		SELECTED RESULTS				но	
		DISTRICT Eastern West Khasi Hills			GENDER		
Participants 13 years or younger				Female		Elite Performances	
LECTED PARTICIPANTS - AGE, RANK & PERFORMAI	NCFS						
Participants	Age	Overall Rank	District Rank	20m Sprint (secs)	Vertical Jump (cm)	10m Ladder Run (secs)	Compass Drill (secs
Kandamankyrhai Lyngdoh Nonglait	16	19	1	3.56	43.10	2.71	8.68
Larityngkai Lawriniang	18	35	2	3.59	42.70	2.59	9.42
Bakordor Nongrum	14	112	3	3.78	42.70	2.85	10.08
Wandarika Marbaniang	13	157	4	3.79	37.80	2.82	9.78
Phidaris Marbaning	14	230	5	3.82	41.10	3.07	10.59
Bailibad Nonglait	15	250	6	3.61		2.94	10.58
Lyngksiarbaphyrnai Lmawlong	12	287	7	3.75	42.00	3.46	10.64
Sianti Khar Nongbak	14	294	8	3.73	37.50	3.24	10.38
Jacica Ryntathiang	15	297	9	3.87	36.90	3.10	10.03
Dahunlinshisha Hujon	17	322	10	3.78		3.16	10.04
Ridanchcy Mawdoh	16	335	11	3.56		2.92	11.91
Phiba Marbaniang	15	337	12	3.78		3.07	10.41
Lanosha Marwein	13	380	13	3.90	37.60	3.24	10.48
Aihabakmen Marngar	16	383	14	3.83	41.70	3.21	12.01
Rihunshisha Mawnai	5	396	15	3.84		3.02	10.98
Catherine Ripnar	13	410	16	3.72	38.10	3.29	11.56
Ibajanai Kmawlong	15	411	17	3.94	37.20	3.13	10.88
Phiniaibetnylla Nongrum	15	430	18	3.95	37.60	3.32	10.46
Alvarie Anna Marwein	12	438	19	3.77	38.80	3.21	11.98
Ah-Phi-Ba-Phylla Syiemlieh	11	451	20	3.95	40.90	3.19	11.86
Damenangsan Mawblei	15	453	21	4.08	40.70	2.98	11.93
Lamtimai Khyllait	25	462	22	4.37	47.80	3.53	10.76
Falisha Kurbah	15	530	23	4.12	35.20	3.31	9.91
Sofie Mawlong	15	556	24	3.82	35.80	3.59	10.69
Daiamonlang Wahlang	15	571	25	4.01	34.20	3.31	10.49
Mimisha Syiemlieh	16	573	26	4.22	34.40	3.20	9.95
Ibaihun Kurbah	17	576	27			2.89	
Milshahun Lmarshillong	16	579	28	3.93	37.10	3.47	11.14
Banriakor Diengdoh	11	590	29	4.16	34.30	2.82	11.59
Wandashisha Mawlieh	16	602	30	3.92	33.10	3.14	11.40
Nakibansuk Shabong	14	609	31	3.99	37.80	3.34	11.72
Haphilarisa Mawblei	12	610	32	3.71	34.70	3.50	
Jesenta Sohshang	15	616	33	4.01	38.00	3.28	11.91

