

101st Punjab State Senior Athletics Championship 2026**Guru Nanak Stadium Ludhiana****28-06-2026**

6/4/26 - 6/5/26

4th to 5th June 2026**Event # 1 MENS 100m Run OPEN****FINALS**

% INTER STATE QUALIFY: 10.75

RESULTS OF FINALS

1	Harjit Singh	269	28/08/97	JALANDHAR	10.21 %
2	Lovepreet Singh..	282	27/11/99	JALANDHAR	10.60 %
3	Maninder Singh	284	01/01/07	JALANDHAR	10.82
4	Harmanpreet Singh.	400	01/19/97	PAP	10.84
5	Surtoj Sidhu	435	10/06/03	PATIALA	10.86
6	Amandeep Singh	214	14/03/02	GURDASPUR	10.91
7	Gurjot Singh	266	25/07/07	JALANDHAR	10.98
	Harshehbaz sing bhullar	494	06/12/00	TARNTARAN	DNF

RESULTS OF PRELIMS

1	Harjit Singh	269	28/08/97	JALANDHAR	10.47 %
2	Lovepreet Singh..	282	27/11/99	JALANDHAR	10.95
3	Amandeep Singh	214	14/03/02	GURDASPUR	10.98
4	Harmanpreet Singh.	400	01/19/97	PAP	11.00
5	Maninder Singh	284	01/01/07	JALANDHAR	11.02
6	Surtoj Sidhu	435	10/06/03	PATIALA	11.03
7	Gurjot Singh	266	25/07/07	JALANDHAR	11.04
8	Harshehbaz sing bhullar	494	06/12/00	TARNTARAN	11.07
9	Mohit .	149	02/12/03	BATHINDA	11.09
10	Satnam Singh	154	14/12/01	BATHINDA	11.14
11	Anif .	452	20/02/97	SANGRUR	11.16
12	Navroop Singh	290	08/08/05	JALANDHAR	11.18
13	Harmandeep Singh	185	14/02/06	FAZILKA	11.19
13	Ramandeep singh.	357	01/07/98	MALERKOTLA	11.20
14	Gurpreet Singh....	485	22/01/03	SBS NAGAR	11.20
16	Jasjit singh Dhillon	426	16/07/06	PATIALA	11.24
17	Akashdeep Singh	396	15/05/95	PAP	11.25
17	Umesh Sharma	480	06/11/01	SAS NAGAR	11.29
18	Aaryan Yadav	141	05/09/04	BATHINDA	11.29
20	Raghav Kalia	237	08/09/05	HOSHIARPUR	11.31
21	Maahi Sandhal	235	21/09/07	HOSHIARPUR	11.34
22	Krn Dhaliwal	466	22/11/05	SANGRUR	11.38
22	Sujal Bhardwaj	300	08/05/07	JALANDHAR	11.36
23	Dilpreet Singh.	390	08/06/99	MUKSTSAR	11.38
25	Tarundeep singh Bhatia	353	06/09/94	LUDHIANA	11.41
26	Adarsh kumar singh	326	14/12/04	LUDHIANA	11.46
27	Jatinder Singh	404	24/08/91	PAP	11.47
28	PINKU PINKU	206	12/04/06	FEROZPUR	11.66
29	Navit Kumar	191	30/03/09	FAZILKA	11.71
30	Mandeep Singh Rathore	343	04/05/98	LUDHIANA	11.85
31	Livjot Singh	281	07/07/07	JALANDHAR	11.93

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6/4/26 - 6/5/26

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32	Harmanpreet Sin Malhi	116	21/09/02	AMRITSAR	12.26
33	Jashandeep Singh.	341	25/01/03	LUDHIANA	12.34
34	Karan .	428	14/08/03	PATIALA	12.50
35	Harpreet Singh.	220	18/01/05	GURDASPUR	12.53
36	Bhavjeet Singh Gill	332	01/06/07	LUDHIANA	12.79
37	Japjot Singh	340	16/08/08	LUDHIANA	12.80
38	Dilpreet Singh	335	21/08/08	LUDHIANA	13.02
39	Jordan Singh	234	04/10/06	HOSHIARPUR	13.18
40	Karandeep singh .	465	23/07/08	SANGRUR	13.19
41	Mohit Jindal	346	17/08/86	LUDHIANA	14.23
	Satnam Singh.	296	11/12/98	JALANDHAR	DNS
	Kirtpal singh	429	21/12/06	PATIALA	DNF
	HARAMRITPAL SINGH	115	16/03/94	AMRITSAR	DQ
	Gian Singh	484	20/10/04	SBS NAGAR	DNS
	Roshandeep sing .	152	30/09/08	BATHINDA	DNS
	Jatinder Diswar	475	01/09/97	SAS NAGAR	DNS
	Zorawar Singh	439	29/05/00	PATIALA	DNS
	Monu Singh	288	21/09/05	JALANDHAR	DNS
	Preet Singh	434	16/02/00	PATIALA	DNS
	lovepreet singh1	498	30/05/01	TARNTARAN	DNS
	Gurindervir Singh	265	24/12/00	JALANDHAR	DNS
	Gurpreet Singh	143	10/09/91	BATHINDA	DNS

101st Punjab State Senior Athletics Championship 2026**Guru Nanak Stadium Ludhiana****28-06-2026**

6/4/26 - 6/5/26

4th to 5th June 2026**Event # 2 MENS 200m Run OPEN****FINALS**

% INTER STATE QUALIFY: 21.80

RESULTS OF FINALS

1	Lovepreet Singh..	282	27/11/99	JALANDHAR	21.65 %
2	Harmanpreet Singh.	400	01/19/97	PAP	21.82
3	Anif .	452	20/02/97	SANGRUR	22.15
4	Sehajdeep Singh	297	25/02/06	JALANDHAR	22.18
5	Ankit Kumar	259	18/06/07	JALANDHAR	22.19
6	Raghav Kalia	237	08/09/05	HOSHIARPUR	22.42
7	Mohit .	149	02/12/03	BATHINDA	22.61
	Jasjit singh Dhillon	426	16/07/06	PATIALA	DNS

RESULTS OF PRELIMS

1	Lovepreet Singh..	282	27/11/99	JALANDHAR	22.16
2	Harmanpreet Singh.	400	01/19/97	PAP	22.26
3	Sehajdeep Singh	297	25/02/06	JALANDHAR	22.35
3	Ankit Kumar	259	18/06/07	JALANDHAR	22.35
5	Anif .	452	20/02/97	SANGRUR	22.37
6	Raghav Kalia	237	08/09/05	HOSHIARPUR	22.48
7	Jasjit singh Dhillon	426	16/07/06	PATIALA	22.61
8	Mohit .	149	02/12/03	BATHINDA	22.68
9	Satnam Singh	154	14/12/01	BATHINDA	22.75
10	Krn Dhaliwal	466	22/11/05	SANGRUR	22.82
11	Gurpreet Singh....	485	22/01/03	SBS NAGAR	22.90
12	Digvijay Singh	334	07/11/03	LUDHIANA	22.95
13	Maahi Sandhal	235	21/09/07	HOSHIARPUR	23.00
14	Umesh Sharma	480	06/11/01	SAS NAGAR	23.12
15	Gurpreet Singh	143	10/09/91	BATHINDA	23.16
15	Jashan preet Singh	169	23/08/07	FATEHGARH SAHIB	23.14
16	Gurnoor Singh	113	28/07/07	AMRITSAR	23.16
18	Aaryan Yadav	141	05/09/04	BATHINDA	23.24
19	ANMOLDEEP SINGH.	490	15/08/09	TARNTARAN	23.44
19	Aniket Singh	417	23/05/02	PATIALA	23.45
20	Rajbir Singh	406	20/01/02	PAP	23.45
22	Preet Singh	434	16/02/00	PATIALA	23.52
23	Navit Kumar	191	30/03/09	FAZILKA	23.81
24	Aniket Verma	328	28/08/00	LUDHIANA	23.84
25	Kavanmeet Singh	279	06/01/09	JALANDHAR	23.99
26	Livjot Singh	281	07/07/07	JALANDHAR	24.00
27	Harpreet Singh	144	08/15/06	BATHINDA	24.07
28	Lovepreet Singh.	189	17/11/04	FAZILKA	24.17
29	PINKU PINKU	206	12/04/06	FEROZPUR	24.38
30	Harmanpreet Sin Malhi	116	21/09/02	AMRITSAR	24.61
31	Manas Kamboj	190	05/01/10	FAZILKA	24.71

