

# 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/JAINTIA 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 Laldusonga (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

Female

PARTICIPANTS TESTED

1620

TESTS CONDUCTED

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)	Vertical Jump (cm)	10m Ladder Run (secs)	Compass Drill (secs)
East Khasi Hills	Darie Laldusonga	16	1	3.19	64.80	2.47	8.33
West Jaintia Hills	Lanaika Kamar	16	2	3.48	46.90	2.76	8.03
East Khasi Hills	Bethlyne Makri	17	3	3.54	51.50	2.98	8.49
West Jaintia Hills	Daiahunlangki Shylla	15	4	3.57	50.60	2.89	8.69
East Khasi Hills	Rosmi Chamroy	17	5	3.62	51.30	3.02	8.35
North Garo Hills	Enriyana Momin	12	6	3.66	56.10	3.39	9.06
East Khasi Hills	Valarisa Marak	17	7	3.59	49.00	3.12	8.44
Eastern West Khasi Hills	Kandamankyrhai Lyngdoh Nonglait	16	8	3.56	43.10	2.71	8.68
South Garo Hills	Jerikchi Marak	15	9	3.46	50.90	2.82	10.87
East Khasi Hills	Larihun Shabonh	16	10	3.67	48.60	3.03	8.65
East Khasi Hills	Ibakordor Mylliem Umlong	17	11	3.55	48.70	3.11	8.96
East Khasi Hills	Indariewkor Nengnong	18	12	3.67	51.10	3.11	9.11
South West Garo Hills	Sildame Sangma	14	13	3.58	48.60	3.13	8.90
East Khasi Hills	Melari Kurkalang	15	14	3.42	47.20	3.13	9.25
West Khasi Hills	Ioris Syiem	14	15	3.41	43.40	2.83	9.30
East Khasi Hills	Netania Tariang	13	16	3.62	46.90	3.11	8.42
South West Khasi Hills	Fairly Jones Syiemlieh	13	17	3.67	50.50	2.93	9.71
East Khasi Hills	Wanylla lawphriaw	17	18	3.70	45.90	2.87	8.58
South West Garo Hills	Evancherime Marak	16	19	3.47	50.80	3.39	9.25
West Garo Hills	Wanmera Sangma	17	20	3.52	42.30	2.85	8.64
East Khasi Hills	Basuklin Jasain	15	21	3.59	48.30	3.00	9.46
East Khasi Hills	Nicole Lyngdoh	16	22	3.55	51.50	3.62	8.54
East Khasi Hills	Angeleen Nongrum	16	23	3.70	51.60	3.24	9.12
East Khasi Hills	Indasukshisha Kshlar	14	24	3.77	47.10	2.89	8.77
Eastern West Khasi Hills	Larityngkai Lawriniang	18	25	3.59	42.70	2.59	9.42
East Khasi Hills	Nadialyne Nongrum	17	26	3.62	43.70	2.91	8.56
North Garo Hills	Premika Momin	15	27	3.56	46.40	2.76	10.20
West Garo Hills	Alandi Kadime Marak	16	28	3.53	43.80	2.81	9.49
Ri-Bhoi	Ferisha Syngkli	15	29	3.60	46.80	3.10	9.04
West Khasi Hills	Isawanda Thabah	17	30	3.56	43.60	2.98	8.78
East Khasi Hills	Camilia Pyngrope	17	31	3.65	47.10	3.13	8.87
East Khasi Hills	Medaker Kharbyngar	15	32	3.52	45.50	2.98	9.59
South West Garo Hills	Salkim Marak	11	33	3.50	49.10	3.06	10.41
East Khasi Hills	Phibanylla Eleanora Thongni	11	34	3.55	50.10	3.19	10.12
East Khasi Hills	Idakordor Marngar	17	35	3.69	49.80	3.33	8.97
East Khasi Hills	Dakahipaia Lyngdoh	14	36	3.69	47.60	3.27	8.62
East Khasi Hills	Clarity Kharbani	14	37	3.59	46.50	3.05	9.51
South Garo Hills	Anosha Sangma	17	38	3.67	52.30	3.24	10.17
East Khasi Hills	Carla Emika Myrboh	12	39	3.64	48.70	3.15	9.66
East Khasi Hills	Grace Monica Banon	17	40	3.66	46.80	3.21	8.86
East Khasi Hills	Durga Pandit	18	41	3.67	47.50	3.13	9.26
South West Garo Hills	Tengsilchi Areng	16	42	3.50	46.00	3.12	9.71
West Garo Hills	Walchera Sangma	15	43	3.65	46.70	3.00	9.68
East Khasi Hills	Makrishna Songthiang	16	44	3.53	44.50	3.12	9.33
North Garo Hills	Menatchi Marak	15	45	3.72	47.50	3.14	9.24
North Garo Hills	Atche Sangma	17	46	3.64	48.00	3.02	10.13
East Khasi Hills	Jennifer Dkhar	14	47	3.82	44.30	2.94	8.58
East Khasi Hills	Gracel Shangplang	12	48	3.64	42.80	2.54	10.44
North Garo Hills	Silanchi Sangma	16	49	3.71	48.70	2.77	11.08
East Khasi Hills	Grejira Dsangma	16	50	3.68	42.70	2.83	9.46

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	Baiahi 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 Sohiong	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	Xevarina Sangma	36	73	3.74	45.00	2.84	10.43
East Khasi Hills	Wanphibansara Kharsyntiew	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	Haphilakhanti 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 Kharmaw	15	97	3.65	45.60	3.69	8.99
West Khasi Hills	laipyndaplin 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

Male

PARTICIPANTS TESTED

2620

TESTS CONDUCTED

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	Bahlumg 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	Salonbhahmi 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 Myllem	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	Donkumar Rynthiang	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	Peacesterfielf 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	Andronev 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 JAINTIA 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

Test	Number of Participants	Fastest Time	District Average	Slowest Time
10m Ladder Run	250	2.29	3.28	5.39
20m Sprint	252	3.03	3.82	5.89
Compass Drill	246	7.42	11.18	19.34

Test	Number of Participants	Highest Jump	District Average	Lowest Jump
Vertical Jump	247	68.10	39.85	15.20

### SOUTH GARO HILLS

Test	Number of Participants	Fastest Time	District Average	Slowest Time
10m Ladder Run	86	2.43	3.23	4.13
20m Sprint	76	3.09	3.65	4.94
Compass Drill	85	7.58	10.50	15.31

Test	Number of Participants	Highest Jump	District Average	Lowest Jump
Vertical Jump	64	69.30	41.25	16.80

### SOUTH WEST KHASI HILLS

Test	Number of Participants	Fastest Time	District Average	Slowest Time
10m Ladder Run	133	2.41	3.17	7.11
20m Sprint	69	3.18	3.82	4.45
Compass Drill	120	7.60	9.83	12.39

Test	Number of Participants	Highest Jump	District Average	Lowest Jump
Vertical Jump	213	65.80	39.22	19.90

### EASTERN WEST KHASI HILLS

Test	Number of Participants	Fastest Time	District Average	Slowest Time
10m Ladder Run	461	2.27	3.45	6.02
20m Sprint	458	2.95	4.14	5.73
Compass Drill	463	7.42	11.85	19.02

Test	Number of Participants	Highest Jump	District Average	Lowest Jump
Vertical Jump	362	71.00	35.51	10.60

### EAST GARO HILLS

Test	Number of Participants	Fastest Time	District Average	Slowest Time
10m Ladder Run	190	2.33	3.30	4.94
20m Sprint	174	3.11	3.75	5.30
Compass Drill	185	7.97	10.84	16.27

Test	Number of Participants	Highest Jump	District Average	Lowest Jump
Vertical Jump	170	73.30	36.77	11.30

### EAST JAINTIA HILLS

Test	Number of Participants	Fastest Time	District Average	Slowest Time
10m Ladder Run	375	2.54	3.56	6.05
20m Sprint	239	3.08	3.80	5.33
Compass Drill	372	7.93	11.63	19.38

Test	Number of Participants	Highest Jump	District Average	Lowest Jump
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 (SWG, 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 (SWG, EKH, EWKH, WKH, WGH) produced quicker times than the male benchmark. Raksan Marak from SWG recorded the fastest time of 2.84 secs.

# 20 METRE SPRINT PERFORMANCE ANALYSIS - FEMALE

## NUMBER OF PARTICIPANTS FROM EACH DISTRICT

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

Participants	Fastest Times
Chiame Marak	3.55
Meanji Marak	3.56
Sengse Sangma	3.64
Lam Marak	3.65
Anima Areng	3.66
Cherime Marak	3.71
Alisha Sangma	3.75
Dollysha Marak	3.75
Nokrikchi Sangma	3.77
Parpetna Marak	3.77

### WEST GARO HILLS

Participants	Fastest Times
Rikkel Momin	3.43
Wanmera Sangma	3.52
Alandi Kadime Marak	3.53
Sabira Sangma	3.60
Walchera Sangma	3.65
Benyan Sangma	3.68
Chuesa Sangma	3.71
Merime Sangma	3.72
Xevarina Sangma	3.74
Chuangsha Jagame Marak	3.75

### NORTH GARO HILLS

Participants	Fastest Times
Premika Momin	3.56
Senganchi Sangma	3.58
Atche Sangma	3.64
Enriyana Momin	3.66
Amachi Rabha	3.68
Salmatchi Sangma	3.68
Silanchi Sangma	3.71
Salminchi Momin	3.71
Menatchi Marak	3.72
Beronika Marak	3.72

### SOUTH GARO HILLS

Participants	Fastest Times
Jerikchi Marak	3.46
Nanangsha Sangma	3.57
Kasanchi Donesha Marak	3.59
Mikera Olkande Sangma	3.59
Sengsalina Marak	3.61
Anosha Sangma	3.67
Palme Jakrimchi Marak	3.74
Aneba Marak	3.82
Nangrime Kachimchi Marak	3.83
Chuanbirimchi Sangma	3.89

