



ATHLETICS FEDERATION OF INDIA
5th INDIAN OPEN
THROWS COMPETITION 2026

Organized by

Punjab Athletics Association

 **07th - 08th March 2026**

 **NS NIS Patiala,
Punjab**



Event wise Bib List



HSBC



5th Indian Open Throws Competition 2026

01-03-2026

NS NIS Patiala, Punjab

07th & 08th March 2026

3/7/26 - 3/8/26

Event # 1 MENS Shot Put					FINAL
NATIONAL RECORD:T.Singh Toor Bhubaneswar 21.77 19/03/2023					
1	AMIT KUMAR SINGH	108	14/11/99	ARMY	___
2	RAM CHANDRA	106	01/01/99	ARMY	___
3	AKSHAY .	104	28/12/98	ARMY	___
4	MALKEET SINGH	113	12/02/96	ARMY	___
5	VISHAL CHECHI	147	11/06/05	DELHI	___
6	SAHIB SINGH	158	05/11/00	DELHI	___
7	VIKASH .	146	12/02/03	DELHI	___
8	SANYAM .	186	05/10/03	HARYANA	___
9	SAMARDEEP SINGH GILI	242	03/01/01	MADHYA PRADESH	___
10	PRAVEEN KUMAR GUPTA	250	01/07/02	MAHARASHTRA	___
11	ATHARVA SAGAR BOGAN	251	19/08/04	MAHARASHTRA	___
12	SARTHAK SINGH	275	01/01/06	NCOE PATIALA	___
13	AKASH YADAV	278	23/03/05	NCOE PATIALA	___
14	SOURABH VIJ	287	14/06/87	ONGC	___
15	IQBAL SINGH CHAHAL	308	13/11/99	PUNJAB	___
16	ARMAANDEEP SINGH	297	14/06/00	PUNJAB	___
17	HUSHANPREET SINGH	302	21/12/05	PUNJAB	___
18	KARANVEER SINGH	304	24/07/97	PUNJAB	___
19	OMESH RANGA	296	31/05/03	PUNJAB	___
20	PRABHKIRPAL SINGH	305	12/07/97	PUNJAB	___
21	TAJINDERPAL TOOR	310	13/11/94	PUNJAB	___
22	ANURAG SINGH KALER	316	24/07/05	RAILWAY SPORTS	___
23	SIDDHARTH CHOUDHAR	336	24/09/05	RAJASTHAN	___
24	ATUL .	348	17/01/05	RELIANCE	___
25	ARYAN TYAGI	402	14/08/01	UTTAR PRADESH	___
26	RUDRA NARAYAN PANDI	386	01/07/03	UTTAR PRADESH	___
27	LUCKY DHIMAN	380	25/12/02	UTTAR PRADESH	___
28	ADHISH GHILDIYAL	412	21/05/02	UTTARKHAND	___
29	ANIKET .	410	05/11/01	UTTARKHAND	___
Event # 2 MENS Discus Throw					FINAL
NATIONAL RECORD:V.Gowda Norman 66.28 12/04/2012					
1	DHARAMRAJ YADAV	115	26/01/91	ARMY	___
2	GURSHARN SINGH	131	28/01/93	BSF	___
3	HARENDRA SINGH	132	20/04/02	BSF	___
4	RAMAN .	134	28/12/05	CHANDIGARH	___
5	ADARSH MALIK	136	07/11/02	CHANDIGARH	___
6	OM PRAKASH YADAV	139	15/01/04	CHHATTISGARH	___
7	TANISHQ Q	155	20/02/06	DELHI	___
8	AMIT KUMAR	153	17/04/98	DELHI	___
9	ARVIND SHARMA	156	30/11/03	DELHI	___
10	PRATEEK MAAN	207	04/05/01	HARYANA	___
11	RISHABH H	195	03/12/04	HARYANA	___
12	SACHIN SUHAG	215	11/11/96	HARYANA	___
13	AJAY KUMAR	199	20/06/03	HARYANA	___
14	ADITYA SHARMA	211	02/10/04	HARYANA	___
15	RAVINDER ER	193	15/04/96	HARYANA	___
16	ABHIMANYU ABHIMANYU	224	18/12/01	JSW	___
17	MOHAMMED SAQLAIN A	233	30/03/00	KARNATAKA	___
18	SATISH BANSI DESHMUKH	248	08/08/01	MAHARASHTRA	___
19	OINAM ALSON SINGH	254	22/01/02	MANIPUR	___
20	DEEPAK CHOUDHARY	267	15/01/06	NCOE PATIALA	___