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32	Gagandeep Singh	203	25/01/06	FEROZPUR	25.64
32	Harpreet Singh.	220	18/01/05	GURDASPUR	24.80
33	vijay vishal .	156	24/09/09	BATHINDA	25.20
34	Jashandeep Singh.	341	25/01/03	LUDHIANA	25.64
36	Jordan Singh	234	04/10/06	HOSHIARPUR	26.74
37	HARAMRITPAL SINGH	115	16/03/94	AMRITSAR	27.15
	Anmolpreet Singh	491	04/11/05	TARNTARAN	DNS
	Kamberdeep Singh	405	12/06/95	PAP	DNF
	Jaskaran Singh.	496	26/07/07	TARNTARAN	DNS
	Harpreet singh Gill	378	19/12/97	MOGA	DNS
	Monu Singh	288	21/09/05	JALANDHAR	DNS
	Ayush pal	418	28/02/05	PATIALA	DNS
	Gurjot Singh	266	25/07/07	JALANDHAR	DNS
	Maninder Singh	284	01/01/07	JALANDHAR	DNS
	Amritpal Singh	488	05/06/06	TARNTARAN	DNS
	Amanjot Singh Dhanoa	416	25/11/04	PATIALA	DNS
	lovepreet singh1	498	30/05/01	TARNTARAN	DNS
	Anmoldeep Singh	397	13/02/94	PAP	DNF
	Manpreet singh	287	01/10/08	JALANDHAR	DNS
	Harmandeep Singh.	270	07/11/05	JALANDHAR	DNS
	Ramandeep singh.	357	01/07/98	MALERKOTLA	DNS
	Kulvir Ram	280	20/12/04	JALANDHAR	DNS
	Amritpal Singh Gill	489	16/04/06	TARNTARAN	DNS
	Dilpreet Singh.	390	08/06/99	MUKSTSAR	DNS
	Surtoj Sidhu	435	10/06/03	PATIALA	DNS
	Bhavjeet Singh Gill	332	01/06/07	LUDHIANA	DNS
	Manoj Kumar	286	03/10/02	JALANDHAR	DNS
	Mohit Jindal	346	17/08/86	LUDHIANA	DNS
	Prabhjot singh Nandha	208	02/02/02	FEROZPUR	DNS
	Jatinder pal Singh	170	25/12/95	FATEHGARH SAHIB	DNS
	Gursimran Singh	168	04/03/97	FATEHGARH SAHIB	DNS
	Kirtpal singh	429	21/12/06	PATIALA	DNS
	Gaurav Gupta	163	18/09/09	FARIDKOT	DNS
	Akash Sahnii	229	24/03/04	HOSHIARPUR	DNS
	Rupinder singh .	153	01/03/07	BATHINDA	DNS
	Roshandeep sing .	152	30/09/08	BATHINDA	DNS
	Parmvir Singh	379	04/04/06	MOGA	DNS
	Harshehbaz sing bhullar	494	06/12/00	TARNTARAN	DNS
	Gian Singh	484	20/10/04	SBS NAGAR	DNS
	Ekambir Kang	473	05/29/05	SAS NAGAR	DNS
	Jatinder Diswar	475	01/09/97	SAS NAGAR	DNS
	Gurpreet Singh...	459	13/08/04	SANGRUR	DNS
	Karandeep singh .	465	23/07/08	SANGRUR	DNS
	PRABHJOT SINGH	207	02/02/02	FEROZPUR	DNS
	MANINDER SINGH.	430	22/08/02	PATIALA	DNS

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6/4/26 - 6/5/26

4th to 5th June 2026

Tarandeep Singh	437	13/07/05	PATIALA	DNS
Gourav .	183	05/05/06	FAZILKA	DNS

101st Punjab State Senior Athletics Championship 2026**Guru Nanak Stadium Ludhiana****28-06-2026**

6/4/26 - 6/5/26

4th to 5th June 2026**Event # 3 MENS 400m Run OPEN****FINALS**

% INTER STATE QUALIFY: 48.00

RESULTS OF FINALS

1	Kulvir Ram	280	20/12/04	JALANDHAR	46.64 %
2	JashanPreet Singh	274	04/07/00	JALANDHAR	46.84 %
3	Tarandeep Singh	437	13/07/05	PATIALA	47.34 %
4	Harpreet singh Gill	378	19/12/97	MOGA	47.84 %
5	Harjot Singh	232	13/09/06	HOSHIARPUR	48.14
6	hardeep kumar	460	27/06/03	SANGRUR	48.74
7	PRABHJOT SINGH	207	02/02/02	FEROZPUR	50.94
8	Manmeet Singh	431	09/01/07	PATIALA	51.10

RESULTS OF PRELIMS

1	Kulvir Ram	280	20/12/04	JALANDHAR	47.23 %
2	Tarandeep Singh	437	13/07/05	PATIALA	47.26 %
3	PRABHJOT SINGH	207	02/02/02	FEROZPUR	47.37 %
4	Harpreet singh Gill	378	19/12/97	MOGA	47.65 %
5	Harjot Singh	232	13/09/06	HOSHIARPUR	48.31
6	JashanPreet Singh	274	04/07/00	JALANDHAR	48.54
7	hardeep kumar	460	27/06/03	SANGRUR	48.57
8	Manmeet Singh	431	09/01/07	PATIALA	48.62
9	Jagmeet Singh	402	28/12/96	PAP	48.69
10	Parmvir Singh	379	04/04/06	MOGA	49.31
11	Ankit Kumar	259	18/06/07	JALANDHAR	49.38
12	Akash Sahn	229	24/03/04	HOSHIARPUR	50.23
13	Jashan preet Singh	169	23/08/07	FATEHGARH SAHIB	50.48
14	Amritpal Singh	488	05/06/06	TARNTARAN	50.52
14	ANMOLDEEP SINGH.	490	15/08/09	TARNTARAN	50.52
16	Manoj Kumar	286	03/10/02	JALANDHAR	50.63
17	Ayush pal	418	28/02/05	PATIALA	50.78
18	Harmandeep Singh.	270	07/11/05	JALANDHAR	51.11
19	Anmolpreet Singh	491	04/11/05	TARNTARAN	51.14
20	Manpreet singh	287	01/10/08	JALANDHAR	51.19
21	Nikhil Arora	433	12/01/96	PATIALA	51.25
22	Jaskaran Singh.	496	26/07/07	TARNTARAN	51.34
23	Jatinder pal Singh	170	25/12/95	FATEHGARH SAHIB	51.82
24	Amanjot Singh Dhanoa	416	25/11/04	PATIALA	51.92
25	PRABHNOOR SINGH I	151	13/06/09	BATHINDA	51.98
26	Rajbir Singh	406	20/01/02	PAP	52.10
27	Amritpal Singh Gill	489	16/04/06	TARNTARAN	52.25
28	Lovepreet Singh.	189	17/11/04	FAZILKA	52.27
29	Gourav .	183	05/05/06	FAZILKA	52.36
29	Ikbal Singh	495	31/01/09	TARNTARAN	52.36
31	Aniket Singh	417	23/05/02	PATIALA	52.59

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32	Gaurav Gupta	163	18/09/09	FARIDKOT	53.40
32	Gurnoor Singh	113	28/07/07	AMRITSAR	53.40
34	Punit Kumar	193	03/08/06	FAZILKA	53.44
35	Yugraj Singh	303	19/10/07	JALANDHAR	53.56
36	Jaspreet Singh	464	03/11/07	SANGRUR	53.92
37	Gurbaksh Singh	135	01/11/08	BARNALA	54.00
38	Kavanmeet Singh	279	06/01/09	JALANDHAR	54.21
39	Sukhmanpreet si Sukhma	128	22/01/09	AMRITSAR	55.32
40	Manas Kamboj	190	05/01/10	FAZILKA	55.69
41	Gagandeep Singh	203	25/01/06	FEROZPUR	58.30
42	Ramandeep Singh..	373	01/06/08	MANSA	59.51
43	Harpreet Singh..	366	24/09/98	MANSA	59.89
44	Akashdeep Singh..	487	08/04/04	TARNTARAN	1:02.19
45	DANIAL .	109	26/01/11	AMRITSAR	1:06.28
	Harmanpreet Singh..	461	15/07/08	SANGRUR	DNS
	Balraj Singh	133	25/02/07	BARNALA	DNS
	vijay vishal .	156	24/09/09	BATHINDA	DNS
	Gurpreet Singh...	459	13/08/04	SANGRUR	DNS
	Jugraj Singh	277	08/09/95	JALANDHAR	DNS
	MANINDER SINGH.	430	22/08/02	PATIALA	DNF
	Sukhveer Singh	374	21/06/02	MANSA	DNS
	Prabhjot singh Nandha	208	02/02/02	FEROZPUR	DNS
	Gurinder Singh Gindi	422	03/03/03	PATIALA	DNS
	Lovejot Kumar	497	15/07/07	TARNTARAN	DNS

101st Punjab State Senior Athletics Championship 2026**Guru Nanak Stadium Ludhiana****28-06-2026**

