

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026**

3/21/26 - 3/22/26

21st to 22nd March 2026**Event # 1 MENS 100m Run OPEN****FINALS**

% AFI QUALIFY: 10.75

RESULTS OF FINALS

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

RESULTS OF PRELIMS

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026**

3/21/26 - 3/22/26

21st to 22nd March 2026**Event # 2 MENS 200m Run OPEN****FINALS**

% AFI QUALIFY: 21.80

RESULTS OF FINALS

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026****3/21/26 - 3/22/26****21st to 22nd March 2026****Event # 3 MENS 400m Run OPEN****FINALS****% AFI QUALIFY: 48.75****RESULTS OF FINALS**

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

RESULTS OF PRELIMS

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

Event # 4 MENS 800m Run OPEN**FINALS****% AFI QUALIFY: 1:52.50****RESULTS OF FINALS**

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur**

28-06-2026

3/21/26 - 3/22/26

21st to 22nd March 2026**Event # 5 MENS 1500m Run OPEN****FINALS**

% AFI QUALIFY: 3:52.50

RESULTS OF FINALS

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

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

% AFI QUALIFY: 14:40.00

RESULTS OF FINALS

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur**

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3/21/26 - 3/22/26

21st to 22nd March 2026**Event # 7 MENS 10000m Run OPEN****FINALS**

% AFI QUALIFY: 30:30.00

RESULTS OF FINALS

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

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

% AFI QUALIFY: 14.75

RESULTS OF FINALS

1	Pankaj Pal .	179	01/10/03	FAZILKA	15.05
2	Sehajdeep Singh	260	25/03/06	JALANDHER	15.11
3	Sagar singh Rana	457	06/12/00	SAS NAGAR	17.92
4	Soni Kumar	157	15/03/26	FATEHGARH SAHIB	18.04
5	Sandeep Lawrance	248	05/11/87	JALANDHER	20.20
	Sahildeep Singh Grewal	181	20/01/03	FAZILKA	DQ
	Jaskaran Singh....	279	26/06/03	KAPURTHLA	DNF
	GURJANT SINGH	322	05/10/01	MANSA	DNF
	Sukhveer singh .	321	21/06/02	MANSA	DNF

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

% AFI QUALIFY: 52.50

RESULTS OF FINALS

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026****3/21/26 - 3/22/26****21st to 22nd March 2026****Event # 10 MENS 3000m Steeplechase OPEN****FINALS****RESULTS OF FINALS**

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

Event # 11 MENS High Jump OPEN**FINALS****% AFI QUALIFY: 2.00****RESULTS OF FINALS**

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

Event # 12 MENS Pole Vault OPEN**FINALS****% AFI QUALIFY: 4.40****RESULTS OF FINALS**

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

Event # 13 MENS Long Jump OPEN**FINALS****% AFI QUALIFY: 7.20****RESULTS OF FINALS**

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026****3/21/26 - 3/22/26****21st to 22nd March 2026****Event # 14 MENS Triple Jump OPEN****FINALS****% AFI QUALIFY: 15.20****RESULTS OF FINALS**

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

Event # 15 MENS Shot Put OPEN**FINALS****% AFI QUALIFY: 16.00****RESULTS OF FINALS**

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

Event # 16 MENS Discus Throw OPEN**FINALS****% AFI QUALIFY: 49.00****RESULTS OF FINALS**

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

Event # 17 MENS Hammer Throw OPEN**FINALS****% AFI QUALIFY: 60.00****RESULTS OF FINALS**

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur**

28-06-2026

3/21/26 - 3/22/26

21st to 22nd March 2026***Event # 18 MENS Javelin Throw OPEN*****FINALS**

% AFI QUALIFY: 70.00

RESULTS OF FINALS

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

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

% AFI QUALIFY: 12.25

RESULTS OF FINALS

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

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

% AFI QUALIFY: 25.00

RESULTS OF FINALS

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026****3/21/26 - 3/22/26****21st to 22nd March 2026****Event # 21 WOMENS 400m Run OPEN****FINALS****% AFI QUALIFY: 57.50****RESULTS OF FINALS**

