



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START BOOK





KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



TIME TABLE

| | GENDER | CATEGORY | TIME | COMPETITOR | JURY | REFEREE | C.MARSHAL | TIME KEEPER | TECHN. | SECRETARY | DOCTOR |
|------------|--------|-------------------------------|-------|------------|------|---------|-----------|-------------|--------|-----------|--------|
| 15.06.2022 | | | | | | | | | | | |
| 1 | W | 40 kg A | 10:00 | 7 | 1 | 1 | 1 | 1 | 1 | 1 | |
| 2 | W | 45 kg B | 11:30 | 10 | 2 | 2 | 2 | 2 | 2 | 2 | |
| 3 | W | 45 kg A | 15:30 | 8 | 1 | 3 | 1 | 1 | 1 | 1 | |
| 16.06.2022 | | | | | | | | | | | |
| 4 | W | 49 kg B | 10:00 | 13 | 2 | 1 | 2 | 2 | 2 | 2 | |
| 5 | W | 49 kg A | 12:00 | 12 | 1 | 2 | 1 | 1 | 1 | 1 | |
| 6 | W | 55 kg B | 15:00 | 12 | 2 | 3 | 2 | 2 | 2 | 2 | |
| 17.06.2022 | | | | | | | | | | | |
| 7 | W | 55 kg A | 10:00 | 9 | 1 | 1 | 1 | 1 | 1 | 1 | |
| 8 | W | 59 kg B | 11:30 | 12 | 2 | 2 | 2 | 2 | 2 | 2 | |
| 9 | W | 59 kg A | 15:00 | 9 | 1 | 3 | 1 | 1 | 1 | 1 | |
| 18.06.2022 | | | | | | | | | | | |
| 10 | W | 64 kg A | 10:00 | 14 | 2 | 1 | 2 | 2 | 2 | 2 | |
| 11 | W | 71 kg B | 15:00 | 11 | 1 | 2 | 1 | 1 | 1 | 1 | |
| 19.06.2022 | | | | | | | | | | | |
| 12 | W | 71 kg A | 10:00 | 8 | 2 | 3 | 2 | 2 | 2 | 2 | |
| 13 | W | 76 kg B | 14:30 | 11 | 1 | 1 | 1 | 1 | 1 | 1 | |
| 20.06.2022 | | | | | | | | | | | |
| 14 | W | 76 kg A | 10:00 | 8 | 2 | 2 | 2 | 2 | 2 | 2 | |
| 15 | W | 81 kg B | 11:30 | 10 | 1 | 3 | 1 | 1 | 1 | 1 | |
| 16 | W | 81 kg A | 15:00 | 8 | 2 | 1 | 2 | 2 | 2 | 2 | |
| 21.06.2022 | | | | | | | | | | | |
| 17 | W | +81 kg A , 87 kg B , +87 kg B | 12:00 | 10 | 1 | 2 | 1 | 1 | 1 | 1 | |
| 22.06.2022 | | | | | | | | | | | |
| 18 | W | 87 kg A , +87 kg A | 09:30 | 16 | 2 | 3 | 2 | 2 | 2 | 2 | |



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GROUP OF JURIES AND REFEREES

JURY Member Group 1 :

- A) HANSA SHARMA [UKD] *President of Jury
- B) SUNIL KUMAR [DEL]
- C) PARDEEP SHARMA [H.P.]

JURY Member Group 2 :

- A) KUMBASI SUBRAMANYA [KRN] *President of Jury
- B) P S SANDHU [U.P.]
- C) SHYAMALA SHETTY [KRN]

REFEREE Member Group 1 :

- RAJESH KUMAR [H.P.]
- VIRPAL KAUR [PUN]
- PRADEEP YADAV [U.P.]

REFEREE Member Group 2 :

- PAL SINGH SANDHU - VIJAY HOODA [POL]
- BIKU SARITA [ARN]
- YOGENDRA [U.P.]

REFEREE Member Group 3 :

- K.D.S. NAGRA [CHD]
- KHUSHBU YADAV [U.P.]
- RVLN RATNAKARA RAO [A.P.]



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GROUP OF OTHER COMPETITION OFFICIALS

CHIEF MARSHAL Member Group 1 :

HARBANS SINGH [PUN]
YUDHVIR SINGH [J.K.]

CHIEF MARSHAL Member Group 2 :

BHABAJOYTI GOSWAMI [ASM]
G.P. SHARMA [U.P.]

TIMEKEEPER Member Group 1 :

NIRLEP SINGH [U.P.]

TIMEKEEPER Member Group 2 :

AJAY KUMAR DAS [SSCB]

TECHNICAL CONTROLLER Member Group 1 :

DALJIT KAUR [PUN]
RAVI SHARMA [RAJ]

TECHNICAL CONTROLLER Member Group 2 :

AMARNATH TYAGI [U.P.]
RAJKUMAR JAMWAL [H.P.]

SECRETARY Member Group 1 :

UMESHWARI SHARMA [CHD]

SECRETARY Member Group 2 :

YASHPAL YADAV [U.P.]

COMPETITION DIRECTOR Member Group 1 :

PARDEEP SHARMA [H.P.]

TECHNICAL DELEGATE Member Group 1 :

SAHDEV YADAV, PRESIDENT, IWLF [U.P.]

SPEAKER Member Group 1 :

N.P.S. CHAUHAN [U.P.]

TSR OPERATOR Member Group 1 :

SUNEET CHOPRA [U.P.]

SPEAKER Member Group 2 :

KRISHNARAJ K [KRN]



