The countdown has well and truly begun and with the 2024 Paris Olympics closing in, ESPN India will take a closer look at the top 10 Indian prospects/hopes for a medal at the Games and how they are currently faring as they prepare for the event.

In this first installment, we track how the athletes are doing 100 days out from the start of the Olympics:

Neeraj Chopra

The reigning Olympic and world champion has yet to start his season, but he will soon: at the Doha Diamond League on May 10. Challenging him this season are the usual candidates plus a 19-year-old tyro called Max Dehning, the youngest entrant into the 90m club.

Chopra isn't worried though. "What I feel matters the most is what you do on that day and how much distance you can cover on that day," he says... and over the past few years no one's done that better than him.

Neeraj Chopra heads into landmark season with teen sensation Dehning as his newest rival

Two-time Olympic medalist PV Sindhu had a horror 2023 but is showing glimpses of her old self in the first half of 2024. She has led an inexperienced India team to an unexpected Badminton Asia Team Championships triumph and reached the quarters at the French Open and Madrid Masters.

There's still a long way to go before she hits the kind of form she had in 2021 (forget 2016), but the trademark fight seems to be back, and her post-injury recovery seems to be going well.

She's opted out of the Uber Cup, but she should be back for the next big BWF event, the Thailand Open Masters, which starts on May 14.

PV Sindhu, Anmol Kharb bookend glorious triumph that heralds bright future for Indian women's badminton

Mirabai Chanu

Having struggled with major injury troubles post her remarkable World Championship silver in late 2022, Mirabai has still managed to qualify for the Olympics on the back of some resilient performances. She's nowhere near top form, though, finishing outside the medals at last year's Asian Games and finishing a disappointing 11th in the recently concluded IWF World Cup. She is now unlikely to participate in any event as she continues on the road to full recovery.

Having qualified for the Olympics as Asian Games gold medalists, the men's hockey team will be going to Paris with the hope of turning bronze into a brighter colour. To aid that cause, they have ditched the philosophy of chaos [that served them well] for one of control.

Before the Olympics, they will be in action in big games in the Pro League in late May and early June, facing off against Argentina, Belgium, Germany and Great Britain.

After winning bronze in the 2023 Asian Games and thus booking a ticket to Paris, Nikhat Zareen has only appeared in one tournament: the Strandja Memorial in February, where she won a silver. Having gone into the tournament to "assess" herself, Nikhat will be in a confident mood. After all, the performance in Sofia shows the reigning two-time world champion in good health and form.