RESULT DAY 1

13TH SOUTH ASIAN GAMES 20`19

13TH SOUTH ASIAN GAMES 2019

12/3/19 - 12/7/19 **, KATHMANDU, POKHARA , NEPAL**

Event # 1 WOMENS 100m Dash

SAG RECORDS:K V DAMAYANTHI DARSHA SRI 11.91 19

RESULTS OF FINALS Heat 1

1	ARCHANA SUSEENT .	IND	305	0:11.80 =
2	THANUJI AMASHA .	SRI	357	0:11.82 =
3	LAKSHIKA SUGAND .	SRI	356	0:11.84 =
4	HIMASHREE ROY .	IND	308	0:11.88 =
5	SHIRIN AKTER .	BAN	402	0:12.32
6	MIS SHARIFA KHA .	BAN	302	0:12.53
7	SARSWATI CHAUDH .	NEPAL	385	0:12.55
8	ESHA IMRAN .	PAK	355	0:12.69

RESULTS OF PRELIMS Heat 1

1	ARCHANA SUSEENT .	IND	305	0:11.99
2	THANUJI AMASHA .	SRI	357	0:12.07
3	MIS SHARIFA KHA .	BAN	302	0:12.55
4	ESHA IMRAN .	PAK	355	0:12.86
5	KRISHNA CHADHAU .	NEPAL	386	0:13.24

RESULTS OF PRELIMS Heat 2

1	LAKSHIKA SUGAND .	SRI	356	0:12.00
2	HIMASHREE ROY .	IND	308	0:12.11
3	SHIRIN AKTER .	BAN	402	0:12.40
4	SARSWATI CHAUDH .	NEPAL	385	0:12.57

Event # 5 WOMENS 1500m Run

SAG RECORDS:SUNITA RANI IND 4:14.23 1999

1	UDA KUBURALAGE .	SRI	364	4:34.34
2	CHANDA .	IND	321	4:34.51
3	CHITRA PALAKEEZ .	IND	320	4:35.46
4	GUNATHILAKA THU .	SRI	363	4:36.34
5	SARASWATI BHATT .	NEPAL	390	4:41.66
6	RABIA ASHIO .	PAK	353	5:05.52
7	SANU MAYA KARKI .	NEPAL	392	5:06.27
8	AISHATH JAAISHA .	MDV	344	5:28.69
	NIMALI WALIWARS .	SRI	361	DNS

Event # 7 WOMENS 10000m Run

SAG RECORDS:SURIYA LOGANATHAN IND 32:39.86 201

1	SANTOSHI SHREST .	NEPAL	393	35:07.94
2	KAVITA YADAV .	IND	325	35:07.95
3	NILANTHI LANKA .	SRI	367	35:59.02
4	HIRUNI KESARA W .	SRI	366	36:22.85
5	ARATI DATTATRAY .	IND	324	37:27.99
6	BISWARUPA BUDHA .	NEPAL	394	38:25.03
7	MARIYAM ABDUL K .	MDV	345	42:08.62

Event # 11 WOMENS High Jump

QUALIFY STARTING HEIGHT 140M
PROGRESSION OF HEIGHTS 140-150-155
160-165-169-173-175+2CM

SAG RECORDS:SANGEETHA MOHAN IND 1.81 2004

1	JISHNA M .	IND	331	1.73m
2	DULANJALEE KUMA .	SRI	373	1.69m
3	RUBINA YADAV .	IND	330	1.69m
4	MIUDITHA MADHUS .	SRI	374	1.65m
5	PLABONI HAOUE .	BAN	405	1.55m
	SHILA CHAUDHARY .	NEPAL	396	NM

Event # 19 MENS 100m Dash

RESULTS OF FINALS Heat 1

13TH SOUTH ASIAN GAMES 20`19

13TH SOUTH ASIAN GAMES 2019

.2/3/19 - 12/7/19 **, KATHMANDU, POKHARA , NEPAL**

Event # 19 MENS 100m Dash

RESULTS OF FINALS Heat 1

1	SAAID HASSAN .	MDV	152	0:10.49
2	HIMASHA EASHAN .	SRI	174	0:10.50
3	SAMI ULLAH .	PAK	160	0:10.66
4	UZAIR REHMAN .	PAK	161	0:10.70
5	MD ISMAIL .	BAN	106	0:10.75
6	VINOJ SURANJAYA .	SRI	175	0:10.79
7	GURINDERVIR SIN .	IND	115	0:10.81
8	MOHAMMED HASAN .	BAN	237	0:10.92

RESULTS OF PRELIMS Heat 1

1	HIMASHA EASHAN .	SRI	174	0:10.51
2	GURINDERVIR SIN .	IND	115	0:10.60
3	MD ISMAIL .	BAN	106	0:10.70
4	UZAIR REHMAN .	PAK	161	0:10.74
5	AASHISH CHAUDHA .	NEPAL	209	0:11.01