6/4/26 - 6/5/26

4th to 5th June 2026**Event # 4 MENS 800m Run OPEN****FINALS**

% INTER STATE QUALIFY: 1:50.73

RESULTS OF FINALS

1	Sudhakar Singh	352	05/09/07	LUDHIANA	1:56.68
2	ARUN KAITHWAR	231	25/01/07	HOSHIARPUR	1:56.71
3	Sukhbir singh Bhatti	127	27/03/08	AMRITSAR	1:57.20
4	Gurman Singh	458	27/08/97	SANGRUR	1:57.36
5	Dilpreet Singh..	472	28/11/08	SAS NAGAR	1:57.66
6	Jaskaranjeet si .	119	08/01/26	AMRITSAR	1:58.06
7	Upanshu .	438	10/01/06	PATIALA	1:58.23
8	Prabhnoor Singh Gill	236	24/08/07	HOSHIARPUR	1:58.41
9	Ikbal Singh	495	31/01/09	TARNTARAN	1:59.59
10	PRABHNOOR SINGH I	151	13/06/09	BATHINDA	1:59.89
11	Sony Singh	351	03/04/88	LUDHIANA	2:05.60
12	Harwinder Singh	356	05/01/95	MALERKOTLA	2:06.41
13	Anmolsingh .	216	08/09/04	GURDASPUR	2:08.29
14	Akashdeep Singh.	415	14/09/06	PATIALA	2:08.75
15	Sukhmanpreet si Sukhma	128	22/01/09	AMRITSAR	2:10.83
16	Harmanpreet Singh..	461	15/07/08	SANGRUR	2:10.93
17	Navdeep Singh .	136	15/09/11	BARNALA	2:15.23
18	Gurinder Singh Gindi	422	03/03/03	PATIALA	2:18.00
19	Abhimanyu .	257	02/06/09	JALANDHAR	2:19.69
20	Ranvir Singh	238	27/08/10	HOSHIARPUR	2:21.08
21	Dilpreet Singh	335	21/08/08	LUDHIANA	2:25.05
	Karamjot Singh	427	06/06/05	PATIALA	DNS
	Armanpreet singh	453	25/07/08	SANGRUR	DNS
	Onkar Singh	478	22/04/02	SAS NAGAR	DNS
	ROSHANPREET SINGH	125	13/11/10	AMRITSAR	DNS
	Ramandeep Singh..	373	01/06/08	MANSA	DNS
	Gurkirpal Singh.	336	29/06/08	LUDHIANA	DNS
	Sonu Kumar	171	15/03/06	FATEHGARH SAHIB	DNS
	Pawan Indora	291	16/07/02	JALANDHAR	DNS
	Harshdeep Singh	424	28/09/01	PATIALA	DNS

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6/4/26 - 6/5/26

4th to 5th June 2026**Event # 5 MENS 1500m Run OPEN****FINALS**

% INTER STATE QUALIFY: 3:50.00

RESULTS OF FINALS

1	Harshdeep Singh	424	28/09/01	PATIALA	3:57.79
2	HARPREET SINGH....	474	11/08/04	SAS NAGAR	4:02.24
3	Upanshu .	438	10/01/06	PATIALA	4:04.48
4	Onkar Singh	478	22/04/02	SAS NAGAR	4:04.91
5	Pawan Indora	291	16/07/02	JALANDHAR	4:06.15
6	Prabhnor Singh Gill	236	24/08/07	HOSHIARPUR	4:06.65
7	Gurmeet Singh	184	02/02/07	FAZILKA	4:08.66
8	Sukhwinder Singh	197	24/03/95	FAZILKA	4:08.86
9	Sanjay Kumar	196	01/05/02	FAZILKA	4:09.31
10	Dilpreet Singh..	472	28/11/08	SAS NAGAR	4:14.93
11	Avadeshjit Singh	457	09/12/09	SANGRUR	4:15.48
12	Davinder Singh	261	25/12/07	JALANDHAR	4:17.22
13	Amanpreet Singh	470	22/04/02	SAS NAGAR	4:20.68
14	Rohin Kumar	124	11/03/05	AMRITSAR	4:23.06
15	Armanpreet singh	453	25/07/08	SANGRUR	4:25.56
16	Deva Kumar	110	06/11/05	AMRITSAR	4:25.62
17	JASMEET SINGH	120	25/07/11	AMRITSAR	4:27.39
18	Sony Singh	351	03/04/88	LUDHIANA	4:28.58
19	Gurkirpal Singh	112	26/12/08	AMRITSAR	4:33.30
20	Harshdeep ..	118	02/12/05	AMRITSAR	4:34.49
21	Akashdeep Singh.	415	14/09/06	PATIALA	4:37.36
22	Gurjant Singh	364	05/10/01	MANSA	4:40.78
23	Sonu Kumar	171	15/03/06	FATEHGARH SAHIB	4:45.26
24	Rudhar Sharma	349	20/09/06	LUDHIANA	4:45.69
25	Krishan Singh	370	10/12/05	MANSA	4:59.74
26	Karan .	428	14/08/03	PATIALA	5:02.93
27	ROSHANPREET SINGH	125	13/11/10	AMRITSAR	5:38.08
28	DANIAL .	109	26/01/11	AMRITSAR	5:47.48
29	Akashdeep Singh..	487	08/04/04	TARNTARAN	6:08.88
	Abhishek Sharma	414	30/09/04	PATIALA	DNF
	Sudhakar Singh	352	05/09/07	LUDHIANA	DNS
	Bikram Singh	419	07/01/07	PATIALA	DNS
	Sahil Gill	295	07/12/07	JALANDHAR	DNS
	Abhimanyu .	257	02/06/09	JALANDHAR	DNS
	SHUBHAM .	224	14/06/99	GURDASPUR	DNS
	Ranvir Singh	238	27/08/10	HOSHIARPUR	DNS
	Sukhbir singh Bhatti	127	27/03/08	AMRITSAR	DNS
	Anmol Singh	330	10/11/05	LUDHIANA	DNF
	Harwinder Singh	356	05/01/95	MALERKOTLA	DNF
	Anmolsingh .	216	08/09/04	GURDASPUR	DNS
	Karamjot Singh	427	06/06/05	PATIALA	DNS

101st Punjab State Senior Athletics Championship 2026**Guru Nanak Stadium Ludhiana****28-06-2026****6/4/26 - 6/5/26****4th to 5th June 2026**

Heera SINGH	186	20/06/96 FAZILKA	DNS
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Event # 6 MENS 5000m Run OPEN**FINALS****% INTER STATE QUALIFY: 14:10.00****RESULTS OF FINALS**

1	Sahil Sagar	467	05/11/00 SANGRUR	14:46.79
2	RINKU	194	15/08/00 FAZILKA	15:27.09
3	Gurmeet Singh	184	02/02/07 FAZILKA	15:27.16
4	Arshdeep Singh..	454	04/06/03 SANGRUR	15:38.75
5	Davinder Singh	261	25/12/07 JALANDHAR	15:51.25
6	Gagandeep .	263	05/01/03 JALANDHAR	16:03.79
7	Akash Prajapati	327	10/05/01 LUDHIANA	16:04.59
8	SUMIT KUMAR	198	17/04/09 FAZILKA	16:15.36
9	Diwaker .	218	19/12/04 GURDASPUR	17:39.29
10	Bharatwaj Nandan	217	25/08/00 GURDASPUR	17:42.76
11	Kamaljeet Singh	221	28/02/07 GURDASPUR	20:13.23
12	Rudhar Sharma	349	20/09/06 LUDHIANA	20:14.21
13	Harvinder singh	502	10/16/94 SANGRUR	20:57.74
	Sachin Kumar	126	12/11/05 AMRITSAR	DNF
	Abhishek Sharma	414	30/09/04 PATIALA	DNS
	Deva Kumar	110	06/11/05 AMRITSAR	DNS
	Tasbir Singh	499	13/02/06 TARNTARAN	DNS
	Simran Singh	298	28/06/00 JALANDHAR	DNS
	HARPREET SINGH....	474	11/08/04 SAS NAGAR	DNS
	Lovepreet Singh	188	13/01/99 FAZILKA	DNS
	Jashandeep Singh	273	29/08/05 JALANDHAR	DNS
	Gurpinder singh	391	11/10/05 MUKSTSAR	DNS
	Dilver Singh	421	04/05/06 PATIALA	DNS
	Rohin Kumar	124	11/03/05 AMRITSAR	DNS
	Karanjeet Singh	205	16/12/09 FEROPUR	DNS
	Krishan Singh	370	10/12/05 MANSA	DNF
	Gurkirpal Singh.	336	29/06/08 LUDHIANA	DNF
	Ankit Kumar.	329	03/12/07 LUDHIANA	DNF
	Heera SINGH	186	20/06/96 FAZILKA	DNS
	Sahil Gill	295	07/12/07 JALANDHAR	DNF
	Harmanjot Singh	493	10/10/95 TARNTARAN	DNS
	Arshdeep Singh...	455	22/06/02 SANGRUR	DNF
	John .	276	15/04/05 JALANDHAR	DNS

101st Punjab State Senior Athletics Championship 2026**Guru Nanak Stadium Ludhiana****28-06-2026**

6/4/26 - 6/5/26

4th to 5th June 2026**Event # 7 MENS 10000m Run OPEN****FINALS**

% INTER STATE QUALIFY: 30:10.00

RESULTS OF FINALS

1	Lovepreet Singh	188	13/01/99	FAZILKA	30:00.65 %
2	Simran Singh	298	28/06/00	JALANDHAR	30:40.32
3	Sahil Sagar	467	05/11/00	SANGRUR	30:53.81
4	Jagdev Singh	147	25/07/99	BATHINDA	31:40.69
5	RINKU	194	15/08/00	FAZILKA	32:20.33
6	John .	276	15/04/05	JALANDHAR	33:01.29
7	Gagandeep .	263	05/01/03	JALANDHAR	33:13.01
8	Dilver Singh	421	04/05/06	PATIALA	33:16.10
9	Arshdeep Singh...	455	22/06/02	SANGRUR	33:18.85
10	Akash Prajapati	327	10/05/01	LUDHIANA	34:25.73
11	Jashandeep Singh	273	29/08/05	JALANDHAR	35:30.10
12	Ankit Kumar.	329	03/12/07	LUDHIANA	35:38.49
13	Bharatwaj Nandan	217	25/08/00	GURDASPUR	37:13.35
	Anmol Singh	330	10/11/05	LUDHIANA	DNS
	Harmanjot Singh	493	10/10/95	TARNTARAN	DNS
	Sachin Kumar	126	12/11/05	AMRITSAR	DNF
	Simranjit Singh	299	30/12/03	JALANDHAR	DNF
	Karanjeet Singh	205	16/12/09	FEROZPUR	DNF
	Diwaker .	218	19/12/04	GURDASPUR	DNS
	Arshdeep Singh..	454	04/06/03	SANGRUR	DNS
	SUMIT KUMAR	198	17/04/09	FAZILKA	DNF

