

Punjab State Open & U-23 Athletics Championship 2026

Shri Guru Arjun Devji Stadium, TarnTaran

23-09-2026

9/19/26 - 9/20/26

19th to 20th Sept. 2026

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

1	SURTOJ SIDHU	345	APBM129488	10/06/03	PATIALA	10.58
2	HARMANPREET SINGH	331	APBM132924	19/01/97	PAP JL	10.66
3	GURPREET SINGH..	413	APBM129355	22/01/03	SBS NAGAR	10.84
4	GURPREET SINGH	150	APBM101365	10/09/26	BATHINDA	11.01
5	GAMDOOR SINGH	252	APBM134973	22/07/02	JALANDHAR	11.21
6	JATINDER SINGH	329	APBM118648	24/08/91	PAP JL	11.44
7	JASJIT SINGH DHILLO	342	APBM167691	16/07/06	PATIALA	11.61
	SHARNJEET SINGH	392	APBM105037	27/11/99	SANGRUR	DNS

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

1	SURTOJ SIDHU	345	APBM129488	10/06/03	PATIALA	21.87
2	HARMANPREET SINGH	331	APBM132924	19/01/97	PAP JL	21.89
3	PRABHJOT SINGH.	194	80142 00022	02/02/02	FEROZPUR	21.98
4	GURPREET SINGH..	413	APBM129355	22/01/03	SBS NAGAR	22.20
5	ANIKET SINGH	347	APBM142258	23/04/02	PATIALA	22.61
6	SHARNJEET SINGH	392	APBM105037	27/11/99	SANGRUR	23.60
	JASJIT SINGH DHILLO	342	APBM167691	16/07/06	PATIALA	DNS
	RAJBIR SINGH.	332	APBM184220	20/01/02	PAP JL	DNS

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

1	JASHANPREET SIN .	234	APBM106971	04/07/00	PAP JL	47.07
2	HARDEEP KUMAR	376	APBM106914	27/06/03	SANGRUR	47.65
3	PRABHJOT SINGH.	194	80142 00022	02/02/02	FEROZPUR	47.88
4	JAGMEET SINGH	328	APBM108823	09/28/96	PAP JL	48.15
5	HARPREET SINGH GILL	318	APBM108970	19/12/97	MOGA	48.45
6	TEJPARTAP SINGH	450	APBM227729	07/06/00	TARN TARAN	48.72
7	AMRITPAL SINGH.	133	APBM231205	04/11/02	AMRITSAR	49.10
8	JAGVINDER SINGH	352	AHRM107452	03/03/03	PATIALA	51.07

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

1	JAGVINDER SINGH	352	AHRM107452	03/03/03	PATIALA	1:54.54
2	HARSHDEEP SINGH.	359	APBM107043	28/09/01	PATIALA	1:54.95
3	HARSHDEEP SINGH	406	7696487117	16/10/03	SAS NAGAR	1:59.28
4	ONKAR SINGH	408	6283151083	04/22/02	SAS NAGAR	2:01.59
5	HARMEET SINGH	204	7696881050	27/11/97	GURDASPUR	2:02.10
6	RAJBIR SINGH	209	APBM231018	18/08/03	GURDASPUR	2:06.84
	PRABHJOT SINGH	390	APBM137311	22/11/02	SANGRUR	DNS
	GURINDER SINGH SINGH	349	APBM256896	03/03/03	PATIALA	DNS
	RAVINDER SINGH	168	APBM252977	25/01/03	FATEHGARH SAHIB	DNS

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

1	PRABHJOT SINGH	390	APBM137311	22/11/02	SANGRUR	3:49.18
2	HARSHDEEP SINGH.	359	APBM107043	28/09/01	PATIALA	3:49.93
3	HARPREET SINGH.	409	APBM181847	11/08/04	SAS NAGAR	3:51.20
	ONKAR SINGH	408	6283151083	04/22/02	SAS NAGAR	DNF
	AMANPREET SINGH	402	6283204751	22/04/02	SAS NAGAR	DNF
	HARSHDEEP SINGH	406	7696487117	16/10/03	SAS NAGAR	DNS
	AMAR TYAGI	272	392559078981	29/08/03	JALANDHAR	DNS
	SHUBHAM ..	198	APBM125563	14/06/99	GURDASPUR	DNS

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

1	HARPREET SINGH.	409	APBM181847	11/08/04	SAS NAGAR	15:00.00
2	SAHIL SAGAR	377	APBM108145	05/11/00	SANGRUR	15:15.00
3	ARSHDEEP SINGH...	396	APBM244215	04/06/03	SANGRUR	15:40.00
4	GAGANDEEP .	233	APBM179754	01/05/03	JALANDHAR	15:45.00
	SUKHWINDER SINGH	187	APBM174668	24/03/95	FAZILKA	DNF
	RINKU	178	APBM202003	15/04/00	FAZILKA	DNF
	SAJAN KAMBOJ	180	7814797177	04/05/03	FAZILKA	DNS

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

1	SIMRAN SINGH.	455		06/28/00	JALANDHAR	30:29.07
2	SAHIL SAGAR	377	APBM108145	05/11/00	SANGRUR	34:31.69
3	GAGANDEEP .	233	APBM179754	01/05/03	JALANDHAR	34:49.32
	ARSHDEEP SINGH...	396	APBM244215	04/06/03	SANGRUR	DNF
	RINKU	178	APBM202003	15/04/00	FAZILKA	DNS

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

1	PANKAJ PAL .	177	ABPM133723	01/10/03	FAZILKA	14.68
2	SAGAR SINGH RANA	399	7710623707	06/12/00	SAS NAGAR	17.67
3	VARINDER SINGH	193	APBM145352	05/06/92	FEROZPUR	19.74

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

1	HARDEEP KUMAR	376	APBM106914	27/06/03	SANGRUR	51.14
2	TEJPARTAP SINGH	450	APBM227729	07/06/00	TARNTARAN	52.35
3	JUGRAJ SINGH	456		08/09/95	PAP JL	58.50
4	SUKHVEER SINGH .	307	APBM142276	21/06/02	MANSA	59.02
	JASHANJOT SINGH	353	APBM102205	07/02/95	PATIALA	DNS
	SAGAR SINGH RANA	399	7710623707	06/12/00	SAS NAGAR	DNS
	NIKHIL BHARDWAJ	398	APBM107255	24/05/96	SAS NAGAR	DNS
	HARMEET SINGH	204	7696881050	27/11/97	GURDASPUR	DNS
	PANKAJ PAL .	177	ABPM133723	01/10/03	FAZILKA	DNS

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

1	SHUBHAM ..	198	APBM125563	14/06/99	GURDASPUR	10:40.30
2	BABBALJIT SINGH	436	6284108531	12/10/07	TARNTARAN	10:42.40
3	SAJAN KAMBOJ	180	7814797177	04/05/03	FAZILKA	10:45.10
	AMAR TYAGI	272	392559078981	29/08/03	JALANDHAR	DNS
	SUKHWINDER SINGH	187	APBM174668	24/03/95	FAZILKA	DNS

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

1	ADARSH PREET SINGH	249	APBM104938	15/10/02	JALANDHAR	1.90m
1	LOVEPREET SINGH..	334	AHRM169210	25/03/95	PAP JL	1.90m
3	SAHILPREET SING BA	426	8198095416	06/07/11	TARNTARAN	1.50m

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

1	RANVIJAY SINGH SAN	400	9855066604	10/18/10	SAS NAGAR	2.00m
2	RANDEEP SINGH	446	APBM173979	12/27/08	TARNTARAN	1.95m
3	SUKHMANJIT SINGH	471		06/15/07	TARNTARAN	1.90m

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

1	LAKHVEER SINGH	313	APBM129489	13/01/03	MANSA	7.13m
2	SHIVAM .	274	APBM192353	13/09/00	KAPURTHLA	6.29m
3	ZORAVAR SINGH	358	APBM253907	29/05/00	PATIALA	6.14m
	RANJIT SINGH	330	APBM128517	05/10/93	PAP JL	DNS
	GURDEEP SINGH KAL	139	APBM131414	30/07/02	BARNALA	DNS
	SUKHMANDEEP SING	447	APBM202497	20/11/09	TARNTARAN	DNS
	AARAV KHERA	322	APBM240709	04/04/10	MUKSTSAR	DNS

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

1	GURDEEP SINGH KAL	139	APBM131414	30/07/02	BARNALA	14.53m
2	JASKARAN SINGH....	279	APBM123820	26/06/03	KAPURTHLA	13.96m
3	AARAV KHERA	322	APBM240709	04/04/10	MUKSTSAR	13.95m
4	SUKHMANDEEP SING	447	APBM202497	20/11/09	TARNTARAN	13.64m
5	ANIL KUMAR	244	8289009979	09/11/03	JALANDHAR	13.18m
	ZORAVAR SINGH	358	APBM253907	29/05/00	PATIALA	DNS
	RANJIT SINGH	330	APBM128517	05/10/93	PAP JL	DNS
	SHIVAM .	274	APBM192353	13/09/00	KAPURTHLA	DNS

Event # 15 MENS Open Discus Throw**FINALS****RESULTS OF FINALS**

1	HARNOOR SINGH SAN	125	APBM106755	08/09/02	AMRITSAR	52.19m
2	HARPREET SINGH..	333	APBM103148	18/07/93	PAP JL	50.84m
3	BALWINDERJIT SINGH	166	APBM129437	19/04/03	FATEHGARH SAHIB	49.87m
4	TALWINDER SINGH D	343	AHRM168048	15/01/98	PATIALA	40.18m
5	INDERVEER SINGH	441	7901700802	18/02/07	TARNTARAN	36.23m
6	AGAMPREET SINGH	183	9876290594	20/08/12	FAZILKA	33.23m
	JAISALPREET SINGH	185	9876290594	01/10/80	FAZILKA	DNS
	OMESH RANGA	124	APBM118170	31/05/03	AMRITSAR	DNS