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STATISTICS MEN

| No | TEAM | |
|-------|------|-------------|
| TOTAL | | Grand Total |



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



STATISTICS WOMEN

| No | TEAM | 40 kg | 45 kg | 49 kg | 55 kg | 59 kg | 64 kg | 71 kg | 76 kg | 81 kg | +81 kg | 87 kg | +87 kg | TOTAL |
|----|--------------------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|----------|----------|-----------|------------|
| 1 | ARN : ARN | 1 | 1 | 2 | 1 | | | | | | | | | 5 |
| 2 | ASM : ASM | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 2 | | 1 | | 12 |
| 3 | C.G. : C.G. | | | 1 | | 1 | | | | | | | | 2 |
| 4 | CHD : CHD | | | | | | | | | 1 | | | | 1 |
| 5 | DEL : DEL | | | | | | 1 | | 2 | 3 | | | 3 | 9 |
| 6 | GUJ : GUJ | | | | | 1 | | | | 1 | | | | 2 |
| 7 | H.P. : H.P. | | 2 | 1 | 2 | 2 | | 3 | 4 | 1 | | 1 | 1 | 17 |
| 8 | HRN : HRN | | 2 | 3 | 4 | 3 | 1 | 3 | 3 | 3 | | | 1 | 23 |
| 9 | JKD : JKD | 1 | 1 | | 1 | 1 | 1 | 1 | | | | | | 6 |
| 10 | KRL : KRL | | 1 | | | | 1 | | 1 | 1 | | 1 | 1 | 6 |
| 11 | KRN : KRN | | | | | | | | | | | 1 | | 1 |
| 12 | M.P. : M.P. | | 1 | 1 | | 2 | | 1 | | | | | | 5 |
| 13 | MHR : MHR | | 4 | 3 | 2 | 1 | | 4 | 3 | 2 | | 2 | | 21 |
| 14 | MIZ : MIZ | | | | 1 | | | 1 | | | | | | 2 |
| 15 | MNP : MNP | | | 2 | 2 | 1 | 2 | | | | | | 1 | 8 |
| 16 | MNP POL : MNP POL | | | 1 | | | | | | | | | | 1 |
| 17 | ORS : ORS | 1 | | 2 | 1 | 2 | 2 | 1 | | 1 | | | | 10 |
| 18 | PON : PON | | | | | | | 1 | | | | | | 1 |
| 19 | PUN : PUN | | 1 | | | | 1 | 2 | | 1 | | | 2 | 7 |
| 20 | RAJ : RAJ | | 1 | | | | | | | | | | | 1 |
| 21 | RSPB : RSPB | | 2 | 2 | 1 | 2 | 1 | | 1 | 1 | | 1 | 1 | 12 |
| 22 | TEL : TEL | | | 1 | | | 1 | | 1 | | 1 | | | 4 |
| 23 | TND : TND | 1 | | 1 | | | 1 | | 1 | | 1 | | 2 | 7 |
| 24 | U.P. : U.P. | 2 | 1 | 4 | 3 | 3 | 1 | 1 | 2 | 1 | | 2 | 3 | 23 |
| 25 | W.B. : W.B. | | | | 1 | 1 | | | | | | | | 2 |
| | Grand Total | 7 | 18 | 25 | 21 | 21 | 14 | 19 | 19 | 18 | 2 | 9 | 15 | 188 |



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STATISTICS SENIOR MEN

| No | TEAM | |
|-------|------|-------------|
| TOTAL | | Grand Total |



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STATISTICS SENIOR WOMEN

| No | TEAM | 45 kg | 49 kg | 55 kg | 59 kg | 64 kg | 71 kg | 76 kg | 81 kg | 87 kg | +87 kg | TOTAL |
|-------------|-------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|-------|
| 1 | ARN : ARN | | 1 | | | | | | | | | 1 |
| 2 | ASM : ASM | | 1 | | | | | | | 1 | | 2 |
| 3 | C.G. : C.G. | | 1 | | | | | | | | | 1 |
| 4 | CHD : CHD | | | | | | | | 1 | | | 1 |
| 5 | DEL : DEL | | | | | | | | 2 | | 2 | 4 |
| 6 | H.P. : H.P. | 2 | 1 | 1 | 1 | | 2 | 3 | 1 | 1 | 1 | 13 |
| 7 | HRN : HRN | 1 | 1 | 1 | 2 | | 1 | 1 | 1 | | 1 | 9 |
| 8 | KRL : KRL | | | | | | | 1 | | 1 | 1 | 3 |
| 9 | KRN : KRN | | | | | | | | | 1 | | 1 |
| 10 | M.P. : M.P. | | 1 | | | | | | | | | 1 |
| 11 | MHR : MHR | 2 | 2 | 2 | | | 2 | | | 2 | | 10 |
| 12 | MIZ : MIZ | | | | | | 1 | | | | | 1 |
| 13 | MNP : MNP | | 2 | 2 | 1 | 2 | | | | | 1 | 8 |
| 14 | MNP POL : MNP POL | | 1 | | | | | | | | | 1 |
| 15 | ORS : ORS | | 2 | | | 1 | 1 | | 1 | | | 5 |
| 16 | PON : PON | | | | | | 1 | | | | | 1 |
| 17 | PUN : PUN | 1 | | | | 1 | 2 | | 1 | | 2 | 7 |
| 18 | RSPB : RSPB | 2 | 2 | 1 | 2 | 1 | | 1 | 1 | 1 | 1 | 12 |
| 19 | TEL : TEL | | 1 | | | | | | | | | 1 |
| 20 | TND : TND | | | | | 1 | | | | | 1 | 2 |
| 21 | U.P. : U.P. | 1 | 1 | 1 | | 1 | | | 1 | 2 | 2 | 9 |
| 22 | W.B. : W.B. | | | 1 | 1 | | | | | | | 2 |
| Grand Total | | 9 | 17 | 9 | 7 | 7 | 10 | 6 | 9 | 9 | 12 | 95 |



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STATISTICS JUNIOR MEN

| No | TEAM | |
|-------|------|-------------|
| TOTAL | | Grand Total |



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STATISTICS JUNIOR WOMEN

| No | TEAM | 45 kg | 49 kg | 55 kg | 59 kg | 64 kg | 71 kg | 76 kg | 81 kg | 87 kg | +87 kg | TOTAL |
|----|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|-------|
| 1 | ARN : ARN | | | 1 | | | | | | | | 1 |
| 2 | ASM : ASM | 1 | | 2 | | 1 | 1 | 1 | 2 | | | 8 |
| 3 | C.G. : C.G. | | 1 | | 1 | | | | | | | 2 |
| 4 | DEL : DEL | | | | | | | | 1 | | 1 | 2 |
| 5 | GUJ : GUJ | | | | | | | | 1 | | | 1 |
| 6 | H.P. : H.P. | | 1 | | 1 | | 2 | 1 | 1 | 1 | 1 | 8 |
| 7 | HRN : HRN | 2 | 1 | 2 | 2 | | 2 | 2 | 1 | | 1 | 13 |
| 8 | JKD : JKD | 1 | | 1 | | 1 | 1 | | | | | 4 |
| 9 | KRL : KRL | | | | | | | | 1 | | | 1 |
| 10 | M.P. : M.P. | 1 | 1 | | 1 | | | | | | | 3 |
| 11 | MHR : MHR | 2 | | 1 | 1 | | 1 | 2 | 1 | 1 | | 9 |
| 12 | MNP : MNP | | 1 | 1 | | 1 | | | | | 1 | 4 |
| 13 | ORS : ORS | | 1 | 1 | 2 | 1 | 1 | | | | | 6 |
| 14 | PON : PON | | | | | | 1 | | | | | 1 |
| 15 | PUN : PUN | 1 | | | | | 1 | | | | 1 | 3 |
| 16 | TEL : TEL | | | | | | | 1 | | | | 1 |
| 17 | TND : TND | | 1 | | | | | | | 1 | 2 | 4 |
| 18 | U.P. : U.P. | 1 | 3 | 3 | 1 | | | 1 | 1 | | 2 | 12 |
| 19 | W.B. : W.B. | | | 1 | 1 | | | | | | | 2 |
| | Grand Total | 9 | 10 | 13 | 10 | 4 | 10 | 8 | 9 | 3 | 9 | 85 |