### SOUTH WEST GARO HILLS

Participants	Fastest Times
Tangchu Sangma	3.47
Evancherime Marak	3.47
Sengrikchi Sangma	3.48
Tengsilchi Areng	3.50
Salkim Marak	3.50
Chibalsri Sangma	3.50
Patmina Marak	3.57
Sildame Sangma	3.58
Beuarick Marak	3.58
Zakchi Sangma	3.58

### RI-BHOI

Participants	Fastest Times
Doralin Ronhi	3.57
Ferisha Syngkli	3.60
Unity Maring	3.60
Diolindaris Dkhar	3.61
Rimaphi Lapang	3.64
Trisha Khymdeit	3.64
Balari Sujai	3.64
Josfull Nongrum	3.66
Sildaris Makri	3.72
Lovenia Lyngdoh	3.73

### EAST KHASI HILLS

Participants	Fastest Times
Jakrima Sangma	3.09
Jakrimra Asangma	3.17
Darie Laldusonga	3.19
Verabeth Lamin	3.38
Isalarica Lapang	3.42
Melari Kurkalang	3.42
Phibarikor Kharkongor	3.44
Nisha Lyngdoh	3.45
Meaihun Kharsotun	3.47
Riyoka Rymbai	3.48
Verabeth Lamin	4.55

### WEST KHASI HILLS

Participants	Fastest Times
Ioris Syiem	3.41
longdiangki Syiem	3.52
Isawanda Thabah	3.56
Veronika Sohshiang	3.57
Willcyrose Syiemiong	3.57
Aitimeris Thyrimising	3.58
Merysha Marthong	3.59
Ibahun Thongnibah	3.63
Tresha Nongbri	3.64
Aidalin Lyngkhoi	3.66

### EASTERN WEST KHASI HILLS

Participants	Fastest Times
Ridanchcy Mawdoh	3.56
Kandamankyrhai Lyngdoh Nonglait	3.56
Larityngkai Lawriniang	3.59
Bailibad Nonglait	3.61
Haphidahun Nongrum	3.63
Mebaaahun Marwein	3.65
Haphilarisa Mawblei	3.71
Catherine Ripnar	3.72
Sianti Khar Nongbak	3.73
Lyngksiarbaphyrnai Lmawlong	3.75

### SOUTH WEST KHASI HILLS

Participants	Fastest Times
Fairly Jones Syiemlieh	3.67
Merishisha Syiemlieh	3.69
Lasumarkyrpang Nongsiej	3.75
Phiradaplin Rngaid	3.78
Balarikordor Sohphoh	3.83
Iwanjanai Nongsiej	3.84
Kyntiewbor Marwein	3.84
Steffinisa Shangdiar	3.85
Insanhamesha Lyngdoh Rngaid	3.87
Banrikordor Ramsiej	3.89

### EAST JAINTIA HILLS

Participants	Fastest Times
Christian Dkhar	3.38
Yoometre Malang	3.48
Turoi Phawa	3.62
Nishwa Lamare	3.65
Cecilia Dkhar	3.65
Twinkle Rymbai	3.67
Manbhaki Dkhar	3.68
Nalarisha Shylla	3.72
Sanidaka Phawa	3.73
Kani Pyrngap	3.73

### WEST JAINTIA HILLS

Participants	Fastest Times
Lanaika Kamar	3.48
Nicely Langbang	3.51
Jessica Darnei	3.54
Daiahunlangki Shylla	3.57
Felicia Dkhar	3.59
Rilaburom Suchiang	3.62
Anisha Bareh	3.64
Deinambhami Phawa	3.68
Nikicordala Pakma	3.69
Ebhawansha Shadap	3.72

# 20 METRE SPRINT PERFORMANCE ANALYSIS - MALE

## NUMBER OF PARTICIPANTS FROM EACH DISTRICT

District	Participants	MIN	AVERAGE	MAX
<b>EAST GARO HILLS</b>	<b>136</b>	3.11	3.67	4.42
<b>WEST GARO HILLS</b>	<b>161</b>	2.84	3.64	5.73
<b>NORTH GARO HILLS</b>	<b>78</b>	3.02	3.51	4.74
<b>SOUTH GARO HILLS</b>	<b>51</b>	3.09	3.46	4.13
<b>SOUTH WEST GARO HILLS</b>	<b>86</b>	2.84	3.38	4.52
<b>RI-BHOI</b>	<b>155</b>	3.03	3.56	4.80
<b>EAST KHASI HILLS</b>	<b>768</b>	2.93	3.58	5.34
<b>WEST KHASI HILLS</b>	<b>208</b>	2.98	3.72	5.27
<b>EASTERN WEST KHASI HILLS</b>	<b>249</b>	2.95	3.90	5.73
<b>SOUTH WEST KHASI HILLS</b>	<b>36</b>	3.18	3.64	4.34
<b>EAST JAINTIA HILLS</b>	<b>132</b>	3.08	3.59	4.45
<b>WEST JAINTIA HILLS</b>	<b>220</b>	3.05	3.75	5.46

## TOP 10 PERFORMANCES FROM EACH DISTRICT

**Under 3.00** Timings above 3.00. 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

District	Participant	Fastest Time
<b>EAST GARO HILLS</b>	Ricky Areng	3.11
	Akimra Marak	3.11
	Rikeo Momin	3.15
	Kalbin Marak	3.17
	Nisan Marak EGH	3.17
	Milnath Sangma	3.17
	Sanggra Sangma	3.18
	Sengprang Marak	3.21
	Ramke Marak	3.21
	Silpan Momin	3.22
<b>WEST GARO HILLS</b>	Donkam Marak	2.99
	Andrew Sangma	3.03
	Kimkim Momin	3.03
	Rollingstone Momin	3.10
	Cherak Sangma	3.11
	Rajit Sangma	3.11
	Silrak Sangma	3.12
	Silbash Marak	3.12
	Aiborlang Kurbah	3.13
	Aziel Bidaco Momin	3.15
<b>NORTH GARO HILLS</b>	Raja Marak	3.02
	Ladin Penang	3.03
	Bettingstar Sangma	3.07
	Sangkar Marak	3.10
	Tusal Sangma	3.11
	Franchis Marak	3.16
	Henry Sangma	3.18
	Tenang Marak	3.19
	Grikra Momin	3.19
	Chanangbirth Marak	3.21
<b>SOUTH GARO HILLS</b>	Akura Jangko Marak	3.09
	Rikangku Marak	3.15
	Walsrang Sangma	3.16
	Kalmiang Momin	3.17
	Surojit Hajong	3.19
	Bromian Sangma	3.22
	Nisan Sangma	3.23
	Chesal Sangma	3.23
	Senggamsrang Sangma	3.23
	Chingbirth Sangma	3.23
<b>SOUTH WEST GARO HILLS</b>	Raksan Marak	2.84
	Gracewin Marak	2.91
	Briantang Marak	2.98
	Balsrang Marak	2.99
	BalDIM Sangma	3.02
	Dhananjeet Koch	3.02
	Predian Marak	3.03
	Akash Hajong	3.03
	Chipanio Sangma	3.05
	Bestmen Marak	3.05
<b>RI-BHOI</b>	Bankitbok Lyngdoh	3.03
	Michaelson Syiem	3.05
	Iainehskhem Symkli	3.12
	Lucky Marak	3.14
	Robinstar Nonglait	3.14
	Bonifast Sylliang	3.15
	Sengsrang Marak	3.16
	Mlanson Rynson	3.16
	Wanphrang Lamarai	3.16
	Khrawbor Ramshon	3.16
<b>EAST KHASI HILLS</b>	Donbok Shabong	2.93
	Cheltis Shylla	2.97
	Dulang Dhar	2.98
	Everroy Myrsung	2.98
	Samishang Vashim	2.99
	Shemborlang Nonglait	2.99
	Nongkiew Nongneng	3.01
	Ialamjingshai Myllem	3.02
	Mangkara Khonglam	3.04
	Adrian Kharmih	3.04
<b>WEST KHASI HILLS</b>	Wanteilang Lyngdoh	2.98
	Shaipharlin Nongsiej	3.00
	Edyson lawphiw	3.04
	Johnronal Sangriang	3.04
	Fillandjost Marngar	3.04
	Vicky Marshillong	3.06
	Mebanialam Mawlieh	3.08
	Andronev Wahlang	3.09
	Pynbiangbor Lyngdoh	3.11
	Lambert Wahlang	3.11
<b>EASTERN WEST KHASI HILLS</b>	Keddy Lyngkhoh	2.95
	Batkupar Nongrum	2.97
	Lawanphrang Mawnai	3.02
	Bawanlang Lyngdoh Mawnai	3.07
	Andyson Rani	3.08
	Pashandor Syiemlieh	3.10
	Mewanshan Thabah	3.12
	Ruberthopeson Marwein	3.14
	Nikhilhenry Wahlang	3.15
	Rishanbok Lyngdohkynshi	3.16
<b>SOUTH WEST KHASI HILLS</b>	Sanggra Sangma	3.18
	Jeyson Dkhar	3.21
	Rishanlang Sohphoh	3.23
	Deibanjop Syiemlieh	3.23
	Waiborlang Syiemlieh	3.23
	Bankerlang Kharsyiemlieh	3.27
	Banshai Kharbani	3.29
	Luckyson Marshillong	3.32
	Bansharai Lyngdoh	3.34
	Iaiapyrmen Syiemlieh	3.38
<b>EAST JAINTIA HILLS</b>	Comingson Suting	3.08
	Phernakini Syrti	3.16
	Eligius Rymbai	3.17
	Kermiki Bareh	3.20
	Robin Dkhar	3.22
	Jesper Phawa	3.24
	Reachingson Tlang	3.24
	Himonkiru Thubru	3.25
	Friday Pakem	3.27
	Fester Dkhar	3.27
<b>WEST JAINTIA HILLS</b>	Salonbhahmi 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
	Daoowanti 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 Laldusonga 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

