

**KERALA STATE SCHOOLS ATHLETICS CHAMPIONSHIP MEET RECORDS AS ON 22-11-2013**

**Sub Junior Boys**

|     |                    |          |                    |  |      |
|-----|--------------------|----------|--------------------|--|------|
| 276 | 100 M              | 11.40    | Vishnu N G         | CSH Kottayam                           | 2004 |
| 277 | 200 M              | 23.70    | Thalib T           | G. V. Raja Sports School Mylam         | 1993 |
| 278 | 400 M              | 52.08    | Sunder Raj         | St. George`s H S S Kothamangalam       | 2006 |
| 279 | 600 M              | 01:26.86 | Lijo Mani          | Mary Queen's HSS, Kudiyannala          | 2007 |
| 280 | 80 MH              | 11.00    | Thalib T           | G. V. Raja Sports School Mylam         | 1993 |
| 281 | LONG JUMP          | 6.47     | Johna A J          | Govt. V. H. S. S. for Boys Kunnankulam | 2001 |
| 282 | HIGH JUMP          | 1.78     | Shamnas K          | K. H. S. Kumaramputhur                 | 2011 |
| 283 | SHOTPUT (4KG)      | 13.19    | Nikhil Neethin     |  | 2009 |
| 284 | DISCUS THROW 1(KG) | 41.54    | Anadhu P B         | Mar Basil H S S Kothamangalam          | 2005 |
| 285 | 4 X 100 M RELAY    | 47.60    | THIRUVANANTHAPURAM | G. V. Raja Sports School Mylam         | 2001 |

**Sub Junior Girls**

|     |                    |          |                    |                             |      |
|-----|--------------------|----------|--------------------|-----------------------------|------|
| 286 | 100 M              | 12.70    | Sindhu Mathew      | GV HSS Kannur               | 1987 |
| 287 | 200 M              | 26.30    | Sindhu Mathew      | GV HSS Kannur               | 1987 |
| 288 | 400 M              | 59.72    | Sneha K            | AMHS POOVAMBAYI             | 2012 |
| 289 | 600 M              | 01:38.60 | Sinsha K           | Govt. H S S Palayad         | 2004 |
| 290 | 80 MH              | 12.67    | Merlin P           | H. S. Parli                 | 2008 |
| 291 | LONG JUMP          | 5.28     | B Reshmi           | St.Mary`s Girl`s H S S Pala | 1990 |
| 292 | HIGH JUMP          | 1.56     | B Reshmi           | St.Mary`s Girl`s H S S Pala | 1990 |
| 293 | SHOTPUT (4KG)      | 10.14    | Saranya J          | Panchayat HSS Elappara      | 2003 |
| 294 | DISCUS THROW 1(KG) | 28.19    | Athira Murlidharan | CHS Calvarymount            | 2008 |
| 295 | 4 X 100 M RELAY    | 51.78    | KANNUR             | GV HSS Kannur               | 1983 |

**Junior Boys**

|     |                        |          |                    |                                  |      |
|-----|------------------------|----------|--------------------|----------------------------------|------|
| 296 | 100 M                  | 10.90    | Ram Kumar          | G. V. Raja Sports School Mylam   | 1988 |
| 297 | 200 M                  | 22.4     | Saji P S           | G. V. Raja Sports School Mylam   | 1986 |
| 298 | 400 M                  | 49.05    | Robin Rose Mani    | SJHSS Vellayamkudy               | 2005 |
| 299 | 800 M                  | 01:55.61 | Lijo Mani          | K. H. S. Kumaramputhur           | 2010 |
| 300 | 1500 M                 | 03:59.10 | Muhammed Afsal     | H. S. Parli                      | 2012 |
| 301 | 3000 M                 | 08:53.04 | Muhammed Afsal     | H. S. Parli                      | 2012 |
| 302 | 100 MH(91.4 cm)        | 13.63    | Anilsah Balan      | St. George`s H S S Kothamangalam | 2012 |
| 303 | LONG JUMP              | 6.95     | Devuraj            | Sri.Ayyankali M.Govt.RSS         | 2012 |
| 304 | HIGH JUMP              | 2.06     | Sreenith Mohan     | Sree Krishna H. S. S Guruvayur   | 2011 |
| 305 | TRIPLE JUMP            | 14.44    | Safeer T           | K. H. S. Kumaramputhur           | 2010 |
| 306 | POLE VAULT             | 3.90     | Vishnu Unni        | St. George`s H S S Kothamangalam | 2010 |
| 307 | SHOTPUT (5.KG)         | 13.26    | Jestin Jain        | Mar Basil H S S Kothamangalam    | 2012 |
| 308 | DISCUS THROW 1.5(KG)   | 47.13    | Mohammed Ijas      | Mar Basil H S S Kothamangalam    | 2008 |
| 309 | JAVELIN THROW(700 GMS) | 48.49    | Jikku Joseph       | Mar Basil H S S Kothamangalam    | 2012 |
| 310 | HAMMER THROW(5. KG)    | 46.62    | Shijo Mathew       | Mar Basil H S S Kothamangalam    | 2012 |
| 311 | 5 KM WALK              | 23:19.48 | SUJITH K.R         | ST. JOHN`S HS NELLIPOIL          | 2012 |
| 312 | 4 X 100 M RELAY        | 44.30    | THIRUVANANTHAPURAM |                                  | 1993 |