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

% INTER STATE QUALIFY: 14.81

RESULTS OF FINALS

1	Tarundeep singh Bhatia	353	06/09/94	LUDHIANA	14.48 %
2	Sehajdeep Singh	297	25/02/06	JALANDHAR	14.60 %
3	Pankaj pal .	192	01/10/03	FAZILKA	14.99
4	Rajveer singh Mangat	123	13/11/05	AMRITSAR	15.44
5	Sagar singh rana	479	06/12/00	SAS NAGAR	18.05
6	Arshdeep Singh Bling	456	04/06/08	SANGRUR	21.01
	Sahiljot Singh Gill	166	11/04/06	FARIDKOT	DNS
	Varinder Singh	209	06/05/92	FEROZPUR	DNS
	Gurmeet Singh.	337	19/04/07	LUDHIANA	DNF

101st Punjab State Senior Athletics Championship 2026**Guru Nanak Stadium Ludhiana****28-06-2026**

6/4/26 - 6/5/26

4th to 5th June 2026**Event # 9 MENS 400m Hurdles OPEN****FINALS**

% INTER STATE QUALIFY: 52.50

RESULTS OF FINALS

1	hardeep kumar	460	27/06/03	SANGRUR	51.98 %
2	Nikhil Bhardwaj	477	24/05/96	SAS NAGAR	52.15 %
3	Jashanjot Singh	425	07/02/95	PATIALA	52.42 %
4	Rajveer singh Mangat	123	13/11/05	AMRITSAR	55.83
5	Balraj Singh	133	25/02/07	BARNALA	56.03
6	Lovejot Kumar	497	15/07/07	TARNTARAN	56.15
7	Pankaj pal .	192	01/10/03	FAZILKA	56.36
8	Jaspreet Singh	464	03/11/07	SANGRUR	1:00.44
9	Sukhveer Singh	374	21/06/02	MANSA	1:01.01
10	Gurbaksh Singh	135	01/11/08	BARNALA	1:03.13
	Sahildeep Singh Grewal	195	20/01/03	FAZILKA	DNS
	Sagar singh rana	479	06/12/00	SAS NAGAR	DNS
	Punit Kumar	193	03/08/06	FAZILKA	DNS
	ajay kumar .	142	13/06/08	BATHINDA	DNS
	Jugraj Singh	277	08/09/95	JALANDHAR	DNF
	Rupinder singh .	153	01/03/07	BATHINDA	DNS

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

% INTER STATE QUALIFY: 8:57.00

RESULTS OF FINALS

1	Bikram Singh	419	07/01/07	PATIALA	9:54.55
2	Gurpinder singh	391	11/10/05	MUKSTSAR	9:54.96
3	Sukhwinder Singh	197	24/03/95	FAZILKA	10:05.59
4	SHUBHAM .	224	14/06/99	GURDASPUR	10:24.30
5	Tasbir Singh	499	13/02/06	TARNTARAN	10:36.91
6	Ankit Minhas	230	16/01/09	HOSHIARPUR	10:59.52
7	Gurjant Singh	364	05/10/01	MANSA	10:59.63
8	Jagjeet Singh	462	04/02/95	SANGRUR	11:01.00
9	Harpreet Singh..	366	24/09/98	MANSA	11:44.87
10	Kamaljeet Singh	221	28/02/07	GURDASPUR	13:45.02
	Sanjay Kumar	196	01/05/02	FAZILKA	DNF

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6/4/26 - 6/5/26

4th to 5th June 2026**Event # 11 MENS 21km Race Walk OPEN****FINALS**

% INTER STATE QUALIFY: 1:33:00.00

RESULTS OF FINALS

1	Arshpreet Singh	161	22/11/00	FARIDKOT	1:31:40.77 %
2	Amanjot Singh	132	19/03/99	BARNALA	1:34:36.05
3	Dhir Goyal	162	16/12/01	FARIDKOT	1:34:56.23
4	Rajanpreet Singh	122	11/02/98	AMRITSAR	1:37:43.37
5	Sahil .	294	09/04/02	JALANDHAR	1:38:28.74
6	HARMAN SINGH	423	26/08/06	PATIALA	1:46:35.50
	Gourav ..	264	26/11/04	JALANDHAR	DNF
	Gursimran Singh	168	04/03/97	FATEHGARH SAHIB	DNF
	akshdeep singh	131	22/11/99	BARNALA	DNS

Event # 12 MENS High Jump OPEN**FINALS**

% INTER STATE QUALIFY: 2.08

RESULTS OF FINALS

1	Robanpreet Singh	292	08/08/05	JALANDHAR	2.05m
2	Adarsh Singh	258	15/10/02	JALANDHAR	2.00m
3	Sahiljot Singh Gill	166	11/04/06	FARIDKOT	1.95m
4	Gurpreet Singh Bhatti	219	25/01/08	GURDASPUR	1.90m
5	Ramandeep Singh	137	19/12/04	BARNALA	1.75m
6	Sukhraj Singh	301	26/07/06	JALANDHAR	1.70m
7	Karan deep Singh	278	05/12/08	JALANDHAR	1.60m
7	Gursharan Singh	365	31/01/09	MANSA	1.60m
	Satnam Singh..	394	02/06/99	MUKSTSAR	DNS
	Lovepreet Singh....	310	08/08/93	KAPURTHLA	DNS

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6/4/26 - 6/5/26

4th to 5th June 2026**Event # 14 MENS Long Jump OPEN****FINALS**

% INTER STATE QUALIFY: 7.58

RESULTS OF FINALS

1	Lakhveer Singh	371	13/01/03	MANSA	7.68m %
2	Harmandeep Singh	185	14/02/06	FAZILKA	7.19m
3	Lakhwinder Singh	442	22/11/01	ROPAR	7.00m
4	GURPREET Singh..	392	11/04/04	MUKSTSAR	6.80m
5	Zorawar Singh	439	29/05/00	PATIALA	6.70m
6	Digvijay Singh	334	07/11/03	LUDHIANA	6.55m
6	Amandeep Singh Dhaliw	215	09/12/09	GURDASPUR	6.55m
8	Satnam Singh.	296	11/12/98	JALANDHAR	6.50m
9	Naman Kapila	289	22/12/03	JALANDHAR	6.43m
10	SHIVAM .	312	13/09/00	KAPURTHLA	6.35m
11	Baljeet singh kainth	331	09/05/06	LUDHIANA	6.25m
12	Karandeep Kumar	204	14/03/03	FEROZPUR	6.20m
13	Jagsir Singh	369	01/05/09	MANSA	6.17m
14	Damanpreet sing .	333	01/03/06	LUDHIANA	6.10m
15	JAGMAIL SINGH	463	16/10/07	SANGRUR	5.90m
16	Vansh Vansh	199	06/05/12	FAZILKA	5.40m
	Hushanpreet sin .	145	09/05/11	BATHINDA	DNS
	Jaskaran singh Singh	342	09/03/98	LUDHIANA	DNS
	Arshdeep Singh Bling	456	04/06/08	SANGRUR	DNS
	smileveer singh .	155	03/03/11	BATHINDA	DNS
	Jagdeep singh .	146	01/12/08	BATHINDA	DNS
	Jaskaran Singh	308	26/06/03	KAPURTHLA	DNS

Event # 15 MENS Triple Jump OPEN**FINALS**

% INTER STATE QUALIFY: 15.50

RESULTS OF FINALS

1	Harpal Singh mann	338	21/06/02	LUDHIANA	14.87m
2	Gurbir Singh	111	23/01/04	AMRITSAR	14.67m
3	Jaskaran singh Singh	342	09/03/98	LUDHIANA	13.85m
4	Jaskaran Singh	308	26/06/03	KAPURTHLA	13.84m
5	JAGMAIL SINGH	463	16/10/07	SANGRUR	13.53m
	SHIVAM .	312	13/09/00	KAPURTHLA	DNS
	PARAMSHIV .	311	30/10/05	KAPURTHLA	DNS
	Naman Kapila	289	22/12/03	JALANDHAR	DNS
	SUKHPREET SINGH	138	04/02/04	BARNALA	DNS

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6/4/26 - 6/5/26

4th to 5th June 2026**Event # 16 MENS Shot Put OPEN****FINALS**

% INTER STATE QUALIFY: 16.50

RESULTS OF FINALS

1	Dhanveer Singh	262	28/12/02	JALANDHAR	18.63m %
2	Prabhkirpal Singh	372	12/07/97	MANSA	16.86m %
3	Devinder Singh	420	30/10/92	PATIALA	16.67m %
4	Navdeep Singh	121	24/06/96	AMRITSAR	16.58m %
5	Mankirat Singh	285	26/05/98	JALANDHAR	16.16m
6	Arman deep Singh	355	30/06/06	MALERKOTLA	15.95m
6	Iqbal Chahal	368	13/11/99	MANSA	15.95m
8	Shubham Rana	239	10/09/05	HOSHIARPUR	14.56m
9	Shahbaz Singh Grewal	358	08/01/09	MALERKOTLA	8.25m
	Inderjeet Singh	367	16/11/04	MANSA	DNS
	Ranvijay Singh Buttar	348	03/08/09	LUDHIANA	DNS
	Karanveer Singh	393	24/07/97	MUKSTSAR	DNS
	Jasjeev singh sahota	233	29/01/08	HOSHIARPUR	DNS
	Tajinderpal sin Toor	380	13/11/94	MOGA	DNS
	Wattanpreet Singh	313	24/11/03	KAPURTHLA	DNS
	charanjeet singh	471	01/05/96	SAS NAGAR	DNS
	Armaandeep Singh	260	14/06/00	JALANDHAR	DNS