Event # 16 MENS Open Hammer Throw**FINALS****RESULTS OF FINALS**

1	ANSHPREET SINGH	466		12/24/08	TARNTARAN	53.11m
2	AVNOOR SINGH	404	APBM215503	09/05/07	SAS NAGAR	43.90m
	NITISH TOMAR	152	APBM104656	11/01/01	BATHINDA	DNS
	INDERPREET SING G	288	APBM251689	05/08/00	LUDHIANA	DNS

Event # 17 MENS Open Javelin Throw**FINALS****RESULTS OF FINALS**

1	ARSHDEEP SINGH....	270	APBM103115	05/04/99	JALANDHAR	74.55m
2	HARMAN PREET SI SI	203	APBM126226	22/02/97	GURDASPUR	70.54m
3	GAGAN DEEP	179	APBM107743	21/01/01	FAZILKA	68.45m
4	NITISH SINGH	207	APBM215926	06/06/02	GURDASPUR	67.23m
5	JASWANT SINGH	276	APBM118604	08/03/98	KAPURTHLA	63.88m
	PRIHLAD WISHWASH	297	9501462655	13/03/02	LUDHIANA	DNS

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Event # 18 MENS Open Shot Put**FINALS****RESULTS OF FINALS**

1	OMESH RANGA	124	APBM118170	31/05/03	AMRITSAR	18.11m
2	DEVINDER SINGH	348	APBM103147	30/10/92	PATIALA	17.52m
3	PRABHKIRPAL SINGH	314	APBM108872	12/07/97	MANSA	17.21m
4	ARMAANDEEP SINGH	250	APBM169021	14/06/00	JALANDHAR	16.45m
5	MUKHTYAR SINGH	143	AHRM185163	04/11/00	BARNALA	15.39m
	HARNOOR SINGH SAN	125	APBM106755	08/09/02	AMRITSAR	DNS

Event # 19 MENS Open 21.09m H Marathon RW**FINALS****RESULTS OF FINALS**

1	BALJINDER SINGH	327	APBM103078	18/09/86	PAP JL	1:44:58.07
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Event # 20 MENS Open 42.19m F Marathon RW**FINALS****RESULTS OF FINALS**

1	DHIR GOYAL	162	APBM117762	16/12/01	FARIDKOT	3:20.12
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Event # 21 MENS U-23 100m Run**FINALS****RESULTS OF FINALS**

1	NAVROOP SINGH SINC	258	NO	08/08/05	JALANDHAR	10.53
2	GURJOT SINGH	253	9915722117	25/07/07	JALANDHAR	10.68
3	GIAN SINGH	412	APBM112986	20/10/04	SBS NAGAR	10.71
4	MANINDER SINGH	257	APBM155972	01/01/07	JALANDHAR	10.88
5	JASKIRIT SINGH BALI	237	AJKM197042	19/03/08	JALANDHAR	10.97
6	ADARSH KUMAR SINC	291	APBM186093	14/12/04	LUDHIANA	11.17
7	KIRTPAL SINGH	354	AHRM236767	21/12/06	PATIALA	11.36
8	PINKU PINKU	190	9877319384	12/04/06	FEROZPUR	11.70

Event # 22 MENS U-23 200m Run**FINALS****RESULTS OF FINALS**

1	ANKIT KUMAR	245	APBM168509	18/06/07	JALANDHAR	21.64
2	VISHAV PARTAP S BIL	375	APBM181229	10/11/04	SANGRUR	21.85
3	GIAN SINGH	412	APBM112986	20/10/04	SBS NAGAR	21.92
4	GURUVEER DITTA SIN	350	APBM268070	19/03/08	PATIALA	22.13
5	JASKARAN SINGH...	397	6283212765	22/11/05	SANGRUR	22.34
6	AMRITPAL SINGH	434	NONE	05/06/06	TARNTARAN	22.52
7	PINKU PINKU	190	9877319384	12/04/06	FEROZPUR	22.65
8	RAGHAV KALIA	214	APBM215550	08/09/05	HOSHIARPUR	23.13

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19th to 20th Sept. 2026**Event # 23 MENS U-23 400m Run****FINALS****RESULTS OF FINALS**

1	HARJOT SINGH	217	APBM162271	13/09/06	HOSHIARPUR	47.87
2	ANKIT KUMAR	245	APBM168509	18/06/07	JALANDHAR	48.27
3	GURUVEER DITTA SINGH	350	APBM268070	19/03/08	PATIALA	48.63
4	VISHAV PARTAP SINGH	375	APBM181229	10/11/04	SANGRUR	49.09
5	JASKARAN SINGH..	453	APBM272470	26/07/07	TARNTARAN	50.19
6	HARMANDEEP SINGH	255	APBM192211	07/11/05	JALANDHAR	50.28
7	AMRITPAL SINGH	434	NONE	05/06/06	TARNTARAN	50.61
8	PRABHNOOR SINGH	148	APBM202575	13/06/09	BATHINDA	51.99

Event # 24 MENS U-23 800m Run**FINALS****RESULTS OF FINALS**

1	AKASHDEEP SINGH..	325	APBM144917	02/02/04	MUKTSAR	1:50.48
2	SUKHBIR SINGH BHAGAT	116	APBM192727	27/03/08	AMRITSAR	1:56.70
3	JASKARAN SINGH	385	APBM246528	15/03/09	SANGRUR	1:58.23
4	PRABHNOOR SINGH	213	APBM257035	24/08/07	HOSHIARPUR	1:58.24
5	PRABHNOOR SINGH	148	APBM202575	13/06/09	BATHINDA	1:58.55
6	JASKARANJEET SINGH	131	APBM192845	08/01/08	AMRITSAR	1:58.77
7	SUDHAKAR SINGH	295	APBM245926	05/09/07	LUDHIANA	1:59.30
8	ARSHDEEP SINGH	381	APBM193394	22/07/08	SANGRUR	1:59.32
9	IKBAL SINGH	440	APBM151965	31/01/09	TARNTARAN	1:59.87
10	ARSHDEEP SINGH..	195	6284179474	12/11/05	FEROZPUR	2:00.33
11	ANMOLSINGH SINGH	403	APBM230583	08/09/04	SAS NAGAR	2:01.97
12	UPANSHU .	339	APBM212804	10/01/06	PATIALA	2:02.08
13	SUKHMANPREET SINGH	448	9876255721	22/01/09	TARNTARAN	2:03.68
14	JASKIRAT SINGH	386	APBM246639	25/09/11	SANGRUR	2:03.80
15	PARDEEP SINGH	389	8699291697	14/06/04	SANGRUR	2:04.63
16	MANJOT SINGH	388	APBM247731	07/01/10	SANGRUR	2:05.35
17	HARMAN SINGH.	395	APBM261472	03/11/05	SANGRUR	2:07.65
18	SAHIBJEET SINGH	391	APBM246633	17/12/07	SANGRUR	2:08.23
19	JASPREET ..	114	6239590003	23/06/04	AMRITSAR	2:09.95
20	HARMANJEET SINGH	438	NONE	21/02/08	TARNTARAN	2:17.32
	ARMANPREET SINGH	380	9877092463	25/07/08	SANGRUR	DNS
	JASDEEP SINGH	311	8837808292	01/11/07	MANSA	DNS
	DILPREET SINGH	405	APBM155597	28/11/08	SAS NAGAR	DNS
	AKASHDEEP SINGH SINGH	346	APBM255900	14/09/06	PATIALA	DNS
	SONU KUMAR	164	NIL	15/03/06	FATEHGARH SAHIB	DNS
	JASHANDEEP SINGH	151	APBM201398	01/12/06	BATHINDA	DNS
	KULWINDER RAM	149	7347464082	21/08/05	BATHINDA	DNS

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19th to 20th Sept. 2026**Event # 25 MENS U-23 1500m Run****FINALS****RESULTS OF FINALS**

