





Venue: SAI, STC Shillong, Date: 31st May - 2nd June, 2023

## **Final Report**

Category: Under - 14

Gender : Boys Event: 600M

Serial	BlbNo	Name of Athlete	School	Timing	MedalType
1	686	KHRAWBORLANG LYNGDOH	WEST JAINTIA HILLS	00:01:34.91	Gold
2	145	SAVIO SURIN	EAST KHASI HILLS	00:01:35.47	Silver
3	760	DAJIED KYNSAI SYIEMLIEH	WEST KHASI HILLS	00:01:37.64	Bronze

Category: Under - 14

Gender : Boys Event : 60M

S	erial BII	oNo Name of Athlete	School	Timing	MedalType
	1	686 KHRAWBORLANG LYNGDOH	WEST JAINTIA HILLS	00:00:07.80	Gold
	2	76 Saidul Ali	EAST JAINTIA HILLS	00:00:07.83	Silver
	3	146 WEDAN JACHUGRIK B MARAK	EAST KHASI HILLS	00:00:07.96	Bronze

Category: Under - 14

Gender : Girls Event: 600M

Serial	BIbNo Name of Athlete	School	Timing	MedalType
1	81 Rukini RT Dkhar	EAST JAINTIA HILLS	00:01:45.49	Gold
2	354 RIDAHUN TARO	RI BHOI	00:01:54.81	Silver
3	768 IOHDIANGKI SYIEM	WEST KHASI HILLS	00:01:55.80	Bronze

Category: Under - 14

Gender : Girls Event: 60M

Serial B	IbNo Name of Athlete	School	Timing	MedalType
1	147 ALETHEA C L NONGPIUR	EAST KHASI HILLS	00:00:09.17	Gold
2	83 Turoi Phawa	EAST JAINTIA HILLS	00:00:09.21	Silver

**Competition Director** 

Timing







# **Final Report**

3 768 IOHDIANGKI SYIEM

WEST KHASI HILLS

00:00:09.46 Bronze







Venue: SAI, STC Shillong, Date: 31st May - 2nd June, 2023

## **Final Report**

Category: Under - 16

Gender : Boys Event: 100M

Serial	BIbNo Name of Athlete	School	Timing	MedalType
1	360 DANGIAIDLYNTI TMUNG	RI BHOI	00:00:11.53	Gold
2	705 IOHIKSAN LYNGDOH	WEST JAINTIA HILLS	00:00:11.58	Silver
3	159 EMBHAHLANG LYNGDOH	EAST KHASI HILLS	00:00:11.59	Bronze

Category: Under - 16

Serial BIbNo Name of Athlete

Gender : Boys Event : 2000M

1	710 RAM SHYLLA	WEST JAINTIA HILLS	00:06:17.27 Gold	
2	783 SHANKUPAR PUWEIN	WEST KHASI HILLS	00:06:25.34 Silver	
3	85 Bolki Sana	EAST JAINTIA HILLS	00:06:35.21 Bronze	)

School

Category: Under - 16

Gender : Boys Event: 300M

Serial E	BIbNo Name of Athlete	School	Timing	MedalType
1	159 EMBHAHLANG LYNGDOH	EAST KHASI HILLS	00:00:37.31	Gold
2	705 IOHIKSAN LYNGDOH	WEST JAINTIA HILLS	00:00:38.01	Silver
3	360 DANGIAIDLYNTI TMUNG	RI BHOI	00:00:38.16	Bronze

Category: Under - 16

Gender : Boys Event: 800M

Serial B	lbNo Name of Athlete	School	Timing	MedalType
1	580 RIBHALANG KHARWANNIANG	SOUTH WEST KHASI HILLS	00:02:13.09	Gold
2	295 Bettingstar N Sangma	NORTH GARO HILLS	00:02:14.02	Silver

**Competition Director** 

**Timing** 

MedalType







## **Final Report**

3 297 Eleans K Marak NORTH GARO HILLS 00:02:14.34 Bronze

Category: Under - 16

Gender : Boys

**Event** : Hexathlon

Serial	BIbNo	Name of Athlete	School	Timing	MedalType
1	430	Abasha	SOUTH GARO HILLS		Gold
2	368	WALLAMKOPAR SHADAP	RI BHOI		Silver
3	503	CIVILLO CH MOMIN	SOUTH WEST GARO HILLS		Bronze

