

100th PUNJAB STATE SENIOR ATHLETICS CHAMPIONSHIP-2025						
* JALANDHAR * 03rd TO 4th JULY 2025 *						
*~*~* FINAL RESULTS *~*~*						
Event # 1 MENS 100m						
Final						
1	HARJIT SINGH, 217	217	28/08/97	FATEHGARH SAHIB		10.45
2	LOVEPREET SINGH, 314	314	27/11/99	JALANDHAR		10.74
3	HARMANPREET SINGH, 229	229	19/01/97	PUNJAB POLICE		10.78
4	HARSHEHBAZ SINGH BHU, 245	245	06/12/00	TARANTARAN		10.82
5	RAMANDEEP SINGH, 407	407	01/07/98	MALERKOTLA		10.83
6	MAHAKDEEP SINGH, 322	322	11/08/01	BARNALA		10.85
7	AMANDEEP SINGH, 117	117	14/03/02	GURUDASPUR		10.86
8	MOHIT, 346	346	02/12/03	BATHINDA		10.93
Heats						
1	HARMANPREET SINGH, 229	229	19/01/97	PUNJAB POLICE		10.72
2	HARJIT SINGH, 217	217	28/08/97	FATEHGARH SAHIB		10.78
3	AMANDEEP SINGH, 117	117	14/03/02	GURUDASPUR		10.81
4	HARSHEHBAZ SINGH BHU, 245	245	06/12/00	TARANTARAN		10.85
5	MOHIT, 346	346	02/12/03	BATHINDA		10.88
6	RAMANDEEP SINGH, 407	407	01/07/98	MALERKOTLA		10.89
7	MAHAKDEEP SINGH, 322	322	11/08/01	BARNALA		10.89
8	LOVEPREET SINGH, 314	314	27/11/99	JALANDHAR		10.91
9	AKASHDEEP SINGH, 107	107	15/05/95	PUNJAB POLICE		10.93
10	KULVIR RAM, 302	302	20/12/04	JALANDHAR	10.958	10.96
10	OMKAR BANKAR, 369	369	25/07/02	SAS NAGAR (MOHALI)	10.956	10.96
12	GURLAL SINGH, 191	191	22/09/89	PUNJAB POLICE		11.01
13	AMAN SINGH RAWAT, 111	111	15/04/05	SAS NAGAR (MOHALI)		11.07
14	GURPREET SINGH, 202	202	10/09/91	BATHINDA		11.09
14	NAVROOP SINGH, 357	357	08/08/05	AMRITSAR	11.120	11.12
15	ARSHDEEP SINGH, 139	139	23/07/07	HOSHIARPUR	11.111	11.12
17	SUJEET KUMAR, 466	466	06/03/05	SAS NAGAR (MOHALI)		11.23
18	GAMDOOR SINGH, 181	181	22/07/02	FAZILKA		11.24
19	YASH CHOUDHARY, 502	502	15/02/04	PATIALA		11.26
20	JASKIRIT SINGH BALI, 269	269	19/03/08	JALANDHAR		11.31
21	ADARSH KUMAR SINGH, 102	102	14/12/04	LUDHIANA		11.32
22	HARBIR SINGH, 213	213	14/04/09	GURUDASPUR		11.40
22	UMESH SHARMA, 495	495	06/11/01	SAS NAGAR (MOHALI)		11.33
23	SATNAM SINGH, 442	442	14/12/01	BATHINDA		11.34
23	PINKU, 381	381	12/04/06	FEROZPUR		11.44
24	JATIN JAIN, 276	276	18/03/94	PUNJAB POLICE		11.45
24	ARYAN YADAV, 147	147	09/09/04	BATHINDA		11.40
25	TANUJ GERA, 482	482	21/08/97	PATHANKOT		11.47
26	SHARNJEET SINGH, 449	449	27/11/99	SANGRUR		11.44
27	RISHIT, 419	419	10/03/05	PATIALA		11.51
28	AMANJOT SINGH, 119	119	26/11/04	PATIALA		11.45
29	GURPREET SINGH, 201	201	22/01/03	SBS NAGAR (NAWANSHAH)		11.56
30	RAGHAV KALIA, 395	395	08/09/05	HOSHIARPUR	11.467	11.47
30	KIRTPAL SINGH, 296	296	21/12/06	PATIALA	11.461	11.47
33	JATINDER SINGH, 279	279	24/08/91	PUNJAB POLICE		11.51
35	MANDEEP SINGH, 325	325	04/05/98	LUDHIANA		11.54
36	LAVAN, 308	308	28/08/04	TARANTARAN		11.56
38	MANOJ KUMAR, 334	334	08/07/04	SAS NAGAR (MOHALI)		11.57
39	HARMANJEET SINGH, 222	222	06/10/02	GURUDASPUR		11.58
40	PRATHAM SHARMA, 389	389	22/05/06	SANGRUR		11.73
41	RAJMOHINDER, 401	401	26/12/05	AMRITSAR		11.75
42	GURSIMRAN SINGH, 210	210	02/01/03	AMRITSAR		11.78
43	JASKARAN SINGH, 264	264	22/11/05	SANGRUR		11.79
43	ROHIT KUMAR, 422	422	19/11/04	MOGA		12.21
44	ANIF, 126	126	20/02/97	SANGRUR		11.80
45	GURDEEP SINGH, 184	184	23/01/99	LUDHIANA		11.90
46	SUBHAJIT MONDAL, 465	465	14/01/03	JALANDHAR		12.02
47	HARNOOR SINGH, 231	231	27/12/07	KAPURTHALA		12.03
48	RYDHAM KATOCH, 426	426	12/08/05	JALANDHAR		12.12
48	HARAMRITPAL SINGH, 212	212	16/03/94	AMRITSAR		13.10
49	ABHISHEK SHARMA, 101	101	12-25-02	SAS NAGAR (MOHALI)		12.16
50	HARMANPREET SINGH, 227	227	21/09/02	AMRITSAR		12.17
51	PARAMVEER SINGH, 375	375	24/06/05	PATIALA		12.21
53	DAPIINDER SINGH, 166	166	03/08/03	BATHINDA		12.26
54	ANMOL SINGH, 131	131	14/02/02	SAS NAGAR (MOHALI)		12.37
55	JASHANDEEP SINGH, 258	258	25/01/03	LUDHIANA		12.68
56	TARAN VERMA, 486	486	25/08/01	PATIALA		12.69
57	GURMEET SINGH, 197	197	07/08/97	BATHINDA		13.10
59	JATINDER DISWAR, 277	277	01/09/97	SAS NAGAR (MOHALI)		13.18

60	MANPREET SINGH, 341	341	25/07/03	BARNALA		13.64
61	HARJOT SINGH, 218	218	24/10/07	FATEHGARH SAHIB		13.76
62	HARSHDEEP SINGH, 244	244	16/02/04	LUDHIANA		13.96
63	VANSH MANHAS, 496	496	25/08/05	HOSHIARPUR		13.99
	RANBIR SINGH, 410	410	04/08/02	TARANTARAN		DNS
	BAWA KATANI, 158	158	19/07/95	LUDHIANA		DNS
	GURKIRAT SINGH, 190	190	06/01/03	LUDHIANA		DQ
	MAAHI SANDHAL, 321	321	21/09/07	HOSHIARPUR		DNS
	ROHIT GORKHA, 421	421	21/10/99	GURUDASPUR		DNS
	LAKHVIR SINGH, 306	306	13/01/03	LUDHIANA		DNS
	SANTOKH LAL, 436	436	01/09/99	KAPURTHALA		DNS
	SATYAM SHARMA, 444	444	05/07/03	SAS NAGAR (MOHALI)		DQ
	DEEPAK CHIRAG, 169	169	31/01/04	LUDHIANA		DNS
	<b>Event # 2 MENS 200m</b>					
	<b>Final</b>					