RESULTS OF PRELIMS Heat 2

1	SAAID HASSAN .	MDV	152	0:10.66
2	SAMI ULLAH .	PAK	160	0:10.75
3	VINOJ SURANJAYA .	SRI	175	0:10.82
4	MOHAMMED HASAN .	BAN	237	0:10.96
5	YAM SAJAN SUNAR .	NEPAL	210	0:11.15

Event # 23 MENS 1500m Run

1	AJAY KUMAR SARO .	IND	125	3:54.81
2	AJEET KUMAR .	IND	126	3:57.18
3	TANKA KARKI .	NEPAL	218	3:59.20
4	SAJEEWA LAKMAL .	SRI	182	4:00.60
5	NASIR ALI .	PAK	167	4:07.11
6	KUPUN KUSHANTHA .	SRI	181	4:13.29
7	MADAV KUMAR CHA .	NEPAL	219	4:16.76
8	HUSSAIN RIZA .	MDV	153	4:22.89

Event # 29 MENS High Jump

QUALIFY STARTING HEIGHT 175 CM
PROGRESSION OF HEIGHTS 175-185-190
195-200-204-208-210+2CM
#SAG RECORDS:M.WIJESEKARA SRI 2.20 2004

1	SARVESH ANIL KU .	IND	137	2.21m#
2	MAHFUZUR RAHMAN .	BAN	109	2.16m
3	CHETHAN BALASUB .	IND	138	2.14m
4	USHAN THIWANKA .	SRI	196	2.10m
5	SHAROZ KHAN .	PAK	171	2.04m
6	SURYA BAHADUR K .	NEPAL	228	1.95m
6	SANJU THARUKA F .	SRI	197	1.95m

RESULT DAY 2

13TH SOUTH ASIAN GAMES 2019 KATHMANDU NEPAL									
RESULT DAY-2 04/12/2019									
Event # 25 MENS 10000m Run									
# SAG RECORDS:T GOPI . IND 29:10.53 2016									
1	SURESH KUMAR .	129		IND			29:33.61		
2	SHANMUGESWARAN .	185		SRI			30:49.20		
3	DEEPAK ADHIKARI .	222		NEPAL			30:50.06		
4	RANJEET KUMAR P .	130		IND			31:18.54		
5	GAJENDRA RAI .	223		NEPAL			31:45.95		
6	SANGAY .	112		BHU			32:47.22		
7	HUSSAIN FAZEEL .	154		MDV			35:01.74		
	SOHAIL AMIR .	166		PAK			DNF		
	SAMANTHA PUSHPA .	183		SRI			DNF		
Event # 32 MENS Discus Throw									
# SAG RECORDS:SHAKTI SINGH . IND 57.78 1995									
1	KIRPAL SINGH BA .	147		IND			57.88m		**NMR**
55.62, 57.88, 56.54, 54.70, 56.58, 55.36									
2	GAGANDEEP SINGH .	146		IND			53.57m		
51.78, 52.89, 51.93, X, X, 53.57									
3	SHAMS UL HAQ .	172		PAK			44.31m		
44.31, 40.54, 43.35, X, X, X									
4	JANAKA THUSARA .	204		SRI			42.55m		
41.17, 40.82, X, 38.17, 41.81, 42.55									
5	CHITRA BAHADUR .	230		NEPAL			39.65m		
X, 38.23, X, X, 39.65, 37.90									
6	BINOD RAI .	231		NEPAL			37.84m		
37.84, X, X, 36.53, X, 36.75									
Event # 28 MENS Long Jump									
# SAG RECORDS:ANKIT SHARMA . IND 7.89 2016									
1	LOKESH SATHYANA .	139		IND			7.87m		
7.74 (0.0), X (0.0), 7.69 (0.0), X (0.0), 7.87 (0.0), X (0.0)									
2	SWAMINATHAN RAV .	140		IND			7.77m		
7.54 (0.0), 7.62 (0.0), 7.46 (0.0), 7.57 (0.0), 7.51 (0.0), 7.77 (0.0)									
3	AL AMIN .	110		BAN			7.60m		
7.16 (0.0), 7.39 (0.0), 7.50 (0.0), 7.50 (0.0), 7.60 (0.0), 7.49 (0.0)									
4	AMILA JAYASIRI .	198		SRI			7.59m		
7.56 (-0.1), X (0.0), X (0.0), X (0.0), 7.52 (0.0), 7.59 (0.0)									
5	GAYAN SAMPATH J .	199		SRI			7.42m		
6.93 (0.0), 7.42 (0.0), 7.33 (0.0), 7.41 (0.0), 7.39 (0.0), X (0.2)									
6	SHERBHADUR BIST .	225		NEPAL			6.85m		
6.76 (0.0), 6.85 (0.0), 6.67 (0.0), X (0.0), X (0.3), 6.68 (0.0)									
7	BHUVAN MAHATO .	226		NEPAL			6.76m		
X (0.0), 6.76 (0.0), 6.53 (0.0), 6.39 (0.0), X (0.1), X (0.0)									
Event # 20 MENS 200m Dash									
# SAG RECORDS:ROHAN PRADEEPKUMARA SRI 20.99 2004									
RESULTS OF FINALS Heat 1									
1	UZAIR REHMAN .	161		PAK		-0.3m/s	0:21.15		
2	VINOJ SURANJAYA .	175		SRI		-0.3m/s	0:21.19		
3	SAAID HASSAN .	152		MDV		-0.3m/s	0:21.22		
4	MUHAMMAD SHAHBA .	169		PAK		-0.3m/s	0:21.54		
5	SHASHIKANT VEER .	117		IND		-0.3m/s	0:21.61		
6	SHANMUGA SRINIV .	116		IND		-0.3m/s	0:21.64		
7	MD SAIFUL ISMAI .	101		BAN		-0.3m/s	0:21.70		
8	MOHAMED SAFAN A .	176		SRI		-0.3m/s	0:22.29		