Category: Under - 16

Gender : Boys

**Event**: Medley Relay

Serial	BIbNo	Name of Athlete	School	Timing	MedalType
1	702	DAMITRE KYNJING	WEST JAINTIA HILLS	00:02:10.64	Gold
2	712	WANBHA DKHAR	WEST JAINTIA HILLS	00:02:10.64	Gold
3	710	RAM SHYLLA	WEST JAINTIA HILLS	00:02:10.64	Gold
4	705	IOHIKSAN LYNGDOH	WEST JAINTIA HILLS	00:02:10.64	Gold
5	159	EMBHAHLANG LYNGDOH	EAST KHASI HILLS	00:02:11.72	Silver
6	157	ARBASTAR K MAWLONG	EAST KHASI HILLS	00:02:11.72	Silver
7	162	MEWANIOHBHA L NONGBRI	EAST KHASI HILLS	00:02:11.72	Silver
8	155	ALEXANDER RAPLANG S RYNJAH	EAST KHASI HILLS	00:02:11.72	Silver
9	366	PRISHAN SYNGKLI	RI BHOI	00:02:14.66	Bronze
10	359	CLEMENT NARLONG	RI BHOI	00:02:14.66	Bronze
11	361	KHRAWBOR LAMARE	RI BHOI	00:02:14.66	Bronze
12	360	DANGIAIDLYNTI TMUNG	RI BHOI	00:02:14.66	Bronze

Category: Under - 16

Gender : Girls Event : 100M

Serial BlbNo Name of Athlete School Timing MedalType







## **Final Report**

1	452 Pringchi R. Marak	SOUTH GARO HILLS	00:00:13.81	Gold
2	376 PHIBAKMEN RYNGHANG	RI BHOI	00:00:13.96	Silver
3	448 Kasanchi Donesa J. Marak	SOUTH GARO HILLS	00:00:14.17	Bronze

Category: Under - 16

Gender : Girls
Event : 2000M

Serial	BIbNo	Name of Athlete	School	Timing	MedalType
1	593	LYNTIJINGKYRMEN K JAHRIN	SOUTH WEST KHASI HILLS	00:07:22.32	Gold
2	244	IBASHONGKUN KURBAH	EASTERNWEST KHASI HILLS	00:07:54.71	Silver
3	584	BANRIHUN LYNGDOH	SOUTH WEST KHASI HILLS	00:07:55.85	Bronze

Category: Under - 16

Gender : Girls

Event : 300M

Serial	BIbNo Name of Athlete	School	Timing	MedalType
1	380 SONIA LAPANG	RI BHOI	00:00:46.57	Gold
2	452 Pringchi R. Marak	SOUTH GARO HILLS	00:00:47.55	Silver
3	376 PHIBAKMEN RYNGHANG	RI BHOI	00:00:47.87	Bronze

Category: Under - 16

Gender : Girls Event : 800M

Serial	BIbNo Name of Athlete	School	liming MedalType
1	106 Rosy Sana	EAST JAINTIA HILLS	00:02:41.44 Gold
2	590 ELFIDARI WARTDE	SOUTH WEST KHASI HILLS	00:02:43.28 Silver
3	789 DAIAHUNLANG KHARBANI	WEST KHASI HILLS	00:02:45.21 Bronze







Venue: SAI, STC Shillong, Date: 31st May - 2nd June, 2023

## **Final Report**

Category: Under - 16

Gender : Girls

**Event**: Hexathlon

Serial	BIbNo Name of Athlete	School	Timing	MedalType
1	790 IORIS SYIEM	WEST KHASI HILLS		Gold
2	242 EVAMERY MYRTHONG	EASTERNWEST KHASI HILLS		Silver
3	175 NAPHICA MAWLEIN	EAST KHASI HILLS		Bronze

Category: Under - 16

Gender : Girls

**Event** : Medley Relay

Serial	BIbNo	Name of Athlete	School	Timing	MedalType
1	168	B CHITRA MALIK	EAST KHASI HILLS	00:02:41.34	Gold
2	170	EKYRPANGMEKA SOHIONG	EAST KHASI HILLS	00:02:41.34	Gold
3	174	KRISHNA CHETRY	EAST KHASI HILLS	00:02:41.34	Gold
4	490	SHIKSHA PRADHAN	EAST KHASI HILLS	00:02:41.34	Gold
5	109	Sofiani Phawa	EAST JAINTIA HILLS	00:02:47.11	Silver
6	108	3 Sesilia Dkhar	EAST JAINTIA HILLS	00:02:47.11	Silver
7	99	Daiophika Shylla	EAST JAINTIA HILLS	00:02:47.11	Silver
8	106	S Rosy Sana	EAST JAINTIA HILLS	00:02:47.11	Silver
9	715	DEIGRACIA DAN	WEST JAINTIA HILLS	00:02:48.56	Bronze
10	717	' EKORTAM LAKIANG	WEST JAINTIA HILLS	00:02:48.56	Bronze
11	720	) MAYA I KA DKHAR	WEST JAINTIA HILLS	00:02:48.56	Bronze
12	714	DAYOOPHIKA RYMBAI	WEST JAINTIA HILLS	00:02:48.56	Bronze