Khamtihun Basaiawmoit

Synnaibakmen Basaringaid

Veenti Wahlang

Mebaaihun Marwein

Daiari Kurkalang

Lapynsuk Marwei

Daisy Nongrin

Naphinbanlonging Nongbri

Majestica Syiemlieh

Andalin Nongsiej

Phinrilaiing Wahlang

Haphidahun Nongrum

Pynshailin Sohshang

Lateihun Wahlang

Saphiripa Khharsyntiew

Dahunlang Mawlong

Happiness Warjri

Bristi Shabong

Badariakor Pariong

Phibankheinkor Marbaniang

Haphilakyrmen Kharmawlong

Deimika Jana

Dollysha Shabong

Saralin Hujoon

Soomanki Marngar

Battlesha lawphiaw

Dahunshisha Marshiangbai

Artifully Syiemlieh

Laniewkor Nongrang Cladea Ryntathiang

Phibashisha Thabah

Iuodianna Mawnai

Jurilang Khyriem

Elvinia Marbaniang

Daiaris Marbaniang

Dafini Rani

Youwinia Rani

Tyngkai G Lyngdoh Mawlong

Dafeen Mawlong

Clarinda Basaiamoit

Rikmenlang Basaiawmoit

Airihun Shabong

Shibani Kharkylliang

Princysiewdor Myrthong

Lymnaibakor Kharmawlong

Rikynti Nongsiej

Aidotis Khyllait

Banrikynti Kharjana

Eufinia Kharmawlong

Jeniful Kurbah

Phinisha Kharmawlong

Larisa Rani

larisuklang Rani

Badarisa Nongphud

Hakalakmen Kynshi

Banrijanai Nongrum

Faustina Syiemlieh

Manosha Mawlong

Shwabaphyrnai Rani

lakiinri Mawlong

Eliza Kharkrang

Sophia Jyrwa

Mattidonnam Marshillong

Daibanri Nongsiej

Abalisa Nongrum

Ianosha Warjri

Steffi Ryntathiang

Limica Nongrang

Christy Diengdoh

Lista Shabong

Jenisha Thangmaw

Emiliana Thangkhiew

Hazel Marbaniang

Eliana Nongrum

Deimaphi Nonrang

Dapynshongdor Nongrang

Lapdianghun War

Ibandari Shabong

Inerishisha Warjri

Phibansara Mawnai

Afreenia Mawlong

Balawanbet Thabah

Lapynbha Marwein

Victoria Lyngkhoi

Amanda Sohshang

Labahun Sofia Mawlong

Sofia Thabah

Lindarene Kurbah

Clararisa Marwein

Balarin Marshillong

Abbigail Basaiamoit

Pyntngenlang Warjri

Balarikynti Marbaniang

Eucivia Mawlong

Shimtilin lawphiaw

Balmylyne Ryntathiang

Queniemary Basaiawmoit

Tobewithyou Basaiawmoit

Lisamary Lawryniang

Madona Nongbri

Lapynhunlang Warjri

Miracle Mawlong

Novalett Basaiamoit

Elvakmen Mawblei

Aibanrishisha Marbaniang

Saphibanri Lawryniang

Sheryl Mawnai

Ishalis Sun

Nyza Cathereen Marbaniang

Ibamta Wahlang

Banrishisha Mawlong

Sofinylla Kharsyntiew

Defina Marwein

Oudry Marbaniang

lairisha Jarian

Bakordor Marbaniang

laphibalari Kharsyntiew

Banrisuk Khyllait

Idamery Kharmawlong

Saphi Lyngkhoi

Stacy Nongsiej

Graceful Rani

Wandashisha Warjri

Sunita Mawlong

Bashaihun Marwein

Saphi Nonglait

Lasara Marshillong

Dabianghun Sawkmie

Zenobia Mawlong

Labiangsaka Shabong

Nakibakordor Lyngkhoi

Naphinia Malniang

Daiahunlang Basaiawmoit

Elka Sawkmie

lairihun Sawkmie

Naphibanri Wahlang

Ilakordor Jarain

Suklin Basaiawmoit

Annie Kharmawlong

Ofilia Lyngkhoi

Lapynjanai Mawnai

Larikynjai Shabong

Shishalabet Wahlang

Saphibiang Mawlong

Erika Kharbani

Nongbtinlynti Wahlang

Isarihun Marbaniang

Silviani Jarain

Eleanora Mawlong Isabel Marshillong

Anjelica Basaiawmoit

Dasumar Sun

Isamanbha Marbaniang

Sanshwadaphi Lyngkhoi

Manda Mawlieh

Adreenia Kharmawlong

Ornylla Mawlong

Evareen Mawblei

Ibansara Kharmuti

Erika Kurbah

Baniewkor Ryntathiang

Iarie Basaiawmoit

Ann Rani

Ibansharai Thabah

Elkiza Mawlong

N.viancy Marshillong

Aquilamilza Basaiawmoit

Aireen Kharmawlong

Maryqueen Wahlang

Ibasara Warjri

Deiphibakor Kurbah

Gracia Kharmawlong

Lisapynkmen Marbaniang

Lamjingshai Thangkhiew

Ibaphylla Kharmawlong

Sophiya Basaiawmoit

Baiakmenlang Kurbah

Silvinia Rina

Jacquilene Ryntathiang

Mayasuklang Nongbri

Ibandari Basaiawmoit Crocy Warjri

Christy Nongbri

Note:

• Elite performances :

• Blank values represent no data found

• Overall rank is the participant's rank across all districts.

• District rank is participant's rank within that particular district.

20m sprint: Equal to or under 3.00secs (male). Equal to or under 3.50secs (female) Vertical Jump: Equal to or higher than 60.0cms (male). Equal to or higher than 50.0cms (female) 10m Ladder Run: Equal to or Under 2.30secs (male). Equal to or Under 2.75secs (female) Compass Drill: Equal to or Under 8.00secs (male). Équal to or Under 9.00secs (female)

• Ranking are calculated by forming a cumulative score of all tests and comparing how a given participant against the district or overall average

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arms Physical Testing

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