

EDGE10

GROUP

(**arms** PHYSICAL TESTING



Meghalaya State Mass Talent Identification Program Phase 1 - July, 2022

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EXECUTIVE SUMMARY

TOTAL ATHLETES

4541

PARTICIPANTS IN GARO DISTRICTS

East Garo Hills	North Garo Hills	South Garo Hills	South West Garo Hills	West Garo Hills	Total
221	132	299	164	283	1099

PARTICIPANTS IN KHASI DISTRICTS

East Khasi Hills	Eastern West Khasi Hills	South West Khasi Hills	West Khasi Hills	Total
1416	487	210	361	2474

PARTICIPANTS IN RI-BHOI/JAITIA DISTRICTS

East Jaintia Hills	Ribhoi	West Jaintia Hills	Total
383	260	325	968

Based on a unique venture between EDGE10 and the Meghalaya State Olympic Association (MSOA), a mass talent identification program was conducted in Meghalaya by Olympians and international coaches to identify sporting stars of the future.

Through EDGE10's ARMS Physical Testing (ARMS PT) program, 4541 participants across twelve districts of Meghalaya were tested. Over 24,000, tests were conducted between 9th - 29th July, 2022. This report currently contains 4260 athletes (1,622 females and 2,618 males) and 22,458 conducted tests*.

The physical tests, namely, 20m Sprint, 10m Ladder Run, Compass Drill and Combined Vertical jump were designed to assess the athletic ability of the youth population and identify the presence of any natural talent in the state of Meghalaya.

The following sections of the report provide a detailed overview of physical assessment results along with age-specific results in both male and female categories. Highlights included

- Darie Lalduhsonga (16 year old female) from East Khasi Hills produced 3.19 secs in 20m Sprint with 64.8 cm Combined Vertical Jump, 2.47 secs in 10m Ladder Run, 8.33 secs in Compass Drill.
- Puroshatom Hajong (12 year old male) from South West Garo Hills, produced 3.08 secs in 20m Sprint, 61.1 cm Combined Vertical Jump, 2.47 secs in 10m Ladder Run and 8.57 secs in Compass Drill.

Such results demonstrate superior athletic capability matching those of international standards.

Above are only a few select examples demonstrating the presence of international level athletic capability in the state of Meghalaya. It is worth noting, that many of the participants performed the tests in bare feet and often without training kits. Additionally, participants were challenged by substandard testing venues in most cases (which would have impacted their performance), with the exception of Shillong, Tura and Resubelpara.

*Note: Reason why participants in this report are less than total participants is because there are athletes with missing DOB and gender information which needs to be provided in order to be incorporated.

TOP FEMALE PERFORMERS

GENDER	PARTICIPANTS TESTED	TESTS CONDUCTED
Female	1620	8,338

Note: Table below defines the Top 100 female participants tested, and ranked based on cumulative performance across all 4 tests. Ranking is based on a relative calculation which takes into account average performance for a test and how any given participant compares to that average. Conditionally formatted values, showcases what percentile a participant falls under for a given test.

Participants 13 years or younger	Top 1 %	Top 5 %	Top 10 %	Outside Of Top 10 %
TOP FEMALE PARTICIPANTS (RANK 1 to 50)				
Districts	Participants	Age	Rank	20m Sprint (secs)
East Khasi Hills	Darie Lalduhsonga	16	1	3.19
West Jaintia Hills	Lanaika Kamar	16	2	3.48
East Khasi Hills	Bethlyne Makri	17	3	3.54
West Jaintia Hills	Daiahunlangki Shylla	15	4	3.57
East Khasi Hills	Rosmi Chamroy	17	5	3.62
North Garo Hills	Enriyana Momin	12	6	3.66
East Khasi Hills	Valarisa Marak	17	7	3.59
Eastern West Khasi Hills	Kandamankyrhai Lyngdoh Nonglait	16	8	3.56
South Garo Hills	Jerikchi Marak	15	9	3.46
East Khasi Hills	Larihun Shabonh	16	10	3.67
East Khasi Hills	Ibakordor Mylliem Umlong	17	11	3.55
East Khasi Hills	Indariewkor Nengnong	18	12	3.67
South West Garo Hills	Sildame Sangma	14	13	3.58
East Khasi Hills	Melari Kurkalang	15	14	3.42
West Khasi Hills	Ioris Syiem	14	15	3.41
East Khasi Hills	Netania Tariang	13	16	3.62
South West Khasi Hills	Fairly Jones Syiemlieh	13	17	3.67
East Khasi Hills	Wanylla lawphriaw	17	18	3.70
South West Garo Hills	Evancherime Marak	16	19	3.47
West Garo Hills	Wanmera Sangma	17	20	3.52
East Khasi Hills	Basuklin Jasain	15	21	3.59
East Khasi Hills	Nicole Lyngdoh	16	22	3.55
East Khasi Hills	Angeleen Nongrum	16	23	3.70
East Khasi Hills	Indasukshlsha Kshlar	14	24	3.77
Eastern West Khasi Hills	Larityngkai Lawriniang	18	25	3.59
East Khasi Hills	Nadialyne Nongrum	17	26	3.62
North Garo Hills	Premika Momin	15	27	3.56
West Garo Hills	Alandi Kadime Marak	16	28	3.53
Ri-Bhoi	Ferisha Syngkli	15	29	3.60
West Khasi Hills	Isawanda Thabah	17	30	3.56
East Khasi Hills	Camilia Pyngrope	17	31	3.65
East Khasi Hills	Medaker Kharbyngar	15	32	3.52
South West Garo Hills	Salkim Marak	11	33	3.50
East Khasi Hills	Phibanylla Eleanora Thongni	11	34	3.55
East Khasi Hills	Idakordor Marngar	17	35	3.69
East Khasi Hills	Dakahipaia Lyngdoh	14	36	3.69
East Khasi Hills	Clarity Kharbani	14	37	3.59
South Garo Hills	Anosha Sangma	17	38	3.67
East Khasi Hills	Carla Emika Myrboh	12	39	3.64
East Khasi Hills	Grace Monica Banon	17	40	3.66
East Khasi Hills	Durga Pandit	18	41	3.67
South West Garo Hills	Tengsilchi Arengh	16	42	3.50
West Garo Hills	Walchera Sangma	15	43	3.65
East Khasi Hills	Makrishna Songthiang	16	44	3.53
North Garo Hills	Menatchi Marak	15	45	3.72
North Garo Hills	Atche Sangma	17	46	3.64
East Khasi Hills	Jennifer Dkhar	14	47	3.82
East Khasi Hills	Gracel Shangplang	12	48	3.64
North Garo Hills	Silanchi Sangma	16	49	3.71
East Khasi Hills	Grejira Dsangma	16	50	3.68

Note: Table below defines the Top 100 female participants tested, and ranked based on cumulative performance across all 4 tests. Ranking is done based on a relative calculation which takes into account average performance for a test and how any given participant compares to that average. Conditionally formatted values, showcases what percentile a participant falls under for a given test.

Participants 13 years or younger						Top 1 %	Top 5 %	Top 10 %	Outside Of Top 10 %
TOP FEMALE PARTICIPANTS (RANK 51 to 100)									
Districts	Participants	Age	Rank	20m Sprint (secs)	Vertical Jump (cm)	10m Ladder Run (secs)	Compass Drill (secs)		
East Khasi Hills	Nancy Dkhar	16	51	3.63	45.10	3.15	9.39		
West Khasi Hills	Dolly Thongni	17	52	3.73	45.20	3.03	9.36		
West Garo Hills	Tengsilchi Marak	16	53	3.86	44.70	2.92	9.01		
South Garo Hills	Kasanchi Donesha Marak	13	54	3.59	33.40	2.43	8.94		
Ri-Bhoi	Balari Sujai	15	55	3.64	41.60	3.06	8.85		
East Khasi Hills	Lavinia Warjri	17	56	3.72	43.20	3.06	8.93		
East Khasi Hills	Merciful Kanai	18	57	3.90	43.40	2.93	8.63		
West Khasi Hills	Phibashisha Lyngdoh	17	58	3.86	45.20	3.02	9.03		
East Khasi Hills	Philarisha Shullai	23	59	3.71	45.00	3.15	9.23		
East Khasi Hills	Meaihun Kharsohtun	14	60	3.47	49.80	3.03	12.04		
West Jaintia Hills	Deinambhami Phawa	16	61	3.68	47.10	3.25	9.67		
West Khasi Hills	Merysha Marthong	14	62	3.59	42.90	3.19	9.15		
East Khasi Hills	Riyoka Rymbai	17	63	3.48	43.70	3.16	9.99		
East Khasi Hills	Baiah Pathaw	17	64	3.70	45.60	3.39	8.77		
West Khasi Hills	Daiahunlang Kharbani	13	65	3.67	43.30	2.95	9.72		
West Khasi Hills	Shimtihun Lyngdoh	16	66	3.71	42.70	2.86	9.68		
East Khasi Hills	Baiahunshisha Nongbri	16	67	3.63	40.10	2.78	9.63		
East Khasi Hills	Shelmonlang Sohshang	16	68	3.53	46.50	3.30	10.10		
East Khasi Hills	Ekyrpangmeka Sohong	13	69	3.55	44.30	3.28	9.51		
East Khasi Hills	Marveilla Diengdoh	13	70	3.65	46.90	3.06	10.52		
East Khasi Hills	Daphishisha Shadap	15	71	3.56	43.30	3.35	9.02		
South West Khasi Hills	Merishisha Syiemlieh	14	72	3.69	41.20	2.81	9.66		
West Garo Hills	Xeverina Sangma	36	73	3.74	45.00	2.84	10.43		
East Khasi Hills	Wanphibansara Khasyntiew	15	74	3.77	48.80	3.25	10.00		
West Jaintia Hills	Ebhawansha Shadap	14	75	3.72	48.30	2.93	11.19		
East Khasi Hills	Laiarisa Nongrum	15	76	3.69	45.80	3.23	9.75		
East Khasi Hills	Elviorika Sohkhlet	15	77	3.78	44.50	3.06	9.61		
East Khasi Hills	Naphishisha Nongrum	14	78	3.67	43.40	3.07	9.79		
East Khasi Hills	Daiari Kyrkalong	15	79	3.75	43.20	2.93	9.85		
West Khasi Hills	Tresha Nongbri	14	80	3.64	48.20	3.27	10.65		
East Khasi Hills	Jessica Sunar	13	81	3.74	48.30	3.23	10.37		
West Jaintia Hills	Hakanipaia Lakiang	15	82	3.86	44.30	2.58	10.85		
West Khasi Hills	Philasakhi Marngar	14	83	3.70	42.60	3.11	9.44		
East Khasi Hills	Rishica Lawrod	18	84	3.83	45.90	3.10	9.77		
East Khasi Hills	Kerryda Marshilong	18	85	3.73	43.10	3.36	8.64		
East Khasi Hills	Lavinia Lyngkhoi	15	86	3.70	44.20	2.99	10.30		
East Khasi Hills	Daphilahun Wahlang	15	87	3.89	45.40	2.96	9.85		
East Khasi Hills	Haphilakhamti Shanpru	13	88	3.73	45.00	3.25	9.58		
West Garo Hills	Silbamchi Marak	16	89	3.83	47.80	3.25	9.88		
Eastern West Khasi Hills	Bakordor Nongrum	14	90	3.78	42.70	2.85	10.08		
East Khasi Hills	Balasiewdor Pathaw	16	91	3.81	47.90	3.38	9.67		
East Khasi Hills	Melfi Jyrwa	13	92	3.67	45.50	3.47	9.41		
West Jaintia Hills	Anisha Bareh	16	93	3.64	48.30	3.11	11.46		
East Khasi Hills	Daiarisa Nongrum	15	94	3.67	42.20	3.17	9.54		
East Khasi Hills	Saphobanri Kharlyngdoh	17	95	3.69	40.10	3.01	9.43		
West Jaintia Hills	Jessica Darnei	16	96	3.54	47.20	3.40	10.82		
East Khasi Hills	Khristimari Kharraw	15	97	3.65	45.60	3.69	8.99		
West Khasi Hills	Iaipyndaplin Marbaniang	17	98	3.71	42.40	3.05	9.93		
East Khasi Hills	Anchisa Momin	15	99	3.85	42.40	2.67	10.54		
East Khasi Hills	Alphamery Nonglait	16	100	3.69	47.60	3.26	10.81		

TOP MALE PERFORMERS

GENDER	PARTICIPANTS TESTED	TESTS CONDUCTED
Male	2620	14,120

Note: Table below defines the Top 100 male participants tested, and ranked based on cumulative performance across all 4 tests. Ranking is done based on a relative calculation which takes into account average performance for a test and how any given participant compares to that average. Conditionally formatted values, showcases what percentile a participant falls under for a given test.