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

Event # 24 WOMENS 5000m Run OPEN**FINALS****% AFI QUALIFY: 17:00.00****RESULTS OF FINALS**

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

Event # 25 WOMENS 10000m Run OPEN**FINALS****% AFI QUALIFY: 36:00.00****RESULTS OF FINALS**

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

Event # 26 WOMENS 100m Hurdles OPEN**FINALS****% AFI QUALIFY: 15.00****RESULTS OF FINALS**

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

Event # 27 WOMENS 400m Hurdles OPEN**FINALS****% AFI QUALIFY: 1:03.00****RESULTS OF FINALS**

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

Punjab Senior and U-20 Athletics Meet 2026

WAR HERO Stadium Sangrur

28-06-2026

3/21/26 - 3/22/26

21st to 22nd March 2026

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

% AFI QUALIFY: 1.60

RESULTS OF FINALS

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

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

% AFI QUALIFY: 5.85

RESULTS OF FINALS

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

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

% AFI QUALIFY: 12.30

RESULTS OF FINALS

1	SIMRAN .	464	17/10/05	SBS NAGAR	12.15m
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Event # 33 WOMENS Shot Put OPEN**FINALS**

% AFI QUALIFY: 12.50

RESULTS OF FINALS

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

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

% AFI QUALIFY: 40.00

RESULTS OF FINALS

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026****3/21/26 - 3/22/26****21st to 22nd March 2026*****Event # 35 WOMENS Hammer Throw OPEN*****FINALS****% AFI QUALIFY: 45.00****RESULTS OF FINALS**

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

Event # 36 WOMENS Javelin Throw OPEN**FINALS****% AFI QUALIFY: 42.50****RESULTS OF FINALS**

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026**

3/21/26 - 3/22/26

21st to 22nd March 2026**Event # 37 BOYS 100m Run U-20****FINALS**

% AFI QUALIFY: 10.90

RESULTS OF FINALS

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

RESULTS OF PRELIMS

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026**

3/21/26 - 3/22/26

21st to 22nd March 2026**Event # 38 BOYS 200m Run U-20****FINALS**

% AFI QUALIFY: 23.00

RESULTS OF FINALS

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

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21st to 22nd March 2026**Event # 39 BOYS 400m Run U-20****FINALS**

% AFI QUALIFY: 50.20

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
	Ankit Kumar	245	18/06/07	JALANDHER	DNF
	Manmeet singh Singh	385	09/01/07	PATIALA	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
	Karandeep Sidhu	301	15/01/08	LUDHIANA	DNS
	Jagsir Singh	326	05/01/09	MANSA	DNS
	Ikbali Singh	480	31/01/09	TARNTARAN	DNS
	Lovejot Kumar	475	15/09/08	TARNTARAN	DNS
	Jaskaran Singh	432	15/03/09	SANGRUR	DNS
	Prabhnoor Singh Dhaliwal	137	13/06/09	BATHINDA	DNS
	Sukhbir Singh	119	27/03/08	AMRITSAR	DNS

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Ranveer Bassi	291	09/02/07	LUDHIANA	DNS
Barinder Singh	303	12/03/08	LUDHIANA	DNS

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

% AFI QUALIFY: 1:55.00

RESULTS OF FINALS

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

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

% AFI QUALIFY: 4:10.00

RESULTS OF FINALS

1	Prabhnor singh Gill	216	24/08/07	HOSHIARPUR	4:05.44 %
2	Jaskirat Singh	433	25/09/11	SANGRUR	4:05.67 %
3	Gurmeet Singh	188	02/02/07	FAZILKA	4:05.97 %
4	Arshdeep Singh...	452	22/07/08	SANGRUR	4:08.02 %
5	Davinder Singh Singh	253	25/12/07	JALANDHER	4:18.33
6	Sudhakar Singh	307	05/09/07	LUDHIANA	4:23.45
7	Sandeep Singh Sandeep S	374	17/06/07	PATIALA	4:37.67
8	Lakhwinder Singh	327	17/01/08	MANSA	4:37.93
9	Ranjot Singh	258	10/06/08	JALANDHER	4:39.26
10	Manjot Singh..	451	07/01/10	SANGRUR	4:40.85

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026****3/21/26 - 3/22/26****21st to 22nd March 2026****Event # 42 BOYS 3000m Run U-20****FINALS****% AFI QUALIFY: 9:14.00****RESULTS OF FINALS**

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

Event # 43 BOYS 5000m Run U-20**FINALS****% AFI QUALIFY: 15:30.00****RESULTS OF FINALS**

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

Event # 44 BOYS 110m Hurdles U-20**FINALS****% AFI QUALIFY: 15.00****RESULTS OF FINALS**