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Event # 2 MENS Discus Throw continue REG

21	KIRPAL SINGH	286	19/05/92	ONGC	_____
22	JAGJEET SINGH	285	09/08/80	ONGC	_____
23	BALWINDERJIT SINGH	299	19/04/03	PUNJAB	_____
24	ABHINAV VAISHNAV	318	05/07/02	RAILWAY SPORTS	_____
25	VIKRAM SINGH PARIHAF	344	13/11/92	RAJASTHAN	_____
26	BHARTPREET SINGH	351	02/07/04	RELIANCE	_____
27	SRISANTH VASAN S	361	12/11/05	TAMIL NADU	_____
28	HARISH KUMAR	382	20/12/04	UTTAR PRADESH	_____
29	DIGVIJAY SINGH CHAUD	397	02/11/01	UTTAR PRADESH	_____
30	PULKIT CHOUDHARY	378	10/10/02	UTTAR PRADESH	_____
31	ARUN SINGH	393	15/07/04	UTTAR PRADESH	_____
32	SOHIT CHAUDHARY	376	01/08/05	UTTAR PRADESH	_____
33	RIYANSH GHILDIYAL	413	02/01/05	UTTARKHAND	_____
34	SATYAM SINGH	417	27/12/00	UTTARKHAND	_____
35	SHREYANSH JAIN	414	18/03/04	UTTARKHAND	_____

Event # 3 MENS Hammer Throw

FINAL

NATIONAL RECORD:N.Kumar Hyderabad 70.73 29/06/2016

1	HARISH YADAV	116	01/10/95	ARMY	_____
2	PRADEEP SANGWAN	111	01/07/99	ARMY	_____
3	NAVEEN YADAV	117	28/10/00	ARMY	_____
4	ASHISH JAKHAR	107	05/01/99	ARMY	_____
5	VIKRANT RAMESH RAIN	110	08/03/98	ARMY	_____
6	MUKUL .	140	13/11/01	CISF	_____
7	AJAY BISHNOI	168	27/06/00	GUJARAT	_____
8	AMIT PUNDIR	208	05/05/04	HARYANA	_____
9	DUPINDER SINGH	212	16/02/00	HARYANA	_____
10	MUTTAPPA PA	232	13/07/02	KARNATAKA	_____
11	TARANVEER SINGH	255	01/10/96	NAVY	_____
12	ARVIND SINGH	298	23/11/02	PUNJAB	_____
13	GURDEV SINGH	300	14/08/01	PUNJAB	_____
14	INDERPREET SINGH GILI	309	05/08/00	PUNJAB	_____
15	DEVANG .	314	20/12/03	RAILWAY SPORTS	_____
16	MOHD TABIS .	317	15/03/03	RAILWAY SPORTS	_____
17	JAI CHAND	334	08/07/01	RAJASTHAN	_____
18	DAMNEET SINGH	352	10/03/00	RELIANCE	_____
19	SHANKAR NAGARAJAN	357	11/07/91	TAMIL NADU	_____
20	GOLU YADAV	403	25/02/06	UTTAR PRADESH	_____
21	HARSHIT KUMAR	383	10/10/05	UTTAR PRADESH	_____