1	HARPREET SINGH GILL, 241	241	19/12/97	PATIALA		21.57
2	LOVEPREET SINGH, 314	314	27/11/99	JALANDHAR		21.71
3	HARMANPREET SINGH, 229	229	19/01/97	PUNJAB POLICE		21.75
4	VISHAVPARTAP SINGH B, 501	501	10/11/04	SANGRUR		22.07
5	JASHANPREET SINGH, 259	259	10/01/08	TARANTARAN		22.26
6	RAMANDEEP SINGH, 407	407	01/07/98	MALERKOTLA		22.28
7	ARSHDEEP SINGH, 139	139	23/07/07	HOSHIARPUR		22.31
8	MOHIT, 346	346	02/12/03	BATHINDA		22.37
	<b>Heats</b>					
1	HARPREET SINGH GILL, 241	241	19/12/97	PATIALA		21.95
2	RAMANDEEP SINGH, 407	407	01/07/98	MALERKOTLA		22.21
3	VISHAVPARTAP SINGH B, 501	501	10/11/04	SANGRUR		22.23
3	HARMANPREET SINGH, 229	229	19/01/97	PUNJAB POLICE		22.23
4	LOVEPREET SINGH, 314	314	27/11/99	JALANDHAR		22.23
6	JASHANPREET SINGH, 259	259	10/01/08	TARANTARAN		22.35
7	ARSHDEEP SINGH, 139	139	23/07/07	HOSHIARPUR		22.37
8	MOHIT, 346	346	02/12/03	BATHINDA		22.61
9	OMKAR BANKAR, 369	369	25/07/02	SAS NAGAR (MOHALI)		22.77
10	ANKIT KUMAR, 130	130	18/06/07	JALANDHAR		22.81
11	GURPREET SINGH, 202	202	10/09/91	BATHINDA		22.83
12	MANMEET SINGH, 333	333	09/01/07	PATIALA		23.02
13	GAMDOOR SINGH, 181	181	22/07/02	FAZILKA	23.109	23.11
13	MANOJ KUMAR, 335	335	30/08/98	PATIALA	23.103	23.11
15	SUJEET KUMAR, 466	466	06/03/05	SAS NAGAR (MOHALI)		23.20
16	ARYAN YADAV, 147	147	09/09/04	BATHINDA		23.24
16	AMANJOT SINGH, 119	119	26/11/04	PATIALA	23.249	23.25
17	YASH CHOUDHARY, 502	502	15/02/04	PATIALA	23.248	23.25
19	KIRTPAL SINGH, 296	296	21/12/06	PATIALA		23.43
20	ANIF, 126	126	20/02/97	SANGRUR		23.47
21	GURJOT SINGH, 187	187	25/07/07	JALANDHAR		23.49
22	HARMANJEET SINGH, 222	222	06/10/02	GURUDASPUR		23.51
23	GURPREET SINGH, 201	201	22/01/03	SBS NAGAR (NAWANSHAH)		23.72
24	AKAMVEER SINGH, 105	105	23/02/07	GURUDASPUR		23.76
25	JASKARAN SINGH, 264	264	22/11/05	SANGRUR		23.77
26	SARTAJ SINGH, 441	441	17/03/99	GURUDASPUR		23.80
26	RANBIR SINGH, 410	410	04/08/02	TARANTARAN		23.92
27	MANOJ KUMAR, 334	334	08/07/04	SAS NAGAR (MOHALI)		23.85
28	ANIKET VERMA, 128	128	28/08/00	LUDHIANA		24.08
28	RAJMOHINDER, 401	401	26/12/05	AMRITSAR		23.92
30	ADARSH KUMAR SINGH, 102	102	14/12/04	LUDHIANA		24.01
31	AKASH SAHNI, 106	106	24/03/04	HOSHIARPUR		24.08
33	ANIKET SINGH, 127	127	23/04/02	PATIALA		24.09
34	JATIN JAIN, 276	276	18/03/94	PUNJAB POLICE		24.20
35	MANDEEP SINGH, 325	325	04/05/98	LUDHIANA		24.25
36	HARMANPREET SINGH, 230	230	15/08/08	KAPURTHALA		24.26
37	JATINDER PAL SINGH, 278	278	25/12/95	FATEHGARH SAHIB		24.33
38	UMESH SHARMA, 495	495	06/11/01	SAS NAGAR (MOHALI)		24.49
39	PARAMVEER SINGH, 375	375	24/06/05	PATIALA		24.89
40	SUMIT KUMAR, 477	477	10/09/05	GURUDASPUR		25.00
41	SUKHDEEP SINGH, 467	467	09/10/03	PATIALA		25.10
42	PRATHAM SHARMA, 389	389	22/05/06	SANGRUR		25.26
43	HARMANPREET SINGH, 227	227	21/09/02	AMRITSAR		25.35
44	HARPREET SINGH, 240	240	18/01/05	GURUDASPUR		25.67
45	HARAMRITPAL SINGH, 212	212	16/03/94	AMRITSAR		27.38
46	MANPREET SINGH, 341	341	25/07/03	BARNALA		29.00
	JATINDER DISWAR, 277	277	01/09/97	SAS NAGAR (MOHALI)		DNS
	MAHAKDEEP SINGH, 322	322	11/08/01	BARNALA		DNS

	LOVEPREET SINGH, 319	319	28/07/03	SANGRUR		DNS
	BAWA KATANI, 158	158	19/07/95	LUDHIANA		DNS
	LAVAN, 308	308	28/08/04	TARANTARAN		DNS
	SANDEEP SINGH, 435	435	28/12/07	GURUDASPUR		DNS
	ABHISHEK SHARMA, 101	101	12-25-02	SAS NAGAR (MOHALI)		DNS
	SANTOKH LAL, 436	436	01/09/99	KAPURTHALA		DNS
	VANSH MANHAS, 496	496	25/08/05	HOSHIARPUR		DNS
	JASKIRIT SINGH BALI, 269	269	19/03/08	JALANDHAR		DNS
	ROHIT KUMAR, 422	422	19/11/04	MOGA		DNS
	SACHIN SHUKLA, 427	427	30/08/99	LUDHIANA		DNS
	JASHANDEEP SINGH, 258	258	25/01/03	LUDHIANA		DNS
	HARSHDEEP SINGH, 244	244	16/02/04	LUDHIANA		DNS
	DAPINDER SINGH, 166	166	03/08/03	BATHINDA		DQ
	MANINDER SINGH, 326	326	22/08/02	PATIALA		DNS
	MITHAN, 344	344	28/05/98	HOSHIARPUR		DNS
	AMRITPAL SINGH, 125	125	04/11/02	AMRITSAR		DNS
	SATYAM SHARMA, 444	444	05/07/03	SAS NAGAR (MOHALI)		DNS
	AMAN SINGH RAWAT, 111	111	15/04/05	SAS NAGAR (MOHALI)		DNS
	SATNAM SINGH, 442	442	14/12/01	BATHINDA		DNF
	HARJIT SINGH, 217	217	28/08/97	FATEHGARH SAHIB		DNS
	SHARNJEET SINGH, 449	449	27/11/99	SANGRUR		DNS
	HARBIR SINGH, 213	213	14/04/09	GURUDASPUR		DNS
	GURKIRAT SINGH, 190	190	06/01/03	LUDHIANA		DNS
	DIGVIJAY SINGH, 174	174	07/11/03	LUDHIANA		DNS
	KULVIR RAM, 302	302	20/12/04	JALANDHAR		DNS
	SUKHVEER SINGH, 473	473	21/06/02	MANSA		DNS
	TANUJ GERA, 482	482	21/08/97	PATHANKOT		DNS
	GURDEEP SINGH, 184	184	23/01/99	LUDHIANA		DNS
	HARSHEBAZ SINGH BHU, 245	245	06/12/00	TARANTARAN		DNS
	GURLAL SINGH, 191	191	22/09/89	PUNJAB POLICE		DNS
	HARINANDAN, 215	215	25/01/08	PATIALA		DNS