**Junior Girls**

|     |                 |          |                 |                                  |      |
|-----|-----------------|----------|-----------------|----------------------------------|------|
| 313 | 100 M           | 12.10    | Sherly Mathew   | Govt.V.H.S.S.For Girls Kannur    | 1988 |
| 314 | 200 M           | 25.30    | Maria James     | CKM HSS Koruthodu                | 2003 |
| 315 | 400 M           | 56.41    | Tintu Luka      | GGHSS KOYILANDY                  | 2005 |
| 316 | 800 M           | 02:11.91 | BABITHA.C       | K. H. S. Kumaramputhur           | 2012 |
| 317 | 1500 M          | 04:42.41 | ALEESHA .P.R    | St. Thomas Girls H.S. Perumanoor | 2012 |
| 318 | 3000 M          | 10:05.80 | Shameena Jabbar | SJHSS Vellayamkudy               | 2004 |
| 319 | 100 MH(76.2 cm) | 15.04    | Soumya Varghese | St. Michael`s H S Thathampally   | 2012 |
| 320 | LONG JUMP       | 5.86     | Nayana James    | ST. GEORGE'S HSS KULATHUVAYAL    | 2010 |
| 321 | HIGH JUMP       | 1.63     | Aparna S        | Mar Basil H S S Kothamangalam    | 2008 |

|     |                        |          |                     |                                  |      |
|-----|------------------------|----------|---------------------|----------------------------------|------|
| 322 | TRIPLE JUMP            | 12.12    | Jenymol Joy         | CKM HSS Koruthodu                | 2010 |
| 323 | POLE VAULT             | 3.00     | MARIYAN JAISON      | St.Mary`s Gir`s H S S Pala       | 2012 |
| 324 | SHOTPUT (4KG)          | 11.57    | Saranya J           | S.N. Trust H.S.S. Kollam         | 2005 |
| 325 | DISCUS THROW 1(KG)     | 35.17    | Anitha Abraham      |                                  | 2003 |
| 326 | JAVELIN THROW(600 GMS) | 41.42    | Shini Varghese      | Govt.V.H.S.S.For Girls Kannur    | 1984 |
| 327 | 3 KM WALK              | 14:11.70 | NEENA K.T           | H. S. Parli                      | 2012 |
| 328 | 4 X 100 M RELAY        | 49.30    | KANNUR              |                                  | 1988 |
| 368 | HAMMER THROW(4 KG)     | 30.64    | Nistymol C Kanakkal | St. George`s H S S Kothamangalam | 2012 |

