



**INDIAN
ATHLETICS**



**Reliance
Foundation**

ATHLETICS FEDERATION OF INDIA

4th INDIAN OPEN THROWS COMPETITION 2025

Organized by

Reliance Foundation



**20th – 21st
Mar 2025**



**Jio Institute, Navi Mumbai,
Maharashtra**



Final Results



HSBC



4th Indian Open Throws Competition 2025

Jio Institute, Ulwe, Navi Mumbai

21-03-2025

3/20/25 - 3/21/25

20 - 21 March 2025**Event # 1 MENS Shot Put**

#NATIONAL RECORD:T.Singh Toor Punjab 21.77 19/03/2023

1	Samardeep Singh Gill	165	03/01/01	Madhya Pradesh	18.52m
		X, 18.32, 18.36, 18.27, 18.17, 18.52			
2	Sawan .	168	28/11/04	Haryana	18.27m
		17.32, 18.27, X, X, X, X			
3	Prabhkirpal Singh	150	12/07/97	Punjab	17.92m
		17.76, X, 17.92, X, X, X			
4	Varinderpal Singh	179	22/12/02	Punjab	17.77m
5	Balaji .	114	26/09/00	Tamil Nadu	17.66m
6	Iqbal Singh Chahal	133	13/11/99	Punjab	17.32m
7	Jaidev Dikka	135	27/06/04	Delhi	16.86m
8	P. Surya Prakash	149	25/09/02	CISF	16.35m
9	Balvinder Singh	115	18/10/02	Uttar Pradesh	16.34m
10	Omesh Ranga	148	31/05/03	Punjab	16.30m
11	Rahul Krishna Air	154	06/04/94	Maharashtra	16.24m
12	Armaandeep Singh	111	14/06/00	Punjab	16.02m
13	Adhish Ghildiyal	104	21/05/02	Uttarkhand	15.74m
14	Govind Vijay Rai	124	11/05/93	PSCB	15.61m
15	S Ebenezer	161	24/09/04	Tamil Nadu	15.52m
16	Amit .	106	12/12/95	Army	15.23m
17	Hemchander Khatri	131	22/02/02	Army	15.17m
18	Vikash Chaudhari	181	16/11/96	Uttar Pradesh	14.22m
19	Samadhan Khedekar	164	12/10/98	Maharashtra	13.13m
	Tajinderpal Sin Toor	177	13/11/94	Punjab	DNS
	Deepak Chauhan	120	11/12/04	Rajasthan	DNS

Event # 2 MENS Discus Throw

#NATIONAL RECORD:V.Gowda Karnataka 66.28 12/04/2012

RESULTS OF FINALS

1	Abhimanyu Abhimanyu	102	18/12/01	Haryana	54.91m
		48.28, 54.01, 54.91, 54.23, 53.88, 52.33			
2	Nirbhay Singh	144	20/11/96	Haryana	54.60m
		X, 53.53, 53.51, 54.60, X, X			
3	Bhartpreet Singh	117	02/07/04	Reliance	53.69m
		50.55, 53.69, 51.66, 52.48, 52.02, 51.64			
4	Oinam Alson Singh	147	22/01/02	Manipur	50.92m
5	P. Surya Prakash	149	25/09/02	CISF	50.59m
6	Prateek Maan	151	04/05/01	Haryana	50.44m
7	Satish Bansi Deshmukh	167	08/08/01	Maharashtra	49.89m
8	Ashish Kumar	112	11/09/02	Uttar Pradesh	48.98m
9	Ravinder .	156	15/04/96	Haryana	47.65m
10	Ashwani Lamba	113	29/03/98	CISF	47.40m
11	Adarsh Malik	103	07/11/02	Chandigarh	46.42m
	Sumit .	175	27/09/99	Air Force	DNS

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20 - 21 March 2025**RESULTS OF PRELIMS**

