

Meghalaya State Senior Athletic Championship 2026**DATE:14 th to 16th September 2026****16-09-2026****9/14/26 - 9/16/26****VENUE:SAISCE, NEHU****Event # 2 MENS 100m Run****FINALS****RESULTS OF FINALS**

1	BANRAPLANG LAPAN	189	25/11/03	RI BHOI DISTRICT	11.02
2	RENALDI DHAR	311	10/05/06	WEST JAINTIA HILLS	11.29
3	KIMKIM CH MOMIN G	281	07/02/06	WEST GARO HILLS	11.33
4	YIARMANWILL RYME	316	05/01/08	WEST JAINTIA HILLS	11.43
5	DONBOK SHABONG	145	25/07/05	EAST KHASI HILLS	11.54
6	DAMEBANSAN GARE	143	08/04/07	EAST KHASI HILLS	11.76
7	CIVILLO CH MOMI MC	244	19/09/08	SOUTH WEST GARO HI	12.23

Event # 3 MENS 200m Run**FINALS****RESULTS OF FINALS**

1	BANRAPLANG LAPAN	189	25/11/03	RI BHOI DISTRICT	22.41
2	YIARMANWILL RYME	316	05/01/08	WEST JAINTIA HILLS	22.67
3	LASTLY SUCHIANG	128	16/03/08	EAST JAINTIA HILLS	22.77
4	DONBOK SHABONG	145	25/07/05	EAST KHASI HILLS	22.95
5	KIMKIM CH MOMIN G	281	07/02/06	WEST GARO HILLS	22.97
6	DAMEBANSAN GARE	143	08/04/07	EAST KHASI HILLS	23.02
7	IAINEHSKHEM SYNGI	192	25/11/08	RI BHOI DISTRICT	24.69
8	KALBIN B MARAK	104	02/03/05	EAST GARO HILLS	25.20

Event # 4 MENS 400m Run**FINALS****RESULTS OF FINALS**

1	LASTLY SUCHIANG	128	16/03/08	EAST JAINTIA HILLS	50.81
2	ALBERTO RYN SHON C	142	18/01/09	EAST KHASI HILLS	51.85
3	LAANNO TIMUNG	194	22/11/06	RI BHOI DISTRICT	52.23
4	KALBIN B MARAK	104	02/03/05	EAST GARO HILLS	53.25
5	JEFFERSON LYN GDOH	164	20/02/95	EASTERN WEST KHASI	53.40
6	IOHIKSAN LYN GDOH	305	25/02/08	WEST JAINTIA HILLS	54.12
7	BETTINGSTAR N SAN	176	19/11/08	NORTH GARO HILLS	54.35
8	JEMSBIRTH D SANGM	226	04/12/07	SOUTH GARO HILLS	56.09

Event # 5 MENS 800m Run**FINALS****RESULTS OF FINALS**

1	SANCTIFY PALE	313	04/04/06	WEST JAINTIA HILLS	2:01.51
2	MEBANSHAN MAWTH	152	18/09/04	EAST KHASI HILLS	2:04.79
3	MANCHWA KYNDAIT	308	27/10/08	WEST JAINTIA HILLS	2:06.69
4	JEFFERSON LYN GDOH	164	20/02/95	EASTERN WEST KHASI	2:09.68
5	KENNY JOHN K BANI	333	09/11/08	WEST KHASI HILLS	2:10.01
6	MACMILLAN B MARA	282	17/12/08	WEST GARO HILLS	2:10.71
7	ROSHAM TERON	199	18/01/06	RI BHOI DISTRICT	2:15.56

Meghalaya State Senior Athletic Championship 2026**DATE:14 th to 16th September 2026****16-09-2026****9/14/26 - 9/16/26****VENUE:SAISCE, NEHU****Event # 6 MENS 1500m Run****FINALS****RESULTS OF FINALS**