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STATISTICS YOUTH MEN

| No | TEAM | |
|-------|------|-------------|
| TOTAL | | Grand Total |



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STATISTICS YOUTH WOMEN

| No | TEAM | 40 kg | 45 kg | 49 kg | 55 kg | 59 kg | 64 kg | 71 kg | 76 kg | 81 kg | +81 kg | TOTAL |
|----|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|
| 1 | ARN : ARN | 1 | 1 | 1 | 1 | | | | | | | 4 |
| 2 | ASM : ASM | 1 | | 1 | | 1 | | | 1 | | | 4 |
| 3 | DEL : DEL | | | | | | 1 | | 2 | | 1 | 4 |
| 4 | GUJ : GUJ | | | | | 1 | | | | | | 1 |
| 5 | H.P. : H.P. | | | 1 | 1 | 1 | | 2 | 2 | 1 | 1 | 9 |
| 6 | HRN : HRN | | | 1 | 1 | 1 | 1 | 1 | | 2 | | 7 |
| 7 | JKD : JKD | 1 | 1 | | 1 | 1 | 1 | 1 | | | | 6 |
| 8 | KRL : KRL | | 1 | | | | 1 | | | 1 | | 3 |
| 9 | M.P. : M.P. | | | | | 1 | | 1 | | | | 2 |
| 10 | MHR : MHR | | 1 | 1 | | | | 1 | 1 | 1 | | 5 |
| 11 | MIZ : MIZ | | | | 1 | | | | | | | 1 |
| 12 | MNP : MNP | | | | | | 1 | | | | 1 | 2 |
| 13 | ORS : ORS | 1 | | | 1 | | 1 | | | | | 3 |
| 14 | PON : PON | | | | | | | 1 | | | | 1 |
| 15 | PUN : PUN | | 1 | | | | | | | | | 1 |
| 16 | RAJ : RAJ | | 1 | | | | | | | | | 1 |
| 17 | TEL : TEL | | | | | 1 | 1 | | | | 1 | 3 |
| 18 | TND : TND | 1 | | | | | | | 1 | | 1 | 3 |
| 19 | U.P. : U.P. | 2 | | 2 | 1 | 2 | | 1 | 2 | | | 10 |
| | Grand Total | 7 | 6 | 7 | 7 | 9 | 7 | 8 | 9 | 5 | 5 | 70 |



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

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COMBINED STATISTICS Age Group

| No | TEAM | SENIOR | | JUNIOR | | YOUTH | | MEN | WOMEN | TOTAL |
|----|-------------------|--------|-------|--------|-------|-------|-------|-----|-------|-------|
| | | MEN | WOMEN | MEN | WOMEN | MEN | WOMEN | | | |
| 1 | ARN : ARN | 0 | 1 | 0 | 1 | 0 | 4 | 0 | 5 | 5 |
| 2 | ASM : ASM | 0 | 2 | 0 | 8 | 0 | 4 | 0 | 12 | 12 |
| 3 | C.G. : C.G. | 0 | 1 | 0 | 2 | 0 | 0 | 0 | 2 | 2 |
| 4 | CHD : CHD | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| 5 | DEL : DEL | 0 | 4 | 0 | 2 | 0 | 4 | 0 | 9 | 9 |
| 6 | GUJ : GUJ | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 2 | 2 |
| 7 | H.P. : H.P. | 0 | 13 | 0 | 8 | 0 | 9 | 0 | 17 | 17 |
| 8 | HRN : HRN | 0 | 9 | 0 | 13 | 0 | 7 | 0 | 23 | 23 |
| 9 | JKD : JKD | 0 | 0 | 0 | 4 | 0 | 6 | 0 | 6 | 6 |
| 10 | KRL : KRL | 0 | 3 | 0 | 1 | 0 | 3 | 0 | 6 | 6 |
| 11 | KRN : KRN | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| 12 | M.P. : M.P. | 0 | 1 | 0 | 3 | 0 | 2 | 0 | 5 | 5 |
| 13 | MHR : MHR | 0 | 10 | 0 | 9 | 0 | 5 | 0 | 21 | 21 |
| 14 | MIZ : MIZ | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 2 | 2 |
| 15 | MNP : MNP | 0 | 8 | 0 | 4 | 0 | 2 | 0 | 8 | 8 |
| 16 | MNP POL : MNP POL | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| 17 | ORS : ORS | 0 | 5 | 0 | 6 | 0 | 3 | 0 | 10 | 10 |
| 18 | PON : PON | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 1 |
| 19 | PUN : PUN | 0 | 7 | 0 | 3 | 0 | 1 | 0 | 7 | 7 |
| 20 | RAJ : RAJ | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 |
| 21 | RSPB : RSPB | 0 | 12 | 0 | 0 | 0 | 0 | 0 | 12 | 12 |
| 22 | TEL : TEL | 0 | 1 | 0 | 1 | 0 | 2 | 0 | 4 | 4 |
| 23 | TND : TND | 0 | 2 | 0 | 4 | 0 | 3 | 0 | 7 | 7 |
| 24 | U.P. : U.P. | 0 | 9 | 0 | 12 | 0 | 10 | 0 | 23 | 23 |
| 25 | W.B. : W.B. | 0 | 2 | 0 | 2 | 0 | 0 | 0 | 2 | 2 |
| | Grand Total | 0 | 95 | 0 | 85 | 0 | 69 | 0 | 188 | 188 |



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COMBINED STATISTICS

| No | TEAM | MEN | WOMEN | TOTAL |
|----|-------------------|-----|-------|-------|
| 1 | ARN : ARN | 0 | 5 | 5 |
| 2 | ASM : ASM | 0 | 12 | 12 |
| 3 | C.G. : C.G. | 0 | 2 | 2 |
| 4 | CHD : CHD | 0 | 1 | 1 |
| 5 | DEL : DEL | 0 | 9 | 9 |
| 6 | GUJ : GUJ | 0 | 2 | 2 |
| 7 | H.P. : H.P. | 0 | 17 | 17 |
| 8 | HRN : HRN | 0 | 23 | 23 |
| 9 | JKD : JKD | 0 | 6 | 6 |
| 10 | KRL : KRL | 0 | 6 | 6 |
| 11 | KRN : KRN | 0 | 1 | 1 |
| 12 | M.P. : M.P. | 0 | 5 | 5 |
| 13 | MHR : MHR | 0 | 21 | 21 |
| 14 | MIZ : MIZ | 0 | 2 | 2 |
| 15 | MNP : MNP | 0 | 8 | 8 |
| 16 | MNP POL : MNP POL | 0 | 1 | 1 |
| 17 | ORS : ORS | 0 | 10 | 10 |
| 18 | PON : PON | 0 | 1 | 1 |
| 19 | PUN : PUN | 0 | 7 | 7 |
| 20 | RAJ : RAJ | 0 | 1 | 1 |
| 21 | RSPB : RSPB | 0 | 12 | 12 |
| 22 | TEL : TEL | 0 | 4 | 4 |
| 23 | TND : TND | 0 | 7 | 7 |
| 24 | U.P. : U.P. | 0 | 23 | 23 |
| 25 | W.B. : W.B. | 0 | 2 | 2 |
| | Grand Total | 0 | 188 | 188 |