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

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

Participants 13 years or younger

### EAST GARO HILLS

Participants	Highest Jumps
Anima Areng	44.00
Pringkime Sangma	43.80
Manika Sangma	38.80
Wandrisha Momin	38.00
Ringchera Momin	37.60
Rani Momin	36.70
Cherime Marak	36.00
Asime Sangma	35.80
Roshni Marak	35.60
Balsrikchi Marak	35.20

### WEST GARO HILLS

Participants	Highest Jumps
Silbamchi Marak	47.80
Walchera Sangma	46.70
Xevarina Sangma	45.00
Merime Sangma	44.70
Tengsilchi Marak	44.70
Veronia Severa Sangma	44.20
Anorachuesa Momin	44.00
Alandi Kadime Marak	43.80
Wandasha Sangma	43.70
Niksera Marak	43.30
Sengsalyne Sengatchi Marak	43.30

### NORTH GARO HILLS

Participants	Highest Jumps
Enriyana Momin	56.10
Tusame Marak	49.50
Silanchi Sangma	48.70
Atche Sangma	48.00
Menatchi Marak	47.50
Enisha Momin	46.70
Premika Momin	46.40
Cheame Sangma	45.50
Beronika Marak	44.90
Silmatchi Sangma	44.70

### SOUTH GARO HILLS

Participants	Highest Jumps
Anosha Sangma	52.30
Jerikchi Marak	50.90
Aneba Marak	43.30
Aroma Marak	41.10
Palme Jakrimchi Marak	40.70
Nangrime Kachimchi Marak	39.70
Mikera Olkande Sangma	37.80
Dongkamchi Marak	34.50
Kasanchi Donesha Marak	33.40
Chichawe Sangma	32.70

### SOUTH WEST GARO HILLS

Participants	Highest Jumps
Mirita Koch	55.00
Evancherime Marak	50.80
Salkim Marak	49.10
Mespila Sangma	48.60
Sildame Sangma	48.60
Tangchu Sangma	46.50
Zakchi Sangma	46.30
Tengsilchi Areng	46.00
Beuarick Marak	45.80
Amsesa Sangma	45.50

### RI-BHOI

Participants	Highest Jumps
Badahunlang Syngkli	50.60
Sildaris Makri	46.90
Ferisha Syngkli	46.80
Josfull Nongrum	45.20
Laweibaphyrnai Lyngdoh Lyngkhai	44.60
Verisha Maring	44.20
Ibadanisha Shadap	43.80
Mandashisha Maiong	42.10
Philarishisha Lapang	41.70
Balari Sujai	41.60

### EAST KHASI HILLS

Participants	Highest Jumps
Darie Laldusonga	64.80
Nisha Lyngdoh	58.60
Angeleen Nongrum	51.60
Bethlyne Makri	51.50
Nicole Lyngdoh	51.50
Rosmi Chamroy	51.30
Indariewkor Nengnong	51.10
Phibanylla Eleanora Thongni	50.10
Idakordor Marngar	49.80
Meaihun Kharsohtun	49.80

### WEST KHASI HILLS

Participants	Highest Jumps
Adorable Thabah	48.20
Tresha Nongbri	48.20
Felicia Diengdoh	48.00
Jerryson Kharjahrin	47.60
Genisha Lyngdoh	46.80
Diangarti Kharbani	45.40
Dolly Thongni	45.20
Phibashisha Lyngdoh	45.20
Shaniska Wanniang	44.90
Willcyrose Syiemiong	44.70

### EASTERN WEST KHASI HILLS

Participants	Highest Jumps
Lamtimai Khyllait	47.80
Kandamankyrhai Lyngdoh Nonglait	43.10
Bakordor Nongrum	42.70
Lyngksiarbaphyrnai Lmawlong	42.00
Aihabakmen Marngar	41.70
Majestica Syiemlieh	41.70
Nakibakordor Lyngkhai	41.70
Elvinia Marbaniang	41.20
Phidarish Marbaning	41.10
Artifuly Syiemlieh	41.00

### SOUTH WEST KHASI HILLS

Participants	Highest Jumps
Fairly Jones Syiemlieh	50.50
Rishal Marngar	48.20
Iwanjanai Nongsiej	44.70
Banrikordor Ramsiej	43.80
Dameshwa No_LastName 2690	43.80
Dakarupaia No_LastName 228	42.90
Daniel No_LastName 1900	42.90
Marycarelyne Nongsiej	42.80
Ibashisha Lyngkhai	41.80
Balapynsuk Dkhar	41.50

### EAST JAINTIA HILLS

Participants	Highest Jumps
Nishwa Lamare	49.10
Kani Pyrngap	45.60
Yoometre Malang	42.80
Nalarisha Shylla	42.70
Manbhaki Dkhar	42.20
Jessika Dkhar	41.10
Marymagdalena Phawa	40.60
Niharika Pegu	39.20
Christian Dkhar	39.00
Lina Swer	38.30

### WEST JAINTIA HILLS

Participants	Highest Jumps
Daiahunlangki Shylla	50.60
Anisha Bareh	48.30
Ebhawansha Shadap	48.30
Jessica Darnei	47.20
Deinambhami Phawa	47.10
Lanaika Kamar	46.90
Dachii Lywait	45.20
Hansakani Lakai	45.20
Dalamphika Pala	45.00
Hakanipaia Lakiang	44.30

# VERTICAL JUMP PERFORMANCE ANALYSIS - MALE

## NUMBER OF PARTICIPANTS FROM EACH DISTRICT

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

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

Participants 13 years or younger

District	Participant	Highest Jumps
<b>EAST GARO HILLS</b>	Dongrikam Sangma	73.30
	Saljakra Marak	72.20
	Terang Sangma	70.30
	Tengkimra Sangma	70.20
	Rikeo Momin	68.80
	Ramke Marak	61.70
	Jacob Momin	60.00
	Ricky Areng	59.50
	Milnath Sangma	59.30
	Aking Marak	56.70
Greatway Marak	56.70	
<b>WEST GARO HILLS</b>	Kimkim Momin	72.80
	Heidi Marak	66.30
	Pangdimrak Sangma	65.30
	Rajit Sangma	64.10
	Chehan Sangma	64.00
	Fullbackstar Shangrit	61.90
	Thanksbirth Sangma	61.90
	Nansrambath Sangma	61.50
	Salgitilongrim Momin	61.10
	Andrew Sangma	60.90
<b>NORTH GARO HILLS</b>	Abanggi Sangma	73.70
	Raja Marak	72.10
	Chanangbirth Marak	66.10
	Tusal Sangma	64.80
	Adil Sangma	64.30
	Prenoal Marak	62.30
	Jamin Marak	61.70
	Johnfardin Sangma	59.20
	Kadil Sangma	59.00
	Luckybirth Momin	58.70
<b>SOUTH GARO HILLS</b>	Akura Jangko Marak	69.30
	Bromian Sangma	63.80
	Walsrang Sangma	63.10
	Chekim Marak	60.80
	Chesanbath Sangma	58.30
	Gitchoe Sangma	58.30
	Bambirth Sangma	58.00
	Chigambil Marak	56.90
	Chijang Marak	56.60
	Chesal Sangma	53.30
<b>SOUTH WEST GARO HILLS</b>	Briantang Marak	75.30
	Gracewin Marak	73.80
	BalDIM Sangma	68.80
	Chalmikgre Marak	67.80
	Raksan Marak	66.10
	Jainikson Sangma	65.80
	Ram Koch	64.90
	Domsrang Marak	64.00
	Palbith Sangma	62.80
	Balsrang Marak	62.50
<b>RI-BHOI</b>	Michaelson Syiem	68.10
	Dangiaidlynti Tmung	67.60
	Bankitbok Lyngdoh	64.30
	Lucky Marak	62.80
	Dipinstar Namsaw	60.90
	Siamthara Nampui	60.80
	Rilang Dkhar	57.50
	Jackson Lyngdoh	57.00
	Arthur Syiemiong	56.90
	Aiboklang Nongphlang	56.70
<b>EAST KHASI HILLS</b>	Dariang Sangma	77.40
	Darrel Birani	76.20
	Cheltis Shylla	75.30
	Everroy Myrsung	73.10
	Hengoulen Singh	71.40
	Ashraful Nongsiej	70.30
	Samenaki Kharbuli	69.10
	Bankitlang Mawrein	68.40
	Aldrick Kharkongar	67.60
	Mewanpyntgen Shadap	67.60
<b>WEST KHASI HILLS</b>	Lambert Wahlang	78.30
	Josej Marbaniang	74.70
	Vicky Marshillong	74.70
	Fillandjost Marngar	73.10
	Pynbiangbor Lyngdoh	67.40
	Ardor Marbaniang	67.30
	Johnronal Sangriang	66.90
	Firstboklang Mawlieh	65.30
	Mebanialam Mawlieh	64.80
	Shaipharlin Nongsiej	64.40
<b>EASTERN WEST KHASI HILLS</b>	Lawanphrang Mawnai	71.00
	Bawanlang Lyngdoh Mawnai	65.30
	Fasttar Lawryniang	61.90
	Nibel Lyngkhai	60.90
	Namphrangbatskhem Lyngdoh Nonglait	59.80
	Wanlamkumar Kurbah	59.70
	Batkupar Nongrum	59.30
	Pynshailang Kharlait	59.00
	Ialambha Ryntathiang	56.10
	Rijiedskhem Kharsyntiew	55.20
<b>SOUTH WEST KHASI HILLS</b>	Lamboklang Tongwah	65.80
	Jeyson Dkhar	64.90
	Wankhalson Dkhar	62.50
	Waiborlang Syiemlieh	60.30
	Rishotskhem Jahrin	60.00
	Pynshailang Khardewsaw	59.70
	Daoshwa No_LastName 585	59.20
	Norbert Pariong	58.30
	Niewkorlang Syiemiong	56.90
	Deibanjop Syiemlieh	56.40
<b>EAST JAINTIA HILLS</b>	Jesper Phawa	60.90
	Kermiki Bareh	57.70
	Vicky Syrti	57.40
	Robin Dkhar	55.80
	Sanki Dkhar	55.80
	Daemi Phawa	55.20
	Phernakini Syrti	55.20
	Livingson Lamare	54.80
	Reachingson Tlang	54.40
	Sawame Bareh	54.20
<b>WEST JAINTIA HILLS</b>	Banlambha Pala	71.50
	Dachennamitre Lipon	64.10
	Eborlangmiki Sutnga	65.80
	Effify Bamon	73.10
	Gareth Tyngkan	68.40
	Hawnilast Salahe	63.50
	Rimiki Sungoh	67.10
	Rowland Talang	68.60
	Salonbhahmi Suchiang	66.60
	Valuble Sten	63.50
Wanjopmiki Suchaig	64.00	