1	MARSHAL WANNIANC	167	21/08/03	EASTERN WEST KHASI	5 pts	4:08.29
2	SANCTIFY PALE	313	04/04/06	WEST JAINTIA HILLS	3 pts	4:13.96
3	WANKYRMEN L MAW	170	06/02/08	EASTERN WEST KHASI	1 pts	4:15.51
4	MEBANSHAN MAWTH	152	18/09/04	EAST KHASI HILLS		4:22.77
5	RAM SHYLLA	309	15/08/08	WEST JAINTIA HILLS		4:26.84
6	PHAILANG RNGAID	336	01/02/06	WEST KHASI HILLS		4:27.73
7	MACMILLAN B MARA	282	17/12/08	WEST GARO HILLS		4:34.28
8	JOHN SYNGKLI	193	17/12/06	RI BHOI DISTRICT		4:42.44

Event # 7 MENS 5000m Run**FINALS****RESULTS OF FINALS**

1	DANIEL LYNGDOH W/	144	10/12/00	EAST KHASI HILLS	5 pts	15:16.48
2	WOLBETSTAR RAMSI	266	11/11/02	SOUTH WEST KHASI HI	3 pts	15:32.94
3	HASEBINSON MARWE	163	27/01/03	EASTERN WEST KHASI	1 pts	15:35.99
4	MARSHAL WANNIANC	167	21/08/03	EASTERN WEST KHASI		16:06.73
5	AIBORLANG WANNIA	327	12/08/06	WEST KHASI HILLS		16:07.76
6	STING PHAWA	132	13/12/05	EAST JAINTIA HILLS		16:42.25
7	KYRPANG MARNGAR	334	09/12/08	WEST KHASI HILLS		17:16.23
8	EIBOR KYNDAIT	303	25/03/05	WEST JAINTIA HILLS		17:23.77

Event # 8 MENS 10000m Run**FINALS****RESULTS OF FINALS**

1	DANIEL LYNGDOH W/	144	10/12/00	EAST KHASI HILLS	5 pts	32:19.43
2	KRESSTARJUNE PATH	165	24/11/97	EASTERN WEST KHASI	3 pts	32:28.29
3	HASEBINSON MARWE	163	27/01/03	EASTERN WEST KHASI	1 pts	32:37.63
4	WOLBETSTAR RAMSI	266	11/11/02	SOUTH WEST KHASI HI		32:45.97
5	STING PHAWA	132	13/12/05	EAST JAINTIA HILLS		36:34.69
6	LAPYNKHWRA THAB	195	18/07/01	RI BHOI DISTRICT		37:00.75
7	PIKU NATH	196	27/09/99	RI BHOI DISTRICT		37:01.61
8	SANJU M SANGMA	111	14/02/04	EAST GARO HILLS		37:45.36

Event # 9 MENS 21m H.Marathon**FINALS****RESULTS OF FINALS**

1	KRESSTARJUNE PATH	165	24/11/97	EASTERN WEST KHASI	5 pts	1:17:55.00
2	TEIBOKLANG BIAM	315	13/12/03	WEST JAINTIA HILLS	3 pts	1:23:55.00
3	PHAILANG RNGAID	336	01/02/06	WEST KHASI HILLS	1 pts	1:24:43.00
4	KHAINLI SHYLLA	306	30/04/06	WEST JAINTIA HILLS		1:28:38.00
5	SENGWAT S SANGMA	290	18/12/04	WEST GARO HILLS		1:37:19.00
6	NILBATH S SANGMA	284	15/04/07	WEST GARO HILLS		1:43:57.00

Meghalaya State Senior Athletic Championship 2026**DATE:14 th to 16th September 2026****16-09-2026****9/14/26 - 9/16/26****VENUE:SAISCE, NEHU****Event # 10 MENS 10000m Race Walk****FINALS****RESULTS OF FINALS**

1	SENGKAMBAT R MAR	233	09/10/07	SOUTH GARO HILLS	5 pts	1:07:41.03
2	WANPHRANG LYNGD	203	06/01/04	RI BHOI DISTRICT	3 pts	1:07:46.43
3	DOKAM R MARAK	223	15/10/05	SOUTH GARO HILLS	1 pts	1:17:22.04

