrandeep kaur Simranc	289	30/10/10	LUDHIANA	DNS
	Husandeep Kaur	284	11/02/10	LUDHIANA	DNS
	Ashmeen Kaur	227	14/11/08	JALANDHER	DNS
	Sony Kaur	211	02/03/08	HOSHIARPUR	DNS

**Event # 57 GIRLS 200m Run U-20****FINALS****RESULTS OF FINALS**

1	Sehnoor Bawa	405	21/03/10	SANGRUR	pts	24.94
2	lovejot kaur	465	21/08/06	SBS NAGAR	pts	26.25
3	Shubhneet Kaur Kaur	136	25/12/06	BATHINDA	pts	26.47
4	Jasmeen .	225	21/07/08	JALANDHER	pts	26.53
5	MANMEET KAUR	493	11/03/09	PATIALA	pts	26.74
6	Stuti .	315	01/05/06	MANSA	pts	27.02
7	Himanshi Himanshi	170	07/03/09	FAZILKA	pts	28.04
8	Mannat Brar	338	23/03/08	MUKTSAR	pts	28.05
9	Rajinder Kaur	344	21/11/09	MUKTSAR	pts	28.21
10	Kirandeep Kaur	341	02/04/09	MUKTSAR	pts	29.17
11	Bharti Bharti	406	17/01/07	SANGRUR	pts	29.75
12	Nandani Nandani kumari	288	27/11/06	LUDHIANA	pts	37.22
	Simrandeep kaur Simranc	289	30/10/10	LUDHIANA	pts	DNS
	Suman Kumari	127	02/04/08	BARNALA	pts	DNS
	Avneet Gill	359	01/08/07	PATIALA	pts	DNS
	Sony Kaur	211	02/03/08	HOSHIARPUR	pts	DNS
	Supreet Kaur	454	25/01/07	SAS NAGAR	pts	SCR
	Husandeep Kaur	284	11/02/10	LUDHIANA	pts	DNS

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 58 GIRLS 400m Run U-20****FINALS****RESULTS OF FINALS**

1	Mehardeep Kaur	366	18/08/07	PATIALA	54.79
2	Sehnoor Bawa	405	21/03/10	SANGRUR	54.84
3	Supreet Kaur	454	25/01/07	SAS NAGAR	56.44
4	Maya Maya	229	28/07/07	JALANDHER	56.76
5	SEEMA KAUR	330	20/08/06	MOGA	58.38
6	Himanshi Himanshi	170	07/03/09	FAZILKA	1:02.52
	Stuti .	315	01/05/06	MANSA	DNS
	Nandni Tiwari	271	23/03/07	KAPURTHLA	DNS

**RESULTS OF PRELIMS**

1	Mehardeep Kaur	366	18/08/07	PATIALA	56.12
2	Maya Maya	229	28/07/07	JALANDHER	56.62
3	SEEMA KAUR	330	20/08/06	MOGA	57.67
4	Supreet Kaur	454	25/01/07	SAS NAGAR	57.73
5	Sehnoor Bawa	405	21/03/10	SANGRUR	58.23
6	Stuti .	315	01/05/06	MANSA	1:01.42
7	Himanshi Himanshi	170	07/03/09	FAZILKA	1:02.36
8	Nandni Tiwari	271	23/03/07	KAPURTHLA	1:02.57
9	Mannat Brar	338	23/03/08	MUKTSAR	1:04.07
10	Rajinder Kaur	344	21/11/09	MUKTSAR	1:04.42
	Simran Kaur	286	16/07/08	LUDHIANA	DNS
	Prabhjot Kaur	146	25/07/11	FARIDKOT	DNS
	MANMEET KAUR	493	11/03/09	PATIALA	DNS

**Event # 59 GIRLS 800m Run U-20****FINALS****RESULTS OF FINALS**

1	Maya Maya	229	28/07/07	JALANDHER	pts	2:17.43
2	Harpreet Kaur.	319	04/11/06	MANSA	pts	2:19.18
3	Ramanjeet Kaur	418	27/11/08	SANGRUR	pts	2:33.16
4	MANJOT KAUR	495	02/09/10	SANGRUR	pts	2:54.78
	Mehardeep Kaur	366	18/08/07	PATIALA	pts	DNS
	Raavi Bajwa	101	09/09/10	AMRITSAR	pts	DNS
	Angel .	280	06/01/10	LUDHIANA	pts	DNS

**Event # 60 GIRLS 1500m Run U-20****FINALS****RESULTS OF FINALS**

1	Harpreet Kaur.	319	04/11/06	MANSA	pts	5:05.47
2	ARSHDEEP KAUR	490	12/20/06	SANGRUR	pts	5:16.32
3	Raavi Bajwa	101	09/09/10	AMRITSAR	pts	5:17.61
4	Ramanjeet Kaur	418	27/11/08	SANGRUR	pts	5:20.55
	Komal preet kau Preet	106	05/09/06	AMRITSAR	pts	DNS

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 61 GIRLS 3000m Run U-20****FINALS****RESULTS OF FINALS**