## 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 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 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

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

District	Participant	Fastest Times
<b>EAST GARO HILLS</b>	Parpetna Marak	2.87
	Dipika Marak	3.03
	Anima Areng	3.03
	Grikchi Sangma	3.05
	Chiame Marak	3.14
	Meanji Marak	3.14
	Balmitchi Momin	3.14
	Asime Sangma	3.16
	Sengse Sangma	3.16
	Rimgchera Momin	3.19
<b>WEST GARO HILLS</b>	Arkeyandomio Momin	2.51
	Akangesa Sangma	2.51
	Kyara Marak	2.51
	Akira Sangma	2.57
	Sara Sangma	2.66
	Chuangsha Jagame Marak	2.73
	Dodime Sangma	2.74
	Adiel Anana Marak	2.76
	Amava Marak	2.76
	Kasan Nangrime Sangma	2.80
<b>NORTH GARO HILLS</b>	Premika Momin	2.76
	Silanchi Sangma	2.77
	Senganchi Sangma	2.87
	Amanchi Momin	2.92
	Chekera Marak	3.01
	Atche Sangma	3.02
	Salminchi Momin	3.03
	Chechea Areng	3.03
	Menatchi Marak	3.14
	Brooke Jakmikse Sangma	3.18
<b>SOUTH GARO HILLS</b>	Kasanchi Donesha Marak	2.43
	Jerikchi Marak	2.82
	Palme Jakrimchi Marak	3.03
	Combe Marak	3.12
	Anosha Sangma	3.24
	Sengsalina Marak	3.24
	Riasen Marak	3.26
	Nanangsha Sangma	3.30
	Chuanbirimchi Sangma	3.50
	Chingedongesa Marak	3.52
<b>SOUTH WEST GARO HILLS</b>	Rongrime Areng	2.92
	Patmina Marak	2.99
	Amina Marak	3.04
	Salkim Marak	3.06
	Donika Koch	3.06
	Chobishatremy Marak	3.07
	Tengsilchi Areng	3.12
	Sildame Sangma	3.13
	Rolling Areng	3.14
	Simrikbal Marak	3.16
<b>RI-BHOI</b>	Deiphikmen Syngkli	2.74
	Ladianghun Mawphniang	2.81
	Trisha Khyndeit	2.92
	Philarishisha Lapang	3.05
	Balari Sujai	3.06
	Unity Maring	3.08
	Badahunlang Syngkli	3.09
	Emisha Umdor	3.10
	Ferisha Syngkli	3.10
	Wanrahbok Lapang	3.11
<b>EAST KHASI HILLS</b>	Jakrima Sangma	2.42
	Darie Laldusonga	2.47
	Gracel Shangplang	2.54
	Daphisha Kharkongor	2.58
	Anchisa Momin	2.67
	Baiahunshisha Nongbri	2.78
	Nabaiamonlang Wahlang	2.79
	Stesa Sangma	2.82
	Grejira Dsangma	2.83
	labadiewdor Nongsiang	2.83
<b>WEST KHASI HILLS</b>	Ioris Syiem	2.83
	Shimtihun Lyngdoh	2.86
	Ibanylla Nongsiej	2.91
	Balabetshwa Rongrin	2.93
	Nisha Thabah	2.93
	Fivanala Marthong	2.94
	Jerryson Kharjahnin	2.94
	Daiahunlang Kharbani	2.95
	Ireemyca Lyngdoh	2.95
	Ann Thongni	2.95
<b>EASTERN WEST KHASI HILLS</b>	Larityngkai Lawriniang	2.59
	Kandamankyrhai Lyngdoh Nonglait	2.71
	Banriakor Diengdoh	2.82
	Wandarika Marbaniang	2.82
	Bakordor Nongrum	2.85
	Ibaihun Kurbah	2.89
	Ridanchcy Mawdoh	2.92
	Bailibad Nonglait	2.94
	Damenangsan Mawblei	2.98
	Rihunshisha Mawnai	3.02
<b>SOUTH WEST KHASI HILLS</b>	Kyrhailin Wanniang	2.60
	Larikordor Marngar	2.61
	Rosesable Ramsiej	2.64
	Laribok Lyngkhoh	2.79
	Phibadondor Kharjahnin	2.80
	Merishisha Syiemlieh	2.81
	Elisa Nongsiej	2.85
	Banrikordor Ramsiej	2.85
	Rupabashisha Lyngdoh	2.85
	Fairly Jones Syiemlieh	2.93
<b>EAST JAINTIA HILLS</b>	Nishwa Lamare	2.78
	Jenifear Dkhar	2.82
	Anamika Dkhar	2.86
	Unity Dkhar	2.94
	Faith Patwet	2.98
	Nangkyrkhur Lamurong	3.10
	Emika Tlang	3.12
	Anu Magar	3.12
	Sakani Langstang	3.13
	Nazareen Sympli	3.15
<b>WEST JAINTIA HILLS</b>	Nikicordala Pakma	2.53
	Hakanipaia Lakiang	2.58
	Nicely Langbang	2.73
	Lanaika Kamar	2.76
	Filyjones Suiam	2.80
	Salina Phawa	2.83
	Daiahunlangki Shylla	2.89
	Elphira Pasi	2.92
	Ebhawansha Shadap	2.93
	Hansakani Lakai	2.93

# 10 METRE LADDER PERFORMANCE ANALYSIS - MALE

## NUMBER OF PARTICIPANTS FROM EACH DISTRICT

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

Participants	Fastest Times
Biubirth Sangma	2.33
Ollambe Sangma	2.40
Pringchang Sangma	2.41
Jacob Momin	2.43
Kerry Sangma	2.44
Sanggra Sangma	2.52
Birongsil Sangma	2.53
Agate Sangma	2.58
Arbonchiochang Sangma	2.58
Hyankulsh Marak	2.61

### WEST GARO HILLS

Participants	Fastest Times
Rollingstone Momin	2.11
Chesalon Sangma	2.15
Salniang Marak	2.18
Aman Isreal Marak	2.21
Borianmoran Marak	2.26
Kimkim Momin	2.33
Nilbath Sangma	2.33
Tusal Marak	2.33
Bonchang Marak	2.33
Andrew Sangma	2.34

### NORTH GARO HILLS

Participants	Fastest Times
Jeff Alhamba Momin	2.28
Ladin Penang	2.31
Henry Sangma	2.35
Bettingstar Sangma	2.37
Sengkam Sangma	2.41
Tengsram Sangma	2.47
Prenoal Marak	2.49
Chanangbirth Marak	2.50
Kalbin Sangma	2.50
Raja Marak	2.52

### SOUTH GARO HILLS

Participants	Fastest Times
Akura Jangko Marak	2.66
Brilliance Marak	2.66
Nisan Sangma	2.71
Chesanbath Sangma	2.73
Gitchoe Sangma	2.73
Sackaio Sangma	2.74
Salchugra Marak	2.74
Bromian Sangma	2.76
Rikanku Marak	2.79
Arbian Sangma	2.82

### SOUTH WEST GARO HILLS

Participants	Fastest Times
Gracewin Marak	2.14
Matsrang Sangma	2.27
Nilaranjan Hajong	2.33
Raksan Marak	2.35
Deboraj Koch	2.40
Rankey Areng	2.42
Puroshatom Hajong	2.47
Briankristibath Sangma	2.48
Palbith Sangma	2.52
Sanggra Sangma	2.52

### RI-BHOI

Participants	Fastest Times
Chirupdawanki Nonglait	2.29
Rohit Thakur	2.43
Kornes Jana	2.44
Bakmenlang Mariang	2.50
Rimanbha Marphniang	2.53
Bennison Shadap	2.55
Austin Tynsong	2.58
Khlurshongdor Lymphuid	2.58
Kitboklang Shangpliang	2.59
Kynsaibor Pamshong	2.60
Lucky Marak	2.60

### EAST KHASI HILLS

Participants	Fastest Times
Nongkiew Nongneng	2.24
Donkumar Ryntathiang	2.24
Aiboklang Nongrum	2.25
Darius Dkhar	2.26
Bahlumg Padeng	2.30
Rakshit Bajaj	2.30
Samishang Vashim	2.31
Ryan Kharchandy	2.34
Samenaki Kharbuli	2.36
Stephan Marwein	2.38

### WEST KHASI HILLS

Participants	Fastest Times
Shainingstar Kharlait	2.32
Kheindorlang Hoojon	2.36
Habandajop Kharbani	2.40
Rafeal Diengdoh	2.43
Mebanpynbha Bani	2.45
Mebankhraw Kbani	2.46
Sidarius Syiemlieh	2.48
Firstboklang Mawlieh	2.48
Banshanlang Kharbani	2.50
Rishanbor Kharsanglein	2.51

### EASTERN WEST KHASI HILLS

Participants	Fastest Times
Lawanphrang Mawnai	2.27
Andyson Rani	2.29
Pashandor Syiemlieh	2.48
Bawanlang Lyngdoh Mawnai	2.48
Rishanbok Lyngdohkynshi	2.49
Ialambha Ryntathiang	2.50
Nehlang Ryntathiang	2.51
Nibel Lyngkhai	2.52
John Vianney Puwein	2.55
Habaniaitei Nonglait	2.56