Event # 11 MENS Long Jump**FINALS****RESULTS OF FINALS**

1	ELIAM BONKAM G. S	245	09/12/06	SOUTH WEST GARO HI	5 pts	7.02m
2	CHERIM CH SANGMA	177	13/01/09	NORTH GARO HILLS	3 pts	6.70m
3	WANLAMJINGSHAI H	341	10/04/06	WEST KHASI HILLS	1 pts	6.68m
4	DONIWEL LANGRIN	330	09/06/07	WEST KHASI HILLS		6.51m
5	JEBIRTH CH MOMIN	280	22/04/07	WEST GARO HILLS		6.39m
6	BANSHANKUPAR SUC	301	02/08/07	WEST JAINTIA HILLS		6.18m
7	NIKJRANG CH MARAF	283	15/04/06	WEST GARO HILLS		6.02m
8	PRINGCHANG N SANC	109	23/10/04	EAST GARO HILLS		5.77m

Event # 12 MENS High Jump**FINALS****RESULTS OF FINALS**

1	PRINGCHANG N SANC	109	23/10/04	EAST GARO HILLS	5 pts	1.85m
2	MEWAN DIENGDON	364	09/01/09	WEST KHASI HILLS	3 pts	1.77m
3	JOVIAN Z MAWRIE	149	21/02/09	EAST KHASI HILLS	1 pts	1.72m
4	HRISHIKESH KOCH K	246	27/06/06	SOUTH WEST GARO HI		1.69m
5	TERANG N SANGMA	113	11/06/06	EAST GARO HILLS		1.63m
6	KINGSTAR R SANGMA	228	12/02/07	SOUTH GARO HILLS		1.63m
7	. CLEMENT W KHARS	355	02/14/03	EAST KHASI HILLS		1.60m
8	GATTIM D SANGMA	225	13/10/08	SOUTH GARO HILLS		1.60m

Event # 13 MENS Triple Jump**FINALS****RESULTS OF FINALS**

1	WANLAMJINGSHAI H	341	10/04/06	WEST KHASI HILLS	5 pts	12.99m
2	ELIAM BONKAM G. S	245	09/12/06	SOUTH WEST GARO HI	3 pts	12.82m
3	CHERIM CH SANGMA	177	13/01/09	NORTH GARO HILLS	1 pts	12.78m

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1	BANISTAR SYIEM	188	25/12/88	RI BHOI DISTRICT	5 pts	10.63m
2	SHAWN DARREL NAM	153	15/11/00	EAST KHASI HILLS	3 pts	9.89m
3	MEWAKI ASHTON RA	335	18/01/09	WEST KHASI HILLS	1 pts	9.82m
4	DANBY A SANGMA	277	16/01/95	WEST GARO HILLS		9.63m
5	HEIMONLANG I LYNG	304	10/14/87	WEST JAINTIA HILLS		9.45m
6	TWINSTAR LYNGDOH	202	04/12/04	RI BHOI DISTRICT		9.32m
7	. TUBINGSTONE S MA	362	09/11/05	SOUTH WEST GARO HI		8.83m
8	ALPRIANG D SANG SA	240	04/08/02	SOUTH WEST GARO HI		8.69m

Event # 16 MENS Discus Throw**FINALS****RESULTS OF FINALS**

1	BAMELAJIED DIENGE	328	19/12/08	WEST KHASI HILLS	5 pts	31.93m
2	MEWAKI ASHTON RA	335	18/01/09	WEST KHASI HILLS	3 pts	31.17m
3	BANISTAR SYIEM	188	25/12/88	RI BHOI DISTRICT	1 pts	28.43m
4	RAHUL T SANGMA M	232	30/05/01	SOUTH GARO HILLS		26.10m
5	SEKLINE S MARAK	288	10/08/93	WEST GARO HILLS		24.44m
6	CHUARA B SANGMA S	243	01/08/89	SOUTH WEST GARO HI		23.88m
7	DANBY A SANGMA	277	16/01/95	WEST GARO HILLS		23.77m
8	HEIMONLANG I LYNG	304	10/14/87	WEST JAINTIA HILLS		23.17m