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

% INTER STATE QUALIFY: 49.89

RESULTS OF FINALS

1	Balwinderjit Singh	167	19/04/03	FATEHGARH SAHIB	55.54m %
2	Tanvir Singh	302	13/12/05	JALANDHAR	51.65m %
3	Harnoor Singh Sandhu	117	08/09/02	AMRITSAR	51.50m %
4	Harpreet Singh...	401	18/07/93	PAP	48.41m
5	Jagtar Singh	403	07/10/92	PAP	48.25m
6	Jaahanpreet Singh	272	13/01/04	JALANDHAR	46.78m
7	Jasjeev singh sahota	233	29/01/08	HOSHIARPUR	43.14m
8	Aashish .	256	11/29/07	JALANDHAR	42.47m
9	Talwinder Singh Dhillon	436	15/01/98	PATIALA	42.25m
10	Gurpreet Singh.	268	14/01/07	JALANDHAR	41.70m
11	Sahibpreet Singh	350	26/09/09	LUDHIANA	36.85m
12	PRABHSIMRAN SINGH	223	22/08/08	GURDASPUR	36.73m
13	Navdeep Singh.	165	26/06/06	FARIDKOT	36.65m
	Gursharn Singh	157	01/28/93	BSF	DNS
	Jaideep Singh	187	05/01/99	FAZILKA	DNS
	Baljinder Singh	398	23/07/89	PAP	DNS
	Shahbaz Singh Grewal	358	08/01/09	MALERKOTLA	NM
	Ranvijay Singh Buttar	348	03/08/09	LUDHIANA	NM
	Karan Joshi	476	24/11/02	SAS NAGAR	DNS

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6/4/26 - 6/5/26

4th to 5th June 2026**Event # 18 MENS Hammer Throw OPEN****FINALS**

% INTER STATE QUALIFY: 60.00

RESULTS OF FINALS

1	Damneet Singh	134	10/03/00	BARNALA	64.65m %
2	Arvind Singh Gill	376	23/11/02	MOGA	60.96m %
3	Manjot Singh	344	17/12/08	LUDHIANA	60.61m %
4	Inderpreet Sing Gill	339	05/08/00	LUDHIANA	60.18m %
5	Jaswinder Singh	275	12/10/94	JALANDHAR	59.45m
6	nitish tomar	150	11/01/01	BATHINDA	57.60m
7	Harbir Singh Aulakh	377	10/12/07	MOGA	57.57m
8	Arshdeep Singh	108	29/04/08	AMRITSAR	54.06m
9	Manjotpreet Sin Heera	345	07/11/09	LUDHIANA	42.98m
	Mehtaab Virk	432	14/11/05	PATIALA	DNS

Event # 19 MENS Javelin Throw OPEN**FINALS**

% INTER STATE QUALIFY: 74.00

RESULTS OF FINALS

1	Arshdeep Singh.	182	05/04/99	FAZILKA	78.97m %
2	Nitish Singh	222	06/06/02	GURDASPUR	72.78m
3	Lovepreet Singh...	283	19/12/03	JALANDHAR	70.70m
4	Jaswant Singh	309	08/03/98	KAPURTHLA	69.89m
5	Harshit Biblani	271	05/10/07	JALANDHAR	68.32m
6	Sarbjeet Singh	443	03/09/94	ROPAR	60.32m
7	Ryan Hastir	293	15/03/09	JALANDHAR	58.12m
	Prihlad Wishwash	347	03/13/02	LUDHIANA	DNS
	Harmanpreet Singh	164	08/21/04	FARIDKOT	DNS
	Karamjit Singh	148	03/06/08	BATHINDA	DNS

101st Punjab State Senior Athletics Championship 2026**Guru Nanak Stadium Ludhiana****28-06-2026**

6/4/26 - 6/5/26

4th to 5th June 2026**Event # 20 WOMENS 100m Run OPEN****FINALS**

% INTER STATE QUALIFY: 12.14

RESULTS OF FINALS

1	Sony Kaur .	227	02/03/08	HOSHIARPUR	11.98 %
2	Lovejot Kaur	482	21/08/06	SBS NAGAR	11.99 %
3	Radha Devi	249	08/10/02	JALANDHAR	12.25
4	Sukhveer Kaur	254	01/10/03	JALANDHAR	12.42
5	Mehtab Kaur	248	02/11/09	JALANDHAR	12.55
6	Kashish .	447	28/01/10	SANGRUR	12.55
7	Jasmeen Kaur.	410	31/12/09	PATIALA	13.05
	Sarbjeet Kaur	213	21/02/87	GURDASPUR	DNS

RESULTS OF PRELIMS

1	Lovejot Kaur	482	21/08/06	SBS NAGAR	12.00 %
2	Sony Kaur .	227	02/03/08	HOSHIARPUR	12.06 %
3	Radha Devi	249	08/10/02	JALANDHAR	12.39
4	Sukhveer Kaur	254	01/10/03	JALANDHAR	12.41
5	Sarbjeet Kaur	213	21/02/87	GURDASPUR	12.53
6	Mehtab Kaur	248	02/11/09	JALANDHAR	12.63
7	Kashish .	447	28/01/10	SANGRUR	12.65
8	Jasmeen Kaur.	410	31/12/09	PATIALA	13.11
9	Arshdeep kaur .	129	27/06/07	BARNALA	13.18
10	Sumandeep Kaur	307	10/04/94	KAPURTHLA	13.36
11	Harleen Kaur	319	05/10/00	LUDHIANA	13.43
12	ishika verma	304	30/03/03	KAPURTHLA	13.62
13	Ashmeen Kaur	240	14/11/08	JALANDHAR	13.89
14	Jasmeen Kaur	211	01/04/07	GURDASPUR	13.92
15	Gurleen Kaur .	318	08/03/08	LUDHIANA	14.64
	Shubhneet Kaur	140	25/12/06	BATHINDA	DNS
	JAPNEET KAUR	446	24/01/12	SANGRUR	DNS
	Anshika .	173	12/01/26	FAZILKA	DNS
	Kiranpal Kaur	246	02/05/92	JALANDHAR	DNS
	ARPREET KAUR	316	22/11/06	LUDHIANA	DNS
	Asha Rani	200	07/03/84	FEROZPUR	DNS

101st Punjab State Senior Athletics Championship 2026**Guru Nanak Stadium Ludhiana****28-06-2026**

6/4/26 - 6/5/26

4th to 5th June 2026**Event # 21 WOMENS 200m Run OPEN****FINALS**

% INTER STATE QUALIFY: 25.00

RESULTS OF FINALS

1	Sony Kaur .	227	02/03/08	HOSHIARPUR	24.73 %
2	Shubhneet Kaur	140	25/12/06	BATHINDA	26.34
3	Jasmeen Kaur.	410	31/12/09	PATIALA	26.65
4	Saroj Rani	179	07/03/06	FAZILKA	27.32
5	Simran jot kaur Sond	412	25/03/05	PATIALA	27.53
6	SAZIA KAMBOJ	180	11/10/09	FAZILKA	28.91
7	Jasmeen Kaur	211	01/04/07	GURDASPUR	29.56
	Asha Rani	200	07/03/84	FEROZPUR	DNS
	Prabhjot Kaur.	388	01/06/09	MUKSTSAR	DNS
	Harleen .	243	15/01/06	JALANDHAR	DNS
	Prabhjot Kaur	159	25/07/11	FARIDKOT	DNS
	Radha Devi	249	08/10/02	JALANDHAR	DNS
	Mehtab Kaur	248	02/11/09	JALANDHAR	DNS
	Baljit Kaur	210	10/12/00	GURDASPUR	DNS
	Gurleen Kaur .	318	08/03/08	LUDHIANA	DNS
	Stuti .	362	01/05/06	MANSA	DNS
	Amandeep kaur Kaur	172	06/06/04	FAZILKA	DNS

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6/4/26 - 6/5/26

4th to 5th June 2026**Event # 22 WOMENS 400m Run OPEN****FINALS**

% INTER STATE QUALIFY: 56.06

RESULTS OF FINALS

1	Maya .	247	28/07/07	JALANDHAR	55.33 %
2	Baljit Kaur	210	10/12/00	GURDASPUR	55.75 %
3	Kiranpal Kaur	246	02/05/92	JALANDHAR	55.87 %
4	Gurdeep Kaur	444	02/06/01	SANGRUR	56.76
5	Stuti .	362	01/05/06	MANSA	59.72
6	satinderjit kau sandhu	107	02/12/05	AMRITSAR	1:00.79
	Gug Kaur	241	23/08/98	JALANDHAR	DNS
	Hasreet Kaur	244	11/08/09	JALANDHAR	DNS