RESULTS OF PRELIMS Heat 1									
1	MUHAMMAD SHAHBA .	169		PAK		-0.9m/s	0:21	Q	
2	VINOJ SURANJAYA .	175		SRI		-0.9m/s	0:21	Q	
3	SAAID HASSAN .	152		MDV		-0.9m/s	0:21	Q	
4	SHASHIKANT VEER .	117		IND		-0.9m/s	0:22	q	
5	AASHISH CHAUDHA .	209		NEPAL		-0.9m/s	0:22.47		
RESULTS OF PRELIMS Heat 2									
1	UZAIR REHMAN .	161		PAK		-0.5m/s	0:21	Q	
2	MOHAMED SAFAN A .	176		SRI		-0.5m/s	0:21	Q	
3	MD SAIFUL ISMAI .	101		BAN		-0.5m/s	0:22	Q	
4	SHANMUGA SRINIV .	116		IND		-0.5m/s	0:22	q	
5	ANAND DEV CHAUD .	211		NEPAL		-0.5m/s	0:24.02		
Event # 2 WOMENS 200m Dash									
# SAG RECORDS:K V DAMAYANTHI DARSHA SRI 22.68 1999									
RESULTS OF FINALS Heat 1									
1	ARCHANA SUSEENT .	305		IND		+0.7m/s	0:23.66		
2	NAJMA PARVEEN .	350		PAK		+0.7m/s	0:23.69		
3	CHANDRALEKHA AN .	311		IND		+0.7m/s	0:24.27		
4	NONA SHARMILA J .	358		SRI		+0.7m/s	0:24.37		
5	SAHIB E ASRA .	351		PAK		+0.7m/s	0:24.46		
6	THANUJI AMASHA .	357		SRI		+0.7m/s	0:24.54		
7	SHIRIN AKTER .	402		BAN		+0.7m/s	0:25.59		
8	SARSWATI CHAUDH .	385		NEPAL		+0.7m/s	0:26.26		
RESULTS OF PRELIMS Heat 1									
1	NAJMA PARVEEN .	350		PAK		-1.1m/s	0:24	Q	
2	CHANDRALEKHA AN .	311		IND		-1.1m/s	0:25	Q	
3	THANUJI AMASHA .	357		SRI		-1.1m/s	0:25	Q	
4	SHIRIN AKTER .	402		BAN		-1.1m/s	0:25	q	
5	KRISHNA CHADHAU .	386		NEPAL		-1.1m/s	0:27.49		
RESULTS OF PRELIMS Heat 2									
1	ARCHANA SUSEENT .	305		IND		+0.8m/s	0:24	Q	
2	NONA SHARMILA J .	358		SRI		+0.8m/s	0:24	Q	
3	SAHIB E ASRA .	351		PAK		+0.8m/s	0:24	Q	
4	SARSWATI CHAUDH .	385		NEPAL		+0.8m/s	0:26	q	
5	AISHATH HIMNA H .	343		MDV		+0.8m/s	0:26.22		
Event # 14 WOMENS Discus Throw									
1	NAVJEET KAUR DH .	338		IND			49.85m		
49.85, 48.38, 48.75, X, 49.08, X									
2	SURAVI BISWAS .	339		IND			47.31m		
45.82, X, 47.16, 46.11, 44.58, 47.31									
3	ISHARA MADURANG .	381		SRI			41.29m		
38.51, 41.29, 40.93, 39.92, 39.85, 40.27									
4	VINODENI VISHAN .	380		SRI			40.77m		
39.69, X, 38.88, 38.64, 36.82, 40.77									
5	AMRITA MAHATO .	399		NEPAL			40.15m		
X, 40.15, 37.81, 36.57, 38.04, 35.34									
Event # 10 WOMENS Long Jump									
# SAG RECORDS:MAYOOKHA JOHNY IND 6.43 2016									
1	LAKSHINI SARANG .	370		SRI			6.38m		
6.13 (0.0), 6.38 (0.0), 6.16 (-0.2), 6.25 (0.0), X (0.0), 5.98 (0.0)									
2	ANJANI UTHPALA .	376		SRI			6.11m		
6.11 (0.0), 6.05 (0.0), X (0.0), X (0.0), X (0.0), 6.06 (-0.1)									
3	SANDRA BABU .	332		IND			6.02m		
5.94 (0.0), X (0.0), X (0.0), 6.02 (0.0), X (0.0), X (0.0)									
4	PRIYANKA KERKET .	333		IND			5.94m		
5.38 (0.0), 5.85 (0.0), X (0.0), X (0.0), 5.78 (0.0), 5.94 (0.0)									