Event # 17 MENS Hammer Throw**FINALS****RESULTS OF FINALS**

1	RONALDO SOHKHWA	198	16/11/99	RI BHOI DISTRICT	5 pts	18.02m
2	RAHUL T SANGMA M	232	30/05/01	SOUTH GARO HILLS	3 pts	16.08m
3	SUNIDONHI SANA	133	08/07/08	EAST JAINTIA HILLS	1 pts	15.21m
4	LAMWAN PHAWA	127	28/02/06	EAST JAINTIA HILLS		14.66m
5	CHUARA B SANGMA S	243	01/08/89	SOUTH WEST GARO HI		12.77m

Event # 18 MENS Javelin Throw**FINALS****RESULTS OF FINALS**

1	TUSHAL M SANGMA	184	15/03/06	NORTH GARO HILLS	5 pts	47.37m
2	RONALDO SOHKHWA	198	16/11/99	RI BHOI DISTRICT	3 pts	45.61m
3	BILJAKRA A SANGMA	219	10/11/06	SOUTH GARO HILLS	1 pts	44.96m
4	ALPRIANG D SANG SA	240	04/08/02	SOUTH WEST GARO HI		44.55m
5	NIKJRANG CH MARAF	283	15/04/06	WEST GARO HILLS		41.94m
6	ENDRY N MARAK SUC	103	26/12/08	EAST GARO HILLS		41.17m
7	SHININGSTAR LAMIN	314	05/04/07	WEST JAINTIA HILLS		38.26m
8	AMANDAYOOKI SHYI	122	22/04/07	EAST JAINTIA HILLS		37.59m

Meghalaya State Senior Athletic Championship 2026

DATE:14 th to 16th September 2026

16-09-2026

9/14/26 - 9/16/26

VENUE:SAISCE, NEHU

Event # 19 MENS 4x100m Relay**FINALS****RESULTS OF FINALS**

1	..	WEST JAINTIA HILLS	44.56
2	..	EAST KHASI HILLS	45.90
3	..	WEST GARO HILLS	46.07
4	..	RI BHOI DISTRICT	46.32
5	SOUTH WEST GARO H	SOUTH WEST GARO HI	46.33
6	..	EAST JAINTIA HILLS	48.15
7	..	EAST GARO HILLS	48.36

Event # 20 MENS 4x400m Relay**FINALS****RESULTS OF FINALS**

1	..	EAST KHASI HILLS	5 pts	3:31.42
2	..	WEST JAINTIA HILLS	3 pts	3:38.53
3	..	EAST JAINTIA HILLS	1 pts	3:40.05
4	..	RI BHOI DISTRICT		3:40.54
5	..	WEST GARO HILLS		3:47.74
6	..	WEST KHASI HILLS		3:52.05
7	..	SOUTH GARO HILLS		4:15.41

Event # 21 WOMENS 100m Run**FINALS****RESULTS OF FINALS**

1	PHIBAKMEN RYNGHA	213	19/09/08	RI BHOI DISTRICT	13.07
2	DAMIKA R. LYNGDOH	318	16/02/06	WEST JAINTIA HILLS	13.28
3	PRINGCHI R MARA GE	239	04/02/08	SOUTH GARO HILLS	13.61
4	RIYOKA RYMBAI	160	20/05/04	EAST KHASI HILLS	13.65
5	KANDAMANKYRHAI	172	04/08/06	EASTERN WEST KHASI	14.83
6	YOLUTI DKHAR	141	04/12/06	EAST JAINTIA HILLS	15.08
7	BONKAME CH MARA	252	03/02/09	SOUTH WEST GARO HI	15.14
8	ADELYNE MYRTHONC	154	06/10/07	EAST KHASI HILLS	15.28

Event # 22 WOMENS 200m Run**FINALS****RESULTS OF FINALS**

1	DAMIKA R. LYNGDOH	318	16/02/06	WEST JAINTIA HILLS	26.71
2	PHIBAKMEN RYNGHA	213	19/09/08	RI BHOI DISTRICT	26.76
3	RIYOKA RYMBAI	160	20/05/04	EAST KHASI HILLS	27.64
4	PRINGCHI R MARA GE	239	04/02/08	SOUTH GARO HILLS	27.90
5	KANDAMANKYRHAI	172	04/08/06	EASTERN WEST KHASI	30.37
6	BONKAME CH MARA	252	03/02/09	SOUTH WEST GARO HI	31.91
7	IAISHAH DKHAR	322	01/03/07	WEST JAINTIA HILLS	32.34
8	BADAPBIANG IAWPHI	268	09/12/02	SOUTH WEST KHASI HI	32.49

