

RECORDS AS ON 30 - 11 - 2013

(M E N)

Sl. No.	Event	World	Olympic	Asian Games	National	Odisha State
1.	100 mt. Run	9.58	9.63	10.00	10.30	10.7
2.	200 mt. Run	19.19	19.30	20.25	20.73	21.22
3.	400 mt. Run	43.18	43.49	44.93	45.48	48.31
4.	800 mt. Run	1:40.9	1:40.91	1:45.45	1:45.77	1:51.1
5.	1500 mt. Run	3:26.00	3:32.07	3:36.49	3:38.00	3:57.2
6.	5000 mt. Run	12:37.35	12:57.82	13:38.37	13:29.70	15:05.2
7.	10000 mt. Run	26:17.53	27:01.17	27:32.72	28:02.89	31:36.0
8.	110 mt. Hurdles	12.80	12.91	13.09	13.65	14.6
9.	400 mt. Hurdles	46.78	46.78	48.42	49.51	53.8
10.	3000 mt. St. Ch.	7:53.63	8:05.51	8:25.89	8:30.88	9:27.9
11.	Long Jump	8.95	8.90	8.14	8.08	7.60
12.	Triple Jump	18.29	18.09	17.31	17.07	15.25
13.	High Jump	2.45	2.39	2.33	2.25	2.06
14.	Pole Vault	6.14	5.97	5.65	5.13	3.60
15.	Shot	23.12	22.47	20.57	20.69	14.20
16.	Discus	74.08	69.89	67.99	66.28	45.74
17.	Javelin	98.48	90.57	83.38	80.72	62.86
18.	Hammer	86.74	84.80	78.72	70.16	48.88
19.	Decathlon	9026	8893	8384	7658	5952
20.	4 x 100 mt. Relay	36.84	36.84	38.78	38.89	42.8
21.	4 x 400 mt. Relay	2:54.29	2:55.39	3:01.70	3:02.62	3:16.74
22.	Marathon	2:03:13	2:06:32	2:08:21	2:12:00	2:27:50
23.	20 Km. Walk	1:17:16	1:18:46	1:20:21	1:20:21	1:47:40
24.	50 Km. Walk	3:34:14	3:55:59	3:54:37	3:56:48	x x x x

RECORDS AS ON 30 - 11 - 2013

(W O M E N)

1.	100 mt. Run	10.49	10.62	11.15	11.38	11.43
2.	200 mt. Run	21.34	21.34	22.48	22.82	23.96
3.	400 mt. Run	47.60	48.25	51.13	51.05	55.03
4.	800 mt. Run	1:53.28	1:53.43	1:59.85	1:59.17	2:12.5
5.	1500 mt. Run	3:50.46	3:53.96	4:06.03	4:06.03	4:42.0
6.	5000 mt. Run	14:11.15	14:40.79	14:40.41	15:15.89	18:25.6
7.	10000 mt. Run	29:31.78	29:54.66	30:28.26	31:50.47	35:49.05
8.	100 mt. Hurdles	12.21	12.35	12.63	13.38	13.38
9.	400 mt. Hurdles	52.34	52.64	55.26	55.42	56.88
10.	3000 mt. St. Ch.	8:58.81	8:58.81	9:55.67	9:47.7	13:31.3
11.	Long Jump	7.52	7.40	6.91	6.83	5.59
12.	Triple Jump	15.50	15.39	14.78	14.11	11.37
13.	High Jump	2.09	2.06	1.95	1.92	1.68
14.	Pole Vault	5.06	5.05	4.35	4.08	x
15.	Shot	22.63	22.41	20.55	17.43	12.30
16.	Discus	76.80	71.30	66.18	64.76	46.72
17.	Javelin	72.28	71.53	66.00 (O)/61.56 (N)	58.64	52.90
18.	Hammer	79.42	78.18	74.15	61.67	32.68
19.	Heptathlon	7291	7291	6360	6211	5108
20.	4 x 100 mt. Relay	40.82	40.82	43.36	44.43	50.3
21.	4 x 400 mt. Relay	3:15.17	3:15.17	3:29.00	3:26.89	4:00.10
22.	Marathon	2:15:25	2:23:07	2:21:47	2:38:10	x
23.	10 Km. Walk	41:04.0	41:49.0	43:57.3	48:10.0	1:28:31
24.	20 Km. Walk	1:25:08	1:25:02	1:30:06	1:34:28	1:58:46