

National Junior Records (as on 31 December 2019)

U20 MEN:

100m	10.47	0.5	Gurindervir Singh	Punjab	21-Apr-2018	Coimbatore
200m	21.19	0.2	Ajay Raj Singh	Punjab	6-Dec-1996	New Delhi
400m	46.59		Amoj Jacob	Delhi	18-Nov-2017	Mangalagiri
800m	1:48.37		Ghamanda Ram	Rajasthan	30-Oct-2002	Bangkok
1500m	3:44.96		Ajay Kumar Saroj	Assam	19-Jul-2016	Bydgoszcz
5000m	14:14.48		N. Gojen Singh	Manipur	23-Aug-1996	Sydney
10000m	29:32.68		N. Gojen Singh	Manipur	21-Aug-1996	Sydney
3000m Steeple	9:02.9		Bhupinder Tyagi	Delhi	5-Nov-1992	New Delhi
110m Hurdles	13.92	0.1	J. Surendhar	Tamil Nadu	3-Dec-2010	Bengaluru
400m Hurdles	50.86		Durgesh Kumar Pal	Maharashtra	3-Nov-2011	Ranchi
High Jump	2.26		Tejaswin Shankar	Delhi	10-Nov-2016	Coimbatore
Pole Vault	5.05 #		Parshant Singh Kanhiya	Haryana	4-Nov-2019	Mangalagiri
Long Jump	7.94	1.0	Kumaravel Premkumar	Tamil Nadu	22-Sep-2012	Pune
Triple Jump	16.45	0.7	Arpinder Singh	Punjab	4-Dec-2010	Bengaluru
Shot Put (6 kg)	20.35		Saurabh Vij	Delhi	17-Jun-2006	Chennai
Discus (1.75 kg)	58.11		Sachin Singh Dalal	Haryana	10-May-2014	Chennai
Hammer (6 kg)	76.86		Ashish Jakhar	Haryana	7-Jun-2018	Gifu
Javelin Throw	86.48		Neeraj Chopra	Haryana	23-Jul-2016	Bydgoszcz
Decathlon	7020		K. Dileep Kumar	Andhra Pradesh	28-Oct-2012	Lucknow
4x100m Relay	40.56		National Junior Team		12-Jun-2004	Ipoh
4x400m Relay	3:08.89		National Junior Team		23-Jul-2016	Bydgoszcz
10000m Walk	40:47.78		Akshdeep Singh	Punjab	3-Nov-2018	Ranchi

U20 WOMEN:

100m	11.63	1.3	Dutee Chand	Odisha	9-May-2014	Chennai
200m	23.57	1.9	Dutee Chand	Odisha	14-Jun-2014	Taipei
400m	51.46		Hima Das	Assam	12-Jul-2018	Tampere
800m	2:05.21		Tintu Luka	Kerala	24-May-2008	Pune
1500m	4:17.19 #		KM Chanda	Delhi	3-Nov-2019	Mangalagiri
3000m	9:13.57		Sunita Rani	Punjab	22-Aug-1996	Sydney
5000m	16:21.59		Sunita Rani	Punjab	26-Aug-1997	Catania
3000m Steeple	10:34.10 #		G. Maheshwari	Telangana	6-Nov-2019	Mangalagiri
100m Hurdles	13.59	1.3	Gayathry Govindaraj	Tamil Nadu	20-Jul-2010	Moncton
400m Hurdles	58.81		Debi Bose	West Bengal	6-Dec-1996	New Delhi
High Jump	1.81		Rubina Yadav	Haryana	16-Nov-2017	Mangalagiri
Pole Vault	3.75 #		A.C. Nivya Antony	Kerala	3-Nov-2019	Mangalagiri
Long Jump	6.30		Priyanka Kerketta	Jharkhand	10-Jun-2017	Lucknow
Triple Jump	13.58	2.0	Gayathry Govindaraj	Tamil Nadu	3-Jul-2010	Hanoi
Shot Put	15.89		Navjeet Kaur Dhillon	Punjab	10-May-2014	Chennai
Discus Throw	59.26		Seema Antil	Haryana	4-Oct-2002	Mumbai
Hammer Throw	52.34		Seema Jhakar	Haryana	25-Jul-2009	Lucknow
Javelin Throw	52.33		Suman Devi	Uttar Pradesh	29-Oct-2002	Bangkok
Heptathlon	5386		Swapna Barman	West Bengal	25-Nov-2015	Ranchi
4x100m Relay	45.82		National Junior Team		4-Jul-2010	Hanoi
4x400m Relay	3:39.10		National Junior Team		14-Jul-2018	Tampere
10000m Walk	49:16.51		Priyanka Goswami	Uttar Pradesh	27-Nov-2014	Vijayawada

YOUTH BOYS (UNDER-18)