### SOUTH WEST KHASI HILLS

Participants	Fastest Times
Dashanlang Syiemlieh	2.41
Wanboklang Rngaid	2.47
Sanggra Sangma	2.52
Mebankit Syiemlieh	2.53
Niewkorlang Syiemiong	2.55
Stebarsan Lyngdoh	2.57
Wallamkumar Lyngkhai	2.58
Givenson Marwein	2.59
Wellverijune Lyngdoh	2.60
Elbertson Syiemlieh	2.60

### EAST JAINTIA HILLS

Participants	Fastest Times
Jesper Phawa	2.54
Fedrickson Nongtdu	2.56
Semiona Darnei	2.57
Threevenson Phawa	2.63
Arki Phawa	2.64
Batista Phawa	2.70
Kynmo Phawa	2.70
Fester Dkhar	2.71
Jeffer Suting	2.73
Edison Muksor	2.75

### WEST JAINTIA HILLS

Participants	Fastest Times
Daoo Syih	2.29
Mebanpyntngen Mawlong	2.44
Fedrick Kassar	2.45
Iahlang Sana	2.47
Iomiki Dong	2.48
Jrffre Numpui	2.50
Effify Bamon	2.50
Nikolas Slong	2.50
Rihio Shylla	2.50
Rapsien Kyndiah	2.51

## 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

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

Participants 13 years or younger

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

### EAST GARO HILLS

Participants	Fastest Times
Parpetna Marak	8.76
Sengse Sangma	10.01
Ringchera Momin	10.10
Wandrisha Momin	10.28
Abarim Momin	10.29
Manika Sangma	10.38
Grikchi Sangma	10.43
Pringkime Sangma	10.59
Dipika Marak	10.76
Rani Momin	10.77

### WEST GARO HILLS

Participants	Fastest Times
Wanmera Sangma	8.64
Rikkesh Momin	8.78
Chuesa Sangma	8.95
Tengsilchi Marak	9.01
Ellayansha Sangma	9.26
Arkeyandomio Momin	9.39
Alandi Kadime Marak	9.49
Briyana Momin	9.50
Walchera Sangma	9.68
Abanggi Chue Marak	9.70

### NORTH GARO HILLS

Participants	Fastest Times
Enriyana Momin	9.06
Menatchi Marak	9.24
Beronika Marak	10.07
Atche Sangma	10.13
Sengsa Sangma	10.17
Enchiri Sangma	10.20
Premika Momin	10.20
Enisha Momin	10.21
Marisa Momin	10.22
Chechea Areng	10.32

### SOUTH GARO HILLS

Participants	Fastest Times
Kasanchi Donesha Marak	8.94
Palme Jakrimchi Marak	9.84
Mikera Olkande Sangma	9.90
Anosha Sangma	10.17
Nangrime Kachimchi Marak	10.76
Jerikchi Marak	10.87
Dikachira Sangma	10.91
Nanangsha Sangma	10.97
Combe Marak	10.98
Aneba Marak	11.00

### SOUTH WEST GARO HILLS

Participants	Fastest Times
Sildame Sangma	8.90
Zakchi Sangma	8.99
Ezemea Sangma	9.08
Ellyana Sangma	9.10
Chinam Sangma	9.11
Evancherime Marak	9.25
Abigal Marak	9.38
Chiora Sangma	9.41
Tengsilchi Areng	9.71
Amina Marak	9.73

### RI-BHOI

Participants	Fastest Times
Balari Sujai	8.85
Ferisha Syngkli	9.04
Ritimon Syiem	9.10
Rimaphi Lapang	9.75
Wanrahbok Lapang	9.89
Badahunlang Syngkli	10.04
Lawei Lyngdoh	10.08
Doralin Ronhi	10.11
Philarishisha Lapang	10.27
Lalteipuii Khongsni	10.32

### EAST KHASI HILLS

Participants	Fastest Times
Viviana Pariat	7.77
Jakrimra Asangma	7.82
Darie Laldusonga	8.33
Rosmi Chamroy	8.35
Isalarica Lapang	8.40
Netania Tariang	8.42
Valarisa Marak	8.44
Bethlyne Makri	8.49
Hun-I-Dakani Wahlang	8.50
Nicole Lyngdoh	8.54

### WEST KHASI HILLS

Participants	Fastest Times
Banmila Dkhar	8.64
Isawanda Thabah	8.78
Phibashisha Lyngdoh	9.03
Nisha Thabah	9.04
Medabatskhem Nongbri	9.09
Merysha Marthong	9.15
Baphishisha L.marshillong	9.21
Ioris Syiem	9.30
Dolly Thongni	9.36
Veronika Sohshiang	9.37

### EASTERN WEST KHASI HILLS

Participants	Fastest Times
Kandamankyrhai Lyngdoh Nonglait	8.68
Larityngkai Lawriniang	9.42
Wandarika Marbaniang	9.78
Falisha Kurbah	9.91
Mimisha Syiemlieh	9.95
Inerishisha Warjri	10.03
Jacica Ryntathieng	10.03
Dahunlinshisha Hujon	10.04
Bakordor Nongrum	10.08
Rikmenlang Basaiawmoit	10.11

### SOUTH WEST KHASI HILLS

Participants	Fastest Times
Rishal Marngar	8.91
Laribok Lyngkhai	9.07
Larikordor Marngar	9.16
Lanosha Kharsyiemiong	9.18
Stefica Jyrwa	9.23
Ladianghun Marngar	9.26
Phibadondor Kharjhrin	9.32
Steffinisa Shangdiar	9.36
Rupabashisha Lyngdoh	9.37
Elisa Nongsiej	9.63

### EAST JAINTIA HILLS

Participants	Fastest Times
Twinkle Rymbai	8.88
Dakermonlang Swer	9.32
Debora Darnei	9.60
Yoometre Malang	9.60
Nalarisha Shylla	9.67
Kami Sunar	9.69
Perima Sunar	9.69
Meridaka Kanai	9.72
Lydia Phawa	9.91
Jessika Dkhar	9.93

### WEST JAINTIA HILLS

Participants	Fastest Times
Lanaika Kamar	8.03
Daiahunlangki Shylla	8.69
Kdup Lyngdoh	9.66
Deinambhami Phawa	9.67
Madona Niang	9.99
Risalynda Siangshai	10.04
Radika Lyngdoh	10.31
Nikicordala Pakma	10.49
Daffijune Paslein	10.51
Kanri leid Manar	10.54