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026****3/21/26 - 3/22/26****21st to 22nd March 2026****Event # 45 BOYS 400m Hurdles U-20****FINALS****% AFI QUALIFY: 56.00****RESULTS OF FINALS**

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

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

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

Event # 47 BOYS 10Km Race Walk U-20**FINALS****% AFI QUALIFY: 50:00.00****RESULTS OF FINALS**

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026****3/21/26 - 3/22/26****21st to 22nd March 2026****Event # 48 BOYS High Jump U-20****FINALS****% AFI QUALIFY: 1.90****RESULTS OF FINALS**

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

Event # 50 BOYS Long Jump U-20**FINALS****% AFI QUALIFY: 6.80****RESULTS OF FINALS**

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

Event # 51 BOYS Triple Jump U-20**FINALS****% AFI QUALIFY: 14.00****RESULTS OF FINALS**

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026****3/21/26 - 3/22/26****21st to 22nd March 2026****Event # 52 BOYS Shot Put U-20****FINALS****% AFI QUALIFY: 15.00****RESULTS OF FINALS**

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

Event # 53 BOYS Discus Throw U-20**FINALS****% AFI QUALIFY: 45.00****RESULTS OF FINALS**

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026****3/21/26 - 3/22/26****21st to 22nd March 2026****Event # 54 BOYS Hammer Throw U-20****FINALS****% AFI QUALIFY: 60.00****RESULTS OF FINALS**

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

Event # 55 BOYS Javelin Throw U-20**FINALS****% AFI QUALIFY: 58.00****RESULTS OF FINALS**

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

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3/21/26 - 3/22/26

21st to 22nd March 2026**Event # 56 GIRLS 100m Run U-20****FINALS**

% AFI QUALIFY: 12.75

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

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3/21/26 - 3/22/26

21st to 22nd March 2026**Event # 57 GIRLS 200m Run U-20****FINALS**

% AFI QUALIFY: 26.50

RESULTS OF FINALS

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

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21st to 22nd March 2026**Event # 58 GIRLS 400m Run U-20****FINALS**

% AFI QUALIFY: 59.00

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
	MANMEET KAUR	493	11/03/09	PATIALA	DNS
	Prabhjot Kaur	146	25/07/11	FARIDKOT	DNS
	Simran Kaur	286	16/07/08	LUDHIANA	DNS

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

% AFI QUALIFY: 2:20.00

RESULTS OF FINALS

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

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21st to 22nd March 2026**Event # 60 GIRLS 1500m Run U-20****FINALS**

% AFI QUALIFY: 4:58.00

RESULTS OF FINALS

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

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

% AFI QUALIFY: 11.50

RESULTS OF FINALS

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

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

% AFI QUALIFY: 18.50

RESULTS OF FINALS

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

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

% AFI QUALIFY: 16.00

RESULTS OF FINALS

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

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

% AFI QUALIFY: 1:07.00

RESULTS OF FINALS

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

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

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

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

% AFI QUALIFY: 1:06.00

RESULTS OF FINALS

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

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

% AFI QUALIFY: 1.50

RESULTS OF FINALS

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

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21st to 22nd March 2026**Event # 69 GIRLS Long Jump U-20****FINALS**

% AFI QUALIFY: 5.30

RESULTS OF FINALS

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

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

% AFI QUALIFY: 11.20

RESULTS OF FINALS

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

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

% AFI QUALIFY: 11.00

RESULTS OF FINALS

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

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026****3/21/26 - 3/22/26****21st to 22nd March 2026****Event # 72 GIRLS Discus Throw U-20****FINALS****% AFI QUALIFY: 35.00****RESULTS OF FINALS**

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

Event # 73 GIRLS Hammer Throw U-20**FINALS****% AFI QUALIFY: 39.00****RESULTS OF FINALS**

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

Event # 74 GIRLS Javelin Throw U-20**FINALS****% AFI QUALIFY: 35.00****RESULTS OF FINALS**

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

Event # 75 MENS Decathlon OPEN**FINALS****% AFI QUALIFY: 5500****RESULTS OF FINALS**