1	Abhimanyu Abhimanyu	102	18/12/01	Haryana	54.01m
2	Nirbhay Singh	144	20/11/96	Haryana	54.00m
3	Bhartpreet Singh	117	02/07/04	Reliance	50.59m
4	Oinam Alson Singh	147	22/01/02	Manipur	50.47m
5	Prateek Maan	151	04/05/01	Haryana	50.36m
6	P. Surya Prakash	149	25/09/02	CISF	49.87m
7	Ashwani Lamba	113	29/03/98	CISF	49.07m
8	Ashish Kumar	112	11/09/02	Uttar Pradesh	48.88m
9	Adarsh Malik	103	07/11/02	Chandigarh	47.91m
10	Ravinder .	156	15/04/96	Haryana	47.89m
11	Satish Bansi Deshmukh	167	08/08/01	Maharashtra	47.85m
12	Sumit .	175	27/09/99	Air Force	47.80m
13	Pulkit Choudhary	153	10/10/02	Uttar Pradesh	47.52m
14	Shreyansh Jain	174	18/03/04	Uttarkhand	46.86m
15	Anshu Rai	109	03/08/89	Uttar Pradesh	46.24m
16	Rohit Kumar	159	29/09/00	Rajasthan	45.62m
17	Naveen Kumar	143	12/07/98	Rajasthan	45.32m
18	Deepak Choudhary	121	15/01/06	Rajasthan	45.04m
19	Danish Dilipbha Makvana	138	26/02/05	Gujarat	44.49m
20	Vikas Singh	180	03/08/03	Haryana	44.28m
21	Hardeep Singh	127	14/09/97	Punjab	43.49m
22	Riyansh Ghildiyal	158	02/01/05	Uttarkhand	42.28m
23	Mohit Sharma	142	08/11/04	Rajasthan	41.06m
24	Dev Valand	122	17/08/03	Gujarat	38.75m
	Prince .	152	08/04/02	Railway Sports	DNS
	Ramanand Kumar Singh	155	02/10/02	Army	DNS

Event # 3 MENS Hammer Throw

#NATIONAL RECORD:N.Kumar Rajasthan 70.73 29/06/2016

1	Damneet Singh	119	10/03/00	Reliance	65.69m
		65.30, 65.69, X, 65.08, X, 65.22			
2	Vikrant Ramesh Rainak	183	08/03/98	Army	59.42m
		X, 58.04, 58.52, X, 57.69, 59.42			
3	Gurdev Singh	126	14/08/01	Punjab	59.01m
		58.02, 58.07, X, 59.01, X, X			
4	Jaswinder Singh	137	12/10/94	Army	58.90m
5	Shankar Nagarajan	169	11/07/91	Tamil Nadu	58.69m
6	Sadik Khan	162	15/07/97	Army	56.87m
7	Shivam Shukla	172	30/12/97	Uttar Pradesh	56.30m
8	Ajay Singh Bishnoi	105	27/06/00	Gujarat	53.75m
9	Janisar Akhtar	136	11/11/92	Uttar Pradesh	53.23m
10	Dheeraj R Poojary	123	08/11/03	Karnataka	50.91m
11	Shebeeb .	171	04/01/03	Kerala	50.52m
	Nitish Tomar	146	11/01/01	Punjab	NM
	Harish Yadav	129	01/10/95	Uttar Pradesh	DNS
	Abhijit Shinde	101	29/03/03	Maharashtra	DNS

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Event # 4 MENS Javelin Throw

1	Rohit Yadav	160	06/06/01	Uttar Pradesh	78.87m
		78.87, 77.71, 78.45, 74.14, p, 78.09			
2	Shivpal Singh	173	07/06/95	Uttar Pradesh	77.00m
		72.00, 71.39, 71.52, X, 74.16, 77.00			
3	Shashank Patil	170	10/10/04	Karnataka	76.66m
		69.87, 68.78, 71.38, 74.55, 75.58, 76.66			
4	Vikrant Malik	182	02/01/96	Reliance	76.09m
5	Sahil Silwal	163	17/12/00	Reliance	73.10m
6	Nitesh Yadav	145	22/07/02	Army	70.83m
7	Sunny Sheoran	176	12/10/98	Army	70.51m
8	Anand Singh	107	03/03/04	Uttar Pradesh	70.40m
9	Manjinder Singh	140	09/12/98	Punjab	69.08m
10	Anil Rohidas Ghungase	108	20/03/95	PSCB	67.99m
11	Uttam Balasaheb Patil	178	01/11/98	Maharashtra	67.96m
12	Harish Kumar	128	30/10/96	CISF	64.19m



