

NATIONAL SENIOR RECORDS (as of 29 February 2020)

MEN

100m	10.26	1.2	Amiya Kumar Mallick	Odisha	28-Apr-2016	New Delhi
200m	20.63	1.5	Muhammed Anas	Kerala	15-Aug-2018	Jablonec nad Nisou
400m	45.24		Muhammed Anas	Kerala	21-Jul-2018	Nove Mesto nad Metuji
	45.21 #		Muhammed Anas	Kerala	13-Jul-2019	Kladno, CZE
800m	1:45.65		Jinson Johnson	Kerala	27-Jun-2018	Guwahati
1500m	3:37.86		Jinson Johnson	Kerala	14-Apr-2018	Gold Coast
	3:37.62 #		Jinson Johnson	Kerala	15-Jun-2019	Nijmegen
	3:35.24 #		Jinson Johnson	Kerala	1-Sep-2019	Berlin
5000m	13:29.70		Bahadur Prasad	Delhi	27-Jun-1992	Birmingham
10000m	28:02.89		Surendra Singh	Uttarakhand	12-Jul-2008	Vigo
3000m Steeple	8:29.80		Avinash Sable	Maharashtra	28-Sep-2018	Bhubaneswar
	8:28.94 #		Avinash Sable	Maharashtra	18-Mar-2019	Patiala
	8:25.23 #		Avinash Sable	Maharashtra	1-Oct-2019	Doha
	8:21.37 #		Avinash Sable	Maharashtra	4-Oct-2019	Doha
110m Hurdles	13.48	-0.9	Siddhant Thingalaya	Maharashtra	10-Jun-2017	Mesa
400m Hurdles	48.96		A. Dharun	Tamil Nadu	27-Aug-2018	Jakarta
	48.80 #		A. Dharun	Tamil Nadu	16-Mar-2019	Patiala
High Jump	2.29		Tejaswin Shankar	Delhi	27-Apr-2018	Lubbock
Pole Vault	5.30		S. Siva	Tamil Nadu	19-Sep-2018	Jalahalli
Long Jump	8.20	0.0	Murali Sreeshankar	Kerala	27-Sep-2018	Bhubaneswar
Triple Jump	17.30	1.8	Renjith Maheswary	Kerala	11-Jul-2016	Bangalore
Shot Put	20.75		Tajinder Pal Singh Toor	Punjab	25-Aug-2018	Jakarta
	20.92 #		Tajinder Pal Singh Toor	Punjab	12-Oct-2019	Ranchi
Discus Throw	66.28		Vikas Gowda	Karnataka	12-Apr-2012	Norman
Hammer Throw	70.73		Neeraj Kumar	Rajasthan	29-Jun-2016	Hyderabad
Javelin Throw	88.06		Neeraj Chopra	Haryana	27-Aug-2018	Jakarta
Decathlon	7658		Bharatinder Singh	Haryana	12-Jun-2011	Bangalore
4x100m Relay	38.89		National Team		12-Oct-2010	New Delhi
		Rahamatulla Molla, Suresh Sathya, Sameer Mon, Abdul Najeeb Qureshi				
4x400m Relay	3:00.91		National Team		10-Jul-2016	Bangalore
		Kunhu Muhammed, Muhammed Anas, Ayyasamy Dharun, Arokia Rajiv				
Half Marathon	1:03:46		Kalidas Hirave	Maharashtra	25-Nov-2018	New Delhi
Marathon	2:12:00		Shivnath Singh	Bihar	28-May-1978	Jullundur
20 KM walk	1:20:21		K.T. Irfan	Kerala	4-Aug-2012	London
	1:20:21=		Devender Singh	Haryana	20-Mar-2016	Nomi
50 KM walk	3:56:00		Sandeep Kumar	Haryana	18-Feb-2017	New Delhi

WOMEN

100m	11.29	0.5	Dutee Chand	Odisha	29-Jun-2018	Guwahati
	11.28 #	-0.1	Dutee Chand	Odisha	21-Apr-2019	Doha
	11.26 #	1.3	Dutee Chand	Odisha	22-Apr-2019	Doha
	11.22 #	-0.9	Dutee Chand	Odisha	11-Oct-2019	Ranchi
200m	22.82	0.8	Saraswati Saha	West Bengal	28-Aug-2002	Ludhiana
400m	50.79		Hima Das	Assam	26-Aug-2018	Jakarta
800m	1:59.17		Tintu Luka	Kerala	4-Sep-2010	Split
1500m	4:06.03		Sunita Rani	Punjab	11-Oct-2002	Busan
5000m	15:15.89		Preeja Sreedharan	Kerala	26-Nov-2010	Guangzhou

10000m	31:50.47		Preeja Sreedharan	Kerala	21-Nov-2010	Guangzhou
3000m Steeple	9:19.76		Lalita Babar	Maharashtra	13-Aug-2016	Rio de Janeiro
100m Hurdles	13.38	-0.7	Anuradha Biswal	Odisha	26-Aug-2002	New Delhi
	13.38=	0.4	Anuradha Biswal	Odisha	8-Sep-2002	New Delhi
400m Hurdles	55.42		P.T. Usha	Kerala	8-Aug-1984	Los Angeles
High Jump	1.92		Sahana Kumari	Karnataka	23-Jun-2012	Hyderabad
Pole Vault	4.15		V.S. Surekha	Tamil Nadu	4-Nov-2014	New Delhi
Long Jump	6.83	1.2	Anju B. George	Kerala	27-Aug-2004	Athens
Triple Jump	14.11	0.9	Mayookha Johny	Kerala	9-Jul-2011	Kobe
Shot Put	17.96		Manpreet Kaur	Punjab	16-Sep-2015	Kolkata
Discus Throw	64.76		Krishna Poonia	Rajasthan	5-May-2012	Maui
Hammer Throw	65.25		Sarita Singh	Uttar Pradesh	1-Jun-2017	Patiala
Javelin Throw	61.86		Annu Rani	Uttar Pradesh	4-Jun-2017	Patiala
	62.34 #		Annu Rani	Uttar Pradesh	17-Mar-2019	Patiala
	62.43 #		Annu Rani	Uttar Pradesh	30-Sep-2019	Doha
Heptathlon	6211		J.J. Shobha	Andhra Pradesh	17-Mar-2004	New Delhi
4x100m Relay	43.42		National Team		4-Jul-2016	Almaty
			Merlin K Joseph, H M Jyothi, Srabani Nanda, Dutee Chand			
4x400m Relay	3:26.89		National Team		27-Aug-2004	Athens
			Rajwant Kaur, K M Beenamol, Chitra K Soman, Manjit Kaur			
Half Marathon	1:10:31		Suriya Loganathan	Tamil Nadu	19-Nov-2017	New Delhi
Marathon	2:34:43		O.P. Jaisha	Punjab	30-Aug-2015	Beijing
20 KM walk	1:31:29		Baby Soumya	Delhi	18-Feb-2018	New Delhi
	1:29:54 #		Bhawna Jat	Rajasthan	15-Feb-2020	Ranchi

records subject to usual ratification procedures