	DEEPAK CHIRAG, 169	169	31/01/04	LUDHIANA		DNS
	MANJEET RURAK, 329	329	17/08/03	JALANDHAR		DNS
	HARMANPREET SINGH, 225	225	08/21/04	FARIDKOT		DNS
	GURSIMRAN SINGH, 210	210	02/01/03	AMRITSAR		DNS
	<b>Event # 3 MENS 400m</b>					
	<b>Final</b>					
<b>1</b>	HARDEEP KUMAR, 214	214	27/06/03	SANGRUR		47.43
<b>2</b>	HARMANDEEP SINGH, 221	221	01/10/07	MUKTSAR		47.73
<b>3</b>	HARPREET SINGH GILL, 241	241	19/12/97	PATIALA		47.98
<b>4</b>	TEJPARTAP SINGH, 494	494	07/06/00	TARANTARAN		48.06
<b>5</b>	VISHAVPARTAP SINGH B, 501	501	10/11/04	SANGRUR		48.80
<b>6</b>	JASHANPREET SINGH, 259	259	10/01/08	TARANTARAN		48.84
	MANINDER SINGH, 326	326	22/08/02	PATIALA		DNF
	LOVEPREET SINGH, 319	319	28/07/03	SANGRUR		DNS
	<b>Heats</b>					
<b>1</b>	HARDEEP KUMAR, 214	214	27/06/03	SANGRUR		48.13
<b>2</b>	JASHANPREET SINGH, 259	259	10/01/08	TARANTARAN		48.45
<b>3</b>	HARMANDEEP SINGH, 221	221	01/10/07	MUKTSAR		48.45
<b>4</b>	HARPREET SINGH GILL, 241	241	19/12/97	PATIALA		48.75
<b>5</b>	MANINDER SINGH, 326	326	22/08/02	PATIALA		48.77
<b>6</b>	LOVEPREET SINGH, 319	319	28/07/03	SANGRUR		48.82
<b>6</b>	VISHAVPARTAP SINGH B, 501	501	10/11/04	SANGRUR		48.82
<b>8</b>	TEJPARTAP SINGH, 494	494	07/06/00	TARANTARAN		48.89
<b>9</b>	AMANATJEET SINGH, 112	112	19/08/04	TARANTARAN		49.43
<b>10</b>	LOVEJOT SINGH AULAKH, 312	312	13/07/98	FEROZPUR		49.53
<b>11</b>	AMRITPAL SINGH, 125	125	04/11/02	AMRITSAR		49.68
<b>11</b>	MANJEET RURAK, 329	329	17/08/03	JALANDHAR	49.890	49.89
<b>12</b>	TARANDEEP SINGH, 487	487	13/07/05	PATIALA	49.883	49.89
<b>14</b>	NIKHIL ARORA, 360	360	12/01/96	PATIALA		49.96
<b>15</b>	MANMEET SINGH, 333	333	09/01/07	PATIALA		50.39
<b>16</b>	ANKIT KUMAR, 130	130	18/06/07	JALANDHAR		50.98
<b>17</b>	AMRITPAL SINGH, 124	124	05/06/06	TARANTARAN		50.99
<b>18</b>	MITHAN, 344	344	28/05/98	HOSHIARPUR		51.43
<b>19</b>	GURNAJ SINGH, 198	198	01/08/08	AMRITSAR		51.58
<b>20</b>	AKAMVEER SINGH, 105	105	23/02/07	GURUDASPUR		51.59
<b>21</b>	PRABH JOT SINGH, 383	383	02/02/02	FEROZPUR		51.95
<b>22</b>	SUMIT, 476	476	18/09/02	BATHINDA		52.31
<b>23</b>	JATINDER PAL SINGH, 278	278	25/12/95	FATEHGARH SAHIB		52.33
<b>24</b>	PAWAN INDORA, 379	379	16/07/02	JALANDHAR		52.59
<b>25</b>	HARPREET SINGH, 239	239	15/08/06	BATHINDA		52.94
<b>26</b>	RAJBIR SINGH, 398	398	20/01/02	PUNJAB POLICE		53.28

27	HARMANJIT SINGH, 223	223	03/05/05	LUDHIANA		53.29
28	GURJOT SINGH, 187	187	25/07/07	JALANDHAR		53.38
29	JUJHAR SINGH, 285	285	05/08/09	HOSHIARPUR		53.80
30	LOVEJOT KUMAR, 310	310	15/07/07	TARANTARAN		54.04
31	SUKHDEEP SINGH, 467	467	09/10/03	PATIALA		54.22
32	ANIKET SINGH, 127	127	23/04/02	PATIALA		54.63
33	HARINANDAN, 215	215	25/01/08	PATIALA		54.96
34	KARANDEEP SINGH, 291	291	08/09/05	AMRITSAR		55.85
35	LOVEPREET SINGH, 320	320	23/02/04	MANSA		55.93
36	JUGRAJ SINGH, 283	283	27/11/07	AMRITSAR		56.25
37	SANDEEP SINGH, 435	435	28/12/07	GURUDASPUR		58.65
38	HARMANPREET SINGH, 230	230	15/08/08	KAPURTHALA		58.98
39	TARAN VERMA, 486	486	25/08/01	PATIALA		1:00.25
40	SANDEEP KUMAR, 434	434	10/12/03	SBS NAGAR (NAWANSHAH)		1:01.09
41	SACHIN SHUKLA, 427	427	30/08/99	LUDHIANA		1:20.73
	<b>Event # 4 MENS 800m</b>					
	<b>Final</b>					
1	AKASHDEEP SINGH, 108	108	02/02/04	MUKTSAR		1:50.20
2	SUKHJINDER SINGH, 469	469	18/03/02	SANGRUR		1:50.23
3	GURMAN SINGH, 195	195	27/08/97	SANGRUR		1:53.00
4	HARMANDEEP SINGH, 221	221	01/10/07	MUKTSAR		1:53.62
5	MOHIT, 347	347	01/12/05	LUDHIANA		1:56.28
6	JAGMOHAN SINGH, 251	251	10/03/01	TARANTARAN		1:57.54
7	TARUN KUMAR, 491	491	08/01/00	JALANDHAR		1:57.71
8	KARANBIR SINGH, 289	289	13/04/05	MUKTSAR		1:59.79
9	HARSHDEEP SINGH, 242	242	16/10/03	SAS NAGAR (MOHALI)		1:59.93
10	PAWAN INDORA, 379	379	16/07/02	JALANDHAR		2:00.35
11	GURSEWAK SINGH, 207	207	03/02/05	GURUDASPUR		2:00.97
12	PRABHNOOR SINGH GILL, 388	388	24/08/07	HOSHIARPUR		2:01.03
13	TARAN SAMA, 485	485	20/01/06	PATIALA		2:01.93
14	SEHAJ DEEP SINGH, 447	447	19/08/07	TARANTARAN		2:02.98
15	DAVINDER SINGH, 168	168	25/12/07	JALANDHAR		2:03.70
16	JASKARANJEET SINGH, 268	268	08/01/08	AMRITSAR		2:04.83
17	RAMAN KUMAR, 405	405	04/04/99	FAZILKA		2:08.61
18	GURKARAN SINGH, 189	189	09/06/09	TARANTARAN		2:13.34
19	RAJBIR SINGH, 397	397	18/08/03	GURUDASPUR		2:22.23
20	INDERJEET SINGH, 247	247	12/10/07	BARNALA		2:27.70
21	JASPAL SINGH, 272	272	15/07/02	BARNALA		2:31.20
22	RAMANPREET SINGH, 409	409	19/06/06	BARNALA		2:36.06
23	JASKARAN SINGH, 265	265	02/09/06	HOSHIARPUR		2:41.27
	BAKSHINDER SINGH, 150	150	23/01/82	TARANTARAN		DNS
	HARMANJIT SINGH, 223	223	03/05/05	LUDHIANA		DNF
