

**5th Indian Open Throws Competition 2026**

NS NIS Patiala, Punjab

08-03-2026

3/7/26 - 3/8/26

07th &amp; 08th March 2026

**Event # 10 MENS Under 18yr Discus Throw (1.500 Kg)**

# NR\*:Arjun . COIMBATORE 64.09 23/04/2010

1	NISHCHAY . 59.73, F, 60.22, F, F, 63.90	184	27/11/08	HARYANA	<b>63.90m</b>
2	YASH JAGLAN 56.40, F, 54.73, F, F, 56.50	196	18/04/09	HARYANA	<b>56.50m</b>
3	VIRENDRA POONIA 51.13, F, 53.72, 52.86, F, 55.46	434	13/07/08	RAJASTHAN	<b>55.46m</b>
4	SONU . 54.05, 54.95, 53.81, 54.45, F, 53.64	145	27/03/08	DELHI	<b>54.95m</b>
5	DHEERAJ SAHU 49.06, 53.81, 53.59, F, F, F	209	08/01/10	HARYANA	<b>53.81m</b>
6	SWAPNIL DUTTA 47.16, 50.99, 49.28, F, 49.71, 53.11	428	09/07/09	WEST BENGAL	<b>53.11m</b>
7	AKHIL KUMAR 50.07, 51.58, 47.95, F, 53.09, F	200	14/12/08	HARYANA	<b>53.09m</b>
8	NITESH KUMAR F, F, 51.30, 52.97, F, 51.54	201	18/02/09	HARYANA	<b>52.97m</b>
9	KABIR JOGI F, 48.38, 46.22	197	16/03/08	HARYANA	<b>48.38m</b>
10	ABHIJITH T NAIK 46.92, 46.42, 47.92	276	03/02/09	NCOE PATIALA	<b>47.92m</b>
11	VISHU RATHI 46.84, 47.69, F	390	20/05/09	UTTAR PRADESH	<b>47.69m</b>
12	VIKAS SOLANKI 46.17, F, 44.91	399	08/08/08	UTTAR PRADESH	<b>46.17m</b>
13	DEV RAJ 45.91, F, F	125	19/09/09	BIHAR	<b>45.91m</b>
14	VARUN RATHI F, 44.48, 44.89	389	31/12/09	UTTAR PRADESH	<b>44.89m</b>
15	AVINASH TALAKERI F, 43.87, F	234	25/07/08	KARNATAKA	<b>43.87m</b>
16	SAMIT SINGH 41.26, 43.66, F	395	12/01/09	UTTAR PRADESH	<b>43.66m</b>
17	MOHIT POKHRIYA 38.53, 42.35, 43.40	415	18/07/08	UTTARKHAND	<b>43.40m</b>
	SOMVIR SINGH F, F, F	214	22/04/09	HARYANA	<b>NM</b>



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**Event # 6 MENS Under 20yr Discus Throw (1.750 Kg)**

# NR\*:NISHCHAY PANWAR SHEFFIELD 61.80 02/07/2025

1	UJJAWAL CHOUDHARY	225	24/03/06	JSW	60.03m
		57.18, 56.29, 57.33, F, 57.15, 60.03			
2	VAIBHAV V .	216	16/10/06	HIMACHAL PRADESH	55.44m
		51.97, F, 49.85, 54.08, F, 55.44			
3	SAHIL KADIAN	198	17/07/06	HARYANA	54.94m
		54.94, F, F, F, 52.68, F			
4	USMANALI KHAN	433	26/12/07	MADHYA PRADESH	54.81m
		53.98, 52.85, 53.40, 54.14, 54.81, 54.16			
5	RITIK .	266	06/07/06	NCOE PATIALA	54.51m
		F, 54.51, 52.76, F, F, F			
6	YASHRAJ JAIN	240	29/08/07	MADHYA PRADESH	50.90m
		50.90, 49.93, F, F, F, 50.49			
7	NITYA GOPAL SANTRA	429	08/11/06	WEST BENGAL	50.11m
		45.74, 46.91, 50.11, F, 46.19, F			
8	YASH DABAS	149	27/08/06	DELHI	49.93m
		48.39, 49.93, 48.60, F, F, F			
9	SUDEEP DHAKA	192	30/07/06	HARYANA	49.52m
		F, 49.52, F			
10	AYUSH .	373	13/09/06	UTTAR PRADESH	49.34m
		-, 44.63, 49.34			
11	MANJEET T	400	06/10/07	UTTAR PRADESH	47.50m
		47.39, 47.50, F			
12	DHIRAJ YADAV	279	20/08/06	NCOE PATIALA	44.57m
		40.31, F, 44.57			
13	YASHASVI PRATAP SINGH	388	10/07/07	UTTAR PRADESH	44.27m
		42.16, 44.27, F			
14	DEEPANSHU DRALL	151	20/02/07	DELHI	37.66m
		F, 37.66, F			
	ANIRUDDHA BISWAS	138	21/09/06	CHHATTISGARH	NM
		F, F, F			
	PRAVEENKUMAR U	360	22/06/07	TAMIL NADU	NM
		F, F, F			
	SERVAN K C	237	13/10/06	KERALA	DNS
		DNS			
	ROHAN KUMAR	203	30/04/07	HARYANA	DNS
		DNS			
	VANSH .	187	25/12/07	HARYANA	DNS
		DNS			
	KRUSHNA SIDDHARTH KO	253	11/07/07	MAHARASHTRA	DNS
		DNS			
	BIKRAM BISWAS	426	28/06/07	WEST BENGAL	DNS
		DNS			
	ANUJ KUMAR	217	20/10/07	IOCL	DNS
		DNS			