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START LIST

WOMEN 40 kg A

Competition : 15.06.2022 10:00

Weigh in : 8:00

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|---------------|------------|------|------|--------|--------|-------|
| 40 kg A | | | | | | | | |
| 1 | 77 | Jyoshna Sabar | 25-10-2008 | ORS | 100 | | | 40 |
| 2 | 82 | Kaken Doyom | 07-09-2006 | ARN | 90 | | | 40 |
| 3 | 89 | Sandhya Yadav | 03-12-2006 | U.P. | 65 | | | 40 |
| 4 | 149 | A. Poshika | 24-09-2006 | TND | 110 | | | 40 |
| 5 | 157 | Luna Sonowal | 14-09-2009 | ASM | 87 | | | 40 |
| 6 | 167 | Nikita Verma | 07-08-2006 | U.P. | 60 | | | 40 |
| 7 | 189 | Manisha Soren | 10-03-2007 | JKD | 85 | | | 40 |

Jury

1. A) Hansa Sharma [UKD]

2. B) Sunil Kumar [DEL]

3. C) Pardeep Sharma [H.P.]

Referee

C- Rajesh Kumar [H.P.]

L- Virpal Kaur [PUN]

R- Pradeep Yadav [U.P.]

Res-

Chief Marshal

1. Harbans Singh [PUN]

2. Yudhvir Singh [J.K.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]

2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



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START LIST

WOMEN 45 kg B

Competition : 15.06.2022 11:30

Weigh in : 9:30

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|------------------|------------|------|------|--------|--------|-------|
| 45 kg B | | | | | | | | |
| 1 | 9 | Babita Kumari | 01-01-2007 | JKD | 91 | | 45 | 45 |
| 2 | 11 | Pungni Tara | 25-07-2008 | ARN | 80 | | | 45 |
| 3 | 25 | Tinamoni Sonowal | 04-03-2002 | ASM | 98 | | 45 | |
| 4 | 34 | Priyanka | 31-10-2000 | H.P. | 100 | 45 | | |
| 5 | 75 | Rani Nayak | 10-08-2002 | M.P. | 103 | | 45 | |
| 6 | 100 | Asmita Dhone | 01-05-2007 | MHR | 120 | | | 45 |
| 7 | 124 | Tannu | 02-03-2004 | HRN | 110 | | 45 | |
| 8 | 163 | Laxmi Tiwari | 29-12-2006 | RAJ | 104 | | | 45 |
| 9 | 165 | Manish Kumari | 22-07-1995 | H.P. | 100 | 45 | | |
| 10 | 180 | Sherin P. Benny | 09-12-2006 | KRL | 105 | | | 45 |

Jury

1. A) Kumbasi Subramanya [KRN]

2. B) P S Sandhu [U.P.]

3. C) Shyamala Shetty [KRN]

Referee

C- Pal Singh Sandhu - Vijay Hooda [POL]

L- Biku Sarita [ARN]

R- Yogendra [U.P.]

Res-

Chief Marshal

1. Bhabajyoti Goswami [ASM]

2. G.P. Sharma [U.P.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Amarnath Tyagi [U.P.]

2. Rajkumar Jamwal [H.P.]

Secretary

1. Yashpal Yadav [U.P.]



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START LIST

WOMEN 45 kg A

Competition : 15.06.2022 15:30

Weigh in : 13:30

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|-----------------------|------------|------|------|--------|--------|-------|
| 45 kg A | | | | | | | | |
| 1 | 19 | Harshada Sharad Garud | 08.11.2003 | MHR | 150 | | 45 | |
| 2 | 53 | Diya Vyavahare | 25-11-2003 | MHR | 130 | 45 | 45 | |
| 3 | 58 | Anjali Patel | 10-08-2004 | U.P. | 140 | 45 | 45 | |
| 4 | 66 | Komal Kohar | 24-07-2002 | HRN | 153 | 45 | 45 | |
| 5 | 76 | Sarika Shingare | 12-01-1998 | MHR | 154 | 45 | | |
| 6 | 103 | Vani Puri | 16-03-2005 | PUN | 122 | 45 | 45 | 45 |
| 7 | 156 | Dipali Gursule | 10-11-1996 | RSPB | 140 | 45 | | |
| 8 | 168 | M.V. Thushmita | 15-10-1996 | RSPB | 145 | 45 | | |

Jury

1. A) Hansa Sharma [UKD]

2. B) Sunil Kumar [DEL]

3. C) Pardeep Sharma [H.P.]

Referee

C- K.D.S. Nagra [CHD]

L- Khushbu Yadav [U.P.]

R- RVLN Ratnakara Rao [A.P.]

Res-

Chief Marshal

1. Harbans Singh [PUN]

2. Yudhvir Singh [J.K.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]

2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START LIST

WOMEN 49 kg B

Competition : 16.06.2022 10:00

Weigh in : 8:00

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|--------------------|------------|------|------|--------|--------|-------|
| 49 kg B | | | | | | | | |
| 1 | 7 | Panchami Sonowal | 05-05-2005 | ASM | 140 | 49 | | 49 |
| 2 | 8 | Mercy Teli | 02-01-2008 | ARN | 90 | | | 49 |
| 3 | 15 | Sandhya Rani Nayak | 27-10-2002 | ORS | 128 | 49 | 49 | |
| 4 | 22 | V. Rithika | 25-07-2004 | TND | 140 | | 49 | |
| 5 | 32 | Preeti | 15-08-2002 | HRN | 143 | | 49 | |
| 6 | 44 | Vanshika | 03-12-2007 | H.P. | 50 | 49 | 49 | 49 |
| 7 | 80 | Khushbu | 05-07-2007 | U.P. | 70 | | | 49 |
| 8 | 97 | Kh. Sanjita Chanu | 02-01-1994 | RSPB | 80 | 49 | | |
| 9 | 109 | Nilam Patel | 17-12-2004 | U.P. | 140 | | 49 | |
| 10 | 111 | Vidushi Sharma | 04-08-2002 | M.P. | 65 | 49 | 49 | |
| 11 | 128 | Aarati Tatgunti | 22-06-2005 | MHR | 115 | | | 49 |
| 12 | 160 | Himanshee | 14-03-2005 | HRN | 130 | | | 49 |
| 13 | 184 | Shivani Yadav | 01-07-2006 | U.P. | 113 | 49 | 49 | 49 |

Jury

1. A) Kumbasi Subramanya [KRN]

2. B) P S Sandhu [U.P.]

3. C) Shyamala Shetty [KRN]

Referee

C- Pradeep Yadav [U.P.]