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1	TENGSI LCHI B MARA	299	28/09/06	WEST GARO HILLS	1:08.51
2	ALBAMERY SOHSHA	342	11/12/03	WEST KHASI HILLS	1:09.04
3	YOLUTI DKHAR	141	04/12/06	EAST JAINTIA HILLS	1:09.52
4	IORIS SYIEM	345	17/09/08	WEST KHASI HILLS	1:11.68
5	DAKINI EMI SLONG	157	01/04/08	EAST KHASI HILLS	1:12.05
6	DAPHAWAN PHAWA	319	12/03/07	WEST JAINTIA HILLS	1:17.58

Event # 24 WOMENS 800m Run**FINALS****RESULTS OF FINALS**

1	MONLANGKI KYNDAI	325	15/08/07	WEST JAINTIA HILLS	2:36.31
2	LAILISPHINA M SANG	187	20/04/08	NORTH GARO HILLS	2:43.03
3	BALASHISHA KHARJA	269	01/06/02	SOUTH WEST KHASI HI	2:54.65
4	JESICA KHARMAW	346	23/12/05	WEST KHASI HILLS	3:00.53
5	AMESHA M SANGMA	115	27/02/08	EAST GARO HILLS	3:03.78
6	DISIME G SANGMA	293	20/12/05	WEST GARO HILLS	3:04.95
7	BARILIN SYLLIANG	206	12/12/00	RI BHOI DISTRICT	3:08.38
8	GRESENCHI CH MA M	255	22/12/02	SOUTH WEST GARO HI	3:15.14

Event # 25 WOMENS 1500m Run**FINALS****RESULTS OF FINALS**

1	MONLANGKI KYNDAI	325	15/08/07	WEST JAINTIA HILLS	5 pts	5:25.86
2	ROSY SANA	139	18/03/09	EAST JAINTIA HILLS	3 pts	5:26.71
3	JIDALIN TYMPUIN	363	01/09/09	WEST KHASI HILLS	1 pts	5:29.97
4	SMIDALIN RINGAID	348	29/08/08	WEST KHASI HILLS		5:33.55
5	WASAKI PHAWA	140	13/03/07	EAST JAINTIA HILLS		5:50.63
6	LAILISPHINA M SANG	187	20/04/08	NORTH GARO HILLS		5:55.93
7	JENY RAMDE	207	11/12/99	RI BHOI DISTRICT		6:03.73
8	MARY QUEEN PALE	324	17/10/04	WEST JAINTIA HILLS		6:13.01

Event # 26 WOMENS 5000m Run**FINALS****RESULTS OF FINALS**

1	BALASIEWDOR PATHA	171	23/01/06	EASTERN WEST KHASI	5 pts	19:54.56
2	ROSY SANA	139	18/03/09	EAST JAINTIA HILLS	3 pts	21:25.56
3	JENY RAMDE	207	11/12/99	RI BHOI DISTRICT	1 pts	22:02.89
4	JIDALIN TYMPUIN	363	01/09/09	WEST KHASI HILLS		22:22.24
5	AIJINGKEMENBIANG T	267	29/12/04	SOUTH WEST KHASI HI		24:30.08

Meghalaya State Senior Athletic Championship 2026**DATE:14 th to 16th September 2026****16-09-2026****9/14/26 - 9/16/26****VENUE:SAISCE, NEHU****Event # 27 WOMENS 10000m Run****FINALS****RESULTS OF FINALS**

1	BALASIEWDOR PATH/	171	23/01/06	EASTERN WEST KHASI	5 pts	42:40.91
2	DAKAHI KYNDAIT	135	29/11/96	EAST JAINTIA HILLS	3 pts	46:12.08
3	REBEKA JYNDIANG	347	16/01/05	WEST KHASI HILLS	1 pts	46:38.74
4	MARSHA WANNIANG	173	17/07/00	EASTERN WEST KHASI		47:07.24
5	SISILIA LYNGDOH	216	07/02/83	RI BHOI DISTRICT		53:03.56
6	KOBITA TARO	210	30/12/97	RI BHOI DISTRICT		53:44.97