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**Event # 13 WOMENS Discus Throw (1.000 Kg)**

# NR\*:Kamalpreet Kaur Patiala 66.59 21/06/2021

1	SEEMA . 57.78, F, F, 55.03, F, 56.97	259	25/02/99	NCOE PATIALA	57.78m
2	PRIYA . 51.05, 54.06, 53.18, 54.01, F, 56.16	173	20/06/04	HARYANA	56.16m
3	SANYA YADAV 48.80, 50.69, F, 51.23, 51.93, 52.80	182	09/08/03	HARYANA	52.80m
4	NEETIKA VERMA 51.02, 48.09, 50.15, 50.18, F, F	369	04/03/01	UTTAR PRADESH	51.02m
5	ANUSHA YADAV F, 43.47, 47.93, 48.85, F, F	142	15/04/03	DELHI	48.85m
6	AMERA ANWAR SHAH 43.12, F, 46.52, 43.59, 48.16, 47.53	238	21/02/02	MADHYA PRADESH	48.16m
7	JASMEET KAUR JAGDEO 45.93, 47.05, F, 45.13, 45.42, 45.69	295	15/09/03	PUNJAB	47.05m
8	GRIMA . 43.64, 45.74, F, 45.41, F, F	171	18/07/02	HARYANA	45.74m
9	PRIYANSHI KULHAR F, 43.08, 45.12	327	27/02/05	RAJASTHAN	45.12m
10	PRAMILA A . 40.45, 44.75, 42.97	221	16/06/01	JSW	44.75m
11	SONI KUMARI 44.21, 44.43, F	121	18/04/05	BIHAR	44.43m
12	NEHA VERMA 40.89, F, 41.98	246	05/06/98	MAHARASHTRA	41.98m
13	NISTHA . 41.23, 40.25, 39.38	256	24/05/05	NCOE PATIALA	41.23m
14	SUNITA DAS F, 38.96, 39.21	421	25/10/03	WEST BENGAL	39.21m
	BHAVANA YADAV F, F, F	143	09/04/99	DELHI	NM
	NEHA JAGLAN DNS	179	05/03/05	HARYANA	DNS



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**Event # 21 WOMENS Under 18yr Discus Throw (1.000 Kg)**

# NR\*:Seema Antil KOLKATA 57.20 11/10/2000

1	OSHIN OSHIN	347	26/02/09	RELIANCE	43.61m
		43.09, 40.89, 43.54, 42.07, 43.61, 43.51			
2	SONA MOHAN T	235	16/05/09	KERALA	39.55m
		35.56, F, 39.55, 39.26, F, F			
3	MANINDER KAUR	133	05/12/08	CHANDIGARH	39.28m
		38.91, F, 38.49, 38.96, 39.28, F			
4	HUSHAINDEEP KAUR	290	19/08/09	PUNJAB	38.24m
		36.39, 33.95, F, 36.18, 37.31, 38.24			
5	SUSMITA SARKAR	424	27/12/08	WEST BENGAL	34.80m
		25.41, 26.84, 34.80, 21.40, 24.86, F			
	SHRIMAYI KULKARNI	227	02/09/08	KARNATAKA	DNS
		DNS			
	KAVYA SHILU	165	13/09/09	GUJARAT	DNS
		DNS			



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**Event # 17 WOMENS Under 20yr Discus Throw (1.000 Kg)**