1	KARANVEER SINGH.	267	APBM254692	24/02/07	JALANDHAR	4:00.15
2	UPANSHU .	339	APBM212804	10/01/06	PATIALA	4:01.36
3	PRABHNOOR SINGH C	213	APBM257035	24/08/07	HOSHIARPUR	4:02.14
4	MANISH .	176	6284143279	18/05/04	FAZILKA	4:04.67
5	JASKARANJEET SINGH	131	APBM192845	08/01/08	AMRITSAR	4:07.65
6	DAVINDER SINGH	251	7652829560	25/12/07	JALANDHAR	4:08.94
7	ARSHDEEP SINGH	381	APBM193394	22/07/08	SANGRUR	4:09.70
8	GURMEET SINGH	184	APBM251080	02/02/07	FAZILKA	4:13.79
9	KULWINDER RAM	149	7347464082	21/08/05	BATHINDA	4:15.33
10	AVADESHJIT SINGH	382	APBM155593	09/12/09	SANGRUR	4:15.63
11	KRISHAN SINGH	312	9463385435	10/12/05	MANSA	4:16.86
12	GURKIRPAL SINGH B	115	9815256208	26/12/08	AMRITSAR	4:17.30
13	JASKIRAT SINGH	386	APBM246639	25/09/11	SANGRUR	4:17.78
14	SUDHAKAR SINGH	295	APBM245926	05/09/07	LUDHIANA	4:18.11
15	HARSHDEEP .	112	9876819197	02/12/05	AMRITSAR	4:18.57
16	ARMANPREET SINGH	380	9877092463	25/07/08	SANGRUR	4:18.99
17	HARMAN SINGH.	395	APBM261472	03/11/05	SANGRUR	4:21.55
18	ROHIN KUMAR	121	9056872770	11/03/05	AMRITSAR	4:27.05
19	SONU KUMAR	164	NIL	15/03/06	FATEHGARH SAHIB	4:28.70
20	MANJOT SINGH	388	APBM247731	07/01/10	SANGRUR	4:30.80
21	SAHIBJEET SINGH	391	APBM246633	17/12/07	SANGRUR	4:35.44
22	JASPREET ..	114	6239590003	23/06/04	AMRITSAR	4:39.84
23	HARMANJEET SINGH	438	NONE	21/02/08	TARNTARAN	4:52.14
	AKASHDEEP SINGH.	452	9988049434	08/04/04	TARNTARAN	DNS
	ANMOLSINGH SINGH	403	APBM230583	08/09/04	SAS NAGAR	DNS
	AKASHDEEP SINGH S	346	APBM255900	14/09/06	PATIALA	DNS
	RANJOT SINGH	259	7814093796	10/06/08	JALANDHAR	DNS
	ARSHDEEP SINGH..	195	6284179474	12/11/05	FEROZPUR	DNS
	DILPREET SINGH	405	APBM155597	28/11/08	SAS NAGAR	DNS
	ARSHDEEP SINGH.	323	APBM234499	17/11/05	MUKSTSAR	DNS
	PARDEEP SINGH	389	8699291697	14/06/04	SANGRUR	DNS

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Event # 26 MENS U-23 5000m Run**FINALS****RESULTS OF FINALS**

1	JOHN ..	235	APBM201149	15/04/05	JALANDHAR	15:43.69
2	MANISH .	176	6284143279	18/05/04	FAZILKA	16:38.51
3	GURMEET SINGH	184	APBM251080	02/02/07	FAZILKA	17:40.51
4	KARANVEER SINGH.	267	APBM254692	24/02/07	JALANDHAR	18:55.83
5	KRISHAN SINGH	312	9463385435	10/12/05	MANSA	19:56.25
6	RAGHAV JOT	118	DT AVAILABI	27/09/04	AMRITSAR	21:18.92
7	SAHIL GILL	239	APBM180388	07/12/07	JALANDHAR	23:09.10
8	GURDEV SINGH	470		05/15/04	TARNTARAN	23:19.21
9	AKASHDEEP SINGH.	452	9988049434	08/04/04	TARNTARAN	23:25.22
	ROHIN KUMAR	121	9056872770	11/03/05	AMRITSAR	DNS
	KOMALPREET KAUR	427	8264383160	01/01/08	TARNTARAN	DNS
	VANSH SHARMA	432	8968403500	24/12/09	TARNTARAN	DNS
	TASBIR SINGH	449	ASBIR SINGI	01/01/06	TARNTARAN	DNS
	KAMALJEET SINGH	206	6284937719	28/02/07	GURDASPUR	DNS
	LOVEPREET SINGH .	338	7087934268	11/11/06	PATIALA	DNS
	URWINDER SINGH	393	NO	22/09/05	SANGRUR	DNS
	SIMRANJIT SINGH	263	7973202024	30/12/03	JALANDHAR	DNS
	NAINPREET PREET	165	NILL	22/12/04	FATEHGARH SAHIB	DNS

Event # 27 MENS U-23 10000m Run**FINALS****RESULTS OF FINALS**

1	JOHN ..	235	APBM201149	15/04/05	JALANDHAR	31:11.10
2	GURPINDER SINGH.	324	APBM182452	11/10/05	MUKSTSAR	32:32.12
3	JAGROOP SINGH	442	GROOP SINC	01/01/06	TARNTARAN	32:35.09
4	DILVER SINGH	454		04/05/06	PATIALA	33:09.16
5	RAGHAV JOT	118	DT AVAILABI	27/09/04	AMRITSAR	36:26.26
6	SAHIL GILL	239	APBM180388	07/12/07	JALANDHAR	37:10.13
	NAINPREET PREET	165	NILL	22/12/04	FATEHGARH SAHIB	DNS
	SIMRANJIT SINGH	263	7973202024	30/12/03	JALANDHAR	DNS
	URWINDER SINGH	393	NO	22/09/05	SANGRUR	DNS
	GURDEV SINGH	470		05/15/04	TARNTARAN	DNS

Event # 28 MENS U-23 110m Hurdles**FINALS****RESULTS OF FINALS**

1	SEHAJDEEP SINGH	262	APBM174118	25/02/06	JALANDHAR	14.34
2	RAJVEER SINGH MAN	123	APBM192362	13/11/05	AMRITSAR	14.67
3	HARMANPREET SING	439	7719794106	02/06/07	TARNTARAN	27.66

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Event # 29 MENS U-23 400m Hurdles**FINALS****RESULTS OF FINALS**

1	SEHAJDEEP SINGH	262	APBM174118	25/02/06	JALANDHAR	54.67
2	RAJVEER SINGH MAN	123	APBM192362	13/11/05	AMRITSAR	54.89
3	BALRAJ SINGH	140	6283993596	25/02/07	BARNALA	56.58
4	ASHISH KUMAR	246	APBM107334	04/07/04	JALANDHAR	57.31
5	LOVE JOT KUMAR	429	APBM272461	15/07/07	TARNTARAN	58.51
6	PUNIT KUMAR	181	7717687581	03/08/06	FAZILKA	58.84
7	JASPREET SINGH	387	APBM246634	03/11/07	SANGRUR	59.42
8	JASHAN PREET SINGH	200	7009073957	31/01/09	GURDASPUR	1:01.01
9	GURBAKSH SINGH	141	APBM272322	01/11/08	BARNALA	1:05.35
	GURINDER SINGH	365	APBM184696	06/11/07	ROPAR	DNS
	AMANATJEET SINGH	433	APBM197038	19/08/04	TARNTARAN	DNF

Event # 30 MENS U-23 3000m Steeplechase**FINALS****RESULTS OF FINALS**

1	TASBIR SINGH	449	ASBIR SINGH	01/01/06	TARNTARAN	10:01.22
2	ARSHDEEP SINGH.	323	APBM234499	17/11/05	MUKSTSAR	10:03.47
3	LOVEPREET SINGH .	338	7087934268	11/11/06	PATIALA	10:11.27
4	DAVINDER SINGH	251	7652829560	25/12/07	JALANDHAR	10:21.75
5	KAMALJEET SINGH	206	6284937719	28/02/07	GURDASPUR	10:25.50
	GURKIRPAL SINGH B/	115	9815256208	26/12/08	AMRITSAR	DNS
	RANJOT SINGH	259	7814093796	10/06/08	JALANDHAR	DNS
	GURPINDER SINGH.	324	APBM182452	11/10/05	MUKSTSAR	DNS
	KOMALPREET KAUR	427	8264383160	01/01/08	TARNTARAN	DNS
	JAGROOP SINGH	442	.GROOP SINC	01/01/06	TARNTARAN	DNS

Event # 31 MENS U-23 High Jump**FINALS****RESULTS OF FINALS**

1	ROBANPREET SINGH	260	APBM110559	05/08/05	JALANDHAR	2.10m
2	SAHILJOT SINGH GILI	161	APBM139188	11/04/06	FARIDKOT	2.00m
3	NIRVAIL SINGH SINGH	445	6284458913	02/03/05	TARNTARAN	1.85m
4	SUKHRAJ SINGH	264	7696653722	26/07/06	JALANDHAR	1.60m
	RAMANDEEP SINGH	144	APBM239828	19/12/04	BARNALA	DNS
	BALJEET KAINTH	289	APBM252257	09/05/06	LUDHIANA	DNS

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Event # 33 MENS U-23 Long Jump**FINALS****RESULTS OF FINALS**

1	SHRI KANT	240	...	25/06/05	JALANDHAR	7.09m
2	NAMAN KAPILA	241	7347577400	22/12/03	JALANDHAR	6.77m
3	HARMANDEEP SINGH	472		02/14/06	FAZILKA	6.61m
4	SHUSHANT SHARMA	469		07/22/08	KAPURTHLA	6.56m
5	UDAIBIR SINGH	451	7658054204	07/11/08	TARNTARAN	6.15m
6	BALJEET KAINTH	289	APBM252257	09/05/06	LUDHIANA	5.96m
	JAGMAIL SINGH	384	APBM246635	16/10/07	SANGRUR	DNS
	SAHILJOT SINGH GILI	161	APBM139188	11/04/06	FARIDKOT	DNS
	GURNOOR SINGH	292	APBM125185	07/03/05	LUDHIANA	DNS
	LOVEJEET SINGH	366	APBM145385	17/12/05	ROPAR	DNS

Event # 34 MENS U-23 Triple Jump**FINALS****RESULTS OF FINALS**

1	GURNOOR SINGH	292	APBM125185	07/03/05	LUDHIANA	14.40m
2	GURBIR SINGH	127	APBM192769	23/01/04	AMRITSAR	14.32m
3	GURPREET SINGH.	218	APBM131134	16/11/05	HOSHIARPUR	13.96m
4	UDAIBIR SINGH	451	7658054204	07/11/08	TARNTARAN	13.41m
5	JAGMAIL SINGH	384	APBM246635	16/10/07	SANGRUR	13.14m
6	RAMANDEEP SINGH	144	APBM239828	19/12/04	BARNALA	12.90m
	NAMAN KAPILA	241	7347577400	22/12/03	JALANDHAR	DNS
	LOVEJEET SINGH	366	APBM145385	17/12/05	ROPAR	DNS