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Event # 4 MENS Javelin Throw

#NATIONAL RECORD:N.Chopra Haryana 89.94 30/06/2022

RESULTS OF PRELIMS

1	Shashank Patil	170	10/10/04	Karnataka	72.48m
2	Nitesh Yadav	145	22/07/02	Army	72.34m
3	Sunny Sheoran	176	12/10/98	Army	71.43m
4	Anand Singh	107	03/03/04	Uttar Pradesh	69.75m
5	Anil Rohidas Ghungase	108	20/03/95	PSCB	67.11m
6	Harish Kumar	128	30/10/96	CISF	65.04m
7	Mathes Waran Raja	141	19/02/00	Tamil Nadu	64.59m
8	Rishabh Nehra	157	10/12/99	PSCB	64.42m
9	Arjun Kumar Yadav	110	14/10/02	Madhya Pradesh	63.00m
10	Vivek Kumar	186	28/03/03	Madhya Pradesh	62.73m
11	Gulab Singh Gotam	125	03/11/04	Madhya Pradesh	59.54m
12	Rakesh Godara	292	23/05/05	Rajasthan	57.73m
13	Honey .	132	12/02/03	Uttar Pradesh	54.90m
14	Vikrant Singh Panwar	184	05/05/01	Madhya Pradesh	54.59m
15	Braveman Heart	118	20/09/98	Tamil Nadu	53.39m
	Sarvesh Bharat Sonar	166	17/06/03	Reliance	NM
	Harshvardhan Tomar	130	25/08/04	Uttar Pradesh	NM
	Bharatbhai Rathva	116	29/04/01	Gujarat	DNS
	Vinod Kumar	185	21/09/86	Uttar Pradesh	DNS
	Izhar Ahmad	134	03/03/03	Madhya Pradesh	DNS

Event # 5 MENS Under 20yr Shot Put

#NATIONAL RECORD:S.Vij Delhi 20.35 17/06/2006

1	Siddharth Choudhary	238	24/09/05	Rajasthan	18.18m
	17.55, 18.05, X, X, 18.18, X				
2	Sarthak Singh	237	01/01/06	Uttar Pradesh	17.52m
	16.69, 17.52, 17.15, X, 16.99, 17.29				
3	Ankit Yadav	217	15/12/05	Uttar Pradesh	17.27m
	16.73, X, 16.69, 17.27, X, 17.17				
4	Akash Yadav	215	23/03/05	Uttar Pradesh	17.26m
5	Vishal Chechi	245	11/06/05	Delhi	16.64m
6	Vaidik Tiwari	244	12/06/06	Madhya Pradesh	16.08m
7	Ganesh Nagappa Gouda	221	02/06/05	Karnataka	15.03m
8	Sayali Husmat Hanif	293	20/09/06	Gujarat	13.92m
	Kundan Kumar Gurjar	228	08/02/07	Rajasthan	DNS
	Hushanpreet Singh	226	21/12/05	Punjab	DNS
	Aman Verma	216	01/07/06	Uttar Pradesh	DNS

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Event # 6 MENS Under 20yr Discus Throw

#NATIONAL RECORD:S.Dalal Haryana 58.11 10/05/2014

1	Ujjawal Choudhary	242	24/03/06	Haryana	59.34m #
		55.09, X, 57.14, 58.25, 59.34, X			
2	Vaibhav .	243	16/10/06	Himachal Pradesh	53.48m
		52.46, 52.76, X, 53.48, 52.57, 52.52			
3	Ritik .	234	06/07/06	Haryana	52.88m
		52.58, 51.32, 52.88, X, 49.91, X			
4	Tanvir Singh	241	13/12/05	Punjab	52.66m
5	Hemant Singh Raghuwanshi	224	15/02/07	Madhya Pradesh	51.00m
6	Diwakarr S I	220	13/05/06	Tamil Nadu	41.87m
7	Swaraj Ankush Gaikwad	240	08/01/06	Maharashtra	41.07m
8	Sarthak Kiran Sakat	236	24/01/07	Maharashtra	37.70m
9	Krishiv Sharma	227	03/01/07	Punjab	33.43m
10	Mohammad Anas Ashfaqi	229	19/10/06	Rajasthan	27.17m
	Srisanth Vasanth S	239	12/11/05	Tamil Nadu	NM