Participants 13 years or younger				Top 1 %	Top 5 %	Top 10 %	Outside Of Top 10 %
TOP MALE PARTICIPANTS (RANK 1 to 50)							
Districts	Participants	Age	Rank	20m Sprint (secs)	Vertical Jump (cm)	10m Ladder Run (secs)	Compass Drill (secs)
South West Garo Hills	Gracewin Marak	17	1	2.91	73.80	2.14	7.54
East Khasi Hills	Cheltis Shylla	18	2	2.97	75.30	2.58	7.06
Eastern West Khasi Hills	Lawanphrang Mawnai	16	3	3.02	71.00	2.27	7.42
West Garo Hills	Kimkim Momin	15	4	3.03	72.80	2.33	8.08
East Khasi Hills	Nongkiew Nongneng	17	5	3.01	61.40	2.24	7.02
East Khasi Hills	Bahlung Padeng	17	6	3.09	65.80	2.30	7.25
South West Garo Hills	Raksan Marak	17	7	2.84	66.10	2.35	8.18
East Khasi Hills	Everroy Myrsung	18	8	2.98	73.10	2.61	7.88
West Khasi Hills	Fillandjost Marngar	16	9	3.04	73.10	2.59	7.78
North Garo Hills	Raja Marak	17	10	3.02	72.10	2.52	8.30
South West Garo Hills	Briantang Marak	18	11	2.98	75.30	2.71	8.54
East Khasi Hills	Dariang Sangma	17	12	3.18	77.40	2.80	7.86
East Khasi Hills	Nemison Kharsati	18	13	3.18	64.60	2.43	7.14
West Jaintia Hills	Salonbaham Suchiang	15	14	3.05	66.60	2.64	7.66
East Khasi Hills	Mewanpyntngen Shadap	17	15	3.21	67.60	2.50	7.71
East Khasi Hills	Paul Kharmudai	18	16	3.19	63.50	2.42	7.43
East Khasi Hills	Samenaki Kharbuli	17	17	3.07	69.10	2.36	9.06
East Khasi Hills	Repol Dkhar	18	18	3.10	66.10	2.75	7.15
West Garo Hills	Andrew Sangma	17	19	3.03	60.90	2.34	8.03
West Garo Hills	Pangdimrak Sangma	17	20	3.24	65.30	2.51	7.32
Eastern West Khasi Hills	Bawanlang Lyngdoh Mawnai	16	21	3.07	65.30	2.48	8.18
East Khasi Hills	Verjelous Shylla	16	22	3.10	62.30	2.40	7.93
West Jaintia Hills	Effify Bamon	17	23	3.23	73.10	2.50	8.82
South Garo Hills	Akura Jangko Marak	19	24	3.09	69.30	2.66	8.31
East Khasi Hills	Jedidlah Marroein	17	25	3.21	65.80	2.58	7.58
East Khasi Hills	Hengoulen Singh	19	26	3.11	71.40	2.73	8.36
East Khasi Hills	Samishang Vashim	17	27	2.99	57.70	2.31	8.17
South West Garo Hills	Rankey Areng	15	28	3.13	61.70	2.42	7.93
North Garo Hills	Chanangbirth Marak	16	29	3.21	66.10	2.50	8.11
East Khasi Hills	Ryan Kharchandy	20	30	3.18	63.80	2.34	8.40
West Garo Hills	Chehan Sangma	17	31	3.28	64.00	2.52	7.56
West Garo Hills	Rollingstone Momin	16	32	3.10	54.50	2.11	8.17
Ri-Bhoi	Michaelson Syiem	18	33	3.05	68.10	2.92	7.84
East Khasi Hills	Kevinjohn Khyllait	21	34	3.09	64.80	2.62	8.22
West Khasi Hills	Josej Marbaniang	17	35	3.11	74.70	3.17	7.83
East Khasi Hills	Harsh Singhania	16	36	3.21	60.00	2.57	7.13
East Khasi Hills	Dulang Dhar	18	37	2.98	65.60	2.85	8.00
East Khasi Hills	Darrel Birani	16	38	3.19	76.20	3.06	8.22
Eastern West Khasi Hills	Keddy Lyngkhoi	19	39	2.95	62.20	2.65	8.38
West Khasi Hills	Lambert Wahlang	20	40	3.11	78.30	2.97	9.29
West Khasi Hills	Shaipharlin Nongsiej	17	41	3.00	64.40	2.78	8.26
East Khasi Hills	Ialamjingshai Mylliem	20	42	3.02	68.10	2.83	8.67
East Khasi Hills	Mukrang Kro	18	43	3.12	61.40	2.51	8.30
South West Garo Hills	Puroshatom Hajong	12	44	3.08	61.10	2.47	8.57
West Jaintia Hills	Banlambha Pala	16	45	3.09	71.50	2.78	9.16
West Garo Hills	Leang Marak	16	46	3.25	59.00	2.63	7.07
North Garo Hills	Tusal Sangma	16	47	3.11	64.80	2.59	8.82
East Khasi Hills	Ialamphang Kharkongar	19	48	3.17	55.80	2.42	7.74
West Khasi Hills	Kheindorlang Hoojon	18	49	3.26	59.20	2.36	8.17
Eastern West Khasi Hills	Rishanbok Lyngdohkynshi	20	50	3.16	65.10	2.49	9.06

Note: Table below defines the Top 100 male participants tested, and ranked based on cumulative performance across all 4 tests. Ranking is done based on a relative calculation which takes into account average performance for a test and how any given participant compares to that average. Conditionally formatted values, showcases what percentile a participant falls under for a given test.

Participants 13 years or younger				Top 1 %		Top 5 %		Top 10 %		Outside Of Top 10 %
TOP MALE PARTICIPANTS (RANK 51 to 100)										
Districts	Participants	Age	Rank	20m Sprint (secs)	Vertical Jump (cm)	10m Ladder Run (secs)	Compass Drill (secs)			
East Khasi Hills	Blanangshngain Khongsdam	16	51	3.19	57.70	2.47	7.84			
West Garo Hills	Rajit Sangma	18	52	3.11	64.10	2.88	7.83			
East Khasi Hills	Donkupar Rytathiang	16	53	3.37	59.30	2.24	8.21			
West Khasi Hills	Johnronal Sangriang	20	54	3.04	66.90	2.74	9.08			
East Khasi Hills	Ashraful Nongsiej	23	55	3.16	70.30	3.09	7.97			
North Garo Hills	Bettingstar Sangma	13	56	3.07	58.40	2.37	8.93			
West Khasi Hills	Edyson lawphiaw	19	57	3.04	62.70	2.77	8.40			
East Khasi Hills	Bhalang Shadap	19	58	3.11	62.80	3.03	7.28			
West Jaintia Hills	Mechan Bareh	16	59	3.10	62.70	2.62	8.69			
East Khasi Hills	Prem Chettri	16	60	3.24	58.00	2.58	7.52			
South West Garo Hills	Matsrang Sangma	15	61	3.12	54.50	2.27	8.57			
East Khasi Hills	Vivian Laloo	15	62	3.30	58.70	2.49	7.80			
North Garo Hills	Abanggi Sangma	16	63	3.23	73.70	2.88	9.17			
East Khasi Hills	Peacesterfiel Khongmuloh	18	64	3.09	58.90	2.50	8.65			
East Khasi Hills	Rakshit Bajaj	15	65	3.35	60.60	2.30	8.56			
West Garo Hills	Tusal Marak	17	66	3.18	58.90	2.33	8.89			
East Khasi Hills	Khlur Kharbuli	17	67	3.10	62.50	2.78	8.26			
South West Khasi Hills	Jeyson Dkhar	16	68	3.21	64.90	2.72	8.42			
South West Garo Hills	Bestmen Marak	14	69	3.05	62.00	2.90	7.97			
West Garo Hills	Fullbackstar Shangrit	27	70	3.29	61.90	2.47	8.49			
East Khasi Hills	Shemborlang Nonglait	18	71	2.99	63.80	2.88	8.58			
Eastern West Khasi Hills	Andyson Rani	22	72	3.08	58.00	2.29	9.32			
West Garo Hills	Silrak Sangma	30	73	3.12	60.00	2.36	9.28			
South West Garo Hills	Baldim Sangma	16	74	3.02	68.80	3.05	8.76			
East Garo Hills	Rikeo Momin	18	75	3.15	68.80	2.65	9.65			
East Khasi Hills	Nangkitbok Phira	20	76	3.24	57.80	2.56	7.88			
West Khasi Hills	Wanteilang Lyngdoh	18	77	2.98	62.50	2.73	9.08			
East Khasi Hills	Stephan Marwein	19	78	3.21	60.10	2.38	9.02			
North Garo Hills	Henry Sangma	14	79	3.18	57.00	2.35	8.72			
West Jaintia Hills	Gareth Tyngkan	15	80	3.24	68.40	2.57	9.65			
East Khasi Hills	Mrinmoy Dewgharia	17	81	3.18	62.80	2.93	7.78			
West Khasi Hills	Androney Wahlang	26	82	3.09	61.20	2.85	8.12			
East Khasi Hills	Darius Dkhar	21	83	3.20	57.00	2.26	9.03			
East Khasi Hills	Remuis Swer	16	84	3.15	64.80	2.99	8.04			
East Khasi Hills	Kitboklang Mawkhiew	16	85	3.15	60.00	2.67	8.35			
West Jaintia Hills	Foremost Dhar	16	86	3.12	61.70	2.61	8.96			
West Khasi Hills	Firstboklang Mawlieh	18	87	3.31	65.30	2.48	9.24			
East Khasi Hills	Ruhikanla Singh	19	88	3.30	61.20	2.59	8.27			
East Khasi Hills	Lunjakam Yipgen	17	89	3.08	52.60	2.67	7.52			
Ri-Bhoi	Lucky Marak	16	90	3.14	62.80	2.60	9.18			
East Garo Hills	Jacob Momin	15	91	3.25	60.00	2.43	8.90			
East Khasi Hills	Richard Lalsaldam	17	92	3.25	62.70	2.88	7.84			
East Khasi Hills	Mewansuklang Diengdoh	15	93	3.19	60.00	2.53	8.86			
East Khasi Hills	Pynshailang Lyngdoh	17	94	3.20	55.00	2.47	8.21			
East Khasi Hills	Mangkara Khonglam	17	95	3.04	59.70	2.61	9.12			
East Khasi Hills	Arbasstar Kharmawlong	15	96	3.42	60.10	2.39	8.42			
West Jaintia Hills	Valuble Sten	16	97	3.14	63.50	2.61	9.36			
West Garo Hills	Irish Marak	18	98	3.22	58.70	2.44	8.85			
East Khasi Hills	Toshan Kharumnuid	26	99	3.27	59.30	2.55	8.37			
South West Garo Hills	Chipanio Sangma	15	100	3.05	57.50	2.66	8.62			

DISTRICT RANKINGS AND PERFORMANCE OVERVIEW

DISTRICT RANKS BY NUMBER OF MALE / FEMALE PARTICIPANTS IN THE TOP 100

East Khasi Hills		West Khasi Hills		West Garo Hills		West Jaintia Hills		South West Garo Hills		North Garo Hills	
Rank	No. in Top 100 (M/F)	Rank	No. in Top 100 (M/F)	Rank	No. in Top 100 (M/F)	Rank	No. in Top 100 (M/F)	Rank	No. in Top 100 (M/F)	Rank	No. in Top 100 (M/F)
1	104	2	20	3	17	4	14	5	13	6	11

PERFORMANCE OVERVIEW PER DISTRICT

20m Sprint | 10m Ladder Run | Compass drill performances in **secs**. Vertical Jump performances in **cms**.

EAST KHASI HILLS

Test	Number of Participants	Fastest Time	District Average	Slowest Time
10m Ladder Run	1245	2.24	3.35	8.37
20m Sprint	1265	2.93	3.75	5.53
Compass Drill	1301	6.92	10.31	18.78
Test	Number of Participants	Highest Jump	District Average	Lowest Jump
Vertical Jump	841	77.40	44.75	23.90

WEST GARO HILLS

Test	Number of Participants	Fastest Time	District Average	Slowest Time
10m Ladder Run	246	2.11	3.03	4.43
20m Sprint	251	2.99	3.77	5.28
Compass Drill	245	7.07	10.36	17.70
Test	Number of Participants	Highest Jump	District Average	Lowest Jump
Vertical Jump	251	72.80	43.08	18.50

WEST KHASI HILLS

Test	Number of Participants	Fastest Time	District Average	Slowest Time
10m Ladder Run	285	2.32	3.24	6.51
20m Sprint	303	2.98	3.80	5.47
Compass Drill	301	7.78	10.70	15.92
Test	Number of Participants	Highest Jump	District Average	Lowest Jump
Vertical Jump	306	78.30	44.16	26.60

SOUTH WEST GARO HILLS

Test	Number of Participants	Fastest Time	District Average	Slowest Time
10m Ladder Run	149	2.14	3.26	4.90
20m Sprint	155	2.84	3.62	5.09
Compass Drill	153	7.54	10.37	15.19
Test	Number of Participants	Highest Jump	District Average	Lowest Jump
Vertical Jump	160	75.30	42.86	22.10

NORTH GARO HILLS

Test	Number of Participants	Fastest Time	District Average	Slowest Time
10m Ladder Run	113	2.28	3.18	4.98
20m Sprint	120	3.02	3.69	4.82
Compass Drill	117	8.07	10.43	16.17
Test	Number of Participants	Highest Jump	District Average	Lowest Jump
Vertical Jump	121	73.70	45.82	28.10

WEST JAINTEA HILLS

Test	Number of Participants	Fastest Time	District Average	Slowest Time
10m Ladder Run	303	2.29	3.29	7.85
20m Sprint	299	3.05	3.86	5.82
Compass Drill	299	7.66	11.41	19.18
Test	Number of Participants	Highest Jump	District Average	Lowest Jump
Vertical Jump	273	73.10	43.85	21.90

DISTRICT RANKINGS AND PERFORMANCE OVERVIEW

DISTRICT RANKS BY NUMBER OF MALE / FEMALE PARTICIPANTS IN THE TOP 100											
Eastern West Khasi Hills		Ri-Bhoi		South Garo Hills		South West Khasi Hills		East Garo Hills		East Jaintia Hills	
Rank	No. in Top 100 (M/F)	Rank	No. in Top 100 (M/F)	Rank	No. in Top 100 (M/F)	Rank	No. in Top 100 (M/F)	Rank	No. in Top 100 (M/F)	Rank	No. in Top 100 (M/F)
7	8	8	4	8	4	10	3	11	2	12	

PERFORMANCE OVERVIEW PER DISTRICT

20m Sprint | 10m Ladder Run | Compass drill performances in **secs**. Vertical Jump performances in **cms**.

RI-BHOI					SOUTH GARO HILLS				
Test	Number of Participants	Fastest Time	District Average	Slowest Time	Test	Number of Participants	Fastest Time	District Average	Slowest Time
10m Ladder Run	250	2.29	3.28	5.39	10m Ladder Run	86	2.43	3.23	4.13
20m Sprint	252	3.03	3.82	5.89	20m Sprint	76	3.09	3.65	4.94
Compass Drill	246	7.42	11.18	19.34	Compass Drill	85	7.58	10.50	15.31
Test	Number of Participants	Highest Jump	District Average	Lowest Jump	Test	Number of Participants	Highest Jump	District Average	Lowest Jump
Vertical Jump	247	68.10	39.85	15.20	Vertical Jump	64	69.30	41.25	16.80

SOUTH WEST KHASI HILLS					EASTERN WEST KHASI HILLS				
Test	Number of Participants	Fastest Time	District Average	Slowest Time	Test	Number of Participants	Fastest Time	District Average	Slowest Time
10m Ladder Run	133	2.41	3.17	7.11	10m Ladder Run	461	2.27	3.45	6.02
20m Sprint	69	3.18	3.82	4.45	20m Sprint	458	2.95	4.14	5.73
Compass Drill	120	7.60	9.83	12.39	Compass Drill	463	7.42	11.85	19.02
Test	Number of Participants	Highest Jump	District Average	Lowest Jump	Test	Number of Participants	Highest Jump	District Average	Lowest Jump
Vertical Jump	213	65.80	39.22	19.90	Vertical Jump	362	71.00	35.51	10.60

EAST GARO HILLS					EAST JANTIA HILLS				
Test	Number of Participants	Fastest Time	District Average	Slowest Time	Test	Number of Participants	Fastest Time	District Average	Slowest Time
10m Ladder Run	190	2.33	3.30	4.94	10m Ladder Run	375	2.54	3.56	6.05
20m Sprint	174	3.11	3.75	5.30	20m Sprint	239	3.08	3.80	5.33
Compass Drill	185	7.97	10.84	16.27	Compass Drill	372	7.93	11.63	19.38
Test	Number of Participants	Highest Jump	District Average	Lowest Jump	Test	Number of Participants	Highest Jump	District Average	Lowest Jump
Vertical Jump	170	73.30	36.77	11.30	Vertical Jump	374	60.90	34.97	19.40

20 METRE SPRINT - TEST OVERVIEW

20m Sprint test results presented for 3,626 participants, 1,374 females and 2,252 males across 12 districts.