# COMPASS DRILL PERFORMANCE ANALYSIS - MALE

## NUMBER OF PARTICIPANTS FROM EACH DISTRICT

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

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

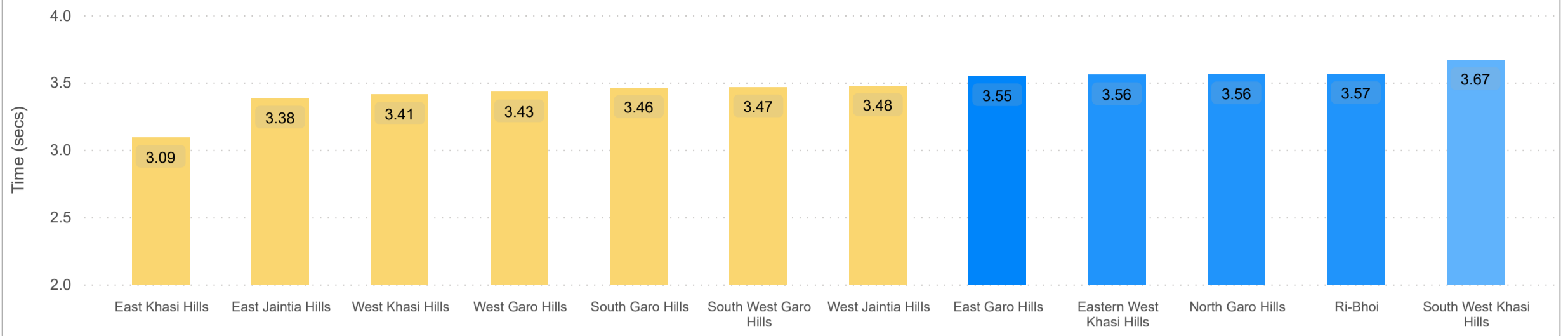
Participants 13 years or younger

District	Participant	Fastest Times
<b>EAST GARO HILLS</b>	Sanggra Sangma	7.97
	Nokkim Momin	8.15
	Biubirth Sangma	8.37
	Areyo Sangma	8.44
	Meghlyn Marak	8.63
	Agate Sangma	8.77
	Wish Marak	8.78
	Aking Marak	8.89
	Jacob Momin	8.90
	Torean Momin	9.03
<b>WEST GARO HILLS</b>	Leang Marak	7.07
	Pangdimrak Sangma	7.32
	Donkam Marak	7.54
	Chehan Sangma	7.56
	Rajit Sangma	7.83
	Johnsle Marak	7.90
	Rakkibirth Momin	7.97
	Baehbok Sari	7.97
	Tengnik Marak	7.98
	Jeobirth Marak	8.03
<b>NORTH GARO HILLS</b>	Grikra Momin	8.07
	Chanangbirth Marak	8.11
	Labyang Marak	8.29
	Raja Marak	8.30
	Ladin Penang	8.32
	Johnfardin Sangma	8.36
	Dravid Rabha	8.43
	Lecturebirth Marak	8.44
	Sengkam Sangma	8.44
	Chalnam Marak	8.55
<b>SOUTH GARO HILLS</b>	Chingbirth Sangma	7.58
	Christ Sangma	7.87
	Rikanku Marak	7.88
	Arbian Sangma	8.03
	Bemelen Momin	8.27
	Luckingbirth Sangma	8.30
	Akura Jangko Marak	8.31
	Nisan Sangma	8.43
	Niksrang Sangma	8.48
	Walsrang Sangma	8.54
<b>SOUTH WEST GARO HILLS</b>	Gracewin Marak	7.54
	Hyderian Sangma	7.76
	Negrosh Sangma	7.80
	Derim Marak	7.81
	Rankey Areng	7.93
	Rikrak Sangma	7.96
	Bestmen Marak	7.97
	Sanggra Sangma	7.97
	Chemicheang Sangma	8.14
	Sengatchu Sangma	8.15
<b>RI-BHOI</b>	Nelson Suphai	7.42
	Michaelson Syiem	7.84
	Mlanson Rynson	7.92
	Aiboklang Nongphlang	7.99
	Kyrshanlang Chyne	8.12
	Rohit Thakur	8.19
	Dipinstar Namsaw	8.23
	Pynshailang Diengdoh	8.24
	Balajied Lyngdoh	8.31
	Teibanjop Nongbri	8.32
<b>EAST KHASI HILLS</b>	Calvin Ramsiej	6.92
	Nongkiew Nongneng	7.02
	Antonio Ryngnga	7.03
	Cheltis Shylla	7.06
	Harsh Singhania	7.13
	Nemison Kharsati	7.14
	Repol Dkhar	7.15
	Bahlumg Padeng	7.25
	Marcellino Khongsit	7.27
	Bhalang Shadap	7.28
<b>WEST KHASI HILLS</b>	Fillandjost Marngar	7.78
	Josej Marbaniang	7.83
	Aibanlang Puwein	7.84
	Richardstar Nongphud	7.91
	Iohborlang Mawlieh	8.04
	Pynwanbiang Tympuin	8.06
	Luke Mawlieh	8.06
	Wanshaibor Shyrkon	8.09
	Andronej Wahlang	8.12
	Kheindorlang Hoojon	8.17
<b>EASTERN WEST KHASI HILLS</b>	Lawanphrang Mawnai	7.42
	Bawanlang Lyngdoh Mawnai	8.18
	Banteibok Wahlang	8.22
	Bistales Marbaniang	8.29
	Belkit Ryntathiang	8.38
	Keddy Lyngkhoi	8.38
	Nikhilhenry Wahlang	8.38
	Banshgain Diengdoh	8.42
	Wanbansan Wahlang	8.54
	Nehlang Ryntathiang	8.56
<b>SOUTH WEST KHASI HILLS</b>	Wellverijune Lyngdoh	7.60
	Sanggra Sangma	7.97
	Pynshngainlang Myllem	7.98
	Lamboklang Tongwah	8.03
	Wanboklang Rngaid	8.17
	Niewkorlang Syiemiong	8.20
	Rishanlang Sohphoh	8.24
	Givenson Marwein	8.24
	Dashanlang Syiemlieh	8.28
	Ribestar Kharbhih	8.30
<b>EAST JAINTIA HILLS</b>	Kermiki Bareh	7.93
	Arki Phawa	8.41
	Eligius Rymbai	8.50
	Shibonki Kyndait	8.54
	Fisterson Shylla	8.62
	Esalanme Bareh	8.67
	Bewithus Sympli	8.75
	Emiral Suiam	8.77
	Nehltre Pdain	8.82
	Marbud Sukhlain	8.88
<b>WEST JAINTIA HILLS</b>	Salonbhami Suchiang	7.66
	Samebiang Shylla	7.85
	Daekyrpangmitre Pyrngap	7.93
	Tipmiki Shylla	8.51
	Rankin Vaichei	8.54
	Khaljieng Marak	8.68
	Mechan Bareh	8.69
	Nangsoi Dhar	8.72
	Pynshngai Shylla	8.78
	Effify Bamon	8.82