L- Rajesh Kumar [H.P.]

R- Virpal Kaur [PUN]

Res-

Chief Marshal

1. Bhabajyoti Goswami [ASM]

2. G.P. Sharma [U.P.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Amarnath Tyagi [U.P.]

2. Rajkumar Jamwal [H.P.]

Secretary

1. Yashpal Yadav [U.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START LIST

WOMEN 49 kg A

Competition : 16.06.2022 12:00

Weigh in : 10:00

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|-----------------------|------------|---------|------|--------|--------|-------|
| 49 kg A | | | | | | | | |
| 1 | 17 | Techi Nadam | 25-03-1999 | ARN | 145 | 49 | | |
| 2 | 21 | Th. Sanju Devi | 17-04-2003 | MNP | 150 | 49 | 49 | |
| 3 | 26 | Jhilli Dalabehra | 03-02-1999 | RSPB | 180 | 49 | | |
| 4 | 29 | H. Jinarani Devi | 15-12-1996 | MNP | 150 | 49 | | |
| 5 | 33 | Sneha Soren | 05-02-2001 | ORS | 150 | 49 | | |
| 6 | 48 | Shalu | 30-05-1998 | HRN | 149 | 49 | | |
| 7 | 50 | Sakshi Mhaske | 23-03-2001 | MHR | 150 | 49 | | |
| 8 | 71 | Chetna Ghojage | 08-05-1996 | MHR | 155 | 49 | | |
| 9 | 113 | Saikhom Mirabai Chanu | 08-08-1994 | MNP POL | 185 | 49 | | |
| 10 | 155 | Gyaneshwari Yadav | 08-03-2003 | C.G. | 161 | 49 | 49 | |
| 11 | 166 | Shalu | 20-08-2003 | U.P. | 140 | | 49 | |
| 12 | 176 | T. Priyadarshini | 03-03-2000 | TEL | 160 | 49 | | |

Jury

1. A) Hansa Sharma [UKD]

2. B) Sunil Kumar [DEL]

3. C) Pardeep Sharma [H.P.]

Referee

C- Yogendra [U.P.]

L- Pal Singh Sandhu - Vijay Hooda [POL]

R- Biku Sarita [ARN]

Res-

Chief Marshal

1. Harbans Singh [PUN]

2. Yudhvir Singh [J.K.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]

2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START LIST

WOMEN 55 kg B

Competition : 16.06.2022 15:00

Weigh in : 13:00

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|-------------------|------------|------|------|--------|--------|-------|
| 55 kg B | | | | | | | | |
| 1 | 10 | Pooja Gupta | 08-10-1998 | RSPB | 140 | 55 | | |
| 2 | 35 | Ramchhanchhuahi | 22-12-2006 | MIZ | 70 | | | 55 |
| 3 | 38 | Bibari Boro | 25-12-2002 | ASM | 143 | | 55 | |
| 4 | 41 | Anupama Kumari | 25-05-2005 | JKD | 115 | | 55 | 55 |
| 5 | 59 | Kumkum Yadav | 03-06-2004 | U.P. | 140 | | 55 | |
| 6 | 73 | Tutumoni Khatowal | 15-05-2004 | ASM | 135 | | 55 | |
| 7 | 87 | Priya | 28-11-2003 | HRN | 135 | | 55 | |
| 8 | 116 | Preeti Yadav | 02-07-2007 | U.P. | 100 | 55 | 55 | 55 |
| 9 | 140 | Kumari Shalini | 01-01-2004 | U.P. | 135 | | 55 | |
| 10 | 142 | Renu | 2001 | H.P. | 90 | 55 | | |
| 11 | 143 | Pallavi Chaudhary | 15-12-2008 | H.P. | 60 | | | 55 |
| 12 | 162 | Jyoti | 05-10-2006 | HRN | 126 | | | 55 |

Jury

1. A) Kumbasi Subramanya [KRN]

2. B) P S Sandhu [U.P.]

3. C) Shyamala Shetty [KRN]

Referee

C- RVLN Ratnakara Rao [A.P.]

L- K.D.S. Nagra [CHD]

R- Khushbu Yadav [U.P.]

Res-

Chief Marshal

1. Bhabajyoti Goswami [ASM]

2. G.P. Sharma [U.P.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Amarnath Tyagi [U.P.]

2. Rajkumar Jamwal [H.P.]

Secretary

1. Yashpal Yadav [U.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START LIST

WOMEN 55 kg A

Competition : 17.06.2022 10:00

Weigh in : 8:00

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|--------------------|------------|------|------|--------|--------|-------|
| 55 kg A | | | | | | | | |
| 1 | 14 | S. Bindyarani Devi | 27-01-1999 | MNP | 190 | 55 | | |
| 2 | 16 | L. Nilam Devi | 10-06-2004 | MNP | 155 | 55 | 55 | |
| 3 | 64 | Sakshi Ranmale | 12-04-2003 | MHR | 160 | 55 | 55 | |
| 4 | 83 | Mandeep | 10-04-1997 | HRN | 179 | 55 | | |
| 5 | 115 | Mina Santa | 07-03-2007 | ORS | 145 | | 55 | 55 |
| 6 | 129 | Shrabani Das | 16-03-2002 | W.B. | 182 | 55 | 55 | |
| 7 | 146 | Usha | 09-02-2003 | HRN | 168 | | 55 | |
| 8 | 169 | Boni Mangkhya | 04-06-2004 | ARN | 170 | | 55 | 55 |
| 9 | 177 | Ananya Patil | 14-01-2001 | MHR | 165 | 55 | | |

Jury

1. A) Hansa Sharma [UKD]

2. B) Sunil Kumar [DEL]

3. C) Pardeep Sharma [H.P.]

Referee

C- Virpal Kaur [PUN]

L- Pradeep Yadav [U.P.]

R- Rajesh Kumar [H.P.]