	SURAJ SINGH, 479	479	28/03/06	GURUDASPUR		DNS
	ONKAR SINGH, 370	370	22/04/02	SAS NAGAR (MOHALI)		DNS
	SRAJU HUSSAIN, 463	463	10/01/07	KAPURTHALA		DNS
	SANDEEP KUMAR, 434	434	10/12/03	SBS NAGAR (NAWANSHAH)		DNS
	DALJEET SINGH, 162	162	02/12/04	SAS NAGAR (MOHALI)		DNS
	ARSHPREET SINGH, 143	143	20/02/00	BATHINDA		DNF
	ARSHDEEP SINGH, 140	140	17/11/05	MUKTSAR		DNS
	PARMINDER SHARMA, 378	378	02/10/05	SANGRUR		DNS
	AMRITPAL SINGH, 124	124	05/06/06	TARANTARAN		DNS
	JUGRAJ SINGH, 283	283	27/11/07	AMRITSAR		DNS
	AKASHDEEP SINGH AULA, 109	109	20/12/08	MALERKOTLA		DNS
	HARSHDEEP SINGH, 243	243	28/09/01	PATIALA		DNS
	<b>Event # 5 MENS 1500m</b>					
	<b>Final</b>					
1	HARSHDEEP SINGH, 243	243	28/09/01	PATIALA		3:56.32
2	JASHANPREET SINGH, 260	260	23/06/07	AMRITSAR		4:00.55
3	ONKAR SINGH, 370	370	22/04/02	SAS NAGAR (MOHALI)		4:01.30
4	ARYAN BHARDWAJ, 145	145	07/11/00	SAS NAGAR (MOHALI)		4:02.29
5	TARUN KUMAR, 491	491	08/01/00	JALANDHAR		4:04.30
6	HARSHDEEP SINGH, 242	242	16/10/03	SAS NAGAR (MOHALI)		4:07.51
7	PRABHNOOR SINGH GILL, 388	388	24/08/07	HOSHIARPUR		4:11.14
8	JAGMOHAN SINGH, 251	251	10/03/01	TARANTARAN		4:12.14
9	PRABHJOT SINGH, 386	386	22/11/02	SANGRUR		4:15.12
10	DAVINDER SINGH, 168	168	25/12/07	JALANDHAR		4:18.82
11	DALJEET SINGH, 162	162	02/12/04	SAS NAGAR (MOHALI)		4:19.57
12	SRAJU HUSSAIN, 463	463	10/01/07	KAPURTHALA		4:27.99
13	AMAR TYAGI, 121	121	29/08/03	JALANDHAR		4:32.85
14	BOLLU VINAY, 161	161	24/09/04	JALANDHAR		4:42.91
15	JASKARAN SINGH, 265	265	02/09/06	HOSHIARPUR		5:12.16

16	RAMANJOT SINGH, 408	408	02/07/06	BARNALA	5:24.66
17	GURBACHAN SINGH, 182	182	16/01/06	BARNALA	5:24.75
18	MATLESH AERY, 342	342	28/07/06	HOSHIARPUR	5:24.90
19	ARYAN SAINI, 146	146	20/05/25	LUDHIANA	5:26.04
	HARPINDER SINGH, 235	235	10/01/79	AMRITSAR	DNS
	GURSEWAK SINGH, 207	207	03/02/05	GURUDASPUR	DNS
	GAGANDEEP SINGH, 179	179	18/07/09	MALERKOTLA	DNS
	DAVINDER SINGH, 167	167	16/01/05	BATHINDA	DNS
	SAWAN PREET SINGH, 445	445	03/08/05	MANSA	DNS
	AKASHDEEP SINGH AULA, 109	109	20/12/08	MALERKOTLA	DNS
	MANJINDER SINGH, 331	331	24/07/97	GURUDASPUR	DNS
	TARSEM SINGH, 490	490	12/05/03	PATIALA	DNS
<b>Event # 6 MENS 5000m</b>					
<b>Final</b>					
1	LOVEPREET SINGH, 317	317	13/01/99	FAZILKA	14:17.06
2	HARMANJOT SINGH, 224	224	10/10/95	TARANTARAN	14:17.45
3	SAHIL SAGAR, 431	431	05/11/00	SANGRUR	14:26.99
4	JAGDEV SINGH, 250	250	15/01/93	LUDHIANA	16:13.89
5	GAGANDEEP, 178	178	05/01/03	JALANDHAR	17:20.27
6	RAGHAV JOT, 394	394	27/09/04	AMRITSAR	17:47.34
7	ARSHDEEP SINGH, 142	142	04/06/03	SANGRUR	18:35.51
8	GAGANDEEP SINGH, 179	179	18/07/09	MALERKOTLA	20:35.35
9	LOVEPREET SINGH, 318	318	18/08/99	MANSA	20:35.59
10	SAWAN PREET SINGH, 445	445	03/08/05	MANSA	20:35.71
	KIRTAN LAL, 295	295	19/11/05	PATIALA	DNS
	MATLESH AERY, 342	342	28/07/06	HOSHIARPUR	DNS
	MANJINDER SINGH, 331	331	24/07/97	GURUDASPUR	DNS
	TARSEM SINGH, 490	490	12/05/03	PATIALA	DNS
	KISHAN SINGH, 297	297	25/12/04	PATIALA	DNS
	EKAMBI SINGH, 176	176	29/05/05	SAS NAGAR (MOHALI)	DNS
	JORAWAR, 282	282	21/05/97	GURUDASPUR	DNS
	BHRATWAJ NANDAN, 160	160	25/08/00	GURUDASPUR	DNS
	INDERJEET SINGH, 247	247	12/10/07	BARNALA	DNS
	RAJVEER SINGH, 403	403	16/07/10	MALERKOTLA	DNF
	GURJANT SINGH, 186	186	05/10/01	MANSA	DNS
	GURBACHAN SINGH, 182	182	16/01/06	BARNALA	DNS
	RAMANPREET SINGH, 409	409	19/06/06	BARNALA	DNS
	JASHANPREET SINGH, 260	260	23/06/07	AMRITSAR	DNF
	NAVRAJ SINGH, 356	356	05/11/06	GURUDASPUR	DNF
	JASHANDEEP SINGH, 257	257	29/08/05	TARANTARAN	DNS
<b>Event # 7 MENS 10000m</b>					
<b>Final</b>					
1	LOVEPREET SINGH, 317	317	13/01/99	FAZILKA	30:19.33
2	HARMANJOT SINGH, 224	224	10/10/95	TARANTARAN	30:19.80
3	SAHIL SAGAR, 431	431	05/11/00	SANGRUR	30:51.27
4	GAGANDEEP, 178	178	05/01/03	JALANDHAR	35:24.48
5	JASHANDEEP SINGH, 257	257	29/08/05	TARANTARAN	35:34.09
6	RAGHAV JOT, 394	394	27/09/04	AMRITSAR	38:09.21
7	ARSHDEEP SINGH, 138	138	22/06/02	SANGRUR	42:24.67
8	RAMANJOT SINGH, 408	408	02/07/06	BARNALA	46:17.84
<b>Event # 8 MENS 3000m Steeplechase</b>					
<b>Final</b>					
1	ARSHDEEP SINGH, 140	140	17/11/05	MUKTSAR	10:35.47
2	PAWANDEEP, 505	505	15/05/95	FEROZPUR	10:47.52
3	GURJANT SINGH, 186	186	05/10/01	MANSA	10:59.13
4	SHUBHAM, 451	451	14/06/99	GURUDASPUR	11:05.24
5	AMAR TYAGI, 121	121	29/08/03	JALANDHAR	11:40.32
6	BOLLU VINAY, 161	161	24/09/04	JALANDHAR	12:13.15
7	RAJESH KUMAR, 399	399	07/12/96	HOSHIARPUR	13:07.06
8	KULWINDER SINGH, 304	304	11/12/06	BARNALA	14:32.02
<b>Event # 9 MENS 110m Hurdles</b>					
<b>Final</b>					
1	TARUNDEEP SINGH BHAT, 492	492	06/09/94	LUDHIANA	14.66