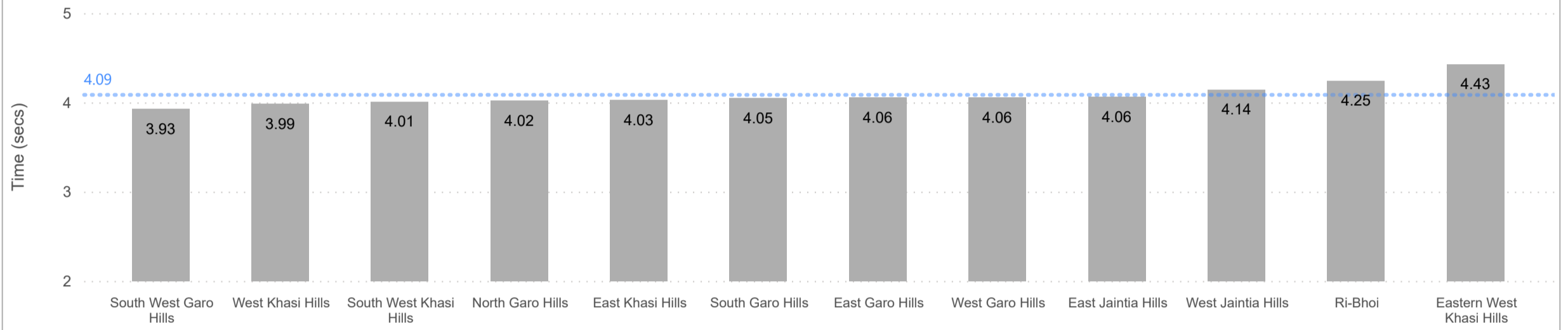
# PERFORMANCE COMPARISON PER DISTRICT - FEMALE

## 20 METRE SPRINT - DISTRICT BEST AND AVERAGE RESULTS COMPARISON

### FASTEST TIMES FROM EACH DISTRICT

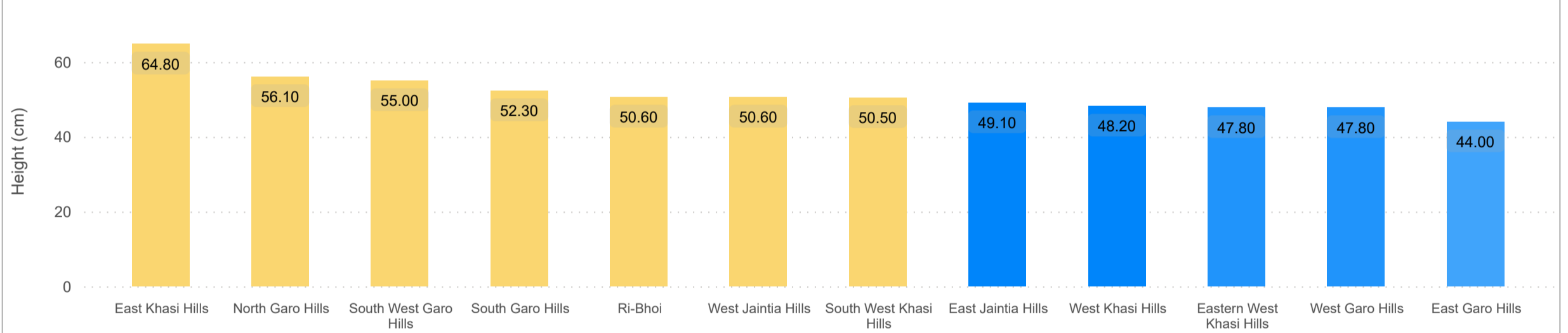


### AVERAGE TIMES FROM EACH DISTRICT

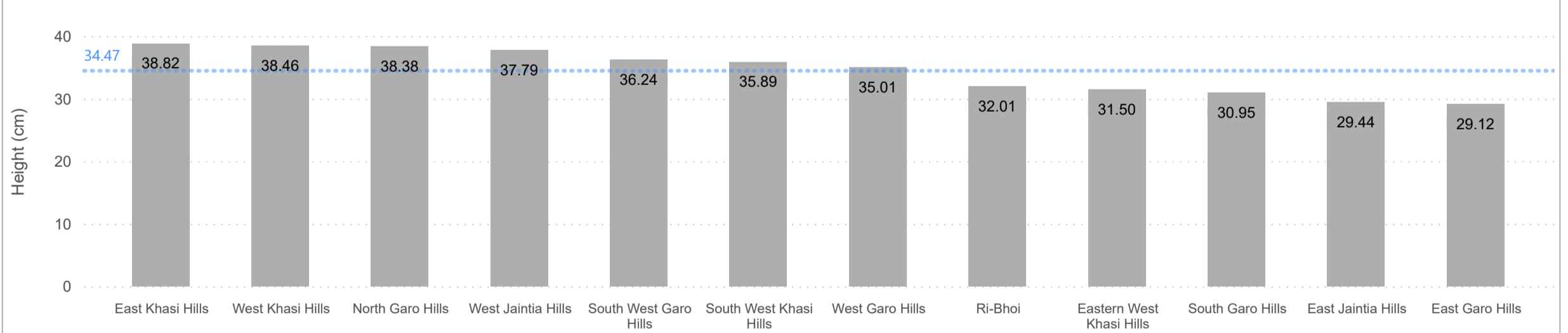


## COMBINE VERTICAL JUMP - DISTRICT BEST AND AVERAGE RESULTS COMPARISON

### HIGHEST COMBINE VERTICAL JUMP FROM EACH DISTRICT



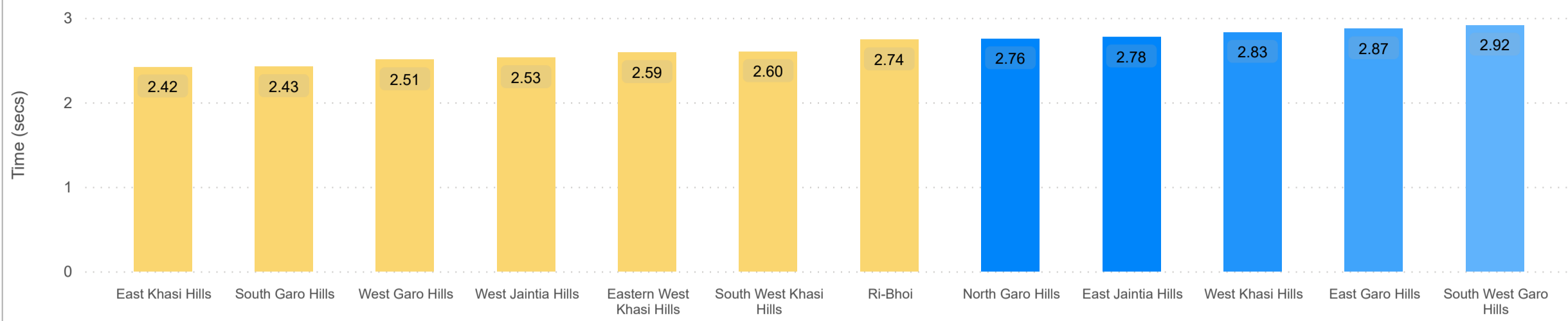
### AVERAGE COMBINE VERTICAL JUMP FROM EACH DISTRICT



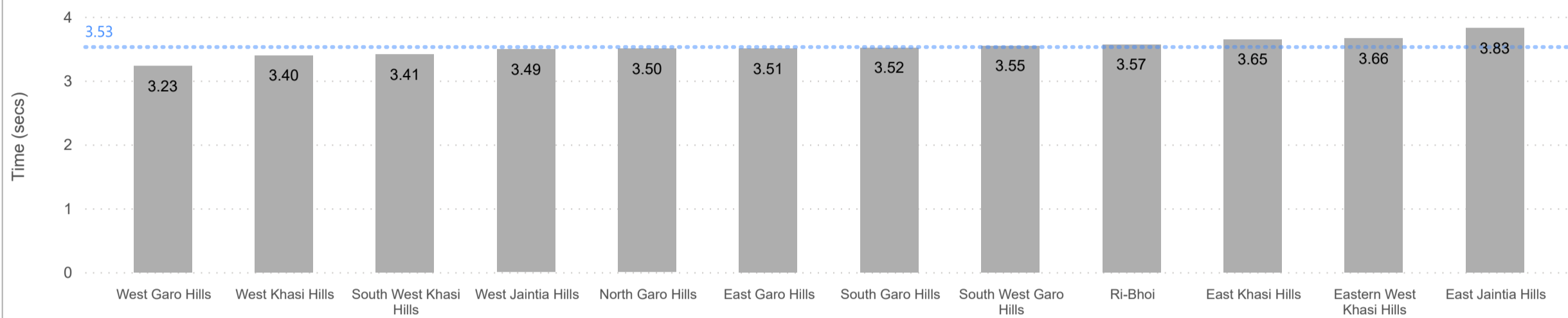
# PERFORMANCE COMPARISON PER DISTRICT - FEMALE

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

### FASTEST TIMES FROM EACH DISTRICT

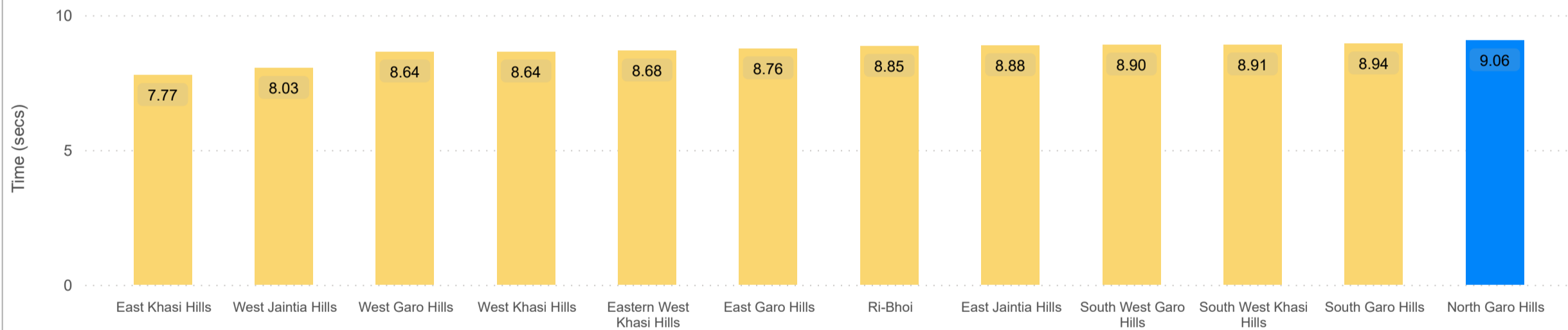


### AVERAGE TIMES FROM EACH DISTRICT

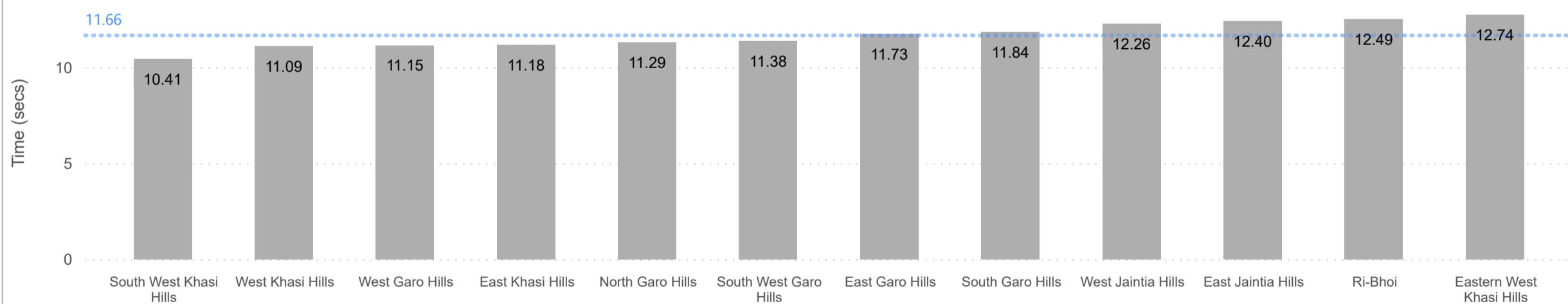


## COMPASS DRILL - DISTRICT BEST AND AVERAGE RESULTS COMPARISON

### FASTEST TIMES FROM EACH DISTRICT



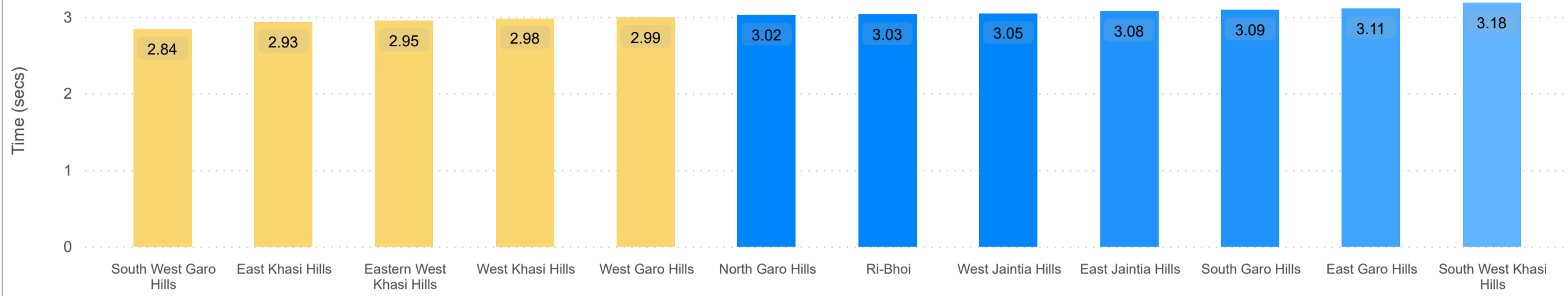