# NR\*:Seema Antil MUMBAI 59.26 04/10/2002

1	NIKITA KUMARI	328	26/07/06	RAJASTHAN	51.78m
		43.60, F, 51.35, 51.66, 51.78, 49.88			
2	AMANAT KAMBOJ	289	18/11/07	PUNJAB	51.13m
		47.84, 48.82, 46.11, 48.65, 51.13, 49.07			
3	SUPRIYA ATTRI	261	20/05/07	NCOE PATIALA	50.09m
		46.57, 50.09, 48.78, 49.75, 48.95, 48.35			
4	RIDDHI .	174	28/04/07	HARYANA	49.59m
		45.56, 48.91, 48.64, 49.33, 48.76, 49.59			
5	TANU CHOUDHARY	264	02/07/07	NCOE PATIALA	43.38m
		43.38, 40.72, NM, F, F, 41.13			
6	MUNESH .	128	15/05/06	BSF	43.26m
		F, 41.80, 43.26, 42.40, 41.29, 42.61			
7	LAKSHITA MAHLAWAT	346	13/02/08	RELIANCE	42.35m
		38.96, 42.35, NM, 41.60, 36.83, F			
8	DURVA ABHAYKUMAR BA	160	30/03/06	GUJARAT	40.99m
		40.16, F, F, F, F, 40.99			
9	SAKSHI YADAV	371	12/09/07	UTTAR PRADESH	36.79m
		36.79, 36.43, 32.96			
10	RONAK .	175	30/04/07	HARYANA	33.55m
		F, F, 33.55			
	MANNAT PHOUGAT	180	28/11/07	HARYANA	DNS



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**Event # 3 MENS Hammer Throw (7.260 Kg)**

# NR\*:Neeraj Kumar Hyderabad 70.73 29/06/2016

1	DAMNEET SINGH	352	10/03/00	RELIANCE	70.64m
		69.29, 70.64, 70.21, F, 70.04, 67.57			
2	ASHISH JAKHAR	107	05/01/99	ARMY	68.09m
		62.36, F, 65.98, 68.09, F, 66.33			
3	DEVANG .	314	20/12/03	RAILWAY SPORTS	63.27m
		F, 58.88, 60.28, F, 61.28, 63.27			
4	VIKRANT RAMESH RAINA	110	08/03/98	ARMY	61.81m
		57.53, 59.20, 59.60, 61.66, F, 61.81			
5	NAVEEN YADAV	117	28/10/00	ARMY	61.06m
		58.03, F, 59.26, 59.87, 60.29, 61.06			
6	JAI CHAND	334	08/07/01	RAJASTHAN	60.96m
		58.38, F, 59.89, F, 60.12, 60.96			
7	DUPINDER SINGH	212	16/02/00	HARYANA	60.76m
		57.78, 59.85, 57.38, 60.76, F, 57.47			
8	ARVIND SINGH	298	23/11/02	PUNJAB	59.07m
		F, 59.07, F, F, F, F			
9	PRADEEP SANGWAN	111	01/07/99	ARMY	59.01m
		56.72, 56.93, 59.01			
10	SHANKAR NAGARAJAN	357	11/07/91	TAMIL NADU	58.45m
		58.29, 57.81, 58.45			
11	AJAY BISHNOI	168	27/06/00	GUJARAT	57.70m
		57.70, 56.85, F			
12	AMIT PUNDIR	208	05/05/04	HARYANA	57.68m
		51.73, 57.68, F			
13	INDERPREET SINGH GILL	309	05/08/00	PUNJAB	56.89m
		55.60, F, 56.89			
14	HARISH YADAV	116	01/10/95	ARMY	56.81m
		55.66, 56.81, 56.75			
15	MOHD TABIS .	317	15/03/03	RAILWAY SPORTS	55.86m
		F, 54.28, 55.86			
16	GURDEV SINGH	300	14/08/01	PUNJAB	54.79m
		54.79, F, F			
17	GOLU YADAV	403	25/02/06	UTTAR PRADESH	50.26m
		50.26, F, F			
	MUKUL .	140	13/11/01	CISF	DNS
		DNS			
	MUTTAPPA PA	232	13/07/02	KARNATAKA	DNS
		DNS			
	TARANVEER SINGH	255	01/10/96	NAVY	DNS
		DNS			
	VRIJENDRA PRATAP SING	437	20/08/04	UTTAR PRADESH	DNS
		DNS			
	HARSHIT KUMAR	383	10/10/05	UTTAR PRADESH	DNS
		DNS			



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**Event # 7 MENS Under 20yr Hammer Throw**

# NR\*:Ashish Jakhar GIFU 76.86 07/06/2018

1	AMAN . F, 59.41, F, 63.22, 64.49, F	183	24/11/07	HARYANA	64.49m
2	ABDUL RAHAMAN 60.94, 63.35, F, F, F, 63.19	241	10/12/06	MADHYA PRADESH	63.35m
3	SHUBHAM M . 61.46, 63.00, F, 59.98, F, F	206	04/10/06	HARYANA	63.00m
4	HIMANSHU . 52.50, F, 55.46, 54.80, 56.68, 56.37	144	15/10/06	DELHI	56.68m
5	SHRIYANSH TIWARI 56.48, 53.54, 54.88, 55.04, 50.11, F	401	25/09/07	UTTAR PRADESH	56.48m
6	VIDUR S 49.61, 48.38, 49.32, 48.27, 49.51, F	358	28/06/06	TAMIL NADU	49.61m