The international benchmark for 20m Sprint for female is 3.50 secs and 3.00 secs for male.

38 female participants across 8 districts (SWGH, EKH, WKH, EGH, RI-BHOI, EJH, SGH, WJH) produced times quicker than the above benchmark. Jakrima Sangma from EKH recorded the fastest time of 3.09 secs.

14 male participants across 5 districts (SWGH, EKH, EWKH, WKH, WGH) produced quicker times than the male benchmark. Raksan Marak from SWGH recorded the fastest time of 2.84 secs.

20 METRE SPRINT PERFORMANCE ANALYSIS - FEMALE

NUMBER OF PARTICIPANTS FROM EACH DISTRICT

EAST GARO HILLS	WEST GARO HILLS	NORTH GARO HILLS	SOUTH GARO HILLS	SOUTH WEST GARO HILLS	RI-BHOI
38	90	42	25	69	97
MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX
3.55 4.06 5.30	3.09 4.11 5.89	3.56 4.02 4.82	3.46 4.05 4.94	3.47 3.93 5.09	3.57 4.25 5.89
EAST KHASI HILLS	WEST KHASI HILLS	EASTERN WEST KHASI HILLS	SOUTH WEST KHASI HILLS	EAST JANTIA HILLS	WEST JANTIA HILLS
497	95	209	33	107	79
MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX
3.09 4.03 5.53	3.41 3.99 5.47	3.56 4.43 5.55	3.67 4.01 4.45	3.38 4.06 5.33	3.48 4.14 5.82

TOP 10 PERFORMANCES FROM EACH DISTRICT

Under 3.50 Timings above 3.50. Blue colour becomes lighter every 0.05 seconds

Note: Performances are in **secs**. Cells below are highlighted based on the colour bar above.

Participants 13 years or younger

EAST GARO HILLS		WEST GARO HILLS		NORTH GARO HILLS		SOUTH GARO HILLS	
Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times
Chiame Marak	3.55	Rikkesl Momin	3.43	Premika Momin	3.56	Jerikchi Marak	3.46
Meanji Marak	3.56	Wanmera Sangma	3.52	Senganchi Sangma	3.58	Nanangsha Sangma	3.57
Sengse Sangma	3.64	Alandi Kadime Marak	3.53	Atche Sangma	3.64	Kasanchi Donesha Marak	3.59
Lam Marak	3.65	Sabira Sangma	3.60	Enriyana Momin	3.66	Mikera Olkande Sangma	3.59
Anima Areng	3.66	Walchera Sangma	3.65	Amachi Rabha	3.68	Sengsalina Marak	3.61
Cherime Marak	3.71	Benyan Sangma	3.68	Salmatchi Sangma	3.68	Anosha Sangma	3.67
Alisha Sangma	3.75	Chuesa Sangma	3.71	Silanchi Sangma	3.71	Palme Jakrimchi Marak	3.74
Dollysha Marak	3.75	Merime Sangma	3.72	Salminchi Momin	3.71	Aneba Marak	3.82
Nokrikchi Sangma	3.77	Xevarina Sangma	3.74	Menatchi Marak	3.72	Nangrime Kachimchi Marak	3.83
Parpetna Marak	3.77	Chuangsha Jagame Marak	3.75	Beronika Marak	3.72	Chuanbirimchi Sangma	3.89
SOUTH WEST GARO HILLS		RI-BHOI		EAST KHASI HILLS		WEST KHASI HILLS	
Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times
Tangchu Sangma	3.47	Doralin Ronhi	3.57	Jakrima Sangma	3.09	Ioris Syiem	3.41
Evancherime Marak	3.47	Ferisha Syngkli	3.60	Jakrimra Asangma	3.17	longdiangki Syiem	3.52
Sengrikchi Sangma	3.48	Unity Maring	3.60	Darie Lalduhsong	3.19	Isawanda Thabah	3.56
Tengsilchi Areng	3.50	Diolindaris Dkhar	3.61	Verabeth Lamin	3.38	Veronika Sohshiang	3.57
Salkim Marak	3.50	Rimaphi Lapang	3.64	Isalarica Lapang	3.42	Willcyrose Syiemiong	3.57
Chibalsri Sangma	3.50	Trisha Khyndeit	3.64	Melari Kurkalang	3.42	Aitimeris Thyrimising	3.58
Patmina Marak	3.57	Balari Sujai	3.64	Phibarikor Kharkongor	3.44	Merysha Marthong	3.59
Sildame Sangma	3.58	Josfull Nongrum	3.66	Nisha Lyngdoh	3.45	Ibahun Thongnibah	3.63
Beuarick Marak	3.58	Sildaris Makri	3.72	Meaihun Kharsohtun	3.47	Tresha Nongbri	3.64
Zakchi Sangma	3.58	Lovenia Lyngdoh	3.73	Riyoka Rymbai	3.48	Aidalin Lyngkhoi	3.66
EASTERN WEST KHASI HILLS		SOUTH WEST KHASI HILLS		EAST JANTIA HILLS		WEST JANTIA HILLS	
Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times
Ridanchy Mawdoh	3.56	Fairly Jones Syiemlieh	3.67	Christian Dkhar	3.38	Lanaika Kamar	3.48
Kandamankyrhai Lyngdoh Nonglait	3.56	Merishisha Syiemlieh	3.69	Yoometre Malang	3.48	Nicely Langbang	3.51
Larityngkai Lawriniang	3.59	Lasumarkyrpang Nongsiej	3.75	Turoi Phawa	3.62	Jessica Darnei	3.54
Bailibad Nonglait	3.61	Phiradaplin Rngaid	3.78	Nishwa Lamare	3.65	Daiahunlangki Shylla	3.57
Haphidahun Nongrum	3.63	Balarikordor Sohphoh	3.83	Cecilia Dkhar	3.65	Felicia Dkhar	3.59
Mebaaihun Marwein	3.65	Iwanjanai Nongsiej	3.84	Twinkle Rymbai	3.67	Rilaburom Suchiang	3.62
Haphilarisa Mawblei	3.71	Kyntiewbor Marwein	3.84	Manbhaki Dkhar	3.68	Anisha Bareh	3.64
Catherine Ripnar	3.72	Steffinisa Shangdiar	3.85	Nalarisha Shylla	3.72	Deinambhami Phawa	3.68
Sianti Khar Nongbak	3.73	Insanhamesha Lyngdoh Rngaid	3.87	Sanidaka Phawa	3.73	Nikicordala Pakma	3.69
Lyngksiarbaphyrnai Lmawlong	3.75	Banrikordor Ramsiej	3.89	Kani Pyrngap	3.73	Ebhawansha Shadap	3.72

20 METRE SPRINT PERFORMANCE ANALYSIS - MALE

NUMBER OF PARTICIPANTS FROM EACH DISTRICT

EAST GARO HILLS	WEST GARO HILLS	NORTH GARO HILLS	SOUTH GARO HILLS	SOUTH WEST GARO HILLS	RI-BHOI
136	161	78	51	86	155
MIN	MIN	MIN	MIN	MIN	MIN
AVERAGE	AVERAGE	AVERAGE	AVERAGE	AVERAGE	AVERAGE
MAX	MAX	MAX	MAX	MAX	MAX
3.11	2.84	3.02	3.09	2.84	3.03
3.67	3.64	3.51	3.46	3.38	3.56
4.42	5.73	4.74	4.13	4.52	4.80

EAST KHASI HILLS	WEST KHASI HILLS	EASTERN WEST KHASI HILLS	SOUTH WEST KHASI HILLS	EAST JANTIA HILLS	WEST JANTIA HILLS
768	208	249	36	132	220
MIN	MIN	MIN	MIN	MIN	MIN
AVERAGE	AVERAGE	AVERAGE	AVERAGE	AVERAGE	AVERAGE
MAX	MAX	MAX	MAX	MAX	MAX
2.93	2.98	2.95	3.18	3.08	3.05
3.58	3.72	3.90	3.64	3.59	3.75
5.34	5.27	5.73	4.34	4.45	5.46

TOP 10 PERFORMANCES FROM EACH DISTRICT

Under 3.00	Timings above 3.00. Blue colour becomes lighter every 0.05 seconds	Participants 13 years or younger
Note: Performances are in secs . Cells below are highlighted based on the colour bar above.		
EAST GARO HILLS	WEST GARO HILLS	NORTH GARO HILLS
Participants	Participants	Participants
Ricky Areng	Donkam Marak	Raja Marak
3.11	2.99	3.02
Akimra Marak	Andrew Sangma	Ladin Penang
3.11	3.03	3.03
Rikeo Momin	Kimkim Momin	Bettingstar Sangma
3.15	3.03	3.07
Kalbin Marak	Rollingstone Momin	Sangkar Marak
3.17	3.10	Tusal Sangma
Nisan Marak EGH	Cherak Sangma	Franchis Marak
3.17	3.11	3.16
Milnath Sangma	Rajit Sangma	Henry Sangma
3.17	3.11	3.18
Sanggra Sangma	Silrak Sangma	Tenang Marak
3.18	3.12	3.19
Sengprang Marak	Silbash Marak	Grikra Momin
3.21	3.12	3.19
Ramke Marak	Aiborlang Kurbah	Chanangbirth Marak
3.21	3.13	3.21
Silpan Momin	Aziel Bidaco Momin	
3.22	3.15	
SOUTH WEST GARO HILLS	RI-BHOI	EAST KHASI HILLS
Participants	Participants	Participants
Raksan Marak	Bankitbok Lyngdoh	Donbok Shabong
2.84	3.03	2.93
Gracewin Marak	Michaelson Syiem	Cheltis Shylla
2.91	3.05	2.97
Briantang Marak	Iainehskhem Symkli	Dulang Dhar
2.98	3.12	2.98
Balsrang Marak	Lucky Marak	Everroy Myrsung
2.99	3.14	2.98
Baldim Sangma	Robinstar Nonglait	Samishang Vashim
3.02	3.14	2.99
Dhananjeet Koch	Bonifast Sylliang	Shemberlang Nonglait
3.02	3.15	2.99
Predian Marak	Sengsrang Marak	Nongkiew Nongneng
3.03	3.16	3.01
Akash Hajong	Mlanson Rynson	Ialamjingshai Myliem
3.03	3.16	3.02
Chipario Sangma	Wanphrang Lamarai	Mangkara Khonglam
3.05	3.16	3.04
Bestmen Marak	Khrawbor Ramshon	Adrian Kharmin
3.05	3.16	3.04
WEST KHASI HILLS	EAST JANTIA HILLS	WEST JANTIA HILLS
Participants	Participants	Participants
Wanteilang Lyngdoh	Comingson Suting	Comingson Suting
2.98	3.08	3.05
Shaipharlin Nongsiej	Phernakini Syerti	Banlambha Pala
3.00	3.16	3.09
Edyson lawphiaw	Eligius Rymbai	Mechan Bareh
3.04	3.17	3.10
Johnronal Sangriang	Kermiki Bareh	Sanshngainki Bareh
3.04	3.20	3.11
Fillandjost Marngar	Robin Dkhar	Foremost Dhar
3.04	3.22	3.12
Vicky Marshillong	Jesper Phawa	Daoo Syih
3.06	3.24	3.14
Mebanialam Mawlieh	Reachingson Tlang	Valuble Sten
3.08	3.24	3.14
Androney Wahlang	Himonkiru Thubru	Khaljieng Marak
3.09	3.27	3.18
Pynbiangbor Lyngdoh	Friday Pakem	Daowanti Syih
3.11	3.27	3.18
Lambert Wahlang	Fester Dkhar	Lambhakidame Lamare
3.11	3.27	3.19
EASTERN WEST KHASI HILLS	SOUTH WEST KHASI HILLS	EAST JANTIA HILLS
Participants	Participants	Participants
Keddy Lyngkhoi	Sanggra Sangma	Comingson Suting
2.95	3.18	3.08
Batkupar Nongrum	Jeyson Dkhar	Phernakini Syerti
2.97	3.21	3.16
Lawanphrang Mawnai	Rishanlang Sohphoh	Eligius Rymbai
3.02	3.23	3.17
Bawanlang Lyngdoh Mawnai	Deibanjop Syiemlieh	Kermiki Bareh
3.07	3.23	3.20
Andyson Rani	Waiborlang Syiemlieh	Robin Dkhar
3.08	3.23	3.22
Pashandor Syiemlieh	Bankerlang Kharsyiemlieh	Jesper Phawa
3.10	3.27	3.24
Mewanshan Thabah	Banshai Kharbani	Reachingson Tlang
3.12	3.29	3.24
Ruberthopeson Marwein	Luckysen Marshillong	Himonkiru Thubru
3.14	3.32	3.25
Nikhilhenry Wahlang	Bansharai Lyngdoh	Friday Pakem
3.15	3.34	3.27
Rishanbok Lyngdohkynshi	Iaiapkyrmen Syiemlieh	Fester Dkhar
3.16	3.38	3.27
WEST JANTIA HILLS		
Participants		
Salonbahhami Suchiang		
3.05		
Banlambha Pala		
3.09		
Mechan Bareh		
3.10		
Sanshngainki Bareh		
3.11		
Foremost Dhar		
3.12		
Daoo Syih		
3.14		
Valuble Sten		
3.14		
Khaljieng Marak		
3.18		
Daowanti Syih		
3.18		
Lambhakidame Lamare		
3.19		

COMBINE VERTICAL JUMP - TEST OVERVIEW

Combine Vertical Jump test results presented for 3,668 participants, 1,397 females and 2,271 males across 12 districts.