Event # 4 MENS Javelin Throw

FINAL

NATIONAL RECORD:N.Chopra Doha 90.23 16/05/2025

1	RABINDRA KUMAR	101	03/09/00	AIR FORCE	_____
2	NITESH YADAV YADAV	118	22/07/02	ARMY	_____
3	BIBIN ANTONY	105	04/05/94	ARMY	_____
4	SUNNY SHEORAN	112	12/10/98	ARMY	_____
5	SHIVAM LOHAKARE	109	14/09/04	ARMY	_____
6	ALOK AHAM	122	29/12/05	BIHAR	_____
7	AJEET KUMAR YADAV	129	01/07/05	BSF	_____
8	NIKUNJ SINGH	157	18/05/00	DELHI	_____
9	ABHISHEK DRALL	150	11/05/98	DELHI	_____
10	ROHIT KUMAR	154	15/07/94	DELHI	_____
11	PARMOD .	185	03/12/99	HARYANA	_____

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Event # 4 MENS Javelin Throw continued REG

12	YUDDHVIR .	189	21/09/04	HARYANA	_____
13	PARTEEK KUMAR	202	17/01/04	HARYANA	_____
14	SWAROOP H A	230	10/10/05	KARNATAKA	_____
15	UTTAM BALASAHEB PATI	247	01/11/98	MAHARASHTRA	_____
16	MANGAL SINGH	273	01/02/07	NCOE PATIALA	_____
17	VIVEK KUMAR	270	28/03/03	NCOE PATIALA	_____
18	NARAYAN SINGH	274	09/11/04	NCOE PATIALA	_____
19	KISHORE KUMAR JENA	283	06/09/95	ODISHA	_____
20	ANAND SINGH	353	03/03/04	SSCB	_____
21	MO ADNAN	374	28/12/04	UTTAR PRADESH	_____
22	SUNNY CHAUDHARY	377	19/06/99	UTTAR PRADESH	_____
23	NITISH YADAV	405	12/07/00	UTTAR PRADESH	_____
24	SHUBHAM YADAV	406	23/06/00	UTTAR PRADESH	_____
25	AKASH BHATI	375	28/09/96	UTTAR PRADESH	_____
26	SHIVENDRA SINGH	396	05/03/99	UTTAR PRADESH	_____
27	ADITY SINGH	392	01/07/08	UTTAR PRADESH	_____
28	ABHISHEK SINGH	416	20/05/95	UTTARKHAND	_____
29	TANUJ THAKURATHI	419	22/01/05	UTTARKHAND	_____

Event # 5 MENS Under 20yr Shot Put

FINAL

NATIONAL RECORD:S.Vij CHENNAI 20.35 17/06/2006

1	YASH CHHIKARA	148	19/07/07	DELHI	_____
2	PAWAN JAKHAR .	152	02/05/06	DELHI	_____
3	HARSHIT GAHLOT	194	09/11/06	HARYANA	_____
4	VAIDIK TIWARI	244	12/06/06	MADHYA PRADESH	_____
5	KRUSHNA SIDDHARTH K	253	11/07/07	MAHARASHTRA	_____
6	SAI KIRAN A	269	18/06/06	NCOE PATIALA	_____
7	ABHIMANYU KUSHWAH	271	23/12/06	NCOE PATIALA	_____
8	OMMKAR PRASAD NANI	284	23/09/07	ODISHA	_____
9	TRIPTDEEP SINGH	306	26/09/07	PUNJAB	_____
10	DINESH .	331	15/03/06	RAJASTHAN	_____
11	ARYAN PRASHANT SATP	350	27/04/07	RELIANCE	_____