1	Prilad wishwash .	290	03/13/02	LUDHIANA	3280
2	Gursharn Singh .	455	01/28/93	SAS NAGAR	3052
	Sahijpreet Singh	208	09/09/05	GURDASPUR	
	Sahiljot Singh Gill	150	04/11/06	FARIDKOT	
	Harmanpreet Singh	153	08/21/04	FARIDKOT	

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Event # 76 MENS 100m Dec 100 Dash OPEN**FINALS****RESULTS OF FINALS**

1	Prilad wishwash .	290	03/13/02	LUDHIANA	13.47
	Sahijpreet Singh	208	09/09/05	GURDASPUR	DNS
	Harmanpreet Singh	153	08/21/04	FARIDKOT	DNS
	Sahiljot Singh Gill	150	04/11/06	FARIDKOT	DNS
	Gursharn Singh .	455	01/28/93	SAS NAGAR	DQ

Event # 77 MENS Dec Long Jump OPEN**FINALS****RESULTS OF FINALS**

1	Prilad wishwash .	290	03/13/02	LUDHIANA	5.08m
2	Gursharn Singh .	455	01/28/93	SAS NAGAR	4.74m
	Sahijpreet Singh	208	09/09/05	GURDASPUR	DNS
	Harmanpreet Singh	153	08/21/04	FARIDKOT	DNS
	Sahiljot Singh Gill	150	04/11/06	FARIDKOT	DNS

Event # 78 MENS Dec Shot Put OPEN**FINALS****RESULTS OF FINALS**

1	Gursharn Singh .	455	01/28/93	SAS NAGAR	12.10m
2	Prilad wishwash .	290	03/13/02	LUDHIANA	7.78m
	Harmanpreet Singh	153	08/21/04	FARIDKOT	DNS
	Sahijpreet Singh	208	09/09/05	GURDASPUR	DNS
	Sahiljot Singh Gill	150	04/11/06	FARIDKOT	DNS

Event # 79 MENS Dec High Jump OPEN**FINALS****RESULTS OF FINALS**

1	Gursharn Singh .	455	01/28/93	SAS NAGAR	1.50m
2	Prilad wishwash .	290	03/13/02	LUDHIANA	1.45m
	Sahiljot Singh Gill	150	04/11/06	FARIDKOT	DNS
	Sahijpreet Singh	208	09/09/05	GURDASPUR	DNS
	Harmanpreet Singh	153	08/21/04	FARIDKOT	DNS

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

1	Prilad wishwash .	290	03/13/02	LUDHIANA	1:07.61
2	Gursharn Singh .	455	01/28/93	SAS NAGAR	2:03.68
	Sahijpreet Singh	208	09/09/05	GURDASPUR	DNS
	Harmanpreet Singh	153	08/21/04	FARIDKOT	DNS
	Sahiljot Singh Gill	150	04/11/06	FARIDKOT	DNS

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21st to 22nd March 2026**Event # 81 MENS 110m Dec 110 Hurdles OPEN****FINALS****RESULTS OF FINALS**

1	Prilad wishwash .	290	03/13/02	LUDHIANA	20.45
2	Harmanpreet Singh	153	08/21/04	FARIDKOT	30.55
	Gursharn Singh .	455	01/28/93	SAS NAGAR	DQ
	Sahijpreet Singh	208	09/09/05	GURDASPUR	DNS
	Sahiljot Singh Gill	150	04/11/06	FARIDKOT	DNS

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

1	Gursharn Singh .	455	01/28/93	SAS NAGAR	41.46m
2	Prilad wishwash .	290	03/13/02	LUDHIANA	28.65m
	Harmanpreet Singh	153	08/21/04	FARIDKOT	DNS
	Sahiljot Singh Gill	150	04/11/06	FARIDKOT	DNS
	Sahijpreet Singh	208	09/09/05	GURDASPUR	DNS

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

1	Gursharn Singh .	455	01/28/93	SAS NAGAR	3.80m
2	Prilad wishwash .	290	03/13/02	LUDHIANA	3.00m
	Sahijpreet Singh	208	09/09/05	GURDASPUR	DNS
	Harmanpreet Singh	153	08/21/04	FARIDKOT	DNS
	Sahiljot Singh Gill	150	04/11/06	FARIDKOT	DNS