Event # 7 MENS Under 20yr Hammer Throw

#NATIONAL RECORD:A.Jakhar Haryana 76.86 07/06/2018

1	Golu Yadav	223	25/02/06	Uttar Pradesh	57.08m
		X, 57.08, 55.87, X, X, X			
2	Yashas Praveen Kurbar	246	26/10/06	Karnataka	56.96m
		X, 56.96, 56.49, X, X, X			

Event # 8 MENS Under 20yr Javelin Throw

#NATIONAL RECORD:N.Chopra Haryana 86.48 23/06/2016

1	Dipanshu Sharma	219	25/04/06	Uttar Pradesh	68.43m
		66.85, 67.34, 68.43, X, 67.04, 65.88			
2	Rohan Yadav	235	10/09/06	Uttar Pradesh	66.48m
		64.23, 66.02, 66.48, 65.23, X, 62.82			
3	Gaurav Patel	222	22/11/06	Reliance	66.10m
		64.15, 66.10, 63.36, X, 63.31, 64.49			
4	Pankaj Gavale	231	15/09/06	Maharashtra	65.42m
5	Himanshu Mishra	225	22/06/05	Madhya Pradesh	64.22m
6	Mangal Singh	139	01/02/07	Uttar Pradesh	61.99m
7	Rahul Choudhary	233	05/05/06	Rajasthan	52.54m
8	N. Siddharth	230	21/02/06	Madhya Pradesh	51.52m
9	Chankya Kumar	218	30/03/05	Uttar Pradesh	47.82m
	Pratik Kendre	232	15/02/07	Maharashtra	DNS

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Event # 9 MENS Under 18yr Shot Put

#NATIONAL RECORD:S.Chaudhary Rajasthan 21.04 05/02/2023

1	Aryan Prashant Satpute	191	27/04/07	Maharashtra	18.06m
		17.57, X, 17.63, 18.06, X, X			
2	Akhand Pratap Singh	190	08/04/08	Uttar Pradesh	18.04m
		17.63, 18.04, 17.89, 17.49, 17.20, 17.40			
3	Harpatap Singh	195	16/01/08	Punjab	17.12m
		15.34, 15.48, 16.84, X, 16.59, 17.12			
4	Abhay Tyagi	188	27/10/08	Uttar Pradesh	16.49m
5	Yash .	211	10/07/08	Haryana	15.97m
6	Abhinav Singh Shekhawat	189	05/03/08	JSW	15.54m
7	Krishna Singh	196	31/12/08	Uttar Pradesh	15.42m
8	Om Mulik	199	11/09/07	Maharashtra	13.28m
9	Devesh Kshirsagar	194	09/03/09	Maharashtra	12.43m
10	Rishabh .	201	11/12/08	Army	10.56m

Event # 10 MENS Under 18yr Discus Throw

NATIONAL RECORD:Arjun . Delhi 64.09 23/04/2010

1	Usmanali Khan	205	26/12/07	Reliance	55.11m
		X, 52.67, 54.96, X, 53.23, 55.11			
2	Sonu .	203	27/03/08	Delhi	52.15m
		46.17, 51.18, X, 52.15, 51.41, X			
3	Yashraj Jain	213	29/08/07	Madhya Pradesh	51.44m
		50.68, 46.99, X, 50.57, 51.44, 50.21			
4	Bikram Biswas	192	28/06/07	West Bengal	51.28m
5	Aashish .		29/11/07	Punjab	45.59m
6	Tanish Dinesh Desale	204	22/04/08	Maharashtra	40.70m
7	Het Patoliya	291	14/04/08	Gujarat	35.25m
	Vraj Bhaveshbha Patel	210	21/09/08	Gujarat	NM