Event # 6 MENS Under 20yr Discus Throw

FINAL

NATIONAL RECORD:N.PANWAR SHEFFIELD 61.80 02/07/2025

1	ANIRUDDHA BISWAS	138	21/09/06	CHHATTISGARH	_____
2	YASH DABAS	149	27/08/06	DELHI	_____
3	DEEPANSHU DRALL	151	20/02/07	DELHI	_____
4	ROHAN KUMAR	203	30/04/07	HARYANA	_____
5	VANSH .	187	25/12/07	HARYANA	_____
6	SUDEEP DHAKA	192	30/07/06	HARYANA	_____
7	SAHIL KADIAN	198	17/07/06	HARYANA	_____
8	VAIBHAV V .	216	16/10/06	HIMACHAL PRADESH	_____
9	ANUJ KUMAR	217	20/10/07	IOCL	_____
10	UJJAWAL CHOUDHARY	225	24/03/06	JSW	_____
11	SERVAN K C	237	13/10/06	KERALA	_____
12	YASHRAJ JAIN	240	29/08/07	MADHYA PRADESH	_____
13	KRUSHNA SIDDHARTH K	253	11/07/07	MAHARASHTRA	_____
14	DHIRAJ YADAV	279	20/08/06	NCOE PATIALA	_____
15	RITIK .	266	06/07/06	NCOE PATIALA	_____
16	PRAVEENKUMAR U	360	22/06/07	TAMIL NADU	_____
17	MANJEET T	400	06/10/07	UTTAR PRADESH	_____
18	AYUSH .	373	13/09/06	UTTAR PRADESH	_____

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Event # 6 MENS Under 20yr Discus Throw ~~RE~~Continued...

19	YASHASVI PRATAP SINGH	388	10/07/07	UTTAR PRADESH	___	_____
20	NITYA GOPAL SANTRA	429	08/11/06	WEST BENGAL	___	_____
21	BIKRAM BISWAS	426	28/06/07	WEST BENGAL	___	_____

Event # 7 MENS Under 20yr Hammer Throw

FINAL

NATIONAL RECORD:A.Jakhar GIFU 76.86 07/06/2018

1	HIMANSHU .	144	15/10/06	DELHI	___	_____
2	SHUBHAM M .	206	04/10/06	HARYANA	___	_____
3	AMAN .	183	24/11/07	HARYANA	___	_____
4	ABDUL RAHAMAN	241	10/12/06	MADHYA PRADESH	___	_____
5	VIDUR S	358	28/06/06	TAMIL NADU	___	_____
6	SHRIYANSH TIWARI	401	25/09/07	UTTAR PRADESH	___	_____

Event # 8 MENS Under 20yr Javelin Throw

FINAL

NATIONAL RECORD:N.Chopra BYDGOSZCZ 86.48 23/06/2016

1	ASHISH YADAV	114	11/04/07	ARMY	___	_____
2	VIRENDRA YADAV	127	27/11/07	BIHAR	___	_____
3	SHUBHAM KUMAR	123	15/12/07	BIHAR	___	_____
4	DEEPANSHU SHU	130	27/05/06	BSF	___	_____
5	AYUSH YADAV	159	06/03/07	DELHI	___	_____
6	ARYAN PATEL	169	21/02/07	GUJARAT	___	_____
7	VISHAL .	188	08/04/06	HARYANA	___	_____
8	YUVRAJ .	190	02/08/06	HARYANA	___	_____
9	AVADHUT SHINDE	252	04/12/06	MAHARASHTRA	___	_____
10	PANKAJ GAVALA	249	15/09/06	MAHARASHTRA	___	_____
11	DIPESH CHOUDHARY	268	11/09/07	NCOE PATIALA	___	_____
12	ROHAN YADAV	280	10/09/06	NCOE PATIALA	___	_____
13	CHETAN JAT	337	31/12/07	RAJASTHAN	___	_____
14	JASVINDER RATHORE	340	29/11/07	RAJASTHAN	___	_____
15	RISHABH GIRI	349	01/01/07	RELIANCE	___	_____
16	DHARANIDHARAN T	359	18/10/07	TAMIL NADU	___	_____
17	AKILAN A	356	28/12/06	TAMIL NADU	___	_____
18	ADARSH .	372	02/08/06	UTTAR PRADESH	___	_____
19	LAKHAN SINGH	394	03/08/07	UTTAR PRADESH	___	_____
20	SUNNY YADAV	407	11/11/07	UTTAR PRADESH	___	_____
21	DIPANSHU SHARMA	391	25/04/06	UTTAR PRADESH	___	_____
22	PAWAN SINGH BAGADW	418	13/12/07	UTTARKHAND	___	_____
23	DEBASISH ADHIKARY	425	28/11/06	WEST BENGAL	___	_____
24	NARUGOPAL BISWAS	427	29/03/07	WEST BENGAL	___	_____