2	AMRINDER SINGH AULAK, 123	123	03/12/96	PUNJAB POLICE	15.16
3	PANKAJ PAL, 374	374	01/10/03	FAZILKA	15.21
4	RAJVEER SINGH, 402	402	13/11/05	AMRITSAR	15.59
5	RAJKARAN SINGH, 400	400	24/03/08	AMRITSAR	16.17
6	GURPREET SINGH, 204	204	11/08/98	GURUDASPUR	21.88
	SAGAR SINGH RANA, 428	428	06/12/00	SAS NAGAR (MOHALI)	DNS

		RAJESH KUMAR, 399	399	07/12/96	HOSHIARPUR		DNS
<b>Event # 10 MENS 400m Hurdles</b>							
<b>Final</b>							
1		HARDEEP KUMAR, 214	214	27/06/03	SANGRUR		51.61
2		TEJPARTAP SINGH, 494	494	07/06/00	TARANTARAN		51.95
3		NIKHIL BHARDWAJ, 361	361	24/05/96	SAS NAGAR (MOHALI)		52.30
4		AMANATJEET SINGH, 112	112	19/08/04	TARANTARAN		54.27
5		JUGRAJ SINGH, 284	284	08/09/95	PUNJAB POLICE		55.77
6		LOVEJOT KUMAR, 310	310	15/07/07	TARANTARAN		56.88
7		PANKAJ PAL, 374	374	01/10/03	FAZILKA		57.79
8		NAVJOT SINGH, 355	355	05/12/05	MANSA		1:00.18
9		DAPINDER SINGH, 165	165	07/09/06	MANSA		1:00.47
10		SUKHVEER SINGH, 473	473	21/06/02	MANSA		1:01.38
11		GURKARAM SINGH, 188	188	18/05/08	JALANDHAR		1:01.55
12		JUJHAR SINGH, 285	285	05/08/09	HOSHIARPUR		1:03.83
		HARPREET SINGH, 239	239	15/08/06	BATHINDA		DNS
		LOVEJOT SINGH AULAKH, 312	312	13/07/98	FEROZPUR		DNS
		SEHAJDEEP SINGH, 448	448	25/02/06	JALANDHAR		DNF
		ANMOLDEEP SINGH, 132	132	13/02/94	PUNJAB POLICE		DNF
<b>Event # 11 MENS High Jump</b>							
<b>Final</b>							
1		ADARSH PREET SINGH, 103	103	15/10/02	ROOPNAGAR		1.95m
2		ROBANPREETSINGH, 420	420	05/08/05	ROOPNAGAR		1.90m
3		NIRVAIL SINGH, 362	362	02/03/05	TARANTARAN		1.90m
4		SAHILJOT SINGH GILL, 432	432	11/04/06	FARIDKOT		1.80m
5		SUNIL SINGH, 478	478	03/07/05	FARIDKOT		1.75m
6		SUKHDEEP SINGH, 468	468	23/10/05	MANSA		1.70m
		JASNOOR SINGH DHALIW, 271	271	07/01/06	SAS NAGAR (MOHALI)		DNS
		GAGANDEEP SINGH, 180	180	25/08/06	MANSA		NM
		DHARMPREET SINGH, 172	172	03/09/06	ROOPNAGAR		DNS
		HARMANPREET SINGH, 226	226	03/12/97	JALANDHAR		DNS
		LOVEPREET SINGH, 315	315	25/03/95	JALANDHAR		NM
		GURMANJOT SINGH, 196	196	28/06/04	SANGRUR		DNS
<b>Event # 13 MENS Long Jump</b>							
<b>Final</b>							
1		LAKHVIR SINGH, 306	306	13/01/03	LUDHIANA		7.23m
2		HARPAL SINGH MANN, 233	233	21/06/02	LUDHIANA		7.10m
3		DIGVIJAY SINGH, 174	174	07/11/03	LUDHIANA		7.02m
4		ROHIT VERMA, 423	423	14/08/02	FAZILKA		6.94m
5		LAKHWINDER SINGH, 307	307	22/11/01	ROOPNAGAR		6.83m
6		GURPREET SINGH, 203	203	11/04/04	MUKTSAR		6.22m
7		NAMAN KAPILA, 350	350	22/12/03	JALANDHAR		6.18m
8		ZORAVAR SINGH, 503	503	29/05/00	PATIALA		6.12m
9		SUBHAJIT MONDAL, 465	465	14/01/03	JALANDHAR		5.85m
10		JAGROOP SINGH, 252	252	18/08/98	ROOPNAGAR		5.80m
11		AMANDEEP SINGH, 118	118	16/06/00	MANSA		5.44m
12		RAVINDER SINGH, 506	506	12/09/92	JALANDHAR		5.40m
		BALJINDER SINGH, 153	153	17/12/94	PUNJAB POLICE		DNS
		MANINDER SINGH, 327	327	02/15/05	SANGRUR		DNS
		SAGAR SINGH RANA, 428	428	06/12/00	SAS NAGAR (MOHALI)		DNS
		HARJOT SINGH, 218	218	24/10/07	FATEHGARH SAHIB		DNS
		ARSHDEEP SINGH, 141	141	10/01/07	MANSA		DNS
		NARPINDER SINGH, 352	352	06/11/02	BATHINDA		DNS
		JASKARAN SINGH, 266	266	03/09/98	LUDHIANA		DNS

Event # 14 MENS Triple Jump						
Final						
1	NARPINDER SINGH, 352	352	06/11/02	BATHINDA		15.77m
2	HARPAL SINGH MANN, 233	233	21/06/02	LUDHIANA		15.20m
3	NITISH KUMAR, 365	365	23/12/03	JALANDHAR		14.68m
4	JASKARAN SINGH, 267	267	26/06/03	KAPURTHALA		14.60m
5	JASKARAN SINGH, 266	266	03/09/98	LUDHIANA		14.59m
6	ANIL KUMAR, 129	129	09/11/02	FAZILKA		14.59m
7	SUKHPREET SINGH, 471	471	04/02/04	BARNALA		14.56m
8	GURPREET SINGH, 205	205	16/11/05	HOSHIARPUR		14.39m
9	GURBIR SINGH, 183	183	23/01/04	AMRITSAR		14.36m
10	RANJIT SINGH, 411	411	05/10/93	PUNJAB POLICE		14.09m
11	NAMAN KAPILA, 350	350	22/12/03	JALANDHAR		13.62m
12	SHIVAM, 450	450	13/09/00	KAPURTHALA		12.80m
13	ARSHDEEP SINGH, 141	141	10/01/07	MANSA		12.10m
	RAVINDER SINGH, 506	506	12/09/92	JALANDHAR		DNS
Event # 15 MENS Discus Throw						
Final						
1	BALJINDER SINGH, 154	154	23/07/89	PUNJAB POLICE		54.65m
2	SHUBHKARMAN SINGH, 454	454	05/10/03	JALANDHAR		53.30m
3	HARNOOR SINGH SANDHU, 232	232	08/09/02	AMRITSAR		50.73m
4	JAIDEEP SINGH, 254	254	05/01/99	FAZILKA		50.19m
5	JASHANPREET SINGH, 261	261	13/01/25	JALANDHAR		47.45m
6	JAGTAR SINGH, 253	253	07/10/92	PUNJAB POLICE		46.55m
7	SATWIK VASHIST, 443	443	08/12/05	BARNALA		45.60m
8	BALWINDERJIT SINGH, 157	157	19/04/03	PATIALA		45.50m
9	TANVIR SINGH, 484	484	13/12/05	JALANDHAR		44.50m
10	GURSHARN SINGH, 209	209	28/01/93	FARIDKOT		44.42m
11	BALRAJDEEP SINGH, 156	156	18/08/03	TARANTARAN		43.61m
12	JASHAN SANDHU, 255	255	25/02/06	FAZILKA		43.47m
13	KARAN JOSHI, 288	288	24/11/02	SAS NAGAR (MOHALI)		42.21m