1	ARSHDEEP KAUR	490	12/20/06	SANGRUR	pts	<b>12:20.98</b>
2	Paramjeet Kaur	342	01/07/11	MUKTSAR	pts	<b>14:18.57</b>
3	SALONI ..	491	02/26/07	SANGRUR	pts	<b>15:08.66</b>
4	Simran Kaur	286	16/07/08	LUDHIANA	pts	<b>17:12.42</b>

**Event # 62 GIRLS 5000m Run U-20****FINALS****RESULTS OF FINALS**

1	Komal preet kau Preet	106	05/09/06	AMRITSAR	pts	<b>22:46.95</b>
2	Sumanpreet Kaur	414	10/04/07	SANGRUR	pts	<b>23:02.92</b>
3	Paramjeet Kaur	342	01/07/11	MUKTSAR	pts	<b>23:53.57</b>
	AMANDEEP KAUR	489	05/27/08	SANGRUR	pts	<b>DNS</b>

**Event # 63 GIRLS 100m Hurdles U-20****FINALS****RESULTS OF FINALS**

1	Tasneem kaur Dhillon	123	07/10/09	BARNALA	pts	<b>15.54</b>
2	Navya .	164	01/01/07	FAZILKA	pts	<b>16.30</b>
3	ARSHDEEP KAUR	124	27/06/07	BARNALA	pts	<b>16.42</b>
4	Parneet Kaur .	318	18/12/07	MANSA	pts	<b>17.45</b>
5	Shagun Shagun	232	26/12/07	JALANDHER	pts	<b>19.01</b>
6	Angel .	280	06/01/10	LUDHIANA	pts	<b>23.21</b>

**Event # 64 GIRLS 400m Hurdles U-20****FINALS****RESULTS OF FINALS**

1	Tasneem kaur Dhillon	123	07/10/09	BARNALA	pts	<b>1:07.79</b>
2	Nandni Tiwari	271	23/03/07	KAPURTHLA	pts	<b>1:07.96</b>
3	ARSHDEEP KAUR	124	27/06/07	BARNALA	pts	<b>1:10.47</b>
4	Parneet Kaur .	318	18/12/07	MANSA	pts	<b>1:13.67</b>
5	Shagun Shagun	232	26/12/07	JALANDHER	pts	<b>1:15.59</b>
6	Harshveer Kaur	340	05/07/10	MUKTSAR	pts	<b>1:25.70</b>

**Event # 65 GIRLS 3000m Steeplechase U-20****FINALS****RESULTS OF FINALS**

1	TAMANNA .	496	08/03/10	MUKTSAR	pts	<b>13:14.93</b>
2	AMANDEEP KAUR	489	05/27/08	SANGRUR	pts	<b>15:26.54</b>

**Event # 66 GIRLS 10Km Race Walk U-20****FINALS****RESULTS OF FINALS**

1	Kamalpreet kaur Deol	226	04/05/06	JALANDHER	pts	<b>53:22.47</b>
2	Harpreet kaur	339	07/07/08	MUKTSAR	pts	<b>54:55.35</b>
3	Prabhjot Kaur .	473	16/07/07	TARNTARAN	pts	<b>56:58.40</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 67 GIRLS High Jump U-20****FINALS****RESULTS OF FINALS**

1	Pawanpreet Kaur	145	01/01/12	FARIDKOT	pts	<b>1.45m</b>
2	Prabhjot Kaur	146	25/07/11	FARIDKOT	pts	<b>1.40m</b>
3	Harshveer Kaur	340	05/07/10	MUKTSAR	pts	<b>1.20m</b>
4	SRISHTI SRISHTI	401	20/11/12	SANGRUR	pts	<b>1.10m</b>
	Khushbu Khushbu	287	21/07/09	LUDHIANA	pts	<b>DNS</b>

**Event # 69 GIRLS Long Jump U-20****FINALS****RESULTS OF FINALS**

1	Parneet Kaur	125	07/11/07	BARNALA	pts	<b>4.79m</b>
2	Anshika Kamboj	172	12/01/09	FAZILKA	pts	<b>4.70m</b>
3	Rashmanjot Kaur	413	26/12/11	SANGRUR	pts	<b>4.67m</b>
4	Chandni Tiwari	270	01/19/09	KAPURTHLA	pts	<b>4.62m</b>
5	Harman Kamboj	173	11/13/06	FAZILKA	pts	<b>4.59m</b>
6	Harmanpreet kau .	402	24/09/07	SANGRUR	pts	<b>4.56m</b>
7	PRABHSIMRAN KAUR	466	06/10/08	SBS NAGAR	pts	<b>4.54m</b>
8	REHMAT BATTH	404	08/05/11	SANGRUR	pts	<b>4.48m</b>
	SRISHTI SRISHTI	401	20/11/12	SANGRUR	pts	<b>DNS</b>
	Khushbu Khushbu	287	21/07/09	LUDHIANA	pts	<b>DNS</b>
	Ashmeen Kaur	227	14/11/08	JALANDHER	pts	<b>DNS</b>