Res-

Chief Marshal

1. Harbans Singh [PUN]

2. Yudhvir Singh [J.K.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]

2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START LIST

WOMEN 59 kg B

Competition : 17.06.2022 11:30

Weigh in : 9:30

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|-----------------------|------------|------|------|--------|--------|-------|
| 59 kg B | | | | | | | | |
| 1 | 1 | Seema Marandi | 15-08-2008 | JKD | 120 | | | 59 |
| 2 | 4 | Vidhya Hariram Sharma | 20-01-2005 | GUJ | 122 | | | 59 |
| 3 | 31 | Karishka Sharma | 12-09-2001 | H.P. | 70 | 59 | | |
| 4 | 65 | Jhanvi Bhilala | 31-12-2008 | M.P. | 56 | | | 59 |
| 5 | 79 | Shagun Singh | 27-03-2007 | U.P. | 80 | | | 59 |
| 6 | 101 | Ishwari Nishant Powar | 03-08-2007 | MHR | 155 | | 59 | |
| 7 | 105 | Aparajita Bhuyan | 27-10-2002 | ORS | 144 | | 59 | |
| 8 | 131 | Sanjana Bhatt | 12-07-2007 | H.P. | 55 | | 59 | 59 |
| 9 | 138 | Tanya Kashyap | 17-03-2006 | U.P. | 85 | | | 59 |
| 10 | 171 | Tiluchana Pukan | 10-11-2007 | ASM | 133 | | | 59 |
| 11 | 178 | Priyanka Mourya | 08-06-2002 | M.P. | 70 | | 59 | |
| 12 | 183 | Rima Bhoi | 29-08-2002 | ORS | 149 | | 59 | |

Jury

1. A) Kumbasi Subramanya [KRN]

2. B) P S Sandhu [U.P.]

3. C) Shyamala Shetty [KRN]

Referee

C- Biku Sarita [ARN]

L- Yogendra [U.P.]

R- Pal Singh Sandhu - Vijay Hooda [POL]

Res-

Chief Marshal

1. Bhabajyoti Goswami [ASM]

2. G.P. Sharma [U.P.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Amarnath Tyagi [U.P.]

2. Rajkumar Jamwal [H.P.]

Secretary

1. Yashpal Yadav [U.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START LIST

WOMEN 59 kg A

Competition : 17.06.2022 15:00

Weigh in : 13:00

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|-------------------|------------|------|------|--------|--------|-------|
| 59 kg A | | | | | | | | |
| 1 | 24 | E. Deextiha | 25-09-1997 | RSPB | 160 | 59 | | |
| 2 | 39 | Mohini | 20-05-1999 | HRN | 194 | 59 | | |
| 3 | 43 | Sonali Yadu | 19-09-2002 | C.G. | 165 | | 59 | |
| 4 | 78 | P. Shakhenbi Devi | 03-04-1998 | MNP | 170 | 59 | | |
| 5 | 141 | Bhawana | 20.07.2005 | HRN | 170 | 59 | 59 | |
| 6 | 161 | Popy Hazarika | 12-08-1998 | RSPB | 195 | 59 | | |
| 7 | 173 | Sonakshi | 18-03-2006 | HRN | 165 | | 59 | 59 |
| 8 | 185 | Sonam Singh | 18-12-2004 | U.P. | 160 | | 59 | |
| 9 | 187 | Sukarna Adak | 10-01-2003 | W.B. | 185 | 59 | 59 | |

Jury

1. A) Hansa Sharma [UKD]

2. B) Sunil Kumar [DEL]

3. C) Pardeep Sharma [H.P.]

Referee

C- Khushbu Yadav [U.P.]

L- RVLN Ratnakara Rao [A.P.]

R- K.D.S. Nagra [CHD]

Res-

Chief Marshal

1. Harbans Singh [PUN]

2. Yudhvir Singh [J.K.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]

2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START LIST

WOMEN 64 kg A

Competition : 18.06.2022 10:00

Weigh in : 8:00

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|-------------------|------------|------|------|--------|--------|-------|
| 64 kg A | | | | | | | | |
| 1 | 6 | S. Nirupama Devi | 05-10-2000 | RSPB | 180 | 64 | | |
| 2 | 12 | Tikimohini Mallik | 05-02-2008 | ORS | 122 | | | 64 |
| 3 | 27 | Kh. Elizah Chanu | 01-04-2006 | MNP | 135 | 64 | 64 | 64 |
| 4 | 30 | D Kavitha | 31-01-2000 | TND | 146 | 64 | | |
| 5 | 54 | K. Roshilata Devi | 11-07-1999 | MNP | 170 | 64 | | |
| 6 | 63 | Janis Barla | 16-06-2006 | JKD | 119 | | 64 | 64 |
| 7 | 72 | Yatna | 19-09-2007 | HRN | 138 | | | 64 |
| 8 | 86 | Sangeeta Padhy | 21-03-2003 | ORS | 148 | 64 | 64 | |
| 9 | 93 | K. Sessa Sai | 12-06-2005 | TEL | 143 | | | 64 |
| 10 | 94 | Reenumol P.R. | 01-10-2007 | KRL | 130 | | | 64 |
| 11 | 104 | Komal Khan | 23-03-2001 | U.P. | 180 | 64 | | |
| 12 | 150 | Jasvir Kaur | 22-02-1993 | PUN | 170 | 64 | | |
| 13 | 164 | Deepshikha Boro | 13-10-2002 | ASM | 140 | | 64 | |
| 14 | 181 | Chelsi | 25-03-2006 | DEL | 120 | | | 64 |

Jury

1. A) Kumbasi Subramanya [KRN]

2. B) P S Sandhu [U.P.]

3. C) Shyamala Shetty [KRN]

Referee

C- Rajesh Kumar [H.P.]

L- Virpal Kaur [PUN]

R- Pradeep Yadav [U.P.]

Res-

Chief Marshal

1. Bhabajyoti Goswami [ASM]

2. G.P. Sharma [U.P.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Amarnath Tyagi [U.P.]

2. Rajkumar Jamwal [H.P.]

Secretary

1. Yashpal Yadav [U.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START LIST

WOMEN 71 kg B

Competition : 18.06.2022 15:00

Weigh in : 13:00

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|------------------------|------------|------|------|--------|--------|-------|
| 71 kg B | | | | | | | | |
| 1 | 5 | Sandhya Bhaskar Sarode | 24-08-2005 | MHR | 140 | | 71 | |
| 2 | 23 | Monali Sahoo | 14-03-2003 | ORS | 150 | 71 | 71 | |
| 3 | 37 | Manvi | 28-08-2002 | HRN | 115 | | 71 | |
| 4 | 99 | Lalchhanhimi | 24-02-1992 | MIZ | 160 | 71 | | |
| 5 | 119 | Chabina Sonowal | 19-02-2005 | ASM | 110 | | 71 | |
| 6 | 137 | Manvi Sharma | 14-06-2000 | H.P. | 60 | 71 | | |
| 7 | 139 | Aruhi Kumari | 09-09-2007 | JKD | 125 | | 71 | 71 |
| 8 | 151 | Anajali Ghanghauriya | 05-03-2007 | M.P. | 75 | | | 71 |
| 9 | 158 | Srishti Yadav | 06-06-2005 | U.P. | 140 | | | 71 |
| 10 | 179 | Rajlaxmi Jaysing Powar | 29-06-2005 | MHR | 125 | | | 71 |
| 11 | 188 | Pragya Sharma | 20-02-2006 | H.P. | 100 | | 71 | 71 |

Jury

1. A) Hansa Sharma [UKD]

2. B) Sunil Kumar [DEL]

3. C) Pardeep Sharma [H.P.]

Referee

C- Pal Singh Sandhu - Vijay Hooda [POL]

L- Biku Sarita [ARN]

R- Yogendra [U.P.]