14	GURPREET SINGH, 206	206	14/01/07	JALANDHAR		41.70m
15	HARMANBIR SINGH SAND, 220	220	29/03/07	TARANTARAN		41.19m
	HARMANPREET SINGH, 228	228	22/02/97	GURUDASPUR		DNS
	HARISH, 216	216	16/05/94	FARIDKOT		DNS
	GURSHARANPREET SINGH, 208	208	09/08/05	GURUDASPUR		DNS
	DHANVEER SINGH, 171	171	28/12/02	JALANDHAR		NM
	JASJEEV SINGH SAHOTA, 262	262	29/01/08	HOSHIARPUR		NM
	KULDIP SINGH, 300	300	30/07/65	AMRITSAR		DNS
	BHARTPREET SINGH, 159	159	02/07/04	JALANDHAR		DNS
Event # 16 MENS Hammer Throw						
Final						
1	DAMNEET SINGH, 164	164	10/03/00	BARNALA		66.18m
2	GURDEV SINGH, 185	185	14/08/01	FARIDKOT		60.84m
3	PARAMVIR SINGH, 376	376	16/12/04	GURUDASPUR		60.18m
4	NITISH TOMAR, 367	367	11/01/01	BATHINDA		57.60m
5	ARVIND SINGH GILL, 144	144	23/11/02	LUDHIANA		57.04m
6	LOVEJOT SINGH, 311	311	01/07/02	GURUDASPUR		55.76m
7	BALDEEP SINGH, 151	151	01/06/98	LUDHIANA		45.37m
8	NAVDEEP KUMAR, 353	353	21/03/92	FAZILKA		44.44m
	TARNJIT SINGH, 489	489	17/08/07	TARANTARAN		DNS
	TARANVEER SINGH, 488	488	01/10/96	FATEHGARH SAHIB		DNS
	AVNOOR SINGH, 149	149	09/05/07	SAS NAGAR (MOHALI)		DNS
Event # 17 MENS Javelin Throw						
Final						
1	MANJINDER SINGH, 330	330	09/12/98	GURUDASPUR		69.94m
2	LOVEPREET SINGH, 316	316	19/12/03	JALANDHAR		66.60m
3	AMIT KUMAR YADAV, 122	122	22/07/00	AMRITSAR		65.54m
4	JASWANT SINGH, 275	275	08/03/98	KAPURTHALA		64.53m
5	NITISH SINGH, 366	366	06/06/02	GURUDASPUR		61.16m
6	HARMANPREET SINGH, 228	228	22/02/97	GURUDASPUR		57.36m
7	RYAN HASTIR, 425	425	15/03/09	JALANDHAR		55.30m
8	ROHITDEEP SINGH, 424	424	27/07/95	JALANDHAR		49.90m
9	VISHAV JIT SINGH, 500	500	21/10/02	JALANDHAR		48.45m
10	KARAN HITANGA, 287	287	15/06/07	JALANDHAR		40.53m
	KUNWER AJAI RAJ SING, 305	305	13/01/02	JALANDHAR		DNS
	VINAY MALIK, 499	499	08/07/03	SAS NAGAR (MOHALI)		DNS
Event # 18 MENS Shot Put						
Final						

1	DHANVEER SINGH, 171	171	28/12/02	JALANDHAR	19.37m
2	DEVINDER SINGH, 170	170	30/10/92	PATIALA	17.86m
3	VARINDERPAL SINGH, 497	497	22/12/02	SAS NAGAR (MOHALI)	17.74m
4	IQBAL SINGH, 248	248	13/11/99	MANSA	17.56m
5	PRABHKIRPAL SINGH, 387	387	12/07/97	MANSA	17.34m
6	ARMAANDEEP SINGH, 133	133	14/06/00	JALANDHAR	17.31m
7	NAVDEEP SINGH, 354	354	24/06/96	AMRITSAR	16.43m
8	OMESH RANGA, 368	368	31/05/03	AMRITSAR	16.37m
9	NISHAN SINGH, 363	363	04/09/97	TARANTARAN	15.54m
10	MUKHTYAR SINGH, 348	348	04/11/00	SANGRUR	15.13m
11	ARMANDEEP SINGH, 134	134	30/06/06	MALERKOTLA	14.62m
12	HARPARTAP SINGH, 234	234	16/01/08	AMRITSAR	14.20m
13	MOHD YASSER, 345	345	24/12/93	MALERKOTLA	13.43m
	SHUBHAM RANA, 452	452	10/09/05	HOSHIARPUR	NM
	MEHTAB SINGH, 343	343	12/08/06	AMRITSAR	NM
	RANVIR SINGH, 414	414	07/11/03	PATIALA	DNS
	JODHBIR SINGH, 281	281	05/08/05	JALANDHAR	NM
	JASPAL SINGH, 273	273	28/06/96	PUNJAB POLICE	NM
	JASJEEV SINGH SAHOTA, 262	262	29/01/08	HOSHIARPUR	NM
	SAGUNPREET SINGH, 429	429	14/04/07	AMRITSAR	NM
<b>Event # 21 MENS 20km Race Walk</b>					
<b>Final</b>					
1	RAJANPREET SINGH, 396	396	11/02/98	AMRITSAR	1:33:54.00
<b>Event # 22 MENS 35km Race Walk</b>					
<b>Final</b>					
1	SURINDER SINGH, 480	480	04/07/88	PUNJAB POLICE	2:49:40.00
2	SAHIL, 430	430	09/04/02	PATIALA	2:53:08.00
<b>Event # 45 MENS Decathlon</b>					
<b>Final</b>					
1	GURLAL SINGH, 192	192	10/12/94	PUNJAB POLICE	5839 Pts
2	HARMANPREET SINGH, 225	225	08/21/04	FARIDKOT	4002 Pts
3	MANINDER SINGH, 327	327	02/15/05	SANGRUR	3715 Pts
<b>Event # 23 WOMENS 100m</b>					
<b>Final</b>					
1	SUKHVEER KAUR, 472	472	01/10/03	JALANDHAR	12.14
2	SIMRAN DEEP KAUR, 458	458	01/08/98	PATIALA	12.19
3	LOVEJOT KAUR, 309	309	21/08/06	SBS NAGAR (NAWANSHAH)	12.32
4	SANDEEP KAUR, 433	433	20/11/05	BARNALA	12.49
5	PREET KAUR, 390	390	12/02/06	MUKTSAR	12.55
6	HARLEEN KAUR, 219	219	05/10/00	LUDHIANA	12.91
7	KHUSHDEEP KAUR, 292	292	03/04/00	BATHINDA	12.92
8	AMANPREET KAUR, 120	120	10/08/02	SANGRUR	13.09
<b>Heats</b>					
1	SIMRAN DEEP KAUR, 458	458	01/08/98	PATIALA	12.12
2	SUKHVEER KAUR, 472	472	01/10/03	JALANDHAR	12.16
3	SANDEEP KAUR, 433	433	20/11/05	BARNALA	12.20
4	LOVEJOT KAUR, 309	309	21/08/06	SBS NAGAR (NAWANSHAH)	12.21
5	PREET KAUR, 390	390	12/02/06	MUKTSAR	12.57
6	KHUSHDEEP KAUR, 292	292	03/04/00	BATHINDA	12.65
7	HARLEEN KAUR, 219	219	05/10/00	LUDHIANA	12.84
8	AMANPREET KAUR, 120	120	10/08/02	SANGRUR	12.92
9	ISHIKA VERMA, 249	249	30/03/03	KAPURTHALA	13.14
10	AMANDEEP KAUR, 115	115	03/08/07	JALANDHAR	13.71
11	SIMRANJOT KAUR SONI, 460	460	25/03/05	LUDHIANA	13.77
12	HARSIMARPREET KAUR, 246	246	28/12/10	FEROZPUR	15.17
13	MANPREET KAUR, 338	338	06/09/02	SANGRUR	17.78