Event # 11 MENS Under 18yr Javelin Throw

#NATIONAL RECORD:R.Yadav Uttar Pradesh 81.75 15/04/2019

1	Vijay kumar Yadav	207	10/11/07	Chhattisgarh	69.95m
		65.12, 57.95, X, 69.95, 64.44, X			
2	Manoj S Chavan	198	04/11/07	Maharashtra	66.48m
		X, 43.90, X, 66.48, 62.99, X			
3	Virendra Yadav	208	27/11/07	Bihar	65.78m
		63.23, 58.83, X, 65.78, 63.00, X			
4	Vivek Kumar Yadav	209	06/09/08	Jharkhand	57.94m
5	Mangesh Gaikwad	197	28/05/07	Maharashtra	57.28m
6	Rajat Kumar	200	12/07/08	Uttar Pradesh	55.92m
7	Ryan Hastir	202	15/03/09	Punjab	47.09m
8	Yuvraj Gusinge	214	21/11/07	Maharashtra	44.04m
	Yashpal .	212	15/06/08	Rajasthan	NM
	Vansh .	206	15/11/08	Uttar Pradesh	NM
	Deepak Kumar Rai	193	07/12/07	Bihar	DNS

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Event # 12 WOMENS Shot Put

#NATIONAL RECORD:A.Khatua Maharashtra 18.41 13/05/2024

1	Shiksha .	289	12/12/02	Haryana	16.18m
		16.18, 15.78, 15.63, 15.75, 16.09, X			
2	Kachnar Chaudhary	253	17/05/99	Reliance	15.01m
		14.69, 15.01, X, X, X, X			
3	Vanshika Shekhawat	270	20/10/04	Rajasthan	14.02m
		X, 13.74, 13.49, 13.88, X, 14.02			
4	Suman Sharma	268	18/11/00	Rajasthan	13.14m

Event # 13 WOMENS Discus Throw

#NATIONAL RECORD:K.Kaur Punjab 66.59 21/06/2021

1	Seema .	264	25/02/99	Haryana	56.39m
		56.39, 54.72, 52.73, X, 54.02, X			
2	Neetika Verma	260	04/03/01	Uttar Pradesh	50.23m
		50.23, 46.01, X, X, X, X			
3	Priya .	261	20/06/04	Haryana	48.88m
		44.91, 48.88, 46.82, 46.06, X, 44.52			
4	Amera Anwar Shah	247	21/02/02	Maharashtra	46.75m
5	K M Madhu	252	01/05/95	CISF	45.20m
6	Arshdeep Kaur Khangura	248	07/01/05	Punjab	44.71m
7	Kritika Kumari	256	29/09/04	Bihar	44.60m
8	Madhu Renu	258	01/05/97	Rajasthan	43.70m
9	Sneha Prakash Andhare	267	13/06/04	Maharashtra	39.78m
10	Shivi Choudhary	266	24/11/02	Uttar Pradesh	37.38m
	Priyanshi Kulhar	262	27/02/05	Rajasthan	DNS

Event # 14 WOMENS Hammer Throw

#NATIONAL RECORD:S.Singh Uttar Pradesh 65.25 01/06/2017

1	Harshita Sehrawat	250	01/04/03	Reliance	59.08m
		58.07, 59.08, 58.46, X, 58.13, X			
2	Mital Solanki	259	28/08/03	Gujarat	50.78m
		48.11, 48.95, X, 50.78, 48.35, 48.22			
3	Ripudaman Kaur	263	18/06/04	Punjab	46.99m
		46.10, 44.98, 46.99, 45.97, 44.30, 46.85			

Event # 15 WOMENS Javelin Throw

#NATIONAL RECORD:A.Rani Uttar Pradesh 63.82 08/05/2022

1	Annu Rani	294	29/08/92	Uttar Pradesh	58.82m
		55.09, 54.91, 57.08, 58.82, 57.75, X			
2	Shilpa Rani	265	15/06/96	Haryana	54.37m
		X, 46.71, 49.73, 48.26, 53.08, 54.37			
3	Karishma S Sanil	254	04/06/00	Railway Sports	53.52m
		53.52, 50.73, 50.87, X, X, 51.50			
4	Lalita Choudhary	257	19/05/98	Rajasthan	47.30m
5	Uma Choudhary	269	04/10/99	Rajasthan	46.75m
6	Hemamalini Neelakandan	251	12/04/00	Tamil Nadu	45.45m
7	Khushee Yadav	255	31/12/03	Rajasthan	42.45m
8	Diksha Dwivedi	249	24/06/01	Gujarat	40.63m