**Event # 70 GIRLS Triple Jump U-20****FINALS****RESULTS OF FINALS**

1	Navya .	164	01/01/07	FAZILKA	pts	<b>10.84m</b>
2	PRABHSIMRAN KAUR	466	06/10/08	SBS NAGAR	pts	<b>10.71m</b>
3	Nazia .	165	17/06/08	FAZILKA	pts	<b>10.30m</b>
4	Parneet Kaur	125	07/11/07	BARNALA	pts	<b>10.12m</b>

**Event # 71 GIRLS Shot Put U-20****FINALS****RESULTS OF FINALS**

1	NAVNEET KAUR	363	29/02/08	PATIALA	pts	<b>11.21m</b>
2	Jaismeen Kaur Kharoud	367	25/08/11	PATIALA	pts	<b>9.91m</b>
3	RITIKA RITIKA	212	15/09/06	HOSHIARPUR	pts	<b>9.81m</b>
4	SEERAT KAMBOJ	175	19/10/10	FAZILKA	pts	<b>9.56m</b>
5	Arshpreet Kaur	409	13/10/09	SANGRUR	pts	<b>9.35m</b>
6	Sukhmanpreet ka ..	147	03/07/10	FARIDKOT	pts	<b>7.56m</b>
	Amanat Kamboj	171	18/11/07	FAZILKA	pts	<b>DNS</b>
	Jasmeen Kaur	411	02/09/07	SANGRUR	pts	<b>DNS</b>
	HUSHAINDEEP KAUR	360	19/08/09	PATIALA	pts	<b>DNS</b>
	Nandani Nandani kumari	288	27/11/06	LUDHIANA	pts	<b>DNS</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 72 GIRLS Discus Throw U-20****FINALS****RESULTS OF FINALS**

1	Amanat Kamboj	171	18/11/07	FAZILKA	pts	<b>54.00m</b>
2	Divjot Kaur	365	14/08/09	PATIALA	pts	<b>40.45m</b>
3	SONAM SONAM	213	17/08/07	HOSHIARPUR	pts	<b>39.50m</b>
4	Tanu Poonia	231	03/01/08	JALANDHER	pts	<b>36.40m</b>
5	HUSHAINDEEP KAUR	360	19/08/09	PATIALA	pts	<b>35.56m</b>
6	Seerat kaur Kang	469	15/09/07	TARNTARAN	pts	<b>34.77m</b>
7	Gurpreet Kaur	103	15/06/07	AMRITSAR	pts	<b>33.58m</b>
8	Jaismeen Kaur Kharoud	367	25/08/11	PATIALA	pts	<b>29.84m</b>
9	Jasmeen Kaur	411	02/09/07	SANGRUR	pts	<b>20.20m</b>
	NAVNEET KAUR	363	29/02/08	PATIALA	pts	<b>DNS</b>
	Sukhmanpreet ka ..	147	03/07/10	FARIDKOT	pts	<b>DNS</b>

**Event # 73 GIRLS Hammer Throw U-20****FINALS****RESULTS OF FINALS**

1	Sukhmanpreet ka .	467	03/09/07	TARNTARAN	pts	<b>39.72m</b>
2	DAMANPREET KAUR	102	28/10/07	AMRITSAR	pts	<b>39.52m</b>
3	Ekampreet Kaur	176	04/10/10	FAZILKA	pts	<b>35.32m</b>
4	Samya .	167	28/10/11	FAZILKA	pts	<b>33.40m</b>
5	Ishwarjot Kaur	285	14/06/11	LUDHIANA	pts	<b>31.44m</b>
6	Arshpreet Kaur	409	13/10/09	SANGRUR	pts	<b>22.08m</b>

**Event # 74 GIRLS Javelin Throw U-20****FINALS****RESULTS OF FINALS**

1	Navreet Kaur	417	07/29/26	SANGRUR	pts	<b>43.42m</b>
2	Manreet Kaur	416	01/01/09	SANGRUR	pts	<b>41.50m</b>
3	Nishita .	166	27/06/07	FAZILKA	pts	<b>34.90m</b>
4	Ishpreet Kaur	268	04/21/07	KAPURTHLA	pts	<b>20.70m</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 75 MENS Decathlon OPEN**

**FINALS**

**RESULTS OF FINALS**

1	PRILAD WISHWASH .	290	03/13/02	LUDHIANA	<b>3280</b>
2	GURSHARN SINGH .	455	01/28/93	SAS NAGAR	<b>3052</b>
	SAHIJPREET SINGH	208	09/09/05	GURDASPUR	
	HARMANPREET SINGH	153	08/21/04	FARIDKOT	
	SAHILJOT SINGH GILI	150	04/11/06	FARIDKOT	

**Event # 76 MENS 100m Dec 100 Dash OPEN**

**FINALS**

**RESULTS OF FINALS**

1	PRILAD WISHWASH .	290	391.00 pts	03/13/02	LUDHIANA	391 pts	<b>13.47</b>
	SAHIJPREET SINGH	208		09/09/05	GURDASPUR	pts	<b>DNS</b>
	HARMANPREET SINGH	153		08/21/04	FARIDKOT	pts	<b>DNS</b>
	SAHILJOT SINGH GILI	150		04/11/06	FARIDKOT	pts	<b>DNS</b>
	GURSHARN SINGH .	455		01/28/93	SAS NAGAR	pts	<b>DQ</b>