14	LOVEPREET KAUR, 313	313	26/01/07	LUDHIANA	19.35
	SARBJEET KAUR, 437	437	21/02/87	PUNJAB POLICE	DNS
	KIRANJEET KAUR, 294	294	13/10/95	MALERKOTLA	DNS

Event # 24 WOMENS 200m						
<b>Final</b>						
1	SIMRAN DEEP KAUR, 458	458	01/08/98	PATIALA		24.48
2	AKSHI MALIK, 110	110	01/06/04	SANGRUR		25.00
3	RASHDEEP KAUR, 415	415	01/02/02	JALANDHAR		25.07
4	PREET KAUR, 390	390	12/02/06	MUKTSAR		25.65
5	SAROJ RANI, 440	440	07/03/06	JALANDHAR		26.32
6	AMANPREET KAUR, 120	120	10/08/02	SANGRUR		27.10
7	NARINDER KAUR, 351	351	26/11/04	BARNALA		28.25
	KHUSHDEEP KAUR, 292	292	03/04/00	BATHINDA		DNS
<b>Heats</b>						
1	SIMRAN DEEP KAUR, 458	458	01/08/98	PATIALA		25.17
2	AKSHI MALIK, 110	110	01/06/04	SANGRUR		25.59
3	PREET KAUR, 390	390	12/02/06	MUKTSAR		25.81
4	RASHDEEP KAUR, 415	415	01/02/02	JALANDHAR		26.14
5	SAROJ RANI, 440	440	07/03/06	JALANDHAR		26.78
6	KHUSHDEEP KAUR, 292	292	03/04/00	BATHINDA		26.91
7	AMANPREET KAUR, 120	120	10/08/02	SANGRUR		27.28
8	NARINDER KAUR, 351	351	26/11/04	BARNALA		28.67
9	SIMRANJOT KAUR SOND, 460	460	25/03/05	LUDHIANA		29.00
10	KOMALPREET KAUR, 298	298	19/01/06	TARANTARAN		36.51
11	MANPREET KAUR, 338	338	06/09/02	SANGRUR		37.53
12	HARPREET KAUR, 236	236	05/07/06	LUDHIANA		39.13
13	LOVEPREET KAUR, 313	313	26/01/07	LUDHIANA		41.57
	AMANDEEP KAUR, 113	113	01/10/90	SANGRUR		DNS
	KULDEEP KAUR, 299	299	01/05/03	SANGRUR		DNS
	PRIYA, 391	391	18/12/05	MALERKOTLA		DNS
	SANDEEP KAUR, 433	433	20/11/05	BARNALA		DNS
	KARANDEEP KAUR, 290	290	14/03/05	JALANDHAR		DNS
	AMANDEEP KAUR, 115	115	03/08/07	JALANDHAR		DNS
<b>Event # 25 WOMENS 400m</b>						
<b>Final</b>						
1	AKSHI MALIK, 110	110	01/06/04	SANGRUR		55.03
2	RASHDEEP KAUR, 415	415	01/02/02	JALANDHAR		55.68
3	RAMANDEEP KAUR, 406	406	20/12/03	BARNALA		56.34
4	MANPREET KAUR, 340	340	05/01/06	BARNALA		57.82
5	STUTI, 464	464	01/05/06	MANSA		58.67
6	BALJIT KAUR, 155	155	10/12/00	GURUDASPUR		58.87
7	SAROJ RANI, 440	440	07/03/06	JALANDHAR		1:00.90
	TANVEER KAUR, 483	483	13/10/01	SANGRUR		DNS
<b>Heats</b>						
1	RASHDEEP KAUR, 415	415	01/02/02	JALANDHAR		56.96
2	RAMANDEEP KAUR, 406	406	20/12/03	BARNALA		57.14
3	BALJIT KAUR, 155	155	10/12/00	GURUDASPUR		58.12
4	MANPREET KAUR, 340	340	05/01/06	BARNALA		58.24
5	AKSHI MALIK, 110	110	01/06/04	SANGRUR		58.36
6	STUTI, 464	464	01/05/06	MANSA		58.92
7	SAROJ RANI, 440	440	07/03/06	JALANDHAR		59.06
8	TANVEER KAUR, 483	483	13/10/01	SANGRUR		59.32
9	KARANDEEP KAUR, 290	290	14/03/05	JALANDHAR		59.92
10	SARGUN KAUR SANDHU, 438	438	15/07/10	FEROZPUR		1:14.32
11	KOMALPREET KAUR, 298	298	19/01/06	TARANTARAN		1:23.92
12	HARPREET KAUR, 236	236	05/07/06	LUDHIANA		1:27.87
	PRIYA, 391	391	18/12/05	MALERKOTLA		DQ
1	AKSHI MALIK, 110	110	01/06/04	SANGRUR		55.03
2	RASHDEEP KAUR, 415	415	01/02/02	JALANDHAR		55.68
3	RAMANDEEP KAUR, 406	406	20/12/03	BARNALA		56.34
4	MANPREET KAUR, 340	340	05/01/06	BARNALA		57.82
5	STUTI, 464	464	01/05/06	MANSA		58.67
6	BALJIT KAUR, 155	155	10/12/00	GURUDASPUR		58.87
7	SAROJ RANI, 440	440	07/03/06	JALANDHAR		1:00.90
<b>Heats</b>						
1	AKSHI MALIK, 110	110	01/06/04	SANGRUR		55.03
2	RASHDEEP KAUR, 415	415	01/02/02	JALANDHAR		55.68
3	RAMANDEEP KAUR, 406	406	20/12/03	BARNALA		56.34
4	MANPREET KAUR, 340	340	05/01/06	BARNALA		57.82
5	STUTI, 464	464	01/05/06	MANSA		58.67
6	BALJIT KAUR, 155	155	10/12/00	GURUDASPUR		58.87
7	SAROJ RANI, 440	440	07/03/06	JALANDHAR		1:00.90
	TANVEER KAUR, 483	483	13/10/01	SANGRUR		DNS
<b>Event # 26 WOMENS 800m</b>						

	<b>Final</b>					
1	AMANDEEP KAUR, 116	116	09/07/03	HOSHIARPUR		2:05.96
2	MANPREET KAUR, 340	340	05/01/06	BARNALA		2:17.45
3	POOJA, 382	382	09/08/05	HOSHIARPUR		2:21.37
4	VEERPAL KAUR, 498	498	27/11/04	LUDHIANA		2:21.94
5	JASVEER KAUR, 274	274	25/08/01	MANSA		2:28.66
6	MANPREET KAUR, 339	339	02/09/97	JALANDHAR		3:40.21
	RANPREET KAUR, 413	413	02/10/03	SANGRUR		DNS
	<b>Event # 27 WOMENS 1500m</b>					
	<b>Final</b>					
1	AMANDEEP KAUR, 116	116	09/07/03	HOSHIARPUR		4:25.85
2	SNEHA, 461	461	01/07/05	FEROZPUR		4:51.18
3	HARPREET KAUR, 237	237	04/11/06	MANSA		4:53.67
4	POOJA, 382	382	09/08/05	HOSHIARPUR		5:16.51
5	JASVEER KAUR, 274	274	25/08/01	MANSA		5:24.37
6	ARSHDEEP KAUR, 135	135	20/12/06	SANGRUR		5:31.20
7	RANPREET KAUR, 413	413	02/10/03	SANGRUR		9:32.76
	SIMRAN, 455	455	18/06/06	HOSHIARPUR		DNS
	PRIYANKA KUMARI, 392	392	02/10/03	JALANDHAR		DNS
	MANPREET KAUR, 339	339	02/09/97	JALANDHAR		DNS
	MANDEEP KAUR, 324	324	06/12/04	HOSHIARPUR		DNS
	<b>Event # 28 WOMENS 5000m</b>					
	<b>Final</b>					
1	KIRAN KUMARI, 293	293	25/05/03	HOSHIARPUR		19:51.55