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**Event # 14 WOMENS Hammer Throw**

# NR\*:Sarita Singh Patiala 65.25 01/06/2017

1	TANYA CHAUDHARY	362	21/09/03	UTTAR PRADESH	61.09m
	58.40, F, 56.35, 61.09, 59.14, 57.55				
2	DIVYA SHANDILYA	282	05/07/98	ODISHA	53.31m
	52.94, F, 53.31, F, 52.54, 52.40				
3	SONIYA .	322	28/05/04	RAJASTHAN	52.29m
	49.99, 50.55, 50.85, 52.29, 51.04, 49.72				
4	MITAL SOLANKI	166	28/08/03	GUJARAT	51.91m
	F, 51.22, F, 48.70, 51.91, 51.57				
5	NITHYA B	354	17/10/03	TAMIL NADU	51.13m
	51.13, F, F, 47.07, 48.51, F				
6	VINOTHINI DURAIMANIC	355	26/03/02	TAMIL NADU	50.79m
	47.68, 48.70, 46.96, 49.01, 50.79, F				
7	HAQIKAT GREWAL	288	28/09/05	PUNJAB	48.52m
	F, 46.21, 47.30, 48.40, 48.52, 47.75				
8	RIPUDAMAN KAUR	294	18/06/04	PUNJAB	47.62m
	45.82, F, 47.62, F, 46.28, F				
	KULVINDER KAUR	311	15/02/98	RAILWAY SPORTS	NM
	F, F, F				
	PRATIBHA HA .	239	21/05/03	MADHYA PRADESH	DNS
	DNS				
	AESHWARYA SINGH PUND	141	29/04/03	DELHI	DNS
	DNS				



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**Event # 18 WOMENS Under 20yr Hammer Throw**

#NATIONAL RECORD:A.YADAV DEHRADUN 62.89 10/12/2025

1	KHUSHI .	172	01/12/06	HARYANA	49.45m
		46.09, 48.34, 49.45, F, F, 48.52			
2	ANKITA MOHAPATRA	281	10/07/07	ODISHA	45.49m
		45.49, 44.26, F, F, 43.96, F			
3	AYEESHA BANU MOHAM	103	03/03/07	ANDHRA PRADESH	45.37m
		45.37, F, F, 45.01, F, F			
4	BHUMI JILUBHAI	163	28/03/06	GUJARAT	43.55m
		42.12, 43.30, 42.52, 40.35, 42.04, 43.55			
5	RAMISHA MAKVANA	164	12/05/06	GUJARAT	43.44m
		42.29, 43.07, F, 43.28, 43.44, F			
6	SHITAL JAGMALBHAI JAD	162	01/06/06	GUJARAT	42.57m
		40.66, 41.37, 42.57, 41.89, F, 42.21			
7	RINKU .	436	17/05/06	RAJASTHAN	36.67m
		36.04, 36.67, 34.87, F, 35.30, F			
	PRADITI SURESH BHAI VA	167	25/05/07	GUJARAT	NM
		F, -, NM, -, -, -			

## 5th Indian Open Throws Competition 2026

NS NIS Patiala, Punjab

08-03-2026

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**Event # 11 MENS Under 18yr Javelin Throw (700g)**