5	MST RINKI KHATU .	406		BAN			5.70m		
5.70 (0.0), X (0.0), X (0.0), 5.14 (0.0), X (0.0), 5.30 (0.0)									
6	SHILA CHAUDHARY .	396		NEPAL			5.33m		
5.14 (0.0), 5.31 (0.0), 5.33 (0.0), X (0.0), 5.18 (0.0), 5.16 (0.0)									

RESULT DAY 3

13TH SOUTH ASIAN GAMES 20`19

13TH SOUTH ASIAN GAMES 2019 05-12-201

12/3/19 - 12/7/19 **, KATHMANDU, POKHARA , NEPAL**

Event # 26 MENS 110m Hurdles

SAG RECORDS:GHULAM ABBAS PAK 14.11 1989

1	MUHAMMAD NAEEM .	168	PAK	-0.6m/s	**0:14.30**
2	SURENDHAR JAYAK .	131	IND	-0.6m/s	**0:14.37**
3	ROSHAN DAMMIKA .	186	SRI	-0.6m/s	**0:14.42**
4	MAYMON POULOSE .	132	IND	-0.6m/s	**0:14.56**
5	HASHITH NIRMAL .	187	SRI	-0.6m/s	**0:15.09**
6	JEEVAN CHAUDHAR .	215	NEPAL	-0.6m/s	**0:15.60**
7	MIRZA HASAN .	103	BAN	-0.6m/s	**0:15.73**
8	CHANDRA DEV JOS .	224	NEPAL	-0.6m/s	**0:16.39**

Event # 30 MENS Triple Jump

SAG RECORDS:RENJIT MAHESWARY IND 16.45 2016

1	KARTHIK UNNIKRI .	141	IND	**16.47m**	#
	15.51 (0.0), 16.25 (0.0), 16.47 (0.0), X (0.0), 15.85 (0.0), 16.34 (0.0)				
2	MOHAMMED SALAHU .	142	IND	**16.16m**	
	X (0.0), 16.16 (0.0), X (0.0), X (0.0), 15.65 (0.0), X (0.0)				
3	SAFREEN AHMED N .	200	SRI	**15.95m**	
	15.24 (0.0), 15.66 (0.0), 13.84 (0.0), X (0.0), 15.95 (0.0), X (0.0)				
4	SHRESHAN DHANAN .	201	SRI	**15.91m**	
	X (0.0), 15.66 (0.0), 15.91 (0.0), 15.70 (0.0), 15.77 (0.0), 15.51 (-0.9)				
5	MD SHOHEL RANA .	111	BAN	**14.29m**	
	13.51 (0.0), 14.29 (0.0), 14.26 (0.0), X (0.0), 14.15 (0.0), X (0.0)				
6	DILLI KHATRI .	227	NEPAL	**14.01m**	
	X (0.0), X (0.0), 14.01 (0.0), X (0.0), 13.58 (0.0), 13.85 (0.0)				
7	BHUVAN MAHATO .	226	NEPAL	**13.53m**	
	13.53 (0.0), 13.43 (0.0), X (0.0), X (0.0), X (-0.2), 13.40 (0.0)				

Event # 8 WOMENS 100m Hurdles

SAG RECORDS:SRIYANI KULAWANSA SRI 13.12 1999

1	LAKSHIKA SUGAND .	356	SRI	-0.7m/s	**0:13.68**
2	APARNA ROY .	326	IND	-0.7m/s	**0:14.13**
3	IRESHANI SACHIP .	368	SRI	-0.7m/s	**0:14.18**
4	KANIMOZHI CHAND .	327	IND	-0.7m/s	**0:14.69**
5	MARIA MARATAB .	354	PAK	-0.7m/s	**0:15.23**
6	TAMANNA AKTER .	404	BAN	-0.7m/s	**0:15.47**
7	PRAMILA THARU .	395	NEPAL	-0.7m/s	**0:16.38**