Event # 35 MENS U-23 Discus Throw**FINALS****RESULTS OF FINALS**

1	SATWIK VASHIST	145	APBM131659	08/12/05	BARNALA	51.70m
2	JASHANPREET SINGH	256	APBM192567	13/01/04	JALANDHAR	49.00m
3	TANVIR SINGH	265	APBM191528	13/12/05	JALANDHAR	47.93m
4	JASHAN SANDHU	182	APBM123577	25/02/06	FAZILKA	41.50m
5	NAVDEEP SINGH	163	6283237561	26/06/06	FARIDKOT	40.90m
6	YADWINDER SINGH	394	9569636452	15/01/07	SANGRUR	40.85m
7	SINGH SAHIB .	286	7717600713	26/09/09	LUDHIANA	37.78m
8	HARMAN BATTH	287	8360418479	07/11/08	LUDHIANA	34.58m
	GURMEHAK DEEP S S	308	6239928027	27/07/04	MANSA	DNS
	ROOPARMAAN SING S	211	APBM192934	01/01/08	GURDASPUR	DNS

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Event # 36 MENS U-23 Hammer Throw**FINALS****RESULTS OF FINALS**

1	ARSHDEEP SINGH.....	134	APBM196599	29/04/08	AMRITSAR	60.60m
2	GURVEER SINGH	142	APBM125230	28/12/04	BARNALA	59.13m
3	PUSHPINDER SINGH	301	APBM225785	04/01/04	MALERKOTLA	53.15m
4	KARANVEER SINGH	443	NO	20/06/10	TARNTARAN	45.70m
5	GURYAAD SINGH	275	9914920032	24/04/07	KAPURTHLA	40.92m
	ANSHPREET SINGH	435	9781004051	24/12/08	TARNTARAN	DNS
	SUKHMAN SINGH	277	7652871277	07/03/08	KAPURTHLA	DNS

Event # 37 MENS U-23 Javelin Throw**FINALS****RESULTS OF FINALS**

1	LOVEPREET SINGH.	268	APBM118358	19/12/03	JALANDHAR	65.30m
2	HARSHIT BIBLANI	238	APBM204486	05/10/07	JALANDHAR	64.15m
3	SATYAM SINGH	261	AUPM129503	29/12/04	JALANDHAR	61.36m
4	RYAN HASTIR	473		03/15/09	JALANDHAR	57.30m
5	ROOPARMAAN SING S	211	APBM192934	01/01/08	GURDASPUR	52.68m
6	AJAYPARTAP SINGH	201	APBM240005	04/08/10	GURDASPUR	46.68m
	JOBANJEET SINGH	132	9478468202	05/07/04	AMRITSAR	DNS
	VANSHPREET SINGH (	315	9780778268	20/04/07	MANSA	DNS
	VANSH SHARMA	432	8968403500	24/12/09	TARNTARAN	DNS

Event # 38 MENS U-23 Shot Put**FINALS****RESULTS OF FINALS**

1	ARMANDEEP SINGH	300	APBM123438	30/06/06	MALERKOTLA	15.80m
2	HARPARTAP SINGH	129	APBM124938	16/01/08	AMRITSAR	15.52m
3	HUSHANPREET SIN .	373	APBM111078	21/12/05	SANGRUR	14.91m
4	RANVIR SINGH	356	APBM107230	07/11/03	PATIALA	14.55m
5	SHUBHAM RANA	215	9878285468	10/09/05	HOSHIARPUR	14.53m
6	MEHTAB SANDHU	126	APBM215656	12/08/07	AMRITSAR	14.43m
7	GURVANSHEEP SINC	437	APBM251759	09/02/10	TARNTARAN	14.35m
8	WATTANPREET SINGH	278	APBM237294	24/11/03	KAPURTHLA	14.17m
9	TUSHAR .	113	9780381405	14/01/07	AMRITSAR	13.57m
10	INDERJEET SINGH	309	APBM218018	16/11/05	MANSA	13.24m
	GURMEHAK DEEP S S	308	6239928027	27/07/04	MANSA	DNS

Event # 39 MENS U-23 21.09m H Marathon RW**FINALS****RESULTS OF FINALS**

1	HARMAN SINGH	351	APBM223662	26/08/06	PATIALA	1:54:23.92
2	PARAMVIR SINGH	355	9914150459	02/10/09	PATIALA	2:06:19.91

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19th to 20th Sept. 2026**Event # 40 WOMENS Open 100m Run****FINALS****RESULTS OF FINALS**

1	SUKHVEER KAUR	229	APBF126526	01/10/03	JALANDHAR	11.90
2	SARBJEET KAUR	197	APBF212502	21/02/87	GURDASPUR	11.98
3	HARLEEN KAUR	283	APBF145403	05/10/00	LUDHIANA	13.06
4	BALJOT KAUR	212	APBF128538	06/09/26	HOSHIARPUR	13.23

Event # 41 WOMENS Open 200m Run**FINALS****RESULTS OF FINALS**

1	SUKHVEER KAUR	229	APBF126526	01/10/03	JALANDHAR	25.12
2	RAJNI RANJU	326	APBM103345	07/11/90	PAP JL	27.38
3	BALJOT KAUR	212	APBF128538	06/09/26	HOSHIARPUR	28.67

Event # 42 WOMENS Open 400m Run**FINALS****RESULTS OF FINALS**

1	KIRANPAL KAUR	227	APBF109020	02/05/92	JALANDHAR	55.57
2	GURDEEP KAUR	368	APBF110745	02/06/01	SANGRUR	57.07
3	GUG KAUR	225	APBF118677	23/08/98	JALANDHAR	57.59
4	NEHA .	220	APBF107330	06/30/02	JALANDHAR	58.60
5	RAJNI RANJU	326	APBM103345	07/11/90	PAP JL	1:02.06

Event # 43 WOMENS Open 800m Run**FINALS****RESULTS OF FINALS**

1	AMANDEEP KAUR	316	APBF124553	09/07/03	MOGA	2:10.52
2	GUG KAUR	225	APBF118677	23/08/98	JALANDHAR	2:13.50
3	SUKHWINDER KAUR.	337	APBF131351	15/04/94	PATIALA	2:16.62

Event # 44 WOMENS Open 1500m Run**FINALS****RESULTS OF FINALS**

1	AMANDEEP KAUR	316	APBF124553	09/07/03	MOGA	4:37.26
2	KAJAL RANI	189	7347695224	26/05/02	FEROZPUR	10:01.62

Event # 45 WOMENS Open 5000m Run**FINALS****RESULTS OF FINALS**

1	RIYA ..	457		08/16/05	AMRITSAR	22:08.35
2	KAMNI .	461		11/17/08	SAS NAGAR	28:10.40
3	JAPNEET KAUR	419	8847064091	01/05/96	TARNTARAN	31:10.20
4	KAJAL RANI	189	7347695224	26/05/02	FEROZPUR	34:13.20
	ANJANA RANI	174	7508037537	12/22/04	FAZILKA	DNS

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Event # 46 WOMENS Open 10000m Run**FINALS****RESULTS OF FINALS**

1	RIYA ..	457	08/16/05	AMRITSAR	55:18.55
2	JAPNEET KAUR	419 8847064091	01/05/96	TARNTARAN	1:08:26.30
	KAMNI .	461	11/17/08	SAS NAGAR	DNS

Event # 47 WOMENS Open 100m Hurdles**FINALS****RESULTS OF FINALS**

1	SUMANDEEP KAUR.	273 APBF103403	10/04/94	KAPURTHLA	14.39
2	KAJAL .	414 7707877568	28/12/08	TARNTARAN	19.65

Event # 48 WOMENS Open 400m Hurdles**FINALS****RESULTS OF FINALS**

1	NEHA .	220 APBF107330	06/30/02	JALANDHAR	1:02.80
2	GURDEEP KAUR	368 APBF110745	02/06/01	SANGRUR	1:03.00
3	EKAMJOT KAUR	417 9781171123	11/02/11	TARNTARAN	1:49.72

Event # 49 WOMENS Open 3000m Steeplechase**FINALS****RESULTS OF FINALS**

1	ANJANA RANI	174 7508037537	12/22/04	FAZILKA	17:24.06
	KOMALPREET KAUR	465	01/01/08	TARNTARAN	DNS

Event # 52 WOMENS Open Long Jump**FINALS****RESULTS OF FINALS**

1	HARLEEN KAUR	283 APBF145403	05/10/00	LUDHIANA	4.97m
2	ISHIKA VERMA	467	03/30/03	KAPURTHLA	4.55m
3	SONAM .	221 APBF137359	02/03/03	JALANDHAR	4.30m

Event # 53 WOMENS Open Triple Jump**FINALS****RESULTS OF FINALS**

1	ARSHDEEP KAUR.	372 APBF107570	02/11/99	SANGRUR	12.50m
	SONAM .	221 APBF137359	02/03/03	JALANDHAR	DNS

Event # 54 WOMENS Open Discus Throw**FINALS****RESULTS OF FINALS**

1	JASMEET KAUR	298 110834	15/09/03	MALERKOTLA	46.19m
2	ARASHDEEP KAUR	468	08/01/08	KAPURTHLA	30.75m
3	HARMANPREET KAUI	423 8544893710	10/11/05	TARNTARAN	15.10m

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Event # 55 WOMENS Open Hammer Throw**FINALS****RESULTS OF FINALS**