# NR\*:Rohit Yadav SONEPAT 81.75 15/04/2019

1	VISHAL PATEL	272	25/12/08	NCOE PATIALA	70.62m
		70.62, 65.89, 66.81, 62.76, 64.90, 66.85			
2	RAJAT KUMAR	438	12/07/08	UTTAR PRADESH	70.52m
		70.00, F, F, 69.85, 70.52, F			
3	AYUSH RAJ	430	08/01/10	BIHAR	69.53m
		F, 60.60, 65.76, 66.00, 69.53, 68.98			
4	UDAI SINGH DAHIYA	343	04/08/08	RAJASTHAN	68.05m
		58.74, 68.05, 57.85, F, 66.93, F			
5	PUSHPAK NELWADE	231	09/09/09	KARNATAKA	64.98m
		F, 63.39, 60.40, 60.76, 64.98, F			
6	MANJEET KUMAR	339	10/06/09	RAJASTHAN	63.64m
		47.23, 63.64, F, F, F, -			
7	SURENDRA SINGH	341	19/09/08	RAJASTHAN	63.31m
		F, 63.31, F, 57.22, 61.70, 62.14			
8	HANU YADAV	404	01/01/09	UTTAR PRADESH	63.27m
		63.27, F, F, 44.25, 51.46, F			
9	ROHIT .	332	23/04/08	RAJASTHAN	63.23m
		F, 59.87, 63.23			
10	AASHUTOSH BISHNOI	333	01/05/08	RAJASTHAN	62.96m
		54.39, 62.96, F			
11	PARAMJEET SINGH	226	17/11/09	JSW	60.09m
		60.09, F, 55.66			
12	KARAN CHOUDHARY	335	17/11/09	RAJASTHAN	58.37m
		F, F, 58.37			
13	JASKIRAT SINGH	303	12/06/09	PUNJAB	58.24m
		F, F, 58.24			
14	HARSHUL LAMBA	205	17/03/08	HARYANA	57.55m
		F, 57.55, F			
15	ADITYA ADITYA	191	09/01/09	HARYANA	57.39m
		54.93, F, 57.39			
16	YASHPAL .	315	15/06/08	RAILWAY SPORTS	55.95m
		F, 55.95, F			
17	BHAVESH KUMAR	338	29/03/08	RAJASTHAN	55.37m
		53.42, 55.37, F			
18	VIRENDRA .	435	07/07/08	RAJASTHAN	51.43m
		51.17, F, 51.43			
19	SHOURYA AGRAWAL	137	17/12/08	CHHATTISGARH	51.12m
		F, 51.12, F			
20	HEMANT KUMAR	384	25/11/08	UTTAR PRADESH	50.13m
		F, 48.34, 50.13			
21	BIPLAVE PANDAY	124	20/03/08	BIHAR	44.23m
		F, 44.23, F			
	HARSH MISHRA	385	06/02/10	UTTAR PRADESH	DNS
	DNS				
	MOHD HUMAIR	381	05/12/09	UTTAR PRADESH	DNS
	DNS				



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**Event # 15 WOMENS Javelin Throw**

# NR\*:Annu Rani Jamshedpur 63.82 08/05/2022

1	SANJANA CHOUDHARY	263	09/07/99	NCOE PATIALA	54.20m
		54.20, 48.64, 49.25, 49.73, 51.65, 53.94			
2	DEEPIKA A	220	21/11/05	JSW	52.88m
		51.99, 49.81, 47.96, 50.72, 52.88, 51.19			
3	JYOTI .	218	01/04/02	JSW	52.16m
		44.78, 49.17, 46.22, 46.27, 52.16, 47.42			
4	LALITA CHOUDHARY	324	19/05/98	RAJASTHAN	47.93m
		39.77, 45.88, 47.93, 46.18, 43.12, 44.10			
5	SHAKSHI SHARMA	313	09/02/02	RAILWAY SPORTS	45.34m
		F, 38.72, 45.34, F, 44.18, 40.41			
6	KHUSHEE YADAV	329	31/12/03	RAJASTHAN	44.58m
		43.99, 44.58, 43.87, F, 43.28, 43.31			
7	KOMAL .	320	07/10/04	RAJASTHAN	43.96m
		41.67, 43.55, 43.30, 41.58, 42.54, 43.96			
8	ANJANI KUMARI	119	01/01/00	BIHAR	43.91m
		43.91, 43.36, F, 42.17, F, 40.38			
9	VISHAKHA PANWAR	364	21/11/97	UTTAR PRADESH	41.90m
		41.00, 40.17, 41.90			
10	DIKSHA DWIVEDI	161	24/06/01	GUJARAT	41.57m
		41.57, 39.59, F			
11	ISHIKA SINGH	368	08/09/05	UTTAR PRADESH	39.98m
		37.36, 39.98, F			
12	VERSHA .	260	05/01/06	NCOE PATIALA	39.43m
		39.43, 33.91, 36.13			
13	NISHI KUMARI	120	01/01/05	BIHAR	39.02m
		39.02, -, -			
14	SAKINA RANGREZ	366	01/01/03	UTTAR PRADESH	38.04m
		34.70, 35.06, 38.04			
15	NIKITA RAWAT	408	08/12/98	UTTARKHAND	35.09m
		33.35, 34.26, 35.09			
16	SAPNA .	258	26/12/05	NCOE PATIALA	33.47m
		F, 33.47, F			
	SWATI PARJAPATI	365	05/08/04	UTTAR PRADESH	NM
		F, F, F			
	SEEMA ..	177	27/12/04	HARYANA	DNS