Event # 21 MENS 400m Dash

SAG RECORDS:ROHAN PRADEEPKUMARA SRI 45.77 2004

RESULTS OF FINALS

1	ARUNA DHARSHANA .	177	SRI	**0:46.69**
2	LAKMAL PRIYANTH .	178	SRI	**0:46.79**
3	JEEVAN KAREKOPP .	119	IND	**0:47.42**
4	NOKAR HUSSAIN .	164	PAK	**0:47.73**
5	UMAR SADAT .	162	PAK	**0:48.05**
6	RASHID .	120	IND	**0:48.14**
	MOHAMMAD JAHIR .	102	BAN	**DNS**
	MD ABU TALEB .	107	BAN	**DNS**

Event # 3 WOMENS 400m Dash

SAG RECORDS:K V DAMAYANTHI DARSHA SRI 52.11 1999

RESULTS OF FINALS

1	DILSHI MAHEESHA .	362	SRI	**0:53.40**
2	PRIYA HABBATHAN .	313	IND	**0:54.31**
3	SAHIB E ASRA .	351	PAK	**0:54.58**
4	VIJAYAKUMARI GO .	312	IND	**0:54.78**
5	KAWSHALYA MADHU .	360	SRI	**0:55.63**
6	SUMI AKTAR .	301	BAN	**1:01.91**
7	AISHATH HIMNA H .	343	MDV	**1:02.25**
	SHABIYA AL SOHA .	403	BAN	**DNF**

Event # 12 WOMENS Triple Jump

SAG RECORDS:MAYOOKHA JOHNY IND 13.85 2016

1	HASHINI PRABODH .	377	SRI	**13.21m**
	X (0.0), X (0.0), 12.68 (-0.9), 13.21 (0.0), 12.92 (0.0), 13.03 (0.0)			
2	VIDUSHA LAKSHAN .	375	SRI	**13.14m**
	X (0.0), 12.36 (-0.3), 12.99 (0.0), X (0.0), 13.01 (-0.6), 13.14 (0.0)			
3	BHAIRABI ROY .	334	IND	**12.77m**
	X (0.0), 12.14 (0.0), 12.35 (0.0), 12.64 (0.3), 12.77 (0.0), 12.51 (0.0)			
4	SIVA ANBARASI M .	335	IND	**12.58m**
	X (0.0), 12.24 (0.0), X (0.0), 11.64 (0.0), X (0.0), 12.58 (0.0)			
5	MARIA MARATAB .	354	PAK	**12.10m**
	11.93 (-1.0), X (0.0), 12.06 (0.0), X (0.0), 12.10 (0.0), X (0.0)			
6	SHILA CHAUDHARY .	396	NEPAL	**11.06m**
	X (0.0), X (0.0), 11.06 (0.0), X (0.0), X (-0.5), X (0.0)			

Event # 21 MENS 400m Dash

SAG RECORDS:ROHAN PRADEEPKUMARA SRI 45.77 2004

RESULTS OF FINALS

1	ARUNA DHARSHANA .	177	SRI	**0:46.69**
2	LAKMAL PRIYANTH .	178	SRI	**0:46.79**
3	JEEVAN KAREKOPP .	119	IND	**0:47.42**
4	NOKAR HUSSAIN .	164	PAK	**0:47.73**
5	UMAR SADAT .	162	PAK	**0:48.05**
6	RASHID .	120	IND	**0:48.14**
	MOHAMMAD JAHIR .	102	BAN	**DNS**
	MD ABU TALEB .	107	BAN	**DNS**

Event # 3 WOMENS 400m Dash

SAG RECORDS:K V DAMAYANTHI DARSHA SRI 52.11 1999

RESULTS OF FINALS

1	DILSHI MAHEESHA .	362	SRI	**0:53.40**
2	PRIYA HABBATHAN .	313	IND	**0:54.31**
3	SAHIB E ASRA .	351	PAK	**0:54.58**
4	VIJAYAKUMARI GO .	312	IND	**0:54.78**
5	KAWSHALYA MADHU .	360	SRI	**0:55.63**
6	SUMI AKTAR .	301	BAN	**1:01.91**
7	AISHATH HIMNA H .	343	MDV	**1:02.25**
	SHABIYA AL SOHA .	403	BAN	**DNF**

RESULT DAY 4

13TH SOUTH ASIAN GAMES 20`19

13TH SOUTH ASIAN GAMES 2019

06-12-2019

12/3/19 - 12/7/19

, KATHMANDU, POKHARA , NEPAL

Event # 27 MENS 400m Hurdles

SAG RECORDS:GHULAM ABBAS PAK 50.14 1991

1	MEHBOOB ALI .	163	PAK	**0:50.71**
2	JABIR MADARI PA .	133	IND	**0:51.42**
3	SANTHOSH KUMAR .	121	IND	**0:51.98**
4	ASANKA INDRAJIT .	188	SRI	**0:54.33**
5	ASITHA THARANGA .	189	SRI	**0:54.93**
6	RAM PRASAD THAR .	214	NEPAL	**0:54.95**
7	NIR PRATAP MAHA .	212	NEPAL	**0:55.71**
8	MD EBAD ALI .	235	BAN	**0:55.81**