1	HAQIKAT KAUR GREV	170	APBF124371	28/09/05	FAZILKA	56.45m
2	JAISMEEN KAUR	458		06/26/09	TARNTARAN	35.02m
3	GURASEES KAUR	459		03/02/10	TARNTARAN	29.25m
4	KOMALPREET KAUR	465		01/01/08	TARNTARAN	22.95m

Event # 56 WOMENS Open Javelin Throw**FINALS****RESULTS OF FINALS**

1	SAROJ DEVI DEVI	223	APBF131301	15/02/99	JALANDHAR	46.93m
2	MANPREET KAUR.	146	APBF131253	26/05/99	BATHINDA	44.45m
3	CHARANJEET KAUR	416	8146805083	11/12/08	TARNTARAN	25.53m
4	MANREET KAUR....	173	9876290594	01/29/11	FAZILKA	25.15m
	BALJINDER KAUR	171	9463491705	08/05/85	FAZILKA	DNS
	JAGDEEP KAUR	157	9815827633	20/03/85	FARIDKOT	DNS

Event # 57 WOMENS Open Shot Put**FINALS****RESULTS OF FINALS**

1	MANPREET KAUR..	321	APBF188531	03/05/96	MUKSTSAR	15.39m
2	ARASHDEEP KAUR	468		08/01/08	KAPURTHLA	7.81m

Event # 58 WOMENS Open 21.09m H Marathon RW**FINALS****RESULTS OF FINALS**

1	BALJEET KAUR	335	APBF107185	28/01/02	PATIALA	1:49:02.31
2	KULWINDER KAUR	108	8427113316	19/11/03	AMRITSAR	2:02:45.39
3	HARBIR KAUR ATHW/	415	APBF259188	05/01/06	TARNTARAN	2:21:55.49

Event # 59 WOMENS Open 42.19m F Marathon RW**FINALS****RESULTS OF FINALS**

	KULWINDER KAUR	108	8427113316	19/11/03	AMRITSAR	DNS
	HARBIR KAUR ATHW/	415	APBF259188	05/01/06	TARNTARAN	DNS

Event # 60 WOMENS U-23 100m Run**FINALS****RESULTS OF FINALS**

1	LOVEJOT KAUR	411	APBF192979	21/08/06	SBS NAGAR	11.90
2	PREET KAUR .	196	APBF107310	02/12/06	GURDASPUR	12.01
3	ARSHDEEP KAUR	136	APBF230056	27/06/07	BARNALA	12.14
4	SANDEEP KAUR DHIL	104	APBF107823	20/11/05	AMRITSAR	12.75
5	LAKSHMI .	153	9876545292	23/01/10	FARIDKOT	14.93
	MANVEER KAUR	109	APBF258695	09/02/12	AMRITSAR	DNS

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1	PREET KAUR .	196	APBF107310	02/12/06	GURDASPUR	25.25
2	SATINDERJIT KAU SA	110	APBF238352	02/12/05	AMRITSAR	26.42
3	LAKHVEER KAUR	284	81468	10/09/08	LUDHIANA	30.23
4	LAKSHMI .	153	9876545292	23/01/10	FARIDKOT	32.56
	HASREET KAUR	226	8360903506	11/08/09	JALANDHAR	DNS
	SIMRANJOT KAUR SO	285	APBR239967	25/03/05	LUDHIANA	DNS
	SAROJ RANI	231	APBF223696	07/03/06	JALANDHAR	DNS
	HARLEEN HEER	224	6284482626	15/01/06	JALANDHAR	DNS
	MANVEER KAUR	109	APBF258695	09/02/12	AMRITSAR	DNS
	SANDEEP KAUR DHIL	104	APBF107823	20/11/05	AMRITSAR	DNS
	ANSPREET KAUR	156	APBF197137	08/12/09	FARIDKOT	DNS
	LOVEJOT KAUR	411	APBF192979	21/08/06	SBS NAGAR	DNS

Event # 62 WOMENS U-23 400m Run**FINALS****RESULTS OF FINALS**

1	MAYA ..	219	APBF110760	28/07/07	JALANDHAR	56.01
2	SEEMA KAUR	370	APBF224559	20/08/06	SANGRUR	56.66
3	STUTI .	303	APBF152998	01/05/06	MANSA	58.98
4	SATINDERJIT KAU SA	110	APBF238352	02/12/05	AMRITSAR	59.50
5	SAROJ RANI	231	APBF223696	07/03/06	JALANDHAR	1:01.83
6	SIMRANJOT KAUR SO	285	APBR239967	25/03/05	LUDHIANA	1:02.11
7	RAAVI BAJWA	102	APBF192611	09/09/10	AMRITSAR	1:02.34
8	HASREET KAUR	226	8360903506	11/08/09	JALANDHAR	1:03.81
	ROCHNA PAL	138	9336816129	23/09/05	BARNALA	DNS
	HARLEEN HEER	224	6284482626	15/01/06	JALANDHAR	DNS
	SONU ..	281	9056825311	06/06/08	LUDHIANA	DNS

Event # 63 WOMENS U-23 800m Run**FINALS****RESULTS OF FINALS**

1	SNEHA ...	188	APBF145369	01/07/05	FEROZPUR	2:12.98
2	HARPREET KAUR.	306	APBF139207	04/11/06	MANSA	2:18.21
3	RAAVI BAJWA	102	APBF192611	09/09/10	AMRITSAR	2:28.02
4	MANSI .	154	7710376031	25/01/08	FARIDKOT	3:04.41
	SONU ..	281	9056825311	06/06/08	LUDHIANA	DNS

Event # 64 WOMENS U-23 1500m Run**FINALS****RESULTS OF FINALS**

1	SNEHA ...	188	APBF145369	01/07/05	FEROZPUR	4:37.53
2	HARPREET KAUR.	306	APBF139207	04/11/06	MANSA	4:49.73
3	RENU .	155	8847060754	05/06/09	FARIDKOT	6:18.50
4	SUMANDEEP KAUR	160	9855085440	20/05/06	FARIDKOT	6:31.80

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Event # 65 WOMENS U-23 5000m Run**FINALS****RESULTS OF FINALS**

1	MANDEEP KAUR MAN	137	APBF105836	06/12/04	BARNALA	20:37.04
2	HARGUNPREET KAUF	107	APBF205409	03/02/10	AMRITSAR	23:20.08
3	SUMANPREET KAUR	371	APBM251107	10/04/07	SANGRUR	25:02.40
4	SUMANDEEP KAUR	160	9855085440	20/05/06	FARIDKOT	27:15.67
	BABLU KAUR	304	9502475982	26/06/05	MANSA	DNS
	DEEPU RANI	175	6280936022	19/07/06	FAZILKA	DNS
	BHAVNEET KAUR	105	APBF192742	06/08/09	AMRITSAR	DNS
	PARDIP KAUR	363	APBF197230	17/06/05	ROPAR	DNS

Event # 66 WOMENS U-23 10000m Run**FINALS****RESULTS OF FINALS**

1	BHAVNEET KAUR	105	APBF192742	06/08/09	AMRITSAR	53:31.09
	BABLU KAUR	304	9502475982	26/06/05	MANSA	DNS
	SUMANPREET KAUR	371	APBM251107	10/04/07	SANGRUR	DNS

Event # 67 WOMENS U-23 100m Hurdles**FINALS****RESULTS OF FINALS**

1	TASNEEM KAUR DHIL	135	APBF180261	07/10/09	BARNALA	14.57
2	ARSHDEEP KAUR	136	APBF230056	27/06/07	BARNALA	14.85
3	KAWALJIT KAUR .	101	APBF167483	15/12/05	AMRITSAR	14.97

Event # 68 WOMENS U-23 400m Hurdles**FINALS****RESULTS OF FINALS**

1	SEEMA KAUR	370	APBF224559	20/08/06	SANGRUR	1:04.38
2	PALAK KAUR	428	APBF197011	01/01/05	TARNTARAN	1:08.71
3	HARGUNPREET KAUF	107	APBF205409	03/02/10	AMRITSAR	1:20.08
	TASNEEM KAUR DHIL	135	APBF180261	07/10/09	BARNALA	DNS

Event # 69 WOMENS U-23 3000m Steeplechase**FINALS****RESULTS OF FINALS**

1	MANDEEP KAUR MAN	137	APBF105836	06/12/04	BARNALA	12:42.45
2	RENU .	155	8847060754	05/06/09	FARIDKOT	15:26.23
3	MANSI .	154	7710376031	25/01/08	FARIDKOT	16:38.63
4	DEEPU RANI	175	6280936022	19/07/06	FAZILKA	16:45.50

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Event # 70 WOMENS U-23 High Jump**FINALS****RESULTS OF FINALS**

1	RIMPAL KAUR	422	APBF124926	15/09/05	TARNTARAN	1.70m
2	ANCHAL SHARMA	111	APBF172863	24/03/04	AMRITSAR	1.55m
3	PAWANPREET KAUR	158	APBF197156	01/01/12	FARIDKOT	1.45m
4	AVNEET KAUR	362	NOT	22/05/05	ROPAR	1.45m
5	PRABHJOT KAUR	159	APBF199232	25/07/11	FARIDKOT	1.35m

Event # 72 WOMENS U-23 Long Jump**FINALS****RESULTS OF FINALS**

1	SIMRAN .	410	APBF145395	17/10/05	SBS NAGAR	5.39m
2	AVNEET KAUR	362	NOT	22/05/05	ROPAR	4.58m
3	LAKHVEER KAUR	284	81468	10/09/08	LUDHIANA	4.50m
4	MANPREET KAUR	228	ABPF272602	02/04/08	JALANDHAR	4.42m
5	SHIVANI ..	280	APBF242747	27/08/04	LUDHIANA	4.20m
6	ANSPREET KAUR	156	APBF197137	08/12/09	FARIDKOT	4.16m