Event # 28 WOMENS 21m H.Marathon**FINALS****RESULTS OF FINALS**

1	PHYRNAI KYNDAIT	137	01/06/02	EAST JAINTIA HILLS	5 pts	1:48:32.00
2	. FELINZA HANSEPI	356	04/07/02	RI BHOI DISTRICT	3 pts	1:53:36.00
3	DAKAHI KYNDAIT	135	29/11/96	EAST JAINTIA HILLS	1 pts	1:54:20.00
4	MARWA SHYLLA	323	05/06/01	WEST JAINTIA HILLS		2:03:59.00
5	WANSHASHISHA DEW	218	06/02/89	RI BHOI DISTRICT		2:18:25.00

Event # 29 WOMENS 10000m Race Walk**FINALS****RESULTS OF FINALS**

1	BETHLYNE GRACE M/	156	16/02/05	EAST KHASI HILLS	5 pts	56:11.77
2	TENGSI LCHI B MARA]	299	28/09/06	WEST GARO HILLS	3 pts	1:14:46.50
3	KOBITA TARO	210	30/12/97	RI BHOI DISTRICT	1 pts	1:16:22.27
4	SISILIA LYNGDOH	216	07/02/83	RI BHOI DISTRICT		1:20:30.18

Event # 30 WOMENS Long Jump**FINALS****RESULTS OF FINALS**

1	ANRISHA KLEIN	204	04/27/06	RI BHOI DISTRICT	5 pts	4.47m
2	CHINGME CH MOMIN	292	04/22/07	WEST GARO HILLS	3 pts	4.41m
3	JOYTIFUL NARLONG	208	25/12/05	RI BHOI DISTRICT	1 pts	4.11m
4	. SIMRINGCHI M MAR	359	08/01/07	SOUTH WEST GARO HI		4.00m
5	DEIGRACIA DAN	320	30/07/08	WEST JAINTIA HILLS		3.94m
6	JULIANA LYNGSHIAN	159	30/01/08	EAST KHASI HILLS		3.83m
7	GRIMCHIDOSA D M M	256	10/12/05	SOUTH WEST GARO HI		3.82m
8	IAISHAHBIANGPOR S	158	24/09/07	EAST KHASI HILLS		3.70m

Event # 31 WOMENS High Jump**FINALS****RESULTS OF FINALS**

1	ANRISHA KLEIN	204	04/27/06	RI BHOI DISTRICT	5 pts	1.53m
2	ANUSKA MAJHONG	205	05/20/07	RI BHOI DISTRICT	3 pts	1.45m
3	ROSHNI CH MARAK	298	18/09/07	WEST GARO HILLS	1 pts	1.33m
4	KAVERY K SANGMA	119	11/11/07	EAST GARO HILLS		1.30m

Meghalaya State Senior Athletic Championship 2026**DATE:14 th to 16th September 2026****16-09-2026****9/14/26 - 9/16/26****VENUE:SAISCE, NEHU****Event # 32 WOMENS Triple Jump****FINALS****RESULTS OF FINALS**

1	CHINGME CH MOMIN	292	04/22/07	WEST GARO HILLS	5 pts	9.28m
2	JOYTIFUL NARLONG	208	25/12/05	RI BHOI DISTRICT	3 pts	8.82m
3	JENORITHA M SANGM	118	02/02/06	EAST GARO HILLS	1 pts	8.13m

Event # 34 WOMENS Shot Put**FINALS****RESULTS OF FINALS**

1	MELIBAD KRO	212	23/12/07	RI BHOI DISTRICT	5 pts	9.24m
2	DILME CH MARAK	235	07/07/08	SOUTH GARO HILLS	3 pts	8.03m
3	DAPLINMERY MARTH	343	13/11/98	WEST KHASI HILLS	1 pts	7.69m
4	NIKSE M SANGMA	297	26/02/87	WEST GARO HILLS		7.15m
5	WANMERA A SANGMA	300	21/08/05	WEST GARO HILLS		6.89m
6	JENIA T SANGMA	186	24/04/07	NORTH GARO HILLS		6.32m
7	LAVINIA LYNGKHOI	272	14/07/07	SOUTH WEST KHASI HI		6.18m
8	ROMISHA LYNGDOH	174	07/12/05	EASTERN WEST KHASI		5.88m