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

1	Prilad wishwash .	290	03/13/02	LUDHIANA	43.04m
2	Gursharn Singh .	455	01/28/93	SAS NAGAR	41.40m
	Sahijpreet Singh	208	09/09/05	GURDASPUR	DNS
	Harmanpreet Singh	153	08/21/04	FARIDKOT	DNS
	Sahiljot Singh Gill	150	04/11/06	FARIDKOT	DNS

Event # 85 MENS 1500m Dec 1500 Run OPEN**FINALS****RESULTS OF FINALS**

1	Gursharn Singh .	455	01/28/93	SAS NAGAR	8:21.58
	Harmanpreet Singh	153	08/21/04	FARIDKOT	DNS
	Sahijpreet Singh	208	09/09/05	GURDASPUR	DNS
	Sahiljot Singh Gill	150	04/11/06	FARIDKOT	DNS
	Prilad wishwash .	290	03/13/02	LUDHIANA	DNF

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Event # 86 WOMENS Heptathlon OPEN					FINALS
% AFI QUALIFY: 4000					
RESULTS OF FINALS					
1	Harmandeep Kaur .	281	01/03/26	LUDHIANA	2889
2	Kajal Kajal	468	07/20/07	TARNTARAN	1549
3	HARSIMRANJIT KAUR	485	01/21/08	LUDHIANA	1074
Event # 87 WOMENS 100m Hep 100 Hurdles OPEN					FINALS
RESULTS OF FINALS					
1	Harmandeep Kaur .	281	01/03/26	LUDHIANA	19.68
2	Kajal Kajal	468	07/20/07	TARNTARAN	25.70
	HARSIMRANJIT KAUR	485	01/21/08	LUDHIANA	DNF
Event # 88 WOMENS Hep High Jump OPEN					FINALS
RESULTS OF FINALS					
1	Harmandeep Kaur .	281	01/03/26	LUDHIANA	1.35m
2	Kajal Kajal	468	07/20/07	TARNTARAN	1.15m
3	HARSIMRANJIT KAUR	485	01/21/08	LUDHIANA	1.00m
Event # 89 WOMENS Hep Shot Put OPEN					FINALS
RESULTS OF FINALS					
1	Harmandeep Kaur .	281	01/03/26	LUDHIANA	9.23m
2	HARSIMRANJIT KAUR	485	01/21/08	LUDHIANA	5.78m
3	Kajal Kajal	468	07/20/07	TARNTARAN	5.33m
Event # 90 WOMENS 200m Hep 200 Dash OPEN					FINALS
RESULTS OF FINALS					
1	Harmandeep Kaur .	281	01/03/26	LUDHIANA	30.37
2	Kajal Kajal	468	07/20/07	TARNTARAN	31.64
3	HARSIMRANJIT KAUR	485	01/21/08	LUDHIANA	35.41
Event # 91 WOMENS Hep Long Jump OPEN					FINALS
RESULTS OF FINALS					
1	Harmandeep Kaur .	281	01/03/26	LUDHIANA	4.69m
2	Kajal Kajal	468	07/20/07	TARNTARAN	4.08m
3	HARSIMRANJIT KAUR	485	01/21/08	LUDHIANA	3.90m

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21st to 22nd March 2026**Event # 92 WOMENS Hep Javelin T OPEN****FINALS****RESULTS OF FINALS**

1	Harmandeep Kaur .	281	01/03/26	LUDHIANA	28.51m
2	Kajal Kajal	468	07/20/07	TARNTARAN	17.87m
3	HARSIMRANJIT KAUR	485	01/21/08	LUDHIANA	11.15m

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

1	Harmandeep Kaur .	281	01/03/26	LUDHIANA	3:14.92
2	Kajal Kajal	468	07/20/07	TARNTARAN	3:37.61
3	HARSIMRANJIT KAUR	485	01/21/08	LUDHIANA	3:38.47

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

% AFI QUALIFY: 5000

RESULTS OF FINALS

1	Gursher singh Gill	109	09/13/07	AMRITSAR	5374
2	Pukhraj Grewal	180	12/09/07	FAZILKA	3999
3	BIKRAM SINGH	429	06/17/08	SANGRUR	3965
	Gurbakshdeep Singh	151	01/08/07	FARIDKOT	
	Sukhchain Singh	152	03/30/07	FARIDKOT	