Benchmark for Combined Vertical Jump test for female was placed at 50 cm and 60 cm for males. A combine vertical jump (CVJ) test is a type of vertical jump test that use a smart logic to derive jump heights similar to what one would achieve with a yardstick type test.

29 female participants across 9 districts (EKH, WKH, SWGH, NGH, SGH, WGH, RI-BHOI, WJH, SWKH) recorded a jump height above the female benchmark. Darie Lalduhsonga from EKH reported the highest jump height of 64.80 cm

172 male participants recorded a combined vertical jump height above the male benchmark. Lambert Wahlang from WKH reported the highest jump height of 78.3cm

VERTICAL JUMP PERFORMANCE ANALYSIS - FEMALE

NUMBER OF PARTICIPANTS FROM EACH DISTRICT

EAST GARO HILLS			WEST GARO HILLS			NORTH GARO HILLS			SOUTH GARO HILLS			SOUTH WEST GARO HILLS			RI-BHOI		
36			90			41			25			71			94		
MIN	AVERAGE	MAX	MIN	AVERAGE	MAX	MIN	AVERAGE	MAX	MIN	AVERAGE	MAX	MIN	AVERAGE	MAX	MIN	AVERAGE	MAX
11.30	29.12	44.00	10.60	34.86	64.80	28.10	38.38	56.10	16.80	30.95	52.30	22.10	36.24	55.00	15.20	32.01	50.60
EAST KHASI HILLS			WEST KHASI HILLS			EASTERN WEST KHASI HILLS			SOUTH WEST KHASI HILLS			EAST JANTIA HILLS			WEST JANTIA HILLS		
325			96			172			87			189			66		
MIN	AVERAGE	MAX	MIN	AVERAGE	MAX	MIN	AVERAGE	MAX	MIN	AVERAGE	MAX	MIN	AVERAGE	MAX	MIN	AVERAGE	MAX
23.90	38.82	64.80	26.60	38.46	48.20	10.60	31.50	47.80	20.50	35.89	50.50	19.40	29.44	49.10	26.00	37.79	50.60

TOP 10 PERFORMANCES FROM EACH DISTRICT

Over 50.00 Jumps below 50.00. Blue colour becomes lighter every 2 centimetres

Participants 13 years or younger

EAST GARO HILLS		WEST GARO HILLS		NORTH GARO HILLS		SOUTH GARO HILLS		SOUTH WEST GARO HILLS		RI-BHOI		EAST KHASI HILLS		WEST KHASI HILLS	
Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps
Anima Areng	44.00	Silbamchi Marak	47.80	Enriyana Momin	56.10	Anosha Sangma	52.30	Adorable Thabah	48.20	Daiahunlangki Shylla	50.60	Darie Lalduhsonga	64.80	Adorable Thabah	48.20
Pringkime Sangma	43.80	Walchera Sangma	46.70	Tusame Marak	49.50	Jerikchi Marak	50.90	Tresha Nongbri	48.20	Anisha Bareh	48.30	Nisha Lyngdoh	58.60	Tresha Nongbri	48.20
Manika Sangma	38.80	Xevarina Sangma	45.00	Silanchi Sangma	48.70	Aneba Marak	43.30	Felicia Diengdoh	48.00	Ebhawansha Shadap	48.30	Atche Sangma	48.00	Jerryson Kharjahrin	47.60
Wandrisha Momin	38.00	Merime Sangma	44.70	Atche Sangma	48.00	Aroma Marak	41.10	Genisha Lyngdoh	46.80	Jessica Darnei	47.20	Menatchi Marak	47.50	Diangarti Kharbani	45.40
Rimgchera Momin	37.60	Tengsilchi Marak	44.70	Menatchi Marak	47.50	Palme Jakrimchi Marak	40.70	Dolly Thongni	45.20	Deinambhami Phawa	47.10	Enisha Momin	46.70	Phibashisha Lyngdoh	45.20
Rani Momin	36.70	Veronia Severa Sangma	44.20	Enisha Momin	46.70	Nangrime Kachimchi Marak	39.70	Shaniska Wanniang	44.90	Lanaika Kamar	46.90	Premika Momin	46.40	Phibanylla Eleanor Thongni	50.10
Cherime Marak	36.00	Anorachuesa Momin	44.00	Premika Momin	46.40	Mikera Olkande Sangma	37.80	Willcyrose Syiemiong	44.70	Dolly Thongni	45.20	Cheame Sangma	45.50	Rosmi Chamroy	51.30
Asime Sangma	35.80	Alandi Kadime Marak	43.80	Cheame Sangma	45.50	Indariewkor Nengnong	51.10	Idakordor Marngar	49.80	Phibashisha Lyngdoh	45.20	Indariewkor Nengnong	51.10	Idakordor Marngar	49.80
Roshni Marak	35.60	Wandasha Sangma	43.70	Phibanylla Eleanor Thongni	50.10	Meaihun Kharsohtun	49.80	Shaniska Wanniang	44.90	Willcyrose Syiemiong	44.70	Beronica Marak	44.90	Meaihun Kharsohtun	49.80
Balsrikchi Marak	35.20	Niksera Marak	43.30												
		Sengsalyne Sengatchi Marak	43.30												
SOUTH WEST GARO HILLS		RI-BHOI		EAST KHASI HILLS		WEST KHASI HILLS		EAST JANTIA HILLS		WEST JANTIA HILLS					
Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps
Mirita Koch	55.00	Badahunlang Syngkli	50.60	Darie Lalduhsonga	64.80	Adorable Thabah	48.20	Nishwa Lamare	49.10	Daiahunlangki Shylla	50.60				
Evancherime Marak	50.80	Sildaris Makri	46.90	Nisha Lyngdoh	58.60	Tresha Nongbri	48.20	Kani Pyngap	45.60	Anisha Bareh	48.30				
Salkim Marak	49.10	Ferisha Syngkli	46.80	Angeleen Nongrum	51.60	Felicia Diengdoh	48.00	Yoometre Malang	42.80	Ebhawansha Shadap	48.30				
Mespila Sangma	48.60	Josfull Nongrum	45.20	Bethlyne Makri	51.50	Jerryson Kharjahrin	47.60	Nalarisha Shylla	42.70	Jessica Darnei	47.20				
Sildame Sangma	48.60	Laweibaphyrnai Lyngdoh Lyngkhoi	44.60	Nicole Lyngdoh	51.50	Genisha Lyngdoh	46.80	Manbhaki Dkhar	42.20	Deinambhami Phawa	47.10				
Tangchu Sangma	46.50	Verisha Maring	44.20	Rosmi Chamroy	51.30	Diangarti Kharbani	45.40	Jessika Dkhar	41.10	Lanaika Kamar	46.90				
Zakchi Sangma	46.30	Ibadanisha Shadap	43.80	Indariewkor Nengnong	51.10	Dolly Thongni	45.20	Marymagdalina Phawa	40.60	Dachii Lywait	45.20				
Tengsilchi Areng	46.00	Mandashisha Maiong	42.10	Phibashisha Lyngdoh	50.10	Hansakani Lakai	45.20	Niharika Pegu	39.20	Elvinia Marbaniang	45.20				
Beuarick Marak	45.80	Philarishisha Lapang	41.70	Christian Dkhar	39.00	Dalamphika Pala	45.00	Lina Swer	38.30	Phidaris Marbaning	45.00				
Amsesa Sangma	45.50	Balari Sujai	41.60			Hakanipaia Lakiang	44.30			Artifuly Syiemlieh	41.00				
EASTERN WEST KHASI HILLS		SOUTH WEST KHASI HILLS		EAST JANTIA HILLS		WEST JANTIA HILLS									
Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps
Lamtimai Khyllait	47.80	Fairly Jones Syiemlieh	50.50	Nishwa Lamare	49.10	Daiahunlangki Shylla	50.60								
Kandamankyrhai Lyngdoh Nonglait	43.10	Rishal Marngar	48.20	Kani Pyngap	45.60	Anisha Bareh	48.30								
Bakordor Nongrum	42.70	Iwanjanai Nongsiej	44.70	Yoometre Malang	42.80	Ebhawansha Shadap	48.30								
Lyngksiarbaphyrnai Lmwlong	42.00	Banrikordor Ramsiej	43.80	Nalarisha Shylla	42.70	Jessica Darnei	47.20								
Aihabakmen Marngar	41.70	Dameshwa No_LastName 2690	43.80	Manbhaki Dkhar	42.20	Deinambhami Phawa	47.10								
Majestica Syiemlieh	41.70	Dakarupaea No_LastName 228	42.90	Jessika Dkhar	41.10	Lanaika Kamar	46.90								
Nakibakordor Lyngkhoi	41.70	Daniel No_LastName 1900	42.90	Marymagdalina Phawa	40.60	Dachii Lywait	45.20								
Elvinia Marbaniang	41.20	Marycarelyne Nongsiej	42.80	Niharika Pegu	39.20	Hansakani Lakai	45.20								
Phidaris Marbaning	41.10	Ibashisha Lyngkhoi	41.80	Christian Dkhar	39.00	Dalamphika Pala	45.00								
Artifuly Syiemlieh	41.00	Balapynsuk Dkhar	41.50	Lina Swer	38.30	Hakanipaia Lakiang	44.30								

VERTICAL JUMP PERFORMANCE ANALYSIS - MALE

NUMBER OF PARTICIPANTS FROM EACH DISTRICT

EAST GARO HILLS	WEST GARO HILLS	NORTH GARO HILLS	SOUTH GARO HILLS	SOUTH WEST GARO HILLS	RI-BHOI
134	161	80	39	89	153
MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX
15.10 38.83 73.30	14.10 45.12 78.30	29.10 49.63 73.70	30.00 47.86 69.30	23.50 48.15 75.30	28.20 44.67 68.10
EAST KHASI HILLS	WEST KHASI HILLS	EASTERN WEST KHASI HILLS	SOUTH WEST KHASI HILLS	EAST JANTIA HILLS	WEST JANTIA HILLS
516	210	190	126	185	207
MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX
26.00 48.48 77.40	27.90 46.76 78.30	14.10 39.15 71.00	19.90 41.52 65.80	24.40 40.62 60.90	21.90 45.79 73.10

TOP 10 PERFORMANCES FROM EACH DISTRICT

Over 60.00 Jumps below 60.00. Blue colour becomes lighter every 2 centimetres

Participants 13 years or younger

EAST GARO HILLS		WEST GARO HILLS		NORTH GARO HILLS		SOUTH GARO HILLS		SOUTH WEST GARO HILLS		RI-BHOI	
Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps
Dongrikam Sangma	73.30	Kimkim Momin	72.80	Abanggi Sangma	73.70	Akura Jangko Marak	69.30	Lambert Wahlang	78.30	Banlambha Pala	71.50
Saljakra Marak	72.20	Heidi Marak	66.30	Raja Marak	72.10	Bromian Sangma	63.80	Josej Marbaniang	74.70	Dachennamitre Lipon	64.10
Terang Sangma	70.30	Pangdimrak Sangma	65.30	Chanangbirth Marak	66.10	Walsrang Sangma	63.10	Vicky Marshillong	74.70	Eborlangmiki Sutnga	65.80
Tengkimra Sangma	70.20	Rajit Sangma	64.10	Tusal Sangma	64.80	Chekim Marak	60.80	Fillandjost Marngar	73.10	Effify Bamon	73.10
Rikeo Momin	68.80	Chehan Sangma	64.00	Adil Sangma	64.30	Chesanbath Sangma	58.30	Pynbiangbor Lyngdoh	67.40	Gareth Tyngkan	68.40
Ramke Marak	61.70	Fullbackstar Shangrit	61.90	Prenoal Marak	62.30	Ardor Marbaniang	67.30	Ardor Marbaniang	67.30	Hawnilast Salahe	63.50
Jacob Momin	60.00	Thanksbirth Sangma	61.90	Jamin Marak	61.70	Johnronal Sangriang	66.90	Johnronal Sangriang	66.90	Rimiki Sungoh	67.10
Ricky Areng	59.50	Nansrambath Sangma	61.50	Johnfardin Sangma	59.20	Firstboklang Mawlieh	65.30	Firstboklang Mawlieh	65.30	Rowland Talang	68.60
Milnath Sangma	59.30	Salgitiolongrim Momin	61.10	Kadil Sangma	59.00	Mebanialam Mawlieh	64.80	Salonbhahmi Suchiang	66.60	Valuble Sten	63.50
Aking Marak	56.70	Andrew Sangma	60.90	Luckybirth Momin	58.70	Shaipharin Nongsiej	64.40	Wanjopmiki Suchaing	64.00		
Greatway Marak	56.70										

SOUTH WEST GARO HILLS		RI-BHOI		EAST KHASI HILLS		WEST KHASI HILLS	
Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps
Briantang Marak	75.30	Michaelson Syiem	68.10	Dariang Sangma	77.40	Lambert Wahlang	78.30
Gracewin Marak	73.80	Dangiadlynti Tmung	67.60	Darrel Birani	76.20	Josej Marbaniang	74.70
Baldim Sangma	68.80	Bankitbok Lyngdoh	64.30	Cheltis Shylla	75.30	Vicky Marshillong	74.70
Chalmikgre Marak	67.80	Lucky Marak	62.80	Everroy Myrsung	73.10	Fillandjost Marngar	73.10
Raksan Marak	66.10	Dipinstar Namsaw	60.90	Hengoulen Singh	71.40	Pynbiangbor Lyngdoh	67.40
Jainikson Sangma	65.80	Siamthara Nampui	60.80	Ashraful Nongsiej	70.30	Ardor Marbaniang	67.30
Ram Koch	64.90	Rilang Dkhar	57.50	Samenaki Kharbuli	69.10	Johnronal Sangriang	66.90
Domsrang Marak	64.00	Jackson Lyngdoh	57.00	Bankitlang Mawrein	68.40	Firstboklang Mawlieh	65.30
Palbith Sangma	62.80	Arthur Syiemiong	56.90	Aldrick Kharkongar	67.60	Mebanialam Mawlieh	64.80
Balsrang Marak	62.50	Aiboklang Nongphlang	56.70	Mewanpyntng Shadap	67.60	Shaipharin Nongsiej	64.40

EASTERN WEST KHASI HILLS		SOUTH WEST KHASI HILLS		EAST JANTIA HILLS		WEST JANTIA HILLS	
Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps	Participants	Highest Jumps
Lawanphrang Mawnai	71.00	Lamboklang Tongwah	65.80	Jesper Phawa	60.90	Banlambha Pala	71.50
Bawanlang Lyngdoh Mawnai	65.30	Jeyson Dkhar	64.90	Kermiki Bareh	57.70	Dachennamitre Lipon	64.10
Fasttar Lawryniang	61.90	Wankhalson Dkhar	62.50	Vicky Syrti	57.40	Eborlangmiki Sutnga	65.80
Nibel Lyngkhoi	60.90	Waiborlang Syiemlieh	60.30	Robin Dkhar	55.80	Effify Bamon	73.10
Namphrhangbatskhem Lyngdoh Nonglait	59.80	Rishotskhem Jahrin	60.00	Sanki Dkhar	55.80	Gareth Tyngkan	68.40
Wanlamkupar Kurbah	59.70	Pynshailang Khardewsaw	59.70	Daemi Phawa	55.20	Hawnilast Salahe	63.50
Batkupar Nongrum	59.30	Daoshwa No_LastName 585	59.20	Phernakini Syrti	55.20	Rimiki Sungoh	67.10
Pynshailang Kharlait	59.00	Norbert Pariong	58.30	Livingson Lamare	54.80	Rowland Talang	68.60
Ialambha Rytathiang	56.10	Niewkorlang Syiemiong	56.90	Reachingson Tlang	54.40	Salonbhahmi Suchiang	66.60
Rijiedskhem Kharsyntiew	55.20	Deibanjop Syiemlieh	56.40	Sawame Bareh	54.20	Valuble Sten	63.50

10 METRE LADDER RUN - TEST OVERVIEW

10m Ladder Run test results presented for 3,804 participants, 1,473 females and 2331 males across 12 districts.