RESULTS OF PRELIMS

1	Maya .	247	28/07/07	JALANDHAR	55.60 %
2	Baljit Kaur	210	10/12/00	GURDASPUR	55.69 %
3	Gurdeep Kaur	444	02/06/01	SANGRUR	57.71
4	Gug Kaur	241	23/08/98	JALANDHAR	58.48
5	Kiranpal Kaur	246	02/05/92	JALANDHAR	58.58
6	satinderjit kau sandhu	107	02/12/05	AMRITSAR	1:01.43
7	Stuti .	362	01/05/06	MANSA	1:01.55
8	Hasreet Kaur	244	11/08/09	JALANDHAR	1:02.78
9	SAZIA KAMBOJ	180	11/10/09	FAZILKA	1:08.77
	Harleen .	243	15/01/06	JALANDHAR	DNS
	Simran jot kaur Sond	412	25/03/05	PATIALA	DNS
	Rajni Rajni	212	07/11/90	GURDASPUR	DNS
	Nandni Tiwari	306	23/03/07	KAPURTHLA	DNS
	Rashdeep Kaur	250	01/02/02	JALANDHAR	DNS
	Ramandep Kaur	500	12/20/03	BARNALA	DNF
	Saroj Rani	179	07/03/06	FAZILKA	DNS
	Raavi Bajwa	106	09/09/10	AMRITSAR	DNS

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% INTER STATE QUALIFY: 2:12.06

RESULTS OF FINALS

1	Amandeep Kaur	375	09/07/03	MOGA	2:11.88 %
2	Sukhwinder Kaur	413	15/04/94	PATIALA	2:18.24
3	Raavi Bajwa	106	09/09/10	AMRITSAR	2:18.90
4	Adib Kaur	314	12/07/12	LUDHIANA	2:24.60
5	Amanat Sidhu	503	01/01/09	LUDHIANA	2:26.87
6	Kajal .	385	01/01/08	MUKSTSAR	2:52.27
	Harpreet Kaur	360	04/11/06	MANSA	DNS
	Sneha .	202	01/07/05	FEROZPUR	DNS
	ARPREET KAUR	316	22/11/06	LUDHIANA	DNS
	Paramjeet Kaur	386	01/07/11	MUKSTSAR	DNS
	Gug Kaur	241	23/08/98	JALANDHAR	DNS

Event # 24 WOMENS 1500m Run OPEN**FINALS**

% INTER STATE QUALIFY: 4:30.00

RESULTS OF FINALS

1	Sneha .	202	01/07/05	FEROZPUR	4:56.33
2	Harpreet Kaur	360	04/11/06	MANSA	4:56.99
3	Simran kaur .	325	22/03/10	LUDHIANA	5:30.20
4	Jaspreet Kaur	103	16/11/08	AMRITSAR	5:47.40
5	Kajal .	385	01/01/08	MUKSTSAR	5:51.75
	Amandeep Kaur	375	09/07/03	MOGA	DNS
	Paramjeet Kaur	386	01/07/11	MUKSTSAR	DNS
	Ramandeep Kaur	389	03/08/11	MUKSTSAR	DNS
	Manpreet Kaur.	201	08/06/06	FEROZPUR	DNF

Event # 25 WOMENS 5000m Run OPEN**FINALS**

% INTER STATE QUALIFY: 17:10.00

RESULTS OF FINALS

1	RAJBINDER KAUR	486	28/12/08	TARNTARAN	18:12.21
2	Komal preet kau Preet	105	05/09/06	AMRITSAR	20:44.76
3	Parjeen Kaur	387	18/05/10	MUKSTSAR	22:57.23
4	Jagmeet Kaur	383	09/12/09	MUKSTSAR	23:32.15
5	Manpreet Kaur.	201	08/06/06	FEROZPUR	29:08.49
	Kajal ..	176	05/03/03	FAZILKA	DNS
	Jyoti Bala	361	31/08/97	MANSA	DNS
	Bablu Kaur	359	26/06/05	MANSA	DNS
	Sumanpreet Kaur	450	10/04/07	SANGRUR	DNF

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4th to 5th June 2026**Event # 26 WOMENS 10000m Run OPEN****FINALS**

% INTER STATE QUALIFY: 37:00.00

RESULTS OF FINALS

1	Jyoti Bala	361	31/08/97	MANSA	47:17.26
2	Bablu Kaur	359	26/06/05	MANSA	50:17.49
3	Jagmeet Kaur	383	09/12/09	MUKSTSAR	53:29.44
	Sumanpreet Kaur	450	10/04/07	SANGRUR	DNS
	Parjeen Kaur	387	18/05/10	MUKSTSAR	DNF

Event # 27 WOMENS 100m Hurdles OPEN**FINALS**

% INTER STATE QUALIFY: 15.00

RESULTS OF FINALS

1	Sumandeep Kaur	307	10/04/94	KAPURTHLA	15.23
2	Tasneem kaur Dhillon	130	07/10/09	BARNALA	15.33
3	Alfaz kaur Grewal	181	09/12/07	FAZILKA	15.98
4	Arshdeep kaur .	129	27/06/07	BARNALA	16.64
5	kawaljit kaur .	104	15/12/05	AMRITSAR	16.85
6	Jashanpreet Kaur	384	21/09/09	MUKSTSAR	19.59

Event # 28 WOMENS 400m Hurdles OPEN**FINALS**

% INTER STATE QUALIFY: 1:03.50

RESULTS OF FINALS

1	Gurdeep Kaur	444	02/06/01	SANGRUR	1:00.73 %
2	Tasneem kaur Dhillon	130	07/10/09	BARNALA	1:05.19
3	Nandni Tiwari	306	23/03/07	KAPURTHLA	1:08.42
4	Akalroop Kaur	315	13/05/09	LUDHIANA	1:11.54
5	Harshveer Kaur	382	05/07/10	MUKSTSAR	1:20.51
	Jashandeep Kaur	322	11/21/08	LUDHIANA	DNS
	Jashanpreet Kaur	384	21/09/09	MUKSTSAR	DNS
	Ramandep Kaur	500	12/20/03	BARNALA	DNF

Event # 29 WOMENS 3000m Steeplechase OPEN**FINALS**

% INTER STATE QUALIFY: 11:00.00

RESULTS OF FINALS

1	Ramandeep Kaur	389	03/08/11	MUKSTSAR	16:31.38
2	Kajal ..	176	05/03/03	FAZILKA	17:29.67

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1	Kamalpreet kaur Deol	245	04/05/06	JALANDHAR	1:55:40.36
2	Harpreet Kaur Kaur	381	07/07/08	MUKSTSAR	2:08:23.48
3	Shabnam ...	253	15/01/09	JALANDHAR	2:32:43.46
	Simranjeet Kaur	449	22/12/06	SANGRUR	DNF
	Harbir Kaur	102	05/01/06	AMRITSAR	DNF
	Baljeet Kaur	407	28/01/02	PATIALA	DNF

Event # 31 WOMENS High Jump OPEN**FINALS****% INTER STATE QUALIFY: 1.65****RESULTS OF FINALS**

1	Anchal Sharma	101	24/03/04	AMRITSAR	1.58m
2	Japjot Kaur	481	30/06/10	SBS NAGAR	1.51m
3	Avneet Kaur	440	22/05/05	ROPAR	1.51m
4	Prabhjot Kaur	159	25/07/11	FARIDKOT	1.48m
5	Pawanpreet Kaur	158	01/01/12	FARIDKOT	1.40m
6	Harshveer Kaur	382	05/07/10	MUKSTSAR	1.25m
	Arshdeep Kaur	317	02/11/99	LUDHIANA	DNS
	Ishpreet Kaur	305	04/21/07	KAPURTHLA	DNS

Event # 33 WOMENS Long Jump OPEN**FINALS****% INTER STATE QUALIFY: 5.85****RESULTS OF FINALS**

1	SIMRAN .	483	17/10/05	SBS NAGAR	5.68m
2	Harleen Kaur	319	05/10/00	LUDHIANA	5.25m
3	PALLVI SHARMA	323	17/09/02	LUDHIANA	5.25m
4	Harmanpreet Kaur	445	24/09/07	SANGRUR	4.93m
5	Anshika .	173	12/01/26	FAZILKA	4.89m
6	Alfaz kaur Grewal	181	09/12/07	FAZILKA	4.82m
7	Nazia .	177	17/06/08	FAZILKA	4.61m
8	Vanshika .	228	11/01/10	HOSHIARPUR	4.54m
9	Shivani Shivani	324	27/08/04	LUDHIANA	4.36m
10	Amandeep kaur Kaur	172	06/06/04	FAZILKA	3.98m
	Ritika Gaur	251	22/06/03	JALANDHAR	DNS
	ishika verma	304	30/03/03	KAPURTHLA	DNS

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1	Niharika Vashisht	469	17/10/95	SAS NAGAR	13.03m %
2	Arshdeep Kaur	317	02/11/99	LUDHIANA	12.90m %
3	Jasleen Kaur	468	23/08/06	SAS NAGAR	12.40m %
	Vanshika .	228	11/01/10	HOSHIARPUR	NM
	PALLVI SHARMA	323	17/09/02	LUDHIANA	DNS
	SIMRAN .	483	17/10/05	SBS NAGAR	NM
	Nazia .	177	17/06/08	FAZILKA	NM
	Shivani Shivani	324	27/08/04	LUDHIANA	DNS

