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	SELECTED	HOME	
	DISTRICT	GENDER	
Participants 13 years or younger	South Garo Hills	Male	Elito Porformancos

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SELECTED PARTICIPANTS - AGE, RANK & PERFORMANCES

Akura Jangko Marak

Walsrang Sangma

Bromian Sangma

Chingbirth Sangma

Rikangku Marak

Chesanbath Sangma

Arbian Sangma

Gitchoe Sangma

Chekim Marak

Chijang Marak

Luckingbirth Sangma

Niksrang Sangma

Donibirth Sangma

Bemelen Momin

Chingsrang Sangma

Nangkimbirth Sangma

Chesal Sangma

Koshino Marak

Chuansal Sangma

Nidarson Marak

Christ Sangma

Chinangchu Marak Chingthan Sangma

Abishal Momin

Biljakra Sangma

Chechu Marak

Brilliance Marak

Chigambil Marak

Tengjrang Sangma

Luckybirth Marak

Nisan Sangma

Sackaio Sangma

Kingstar Sangma

Janggam Marak

Changsrang Sangma Cheambirth Marak

Rinibirth Sangma

Gracegiftson Marak

Damrik Sangma

Cheasal Sangma

Salchugra Marak

Verna Marak

Cheamharley Shira

Anrak Marak

Arbastin Sangma

Surojit Hajong

Bambirth Sangma

Jasambath Sangma Sengnak Marak

Agnesh Marak

Tangbirth Sangma

Mecky Marak

Techang Marak

Chubath Sangma Twinkle Sangma

Jamiseng Sangma

Chiangbirth Sangma

Dilsang Sangma

Brehan Sangma

Piangkle Marak

Tresanbath Marak

Nokwat Marak

Chichangbath Sangma

Saljakra Shira

Senggamsrang Sangma

Rajial Marak

Jairus Sangma

Jakurik Marak

Mankam Sangma

Salchu Marak

Chingmen Sangma

Chemo Marak

Gulsan Sangma

Tengwilbirth Sangma

Wingkle Sangma

Tangkam Sangma

Sengsem Sangma

Tejian Marak

Ailan Marak

Jellicken Marak

Salan Sangma

Silgado Sangma

Walgrak Sangma

Keltak Marak

Sediush Sangma

Cheangrik Shira

Kalmiang Momin

Knankubimang Marak

Kurbirth Marak

Tobiash Sangma

Hemio Marak Felix Sangma

Tengsu Sangma SGH

Chanamban Singh

Nathan Sangma

Ayush Sharma

Ringka Sangma

Churik Marak

Tengwil Sangma

Pangsuang Sangma

Pangraka Momin

Ringrang Momin

Arian Sangma

Brethan Sangma

Mikasal Marak

Jackbiang Marak Kandura Momin

Sailon Arengh

Misan Sangma

Amajing Sangma

Rasia Sangma

Chingsrang Marak

Rongrik Marak

Sengmath Marak

Etrian Marak

Janius Marak

Rapsilla Marak

Noknash Sangma Silgar Sangma

Peghu Shira

Salman Marak

Witherban Marak

Leanchichang Sangma

Rikroecheang Sangma Tengsrang Shira

Salrik Sangma

Jeroemelian Marak

Wilbath Sangma

Elibath Sangma

Sakkip Marak

Tengsincher Sangma

Jakrik Marak

Mikrikseng Sangma

Sengchongchang Marak

Sajahan Sangma

Ronggrik Sangma

Migame Sangma

Jeroemelian Marak

Dikkimchi Marak SGH

Salchijrang Marak

Surat Marak

Jejian Marak

Yanby Marak

Enjoy Sangma

Note:

• Elite performances :

• Blank values represent no data found

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

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). Equal to or Under 9.00secs (female)

District rank is participant's rank within that particular district.
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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542

547

587

592

633

688

712

739

741

743

756

760

778

778

786

788

799

804

841

848

850

852

853

863

883

902

918

923

942

943

963

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972

982

992

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1008

1014

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1023

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NEXT PAGE

arms Physical testing