Benchmark for 10m Ladder Run test for females is 2.75 secs and 2.35 secs for males.

26 female participants across 8 districts (WGH, EKH, SGH, WJH, SWKH, SWGH, EWKH, RI-BHOI) produced times quicker than the female threshold. Jakrima Sangma from EKH recorded the fastest time of 2.42 secs.

18 male participants across 9 districts (WGH, SWGH, EKH, EWKH, NGH, RI-BHOI, WJH, WKH, EGH) produced times quicker than the female threshold. Rollingstone Momin from WGH recorded the fastest time of 2.11 secs.

10 METRE LADDER RUN PERFORMANCE ANALYSIS - FEMALE

NUMBER OF PARTICIPANTS FROM EACH DISTRICT

EAST GARO HILLS	WEST GARO HILLS	NORTH GARO HILLS	SOUTH GARO HILLS	SOUTH WEST GARO HILLS	RI-BHOI
39	90	39	24	62	97
MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX
2.87 3.51 4.94	2.42 3.60 8.37	2.76 3.50 4.98	2.43 3.52 4.13	2.92 3.55 4.90	2.74 3.57 4.82
EAST KHASI HILLS	WEST KHASI HILLS	EASTERN WEST KHASI HILLS	SOUTH WEST KHASI HILLS	EAST JANTIA HILLS	WEST JANTIA HILLS
498	92	209	57	192	79
MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX
2.42 3.65 8.37	2.83 3.40 4.97	2.59 3.66 6.02	2.60 3.41 7.11	2.78 3.83 5.79	2.53 3.49 5.20

TOP 10 PERFORMANCES FROM EACH DISTRICT

Under 2.75 Timings above 2.75. Blue colour becomes lighter every 0.05 seconds

Note: Performances are in **secs**. Cells below are highlighted based on the colour bar above.

Participants 13 years or younger

EAST GARO HILLS		WEST GARO HILLS		NORTH GARO HILLS		SOUTH GARO HILLS	
Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times
Parpetna Marak	2.87	Arkeyandomio Momin	2.51	Premika Momin	2.76	Kasanchi Donesha Marak	2.43
Dipika Marak	3.03	Akangesa Sangma	2.51	Silanchi Sangma	2.77	Jerikchi Marak	2.82
Anima Areng	3.03	Kyara Marak	2.51	Senganchi Sangma	2.87	Palme Jakrimchi Marak	3.03
Grikchi Sangma	3.05	Akira Sangma	2.57	Amanchi Momin	2.92	Combe Marak	3.12
Chiame Marak	3.14	Sara Sangma	2.66	Chekera Marak	3.01	Anosha Sangma	3.24
Meanji Marak	3.14	Chuangsha Jagame Marak	2.73	Atche Sangma	3.02	Sengsalina Marak	3.24
Balmitchi Momin	3.14	Dodime Sangma	2.74	Salminchi Momin	3.03	Riasen Marak	3.26
Asime Sangma	3.16	Adiel Anana Marak	2.76	Chechea Areng	3.03	Nanangsha Sangma	3.30
Sengse Sangma	3.16	Amava Marak	2.76	Menatchi Marak	3.14	Chuanbirimchi Sangma	3.50
Rimgchera Momin	3.19	Kasan Nangrime Sangma	2.80	Brooke Jakmikse Sangma	3.18	Chingedongesa Marak	3.52

SOUTH WEST GARO HILLS		RI-BHOI		EAST KHASI HILLS		WEST KHASI HILLS	
Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times
Rongjrine Areng	2.92	Deiphibakmen Syngkli	2.74	Jakrima Sangma	2.42	Ioris Syiem	2.83
Patmina Marak	2.99	Ladianghun Mawphniang	2.81	Darie Lalduhsong	2.47	Shimtihun Lyngdoh	2.86
Amina Marak	3.04	Trisha Khymdeit	2.92	Gracel Shangplang	2.54	Ibanylla Nongsiej	2.91
Salkim Marak	3.06	Philarishisha Lapang	3.05	Daphisha Kharkongor	2.58	Balabetswha Rongrin	2.93
Donika Koch	3.06	Balari Sujai	3.06	Anchisa Momin	2.67	Nisha Thabah	2.93
Chobishatremy Marak	3.07	Unity Maring	3.08	Baiahunshisha Nongbri	2.78	Fivanala Marthong	2.94
Tengsilchi Areng	3.12	Badahunlang Syngkli	3.09	Nabaiamontlang Wahlang	2.79	Jerryson Kharjahrin	2.94
Sildame Sangma	3.13	Emisha Umdor	3.10	Stesa Sangma	2.82	Daiahunlang Kharbani	2.95
Rolling Areng	3.14	Ferisha Syngkli	3.10	Grejira Dsangma	2.83	Ireemyca Lyngdoh	2.95
Simrikbal Marak	3.16	Wanrahbok Lapang	3.11	Iabadiwedor Nongsiang	2.83	Ann Thongni	2.95

EASTERN WEST KHASI HILLS		SOUTH WEST KHASI HILLS		EAST JANTIA HILLS		WEST JANTIA HILLS	
Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times
Larityngkai Lawriniang	2.59	Kyrhailin Wanniang	2.60	Nishwa Lamare	2.78	Nikicordala Pakma	2.53
Kandamankyrhai Lyngdoh Nonglait	2.71	Larikordor Marngar	2.61	Jenifear Dkhar	2.82	Hakanipaia Lakiang	2.58
Banriakor Diengdoh	2.82	Rosesable Ramsiej	2.64	Anamika Dkhar	2.86	Nicely Langbang	2.73
Wandarika Marbaniang	2.82	Laribok Lyngkholi	2.79	Unity Dkhar	2.94	Lanaika Kamar	2.76
Bakordor Nongrum	2.85	Phibadondor Kharjahrin	2.80	Faith Patwet	2.98	Filyjones Suiam	2.80
Ibaihun Kurbah	2.89	Merishisha Syiemlieh	2.81	Nangkyrkhu Lamurong	3.10	Salina Phawa	2.83
Ridanchcy Mawdoh	2.92	Elisa Nongsiej	2.85	Emika Tlang	3.12	Daiahunlangki Shylla	2.89
Bailibad Nonglait	2.94	Banrikordor Ramsiej	2.85	Anu Magar	3.12	Elphira Pasi	2.92
Damenangsan Mawblei	2.98	Rupabashisha Lyngdoh	2.85	Sakani Langstang	3.13	Ebhawansha Shadap	2.93
Rihunshisha Mawnai	3.02	Fairly Jones Syiemlieh	2.93	Nazareen Sympli	3.15	Hansakani Lakai	2.93

10 METRE LADDER PERFORMANCE ANALYSIS - MALE

NUMBER OF PARTICIPANTS FROM EACH DISTRICT

EAST GARO HILLS	WEST GARO HILLS	NORTH GARO HILLS	SOUTH GARO HILLS	SOUTH WEST GARO HILLS	RI-BHOI
151	156	74	62	87	153
MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX
2.33 3.25 4.49	2.11 3.16 7.85	2.28 3.01 4.25	2.66 3.12 4.00	2.14 3.06 4.29	2.29 3.09 5.39
EAST KHASI HILLS	WEST KHASI HILLS	EASTERN WEST KHASI HILLS	SOUTH WEST KHASI HILLS	EAST JANTIA HILLS	WEST JANTIA HILLS
747	193	252	76	183	224
MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX
2.24 3.15 5.07	2.32 3.17 6.51	2.27 3.27 5.01	2.41 2.98 3.90	2.54 3.29 6.05	2.29 3.22 7.85

TOP 10 PERFORMANCES FROM EACH DISTRICT

Under 2.30 Timings above 2.30. Blue colour becomes lighter every 0.05 seconds

Note: Performances are in **secs**. Cells below are highlighted based on the colour bar above.

Participants 13 years or younger

EAST GARO HILLS		WEST GARO HILLS		NORTH GARO HILLS		SOUTH GARO HILLS		SOUTH WEST GARO HILLS		RI-BHOI	
Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times
Biubirth Sangma	2.33	Rollingstone Momin	2.11	Jeff Alhamba Momin	2.28	Akura Jangko Marak	2.66	Gracewin Marak	2.14	Chirupdawanki Nonglait	2.29
Ollambe Sangma	2.40	Chesalon Sangma	2.15	Ladin Penang	2.31	Brilliance Marak	2.66	Matsrang Sangma	2.27	Rohit Thakur	2.43
Pringchang Sangma	2.41	Salniang Marak	2.18	Henry Sangma	2.35	Nisan Sangma	2.71	Nilaranjan Hajong	2.33	Kornes Jana	2.44
Jacob Momin	2.43	Aman Isreal Marak	2.21	Bettingstar Sangma	2.37	Chesanbath Sangma	2.73	Raksan Marak	2.35	Boriamorran Marak	2.26
Kerry Sangma	2.44	Borianmoran Marak	2.26	Sengkam Sangma	2.41	Gitchoe Sangma	2.73	Deboraj Koch	2.40	Kimkim Momin	2.33
Sanggra Sangma	2.52	Kimkim Momin	2.33	Tengsram Sangma	2.47	Sackao Sangma	2.74	Rankey Areng	2.42	Nilbath Sangma	2.33
Birongsil Sangma	2.53	Nilbath Sangma	2.33	Prenoal Marak	2.49	Salchugra Marak	2.74	Puroshatom Hajong	2.47	Tusal Marak	2.33
Agate Sangma	2.58	Tusal Marak	2.33	Chanangbirth Marak	2.50	Bromian Sangma	2.76	Briankristibath Sangma	2.48	Bonchang Marak	2.33
Arbonchiochang Sangma	2.58	Bonchang Marak	2.33	Kalbin Sangma	2.50	Rikangku Marak	2.79	Palbith Sangma	2.52	Andrew Sangma	2.34
Hyankulsh Marak	2.61	Andrew Sangma	2.34	Raja Marak	2.52	Arbian Sangma	2.82	Sanggra Sangma	2.52		
SOUTH WEST GARO HILLS		RI-BHOI		EAST KHASI HILLS		WEST KHASI HILLS		EAST JANTIA HILLS		WEST JANTIA HILLS	
Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times
Gracewin Marak	2.14	Chirupdawanki Nonglait	2.29	Nongkiew Nongneng	2.24	Shainingstar Kharlait	2.32	Jesper Phawa	2.54	Daoo Syih	2.29
Matsrang Sangma	2.27	Rohit Thakur	2.43	Donkupar Rytathiang	2.24	Kheindorlang Hoojon	2.36	Fedrickson Nongtdu	2.56	Mebanpyntgen Mawlong	2.44
Nilaranjan Hajong	2.33	Kornes Jana	2.44	Aiboklang Nongrum	2.25	Habandajop Kharbani	2.40	Semiona Darnei	2.57	Fedrick Kassar	2.45
Raksan Marak	2.35	Bakmenlang Mariang	2.50	Darius Dkhar	2.26	Rafeal Diengdoh	2.43	Threevenson Phawa	2.63	Mebanpynbha Bani	2.45
Deboraj Koch	2.40	Rimanba Marphniang	2.53	Bahlumg Padeng	2.30	Mebankhraw Kbani	2.46	Samishang Vashim	2.31	Sidarius Syiemlieh	2.48
Rankey Areng	2.42	Bennison Shadap	2.55	Rakshit Bajaj	2.30	Firstboklang Mawlieh	2.48	Ryan Kharchandy	2.34	Banshanlang Kharbani	2.50
Puroshatom Hajong	2.47	Austin Tynsong	2.58	Samenaki Kharbuli	2.36	Rishanbor Kharsanglein	2.51	Kitboklang Shangpiang	2.59	Lucky Marak	2.60
Briankristibath Sangma	2.48	Khlurshongdor Lymphuid	2.58	Stephan Marwein	2.38			Kynsaibor Pamshong	2.60		
Palbith Sangma	2.52	Kitboklang Shangpiang	2.59					Givenson Marwein	2.59		
Sanggra Sangma	2.52	Kynsaibor Pamshong	2.60					Wellverijune Lyngdoh	2.60		
		Lucky Marak	2.60					Elbertson Syiemlieh	2.60		
EASTERN WEST KHASI HILLS		SOUTH WEST KHASI HILLS		EAST JANTIA HILLS		WEST JANTIA HILLS					
Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times
Lawanphrang Mawnai	2.27	Dashanlang Syiemlieh	2.41	Jesper Phawa	2.54	Daoo Syih	2.29	Andyson Rani	2.29	Andyson Rani	2.29
Andyson Rani	2.29	Wanboklang Rngaid	2.47	Fedrickson Nongtdu	2.56	Mebanpyntgen Mawlong	2.44	Pashandor Syiemlieh	2.48	Pashandor Syiemlieh	2.48
Pashandor Syiemlieh	2.48	Sanggra Sangma	2.52	Semiona Darnei	2.57	Fedrick Kassar	2.45	Bawanlang Lyngdoh Mawnai	2.48	Bawanlang Lyngdoh Mawnai	2.48
Bawanlang Lyngdoh Mawnai	2.48	Mebankit Syiemlieh	2.53	Threevenson Phawa	2.63	Iahlang Sana	2.47	Rishanbok Lyngdohkynshi	2.49	Iahlang Sana	2.47
Rishanbok Lyngdohkynshi	2.49	Niewkorlang Syiemiong	2.55	Arki Phawa	2.64	Iomiki Dong	2.48	Ialambha Rytathiang	2.50	Iomiki Dong	2.48
Ialambha Rytathiang	2.50	Stebarson Lyngdoh	2.57	Batista Phawa	2.70	Jrffre Numpui	2.50	Nehlang Rytathiang	2.51	Jrffre Numpui	2.50
Nehlang Rytathiang	2.51	Wallamkupar Lyngkhoi	2.58	Kynmo Phawa	2.70	Effify Bamon	2.50	Nibel Lyngkhoi	2.52	Nikolas Slong	2.50
Nibel Lyngkhoi	2.52	Givenson Marwein	2.59	Fester Dkhar	2.71	Rihio Shylla	2.50	John Vianney Puwein	2.55	Rapsien Kyndiah	2.51
John Vianney Puwein	2.55	Wellverijune Lyngdoh	2.60	Jeffer Suting	2.73			Habaniaitei Nonglait	2.56		
Habaniaitei Nonglait	2.56	Elbertson Syiemlieh	2.60	Edison Mukor	2.75						

COMPASS DRILL - TEST OVERVIEW

Compass Drill test results presented for 3,840 participants, 1,475 females and 2,388 males across 12 districts.