**Event # 77 MENS Dec Long Jump OPEN**

**FINALS**

**RESULTS OF FINALS**

1	PRILAD WISHWASH .	290	398.00 pts	03/13/02	LUDHIANA	398 pts	<b>5.08m</b>
2	GURSHARN SINGH .	455	333.00 pts	01/28/93	SAS NAGAR	333 pts	<b>4.74m</b>
	HARMANPREET SINGH	153		08/21/04	FARIDKOT	pts	<b>DNS</b>
	SAHIJPREET SINGH	208		09/09/05	GURDASPUR	pts	<b>DNS</b>
	SAHILJOT SINGH GILI	150		04/11/06	FARIDKOT	pts	<b>DNS</b>

**Event # 78 MENS Dec Shot Put OPEN**

**FINALS**

**RESULTS OF FINALS**

1	GURSHARN SINGH .	455	612.00 pts	01/28/93	SAS NAGAR	612 pts	<b>12.10m</b>
2	PRILAD WISHWASH .	290	353.00 pts	03/13/02	LUDHIANA	353 pts	<b>7.78m</b>
	HARMANPREET SINGH	153		08/21/04	FARIDKOT	pts	<b>DNS</b>
	SAHIJPREET SINGH	208		09/09/05	GURDASPUR	pts	<b>DNS</b>
	SAHILJOT SINGH GILI	150		04/11/06	FARIDKOT	pts	<b>DNS</b>

**Event # 79 MENS Dec High Jump OPEN**

**FINALS**

**RESULTS OF FINALS**

1	GURSHARN SINGH .	455	389.00 pts	01/28/93	SAS NAGAR	389 pts	<b>1.50m</b>
2	PRILAD WISHWASH .	290	352.00 pts	03/13/02	LUDHIANA	352 pts	<b>1.45m</b>
	SAHILJOT SINGH GILI	150		04/11/06	FARIDKOT	pts	<b>DNS</b>
	SAHIJPREET SINGH	208		09/09/05	GURDASPUR	pts	<b>DNS</b>
	HARMANPREET SINGH	153		08/21/04	FARIDKOT	pts	<b>DNS</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 80 MENS 400m Dec 400 Dash OPEN****FINALS****RESULTS OF FINALS**

1	PRILAD WISHWASH .	290	191.00 pts	03/13/02	LUDHIANA	191 pts	<b>1:07.61</b>
2	GURSHARN SINGH .	455		01/28/93	SAS NAGAR	pts	<b>2:03.68</b>
	SAHIJPREET SINGH	208		09/09/05	GURDASPUR	pts	<b>DNS</b>
	HARMANPREET SINGH	153		08/21/04	FARIDKOT	pts	<b>DNS</b>
	SAHILJOT SINGH GILI	150		04/11/06	FARIDKOT	pts	<b>DNS</b>

**Event # 81 MENS 110m Dec 110 Hurdles OPEN****FINALS****RESULTS OF FINALS**

1	PRILAD WISHWASH .	290	314.00 pts	03/13/02	LUDHIANA	314 pts	<b>20.45</b>
2	HARMANPREET SINGH	153		08/21/04	FARIDKOT	pts	<b>30.55</b>
	GURSHARN SINGH .	455		01/28/93	SAS NAGAR	pts	<b>DQ</b>
	SAHIJPREET SINGH	208		09/09/05	GURDASPUR	pts	<b>DNS</b>
	SAHILJOT SINGH GILI	150		04/11/06	FARIDKOT	pts	<b>DNS</b>

**Event # 82 MENS Dec Discus Th OPEN****FINALS****RESULTS OF FINALS**

1	GURSHARN SINGH .	455	694.00 pts	01/28/93	SAS NAGAR	694 pts	<b>41.46m</b>
2	PRILAD WISHWASH .	290	438.00 pts	03/13/02	LUDHIANA	438 pts	<b>28.65m</b>
	HARMANPREET SINGH	153		08/21/04	FARIDKOT	pts	<b>DNS</b>
	SAHILJOT SINGH GILI	150		04/11/06	FARIDKOT	pts	<b>DNS</b>
	SAHIJPREET SINGH	208		09/09/05	GURDASPUR	pts	<b>DNS</b>

**Event # 83 MENS Dec Pole Vault OPEN****FINALS****RESULTS OF FINALS**

1	GURSHARN SINGH .	455	562.00 pts	01/28/93	SAS NAGAR	562 pts	<b>3.80m</b>
2	PRILAD WISHWASH .	290	357.00 pts	03/13/02	LUDHIANA	357 pts	<b>3.00m</b>
	SAHIJPREET SINGH	208		09/09/05	GURDASPUR	pts	<b>DNS</b>
	HARMANPREET SINGH	153		08/21/04	FARIDKOT	pts	<b>DNS</b>
	SAHILJOT SINGH GILI	150		04/11/06	FARIDKOT	pts	<b>DNS</b>