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

1	Gursher singh Gill	109	09/13/07	AMRITSAR	11.73
2	Pukhraj Grewal	180	12/09/07	FAZILKA	12.39
3	BIKRAM SINGH	429	06/17/08	SANGRUR	12.68
4	Gurbakshdeep Singh	151	01/08/07	FARIDKOT	13.28
5	Sukhchain Singh	152	03/30/07	FARIDKOT	14.34

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

1	Gursher singh Gill	109	09/13/07	AMRITSAR	5.96m
2	BIKRAM SINGH	429	06/17/08	SANGRUR	5.66m
3	Pukhraj Grewal	180	12/09/07	FAZILKA	5.48m
4	Gurbakshdeep Singh	151	01/08/07	FARIDKOT	4.84m
	Sukhchain Singh	152	03/30/07	FARIDKOT	DNS

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026****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	12/09/07	FAZILKA	11.03m
2	Gursher singh Gill	109	09/13/07	AMRITSAR	9.66m
3	BIKRAM SINGH	429	06/17/08	SANGRUR	8.25m
	Sukhchain Singh	152	03/30/07	FARIDKOT	DNS
	Gurbakshdeep Singh	151	01/08/07	FARIDKOT	DNS

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

1	Gursher singh Gill	109	09/13/07	AMRITSAR	1.65m
2	Pukhraj Grewal	180	12/09/07	FAZILKA	1.60m
3	BIKRAM SINGH	429	06/17/08	SANGRUR	1.50m
4	Sukhchain Singh	152	03/30/07	FARIDKOT	1.45m
5	Gurbakshdeep Singh	151	01/08/07	FARIDKOT	1.20m

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

1	Gursher singh Gill	109	09/13/07	AMRITSAR	54.03
2	Pukhraj Grewal	180	12/09/07	FAZILKA	57.06
3	BIKRAM SINGH	429	06/17/08	SANGRUR	57.24
4	Gurbakshdeep Singh	151	01/08/07	FARIDKOT	1:01.31
5	Sukhchain Singh	152	03/30/07	FARIDKOT	1:01.63

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

1	Gursher singh Gill	109	09/13/07	AMRITSAR	16.07
2	BIKRAM SINGH	429	06/17/08	SANGRUR	20.43
3	Gurbakshdeep Singh	151	01/08/07	FARIDKOT	23.98
	Sukhchain Singh	152	03/30/07	FARIDKOT	DNS
	Pukhraj Grewal	180	12/09/07	FAZILKA	DNF

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

1	Pukhraj Grewal	180	12/09/07	FAZILKA	35.10m
2	Gursher singh Gill	109	09/13/07	AMRITSAR	28.85m
3	BIKRAM SINGH	429	06/17/08	SANGRUR	25.19m
4	Gurbakshdeep Singh	151	01/08/07	FARIDKOT	24.65m
	Sukhchain Singh	152	03/30/07	FARIDKOT	DNS

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

1	Pukhraj Grewal	180	12/09/07	FAZILKA	3.20m
2	Gursher singh Gill	109	09/13/07	AMRITSAR	2.50m
3	BIKRAM SINGH	429	06/17/08	SANGRUR	2.20m
4	Gurbakshdeep Singh	151	01/08/07	FARIDKOT	2.00m
4	Sukhchain Singh	152	03/30/07	FARIDKOT	2.00m

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

1	Gursher singh Gill	109	09/13/07	AMRITSAR	47.64m
2	Pukhraj Grewal	180	12/09/07	FAZILKA	40.05m
3	BIKRAM SINGH	429	06/17/08	SANGRUR	24.26m
4	Gurbakshdeep Singh	151	01/08/07	FARIDKOT	20.03m
	Sukhchain Singh	152	03/30/07	FARIDKOT	DNS

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

1	BIKRAM SINGH	429	06/17/08	SANGRUR	4:59.74
2	Gursher singh Gill	109	09/13/07	AMRITSAR	5:06.81
3	Gurbakshdeep Singh	151	01/08/07	FARIDKOT	5:20.71
	Sukhchain Singh	152	03/30/07	FARIDKOT	DNS
	Pukhraj Grewal	180	12/09/07	FAZILKA	DNF

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

% AFI QUALIFY: 3250

RESULTS OF FINALS

1	Alfaz kaur Grewal	168	09/12/07	FAZILKA	4033
2	Chandni Tiwari	270	01/19/09	KAPURTHLA	2851
3	Gurnoor Kaur	415	06/27/12	SANGRUR	2658
4	Harman Kamboj	173	11/13/06	FAZILKA	2495
5	Ishpreet Kaur	268	04/21/07	KAPURTHLA	2333
	REHMAT BATTH	404	08/05/11	SANGRUR	