Event # 73 WOMENS U-23 Triple Jump**FINALS****RESULTS OF FINALS**

1	SIMRAN .	410	APBF145395	17/10/05	SBS NAGAR	11.10m
2	MANPREET KAUR	228	ABPF272602	02/04/08	JALANDHAR	10.25m
	PRABHJOT KAUR	159	APBF199232	25/07/11	FARIDKOT	DNS

Event # 74 WOMENS U-23 Discus Throw**FINALS****RESULTS OF FINALS**

1	GURLEEN KAUR BA B	103	APBF197660	17/09/09	AMRITSAR	35.15m
2	TANU POONIA	230	ARJF186209	03/01/08	JALANDHAR	34.34m
3	SUKHMANPREET KAI	460		03/07/10	TARNTARAN	27.62m
4	GURMANPREET KAUI	317	9417009820	11/12/09	MOGA	20.04m

Event # 75 WOMENS U-23 Hammer Throw**FINALS****RESULTS OF FINALS**

1	HARMANDEEP KAUR	282	APBF254095	01/03/06	LUDHIANA	41.70m
2	KHUSHDEEP KAUR K.	305	9149622747	02/12/09	MANSA	41.51m
3	SUKHMANPREET KAI	464		03/09/07	TARNTARAN	35.80m
4	KOMALPREET KAUR	420	8146221346	03/14/09	TARNTARAN	32.40m

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Event # 76 WOMENS U-23 Javelin Throw**FINALS****RESULTS OF FINALS**

1	NAVREET KAUR	369	APBF124365	29/07/07	SANGRUR	40.15m
2	MUSKANPREET KAUR	421	APBF164532	12/27/05	TARNTARAN	33.32m
3	PARDIP KAUR	363	APBF197230	17/06/05	ROPAR	28.36m
4	JAISMEEN KAUR	462		08/16/11	TARNTARAN	23.35m
5	HARGUN KAUR	418	7529042801	04/09/10	TARNTARAN	19.00m
	CHARANJEET KAUR	424	8146805083	11/12/08	TARNTARAN	DNS

Event # 77 WOMENS U-23 Shot Put**FINALS****RESULTS OF FINALS**

1	JASKANWAL KAUR	336	APBF107096	18/11/04	PATIALA	14.66m
2	SUKHMANPREET KAUR	460		03/07/10	TARNTARAN	7.80m
	GURLEEN KAUR	103	APBF197660	17/09/09	AMRITSAR	DNS

Event # 78 WOMENS U-23 21.09m H Marathon RW**FINALS****RESULTS OF FINALS**

1	KAMALPREET KAUR	222	APBF159391	04/05/06	JALANDHAR	1:50:30.47
2	HARPREET KAUR	320	APBF223643	07/07/08	MUKSTSAR	2:07:42.81
3	SUKHWINDER KAUR	172	APBF229525	27/01/08	FAZILKA	2:22:12.97
4	GURLEEN KAUR	106	9915577965	25/10/08	AMRITSAR	2:40:52.09

Event # 79 MENS Open Decathlon**FINALS****RESULTS OF FINALS**

1	PRIHLAD WISHWASH	297	9501462655	13/03/02	LUDHIANA	3883
2	VARINDER SINGH	193	APBM145352	05/06/92	FEROZPUR	3882
3	ABHIJEET SINGH	299	7986346369	18/08/01	MALERKOTLA	3359
4	RANVIJAY SINGH	400	9855066604	10/18/10	SAS NAGAR	3286
5	BABBALJIT SINGH	436	6284108531	12/10/07	TARNTARAN	2302
6	INDERVEER SINGH	441	7901700802	18/02/07	TARNTARAN	1414
	MANBIR SINGH	444	8427178800	28/11/91	TARNTARAN	

Event # 80 MENS Open 100m Dec 100 Dash**FINALS****RESULTS OF FINALS**

1	RANVIJAY SINGH	400	9855066604	10/18/10	SAS NAGAR	12.05
2	VARINDER SINGH	193	APBM145352	05/06/92	FEROZPUR	12.35
3	BABBALJIT SINGH	436	6284108531	12/10/07	TARNTARAN	12.56
4	ABHIJEET SINGH	299	7986346369	18/08/01	MALERKOTLA	12.68
5	PRIHLAD WISHWASH	297	9501462655	13/03/02	LUDHIANA	12.72
6	INDERVEER SINGH	441	7901700802	18/02/07	TARNTARAN	12.76
	MANBIR SINGH	444	8427178800	28/11/91	TARNTARAN	DNS

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Event # 81 MENS Open Dec Long Jump**FINALS****RESULTS OF FINALS**

1	VARINDER SINGH	193	APBM145352	05/06/92	FEROZPUR	5.65m
2	PRIHLAD WISHWASH	297	9501462655	13/03/02	LUDHIANA	5.32m
3	RANVIJAY SINGH SAN	400	9855066604	10/18/10	SAS NAGAR	5.14m
4	BABBALJIT SINGH	436	6284108531	12/10/07	TARNTARAN	4.87m
5	INDERVEER SINGH	441	7901700802	18/02/07	TARNTARAN	3.95m
	MANBIR SINGH	444	8427178800	28/11/91	TARNTARAN	DNS
	ABHIJEET SINGH	299	7986346369	18/08/01	MALERKOTLA	NM

Event # 82 MENS Open Dec Shot Put**FINALS****RESULTS OF FINALS**

1	INDERVEER SINGH	441	7901700802	18/02/07	TARNTARAN	9.53m
2	PRIHLAD WISHWASH	297	9501462655	13/03/02	LUDHIANA	8.62m
3	VARINDER SINGH	193	APBM145352	05/06/92	FEROZPUR	8.25m
4	ABHIJEET SINGH	299	7986346369	18/08/01	MALERKOTLA	7.82m
5	RANVIJAY SINGH SAN	400	9855066604	10/18/10	SAS NAGAR	7.45m
6	BABBALJIT SINGH	436	6284108531	12/10/07	TARNTARAN	7.15m
	MANBIR SINGH	444	8427178800	28/11/91	TARNTARAN	DNS

Event # 83 MENS Open Dec High Jump**FINALS****RESULTS OF FINALS**

1	PRIHLAD WISHWASH	297	9501462655	13/03/02	LUDHIANA	1.50m
2	VARINDER SINGH	193	APBM145352	05/06/92	FEROZPUR	1.45m
3	ABHIJEET SINGH	299	7986346369	18/08/01	MALERKOTLA	1.35m
4	INDERVEER SINGH	441	7901700802	18/02/07	TARNTARAN	1.30m
5	BABBALJIT SINGH	436	6284108531	12/10/07	TARNTARAN	1.25m
6	RANVIJAY SINGH SAN	400	9855066604	10/18/10	SAS NAGAR	1.20m
	MANBIR SINGH	444	8427178800	28/11/91	TARNTARAN	DNS

Event # 84 MENS Open 400m Dec 400 Dash**FINALS****RESULTS OF FINALS**

1	BABBALJIT SINGH	436	6284108531	12/10/07	TARNTARAN	56.03
2	ABHIJEET SINGH	299	7986346369	18/08/01	MALERKOTLA	57.04
3	RANVIJAY SINGH SAN	400	9855066604	10/18/10	SAS NAGAR	57.62
4	VARINDER SINGH	193	APBM145352	05/06/92	FEROZPUR	1:00.99
5	PRIHLAD WISHWASH	297	9501462655	13/03/02	LUDHIANA	1:01.30
6	INDERVEER SINGH	441	7901700802	18/02/07	TARNTARAN	1:21.31
	MANBIR SINGH	444	8427178800	28/11/91	TARNTARAN	DNS

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Event # 85 MENS Open 110m Dec 110 Hurdles**FINALS****RESULTS OF FINALS**

1	VARINDER SINGH	193	APBM145352	05/06/92	FEROZPUR	19.38
2	ABHIJEET SINGH	299	7986346369	18/08/01	MALERKOTLA	19.42
3	PRIHLAD WISHWASH	297	9501462655	13/03/02	LUDHIANA	22.60
4	RANVIJAY SINGH SAN	400	9855066604	10/18/10	SAS NAGAR	23.02
5	BABBALJIT SINGH	436	6284108531	12/10/07	TARNTARAN	24.04
6	INDERVEER SINGH	441	7901700802	18/02/07	TARNTARAN	46.88
	MANBIR SINGH	444	8427178800	28/11/91	TARNTARAN	DNS

Event # 86 MENS Open Dec Discus Th**FINALS****RESULTS OF FINALS**

1	PRIHLAD WISHWASH	297	9501462655	13/03/02	LUDHIANA	29.90m
2	ABHIJEET SINGH	299	7986346369	18/08/01	MALERKOTLA	27.70m
3	VARINDER SINGH	193	APBM145352	05/06/92	FEROZPUR	23.57m
4	RANVIJAY SINGH SAN	400	9855066604	10/18/10	SAS NAGAR	18.48m
5	BABBALJIT SINGH	436	6284108531	12/10/07	TARNTARAN	16.45m
	INDERVEER SINGH	441	7901700802	18/02/07	TARNTARAN	NM
	MANBIR SINGH	444	8427178800	28/11/91	TARNTARAN	NM