Res-

Chief Marshal

1. Harbans Singh [PUN]

2. Yudhvir Singh [J.K.]

Time Keeper

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Technical Controller

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Secretary

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KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START LIST

WOMEN 71 kg A

Competition : 19.06.2022 10:00

Weigh in : 8:00

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|----------------|------------|------|------|--------|--------|-------|
| 71 kg A | | | | | | | | |
| 1 | 51 | Trupti Mane | 29-09-2001 | MHR | 180 | 71 | | |
| 2 | 84 | Nikita Kale | 22-07-2000 | MHR | 180 | 71 | | |
| 3 | 85 | Navdeep Kaur | 15-11-2003 | PUN | 170 | 71 | 71 | |
| 4 | 96 | Anchal | 30-06-2007 | H.P. | 50 | 71 | 71 | 71 |
| 5 | 118 | R. Harini | 02-06-2006 | PON | 165 | 71 | 71 | 71 |
| 6 | 153 | Harjinder Kaur | 14-10-1996 | PUN | 210 | 71 | | |
| 7 | 159 | Renu | 20-01-1992 | HRN | 180 | 71 | | |
| 8 | 170 | Sanjana | 18-01-2007 | HRN | 166 | | 71 | 71 |

Jury

1. A) Kumbasi Subramanya [KRN]

2. B) P S Sandhu [U.P.]

3. C) Shyamala Shetty [KRN]

Referee

C- K.D.S. Nagra [CHD]

L- Khushbu Yadav [U.P.]

R- RVLN Ratnakara Rao [A.P.]

Res-

Chief Marshal

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2. G.P. Sharma [U.P.]

Time Keeper

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Technical Controller

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2. Rajkumar Jamwal [H.P.]

Secretary

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KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START LIST

WOMEN 76 kg B

Competition : 19.06.2022 14:30

Weigh in : 12:30

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|------------------------|------------|------|------|--------|--------|-------|
| 76 kg B | | | | | | | | |
| 1 | 61 | Karishma Rafik Shaikh | 15-04-2005 | MHR | 70 | | | 76 |
| 2 | 69 | Dhanashri Vinod Bedade | 28-05-2004 | MHR | 140 | | 76 | |
| 3 | 70 | R. Priya | 20-01-2005 | TND | 105 | | | 76 |
| 4 | 88 | Krishana Sharma | 04-01-1999 | H.P. | 125 | 76 | | |
| 5 | 91 | Hemlata | 24-06-2005 | H.P. | 60 | 76 | 76 | 76 |
| 6 | 95 | Kirti | 19-08-2008 | DEL | 125 | | | 76 |
| 7 | 98 | Astha Gogoi | 11-03-2006 | ASM | 110 | | 76 | 76 |
| 8 | 121 | Punam Yadav | 29-08-2006 | U.P. | 113 | | 76 | 76 |
| 9 | 123 | Rajanii Bala | 19-11-1999 | H.P. | 80 | 76 | | |
| 10 | 126 | Rashi | 07-03-2007 | DEL | 69 | | | 76 |
| 11 | 132 | Nitanjali | 24-12-2008 | H.P. | 50 | | | 76 |

Jury

1. A) Hansa Sharma [UKD]

2. B) Sunil Kumar [DEL]

3. C) Pardeep Sharma [H.P.]

Referee

C- Pradeep Yadav [U.P.]

L- Rajesh Kumar [H.P.]

R- Virpal Kaur [PUN]

Res-

Chief Marshal

1. Harbans Singh [PUN]

2. Yudhvir Singh [J.K.]

Time Keeper

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Technical Controller

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Secretary

1. Umeshwari Sharma [CHD]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START LIST

WOMEN 76 kg A

Competition : 20.06.2022 10:00

Weigh in : 8:00

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|----------------|------------|------|------|--------|--------|-------|
| 76 kg A | | | | | | | | |
| 1 | 45 | Jyoti Yadav | 16-01-2004 | HRN | 190 | | 76 | |
| 2 | 106 | Tamana | 10-05-2002 | HRN | 174 | | 76 | |
| 3 | 108 | Jyoti Yadav | 31-12-2005 | U.P. | 145 | | | 76 |
| 4 | 117 | Renu Devi | 10-03-1989 | HRN | 198 | 76 | | |
| 5 | 122 | Swathi Kishor | 09-02-1998 | KRL | 190 | 76 | | |
| 6 | 130 | V. Sahithi | 15-10-2002 | TEL | 173 | | 76 | |
| 7 | 145 | Punam Yadav | 09-07-1995 | RSPB | 220 | 76 | | |
| 8 | 154 | Pratiksha Kadu | 17-10-2003 | MHR | 160 | | 76 | |

Jury

1. A) Kumbasi Subramanya [KRN]

2. B) P S Sandhu [U.P.]

3. C) Shyamala Shetty [KRN]

Referee

C- Yogendra [U.P.]

L- Pal Singh Sandhu - Vijay Hooda [POL]

R- Biku Sarita [ARN]

Res-

Chief Marshal

1. Bhabajyoti Goswami [ASM]

2. G.P. Sharma [U.P.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Amarnath Tyagi [U.P.]

2. Rajkumar Jamwal [H.P.]

Secretary

1. Yashpal Yadav [U.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START LIST

WOMEN 81 kg B

Competition : 20.06.2022 11:30

Weigh in : 9:30

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|--------------------------|------------|------|------|--------|--------|-------|
| 81 kg B | | | | | | | | |
| 1 | 3 | Harshada Amar Patil | 16-01-2006 | MHR | 148 | | | 81 |
| 2 | 36 | Rajeswari Behera | 05-05-1997 | ORS | 150 | 81 | | |
| 3 | 40 | Sakshi Kesahrwani | 25-07-2004 | U.P. | 115 | 81 | 81 | |
| 4 | 56 | Pooja | 04-11-2005 | HRN | 135 | | | 81 |
| 5 | 60 | Junmoni Lagashu | 04-04-2002 | ASM | 110 | | 81 | |
| 6 | 74 | Gajjar Aayushi Umeshbhai | 18-08-2003 | GUJ | 152 | | 81 | |
| 7 | 92 | Priyanka | 17-07-2003 | DEL | 141 | | 81 | |
| 8 | 110 | Hema Ganage | 06-06-2003 | MHR | 150 | | 81 | |
| 9 | 148 | Aaishu Barua | 26-02-2006 | ASM | 85 | | 81 | |
| 10 | 152 | Simran Rana | 05-11-2007 | H.P. | 50 | 81 | 81 | 81 |

Jury

1. A) Hansa Sharma [UKD]

2. B) Sunil Kumar [DEL]

3. C) Pardeep Sharma [H.P.]

Referee

C- RVLN Ratnakara Rao [A.P.]