Event # 35 WOMENS Shot Put OPEN**FINALS****% INTER STATE QUALIFY: 13.05****RESULTS OF FINALS**

1	Manpreet Kaur..	411	05/03/96	PATIALA	15.32m %
2	JASKANWAL KAUR	409	18/11/04	PATIALA	14.31m %
3	Dikshita .	226	07/08/08	HOSHIARPUR	10.17m
4	Tanu poonia poonia	255	03/01/08	JALANDHAR	6.98m
5	Sukhmanpreet ka .	160	03/07/10	FARIDKOT	6.97m
6	Gurmanpreet Kaur	242	11/12/09	JALANDHAR	6.81m
7	Sukhmanpreet Kaur	363	13/01/06	MANSA	6.78m
	Saroj devi Saroj devi	252	15/02/99	JALANDHAR	DNS
	Pardip Kaur	441	17/06/05	ROPAR	DNS
	AARYA SHARMA	225	17/05/10	HOSHIARPUR	DNS

Event # 36 WOMENS Discus Throw OPEN**FINALS****% INTER STATE QUALIFY: 44.00****RESULTS OF FINALS**

1	Jasmeet Kaur Jagdeo	354	15/09/03	MALERKOTLA	44.10m %
2	Divjot Kaur	408	14/08/09	PATIALA	36.46m
3	Tanu poonia poonia	255	03/01/08	JALANDHAR	33.02m
4	Sukhmanpreet ka .	160	03/07/10	FARIDKOT	24.95m
5	Gurmanpreet Kaur	242	11/12/09	JALANDHAR	16.00m
6	Prabhjot Kaur.	388	01/06/09	MUKSTSAR	14.24m
	AARYA SHARMA	225	17/05/10	HOSHIARPUR	DNS

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Event # 37 WOMENS Hammer Throw OPEN**FINALS**

% INTER STATE QUALIFY: 47.00

RESULTS OF FINALS

1	Manpreet Kaur...	448	19/08/98	SANGRUR	59.17m %
2	Anmol Kaur	395	04/01/92	PAP	54.10m %
3	Harmandeep Kaur	320	01/03/06	LUDHIANA	40.55m
4	Ishwarjot Kaur	321	14/06/11	LUDHIANA	38.44m
5	Samya .	178	28/10/11	FAZILKA	35.55m
6	Ekampreet kaur Sandhu	174	04/10/10	FAZILKA	35.30m
	Haqikat kaur Grewal	175	28/09/05	FAZILKA	DNS

Event # 38 WOMENS Javelin Throw OPEN**FINALS**

% INTER STATE QUALIFY: 43.00

RESULTS OF FINALS

1	Saroj devi Saroj devi	252	15/02/99	JALANDHAR	46.35m %
2	Versha Versha	451	05/01/06	SANGRUR	46.10m %
3	Manpreet Kaur	139	26/05/99	BATHINDA	43.22m %
4	Pardip Kaur	441	17/06/05	ROPAR	27.58m
	Ritika Gaur	251	22/06/03	JALANDHAR	DNS

Event # 39 MENS Decathlon OPEN**FINALS**

% INTER STATE QUALIFY: 6000

RESULTS OF FINALS

1	Gurlal Singh	399	10/12/94	PAP	5136
2	Gursher singh Gill	114	09/13/07	AMRITSAR	5079
3	Gursharn Singh	157	01/28/93	BSF	4330
4	Gurshandeepsing Mannar	492	08/29/06	TARNTARAN	4229
5	Gurkaram Singh	267	05/18/08	JALANDHAR	3675
6	Varinder Singh	209	06/05/92	FEROZPUR	2872
	smileveer singh .	155	03/03/11	BATHINDA	
	Harpreet Singh	144	08/15/06	BATHINDA	
	Harmanpreet Singh	164	08/21/04	FARIDKOT	
	Prihlad Wishwash	347	03/13/02	LUDHIANA	
	Jagsir Singh	369	01/05/09	MANSA	
	Ekambir Kang	473	05/29/05	SAS NAGAR	

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1	Gursher singh Gill	114	677.00 pts	09/13/07	AMRITSAR	11.87
2	Harpreet Singh	144	622.00 pts	08/15/06	BATHINDA	12.15
3	Varinder Singh	209	591.00 pts	06/05/92	FEROZPUR	12.31
4	Gurlal Singh	399	576.00 pts	10/12/94	PAP	12.39
5	Gurshandeepsing Mannar	492	531.00 pts	08/29/06	TARNTARAN	12.64
6	smileveer singh .	155	511.00 pts	03/03/11	BATHINDA	12.75
7	Gurkaram Singh	267	478.00 pts	05/18/08	JALANDHAR	12.94
8	Prihlad Wishwash	347	377.00 pts	03/13/02	LUDHIANA	13.56
9	Harmanpreet Singh	164	304.00 pts	08/21/04	FARIDKOT	14.06
10	Gursharn Singh	157	178.00 pts	01/28/93	BSF	15.07
	Jagsir Singh	369		01/05/09	MANSA	DNS
	Ekambir Kang	473		05/29/05	SAS NAGAR	DNS

Event # 41 MENS Dec Long Jump OPEN**FINALS****RESULTS OF FINALS**

1	Gursher singh Gill	114	639.00 pts	09/13/07	AMRITSAR	6.24m
2	Varinder Singh	209	597.00 pts	06/05/92	FEROZPUR	6.05m
3	Gurlal Singh	399	523.00 pts	10/12/94	PAP	5.70m
4	smileveer singh .	155	461.00 pts	03/03/11	BATHINDA	5.40m
5	Prihlad Wishwash	347	441.00 pts	03/13/02	LUDHIANA	5.30m
6	Gurkaram Singh	267	392.00 pts	05/18/08	JALANDHAR	5.05m
7	Gurshandeepsing Mannar	492	382.00 pts	08/29/06	TARNTARAN	5.00m
8	Harmanpreet Singh	164	356.00 pts	08/21/04	FARIDKOT	4.86m
9	Gursharn Singh	157	348.00 pts	01/28/93	BSF	4.82m
10	Harpreet Singh	144	326.00 pts	08/15/06	BATHINDA	4.70m
	Ekambir Kang	473		05/29/05	SAS NAGAR	DNS
	Jagsir Singh	369		01/05/09	MANSA	DNS

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4th to 5th June 2026***Event # 42 MENS Dec Shot Put OPEN*****FINALS****RESULTS OF FINALS**

1	Gurlal Singh	399	714.00 pts	10/12/94	PAP	13.76m
2	Gursharn Singh	157	584.00 pts	01/28/93	BSF	11.63m
3	Harmanpreet Singh	164	417.00 pts	08/21/04	FARIDKOT	8.85m
3	Varinder Singh	209	417.00 pts	06/05/92	FEROZPUR	8.85m
5	Gurshandeepsing Mannar	492	402.00 pts	08/29/06	TARNTARAN	8.60m
6	Gursher singh Gill	114	400.00 pts	09/13/07	AMRITSAR	8.57m
7	Prihlad Wishwash	347	398.00 pts	03/13/02	LUDHIANA	8.54m
8	Gurkaram Singh	267	378.00 pts	05/18/08	JALANDHAR	8.20m
	Harpreet Singh	144		08/15/06	BATHINDA	DNS
	smileveer singh .	155		03/03/11	BATHINDA	DNS
	Jagsir Singh	369		01/05/09	MANSA	DNS
	Ekambir Kang	473		05/29/05	SAS NAGAR	DNS

Event # 43 MENS Dec High Jump OPEN**FINALS****RESULTS OF FINALS**

1	Gursharn Singh	157	496.00 pts	01/28/93	BSF	1.64m
2	Gursher singh Gill	114	472.00 pts	09/13/07	AMRITSAR	1.61m
2	Gurlal Singh	399	472.00 pts	10/12/94	PAP	1.61m
4	Gurkaram Singh	267	426.00 pts	05/18/08	JALANDHAR	1.55m
4	Gurshandeepsing Mannar	492	426.00 pts	08/29/06	TARNTARAN	1.55m
6	Varinder Singh	209	352.00 pts	06/05/92	FEROZPUR	1.45m
6	Prihlad Wishwash	347	352.00 pts	03/13/02	LUDHIANA	1.45m
	Ekambir Kang	473		05/29/05	SAS NAGAR	DNS
	Jagsir Singh	369		01/05/09	MANSA	DNS
	smileveer singh .	155		03/03/11	BATHINDA	DNS
	Harpreet Singh	144		08/15/06	BATHINDA	DNS

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4th to 5th June 2026**Event # 44 MENS 400m Dec 400 Dash OPEN****FINALS****RESULTS OF FINALS**

1	Gursher singh Gill	114	672.00 pts	09/13/07	AMRITSAR	53.23
2	Gurshandeepsing Mannar	492	541.00 pts	08/29/06	TARNTARAN	56.48
3	Gurkaram Singh	267	465.00 pts	05/18/08	JALANDHAR	58.51
4	Harmanpreet Singh	164	312.00 pts	08/21/04	FARIDKOT	1:03.17
5	Prihlad Wishwash	347	287.00 pts	03/13/02	LUDHIANA	1:03.99
6	Gurlal Singh	399	195.00 pts	10/12/94	PAP	1:07.47
7	Gursharn Singh	157	169.00 pts	01/28/93	BSF	1:08.57
	Varinder Singh	209		06/05/92	FEROZPUR	DNF
	Ekambir Kang	473		05/29/05	SAS NAGAR	DNS
	Jagsir Singh	369		01/05/09	MANSA	DNS
	smileveer singh .	155		03/03/11	BATHINDA	DNS
	Harpreet Singh	144		08/15/06	BATHINDA	DNS