Venue: SAI, STC Shillong, Date: 31st May - 2nd June, 2023

## **Final Report**

Category: Under - 18

Gender : Boys Event: 100M

Serial	BIbNo	Name of Athlete	School	Timing	MedalType
1	739	SAJEMIKI SHYLLA	WEST JAINTIA HILLS	00:00:11.40	Gold
2	802	IBANTEILANG MARNGAR	WEST KHASI HILLS	00:00:11.65	Silver
3	393	PYNRHEMBHA SHADAP	RI BHOI	00:00:11.83	Bronze

Category: Under - 18

Serial BIbNo Name of Athlete

Gender : Boys **Event** : 1500M

1	736 IOOBIANG LANGSTANG	WEST JAINTIA HILLS	00:04:26.17 Gold	
2	734 EIBOR KYNDAIT	WEST JAINTIA HILLS	00:04:31.81 Silver	
3	600 BINESS KHARLYNGDOH	SOUTH WEST KHASI HILLS	00:04:36.41 Bronze	)

School

Category: Under - 18

Gender : Boys Event: 200M

Serial B	IbNo Name of Athlete	School	Timing MedalType
1	739 SAJEMIKI SHYLLA	WEST JAINTIA HILLS	00:00:23.05 Gold
2	664 KIMKIM CH. MOMIN	WEST GARO HILLS	00:00:23.36 Silver
3	194 RENALDI DHAR	EAST KHASI HILLS	00:00:23.45 Bronze

Category: Under - 18

Gender : Boys **Event** : 3000M

Serial BII	oNo Name of Athlete	School	Timing	MedalType
1	117 Franky Siangshai	EAST JAINTIA HILLS	00:09:31.90	Gold
2	732 DAMANG I LYNGDOH	WEST JAINTIA HILLS	00:09:56.31	Silver

**Competition Director** 

Timing

MedalType







# **Final Report**

3 120 Merous Dkhar EAST JAINTIA HILLS 00:10:0	0.57 Bronze
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Category: Under - 18

Gender : Boys Event : 400M

S	erial	BIbNo	Name of Athlete	School	Timing	MedalType
	1	385	FILTER SYNGKLI	RI BHOI	00:00:54.56	Gold
	2	731	DAHUNLANG I BANG	WEST JAINTIA HILLS	00:00:54.64	Silver
	3	737	PYNSKHEMLANG CHYRMANG	WEST JAINTIA HILLS	00:00:54.97	Bronze

Category: Under - 18

Gender : Boys Event : 800M

Serial B	lbNo Name of Athlete	School	Timing	MedalType
1	740 SANCTIFY PALE	WEST JAINTIA HILLS	00:02:04.77	Gold
2	804 MEBANIALAM L MAWLIEH	WEST KHASI HILLS	00:02:06.27	Silver
3	398 ROSHAM TERON	RI BHOI	00:02:07.62	Bronze

Category: Under - 18

Gender : Boys

**Event** : Medley Relay

Serial	BIbNo	Name of Athlete	School	Timing	MedalType
1	731	DAHUNLANG I BANG	WEST JAINTIA HILLS	00:02:09.21	Gold
2	737	PYNSKHEMLANG CHYRMANG	WEST JAINTIA HILLS	00:02:09.21	Gold
3	728	BANLAMBHA PREACH W S PALA	WEST JAINTIA HILLS	00:02:09.21	Gold
4	739	SAJEMIKI SHYLLA	WEST JAINTIA HILLS	00:02:09.21	Gold
5	384	DROLIWEL SYIEM	RI BHOI	00:02:09.28	Silver
6	385	FILTER SYNGKLI	RI BHOI	00:02:09.28	Silver
7	393	PYNRHEMBHA SHADAP	RI BHOI	00:02:09.28	Silver
8	397	RONY MARTEN	RI BHOI	00:02:09.28	Silver
9	802	IBANTEILANG MARNGAR	WEST KHASI HILLS	00:02:09.43	Bronze