Event # 31 MENS Shot Put

SAG RECORDS:BAHADUR SINGH SAGOO IND 19.15 1999

1	TAJINDERPAL SIN .	144	IND	**20.03m**	#
	19.61, X, 20.03, X, X, 19.80				
2	OM PRAKASH SING .	145	IND	**17.31m**	
	16.26, X, 17.08, 17.31, 16.46, X				
3	SAMITH MADUSANK .	202	SRI	**15.55m**	
	14.68, 15.30, 15.52, X, 14.48, 15.55				
4	RADITH SAMITHA .	203	SRI	**14.75m**	
	14.14, 14.21, 14.75, 14.58, 14.30, 14.45				
5	TANKA PRASAD DA .	229	NEPAL	**13.09m**	
	X, X, 11.85, 12.96, 12.70, 13.09				
6	CHITRA BAHADUR .	230	NEPAL	**12.32m**	
	11.97, 11.71, 12.32, X, 12.08, 12.12				

Event # 9 WOMENS 400m Hurdles

SAG RECORDS:P.T. USHA . IND 57.18 1987

1	NAJMA PARVEEN .	350	PAK	**1:00.35**
2	KAWSHALYA MADHU .	360	SRI	**1:00.40**
3	VEERPAL KAUR .	328	IND	**1:01.38**
4	NIROSHIKA LAKMA .	369	SRI	**1:03.36**
5	JAUNA MURMU .	329	IND	**1:03.41**
6	KALPANA SHRESTH .	389	NEPAL	**1:11.98**

Event # 24 MENS 5000m Run

SAG RECORDS:MAN SINGH . IND 14:02.04 2016

1	GOPI CHAND PARK .	220	NEPAL	**14:54.20**
2	SUNIL DAWAR .	128	IND	**14:55.21**
3	HARI KUMAR RIMA .	221	NEPAL	**14:57.05**
4	SAMANTHA PUSHPA .	183	SRI	**14:58.57**
5	BUGATHA SRINU .	127	IND	**15:04.02**
6	SHANMUGESWARAN .	185	SRI	**15:06.59**
7	GAWA ZANGPO .	113	BHU	**15:16.84**
8	SOHAIL AMIR .	166	PAK	**15:20.68**
9	NASIR ALI .	167	PAK	**15:58.53**
	HUSSAIN FAZEEL .	154	MDV	**DNS**

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Event # 6 WOMENS 5000m Run

SAG RECORDS:SURIYA LOGANATHAN IND 15:45.75 2016

1	UDA KUBURALAGE .	364	SRI	**16:55.18**
2	PARUL CHAUDHARY .	322	IND	**16:57.49**
3	PRITI LAMBA .	323	IND	**17:09.32**
4	SANTOSHI SHREST .	393	NEPAL	**17:13.68**
5	GOMA PRADHAN .	304	BHU	**17:24.21**
6	NIMESHA MADUSHA .	365	SRI	**17:40.71**
	RABIA ASHIQ .	353	PAK	**DNF**
	BISWARUPA BUDHA .	394	NEPAL	**DNS**

Event # 34 MENS 4x100m Relay

SAG RECORDS:INDIA . IND 39.91 2004

1	SRI F			SRI		**0:39.14**	#
		174	HIMASHA EASHAN .		191 CHANUKA SANDEEP .		
		175	VINOJ SURANJAYA .		190 YUPUN PRIYADARS .		
2	IND C			IND		**0:39.97**	
		135	HARJIT SINGH .		115 GURINDERVIR SIN .		
		136	PRANAV KALAPPUR .		114 AMIYA KUMAR MAL .		
3	PAK A			PAK		**0:40.50**	
		160	SAMI ULLAH .		169 MUHAMMAD SHAHBA		
		161	UZAIR REHMAN .		168 MUHAMMAD NAEEM .		
4	BAN D			BAN		**0:40.76**	
		104	ABDUR ROUF .		106 MD ISMAIL .		
		105	SHARIFUL .		237 MOHAMMED HASAN .		
5	MDV F			MDV		**0:42.34**	
		155	IBADULLA ADAM .		157 NUJOOM HASSAN .		
		158	MOHAMED JALAAIL .		152 SAAID HASSAN .		
6	NEPAL B			NEPAL		**0:42.72**	
		209	AASHISH CHAUDHA .		215 JEEVAN CHAUDHAR .		
		211	ANAND DEV CHAUD .		210 YAM SAJAN SUNAR .		