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026****3/21/26 - 3/22/26****21st to 22nd March 2026****Event # 106 GIRLS 100m Hep 100 Hurdles U-20****FINALS****RESULTS OF FINALS**

1	Alfaz kaur Grewal	168	09/12/07	FAZILKA	15.79
2	Chandni Tiwari	270	01/19/09	KAPURTHLA	18.76
3	Ishpreet Kaur	268	04/21/07	KAPURTHLA	19.02
4	Harman Kamboj	173	11/13/06	FAZILKA	19.23
5	Gurnoor Kaur	415	06/27/12	SANGRUR	19.46
6	REHMAT BATTH	404	08/05/11	SANGRUR	21.12

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

1	Alfaz kaur Grewal	168	09/12/07	FAZILKA	1.38m
1	Gurnoor Kaur	415	06/27/12	SANGRUR	1.38m
3	Chandni Tiwari	270	01/19/09	KAPURTHLA	1.35m
4	Harman Kamboj	173	11/13/06	FAZILKA	1.30m
4	REHMAT BATTH	404	08/05/11	SANGRUR	1.30m
6	Ishpreet Kaur	268	04/21/07	KAPURTHLA	1.15m

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

1	Alfaz kaur Grewal	168	09/12/07	FAZILKA	10.17m
2	REHMAT BATTH	404	08/05/11	SANGRUR	7.95m
3	Ishpreet Kaur	268	04/21/07	KAPURTHLA	6.99m
4	Chandni Tiwari	270	01/19/09	KAPURTHLA	6.30m
5	Harman Kamboj	173	11/13/06	FAZILKA	6.08m
6	Gurnoor Kaur	415	06/27/12	SANGRUR	5.71m

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

1	Alfaz kaur Grewal	168	09/12/07	FAZILKA	27.62
2	Gurnoor Kaur	415	06/27/12	SANGRUR	27.99
3	Harman Kamboj	173	11/13/06	FAZILKA	29.12
4	REHMAT BATTH	404	08/05/11	SANGRUR	29.52
5	Chandni Tiwari	270	01/19/09	KAPURTHLA	30.19
6	Ishpreet Kaur	268	04/21/07	KAPURTHLA	31.26

Punjab Senior and U-20 Athletics Meet 2026**WAR HERO Stadium Sangrur****28-06-2026****3/21/26 - 3/22/26****21st to 22nd March 2026*****Event # 110 GIRLS Hep Long Jump U-20*****FINALS****RESULTS OF FINALS**

1	Alfaz kaur Grewal	168	09/12/07	FAZILKA	5.03m
2	Chandni Tiwari	270	01/19/09	KAPURTHLA	4.68m
3	Harman Kamboj	173	11/13/06	FAZILKA	4.66m
4	REHMAT BATTH	404	08/05/11	SANGRUR	4.64m
5	Gurnoor Kaur	415	06/27/12	SANGRUR	4.30m
6	Ishpreet Kaur	268	04/21/07	KAPURTHLA	4.13m

Event # 111 GIRLS Hep Javelin T U-20**FINALS****RESULTS OF FINALS**

1	Alfaz kaur Grewal	168	09/12/07	FAZILKA	29.64m
2	Ishpreet Kaur	268	04/21/07	KAPURTHLA	18.52m
3	Chandni Tiwari	270	01/19/09	KAPURTHLA	15.60m
4	Harman Kamboj	173	11/13/06	FAZILKA	13.47m
5	Gurnoor Kaur	415	06/27/12	SANGRUR	8.27m
	REHMAT BATTH	404	08/05/11	SANGRUR	DNS

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

1	Alfaz kaur Grewal	168	09/12/07	FAZILKA	2:40.89
2	Chandni Tiwari	270	01/19/09	KAPURTHLA	2:43.19
3	Gurnoor Kaur	415	06/27/12	SANGRUR	2:48.56
4	Ishpreet Kaur	268	04/21/07	KAPURTHLA	3:01.90
5	Harman Kamboj	173	11/13/06	FAZILKA	3:12.49
	REHMAT BATTH	404	08/05/11	SANGRUR	DNF