## **Final Report**

10	799 BASHAIKUPAR THONGNI	WEST KHASI HILLS	00:02:09.43 Bronze
11	804 MEBANIALAM L MAWLIEH	WEST KHASI HILLS	00:02:09.43 Bronze
12	806 SHAIPHARLIN NONGSIEJ	WEST KHASI HILLS	00:02:09.43 Bronze

Category: Under - 18

Gender : Girls Event: 100M

Serial BI	bNo Name of Athlete	School	Timing	MedalType
1	748 HIMONKI KHAII	WEST JAINTIA HILLS	00:00:13.80	Gold
2	272 KANDAMANKYRHAI L NONGLAIT	EASTERNWEST KHASI HILLS	00:00:14.13	Silver
3	196 ADELYNE MYRTHONG	EAST KHASI HILLS	00:00:14.18	Bronze

Category: Under - 18

Gender : Girls **Event** : 1500M

Serial	BIbNo Name of Athlete	School	liming MedalType
1	475 Jerikchi S. Marak	SOUTH GARO HILLS	00:05:57.19 Gold
2	330 LAILISPHINA M. SANGMA	NORTH GARO HILLS	00:06:00.78 Silver
3	401 Barina Marbaniang	RI BHOI	00:06:01.19 Bronze

Category: Under - 18

Gender : Girls Event: 200M

Serial BI	oNo Name of Athlete	School	Timing	MedalType
1	748 HIMONKI KHAII	WEST JAINTIA HILLS	00:00:29.46	Gold
2	272 KANDAMANKYRHAI L NONGLAIT	EASTERNWEST KHASI HILLS	00:00:29.76	Silver
3	402 BATEIKHAMKOR LYNGDOH	RI BHOI	00:00:30.30	Bronze

**Competition Director** 

Timing







Venue: SAI, STC Shillong, Date: 31st May - 2nd June, 2023

## **Final Report**

Category: Under - 18

Gender : Girls **Event** : 3000M

Serial	BlbNo Name of Athlete	School	Timing	MedalType
1	137 Wasaki Phawa	EAST JAINTIA HILLS	00:12:46.85	Gold
2	614 IKYNTIEWSHISHA RAMSIEJ	SOUTH WEST KHASI HILLS	00:13:14.66	Silver
3	403 DAPLANG MAKRI	RI BHOI	00:13:23.47	Bronze

Category: Under - 18

Serial BIbNo Name of Athlete

Gender : Girls Event : 400M

1	814 MARYKORDOR KHARBANI	WEST KHASI HILLS	00:01:08.66 Gold	
2	812 IBALARI MARWEIN	WEST KHASI HILLS	00:01:09.44 Silver	
3	134 Pyrkhat Shadap	EAST JAINTIA HILLS	00:01:09.78 Bronze	3

School

Category: Under - 18

Gender : Girls Event: 800M

Serial	BIbNo Name of Athlete	School	Timing	MedalType
1	808 ALBA MARY SOHSHANG	WEST KHASI HILLS	00:02:39.70	Gold
2	613 IBANSARA WARTDE	SOUTH WEST KHASI HILLS	00:02:41.51	Silver
3	138 Yoluti Dkhar	EAST JAINTIA HILLS	00:02:41.68	Bronze

Category: Under - 18

Gender : Girls

: Medley Relay Event

Serial BI	bNo Name of Athlete	School	Timing	MedalType
1	820 WANDA LYNGKHOI	WEST KHASI HILLS	00:02:44.22	Gold
2	814 MARYKORDOR KHARBANI	WEST KHASI HILLS	00:02:44.22	Gold

**Competition Director** 

**Timing** 

MedalType







# **Final Report**

3	812 IBALARI MARWEIN	WEST KHASI HILLS	00:02:44.22 Gold
4	808 ALBA MARY SOHSHANG	WEST KHASI HILLS	00:02:44.22 Gold
5	411 STREAMLET TARO	RI BHOI	00:02:45.44 Silver
6	410 ROSA MASLAI	RI BHOI	00:02:45.44 Silver
7	409 RIMINA INGTI	RI BHOI	00:02:45.44 Silver
8	402 BATEIKHAMKOR LYNGDOH	RI BHOI	00:02:45.44 Silver
9	745 DAPHAWAN PHAWA	WEST JAINTIA HILLS	00:02:46.33 Bronze
10	748 HIMONKI KHAII	WEST JAINTIA HILLS	00:02:46.33 Bronze
11	749 HEINIWANKI NANGBAH	WEST JAINTIA HILLS	00:02:46.33 Bronze
12	750 IAISHAH DKHAR	WEST JAINTIA HILLS	00:02:46.33 Bronze