Event # 13 WOMENS Shot Put

SAG RECORDS:MANPREET KAUR IND 17.94 2016

1	ABHA KHATUA .	336	IND	**15.32m**
	14.89, 15.04, X, 14.80, 15.29, 15.32			
2	THARIKA KUMUDUM .	378	SRI	**14.35m**
	13.66, 13.52, 13.79, 14.35, 13.60, 13.64			
3	KACHNAR CHAUDHA .	337	IND	**13.66m**
	12.84, 12.69, 12.46, 13.17, 12.52, 13.66			
4	NADEEKA DARSHAN .	379	SRI	**13.25m**
	12.59, 12.78, 12.66, 12.92, 12.64, 13.25			
5	CHANDRA KALA LA .	397	NEPAL	**12.52m**
	11.93, 12.41, 12.17, 11.59, 12.52, 12.39			

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Event # 16 WOMENS 4x100m Relay

SAG RECORDS:SRI LANKA . . 44.63 2006

1	SRI F			SRI			**0:44.89**
		356	LAKSHIKA SUGAND .		370	LAKSHINI SARANG .	
		371	SADEEPA HENRY H .		357	THANUJI AMASHA .	
2	IND C			IND			**0:45.36**
		308	HIMASHREE ROY .		311	CHANDRALEKHA AN .	
		305	ARCHANA SUSEENT .		306	DANESHWARI ASHO .	
3	PAK A			PAK			**0:46.74**
		351	SAHIB E ASRA .		350	NAJMA PARVEEN .	
		352	ANEELA GULZAR .		355	ESHA IMRAN .	
4	BAN D			BAN			**0:47.20**
		302	MIS SHARIFA KHA .		404	TAMANNA AKTER .	
		303	SOHAGI AKTER .		402	SHIRIN AKT .	
5	NEPAL B			NEPAL			**0:49.87**
		386	KRISHNA CHADHAU .		395	PRAMILA THARU .	
		387	ARUNA RIJAL .		385	SARSWATI CHAUDH .	
6	MDV E			MDV			**0:50.16**
		346	MARIYAM ALHAA H .		343	AISHATH HIMNA H .	
		348	SARAA MASSOOD .		349	RIFA MOHAMED .	

RESULT DAY 5

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Event # 36 MENS 42KM Marathon

#SAG RECORDS:B.MANANDHAR NEP 2::15.03 1987

1	KIRAN SINGH BOG .	233	NEPAL	**2:21:17.00**
2	RASHPAL SINGH .	150	IND	**2:21:57.00**
3	SHRE SINGH .	151	IND	**2:22:07.00**
4	HOM LAL SHRESHT .	234	NEPAL	**2:24:31.00**
5	PRADEEP DHAMMIK .	207	SRI	**2:28:43.00**
6	SISIRA KUMARA W .	208	SRI	**2:29:13.00**
7	SHIFAZ MOHAMED .	159	MDV	**2:58:38.00**
	SOHAIL AMIR .	166	PAK	**DNF**

Event # 18 WOMENS 42KM Marathon

SAG RECORDS:V SATHYABHAMA . IND 2:38.10 1995

1	HIRUNI KESARA W .	366	SRI	**2:41:24.00**
2	PUSHPA BHANDARI .	401	NEPAL	**2:50:11.00**
3	JYOTI GAWATE	317	IND	**2:52:44.00**
4	MAHAMARALALAGE .	384	SRI	**2:59:43.00**
5	JIGMET DOLMA .	342	IND	**3:07:24.00**
6	MARIYAM ABDUL K .	345	MDV	**3:21:54.00**
	RAJPURA PACHCHA .	400	NEPAL	**DNF**

Event # 15 WOMENS Javelin Throw

SAG RECORDS:SUMAN DEVI IND 59.45 2016

1	NADEESHA DILHAN .	383	SRI	**55.02m**
	52.33, 49.29, X, X, X, 55.02			
2	NADEEKA LAKMALI .	382	SRI	**54.41m**
	48.62, 54.40, 52.05, 50.76, 50.15, 54.41			
3	KUMARI SHARMILA .	341	IND	**53.64m**
	49.83, X, X, 45.78, 50.34, 53.64			
4	SANJANA CHOUDHA .	340	IND	**47.63m**
	X, X, X, 47.63, X, 45.53			
5	LAXMI THARU .	398	NEPAL	**45.27m**
	38.58, 42.85, 45.27, 37.20, 43.56, X			
6	CHANDRA KALA LA .	397	NEPAL	**44.42m**
	37.58, 38.53, 33.81, 44.20, 44.42, 40.95			