Event # 9 MENS Under 18yr Shot Put

FINAL

NATIONAL RECORD:S.Chaudhary BHOPAL 21.04 05/02/2023

1	SHUBHAM RAJ	126	12/08/09	BIHAR	___	_____
2	SHIVAM CHAUHAN	135	01/01/09	CHANDIGARH	___	_____
3	SONU .	145	27/03/08	DELHI	___	_____
4	NITESH KUMAR	201	18/02/09	HARYANA	___	_____
5	YUVRAJ SAINI	210	26/07/08	HARYANA	___	_____
6	SAHAJPREET SINGH	213	18/12/09	HARYANA	___	_____
7	NISHCHAY .	184	27/11/08	HARYANA	___	_____
8	LAKSH LAMA	204	21/09/08	HARYANA	___	_____
9	JIVESH .	223	19/10/09	JSW	___	_____
10	SHIVENDRA SINGH RATH	243	18/07/09	MADHYA PRADESH	___	_____
11	ABHAY TYAGI	277	27/10/08	NCOE PATIALA	___	_____
12	RANVIJAY SINGH BUTTA	307	03/08/09	PUNJAB	___	_____

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Event # 9 MENS Under 18yr Shot Put ~~comp~~ed...

13	GURVANSHDEEP SINGH	301	09/02/10	PUNJAB	_____
14	YUVRAJ SINGH	342	07/03/09	RAJASTHAN	_____
15	AKHAND PRATAP SINGH	387	08/04/08	UTTAR PRADESH	_____
16	MEET SINGH GILL	398	05/03/09	UTTAR PRADESH	_____
17	PRADHYUT DHANKAD	379	28/03/09	UTTAR PRADESH	_____
18	RAIHAN CHOUDHARY	411	29/08/08	UTTARKHAND	_____

Event # 10 MENS Under 18yr Discus Throw

FINAL

NATIONAL RECORD:A.. COIMBATORE 64.09 23/04/2010

1	DEV RAJ	125	19/09/09	BIHAR	_____
2	SONU .	145	27/03/08	DELHI	_____
3	NITESH KUMAR	201	18/02/09	HARYANA	_____
4	AKHIL KUMAR	200	14/12/08	HARYANA	_____
5	DHEERAJ SAHU	209	08/01/10	HARYANA	_____
6	KABIR JOGI	197	16/03/08	HARYANA	_____
7	NISHCHAY .	184	27/11/08	HARYANA	_____
8	YASH JAGLAN	196	18/04/09	HARYANA	_____
9	SOMVIR SINGH	214	22/04/09	HARYANA	_____
10	AVINASH TALAKERI	234	25/07/08	KARNATAKA	_____
11	ABHIJITH T NAIK	276	03/02/09	NCOE PATIALA	_____
12	VARUN RATHI	389	31/12/09	UTTAR PRADESH	_____
13	VIKAS SOLANKI	399	08/08/08	UTTAR PRADESH	_____
14	VISHU RATHI	390	20/05/09	UTTAR PRADESH	_____
15	SAMIT SINGH	395	12/01/09	UTTAR PRADESH	_____
16	MOHIT POKHRIYA	415	18/07/08	UTTARKHAND	_____
17	SWAPNIL DUTTA	428	09/07/09	WEST BENGAL	_____