Benchmark for Compass Drill test for female is 9 secs and 8 secs for males.

53 female participants across 11 districts (EKH, WKH, WJH, WGH, SWGH, EWKH, EGH, RI-BHOI, EJH, SWKH, SGH) produced quicker times than the female benchmark. Viviana Pariat from EKH recorded the fastest time of 7.77 secs.

75 male participants across 11 districts (EKH, WKH, WJH, WGH, SWGH, EWKH, EGH, RI-BHOI, EJH, SWKH, SGH) produced quicker times than the male benchmark. Calvin Ramsiej from EKH recorded the fastest time of 6.92 secs.

COMPASS DRILL PERFORMANCE ANALYSIS - FEMALE

NUMBER OF PARTICIPANTS FROM EACH DISTRICT

EAST GARO HILLS	WEST GARO HILLS	NORTH GARO HILLS	SOUTH GARO HILLS	SOUTH WEST GARO HILLS	RI-BHOI
32	87	39	24	65	94
MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX
8.76 11.73 16.27	7.77 11.71 19.38	9.06 11.29 16.17	8.94 11.84 15.31	8.90 11.38 15.19	8.85 12.49 19.34
EAST KHASI HILLS	WEST KHASI HILLS	EASTERN WEST KHASI HILLS	SOUTH WEST KHASI HILLS	EAST JANTIA HILLS	WEST JANTIA HILLS
490	98	212	49	191	78
MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX
7.77 11.18 17.99	8.64 11.09 15.36	8.68 12.74 19.02	8.91 10.41 12.39	8.88 12.40 19.38	8.03 12.26 18.74

TOP 10 PERFORMANCES FROM EACH DISTRICT

Under 9.00 Timings above 9.00. Blue colour becomes lighter every 0.2 seconds

Note: Performances are in **secs**. Cells below are highlighted based on the colour bar above.

Participants 13 years or younger

EAST GARO HILLS		WEST GARO HILLS		NORTH GARO HILLS		SOUTH GARO HILLS		SOUTH WEST GARO HILLS		RI-BHOI	
Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times
Parpetna Marak	8.76	Wanmera Sangma	8.64	Enriyana Momin	9.06	Kasanchi Donesha Marak	8.94	Sildame Sangma	8.90	Balari Sujai	8.85
Sengse Sangma	10.01	Rikkesl Momin	8.78	Menatchi Marak	9.24	Palme Jakrimchi Marak	9.84	Zakchi Sangma	8.99	Ferisha Syngkli	9.04
Rimgchera Momin	10.10	Chuesa Sangma	8.95	Beronika Marak	10.07	Mikera Olkande Sangma	9.90	Ezemea Sangma	9.08	Ritimor Syiem	9.10
Wandrisha Momin	10.28	Tengsilchi Marak	9.01	Atche Sangma	10.13	Anosha Sangma	10.17	Ellyana Sangma	9.10	Ellayansha Sangma	9.26
Abarim Momin	10.29	Arkeyandomio Momin	9.39	Sengsa Sangma	10.17	Nangrime Kachimchi Marak	10.76	Chinam Sangma	9.11	Alandi Kadime Marak	9.49
Manika Sangma	10.38	Briyana Momin	9.50	Enchiri Sangma	10.20	Jerikchi Marak	10.87	Pringkime Sangma	10.59	Walchera Sangma	9.68
Grikchi Sangma	10.43	Walchera Sangma	9.68	Premika Momin	10.20	Dikachira Sangma	10.91	Dipika Marak	10.76	Abanggi Chue Marak	9.70
Pringkime Sangma	10.59	Abanggi Chue Marak	9.70	Enisha Momin	10.21	Nanangsha Sangma	10.97	Rani Momin	10.77	Chechea Areng	10.32
Dipika Marak	10.76			Marisa Momin	10.22	Combe Marak	10.98				
Rani Momin	10.77			Chechea Areng	10.32	Aneba Marak	11.00				
SOUTH WEST GARO HILLS		RI-BHOI		EAST KHASI HILLS		WEST KHASI HILLS					
Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times
Sildame Sangma	8.90	Balari Sujai	8.85	Viviana Pariat	7.77	Banmila Dkhar	8.64	Zakchi Sangma	8.99	Ferisha Syngkli	9.04
Zakchi Sangma	8.99	Ferisha Syngkli	9.04	Jakrimra Asangma	7.82	Isawanda Thabah	8.78	Ezemea Sangma	9.08	Ritimor Syiem	9.10
Ezemea Sangma	9.08	Ritimor Syiem	9.10	Darie Lalduhsongsa	8.33	Phibashisha Lyngdoh	9.03	Ellyana Sangma	9.10	Rimaphi Lapang	9.75
Ellyana Sangma	9.10	Rimaphi Lapang	9.75	Rosmi Chamroy	8.35	Nisha Thabah	9.04	Chinam Sangma	9.11	Wanrahbok Lapang	9.89
Chinam Sangma	9.11	Badahunlang Syngkli	10.04	Isalarica Lapang	8.40	Medabatkhem Nongbri	9.09	Evancherime Marak	9.25	Lawei Lyngdoh	10.08
Evancherime Marak	9.25	Lawei Lyngdoh	10.08	Netania Tariang	8.42	Merysha Marthong	9.15	Abigal Marak	9.38	Doralin Ronhi	10.11
Abigal Marak	9.38	Doralin Ronhi	10.11	Valarisa Marak	8.44	Baphishisha L.marshallong	9.21	Chiora Sangma	9.41	Philarishisha Lapang	10.27
Chiora Sangma	9.41	Philarishisha Lapang	10.27	Bethlyne Makri	8.49	Ioris Syiem	9.30	Tengsilchi Areng	9.71	Lalteipuii Khongsni	10.32
Tengsilchi Areng	9.71	Lalteipuii Khongsni	10.32	Hun-l-Dakani Wahlang	8.50	Dolly Thongni	9.36	Amina Marak	9.73	Nicole Lyngdoh	8.54
EASTERN WEST KHASI HILLS		SOUTH WEST KHASI HILLS		EAST JANTIA HILLS		WEST JANTIA HILLS					
Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times
Kandamankyrhai Lyngdoh Nonglait	8.68	Rishal Marngar	8.91	Twinkle Rymbai	8.88	Lanaika Kamar	8.03				
Larityngkai Lawriniang	9.42	Laribok Lyngkhoi	9.07	Dakemonlang Swer	9.32	Daiahunlangki Shylla	8.69				
Wandarika Marbaniang	9.78	Larikordor Marngar	9.16	Debora Darnei	9.60	Kdup Lyngdoh	9.66				
Falisha Kurbah	9.91	Lanossa Kharsyiemiong	9.18	Yoometre Malang	9.60	Deinambhami Phawa	9.67				
Mimisha Syiemlieh	9.95	Stefica Jyrwa	9.23	Nalarisha Shylla	9.67	Madona Niang	9.99				
Inerishisha Warjri	10.03	Ladianghun Marngar	9.26	Kami Sunar	9.69	Risalynda Siangshai	10.04				
Jacica Rytathiang	10.03	Phibadondor Kharjahrin	9.32	Perima Sunar	9.69	Radika Lyngdoh	10.31				
Dahunlinshisha Hujon	10.04	Steffinisa Shangdiar	9.36	Meridaka Kanai	9.72	Nikicordala Pakma	10.49				
Bakordor Nongrum	10.08	Rupabashisha Lyngdoh	9.37	Lydia Phawa	9.91	Daffijune Paslein	10.51				
Rikmenlang Basaiawmoit	10.11	Elisa Nongsiej	9.63	Jessika Dkhar	9.93	Kanri leid Manar	10.54				

COMPASS DRILL PERFORMANCE ANALYSIS - MALE

NUMBER OF PARTICIPANTS FROM EACH DISTRICT

EAST GARO HILLS	WEST GARO HILLS	NORTH GARO HILLS	SOUTH GARO HILLS	SOUTH WEST GARO HILLS	RI-BHOI
153	158	78	61	88	152
MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX
7.97 10.66 15.15	6.92 10.28 19.18	8.07 10.00 16.10	7.58 9.97 13.63	7.54 9.62 14.46	7.42 10.37 16.22
EAST KHASI HILLS	WEST KHASI HILLS	EASTERN WEST KHASI HILLS	SOUTH WEST KHASI HILLS	EAST JANTIA HILLS	WEST JANTIA HILLS
811	203	251	71	181	221
MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX	MIN AVERAGE MAX
6.92 9.79 18.78	7.78 10.52 15.92	7.42 11.09 17.74	7.60 9.42 11.58	7.93 10.81 15.99	7.66 11.12 19.18