2	MUSKAN, 349	349	17/10/06	HOSHIARPUR		21:29.77
3	MANISHA, 328	328	22/05/05	HOSHIARPUR		25:10.74
	RAVINA KUMARI, 416	416	05/03/03	PATIALA		DNS
	PRIYANKA KUMARI, 392	392	02/10/03	JALANDHAR		DNS
	<b>Event # 29 WOMENS 10000m</b>					
	<b>Final</b>					
1	KIRAN KUMARI, 293	293	25/05/03	HOSHIARPUR		40:54.46
2	RAVINA KUMARI, 416	416	05/03/03	PATIALA		41:16.77
3	MUSKAN, 349	349	17/10/06	HOSHIARPUR		44:21.23
	MANISHA, 328	328	22/05/05	HOSHIARPUR		DNF
	<b>Event # 30 WOMENS 3000m Steeplechase</b>					
	<b>Final</b>					
1	MANDEEP KAUR, 324	324	06/12/04	HOSHIARPUR		13:38.39
2	SIMRAN, 455	455	18/06/06	HOSHIARPUR		14:17.56
	<b>Event # 31 WOMENS 100m Hurdles</b>					
	<b>Final</b>					
1	EVLEEN KAUR, 177	177	14/04/05	JALANDHAR		15.64
2	SUMANDEEP KAUR, 475	475	10/04/94	JALANDHAR		15.94
3	TASNEEM KAUR DHILLON, 493	493	07/10/09	BARNALA		16.14
	RIMPAL KAUR, 418	418	15/09/05	AMRITSAR		DNS
	GURLEEN KAUR DEOL, 194	194	29/11/06	LUDHIANA		DNS
	<b>Event # 32 WOMENS 400m Hurdles</b>					
	<b>Final</b>					
1	RAMANDEEP KAUR, 406	406	20/12/03	BARNALA		59.93
2	NEHA, 358	358	30/06/02	JALANDHAR		1:06.21
3	PALAK KAUR, 372	372	01/01/05	TARANTARAN		1:09.73
4	TASNEEM KAUR DHILLON, 493	493	07/10/09	BARNALA		1:11.09
	<b>Event # 33 WOMENS High Jump</b>					
	<b>Final</b>					
1	RIMPAL KAUR, 418	418	15/09/05	AMRITSAR		1.50m
2	AVNEET, 148	148	22/05/05	ROOPNAGAR		1.45m
3	PRABHJOT KAUR, 385	385	25/07/11	FARIDKOT		1.35m
4	PAWANPREET KAUR, 380	380	01/01/12	FARIDKOT		1.35m
4	RAVNEET KAUR, 417	417	09/10/05	KAPURTHALA		1.35m
	AJAYPAL KAUR, 104	104	20/03/93	JALANDHAR		NM

<b>Event # 35 WOMENS Long Jump</b>						
<b>Final</b>						
1	EVLEEN KAUR, 177	177	14/04/05	JALANDHAR		5.67m
2	SIMRAN, 456	456	17/10/05	SBS NAGAR (NAWANSHAH)		5.62m
3	ISHIKA VERMA, 249	249	30/03/03	KAPURTHALA		5.54m
4	HARLEEN KAUR, 219	219	05/10/00	LUDHIANA		5.50m
5	PALLVI SHARMA, 373	373	17/09/25	SAS NAGAR (MOHALI)		5.04m
6	HARPREET KAUR, 238	238	07/16/05	HOSHIARPUR		4.93m
	AMANDEEP KAUR, 114	114	01/10/90	SANGRUR		DNS
<b>Event # 36 WOMENS Triple Jump</b>						
<b>Final</b>						
1	NIHARIKA VASHISHT, 359	359	17/10/95	SAS NAGAR (MOHALI)		13.05m
2	ARSHDEEP KAUR, 136	136	02/11/99	LUDHIANA		12.26m
3	SIMRAN, 456	456	17/10/05	SBS NAGAR (NAWANSHAH)		11.91m
	AJAYPAL KAUR, 104	104	20/03/93	JALANDHAR		DNS
	AMANDEEP KAUR, 114	114	01/10/90	SANGRUR		DNS
	SONAM, 462	462	02/03/03	JALANDHAR		DNS
<b>Event # 37 WOMENS Discus Throw</b>						
<b>Final</b>						
1	JASMEET KAUR, 270	270	09-15-03	MALERKOTLA		44.81m
2	ARSHDEEP KAUR KHANGU, 137	137	07/01/05	SANGRUR		44.65m
3	MANDEEP KAUR, 323	323	07/02/02	AMRITSAR		41.67m
4	PALAK CHOHAN, 371	371	26/07/09	HOSHIARPUR		33.58m
5	TANU POONIA, 481	481	03/01/08	JALANDHAR		33.36m
6	SEERAT KAUR KANG, 446	446	15/09/07	TARANTARAN		31.29m
	GURLEEN KAUR, 193	193	13/10/05	LUDHIANA		DNS
	JASHANDEEP KAUR, 256	256	01/11/05	SANGRUR		DNS
<b>Event # 38 WOMENS Hammer Throw</b>						
<b>Final</b>						
1	MANPREET KAUR, 337	337	19/08/98	SANGRUR		61.85m
2	RANJU DEVI, 412	412	23/02/94	GURUDASPUR		54.90m
3	HAQIKAT KAUR GREWAL, 211	211	28/09/05	FAZILKA		52.11m
4	SUKHMAN PREET KAUR, 470	470	03/09/07	TARANTARAN		41.46m
5	DAMANPREET KAUR, 163	163	28/10/07	TARANTARAN		40.83m
	GURNOOR KAUR, 199	199	20/11/07	MUKTSAR		DNS
<b>Event # 39 WOMENS Javelin Throw</b>						
<b>Final</b>						
1	SAROJ DEVI, 439	439	15/02/99	JALANDHAR		38.91m
2	NISHITA, 364	364	27/06/07	FAZILKA		37.40m
3	PARDIP KAUR, 377	377	17/06/05	ROOPNAGAR		28.92m
4	KULJEET SAINI, 301	301	18/06/04	SBS NAGAR (NAWANSHAH)		23.85m
5	RAJWINDER KAUR, 404	404	05/08/03	GURUDASPUR		23.05m
	GURPREET KAUR, 200	200	18/06/25	LUDHIANA		DNS
<b>Event # 40 WOMENS Shot Put</b>						
<b>Final</b>						
1	JASKANWAL KAUR, 263	263	18/11/04	PATIALA		14.20m
2	JASHANDEEP KAUR, 256	256	01/11/05	SANGRUR		13.61m
3	DIKSHITA, 175	175	07/08/08	HOSHIARPUR		9.81m
4	SIMRAN, 457	457	29/09/04	JALANDHAR		9.67m
5	KULJEET SAINI, 301	301	18/06/04	SBS NAGAR (NAWANSHAH)		9.57m
	MANPREET KAUR, 336	336	05/03/96	PATIALA		DNS
	MANDEEP KAUR, 323	323	07/02/02	AMRITSAR		DNS
	GURPREET KAUR, 200	200	18/06/25	LUDHIANA		DNS
	GURLEEN KAUR, 193	193	13/10/05	LUDHIANA		DNS
	AMANDEEP KAUR, 113	113	01/10/90	SANGRUR		DNS
<b>Event # 43 WOMENS 20km Race Walk</b>						
<b>Final</b>						
1	BALJEET KAUR, 152	152	28/01/02	PATIALA		1:56:47.00
2	KAMALPREET KAUR DEOL, 286	286	04/05/06	JALANDHAR		1:57:42.00
3	SIMRANJEET KAUR, 459	459	22/12/06	SANGRUR		1:58:40.00
4	SHUBHJIT KAUR, 453	453	12/12/05	AMRITSAR		2:09:39.00
<b>Event # 56 WOMENS Heptathlon</b>						
<b>Final</b>						
	HARPREET KAUR, 238	238	07/16/05	HOSHIARPUR		DNS