100m	10.65 #	0.0	Ritik Malik	Delhi	3-Nov-2019	Mangalagiri
200m	21.33	0.2	Amiya Kumar Mallick	Odisha	16-Oct-2008	Pune
400m	46.99		Chandan Bauri	West Bengal	8-Sep-2015	Apia
800m	1:50.93		N. Sreekiran	Tamil Nadu	5-Jul-2018	Bangkok
1500m	3:46.92		Ajay Kumar Saroj	Assam	24-Aug-2014	Nanjing
3000m	8:14.93		Indrajeet Patel	Uttar Pradesh	7-Jul-2011	Lille
2000m Steeple	5:48.9		N.Ginao Singh	Manipur	2-Dec-2000	Hissar
110m Hurdles (91.4)	13.57	1.3	Maymon Poulouse	Kerala	23-Aug-2014	Nanjing
400m Hurdles (84)	50.81		Durgesh Kumar Pal	Maharashtra	23-Aug-2010	Singapore
High Jump	2.26		Tejaswin Shankar	Delhi	10-Nov-2016	Coimbatore
Pole Vault	4.90		Rakesh Gond	Uttar Pradesh	21-Jul-2018	Vadodara
Long Jump	7.86	-0.1	Kumaravel Premkumar	Tamil Nadu	2-Dec-2010	Bengaluru
Triple Jump	15.84	0.5	C. Praveen	Tamil Nadu	13-Oct-2018	Buenos Aires
Shot Put (5 kg)	20.99		Dipender Dabas	Haryana	17-Nov-2017	Mangalagiri
Discus (1.5 kg)	64.09		Arjun	Delhi	23-Apr-2010	Coimbatore
Hammer (5 kg)	81.47		Nitesh Poonia	Rajasthan	4-Nov-2018	Ranchi
Javelin (700 g)	81.75 #		Rohit Yadav	Uttar Pradesh	15-Apr-2019	Sonepat
Decathlon	7185 #		Usaid Khan	Maharashtra	3-Nov-2019	Mangalagiri
Medley Relay	1:53.74		National Youth Team		11-May-2015	Doha
10000m Walk	42:41.68		Parveen Kumar	Haryana	4-Nov-2018	Ranchi

YOUTH GIRLS (UNDER-18)

100m	11.62	1.5	Dutee Chand	Odisha	10-Jul-2013	Donetsk
200m	24.20 #	-0.8	Avantika Narale	Maharashtra	17-Mar-2019	Hong Kong
400m	53.14		Jisna Mathew	Kerala	8-Sep-2015	Apia
800m	2:07.33		Abitha Mary Manuel	Kerala	9-Sep-2015	Apia
1500m	4:25.66		Tai Bamhane	Maharashtra	4-Jul-2018	Bangkok
3000m	9:50.54		Seema	Himachal Pradesh	19-Nov-2017	Mangalagiri
2000m Steeple	7:06.49		Parul Chaudhary	Uttar Pradesh	30-Oct-2012	Lucknow
100m Hurdles (76.2)	13.70	1.1	P.M. Thabitha	Tamil Nadu	4-Nov-2019	Mangalagiri
400m Hurdles	1:00.13		Pinki Parmanik	West Bengal	23-Dec-2003	Kollam
High Jump	1.81		Rubina Yadav	Haryana	16-Nov-2017	Mangalagiri
Pole Vault	3.55		A.C. Nivya Antony	Kerala	18-Nov-2017	Mangalagiri
Long Jump	6.10		Ruta Patkar	Maharashtra	20-Jan-2001	Bengaluru
Triple Jump	13.11	0.0	Shraddha Ghule	Maharashtra	16-Oct-2008	Pune
Shot Put (3 kg)	15.99		Kachnar Chaudhary	Rajasthan	11-Nov-2016	Coimbatore
Discus Throw	49.54		Navjeet Kaur	Punjab	29-Oct-2012	Lucknow
Hammer (3 kg)	61.93 #		Harshita Sehrawat	Delhi	15-Mar-2019	Hong Kong
Javelin (500 g)	50.21		Pushpa Jakhar	Haryana	22-Aug-2014	Nanjing
Heptathlon	4992		Swapna Barman	West Bengal	6-Dec-2013	Bengaluru
Medley Relay	2:10.08		National Youth Team		15-Jul-2007	Ostrava
5000m Walk	24:11.70		K.T. Neena	Kerala	22-Apr-2014	Bambolim

BOYS UNDER-16

100m	10.85	0.0	Nisar Ahemad	Delhi	18-Nov-2017	Mangalagiri
200m	21.73	0.8	Nisar Ahemad	Delhi	20-Nov-2017	Mangalagiri
400m	48.24		Chandan Bauri	West Bengal	5-Dec-2013	Bengaluru
800m	1:54.78		Parvej Khan	Haryana	5-Nov-2019	Mangalagiri
*1000m	2:27.87		Beant Singh	Haryana	26-Nov-2014	Vijayawada