### AVERAGE TIMES FROM EACH DISTRICT



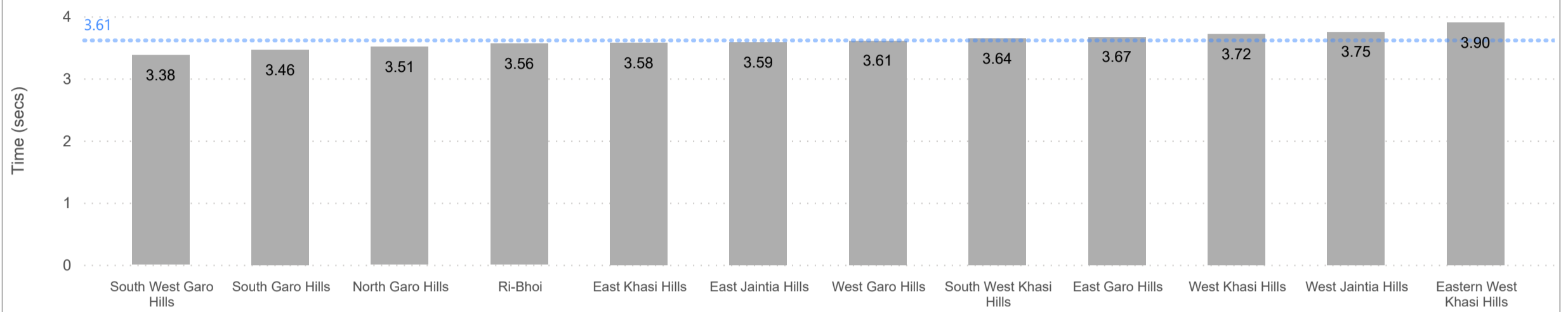
# PERFORMANCE COMPARISON PER DISTRICT - MALE

## 20 METRE SPRINT - DISTRICT BEST AND AVERAGE RESULTS COMPARISON

### FASTEST TIMES FROM EACH DISTRICT

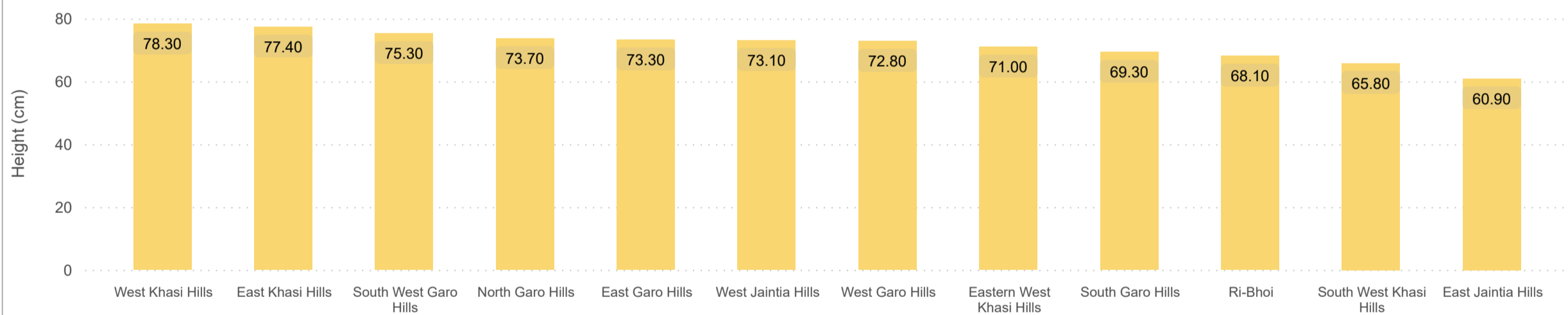


### AVERAGE TIMES FROM EACH DISTRICT

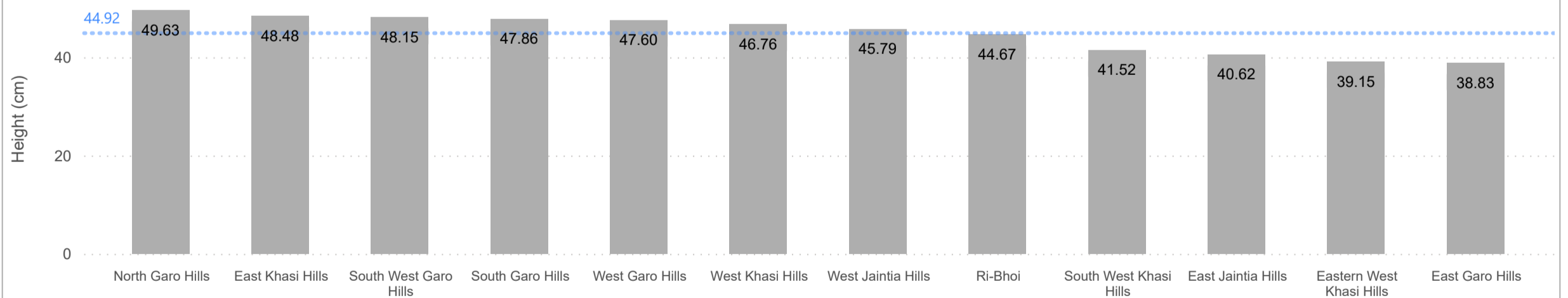


## COMBINE VERTICAL JUMP - DISTRICT BEST AND AVERAGE RESULTS COMPARISON

### HIGHEST COMBINE VERTICAL JUMP FROM EACH DISTRICT



### AVERAGE COMBINE VERTICAL JUMP FROM EACH DISTRICT

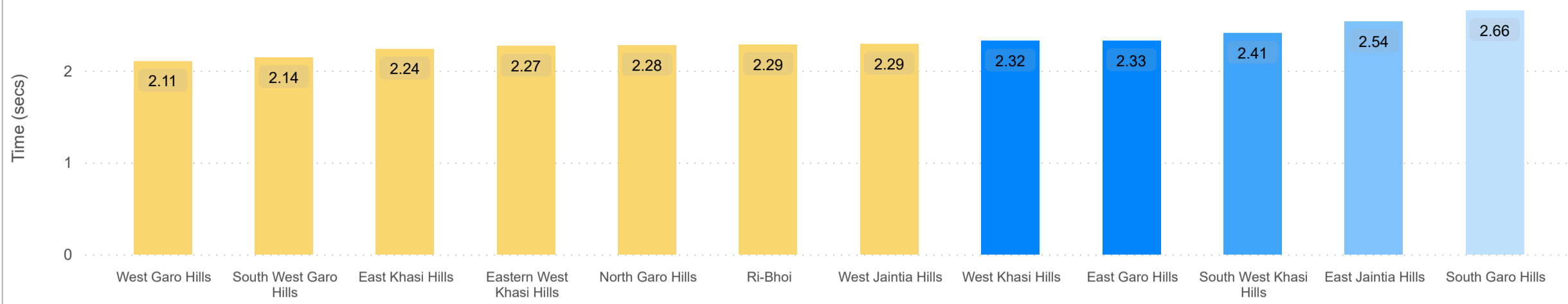




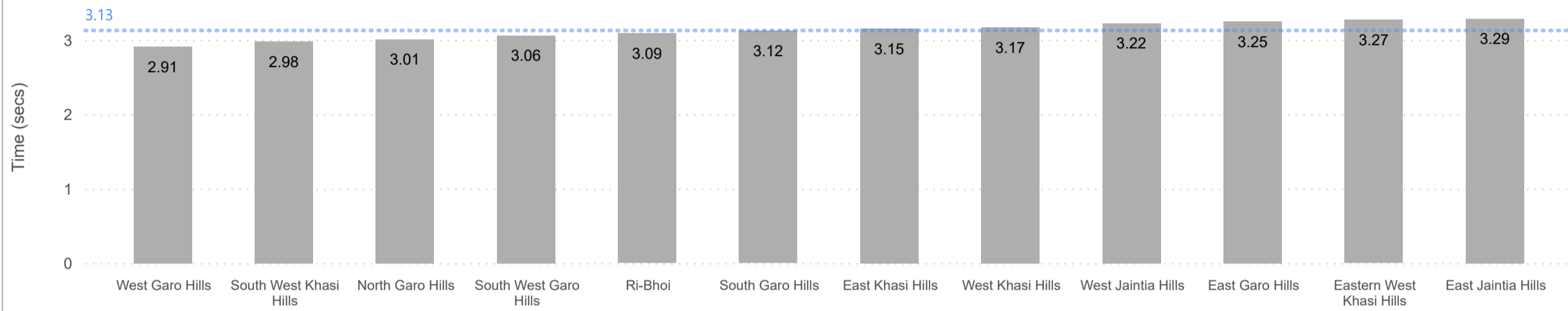
# PERFORMANCE COMPARISON PER DISTRICT - MALE

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

### FASTEST TIMES FROM EACH DISTRICT

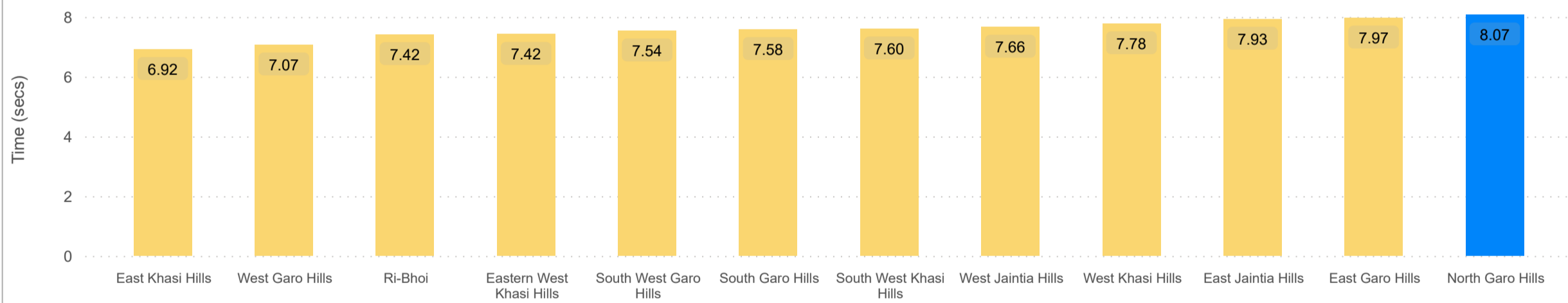


### AVERAGE TIMES FROM EACH DISTRICT

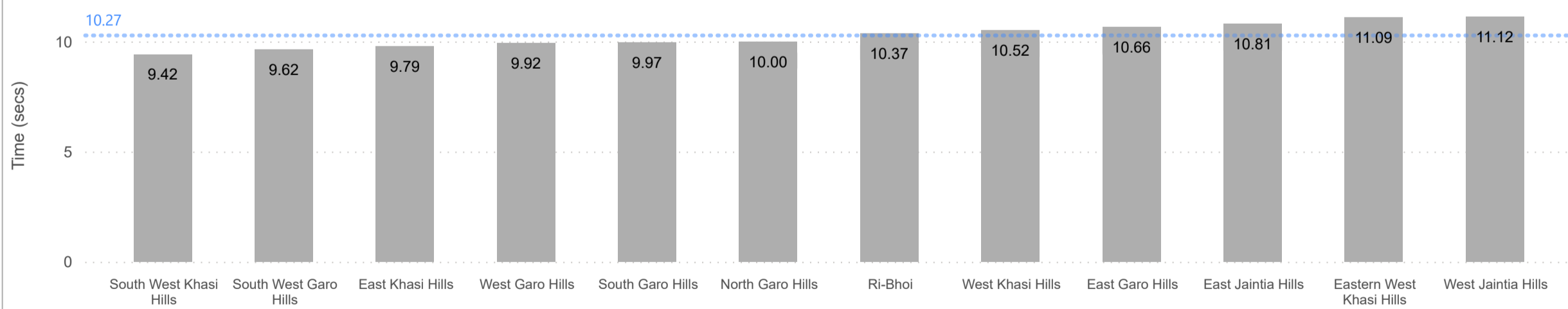


## COMPASS DRILL - DISTRICT BEST AND AVERAGE RESULTS COMPARISON

### 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.