### Senior Boys

|     |                        |          |                 |                                  |      |
|-----|------------------------|----------|-----------------|----------------------------------|------|
| 329 | 100 M                  | 10.70    | Jijin Vijayan   | Mar Basil H S S Kothamangalam    | 2011 |
| 330 | 200 M                  | 21.75    | Jijin Vijayan   | ST.PETERS HSS KURUMPANADAM       | 2011 |
| 331 | 400 M                  | 48.23    | Bineesh V B     | St. George`s H S S Kothamangalam | 2005 |
| 332 | 800 M                  | 01:51.77 | LIJOMANI        | K. H. S. Kumaramputhur           | 2012 |
| 333 | 1500 M                 | 04:00.48 | TWINKLE TOMY    | M. V. H. S. S Thundathil         | 2012 |
| 334 | 5000 M                 | 15:16.10 | Shaji T N       | CHS Calvarymount                 | 1994 |
| 335 | 110 MH(99 cm)          | 14.53    | Nasimudheen M N | St. George`s H S S Kothamangalam | 2012 |
| 336 | 400 MH                 | 53.26    | Vishnu V Sabu   | Mar Basil H S S Kothamangalam    | 2011 |
| 337 | LONG JUMP              | 7.28     | Abin B          | Mar Basil H S S Kothamangalam    | 2012 |
| 338 | HIGH JUMP              | 2.11     | SREENITH MOHAN  | Govt. H.S.S. Elamakkara          | 2012 |
| 339 | TRIPLE JUMP            | 14.92    | ABIN .B         | Mar Basil H S S Kothamangalam    | 2012 |
| 340 | POLE VAULT             | 4.50     | VISHNU UNNI     | St. George`s H S S Kothamangalam | 2012 |
| 341 | SHOTPUT (6 KG)         | 15.09    | Abhilish S      | Mar Basil H S S Kothamangalam    | 2012 |
| 342 | DISCUS THROW (1.75KG)  | 39.97    | Vivek V K       | Mar Basil H S S Kothamangalam    | 2012 |
| 343 | JAVELIN THROW(800 GMS) | 62.88    | Don John        | Mar Basil H S S Kothamangalam    | 2002 |
| 344 | HAMMER THROW(7.126 KG) | 46.93    | Abhilash S      | Mar Basil H S S Kothamangalam    | 2012 |
| 345 | 5 KM WALK              | 21:57.00 | Shihsbhudeen M  | H. S. Parli                      | 2007 |
| 346 | 4 X 100 M RELAY        | 42.63    | KOTTAYAM        |                                  | 2010 |
| 347 | 4 X 400 M RELAY        | 03:23.11 | ERNAKULAM       |                                  | 2010 |

### Senior Girls

|     |                        |          |                      |                                  |      |
|-----|------------------------|----------|----------------------|----------------------------------|------|
| 348 | 100 M                  | 12.10    | Shilpa C             | GMVHSS KOYILANDY                 | 2007 |
| 349 | 200 M                  | 25.10    | Indulekha E M        | St. George`s H S S Kothamangalam | 2008 |
| 350 | 400 M                  | 56.21    | Sindhymol C S        | Govt.V.H.S.S.For Girls Kannur    | 2008 |
| 351 | 800 M                  | 02:09.39 | JESSY JOSEPH         | AMHS POOVAMBAYI                  | 2012 |
| 352 | 1500 M                 | 04:31.78 | Chithra P U          | H. S. Mundur                     | 2012 |
| 353 | 3000 M                 | 09:58.20 | Chithra P U          | H. S. Mundur                     | 2010 |
| 354 | 5000 M                 | 17:28.99 | Thara M D            | H. S. Parli                      | 2011 |
| 355 | 100 MH                 | 14.70    | Arya T S             | S N M High School Vannappuram    | 2012 |
| 356 | 400 MH                 | 01:01.70 | Vijila K J           | G. H. S. S. Villadam             | 2001 |
| 357 | LONG JUMP              | 5.91     | Jenimol Joy          | M. V. H. S. S Thundathil         | 2012 |
| 358 | HIGH JUMP              | 1.70     | Steny Michael        | Govt.V.H.S.S.For Girls Kannur    | 2008 |
| 359 | TRIPLE JUMP            | 12.78    | jenimol joy          | M. V. H. S. S Thundathil         | 2012 |
| 360 | POLE VAULT             | 3.20     | Sinju Prakash        | K. H. S. Kumaramputhur           | 2011 |
| 361 | SHOTPUT (4KG)          | 12.21    | Saranya J            | S.N. Trust H.S.S. Kollam         | 2007 |
| 362 | DISCUS THROW 1(KG)     | 40.72    | Neena Elizabeth Baby | Mar Basil H S S Kothamangalam    | 2010 |
| 363 | JAVELIN THROW(600 GMS) | 42.45    | Sheena N V           | Mar Basil H S S Kothamangalam    | 2010 |
| 364 | HAMMER THROW(4 KG)     | 44.77    | ATHIRA MURALEEDARAN  | Mar Basil H S S Kothamangalam    | 2012 |
| 365 | 5 KM WALK              | 24:19.60 | Meeshma K M          |                                  | 2010 |
| 366 | 4 X 100 M RELAY        | 48.68    | KOZHICODE            |                                  | 2008 |
| 367 | 4 X 400 M RELAY        | 3.56.42  |                      |                                  | 2005 |