

## Detailed Results of First Day

### University Sports League Athletics Championship 2019-20 (Women)

#### ✓ 400 Meters

1.	Esha Imran	LCWU	59.00
2.	Nadia	P.U	1.03.8
3.	Tehreem	P.U	1.06.7
4.	Maryyoun Yasin	LCWU	1.07.6
5.	Marina	SUP	1.08.1
6.	Nayyab	SGD	1.13.0

#### ✓ 800 Meters

1.	Saba Yousaf	P.U	2.39.0
2.	Marram	LCWU	2.45.8
3.	Shahbana	P.U	2.47.8
4.	Hadiqa Nasir	GC Lhr	2.59.4
5.	Fareen	GC Fsd	3.02.9
6.	Amina	GC Fsd	3.10.6

#### ✓ 5000 Meters

1.	Saba Yousaf	P.U	23.11.11
2.	Mahnoor Afzal	P.U	24-14-08
3.	Gul Fam Shaheen	LCWU	23-31-09
4.	Aqsa Jafar	SUP	24-05-07
5.	Maria Kousar	SUP	25-22-00
6.	Farzina BiBi	LCWU	26-48-05

#### ✓ Discus Throw

1.	Faryal Farooq	P.U	27.49 M.
2.	Tehreen Gul	GCWF/abad	24.23
3.	Kalsoom Munir	LCWU	22.56
4.	Sehrish	GCUW	22.51
5.	Sair Khalid	P.U.	22.40
6.	Urwa Naz	LCWU	20.78

#### ✓ Triple Jump

1.	Shumaila Ahmad	P.U	9.97
2.	Rubab Munir	S.U.P	9.70
3.	Ramzana	B.Z.U	9.61
4.	Seher Afzal	P.U	9.29
5.	Turab Zahra	LCWU	9.10
6.	Irum Zahoor	LCWU	8.58

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## Detailed Results of First Day

### University Sports League Athletics Championship 2019-20 (Men)

#### ✓ 400 Meters

1.	M. Abdullah	UCP	49.26
2.	Shajer Abbas	UCP	49.56
3.	M. Yasin	P.U	49.97
4.	Ahmad Zeryab	SUP	50.19
5.	Shahzad	SGD	50.75
6.	M. Hussain	LGU	52.78

#### ✓ 800 Meters

1.	Asmat Nazi	PU	1.57.3
2.	Maroof Younis	PU	1.57.4
3.	Tariq	UCP	1.58.2
4.	M. Waqas	UCP	2.00.00
5.	M. Zeeshan	GCU Lahore	2.10.6
6.	Rameez	Gujrat University	2.15.40

#### ✓ 5000 Meters

1.	Shabbaz	U.C.P	16-18-06
2.	Asmat Ullah	P.U	16-29-03
3.	Hayder	G.C.L	16-39-10
4.	Abdullah	U.C.P	16-36-80
5.	Waseem	G.C.U.L	16-43-00
6.	Waseem	P.U	17-00-09

#### ✓ Javelin Throw

1.	Yasir	P.U	70.14
2.	Naveed Ashraf	P.U	64.32
3.	Qadeer Khan	U.C.P	62.46
4.	Saadat Ullah	G.C.U.L	53.55
5.	Qaiser Abbas	G.C.U.L	50.06
6.	-	-	-



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### High Jump

1.	M. Rizwan	P.U.	1.85 M
2.	Ibrahim	Superior	1.85
3.	Umer Ehtasham	P.U	1.85
4.	M. Zeeshan	UCP	1.80
5.	Mohsin Sultan	UCP	1.70
6.	Aqeel Hussain	BZU	1.60

### Long Jump

1.	Faraz Khan Tanali	GCUL	6.85
2.	Abdul Arif	P.U	6.67
3.	M. Khurram Zubair	SPU	6.64
4.	Abdul Basit	SPU	6.59
5.	M. Shakeel	UCP	6.37
6.	M. Zeshan	UCP	6.29

### Shot Put

1.	Ali Raza	UCP	13.56
2.	Bismillah Jan	P.U	12.71
3.	M. Usama	UCP	12.51
4.	M. Aashiq	P.U	11.95
5.	Tayyab Butt	GCU	11.81
6.	Qaisar Abbass	GCU	11.34

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