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NS NIS Patiala, Punjab

07-03-2026

3/7/26 - 3/8/26

07th &amp; 08th March 2026

**Event # 1 MENS Shot Put ( 7.260 Kg)**

#NR\*:Tajinder Pal Singh Toor Bhubaneswar 21.77 19/03/2023

1	TAJINDER PAL TOOR	310	13/11/94	PUNJAB	20.51m
		20.02, 20.51, F, F, F, 20.07			
2	KARANVEER SINGH	304	24/07/97	PUNJAB	19.36m
		18.31, 19.02, F, 19.15, 18.56, 19.36			
3	SANYAM .	186	05/10/03	HARYANA	18.28m
		18.28, -, -, -, -, -			
4	ARYAN TYAGI	402	14/08/01	UTTAR PRADESH	17.96m
		17.65, F, F, 17.25, 17.19, 17.96			
5	ATUL .	348	17/01/05	RELIANCE	17.57m
		17.57, F, 17.53, F, 17.12, F			
6	ANURAG SINGH KALER	316	24/07/05	RAILWAY SPORTS	17.54m
		17.24, 17.00, 17.31, F, F, 17.54			
7	ANIKET .	410	05/11/01	UTTARKHAND	17.45m
		17.19, F, 17.00, F, 17.43, 17.45			
8	SAHIB SINGH	158	05/11/00	DELHI	17.34m
		F, F, 16.30, 17.34, F, F			
9	OMESH RANGA	296	31/05/03	PUNJAB	17.15m
		16.71, F, 17.15, F, F, F			
10	AKSHAY .	104	28/12/98	ARMY	17.04m
		16.25, 16.09, 16.30, 17.04, 16.19, 16.99			
11	SAMARDEEP SINGH GILL	242	03/01/01	MADHYA PRADESH	16.88m
		16.70, 16.88, -, -, -, -			
12	LUCKY DHIMAN	380	25/12/02	UTTAR PRADESH	16.73m
		16.63, 16.73, F, 15.77, 16.11, 16.52			
13	RAM CHANDRA	106	01/01/99	ARMY	16.39m
		F, 15.67, 16.39, 15.88, F, 15.98			
14	AMIT KUMAR SINGH	108	14/11/99	ARMY	16.23m
		14.92, 16.23, 15.78, 15.84, F, 15.96			
15	MALKEET SINGH	113	12/02/96	ARMY	16.19m
		16.19, 15.91, F, 16.16, F, 16.11			
16	RUDRA NARAYAN PANDE	386	01/07/03	UTTAR PRADESH	16.01m
		15.59, 15.81, F, 15.87, 15.77, 16.01			
17	SARTHAK SINGH	275	01/01/06	NCOE PATIALA	15.60m
		14.25, 15.09, 15.60, -, -, -			
18	ATHARVA SAGAR BOGAM	251	19/08/04	MAHARASHTRA	15.26m
		15.26, F, 15.26			
19	IQBAL SINGH CHAHAL	308	13/11/99	PUNJAB	14.94m
		14.94, F, F			
20	VISHAL CHECHI	147	11/06/05	DELHI	14.91m
		F, 14.91, 14.45, -, -, -			
21	AKASH YADAV	278	23/03/05	NCOE PATIALA	14.26m
		F, 14.26, F			
22	HUSHANPREET SINGH	302	21/12/05	PUNJAB	14.12m
		F, 13.67, 14.12			
23	PRAVEEN KUMAR GUPTA	250	01/07/02	MAHARASHTRA	13.94m
		12.29, 12.65, 13.94, -, -, -			
	PRABHKIRPAL SINGH	305	12/07/97	PUNJAB	DNS
		DNS			
	ADHISH GHILDIYAL	412	21/05/02	UTTARKHAND	DNS
		DNS			
	SIDDHARTH CHOUDHARY	336	24/09/05	RAJASTHAN	DNS
		DNS			
	SOURABH VIJ	287	14/06/87	ONGC	DNS
		DNS			

**5th Indian Open Throws Competition 2026**

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VIKASH .	146	12/02/03	DELHI	<b>DNS</b>
DNS				
MOHAMMAD SAHIB SALM440		05/02/07	UTTARKHAND	<b>DNS</b>
DNS				
ARMAANDEEP SINGH	297	14/06/00	PUNJAB	<b>DNS</b>
DNS				

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Indian Oil Corporation Limited