TOP 10 PERFORMANCES FROM EACH DISTRICT

Under 8.00 Timings above 8.00. Blue colour becomes lighter every 0.2 seconds

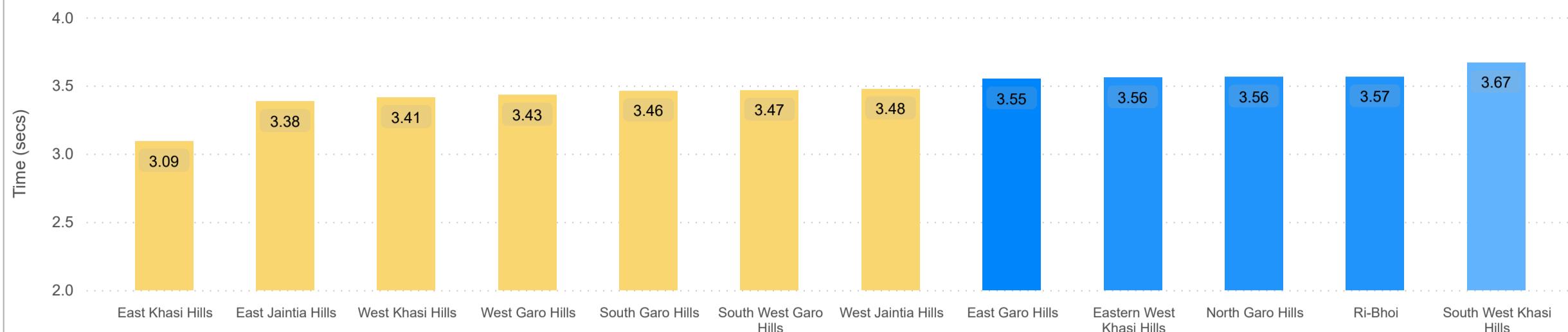
Participants 13 years or younger

EAST GARO HILLS		WEST GARO HILLS		NORTH GARO HILLS		SOUTH GARO HILLS		SOUTH WEST GARO HILLS		RI-BHOI	
Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times
Sanggra Sangma	7.97	Leang Marak	7.07	Grikra Momin	8.07	Chingbirth Sangma	7.58	Gracewin Marak	7.54	Nelson Suphai	7.42
Nokkim Momin	8.15	Pangdimrak Sangma	7.32	Chanangbirth Marak	8.11	Christ Sangma	7.87	Hyderian Sangma	7.76	Michaelson Syiem	7.84
Biubirth Sangma	8.37	Donkam Marak	7.54	Labyang Marak	8.29	Rikangku Marak	7.88	Negrosh Sangma	7.80	Mlanson Rynson	7.92
Areyo Sangma	8.44	Chehan Sangma	7.56	Raja Marak	8.30	Arbian Sangma	8.03	Derim Marak	7.81	Aiboklang Nongphlang	7.99
Meghlyn Marak	8.63	Rajit Sangma	7.83	Ladin Penang	8.32	Bemelen Momin	8.27	Rankey Areng	7.93	Rakkibirth Momin	7.97
Agate Sangma	8.77	Johnsle Marak	7.90	Johnfardin Sangma	8.36	Luckingbirth Sangma	8.30	Rikrak Sangma	7.96	Baehbok Sari	7.97
Wish Marak	8.78	Rakkibirth Momin	7.97	Dravid Rabha	8.43	Akura Jangko Marak	8.31	Bestmen Marak	7.97	Tengnik Marak	7.98
Aking Marak	8.89	Baehbok Sari	7.97	Lecturebirth Marak	8.44	Nisan Sangma	8.43	Sanggra Sangma	7.97	Jeobirth Marak	8.03
Jacob Momin	8.90	Tengnik Marak	7.98	Sengkam Sangma	8.44	Niksrang Sangma	8.48	Chemicheang Sangma	8.14	Chalnam Marak	8.55
Torean Momin	8.90	Jeobirth Marak	8.03	Walsrang Sangma	8.54	Walsrang Sangma	8.54				
SOUTH WEST GARO HILLS		RI-BHOI		EAST KHASI HILLS		WEST KHASI HILLS		EAST JANTIA HILLS		WEST JANTIA HILLS	
Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times
Gracewin Marak	7.54	Nelson Suphai	7.42	Calvin Ramsiej	6.92	Filandjost Marngar	7.78	Kermiki Bareh	7.93	Salonbahhami Suchiang	7.66
Hyderian Sangma	7.76	Michaelson Syiem	7.84	Nongkiew Nongneng	7.02	Josej Marbaniang	7.83	Arki Phawa	8.41	Samebiang Shylla	7.85
Negrosh Sangma	7.80	Mlanson Rynson	7.92	Antonio Ryngnga	7.03	Aibanlang Puwein	7.84	Eligius Rymbai	8.50	Daekyrpangmitre Pyrngap	7.93
Derim Marak	7.81	Aiboklang Nongphlang	7.99	Cheltis Shylla	7.06	Richardstar Nongphud	7.91	Shibonki Kyndait	8.54	Tipmiki Shylla	8.51
Rankey Areng	7.93	Kyrshanlang Chyne	8.12	Harsh Singhania	7.13	Iohborlang Mawlieh	8.04	Nemison Kharsati	7.14	Rankin Vaichei	8.54
Rikrak Sangma	7.96	Rohit Thakur	8.19	Repol Dkhar	7.15	Pynwanbiang Tympuin	8.06	Bahlumg Padeng	7.25	Khaljieng Marak	8.68
Bestmen Marak	7.97	Dipinstar Namsaw	8.23	Marcellino Khongsit	7.27	Luke Mawlieh	8.06	Marbudi Shadap	7.28	Mechan Bareh	8.69
Sanggra Sangma	7.97	Pynshailang Diengdoh	8.24	Bhalang Shadap	7.28	Wanshaibor Shyrkon	8.09			Nangsoi Dhar	8.72
Chemicheang Sangma	8.14	Balajied Lyngdoh	8.31			Androney Wahlang	8.12			Pynshngai Shylla	8.78
Sengatchu Sangma	8.15	Teibanjop Nongbri	8.32			Kheindorlang Hoojon	8.17			Effify Bamon	8.82
EASTERN WEST KHASI HILLS		SOUTH WEST KHASI HILLS		EAST JANTIA HILLS		WEST JANTIA HILLS					
Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times	Participants	Fastest Times
Lawanphrang Mawnai	7.42	Wellverijune Lyngdoh	7.60	Kermiki Bareh	7.93	Salonbahhami Suchiang	7.66				
Bawanlang Lyngdoh Mawnai	8.18	Sanggra Sangma	7.97	Arki Phawa	8.41	Samebiang Shylla	7.85				
Banteibok Wahlang	8.22	Pynshngainlang Mylliem	7.98	Eligius Rymbai	8.50	Daekyrpangmitre Pyrngap	7.93				
Bistales Marbaniang	8.29	Lamboklang Tongwah	8.03	Shibonki Kyndait	8.54	Tipmiki Shylla	8.51				
Belkit Rytathiang	8.38	Wanboklang Rngaid	8.17	Fisterson Shylla	8.62	Rankin Vaichei	8.54				
Keddy Lyngkhoi	8.38	Niewkorlang Syiemiong	8.20	Esalanme Bareh	8.67	Khaljieng Marak	8.68				
Nikhilhenry Wahlang	8.38	Rishanlang Sopphoh	8.24	Bewithus Sympli	8.75	Mechan Bareh	8.69				
Banshngain Diengdoh	8.42	Givenson Marwein	8.24	Emiral Suiam	8.77	Nangsoi Dhar	8.72				
Wanbansan Wahlang	8.54	Dashanlang Syiemleih	8.28	Nehtre Pdain	8.82	Pynshngai Shylla	8.78				
Nehlang Rytathiang	8.56	Ribestar Kharbhiih	8.30	Marbudi Sukhlain	8.88	Effify Bamon	8.82				