*1500m	4:05.5		Biren Gogoi	Assam	12-Feb-1991	Cuttack
2000m	5:31.87		Vikas	Haryana	10-Nov-2016	Coimbatore
3000m	8:35.1		W. Jaya Kumar Singh	Manipur	2-Nov-1995	New Delhi
100m Hurdles (91.4)	13.32		Bhosale Harshavardhan	Maharashtra	23-Nov-2015	Ranchi
High Jump	2.07		Vijay Malik	Manipur	2-Nov-2018	Ranchi
Long Jump	7.27	1.9	Sahil Mahabali	Haryana	5-Dec-2013	Bengaluru
	7.27 =	0.0	Pankaj Verma	Haryana	4-Nov-2018	Ranchi
Shot Put (5 kg)	18.05		Adish Ghildiyal	Uttarakhand	19-Nov-2017	Mangalagiri
Discus (1.5 kg)	53.96		Sahil Silwal	Haryana	10-Nov-2016	Coimbatore
Hammer (5 kg)	70.46		Vikranta	Uttar Pradesh	23-Nov-2015	Ranchi
Javelin (700 g)	74.73		Vikas Yadav	Maharashtra	17-Nov-2017	Mangalagiri
Pentathlon	4650		Surender Singh	Uttar Pradesh	3-Dec-2000	Hissar
Medley Relay	1:56.95		Haryana State Team		19-Nov-2017	Mangalagiri
5000m Walk	20:27.82 #		Amit	Haryana	4-Nov-2019	Mangalagiri

GIRLS UNDER-16

100m	12.00	0.0	Dutee Chand	Odisha	1-Dec-2010	Bengaluru
	12.00		Dutee Chand	Odisha	2-Dec-2010	Bengaluru
200m	24.77	0.1	Nirupama Sunderraj	Karnataka	2-Sep-2008	Jamshedpur
400m	54.57		Anjana Thamke	Maharashtra	31-Oct-2012	Lucknow
800m	2:08.25		Anjana Thamke	Maharashtra	5-Nov-2012	Haridwar
*1000m	2:51.96		R. Pavithra	Tamil Nadu	3-Dec-2010	Bengaluru
*1500m	4:45.24		Shiv Shakya	Uttar Pradesh	18-Oct-2011	Ranchi
2000m	6:24.71 #		Bushra Khan Gauri	Madhya Pradesh	6-Nov-2019	Mangalagiri
3000m	10:12.1		S. Thabaton Devi	Manipur	14-Jan-1996	Jalandhar
100m Hurdles (76.2)	14.36	0.0	Pranjali Patil	Maharashtra	3-Nov-2018	Ranchi
High Jump	1.69		Kavya Muthanna	Karnataka	21-Dec-2003	Kollam
Long Jump	6.15 #		Shaili Singh	Karnataka	3-Nov-2019	Mangalagiri
Shot Put (3 kg)	15.32 #		Bharti	Haryana	2-Nov-2019	Mangalagiri
Discus Throw	41.74		Navjit Kaur	Punjab	2-Dec-2010	Bengaluru
Javelin (500 g)	43.52		Guriya Kumari	Bihar	3-Dec-2018	Tirupati
Pentathlon	3331		Sabita Toppo	Odisha	5-Nov-2016	Mangalagiri
Medley Relay	2:15.65		Kerala State Team		29-Nov-2005	Chennai
3000m Walk	14:14.83 #		Reshma Patel	Uttarakhand	5-Nov-2019	Mangalagiri

BOYS UNDER-14

*60m	7.37		Ravindra Maurya	Uttar Pradesh	18-Oct-2011	Ranchi
100m	11.19	2.0	Sanchay Kumar Paul	West Bengal	5-Dec-2013	Bengaluru
	11.19 =	-0.3	Dhiraj Kumar Pahadi	Jharkhand	3-Dec-2018	Tirupati
*200m	23.56	0.0	Nuzrat	Haryana	5-Nov-2012	Haridwar
600m	1:22.40		Kashvir Vasani	Gujarat	22-Nov-2015	Ranchi
*800m	2:03.00		Ashish	Haryana	16-Oct-2011	Ranchi
High Jump	1.95 #		Aaditya Raghuvanshi	Madhya Pradesh	3-Nov-2019	Mangalagiri
Long Jump	6.84	0.0	Avinash Kumar	Madhya Pradesh	3-Nov-2018	Ranchi
Shot Put (4 kg)	17.88		Dhanveer Singh	Punjab	12-Nov-2016	Coimbatore
Triathlon	2458		Deepankar Roy	West Bengal	10-Jan-2003	Shimoga

GIRLS UNDER-14

*60m	8.29		K.V. Roshini	Andhra Pradesh	15-Jan-2007	Ranchi
100m	12.38	0.1	Sakshi Chavan	Maharashtra	3-Dec-2018	Tirupati

*200m	27.57		V. Yeswanthi	Andhra Pradesh	15-Jan-2007	Haridwar
600m	1:31.36		Anjana Thamke	Maharashtra	1-Nov-2011	Ranchi
*800m	2:25.71		Anju Ranbir	Haryana	Oct-2005	Haridwar
High Jump	1.63		Pavana Nagaraj	Karnataka	3-Nov-2018	Ranchi
Long Jump	5.82	1.1	Rochella Macfarlane	Tamil Nadu	3-Dec-2010	Bengaluru
Shot Put (3 kg)	13.07		Bharti	Haryana	2-Dec-2018	Tirupati
Triathlon	2071		Pallavi Sukumar	Karnataka	22-Dec-2003	Kollam

* denotes events included only in National Inter-District Junior Athletics Meet programme (u-14/16)

records subject to usual ratification procedures