## 5th Indian Open Throws Competition 2026

NS NIS Patiala, Punjab

07-03-2026

3/7/26 - 3/8/26

07th &amp; 08th March 2026

## Event # 9 MENS Under 18yr Shot Put

# NR\*:Siddharth Chaudhary BHOPAL 21.04 05/02/2023

1	NISHCHAY .	184	27/11/08	HARYANA	19.78m
		18.50, 19.68, 18.95, 19.78, 19.70, 19.76			
2	YUVRAJ SINGH	342	07/03/09	RAJASTHAN	17.83m
		F, 15.34, 16.40, 17.40, 17.83, 16.65			
3	NITESH KUMAR	201	18/02/09	HARYANA	17.83m
		16.30, 16.89, 16.65, 17.24, F, 17.83			
4	YUVRAJ SAINI	210	26/07/08	HARYANA	17.66m
		17.25, 17.17, 17.27, 17.66, 17.08, 17.40			
5	SHIVENDRA SINGH RATH	243	18/07/09	MADHYA PRADESH	17.38m
		16.75, 17.19, 17.29, 17.38, 16.66, 13.61			
6	ABHAY TYAGI	277	27/10/08	NCOE PATIALA	17.33m
		16.20, 16.66, 16.25, 16.51, 16.76, 17.33			
7	SONU .	145	27/03/08	DELHI	17.01m
		17.01, 16.92, F, 16.46, F, F			
8	SHUBHAM RAJ	126	12/08/09	BIHAR	16.49m
		F, 16.49, F, F, 16.02, F			
9	RANVIJAY SINGH BUTTAR	307	03/08/09	PUNJAB	15.37m
		14.77, F, 15.37			
10	JIVESH .	223	19/10/09	JSW	15.33m
		F, 15.33, F			
11	GURVANSHDEEP SINGH	301	09/02/10	PUNJAB	15.12m
		F, 13.68, 15.12			
12	RITESH CHAHAL	432	06/07/09	HARYANA	14.31m
		F, 14.31, F			
13	PRADHYUT DHANKAD	379	28/03/09	UTTAR PRADESH	13.89m
		F, 13.80, 13.89			
14	SHIVAM CHAUHAN	135	01/01/09	CHANDIGARH	13.37m
		13.37, 13.17, F			
15	LAKSH LAMA	204	21/09/08	HARYANA	13.26m
		13.26, F, F			
	MEET SINGH GILL	398	05/03/09	UTTAR PRADESH	NM
		F, F, F			
	SAHAJPREET SINGH	213	18/12/09	HARYANA	DNS
		DNS			
	AKHAND PRATAP SINGH	387	08/04/08	UTTAR PRADESH	DNS
		DNS			
	RAIHAN CHOUDHARY	411	29/08/08	UTTARKHAND	DNS
		DNS			



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**Event # 5 MENS Under 20yr Shot Put (6.000kg)**

# NR\*:Saurabh Vij CHENNAI 20.35 17/06/2006

1	OMMKAR PRASAD NAND	284	23/09/07	ODISHA	17.85m
		16.03, F, 17.85, F, 15.31, 17.51			
2	HARSHIT GAHLOT	194	09/11/06	HARYANA	17.02m
		16.39, 16.27, 16.58, 16.00, 16.37, 17.02			
3	YASH CHHIKARA	148	19/07/07	DELHI	17.01m
		15.14, 17.01, 16.53, 15.94, F, F			
4	TRIPTDEEP SINGH	306	26/09/07	PUNJAB	16.77m
		15.08, 15.88, 16.77, 15.88, 16.53, 16.11			
5	VAIDIK TIWARI	244	12/06/06	MADHYA PRADESH	16.73m
		15.83, 15.95, 16.14, 16.64, 16.71, 16.73			
6	ABHIMANYU KUSHWAHA	271	23/12/06	NCOE PATIALA	16.31m
		15.23, 15.59, 16.31, 16.14, F, 16.09			
7	ARYAN PRASHANT SATPU	350	27/04/07	RELIANCE	16.19m
		15.82, 15.50, F, 15.47, 16.19, 16.00			
8	KRUSHNA SIDDHARTH KO	253	11/07/07	MAHARASHTRA	15.86m
		15.86, F, 15.71, F, -, -			
9	PAWAN JAKHAR .	152	02/05/06	DELHI	13.96m
		13.77, 13.96, F			
	SAI KIRAN A	269	18/06/06	NCOE PATIALA	DNS
		DNS			
	DINESH .	331	15/03/06	RAJASTHAN	DNS
		DNS			



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**5th Indian Open Throws Competition 2026**

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**Event # 12 WOMENS Shot Put**

# NR\*:Abha Khatua Bhubaneswar 18.41 13/05/2024

1	YOGITA .	176	01/11/00	HARYANA	16.44m
		15.48, 16.11, 16.32, 16.32, 16.15, 16.44			
2	SHIKSHA A .	345	12/12/02	RELIANCE	16.30m
		F, 15.76, 16.30, F, 16.10, F			
3	REKHA .	257	02/02/01	NCOE PATIALA	15.57m
		F, 14.15, 15.31, 15.32, 15.28, 15.57			
4	KACHNAR CHAUDHARY	102	17/05/99	ALL INDIA POLICE	15.57m
		13.97, F, 13.78, 14.09, 14.32, 15.57			
5	JASHANDEEP KAUR	291	01/11/05	PUNJAB	12.66m
		F, 11.77, F, 12.66, F, 12.60			
6	VRADHI SACHDEVA	409	03/11/05	UTTARKHAND	11.41m
		F, 10.99, F, F, 11.28, 11.41			
	MANPREET KAUR	312	06/07/90	RAILWAY SPORTS	DNS
		DNS			
	JASKANWAL KAUR	292	18/11/04	PUNJAB	DNS
		DNS			