L- K.D.S. Nagra [CHD]

R- Khushbu Yadav [U.P.]

Res-

Chief Marshal

1. Harbans Singh [PUN]

2. Yudhvir Singh [J.K.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]

2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START LIST

WOMEN 81 kg A

Competition : 20.06.2022 15:00

Weigh in : 13:00

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|---------|-----|------------------|------------|------|------|--------|--------|-------|
| 81 kg A | | | | | | | | |
| 1 | 46 | Jasmail Kaur | 28-04-1991 | DEL | 180 | 81 | | |
| 2 | 62 | Vanshita Verma | 08-10-2001 | CHD | 185 | 81 | | |
| 3 | 114 | Rakhi | 11-10-1996 | HRN | 198 | 81 | | |
| 4 | 133 | Muskan | 02-03-2005 | HRN | 163 | | 81 | 81 |
| 5 | 134 | Amritha P. Suni | 16-01-2007 | KRL | 170 | | 81 | 81 |
| 6 | 136 | N. Lalitha | 13-05-1996 | RSPB | 180 | 81 | | |
| 7 | 144 | Harmanpreet Kaur | 09-10-2001 | PUN | 185 | 81 | | |
| 8 | 182 | Vaishali Sharma | 07-07-1995 | DEL | 180 | 81 | | |

Jury

1. A) Kumbasi Subramanya [KRN]

2. B) P S Sandhu [U.P.]

3. C) Shyamala Shetty [KRN]

Referee

C- Virpal Kaur [PUN]

L- Pradeep Yadav [U.P.]

R- Rajesh Kumar [H.P.]

Res-

Chief Marshal

1. Bhabajyoti Goswami [ASM]

2. G.P. Sharma [U.P.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Amarnath Tyagi [U.P.]

2. Rajkumar Jamwal [H.P.]

Secretary

1. Yashpal Yadav [U.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START LIST

WOMEN +81 kg A , 87 kg B , +87 kg B

Competition : 21.06.2022 12:00

Weigh in : 10:00

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|-----------------|-----|------------------|------------|------|------|--------|--------|-------|
| +81 kg A | | | | | | | | |
| 1 | 81 | K. Oviya | 02-11-2007 | TND | 155 | | 87 | +81 |
| 2 | 186 | U. Laxmi Prasana | 09-07-2008 | TEL | 115 | | | +81 |
| 87 kg B | | | | | | | | |
| 1 | 42 | Prity | 02-07-2000 | U.P. | 120 | 87 | | |
| 2 | 68 | Shweta Pundir | 31-07-2000 | U.P. | 135 | 87 | | |
| 3 | 127 | Palak Rana | 14-02-2004 | H.P. | 60 | 87 | 87 | |
| +87 kg B | | | | | | | | |
| 1 | 13 | Deepa.N | 26-05-2003 | TND | 110 | | +87 | |
| 2 | 49 | Sehaj | 08-12-2002 | PUN | 136 | +87 | +87 | |
| 3 | 67 | Monika | 13-11-1992 | RSPB | 140 | +87 | | |
| 4 | 90 | Vaishanavi | 26-08-2007 | DEL | 69 | | +87 | +81 |
| 5 | 172 | Sunakshi Rana | 14-03-2005 | H.P. | 60 | +87 | +87 | +81 |

Jury

1. A) Hansa Sharma [UKD]

2. B) Sunil Kumar [DEL]

3. C) Pardeep Sharma [H.P.]

Referee

C- Biku Sarita [ARN]

L- Yogendra [U.P.]

R- Pal Singh Sandhu - Vijay Hooda [POL]

Res-

Chief Marshal

1. Harbans Singh [PUN]

2. Yudhvir Singh [J.K.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]

2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh
14/06/2022 to 22/06/2022



START LIST

WOMEN 87 kg A , +87 kg A

Competition : 22.06.2022 09:30

Weigh in : 7:30

| No | LOT | NAME | BORN | TEAM | ENT. | SENIOR | JUNIOR | YOUTH |
|-----------------|-----|-------------------|------------|------|------|--------|--------|-------|
| 87 kg A | | | | | | | | |
| 1 | 47 | Madhusmita Baruah | 01-02-1999 | ASM | 195 | 87 | | |
| 2 | 52 | B.N. Usha | 02-04-1995 | RSPB | 220 | 87 | | |
| 3 | 102 | Akshata Kamati | 02-08-1999 | KRN | 175 | 87 | | |
| 4 | 125 | Bisna Varghese | 08-01-1997 | KRL | 170 | 87 | | |
| 5 | 147 | Priti Deshmukh | 25-02-2003 | MHR | 176 | 87 | 87 | |
| 6 | 174 | Komal Wakale | 11-01-1990 | MHR | 200 | 87 | | |
| +87 kg A | | | | | | | | |
| 1 | 2 | A. Mohanapriya | 21-01-2003 | TND | 150 | +87 | +87 | |
| 2 | 18 | Swati Yadav | 10-08-2002 | U.P. | 148 | | +87 | |
| 3 | 20 | Ann Mariya M.T. | 21-08-1998 | KRL | 200 | +87 | | |
| 4 | 28 | Manpreet Kaur | 15-09-1989 | PUN | 190 | +87 | | |
| 5 | 55 | Ichha Patel | 08-07-2004 | U.P. | 148 | +87 | +87 | |
| 6 | 57 | Purnima Pandey | 16-10-1997 | U.P. | 240 | +87 | | |
| 7 | 107 | Usha | 02-04-1998 | DEL | 170 | +87 | | |
| 8 | 112 | Yashika | 03-07-2001 | DEL | 160 | +87 | | |
| 9 | 135 | M. Martina Devi | 21-03-2006 | MNP | 180 | +87 | +87 | +81 |
| 10 | 175 | Muskan Singh | 28-11-2002 | HRN | 189 | +87 | +87 | |

Jury

1. A) Kumbasi Subramanya [KRN]

2. B) P S Sandhu [U.P.]

3. C) Shyamala Shetty [KRN]

Referee

C- Khushbu Yadav [U.P.]

L- RVLN Ratnakara Rao [A.P.]

R- K.D.S. Nagra [CHD]

Res-

Chief Marshal

1. Bhabajyoti Goswami [ASM]

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Technical Controller

1. Amarnath Tyagi [U.P.]

2. Rajkumar Jamwal [H.P.]

Secretary

1. Yashpal Yadav [U.P.]