**Event # 84 MENS Dec Javelin T OPEN****FINALS****RESULTS OF FINALS**

1	PRILAD WISHWASH .	290	486.00 pts	03/13/02	LUDHIANA	486 pts	<b>43.04m</b>
2	GURSHARN SINGH .	455	462.00 pts	01/28/93	SAS NAGAR	462 pts	<b>41.40m</b>
	SAHIJPREET SINGH	208		09/09/05	GURDASPUR	pts	<b>DNS</b>
	HARMANPREET SINGH	153		08/21/04	FARIDKOT	pts	<b>DNS</b>
	SAHILJOT SINGH GILI	150		04/11/06	FARIDKOT	pts	<b>DNS</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 85 MENS 1500m Dec 1500 Run OPEN**

**FINALS**

**RESULTS OF FINALS**

1	GURSHARN SINGH .	455	01/28/93	SAS NAGAR	pts	<b>8:21.58</b>
	SAHILJOT SINGH GILI	150	04/11/06	FARIDKOT	pts	<b>DNS</b>
	HARMANPREET SINGH	153	08/21/04	FARIDKOT	pts	<b>DNS</b>
	SAHIJPREET SINGH	208	09/09/05	GURDASPUR	pts	<b>DNS</b>
	PRILAD WISHWASH .	290	03/13/02	LUDHIANA	pts	<b>DNF</b>

**Event # 86 WOMENS Heptathlon OPEN**

**FINALS**

**RESULTS OF FINALS**

1	HARMANDEEP KAUR	281	01/03/26	LUDHIANA		<b>2889</b>
2	KAJAL KAJAL	468	07/20/07	TARNTARAN		<b>1549</b>
3	HARSIMRANJIT KAUR	485	01/21/08	LUDHIANA		<b>1074</b>

**Event # 87 WOMENS 100m Hep 100 Hurdles OPEN**

**FINALS**

**RESULTS OF FINALS**

1	HARMANDEEP KAUR	281	329.00 pts	01/03/26	LUDHIANA	329 pts	<b>19.68</b>
2	KAJAL KAJAL	468	9.00 pts	07/20/07	TARNTARAN	9 pts	<b>25.70</b>
	HARSIMRANJIT KAUR	485		01/21/08	LUDHIANA	pts	<b>DNF</b>

**Event # 88 WOMENS Hep High Jump OPEN**

**FINALS**

**RESULTS OF FINALS**

1	HARMANDEEP KAUR	281	460.00 pts	01/03/26	LUDHIANA	460 pts	<b>1.35m</b>
2	KAJAL KAJAL	468	266.00 pts	07/20/07	TARNTARAN	266 pts	<b>1.15m</b>
3	HARSIMRANJIT KAUR	485	141.00 pts	01/21/08	LUDHIANA	141 pts	<b>1.00m</b>

**Event # 89 WOMENS Hep Shot Put OPEN**

**FINALS**

**RESULTS OF FINALS**

1	HARMANDEEP KAUR	281	479.00 pts	01/03/26	LUDHIANA	479 pts	<b>9.23m</b>
2	HARSIMRANJIT KAUR	485	257.00 pts	01/21/08	LUDHIANA	257 pts	<b>5.78m</b>
3	KAJAL KAJAL	468	229.00 pts	07/20/07	TARNTARAN	229 pts	<b>5.33m</b>

**Event # 90 WOMENS 200m Hep 200 Dash OPEN**

**FINALS**

**RESULTS OF FINALS**

1	HARMANDEEP KAUR	281	457.00 pts	01/03/26	LUDHIANA	457 pts	<b>30.37</b>
2	KAJAL KAJAL	468	374.00 pts	07/20/07	TARNTARAN	374 pts	<b>31.64</b>
3	HARSIMRANJIT KAUR	485	172.00 pts	01/21/08	LUDHIANA	172 pts	<b>35.41</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 91 WOMENS Hep Long Jump OPEN****FINALS****RESULTS OF FINALS**

1	HARMANDEEP KAUR	281	477.00 pts	01/03/26	LUDHIANA	477 pts	<b>4.69m</b>
2	KAJAL KAJAL	468	326.00 pts	07/20/07	TARNTARAN	326 pts	<b>4.08m</b>
3	HARSIMRANJIT KAUR	485	285.00 pts	01/21/08	LUDHIANA	285 pts	<b>3.90m</b>

**Event # 92 WOMENS Hep Javelin T OPEN****FINALS****RESULTS OF FINALS**

1	HARMANDEEP KAUR	281	448.00 pts	01/03/26	LUDHIANA	448 pts	<b>28.51m</b>
2	KAJAL KAJAL	468	249.00 pts	07/20/07	TARNTARAN	249 pts	<b>17.87m</b>
3	HARSIMRANJIT KAUR	485	127.00 pts	01/21/08	LUDHIANA	127 pts	<b>11.15m</b>

**Event # 93 WOMENS 800m Hep 800 Run OPEN****FINALS****RESULTS OF FINALS**

1	HARMANDEEP KAUR	281	239.00 pts	01/03/26	LUDHIANA	239 pts	<b>3:14.92</b>
2	KAJAL KAJAL	468	96.00 pts	07/20/07	TARNTARAN	96 pts	<b>3:37.61</b>
3	HARSIMRANJIT KAUR	485	92.00 pts	01/21/08	LUDHIANA	92 pts	<b>3:38.47</b>