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**5th Indian Open Throws Competition 2026**

NS NIS Patiala, Punjab

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**Event # 20 WOMENS Under 18yr Shot Put**

#NATIONAL RECORD:A.. BHUBANESWAR 16.85 07/12/2024

1	M REDDY SANJANA . 14.63, 15.28, 15.30, F, 15.15, F	229	04/11/09	KARNATAKA	<b>15.30m</b>
2	AARTI . 13.22, F, F, F, F, F	170	14/12/09	HARYANA	<b>13.22m</b>
	JOY BAIDWAN DNS	262	11/12/09	NCOE PATIALA	<b>DNS</b>



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**5th Indian Open Throws Competition 2026**

NS NIS Patiala, Punjab

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**Event # 16 WOMENS Under 20yr Shot Put**

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

1	POOJA KUMARI	265	01/07/07	NCOE PATIALA	<b>15.04m</b>
	14.18, F, F, F, 15.04, F				
2	ANUPRIYA V S	236	17/06/06	KERALA	<b>14.69m</b>
	11.48, 12.28, 12.59, 14.69, F, 12.27				
3	MUNESH .	128	15/05/06	BSF	<b>13.04m</b>
	12.41, 12.49, F, 12.71, 12.77, 13.04				
	NAVNEET KAUR	293	29/02/08	PUNJAB	<b>DNS</b>
	KASHISH H	326	05/04/06	RAJASTHAN	<b>DNS</b>
	ANJALI .	319	11/05/07	RAJASTHAN	<b>DNS</b>



Indian Oil Corporation Limited

## 5TH Indian Open Throws Competition 2026

NS NIS Patiala, Punjab, 7th & 8th March 2026

### Updated START LIST DAY 1 (Men Shot Put)

Event # 1 MENS Shot Put				
NR:Tajinder Pal Singh Toor Bhubaneswar 21.77 19/03/2023				
GROUP A				
1	ADHISH GHILDIYAL	412	21/05/02	UTTARKHAND
2	AKASH YADAV	278	23/03/05	NCOE PATIALA
3	AKSHAY .	104	28/12/98	ARMY
4	AMIT KUMAR SINGH	108	14/11/99	ARMY
5	OMESH RANGA	296	31/05/03	PUNJAB
6	ANURAG SINGH KALER	316	24/07/05	RAILWAY SPORTS
7	ARMAANDEEP SINGH	297	14/06/00	PUNJAB
8	ARYAN TYAGI	402	14/08/01	UTTAR PRADESH
9	ATHARVA SAGAR BOGAM	251	19/08/04	MAHARASHTRA
10	ATUL .	348	17/01/05	RELIANCE
11	HUSHANPREET SINGH	302	21/12/05	PUNJAB
12	IQBAL SINGH CHAHAL	308	13/11/99	PUNJAB
13	VIKASH .	146	12/02/03	DELHI
14	LUCKY DHIMAN	380	25/12/02	UTTAR PRADESH
15	RAM CHANDRA	106	01/01/99	ARMY
Event # 1 MENS Shot Put				
NR:Tajinder Pal Singh Toor Bhubaneswar 21.77 19/03/2023				
GROUP B				
1	MOHAMMAD SAHIB SALMANI	440	05/02/07	UTTARKHAND
2	ANIKET .	410	05/11/01	UTTARKHAND
3	PRABHKIRPAL SINGH	305	12/07/97	PUNJAB
4	PRAVEEN KUMAR GUPTA	250	01/07/02	MAHARASHTRA
5	MALKEET SINGH	113	12/02/96	ARMY
6	RUDRA NARAYAN PANDEY	386	01/07/03	UTTAR PRADESH
7	SAHIB SINGH	158	05/11/00	DELHI
8	SAMARDEEP SINGH GILL	242	03/01/01	MADHYA PRADESH
9	SANYAM .	186	05/10/03	HARYANA
10	SARTHAK SINGH	275	01/01/06	NCOE PATIALA
11	SIDDHARTH CHOUDHARY	336	24/09/05	RAJASTHAN
12	SOURABH VIJ	287	14/06/87	ONGC
13	TAJINDERPAL TOOR	310	13/11/94	PUNJAB
14	KARANVEER SINGH	304	24/07/97	PUNJAB
15	VISHAL CHECHI	147	11/06/05	DELHI



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