Event # 35 WOMENS Discus Throw**FINALS****RESULTS OF FINALS**

1	DILME CH MARAK	235	07/07/08	SOUTH GARO HILLS	5 pts	24.23m
2	ROMISHA LYNGDOH	174	07/12/05	EASTERN WEST KHASI	3 pts	18.55m
3	RIBATHIANG DKHAR	326	14/12/06	WEST JAINTIA HILLS	1 pts	18.55m
4	DAPLINMERY MARTH	343	13/11/98	WEST KHASI HILLS		18.13m
5	LAVINIA LYNGKHOI	272	14/07/07	SOUTH WEST KHASI HI		18.12m
6	SUSAN LYNGDOH	217	16/04/07	RI BHOI DISTRICT		17.45m
7	NIKSE M SANGMA	297	26/02/87	WEST GARO HILLS		16.55m
8	ANICHI N SANGMA NI	116	13/07/08	EAST GARO HILLS		16.38m

Event # 36 WOMENS Hammer Throw**FINALS****RESULTS OF FINALS**

1	MELIBAD KRO	212	23/12/07	RI BHOI DISTRICT	5 pts	38.18m
2	WANMERA A SANGMA	300	21/08/05	WEST GARO HILLS	3 pts	15.91m
3	DRILLAN MERRY D M	294	27/04/86	WEST GARO HILLS	1 pts	13.19m

Event # 37 WOMENS Javelin Throw**FINALS****RESULTS OF FINALS**

1	NOKME CH SANGMA	238	20/02/08	SOUTH GARO HILLS	5 pts	22.92m
2	KITA RONGHI	209	07/12/08	RI BHOI DISTRICT	3 pts	20.61m
3	ROSELY DKHAR	138	04/04/07	EAST JAINTIA HILLS	1 pts	18.70m

Meghalaya State Senior Athletic Championship 2026

DATE:14 th to 16th September 2026

16-09-2026

9/14/26 - 9/16/26

VENUE:SAISCE, NEHU

Event # 38 WOMENS 4x100m Relay**FINALS****RESULTS OF FINALS**

1	..	WEST JAINTIA HILLS	5 pts	55.57
2	..	EAST KHASI HILLS	3 pts	57.05
3	..	RI BHOI DISTRICT	1 pts	57.87
4	..	WEST GARO HILLS		59.75
5	..	SOUTH GARO HILLS		1:00.16
6	SOUTH WEST GARO H	SOUTH WEST GARO HI		1:02.67
7	..	EAST JAINTIA HILLS		1:06.30

Event # 39 WOMENS 4x400m Relay**FINALS****RESULTS OF FINALS**

1	..	EAST KHASI HILLS	5 pts	4:37.88
2	..	WEST KHASI HILLS	3 pts	4:43.34
3	..	RI BHOI DISTRICT	1 pts	4:44.44
4	WEST JAINTIA HILLS	WEST JAINTIA HILLS		4:50.59
5	..	EAST JAINTIA HILLS		4:53.46
6	SOUTH WEST KHASI H	SOUTH WEST KHASI HI		5:17.21

Finish - Results

Camera S/N: 51742

Start: 16-09-2026 14:32:52.73

Place	Id	Lane	Last Name	Affiliation	Time
1	318		R. Lyngdoh	West Jaintia Hills	4:03.20
2	235	7	Ch Marak	South Garo Hills	4:05.71
3	342		Sohshang	West Khasi Hills	4:12.85
4	137	3	Kyndait	East Jaintia Hills	4:14.56
5	213		Rynghang	Ri Bhoi District	4:18.56
6	267	1	Thongni	South West Khasi Hil	4:31.95
7	299	6	B Marak	West Garo Hills	4:36.36
DQ	156		Makri	East Khasi Hills	