Event # 45 MENS 110m Dec 110 Hurdles OPEN**FINALS****RESULTS OF FINALS**

1	Gursher singh Gill	114	588.00 pts	09/13/07	AMRITSAR	17.35
2	Gurlal Singh	399	571.00 pts	10/12/94	PAP	17.52
3	Gurkaram Singh	267	511.00 pts	05/18/08	JALANDHAR	18.14
4	Gursharn Singh	157	392.00 pts	01/28/93	BSF	19.47
5	Gurshandeepsing Mannar	492	334.00 pts	08/29/06	TARNTARAN	20.20
6	Harmanpreet Singh	164	94.00 pts	08/21/04	FARIDKOT	24.20
	Varinder Singh	209		06/05/92	FEROZPUR	DNF
	Ekambir Kang	473		05/29/05	SAS NAGAR	DNS
	Jagsir Singh	369		01/05/09	MANSA	DNS
	Prihlad Wishwash	347		03/13/02	LUDHIANA	DNS
	smileveer singh .	155		03/03/11	BATHINDA	DNS
	Harpreet Singh	144		08/15/06	BATHINDA	DNS

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1	Gursharn Singh	157	701.00 pts	01/28/93	BSF	41.78m
2	Gurlal Singh	399	600.00 pts	10/12/94	PAP	36.80m
3	Harmanpreet Singh	164	541.00 pts	08/21/04	FARIDKOT	33.85m
4	Gurshandeepsing Mannar	492	437.00 pts	08/29/06	TARNTARAN	28.59m
5	Gursher singh Gill	114	342.00 pts	09/13/07	AMRITSAR	23.67m
5	Varinder Singh	209	342.00 pts	06/05/92	FEROZPUR	23.67m
7	Gurkaram Singh	267	296.00 pts	05/18/08	JALANDHAR	21.25m
	Ekambir Kang	473		05/29/05	SAS NAGAR	DNS
	Jagsir Singh	369		01/05/09	MANSA	DNS
	Prihlad Wishwash	347		03/13/02	LUDHIANA	DNS
	smileveer singh .	155		03/03/11	BATHINDA	DNS
	Harpreet Singh	144		08/15/06	BATHINDA	DNS

Event # 47 MENS Dec Pole Vault OPEN**FINALS****RESULTS OF FINALS**

1	Gurlal Singh	399	645.00 pts	10/12/94	PAP	4.10m
2	Gursharn Singh	157	562.00 pts	01/28/93	BSF	3.80m
3	Gursher singh Gill	114	242.00 pts	09/13/07	AMRITSAR	2.50m
4	Varinder Singh	209	220.00 pts	06/05/92	FEROZPUR	2.40m
5	Gurkaram Singh	267	199.00 pts	05/18/08	JALANDHAR	2.30m
6	Gurshandeepsing Mannar	492	179.00 pts	08/29/06	TARNTARAN	2.20m
7	Harmanpreet Singh	164	140.00 pts	08/21/04	FARIDKOT	2.00m
	Harpreet Singh	144		08/15/06	BATHINDA	DNS
	Ekambir Kang	473		05/29/05	SAS NAGAR	DNS
	Jagsir Singh	369		01/05/09	MANSA	DNS
	Prihlad Wishwash	347		03/13/02	LUDHIANA	DNS
	smileveer singh .	155		03/03/11	BATHINDA	DNS

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4th to 5th June 2026**Event # 48 MENS Dec Javelin T OPEN****FINALS****RESULTS OF FINALS**

1	Gursher singh Gill	114	653.00 pts	09/13/07	AMRITSAR	54.36m
2	Gursharn Singh	157	621.00 pts	01/28/93	BSF	52.17m
3	Gurshandeepsing Mannar	492	575.00 pts	08/29/06	TARNTARAN	49.10m
4	Gurlal Singh	399	487.00 pts	10/12/94	PAP	43.12m
5	Harmanpreet Singh	164	405.00 pts	08/21/04	FARIDKOT	37.43m
6	Varinder Singh	209	353.00 pts	06/05/92	FEROZPUR	33.81m
7	Gurkaram Singh	267	202.00 pts	05/18/08	JALANDHAR	22.99m
	Ekambir Kang	473		05/29/05	SAS NAGAR	DNS
	Harpreet Singh	144		08/15/06	BATHINDA	DNS
	Jagsir Singh	369		01/05/09	MANSA	DNS
	smileveer singh .	155		03/03/11	BATHINDA	DNS
	Prihlad Wishwash	347		03/13/02	LUDHIANA	DNS

Event # 49 MENS 1500m Dec 1500 Run OPEN**FINALS****RESULTS OF FINALS**

1	Gurshandeepsing Mannar	492	422.00 pts	08/29/06	TARNTARAN	5:25.41
2	Gursher singh Gill	114	394.00 pts	09/13/07	AMRITSAR	5:31.03
3	Gurlal Singh	399	353.00 pts	10/12/94	PAP	5:39.59
4	Gurkaram Singh	267	328.00 pts	05/18/08	JALANDHAR	5:45.22
5	Gursharn Singh	157	279.00 pts	01/28/93	BSF	5:56.45
	Jagsir Singh	369		01/05/09	MANSA	DNS
	Harpreet Singh	144		08/15/06	BATHINDA	DNS
	smileveer singh .	155		03/03/11	BATHINDA	DNS
	Prihlad Wishwash	347		03/13/02	LUDHIANA	DNS
	Ekambir Kang	473		05/29/05	SAS NAGAR	DNS
	Varinder Singh	209		06/05/92	FEROZPUR	DNF
	Harmanpreet Singh	164		08/21/04	FARIDKOT	DNS

Event # 50 WOMENS Heptathlon OPEN**FINALS**

% INTER STATE QUALIFY: 4000

RESULTS OF FINALS

1	Ishpreet Kaur	305		04/21/07	KAPURTHLA	2746
2	Harsimarnjeet Kaur	501		08/28/01	JALANDHAR	1739
3	Jashandeep Kaur	322		11/21/08	LUDHIANA	1123

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4th to 5th June 2026**Event # 51 WOMENS 100m Hep 100 Hurdles OPEN****FINALS****RESULTS OF FINALS**

1	Ishpreet Kaur	305	421.00 pts	04/21/07	KAPURTHLA	18.68
2	Jashandeep Kaur	322	107.00 pts	11/21/08	LUDHIANA	22.88
3	Harsimarnjeet Kaur	501	85.00 pts	08/28/01	JALANDHAR	23.33

Event # 52 WOMENS Hep High Jump OPEN**FINALS****RESULTS OF FINALS**

1	Ishpreet Kaur	305	389.00 pts	04/21/07	KAPURTHLA	1.28m
2	Harsimarnjeet Kaur	501	293.00 pts	08/28/01	JALANDHAR	1.18m
3	Jashandeep Kaur	322	180.00 pts	11/21/08	LUDHIANA	1.05m

Event # 53 WOMENS Hep Shot Put OPEN**FINALS****RESULTS OF FINALS**

1	Ishpreet Kaur	305	379.00 pts	04/21/07	KAPURTHLA	7.68m
2	Jashandeep Kaur	322	276.00 pts	11/21/08	LUDHIANA	6.08m
3	Harsimarnjeet Kaur	501	255.00 pts	08/28/01	JALANDHAR	5.75m

Event # 54 WOMENS 200m Hep 200 Dash OPEN**FINALS****RESULTS OF FINALS**

1	Ishpreet Kaur	305	446.00 pts	04/21/07	KAPURTHLA	30.53
2	Harsimarnjeet Kaur	501	392.00 pts	08/28/01	JALANDHAR	31.35
3	Jashandeep Kaur	322	45.00 pts	11/21/08	LUDHIANA	39.09

Event # 55 WOMENS Hep Long Jump OPEN**FINALS****RESULTS OF FINALS**

1	Ishpreet Kaur	305	379.00 pts	04/21/07	KAPURTHLA	4.30m
2	Harsimarnjeet Kaur	501	220.00 pts	08/28/01	JALANDHAR	3.60m
3	Jashandeep Kaur	322	200.00 pts	11/21/08	LUDHIANA	3.50m

Event # 56 WOMENS Hep Javelin T OPEN**FINALS****RESULTS OF FINALS**

1	Ishpreet Kaur	305	321.00 pts	04/21/07	KAPURTHLA	21.74m
2	Jashandeep Kaur	322	202.00 pts	11/21/08	LUDHIANA	15.30m
3	Harsimarnjeet Kaur	501	172.00 pts	08/28/01	JALANDHAR	13.63m

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Event # 57 WOMENS 800m Hep 800 Run OPEN

FINALS**RESULTS OF FINALS**

1	Ishpreet Kaur	305	411.00 pts	04/21/07	KAPURTHLA	2:55.17
2	Harsimarnjeet Kaur	501	322.00 pts	08/28/01	JALANDHAR	3:04.83
3	Jashandeep Kaur	322	113.00 pts	11/21/08	LUDHIANA	3:34.27