Event # 11 MENS Under 18yr Javelin Throw

FINAL

NATIONAL RECORD:R.Yadav SONEPAT 81.75 15/04/2019

1	BIPLAVE PANDAY	124	20/03/08	BIHAR	_____
2	SHOURYA AGRAWAL	137	17/12/08	CHHATTISGARH	_____
3	ADITYA ADITYA	191	09/01/09	HARYANA	_____
4	HARSHUL LAMBA	205	17/03/08	HARYANA	_____
5	PARAMJEET SINGH	226	17/11/09	JSW	_____
6	PUSHPAK NELWADE	231	09/09/09	KARNATAKA	_____
7	VISHAL PATEL	272	25/12/08	NCOE PATIALA	_____
8	JASKIRAT SINGH	303	12/06/09	PUNJAB	_____
9	YASHPAL .	315	15/06/08	RAILWAY SPORTS	_____
10	BHAVESH KUMAR	338	29/03/08	RAJASTHAN	_____
11	AASHUTOSH BISHNOI	333	01/05/08	RAJASTHAN	_____
12	MANJEET KUMAR	339	10/06/09	RAJASTHAN	_____
13	ROHIT .	332	23/04/08	RAJASTHAN	_____
14	SURENDRA SINGH	341	19/09/08	RAJASTHAN	_____
15	UDAI SINGH DAHIYA	343	04/08/08	RAJASTHAN	_____
16	KARAN CHOUDHARY	335	17/11/09	RAJASTHAN	_____
17	HEMANT KUMAR	384	25/11/08	UTTAR PRADESH	_____
18	MOHD HUMAIR	381	05/12/09	UTTAR PRADESH	_____
19	HARSH MISHRA	385	06/02/10	UTTAR PRADESH	_____
20	HANU YADAV	404	01/01/09	UTTAR PRADESH	_____

Event # 12 WOMENS Shot Put

FINAL

NATIONAL RECORD:A.Khatua Bhubaneswar 18.41 13/05/2024

1	KACHNAR CHAUDHARY	102	17/05/99	ALL INDIA POLICE	_____
2	YOGITA .	176	01/11/00	HARYANA	_____

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Event # 12 WOMENS Shot Put continue REG

3	REKHA .	257	02/02/01	NCOE PATIALA	___	___
4	JASKANWAL KAUR	292	18/11/04	PUNJAB	___	___
5	JASHANDEEP KAUR	291	01/11/05	PUNJAB	___	___
6	MANPREET KAUR	312	06/07/90	RAILWAY SPORTS	___	___
7	SHIKSHA A .	345	12/12/02	RELIANCE	___	___
8	VRADHI SACHDEVA	409	03/11/05	UTTARKHAND	___	___

Event # 13 WOMENS Discus Throw

FINAL

NATIONAL RECORD:K.Kaur Patiala 66.59 21/06/2021

1	SONI KUMARI	121	18/04/05	BIHAR	___	___
2	ANUSHA YADAV	142	15/04/03	DELHI	___	___
3	BHAVANA YADAV	143	09/04/99	DELHI	___	___
4	NEHA JAGLAN	179	05/03/05	HARYANA	___	___
5	SANYA YADAV	182	09/08/03	HARYANA	___	___
6	PRIYA .	173	20/06/04	HARYANA	___	___
7	GRIMA .	171	18/07/02	HARYANA	___	___
8	PRAMILA A .	221	16/06/01	JSW	___	___
9	AMERA ANWAR SHAH	238	21/02/02	MADHYA PRADESH	___	___
10	NEHA VERMA	246	05/06/98	MAHARASHTRA	___	___
11	SEEMA .	259	25/02/99	NCOE PATIALA	___	___
12	NISTHA .	256	24/05/05	NCOE PATIALA	___	___
13	JASMEET KAUR JAGDEO	295	15/09/03	PUNJAB	___	___
14	PRIYANSHI KULHAR	327	27/02/05	RAJASTHAN	___	___
15	NEETIKA VERMA	369	04/03/01	UTTAR PRADESH	___	___
16	SUNITA DAS	421	25/10/03	WEST BENGAL	___	___