Event # 87 MENS Open Dec Pole Vault**FINALS****RESULTS OF FINALS**

1	PRIHLAD WISHWASH	297	9501462655	13/03/02	LUDHIANA	2.60m
2	RANVIJAY SINGH SAN	400	9855066604	10/18/10	SAS NAGAR	1.70m
3	ABHIJEET SINGH	299	7986346369	18/08/01	MALERKOTLA	1.40m
4	VARINDER SINGH	193	APBM145352	05/06/92	FEROZPUR	1.30m
	MANBIR SINGH	444	8427178800	28/11/91	TARNTARAN	NM
	INDERVEER SINGH	441	7901700802	18/02/07	TARNTARAN	NM
	BABBALJIT SINGH	436	6284108531	12/10/07	TARNTARAN	NM

Event # 88 MENS Open Dec Javelin T**FINALS****RESULTS OF FINALS**

1	PRIHLAD WISHWASH	297	9501462655	13/03/02	LUDHIANA	42.37m
2	VARINDER SINGH	193	APBM145352	05/06/92	FEROZPUR	40.72m
3	ABHIJEET SINGH	299	7986346369	18/08/01	MALERKOTLA	34.05m
4	RANVIJAY SINGH SAN	400	9855066604	10/18/10	SAS NAGAR	23.05m
	BABBALJIT SINGH	436	6284108531	12/10/07	TARNTARAN	NM
	INDERVEER SINGH	441	7901700802	18/02/07	TARNTARAN	NM
	MANBIR SINGH	444	8427178800	28/11/91	TARNTARAN	NM

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Event # 89 MENS Open 1500m Dec 1500 Run**FINALS****RESULTS OF FINALS**

1	RANVIJAY SINGH SAN	400	9855066604	10/18/10	SAS NAGAR	5:04.61
2	ABHIJEET SINGH	299	7986346369	18/08/01	MALERKOTLA	5:16.89
3	VARINDER SINGH	193	APBM145352	05/06/92	FEROZPUR	5:19.37
4	PRIHLAD WISHWASH	297	9501462655	13/03/02	LUDHIANA	5:33.09
	MANBIR SINGH	444	8427178800	28/11/91	TARNTARAN	DNF
	BABBALJIT SINGH	436	6284108531	12/10/07	TARNTARAN	DNF
	INDERVEER SINGH	441	7901700802	18/02/07	TARNTARAN	DNF

Event # 90 MENS U-23 Decathlon**FINALS****RESULTS OF FINALS**

1	GURSHER SINGH GILI	117	APBM214692	13/09/07	AMRITSAR	5247
2	GURSHANSINGH MAN	430	9814974118	29/08/06	TARNTARAN	5056
3	AKASHDEEP SINGH	379	APBM195241	01/03/08	SANGRUR	3302
4	JAGSIR SINGH	310	8054651819	05/01/09	MANSA	3004
5	HARMANPREET SINGH	439	7719794106	02/06/07	TARNTARAN	776

Event # 91 MENS U-23 100m Dec 100 Dash**FINALS****RESULTS OF FINALS**

1	GURSHER SINGH GILI	117	APBM214692	13/09/07	AMRITSAR	11.18
2	GURSHANSINGH MAN	430	9814974118	29/08/06	TARNTARAN	11.49
3	JAGSIR SINGH	310	8054651819	05/01/09	MANSA	12.14
4	AKASHDEEP SINGH	379	APBM195241	01/03/08	SANGRUR	12.28
5	HARMANPREET SINGH	439	7719794106	02/06/07	TARNTARAN	13.64

Event # 92 MENS U-23 Dec Long Jump**FINALS****RESULTS OF FINALS**

1	GURSHER SINGH GILI	117	APBM214692	13/09/07	AMRITSAR	6.23m
2	GURSHANSINGH MAN	430	9814974118	29/08/06	TARNTARAN	5.88m
3	JAGSIR SINGH	310	8054651819	05/01/09	MANSA	5.64m
4	AKASHDEEP SINGH	379	APBM195241	01/03/08	SANGRUR	4.48m
5	HARMANPREET SINGH	439	7719794106	02/06/07	TARNTARAN	3.94m

Event # 93 MENS U-23 Dec Shot Put**FINALS****RESULTS OF FINALS**

1	GURSHANSINGH MAN	430	9814974118	29/08/06	TARNTARAN	8.85m
2	GURSHER SINGH GILI	117	APBM214692	13/09/07	AMRITSAR	8.62m
3	AKASHDEEP SINGH	379	APBM195241	01/03/08	SANGRUR	6.30m
4	HARMANPREET SINGH	439	7719794106	02/06/07	TARNTARAN	5.42m
5	JAGSIR SINGH	310	8054651819	05/01/09	MANSA	4.35m

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Event # 94 MENS U-23 Dec High Jump**FINALS****RESULTS OF FINALS**

1	GURSHER SINGH GILI	117	APBM214692	13/09/07	AMRITSAR	1.60m
1	GURSHANSINGH MAN	430	9814974118	29/08/06	TARNTARAN	1.60m
3	JAGSIR SINGH	310	8054651819	05/01/09	MANSA	1.45m
4	AKASHDEEP SINGH	379	APBM195241	01/03/08	SANGRUR	1.40m
	HARMANPREET SING	439	7719794106	02/06/07	TARNTARAN	NM

Event # 95 MENS U-23 400m Dec 400 Dash**FINALS****RESULTS OF FINALS**

1	GURSHER SINGH GILI	117	APBM214692	13/09/07	AMRITSAR	51.69
2	GURSHANSINGH MAN	430	9814974118	29/08/06	TARNTARAN	54.74
3	JAGSIR SINGH	310	8054651819	05/01/09	MANSA	57.33
4	AKASHDEEP SINGH	379	APBM195241	01/03/08	SANGRUR	58.58
	HARMANPREET SING	439	7719794106	02/06/07	TARNTARAN	DNF

Event # 96 MENS U-23 110m Dec 110 Hurdles**FINALS****RESULTS OF FINALS**

1	GURSHER SINGH GILI	117	APBM214692	13/09/07	AMRITSAR	16.43
2	GURSHANSINGH MAN	430	9814974118	29/08/06	TARNTARAN	18.33
3	AKASHDEEP SINGH	379	APBM195241	01/03/08	SANGRUR	22.15
4	JAGSIR SINGH	310	8054651819	05/01/09	MANSA	26.79
	HARMANPREET SING	439	7719794106	02/06/07	TARNTARAN	DNF

Event # 97 MENS U-23 Dec Discus Th**FINALS****RESULTS OF FINALS**

1	GURSHANSINGH MAN	430	9814974118	29/08/06	TARNTARAN	27.42m
2	GURSHER SINGH GILI	117	APBM214692	13/09/07	AMRITSAR	25.88m
3	AKASHDEEP SINGH	379	APBM195241	01/03/08	SANGRUR	17.56m
	HARMANPREET SING	439	7719794106	02/06/07	TARNTARAN	NM
	JAGSIR SINGH	310	8054651819	05/01/09	MANSA	NM

Event # 98 MENS U-23 Dec Pole Vault**FINALS****RESULTS OF FINALS**

1	GURSHANSINGH MAN	430	9814974118	29/08/06	TARNTARAN	2.90m
2	GURSHER SINGH GILI	117	APBM214692	13/09/07	AMRITSAR	1.90m
3	JAGSIR SINGH	310	8054651819	05/01/09	MANSA	1.30m
3	AKASHDEEP SINGH	379	APBM195241	01/03/08	SANGRUR	1.30m
	HARMANPREET SING	439	7719794106	02/06/07	TARNTARAN	NM

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Event # 99 MENS U-23 Dec Javelin T**FINALS****RESULTS OF FINALS**

1	GURSHER SINGH GILI	117	APBM214692	13/09/07	AMRITSAR	48.56m
2	GURSHANSINGH MAN	430	9814974118	29/08/06	TARNTARAN	48.05m
3	AKASHDEEP SINGH	379	APBM195241	01/03/08	SANGRUR	34.65m
4	JAGSIR SINGH	310	8054651819	05/01/09	MANSA	28.10m
	HARMANPREET SINGH	439	7719794106	02/06/07	TARNTARAN	NM

Event # 100 MENS U-23 1500m Dec 1500 Run**FINALS****RESULTS OF FINALS**

1	AKASHDEEP SINGH	379	APBM195241	01/03/08	SANGRUR	5:01.01
2	JAGSIR SINGH	310	8054651819	05/01/09	MANSA	5:03.54
3	GURSHANSINGH MAN	430	9814974118	29/08/06	TARNTARAN	5:20.04
4	GURSHER SINGH GILI	117	APBM214692	13/09/07	AMRITSAR	5:24.41
	HARMANPREET SINGH	439	7719794106	02/06/07	TARNTARAN	DNF

Event # 101 WOMENS Open Heptathlon**FINALS****RESULTS OF FINALS**

1	MANREET KAUR....	173	9876290594	01/29/11	FAZILKA	1950
2	HARMANPREET KAUI	423	8544893710	10/11/05	TARNTARAN	1856
3	KAJAL .	414	7707877568	28/12/08	TARNTARAN	1806
4	BALJINDER KAUR	171	9463491705	08/05/85	FAZILKA	1051
5	CHARANJEET KAUR	416	8146805083	11/12/08	TARNTARAN	845
6	EKAMJOT KAUR	417	9781171123	11/02/11	TARNTARAN	806
7	JAGDEEP KAUR	157	9815827633	20/03/85	FARIDKOT	238