**Event # 94 BOYS Decathlon U-20****FINALS****RESULTS OF FINALS**

1	GURSHER SINGH GILI	109		09/13/07	AMRITSAR		<b>5374</b>
2	PUKHRAJ GREWAL	180		12/09/07	FAZILKA		<b>3999</b>
3	BIKRAM SINGH	429		06/17/08	SANGRUR		<b>3965</b>
	SUKHCHAIN SINGH	152		03/30/07	FARIDKOT		
	GURBAKSHDEEP SINC	151		01/08/07	FARIDKOT		

**Event # 95 BOYS 100m Dec 100 Dash U-20****FINALS****RESULTS OF FINALS**

1	GURSHER SINGH GILI	109	705.00 pts	09/13/07	AMRITSAR	705 pts	<b>11.73</b>
2	PUKHRAJ GREWAL	180	576.00 pts	12/09/07	FAZILKA	576 pts	<b>12.39</b>
3	BIKRAM SINGH	429	523.00 pts	06/17/08	SANGRUR	523 pts	<b>12.68</b>
4	GURBAKSHDEEP SINC	151	421.00 pts	01/08/07	FARIDKOT	421 pts	<b>13.28</b>
5	SUKHCHAIN SINGH	152	266.00 pts	03/30/07	FARIDKOT	266 pts	<b>14.34</b>

**Event # 96 BOYS Dec Long Jump U-20****FINALS****RESULTS OF FINALS**

1	GURSHER SINGH GILI	109	578.00 pts	09/13/07	AMRITSAR	578 pts	<b>5.96m</b>
2	BIKRAM SINGH	429	514.00 pts	06/17/08	SANGRUR	514 pts	<b>5.66m</b>
3	PUKHRAJ GREWAL	180	477.00 pts	12/09/07	FAZILKA	477 pts	<b>5.48m</b>
4	GURBAKSHDEEP SINC	151	352.00 pts	01/08/07	FARIDKOT	352 pts	<b>4.84m</b>
	SUKHCHAIN SINGH	152		03/30/07	FARIDKOT	pts	<b>DNS</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 97 BOYS Dec Shot Put U-20****FINALS****RESULTS OF FINALS**

1	PUKHRAJ GREWAL	180	548.00 pts	12/09/07	FAZILKA	548 pts	<b>11.03m</b>
2	GURSHER SINGH GILI	109	465.00 pts	09/13/07	AMRITSAR	465 pts	<b>9.66m</b>
3	BIKRAM SINGH	429	381.00 pts	06/17/08	SANGRUR	381 pts	<b>8.25m</b>
	SUKHCHAIN SINGH	152		03/30/07	FARIDKOT	pts	<b>DNS</b>
	GURBAKSHDEEP SINC	151		01/08/07	FARIDKOT	pts	<b>DNS</b>

**Event # 98 BOYS Dec High Jump U-20****FINALS****RESULTS OF FINALS**

1	GURSHER SINGH GILI	109	504.00 pts	09/13/07	AMRITSAR	504 pts	<b>1.65m</b>
2	PUKHRAJ GREWAL	180	464.00 pts	12/09/07	FAZILKA	464 pts	<b>1.60m</b>
3	BIKRAM SINGH	429	389.00 pts	06/17/08	SANGRUR	389 pts	<b>1.50m</b>
4	SUKHCHAIN SINGH	152	352.00 pts	03/30/07	FARIDKOT	352 pts	<b>1.45m</b>
5	GURBAKSHDEEP SINC	151	188.00 pts	01/08/07	FARIDKOT	188 pts	<b>1.20m</b>

**Event # 99 BOYS 400m Dec 400 Dash U-20****FINALS****RESULTS OF FINALS**

1	GURSHER SINGH GILI	109	638.00 pts	09/13/07	AMRITSAR	638 pts	<b>54.03</b>
2	PUKHRAJ GREWAL	180	519.00 pts	12/09/07	FAZILKA	519 pts	<b>57.06</b>
3	BIKRAM SINGH	429	512.00 pts	06/17/08	SANGRUR	512 pts	<b>57.24</b>
4	GURBAKSHDEEP SINC	151	370.00 pts	01/08/07	FARIDKOT	370 pts	<b>1:01.31</b>
5	SUKHCHAIN SINGH	152	359.00 pts	03/30/07	FARIDKOT	359 pts	<b>1:01.63</b>

**Event # 100 BOYS 110m Dec 110 Hurdles U-20****FINALS****RESULTS OF FINALS**

1	GURSHER SINGH GILI	109	725.00 pts	09/13/07	AMRITSAR	725 pts	<b>16.07</b>
2	BIKRAM SINGH	429	316.00 pts	06/17/08	SANGRUR	316 pts	<b>20.43</b>
3	GURBAKSHDEEP SINC	151	104.00 pts	01/08/07	FARIDKOT	104 pts	<b>23.98</b>
	SUKHCHAIN SINGH	152		03/30/07	FARIDKOT	pts	<b>DNS</b>
	PUKHRAJ GREWAL	180		12/09/07	FAZILKA	pts	<b>DNF</b>