Event # 14 WOMENS Hammer Throw

FINAL

NATIONAL RECORD:S.Singh Patiala 65.25 01/06/2017

1	AESHWARYA SINGH PUN	141	29/04/03	DELHI	___	___
2	MITAL SOLANKI	166	28/08/03	GUJARAT	___	___
3	PRATIBHA HA .	239	21/05/03	MADHYA PRADESH	___	___
4	DIVYA SHANDILYA	282	05/07/98	ODISHA	___	___
5	RIPUDAMAN KAUR	294	18/06/04	PUNJAB	___	___
6	HAQIKAT GREWAL	288	28/09/05	PUNJAB	___	___
7	KULVINDER KAUR	311	15/02/98	RAILWAY SPORTS	___	___
8	SONIYA .	322	28/05/04	RAJASTHAN	___	___
9	VINOTHINI DURAIMANIC	355	26/03/02	TAMIL NADU	___	___
10	NITHYA B	354	17/10/03	TAMIL NADU	___	___
11	TANYA CHAUDHARY	362	21/09/03	UTTAR PRADESH	___	___

Event # 15 WOMENS Javelin Throw

FINAL

NATIONAL RECORD:A.Rani Jamshedpur 63.82 08/05/2022

1	NISHI KUMARI	120	01/01/05	BIHAR	___	___
2	ANJANI KUMARI	119	01/01/00	BIHAR	___	___
3	DIKSHA DWIVEDI	161	24/06/01	GUJARAT	___	___
4	SEEMA ..	177	27/12/04	HARYANA	___	___
5	DEEPIKA A	220	21/11/05	JSW	___	___
6	JYOTI .	218	01/04/02	JSW	___	___
7	VERSHA .	260	05/01/06	NCOE PATIALA	___	___
8	SAPNA .	258	26/12/05	NCOE PATIALA	___	___
9	SANJANA CHOUDHARY	263	09/07/99	NCOE PATIALA	___	___
10	SHAKSHI SHARMA	313	09/02/02	RAILWAY SPORTS	___	___
11	KHUSHEE YADAV	329	31/12/03	RAJASTHAN	___	___
12	KOMAL .	320	07/10/04	RAJASTHAN	___	___

5th Indian Open Throws Competition 2026

01-03-2026

NS NIS Patiala, Punjab

07th & 08th March 2026

3/7/26 - 3/8/26

Event # 15 WOMENS Javelin Throw competition

13	LALITA CHOUDHARY	324	19/05/98	RAJASTHAN
14	VISHAKHA PANWAR	364	21/11/97	UTTAR PRADESH
15	ISHIKA SINGH	368	08/09/05	UTTAR PRADESH
16	SAKINA RANGREZ	366	01/01/03	UTTAR PRADESH
17	SWATI PARJAPATI	365	05/08/04	UTTAR PRADESH
18	NIKITA RAWAT	408	08/12/98	UTTARKHAND

Event # 16 WOMENS Under 20yr Shot Put

FINAL

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

1	MUNESH .	128	15/05/06	BSF
2	ANUPRIYA V S	236	17/06/06	KERALA
3	POOJA KUMARI	265	01/07/07	NCOE PATIALA
4	NAVNEET KAUR	293	29/02/08	PUNJAB
5	KASHISH H	326	05/04/06	RAJASTHAN
6	ANJALI .	319	11/05/07	RAJASTHAN