Event # 102 WOMENS Open 100m Hep 100 Hurdles**FINALS****RESULTS OF FINALS**

1	KAJAL .	414	7707877568	28/12/08	TARNTARAN	19.68
2	MANREET KAUR....	173	9876290594	01/29/11	FAZILKA	21.18
3	HARMANPREET KAUI	423	8544893710	10/11/05	TARNTARAN	22.12
4	BALJINDER KAUR	171	9463491705	08/05/85	FAZILKA	24.11
5	EKAMJOT KAUR	417	9781171123	11/02/11	TARNTARAN	27.67
6	CHARANJEET KAUR	416	8146805083	11/12/08	TARNTARAN	48.65
	JAGDEEP KAUR	157	9815827633	20/03/85	FARIDKOT	DNF

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Event # 103 WOMENS Open Hep High Jump**FINALS****RESULTS OF FINALS**

1	HARMANPREET KAUI	423	8544893710	10/11/05	TARNTARAN	1.26m
2	MANREET KAUR....	173	9876290594	01/29/11	FAZILKA	1.24m
3	EKAMJOT KAUR	417	9781171123	11/02/11	TARNTARAN	1.05m
4	BALJINDER KAUR	171	9463491705	08/05/85	FAZILKA	.95m
4	KAJAL .	414	7707877568	28/12/08	TARNTARAN	.95m
6	CHARANJEET KAUR	416	8146805083	11/12/08	TARNTARAN	.85m
6	JAGDEEP KAUR	157	9815827633	20/03/85	FARIDKOT	.85m

Event # 104 WOMENS Open Hep Shot Put**FINALS****RESULTS OF FINALS**

1	BALJINDER KAUR	171	9463491705	08/05/85	FAZILKA	6.66m
2	CHARANJEET KAUR	416	8146805083	11/12/08	TARNTARAN	6.60m
3	EKAMJOT KAUR	417	9781171123	11/02/11	TARNTARAN	5.13m
4	KAJAL .	414	7707877568	28/12/08	TARNTARAN	5.01m
5	HARMANPREET KAUI	423	8544893710	10/11/05	TARNTARAN	4.94m
6	JAGDEEP KAUR	157	9815827633	20/03/85	FARIDKOT	4.82m
7	MANREET KAUR....	173	9876290594	01/29/11	FAZILKA	4.78m

Event # 105 WOMENS Open 200m Hep 200 Dash**FINALS****RESULTS OF FINALS**

1	MANREET KAUR....	173	9876290594	01/29/11	FAZILKA	30.24
2	KAJAL .	414	7707877568	28/12/08	TARNTARAN	32.12
3	HARMANPREET KAUI	423	8544893710	10/11/05	TARNTARAN	32.24
4	BALJINDER KAUR	171	9463491705	08/05/85	FAZILKA	33.96
5	EKAMJOT KAUR	417	9781171123	11/02/11	TARNTARAN	36.68
6	CHARANJEET KAUR	416	8146805083	11/12/08	TARNTARAN	37.18
7	JAGDEEP KAUR	157	9815827633	20/03/85	FARIDKOT	1:06.67

Event # 106 WOMENS Open Hep Long Jump**FINALS****RESULTS OF FINALS**

1	KAJAL .	414	7707877568	28/12/08	TARNTARAN	3.97m
2	MANREET KAUR....	173	9876290594	01/29/11	FAZILKA	3.84m
3	HARMANPREET KAUI	423	8544893710	10/11/05	TARNTARAN	3.63m
4	BALJINDER KAUR	171	9463491705	08/05/85	FAZILKA	3.41m
5	EKAMJOT KAUR	417	9781171123	11/02/11	TARNTARAN	3.22m
6	CHARANJEET KAUR	416	8146805083	11/12/08	TARNTARAN	2.55m
	JAGDEEP KAUR	157	9815827633	20/03/85	FARIDKOT	NM

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Event # 107 WOMENS Open Hep Javelin T**FINALS****RESULTS OF FINALS**

1	CHARANJEET KAUR	416	8146805083	11/12/08	TARNTARAN	23.46m
2	MANREET KAUR....	173	9876290594	01/29/11	FAZILKA	21.90m
3	HARMANPREET KAUI	423	8544893710	10/11/05	TARNTARAN	13.90m
4	BALJINDER KAUR	171	9463491705	08/05/85	FAZILKA	12.90m
5	EKAMJOT KAUR	417	9781171123	11/02/11	TARNTARAN	12.13m
6	KAJAL .	414	7707877568	28/12/08	TARNTARAN	10.20m
	JAGDEEP KAUR	157	9815827633	20/03/85	FARIDKOT	NM

Event # 108 WOMENS Open 800m Hep 800 Run**FINALS****RESULTS OF FINALS**

1	KAJAL .	414	7707877568	28/12/08	TARNTARAN	2:55.44
2	HARMANPREET KAUI	423	8544893710	10/11/05	TARNTARAN	2:57.19
3	MANREET KAUR....	173	9876290594	01/29/11	FAZILKA	3:30.75
4	BALJINDER KAUR	171	9463491705	08/05/85	FAZILKA	4:32.03
	EKAMJOT KAUR	417	9781171123	11/02/11	TARNTARAN	DNF
	CHARANJEET KAUR	416	8146805083	11/12/08	TARNTARAN	DNF
	JAGDEEP KAUR	157	9815827633	20/03/85	FARIDKOT	DNF

Event # 109 WOMENS U-23 Heptathlon**FINALS****RESULTS OF FINALS**

1	ROCHNA PAL	138	9336816129	23/09/05	BARNALA	2016
2	KAJAL .	463		07/20/07	TARNTARAN	1285
3	JAISMEEN KAUR	462		08/16/11	TARNTARAN	1101
4	HARGUN KAUR	418	7529042801	04/09/10	TARNTARAN	589
	CHARANJEET KAUR F	424	8146805083	11/12/08	TARNTARAN	

Event # 110 WOMENS U-23 100m Hep 100 Hurdles**FINALS****RESULTS OF FINALS**

1	ROCHNA PAL	138	9336816129	23/09/05	BARNALA	22.33
2	KAJAL .	463		07/20/07	TARNTARAN	24.55
3	JAISMEEN KAUR	462		08/16/11	TARNTARAN	27.92
4	HARGUN KAUR	418	7529042801	04/09/10	TARNTARAN	58.90
	CHARANJEET KAUR F	424	8146805083	11/12/08	TARNTARAN	DNF

Event # 111 WOMENS U-23 Hep High Jump**FINALS****RESULTS OF FINALS**

1	JAISMEEN KAUR	462		08/16/11	TARNTARAN	1.13m
2	ROCHNA PAL	138	9336816129	23/09/05	BARNALA	1.10m
3	KAJAL .	463		07/20/07	TARNTARAN	1.05m
	CHARANJEET KAUR F	424	8146805083	11/12/08	TARNTARAN	NM
	HARGUN KAUR	418	7529042801	04/09/10	TARNTARAN	NM

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Event # 112 WOMENS U-23 Hep Shot Put**FINALS****RESULTS OF FINALS**

1	HARGUN KAUR	418	7529042801	04/09/10	TARNTARAN	6.73m
2	JAISMEEN KAUR	462		08/16/11	TARNTARAN	6.20m
3	KAJAL .	463		07/20/07	TARNTARAN	5.65m
4	ROCHNA PAL	138	9336816129	23/09/05	BARNALA	4.45m
	CHARANJEET KAUR F	424	8146805083	11/12/08	TARNTARAN	NM

Event # 113 WOMENS U-23 200m Hep 200 Dash**FINALS****RESULTS OF FINALS**

1	ROCHNA PAL	138	9336816129	23/09/05	BARNALA	28.21
2	KAJAL .	463		07/20/07	TARNTARAN	32.66
3	JAISMEEN KAUR	462		08/16/11	TARNTARAN	37.13
4	HARGUN KAUR	418	7529042801	04/09/10	TARNTARAN	42.03
	CHARANJEET KAUR F	424	8146805083	11/12/08	TARNTARAN	DNF

Event # 114 WOMENS U-23 Hep Long Jump**FINALS****RESULTS OF FINALS**

1	ROCHNA PAL	138	9336816129	23/09/05	BARNALA	4.23m
2	KAJAL .	463		07/20/07	TARNTARAN	3.69m
3	JAISMEEN KAUR	462		08/16/11	TARNTARAN	3.04m
	CHARANJEET KAUR F	424	8146805083	11/12/08	TARNTARAN	NM
	HARGUN KAUR	418	7529042801	04/09/10	TARNTARAN	NM

Event # 115 WOMENS U-23 Hep Javelin T**FINALS****RESULTS OF FINALS**

1	JAISMEEN KAUR	462		08/16/11	TARNTARAN	23.35m
2	HARGUN KAUR	418	7529042801	04/09/10	TARNTARAN	19.00m
3	KAJAL .	463		07/20/07	TARNTARAN	16.26m
4	ROCHNA PAL	138	9336816129	23/09/05	BARNALA	10.60m
	CHARANJEET KAUR F	424	8146805083	11/12/08	TARNTARAN	NM

Event # 116 WOMENS U-23 800m Hep 800 Run**FINALS****RESULTS OF FINALS**

1	ROCHNA PAL	138	9336816129	23/09/05	BARNALA	2:57.47
2	KAJAL .	463		07/20/07	TARNTARAN	3:48.68
3	JAISMEEN KAUR	462		08/16/11	TARNTARAN	4:39.69
	CHARANJEET KAUR F	424	8146805083	11/12/08	TARNTARAN	DNF
	HARGUN KAUR	418	7529042801	04/09/10	TARNTARAN	DNF