Event # 33 MENS Javelin Throw

SAG RECORDS:NEERAJ CHOPRA IND 82.23 2016

1	ARSHAD NADEEM .	173	PAK	**86.29m**	#
	78.74, X, 86.29, 83.17, 85.86, 82.13				
2	SHIVPAL SINGH .	149	IND	**84.16m**	#
	80.24, 84.16, X, X, 82.63, 83.59				
3	SUMEDHA JAGATH .	205	SRI	**74.97m**	
	74.30, X, X, 74.97, X, X				
4	WARUNA LAKSHAN .	206	SRI	**72.33m**	
	71.95, 72.33, X, X, 70.23, 69.54				
5	ARSHDEEP SINGH .	148	IND	**70.42m**	
	68.77, X, 68.04, X, 70.42, 68.49				
6	ROHIT CHAUDHARY .	232	NEPAL	**59.27m**	
	59.15, 59.27, 51.36, X, 55.13, 53.03				

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Event # 22 MENS 800m Run

SAG RECORDS:RANJIT SUBASINGHE SRI 1:47.56 1993

1	INDUNIL MADUSHA .	179	SRI	**1:50.52**
2	MOHAMMED AFSAL .	123	IND	**1:51.25**
3	SOM BAHADUR KUM .	216	NEPAL	**1:51.44**
4	RUSIRU CHATHURA .	180	SRI	**1:51.51**
5	ANKIT .	124	IND	**1:52.32**
6	MUHAMMAD IKRAM .	165	PAK	**1:54.19**
7	HUSSAIN RIZA .	153	MDV	**1:56.51**
8	UMESH MARSANGDI .	217	NEPAL	**1:59.55**

Event # 4 WOMENS 800m Run

SAG RECORDS:SHINY WILSON . IND 1:59.85 1995

1	DILSHI MAHEESHA .	362	SRI	**2:06.18**
2	GUNATHILAKA THU .	363	SRI	**2:08.52**
3	LILY DAS .	319	IND	**2:08.97**
4	SARASWATI BHATT .	390	NEPAL	**2:12.67**
5	CHITRA PALAKEEZ .	320	IND	**2:13.13**
6	ANEELA GULZAR .	352	PAK	**2:18.52**
7	PHULMATI RANA .	391	NEPAL	**2:23.84**
8	AISHATH JAAISHA .	344	MDV	**2:38.02**
	SUMI AKTAR .	301	BAN	**DNF**

Event # 35 MENS 4x400m Relay

SAG RECORDS:SRI LANKA SRI 3:05.28 2004

1	SRI S		SRI		**3:08.04**
	177	ARUNA DHARSHANA .	195	SENIRA DULAKSHA .	
	193	RAJITHA NERANJA .	178	LAKMAL PRIYANTH .	
2	IND I		IND		**3:08.21**
	119	JEEVAN KAREKOPP .	121	SANTHOSH KUMAR .	
	122	ANGREJ SINGH .	133	JABIR MADARI PA .	
3	PAK P		PAK		**3:08.24**
	162	UMAR SADAT .	163	MEHBOOB ALI .	
	170	ABDUL MUEED .	164	NOKAR HUSSAIN .	
4	BAN B		BAN		**3:15.50**
	107	MD ABU TALEB .	108	MD MASUD RANA .	
	101	MD SAIFUL ISMAI .	102	MOHAMMAD JAHIR .	
5	NEPAL N		NEPAL		**3:23.78**
	214	RAM PRASAD THAR .	215	JEEVAN CHAUDHAR .	
	213	SIMAN PANDEY .	212	NIR PRATAP MAHA .	
	MDV M		MDV		**DNS**
	MDV M		MDV		**DNS**

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Event # 17 WOMENS 4x400m Relay

SAG RECORDS:INDIA . . 3:32.35 1999

1	SRI S			SRI		**3:41.10**
		372	OMAYA UDAYANGAN .	363	GUNATHILAKA THU .	
		360	KAWSHALYA MADHU .	362	DILSHI MAHEESHA .	
2	PAK P			PAK		**3:41.74**
		351	SAHIB E ASRA .	352	ANEELA GULZAR .	
		353	RABIA ASHIQ .	350	NAJMA PARVEEN .	
3	IND I			IND		**3:41.81**
		313	PRIYA HABBATHAN .	312	VIJAYAKUMARI GO .	
		318	MANISHA KUSHWAH .	314	NANCY .	
4	BAN B			BAN		**4:00.55**
		403	SHABIYA AL SOHA .	302	MIS SHARIFA KHA .	
		301	SUMI AKTAR .	402	SHIRIN AKT .	
5	NEPAL N			NEPAL		**4:04.91**
		388	SANGITA MECHE .	389	KALPANA SHRESTH .	
		387	ARUNA RIJAL .	390	SARASWATI BHATT .	
6	MDV M			MDV		**4:31.22**
		348	SARAA MASSOOD .	344	AISHATH JAAISHA .	
		349	RIFA MOHAMED .	343	AISHATH HIMNA H .	