**Event # 101 BOYS Dec Discus Th U-20****FINALS****RESULTS OF FINALS**

1	PUKHRAJ GREWAL	180	566.00 pts	12/09/07	FAZILKA	566 pts	<b>35.10m</b>
2	GURSHER SINGH GILI	109	442.00 pts	09/13/07	AMRITSAR	442 pts	<b>28.85m</b>
3	BIKRAM SINGH	429	371.00 pts	06/17/08	SANGRUR	371 pts	<b>25.19m</b>
4	GURBAKSHDEEP SINC	151	360.00 pts	01/08/07	FARIDKOT	360 pts	<b>24.65m</b>
	SUKHCHAIN SINGH	152		03/30/07	FARIDKOT	pts	<b>DNS</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

**21st to 22nd March 2026****Event # 102 BOYS Dec Pole Vault U-20****FINALS****RESULTS OF FINALS**

1	PUKHRAJ GREWAL	180	406.00 pts	12/09/07	FAZILKA	406 pts	<b>3.20m</b>
2	GURSHER SINGH GILI	109	242.00 pts	09/13/07	AMRITSAR	242 pts	<b>2.50m</b>
3	BIKRAM SINGH	429	179.00 pts	06/17/08	SANGRUR	179 pts	<b>2.20m</b>
4	GURBAKSHDEEP SINC	151	140.00 pts	01/08/07	FARIDKOT	140 pts	<b>2.00m</b>
4	SUKHCHAIN SINGH	152	140.00 pts	03/30/07	FARIDKOT	140 pts	<b>2.00m</b>

**Event # 103 BOYS Dec Javelin T U-20****FINALS****RESULTS OF FINALS**

1	GURSHER SINGH GILI	109	554.00 pts	09/13/07	AMRITSAR	554 pts	<b>47.64m</b>
2	PUKHRAJ GREWAL	180	443.00 pts	12/09/07	FAZILKA	443 pts	<b>40.05m</b>
3	BIKRAM SINGH	429	219.00 pts	06/17/08	SANGRUR	219 pts	<b>24.26m</b>
4	GURBAKSHDEEP SINC	151	162.00 pts	01/08/07	FARIDKOT	162 pts	<b>20.03m</b>
	SUKHCHAIN SINGH	152		03/30/07	FARIDKOT	pts	<b>DNS</b>

**Event # 104 BOYS 1500m Dec 1500 Run U-20****FINALS****RESULTS OF FINALS**

1	BIKRAM SINGH	429	561.00 pts	06/17/08	SANGRUR	561 pts	<b>4:59.74</b>
2	GURSHER SINGH GILI	109	521.00 pts	09/13/07	AMRITSAR	521 pts	<b>5:06.81</b>
3	GURBAKSHDEEP SINC	151	446.00 pts	01/08/07	FARIDKOT	446 pts	<b>5:20.71</b>
	SUKHCHAIN SINGH	152		03/30/07	FARIDKOT	pts	<b>DNS</b>
	PUKHRAJ GREWAL	180		12/09/07	FAZILKA	pts	<b>DNF</b>

**Event # 105 GIRLS Heptathlon U-20****FINALS****RESULTS OF FINALS**

1	ALFAZ KAUR GREWAL	168		09/12/07	FAZILKA		<b>4033</b>
2	CHANDNI TIWARI	270		01/19/09	KAPURTHLA		<b>2851</b>
3	GURNOOR KAUR	415		06/27/12	SANGRUR		<b>2658</b>
4	HARMAN KAMBOJ	173		11/13/06	FAZILKA		<b>2495</b>
5	ISHPREET KAUR	268		04/21/07	KAPURTHLA		<b>2333</b>
	REHMAT BATTH	404		08/05/11	SANGRUR		

**Event # 106 GIRLS 100m Hep 100 Hurdles U-20****FINALS****RESULTS OF FINALS**

1	ALFAZ KAUR GREWAL	168	740.00 pts	09/12/07	FAZILKA	740 pts	<b>15.79</b>
2	CHANDNI TIWARI	270	413.00 pts	01/19/09	KAPURTHLA	413 pts	<b>18.76</b>
3	ISHPREET KAUR	268	388.00 pts	04/21/07	KAPURTHLA	388 pts	<b>19.02</b>
4	HARMAN KAMBOJ	173	369.00 pts	11/13/06	FAZILKA	369 pts	<b>19.23</b>
5	GURNOOR KAUR	415	349.00 pts	06/27/12	SANGRUR	349 pts	<b>19.46</b>
6	REHMAT BATTH	404	216.00 pts	08/05/11	SANGRUR	216 pts	<b>21.12</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