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Event # 16 WOMENS Under 20yr Shot Put

#NATIONAL RECORD:N.Dhillon Punjab 15.89 10/05/2014

1	Jashandeep Kaur	282	01/11/05	Punjab	13.06m
		12.36, 12.17, 12.98, X, 13.06, X			
	Ritu .	285	25/08/05	Rajasthan	DNS

Event # 17 WOMENS Under 20yr Discus Throw

#NATIONAL RECORD:S.Antil Haryana 59.26 04/10/2002

1	Nikita Kumari	295	26/07/06	Rajasthan	46.78m
		45.33, X, 46.78, X, 44.73, X			
2	Soni Kumari	288	18/04/05	Bihar	44.92m
		X, 44.92, 40.36, X, 44.27, 43.41			
3	Bhakti Tanaji Gawade	278	23/05/06	Maharashtra	44.75m
		43.18, 44.75, 42.90, 40.90, 42.55, 44.63			
4	Durva Abhaykuma Barot	280	30/03/06	Gujarat	40.69m
5	Aishwarya Marut Bendigeri	277	12/11/05	Karnataka	40.49m

Event # 18 WOMENS Under 20yr Hammer Throw

#NATIONAL RECORD:T.Chaudhary Uttar Pradesh 58.30 13/11/2022

1	Haqikat Grewal	281	28/09/05	Punjab	46.66m
		X, 45.08, X, 45.49, 45.18, 46.66			
2	Ramisha Makvana	284	12/05/06	Gujarat	45.16m
		41.15, X, 43.08, 43.58, 45.16, X			
3	Shital Jagmalbh Jadav	287	01/06/06	Gujarat	42.75m
		40.56, 41.81, 39.99, 41.20, X, 42.75			
4	Bhumi Jilubhai	279	28/03/06	Gujarat	42.14m

Event # 19 WOMENS Under 20yr Javelin Throw

#NATIONAL RECORD:D.. Haryana 55.23 31/08/2024

1	Pratiksha Patel	283	31/05/05	Uttar Pradesh	41.89m
		41.03, 38.61, 38.63, 39.33, 41.00, 41.89			
2	Rutuja Pawar	286	21/01/06	Maharashtra	35.46m
		35.46, 33.56, 33.63, 31.69, 25.77, 30.01			
3	Kiran Bala	290	15/08/05	Rajasthan	27.56m
		22.37, 23.38, 27.56, X, X, X			

Event # 20 WOMENS Under 18yr Shot Put

NATIONAL RECORD:Anshu . Haryana 16.85 07/12/2024

1	Anvesha Sameer Rahate	271	15/02/08	Maharashtra	10.89m
		10.36, X, 10.58, 10.89, 9.53, 10.89			
2	Bhakti Bhoir	272	24/08/07	Maharashtra	8.92m
		8.92, 8.79, 8.91, 8.74, 8.65, 8.76			

Event # 21 WOMENS Under 18yr Discus Throw

#NATIONAL RECORD:S.Antil Uttar Pradesh 57.20 11/10/2000

1	Sunaina Poonia	276	05/04/07	Rajasthan	35.31m
		31.77, 31.80, X, 35.31, 35.06, 34.75			
2	Bhakti Bhoir	272	24/08/07	Maharashtra	22.08m
		22.08, 21.06, 20.64, 21.20, 22.03, X			

4th Indian Open Throws Competition 2025

Jio Institute, Ulwe, Navi Mumbai

21-03-2025

3/20/25 - 3/21/25

20 - 21 March 2025

Event # 22 WOMENS Under 18yr Javelin Throw

#NATIONAL RECORD:D.. Haryana 55.19 04/02/2023

1	Neelam Choudhary	273	25/07/07	Rajasthan	46.00m
		41.85, 40.89, 46.00, X, 40.78, 43.13			
2	Shivani Patel	275	09/03/09	Madhya Pradesh	40.59m
		38.58, X, 37.97, 40.59, 40.05, X			
3	Sabita Murmu	274	01/05/08	Jharkhand	40.47m
		37.37, 37.00, 40.47, 36.61, 39.38, 39.67			