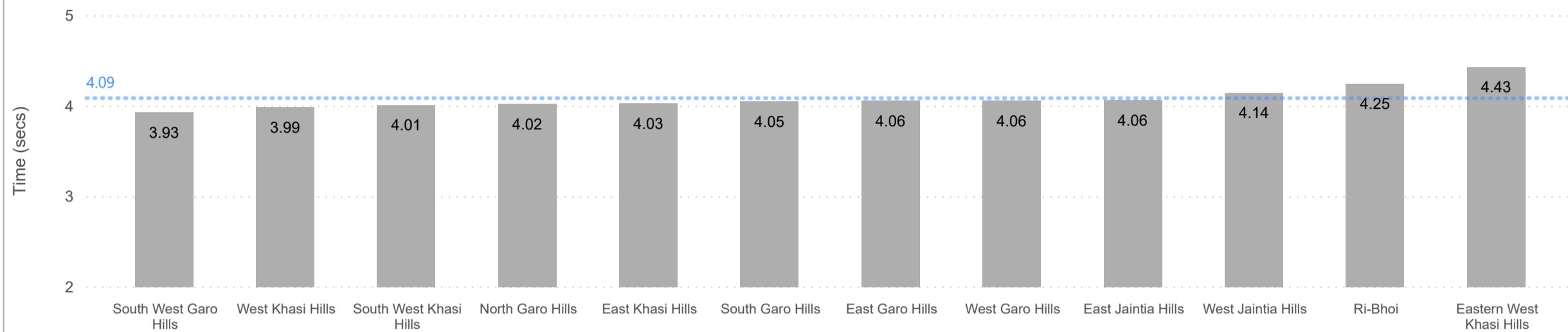
PERFORMANCE COMPARISON PER DISCTRICT - FEMALE

20 METRE SPRINT - DISTRICT BEST AND AVERAGE RESULTS COMPARISON

FASTEST TIMES FROM EACH DISTRICT

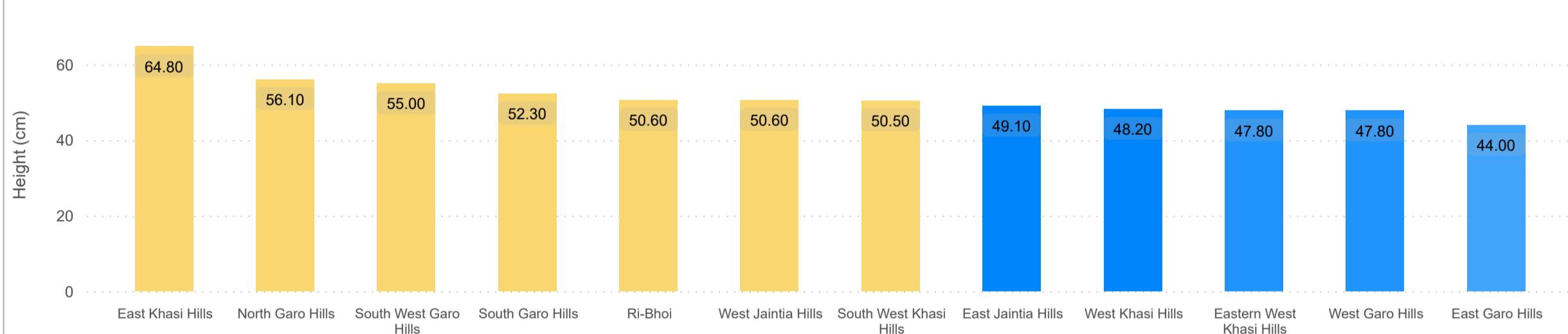


AVERAGE TIMES FROM EACH DISTRICT

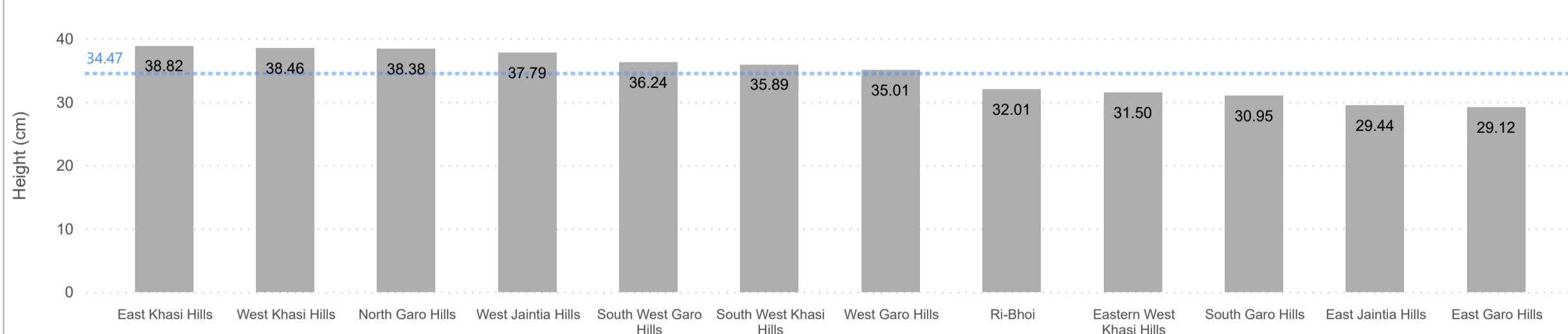


COMBINE VERTICAL JUMP - DISTRICT BEST AND AVERAGE RESULTS COMPARISON

HIGHEST COMBINE VERTICAL JUMP FROM EACH DISTRICT



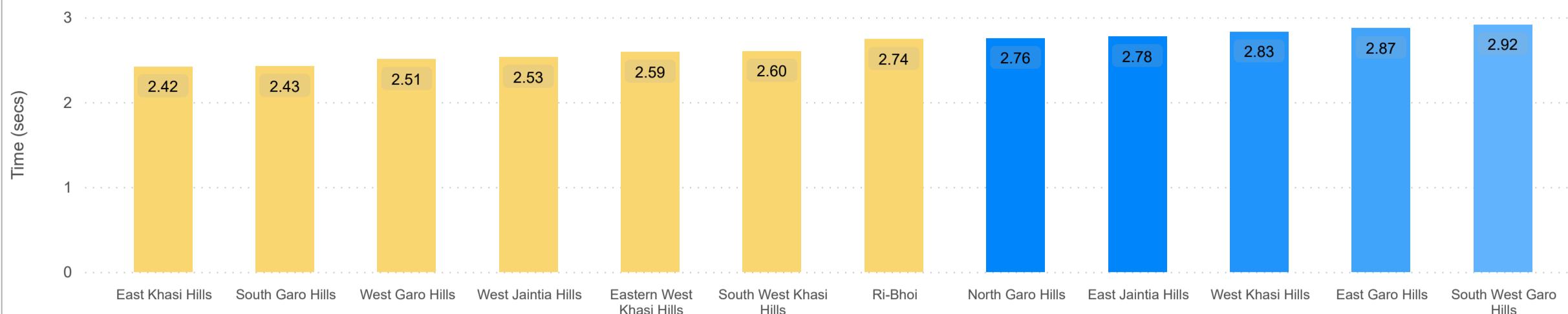
AVERAGE COMBINE VERTICAL JUMP FROM EACH DISTRICT



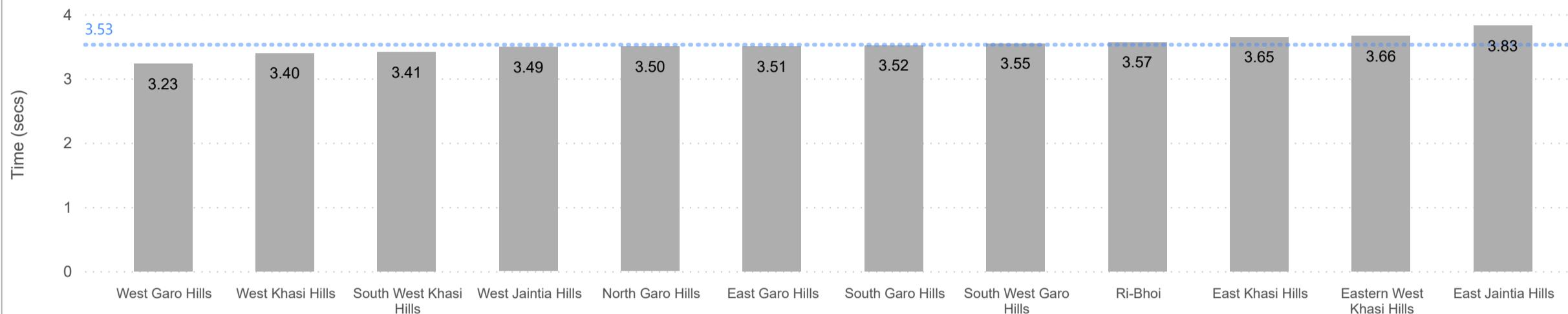
PERFORMANCE COMPARISON PER DISCTRICT - FEMALE

10 METRE LADDER RUN SPRINT - DISTRICT BEST AND AVERAGE RESULTS COMPARISON

FASTEST TIMES FROM EACH DISTRICT

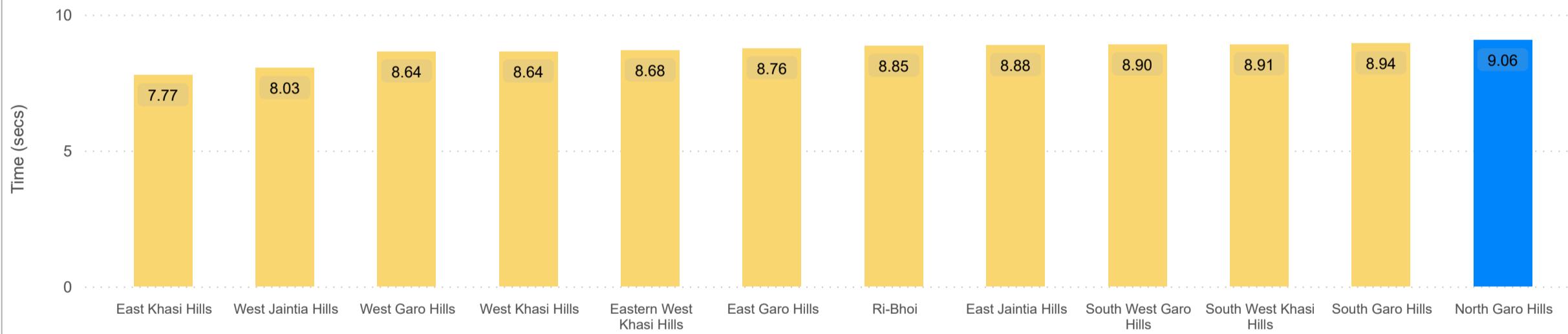


AVERAGE TIMES FROM EACH DISTRICT

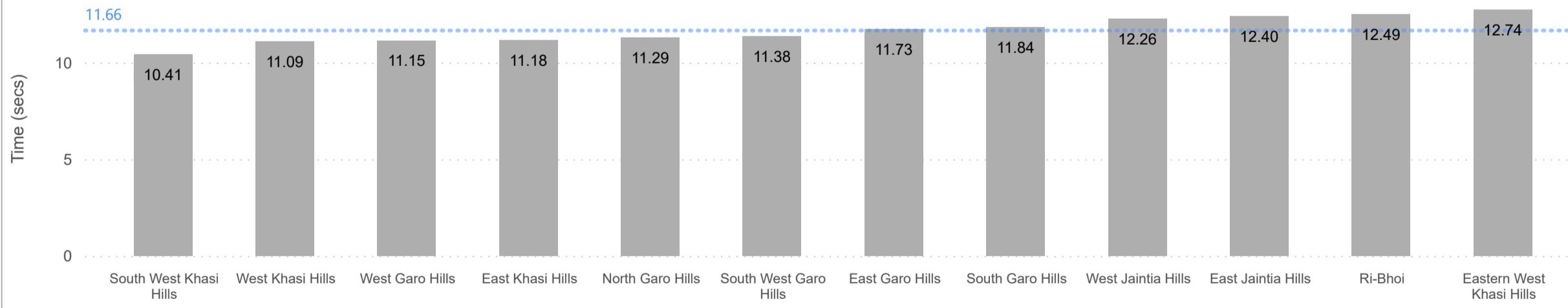


COMPASS DRILL - DISTRICT BEST AND AVERAGE RESULTS COMPARISON

FASTEST TIMES FROM EACH DISTRICT



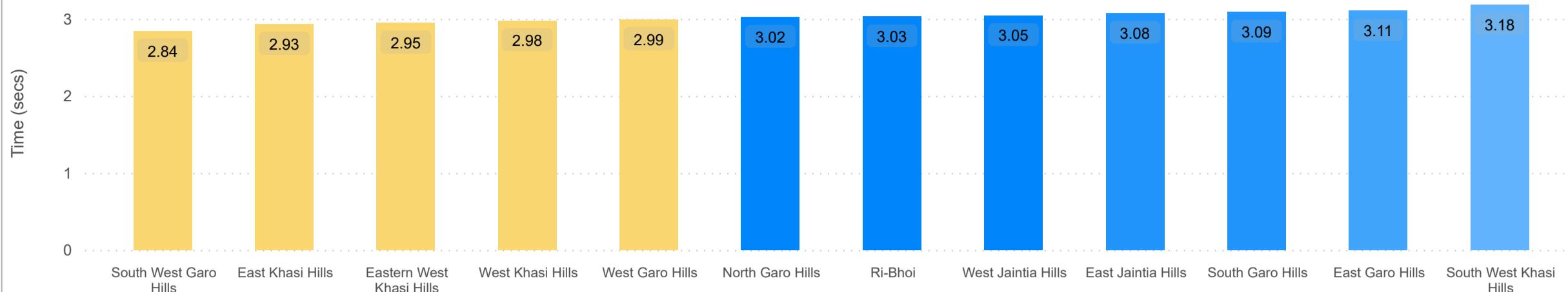
AVERAGE TIMES FROM EACH DISTRICT



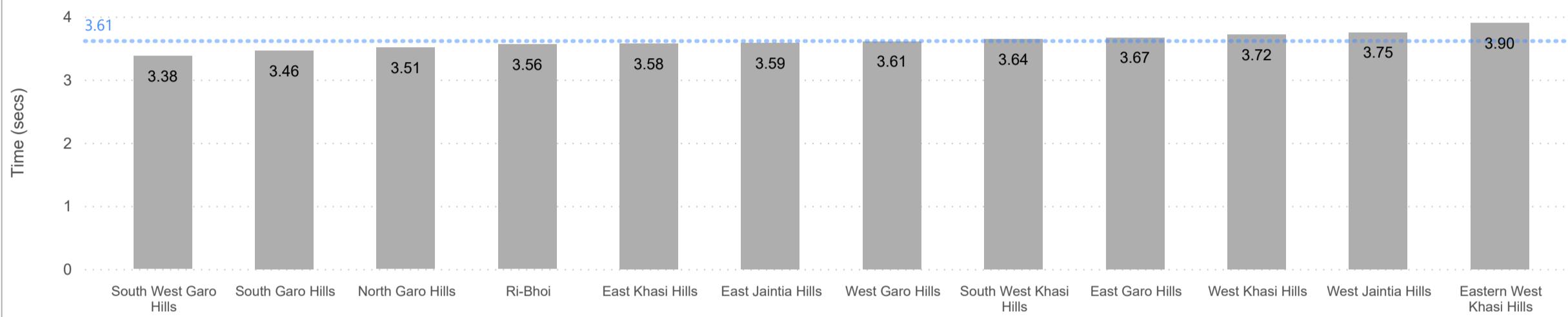
PERFORMANCE COMPARISON PER DISTRICT - MALE

20 METRE SPRINT - DISTRICT BEST AND AVERAGE RESULTS COMPARISON

FASTEST TIMES FROM EACH DISTRICT



AVERAGE TIMES FROM EACH DISTRICT

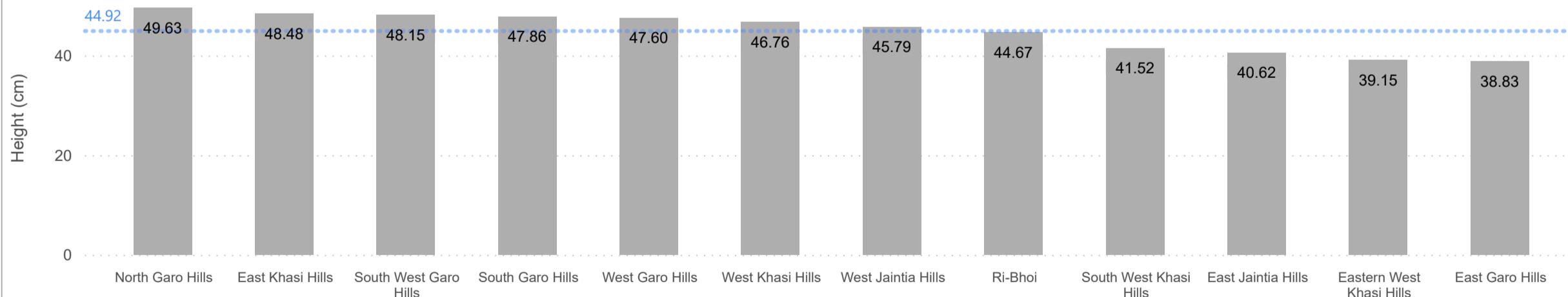


COMBINE VERTICAL JUMP - DISTRICT BEST AND AVERAGE RESULTS COMPARISON

HIGHEST COMBINE VERTICAL JUMP FROM EACH DISTRICT



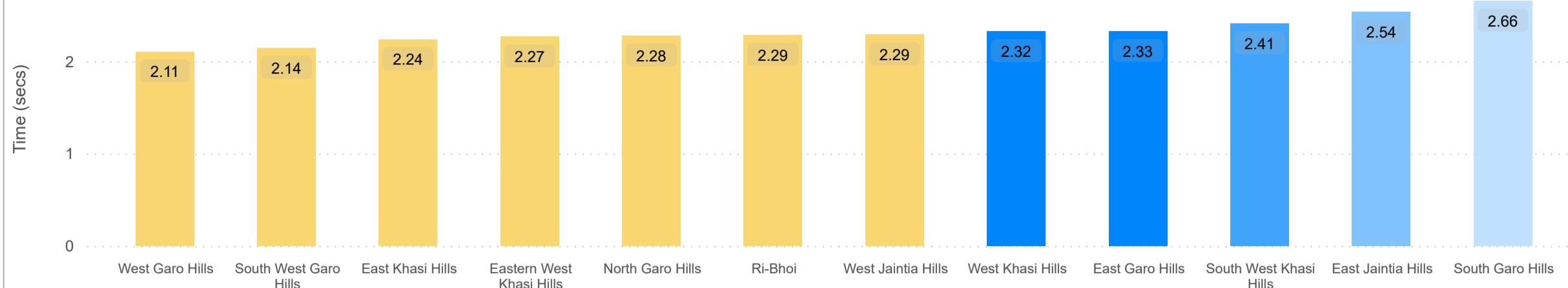
AVERAGE COMBINE VERTICAL JUMP FROM EACH DISTRICT



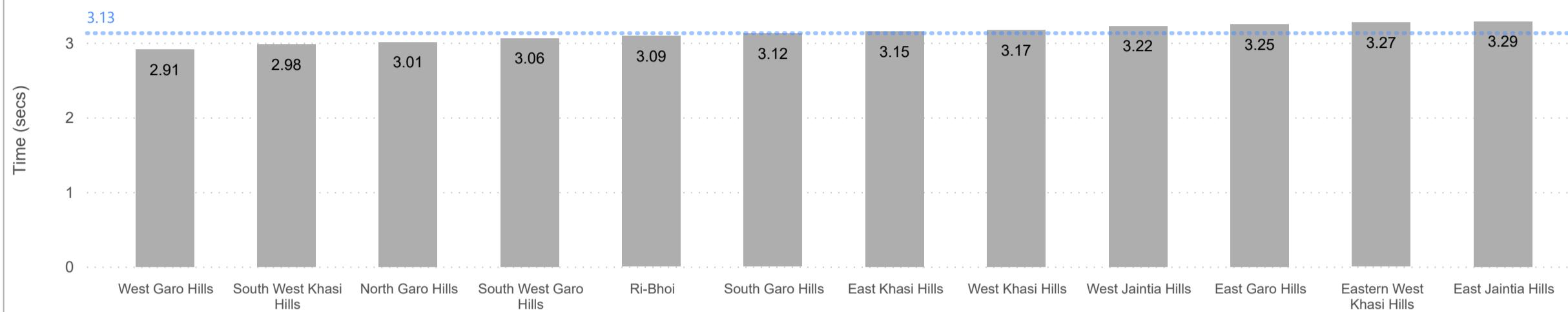
PERFORMANCE COMPARISON PER DISTRICT - MALE

10 METRE LADDER RUN SPRINT - DISTRICT BEST AND AVERAGE RESULTS COMPARISON

FASTEST TIMES FROM EACH DISTRICT

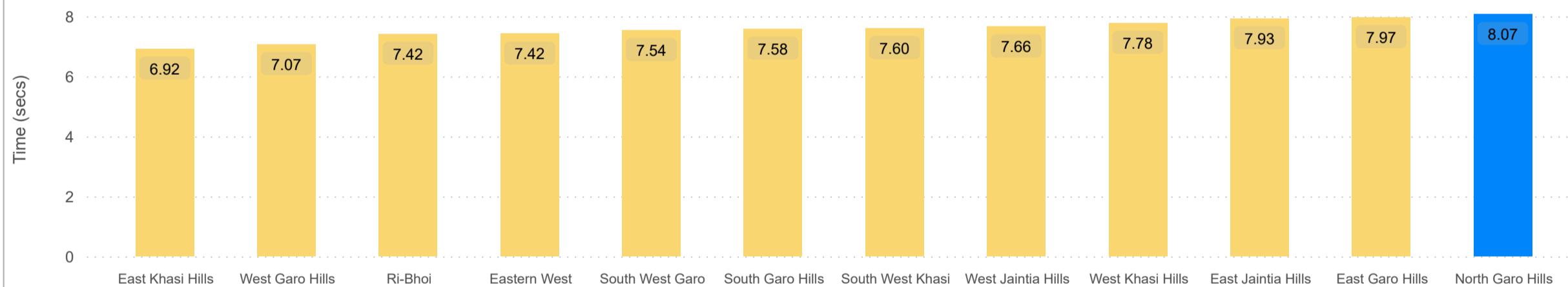


AVERAGE TIMES FROM EACH DISTRICT

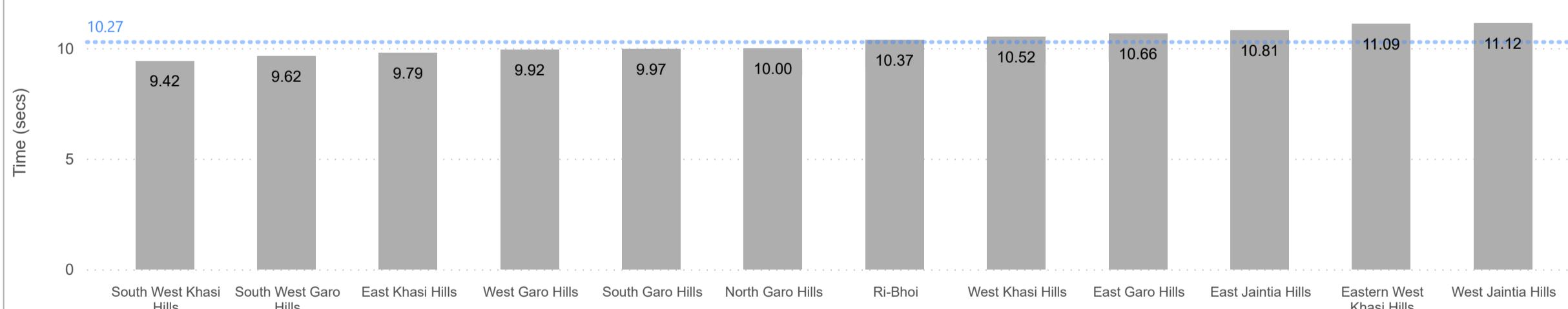


COMPASS DRILL - DISTRICT BEST AND AVERAGE RESULTS COMPARISON

FASTEST TIMES FROM EACH DISTRICT



AVERAGE TIMES FROM EACH DISTRICT



PHASE I - CONCLUSION

The results of the mass talent ID program demonstrates the value to identify and nurture talent from a young age to produce potential future Olympians.

Our findings suggest the presence of exceptional raw talent in the state of Meghalaya where many of the participants (aged below 13), yet to achieve their maximum potential, however, are on par with international standards. Moreover, young adults (aged 15 - 17) demonstrated international standards with superelite-like characteristics. Additionally, due to adverse conditions, performance of the participants would have been potentially impacted. For instance, a 17 year old male, Raksan Marak with a 20m sprint time of 2.84 could potentially be a sub 2.80 time.

In the upcoming Phase 2, the ARMS PT team along with MSOA, will continue to work towards nurturing the identified talent pool, conduct block level testing and further assist with maximising the sporting ecosystem of Meghalaya through various ARMS PT online and live testing programs and the expansion of Elite Pathway and Coach Knowledge Transfer Program.