**Event # 107 GIRLS Hep High Jump U-20****FINALS****RESULTS OF FINALS**

1	ALFAZ KAUR GREWAL	168	491.00 pts	09/12/07	FAZILKA	491 pts	<b>1.38m</b>
1	GURNOOR KAUR	415	491.00 pts	06/27/12	SANGRUR	491 pts	<b>1.38m</b>
3	CHANDNI TIWARI	270	460.00 pts	01/19/09	KAPURTHLA	460 pts	<b>1.35m</b>
4	HARMAN KAMBOJ	173	409.00 pts	11/13/06	FAZILKA	409 pts	<b>1.30m</b>
4	REHMAT BATTH	404	409.00 pts	08/05/11	SANGRUR	409 pts	<b>1.30m</b>
6	ISHPREET KAUR	268	266.00 pts	04/21/07	KAPURTHLA	266 pts	<b>1.15m</b>

**Event # 108 GIRLS Hep Shot Put U-20****FINALS****RESULTS OF FINALS**

1	ALFAZ KAUR GREWAL	168	541.00 pts	09/12/07	FAZILKA	541 pts	<b>10.17m</b>
2	REHMAT BATTH	404	396.00 pts	08/05/11	SANGRUR	396 pts	<b>7.95m</b>
3	ISHPREET KAUR	268	334.00 pts	04/21/07	KAPURTHLA	334 pts	<b>6.99m</b>
4	CHANDNI TIWARI	270	290.00 pts	01/19/09	KAPURTHLA	290 pts	<b>6.30m</b>
5	HARMAN KAMBOJ	173	276.00 pts	11/13/06	FAZILKA	276 pts	<b>6.08m</b>
6	GURNOOR KAUR	415	253.00 pts	06/27/12	SANGRUR	253 pts	<b>5.71m</b>

**Event # 109 GIRLS 200m Hep 200 Dash U-20****FINALS****RESULTS OF FINALS**

1	ALFAZ KAUR GREWAL	168	661.00 pts	09/12/07	FAZILKA	661 pts	<b>27.62</b>
2	GURNOOR KAUR	415	632.00 pts	06/27/12	SANGRUR	632 pts	<b>27.99</b>
3	HARMAN KAMBOJ	173	545.00 pts	11/13/06	FAZILKA	545 pts	<b>29.12</b>
4	REHMAT BATTH	404	516.00 pts	08/05/11	SANGRUR	516 pts	<b>29.52</b>
5	CHANDNI TIWARI	270	469.00 pts	01/19/09	KAPURTHLA	469 pts	<b>30.19</b>
6	ISHPREET KAUR	268	398.00 pts	04/21/07	KAPURTHLA	398 pts	<b>31.26</b>

**Event # 110 GIRLS Hep Long Jump U-20****FINALS****RESULTS OF FINALS**

1	ALFAZ KAUR GREWAL	168	567.00 pts	09/12/07	FAZILKA	567 pts	<b>5.03m</b>
2	CHANDNI TIWARI	270	474.00 pts	01/19/09	KAPURTHLA	474 pts	<b>4.68m</b>
3	HARMAN KAMBOJ	173	469.00 pts	11/13/06	FAZILKA	469 pts	<b>4.66m</b>
4	REHMAT BATTH	404	464.00 pts	08/05/11	SANGRUR	464 pts	<b>4.64m</b>
5	GURNOOR KAUR	415	379.00 pts	06/27/12	SANGRUR	379 pts	<b>4.30m</b>
6	ISHPREET KAUR	268	338.00 pts	04/21/07	KAPURTHLA	338 pts	<b>4.13m</b>

**Punjab Senior and U-20 Athletics Meet 2026**

WAR HERO Stadium Sangrur

22-03-2026

3/21/26 - 3/22/26

**21st to 22nd March 2026****Event # 111 GIRLS Hep Javelin T U-20****FINALS****RESULTS OF FINALS**

1	ALFAZ KAUR GREWAL	168	470.00 pts	09/12/07	FAZILKA	470 pts	<b>29.64m</b>
2	ISHPREET KAUR	268	261.00 pts	04/21/07	KAPURTHLA	261 pts	<b>18.52m</b>
3	CHANDNI TIWARI	270	208.00 pts	01/19/09	KAPURTHLA	208 pts	<b>15.60m</b>
4	HARMAN KAMBOJ	173	169.00 pts	11/13/06	FAZILKA	169 pts	<b>13.47m</b>
5	GURNOOR KAUR	415	75.00 pts	06/27/12	SANGRUR	75 pts	<b>8.27m</b>
	REHMAT BATTH	404		08/05/11	SANGRUR	pts	<b>DNS</b>

**Event # 112 GIRLS 800m Hep 800 Run U-20****FINALS****RESULTS OF FINALS**

1	ALFAZ KAUR GREWAL	168	563.00 pts	09/12/07	FAZILKA	563 pts	<b>2:40.89</b>
2	CHANDNI TIWARI	270	537.00 pts	01/19/09	KAPURTHLA	537 pts	<b>2:43.19</b>
3	GURNOOR KAUR	415	479.00 pts	06/27/12	SANGRUR	479 pts	<b>2:48.56</b>
4	ISHPREET KAUR	268	348.00 pts	04/21/07	KAPURTHLA	348 pts	<b>3:01.90</b>
5	HARMAN KAMBOJ	173	258.00 pts	11/13/06	FAZILKA	258 pts	<b>3:12.49</b>
	REHMAT BATTH	404		08/05/11	SANGRUR	pts	<b>DNF</b>