Event # 17 WOMENS Under 20yr Discus Throw

FINAL

NATIONAL RECORD:S.Antil MUMBAI 59.26 04/10/2002

1	MUNESH .	128	15/05/06	BSF
2	DURVA ABHAYKUMAR B	160	30/03/06	GUJARAT
3	RONAK .	175	30/04/07	HARYANA
4	RIDDHI .	174	28/04/07	HARYANA
5	MANNAT PHOUGAT	180	28/11/07	HARYANA
6	TANU CHOUDHARY	264	02/07/07	NCOE PATIALA
7	SUPRIYA ATTRI	261	20/05/07	NCOE PATIALA
8	AMANAT KAMBOJ	289	18/11/07	PUNJAB
9	NIKITA KUMARI	328	26/07/06	RAJASTHAN
10	LAKSHITA MAHLAWAT	346	13/02/08	RELIANCE
11	SAKSHI YADAV	371	12/09/07	UTTAR PRADESH

Event # 18 WOMENS Under 20yr Hammer Throw

FINAL

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

1	AYEESHA BANU MOHAM	103	03/03/07	ANDHRA PRADESH
2	SHITAL JAGMALBHAI JA	162	01/06/06	GUJARAT
3	RAMISHA MAKVANA	164	12/05/06	GUJARAT
4	PRADITI SURESH BHAI V	167	25/05/07	GUJARAT
5	BHUMI JILUBHAI	163	28/03/06	GUJARAT
6	KHUSHI .	172	01/12/06	HARYANA
7	ANKITA MOHAPATRA	281	10/07/07	ODISHA

Event # 19 WOMENS Under 20yr Javelin Throw

FINAL

NATIONAL RECORD:D.. BENGALURU 55.23 31/08/2024

1	BHATERI I	178	11/07/07	HARYANA
2	POONAM .	219	22/04/07	JSW
3	BHAVYA PILANIA	222	18/10/07	JSW
4	DISHA NELWADE	228	07/07/07	KARNATAKA
5	TANISHA YADAV	330	23/09/06	RAJASTHAN
6	NEELAM CHOUDHARY	325	25/07/07	RAJASTHAN
7	SHIVANI SAHU	367	03/04/07	UTTAR PRADESH
8	SHIVANI I	363	06/07/06	UTTAR PRADESH
9	RANJANA YADAV	370	02/02/07	UTTAR PRADESH
10	KANIKA BAIDYA	420	25/01/07	WEST BENGAL

Event # 20 WOMENS Under 18yr Shot Put

FINAL

5th Indian Open Throws Competition 2026

01-03-2026

NS NIS Patiala, Punjab

07th & 08th March 2026

3/7/26 - 3/8/26

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

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

1	AARTI .	170	14/12/09	HARYANA	—	—
2	M REDDY SANJANA .	229	04/11/09	KARNATAKA	—	—
3	JOY BAIDWAN	262	11/12/09	NCOE PATIALA	—	—

Event # 21 WOMENS Under 18yr Discus Throw**FINAL**

NATIONAL RECORD:S.Antil KOLKATA 57.20 11/10/2000

1	MANINDER KAUR	133	05/12/08	CHANDIGARH	—	—
2	KAVYA SHILU	165	13/09/09	GUJARAT	—	—
3	ANISHA SINGHMAR	181	31/12/09	HARYANA	—	—
4	SHRIMAYI KULKARNI	227	02/09/08	KARNATAKA	—	—
5	SONA MOHAN T	235	16/05/09	KERALA	—	—
6	ARYA MOHITE	245	19/08/08	MAHARASHTRA	—	—
7	HUSHAINDEEP KAUR	290	19/08/09	PUNJAB	—	—
8	SIYA BANJARA	323	15/05/09	RAJASTHAN	—	—
9	POONAM .	321	14/06/08	RAJASTHAN	—	—
10	OSHIN OSHIN	347	26/02/09	RELIANCE	—	—
11	TANUSHRI MAHALDER	423	24/03/08	WEST BENGAL	—	—
12	SUSMITA SARKAR	424	27/12/08	WEST BENGAL	—	—
13	MISTI KARMAKAR	422	12/02/09	WEST BENGAL	—	—