

Records (as on 29 Feb 2008)

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MEN

100m

WR	9.74	Asafa Powell	JAM	2007
AR	9.99	Samuel Francis	QAT	2007
MR	10.35	Chintaka de Zoysa	SRI	1998
AFG	10.96	Ahmed Zemaryalai		2007
BAN	10.54	Md. Mahabub Alam		1999
BHU	11.4m	Tshering Norbu		2000
	11.4m	Pema Wangchuk		2001
IND	10.30	Anil Kumar		2005
MDV	11.16	Mohammed Amir		1998
NEP	10.71	Ram Krishna Chaudhari		1999
PAK	10.42	Afzal Baig		2005
SRI	10.29	Chintaka de Zoysa		1999

200m

WR	19.32	Michael Johnson	USA	1996
AR	20.03	Shingo Suetsugu	JPN	2003
MR	21.09	Sugath Tilakaratne	SRI	1998
AFG	23.22	Yussuf Zaid		1960
BAN	21.15	Md. Mahabub Alam		1999
BHU	22.5m	Robin Thamang		2001
IND	20.73	Anil Kumar		2000
MDV	22.50	Mohammed Amir		1993
NEP	21.92	Ram Krishna Chaudhari		1995
PAK	21.15	Maqsood Ahmed		1999
SRI	20.69	Sugath Tilakaratne		1998

400m

WR	43.18	Michael Johnson	USA	1999
AR	44.56	Mohamed Al-Malky	OMN	1988
MR	45.67	Sugath Tilakaratne	SRI	1998
AFG	49.0m	Habib Zareef Syed		1963
	50.87	Abdul Hamid		1997
BAN	47.2m	Mehdi Hasan		1991
	47.55	Mohamed Hossein Milzer		1986
BHU	53.4m	Bal Bahadur Thamang		2002
	57.37	Bal Bahadur Thamang		2004
IND	45.48	K.M. Binu		2004
MDV	49.18	Mohammed Amir		1995
NEP	48.32	Asha Ram Chaudhari		1990
PAK	46.75	Saghir Ahmad		2004
SRI	44.61	Sugath Tilakaratne		1998

800m

WR	1:41.11	Wilson Kipketer	DEN	1997
AR	1:43.11	Yousef Saad Kamel	BRN	2004
MR	1:49.30	V. Ratnakumara	SRI	1998
AFG	1:59.0m	Mohammed Asif		1962
BAN	1:51.16	Mohamed Hossein Milzer		1988
BHU	2:05.05	Karma Dorji		1999
IND	1:45.77	Sriram Singh		1976
MDV	1:53.08	Naseer Ismail		1999
NEP	1:50.60	Dhani Ram Chaudhari		1995
PAK	1:48.10	Muhammad Siddique		1974
SRI	1:47.56	Ranjit Subasinghe		1993

1500m

WR	3:26.00	Hicham El Guerrouj	MAR	1998
AR	3:29.14	Rashid Ramzi	BRN	2006
MR	3:54.44	Bahadur Prasad	IND	1997
AFG	4:02.0m	Nesrulaha		1973
BAN	3:50.46	Mustaque Ahmed		1987
BHU	4:08.09	Lungten Tshering		2004
IND	3:38.00	Bahadur Prasad		1995
MDV	4:00.06	Hussain Riyaz		1993
NEP	3:46.63	Gop Bahadur Adhikari		1993
PAK	3:41.4m	Muhammad Younis		1970
SRI	3:43.82	Chaminda Indika Wijekoon		2005

5000m

WR	12:37.35	Kenenisa Bekele	ETH	2004
AR	12:51.98	Saif Saeed Shaheen	QAT	2006
MR	14:30.26	Gulab Chand	IND	1997
AFG	16:04.7m	Waheed Karim		1991
BAN	14:47.19	Mohamed Eliysuddin		1995
BHU	16:40.10	Tshewang Pema		2004
IND	13:29.70	Bahadur Prasad		1992
MDV	15:36.52	Hussain Riyaz		1993
NEP	14:04.89	Rajendra Bahadur Bhandari		2004
PAK	14:08.4m	Muhammad Younis		1977
SRI	14:08.5m	Kathan A. Chandradasa		2004

10000m

WR	26:17.53	Kenenisa Bekele	ETH	2005
AR	26:38.76	Abd. Ahmad Hassan	QAT	2003
MR	30:24.10	Anuradha Cooray	SRI	1998
AFG	33:25.6m	Nouruddin		1961
BAN	30:27.7m	Mohamed Eliysuddin		1999
BHU	38:39.7m	Dhoman Tenzin		1984
IND	28:48.72	Hari Chand		1976
MDV	34:33.46	Hussain Haleem		1989
NEP	30:39.1m	Rajendra Bahadur Bhandari		2006
PAK	30:27.2m	Mazhar Hussain		1977
SRI	29:18.0m	S.L.B. Rosa		1975

110m Hurdles

WR	12.88	Liu Xiang	CHN	2006
AR	12.88	Liu Xiang	CHN	2006
MR	14.21	Mahesh Perera	SRI	1998
AFG	-NA-			
BAN	14.15	Mahfuzur Rahman		2007
BHU	-NA-			
IND	14.05	Naunidh Singh		2005
MDV	-NA-			
NEP	16.17	Rajendra Kunwar		1999
PAK	14.11	Ghulam Abbas		1989
SRI	14.00	Mahesh Perera		1997

400m Hurdles

WR	46.78	Kevin Young	USA	1992
AR	47.53	Al-Somaily Hadi	KSA	2000
MR	50.96	Harijan Ratnayake	SRI	1998
AFG	-NA-			
BAN	51.87	Abdur Rahim Nayeem		1993
BHU	-NA-			
IND	49.51	Joseph G. Abraham		2007
MDV	-NA-			
NEP	53.23	Asha Ram Chaudhari		1993
PAK	49.90	Mohammad Amin		1994
SRI	49.44	Harijan Ratnayake		2000

High Jump

WR	2.45	Javier Sotomayor	CUB	1993
AR	2.39	Zhu Jianhua	CHN	1984
MR	2.04	SUJ Rajapaksha	SRI	1998
AFG	1.90	Abdoul Skour		1973
BAN	2.02	Sajib Hossain		2007
BHU	1.75	Balaram		1998
IND	2.25	Harishankar Roy		2004
MDV	1.80	Ahmed Zabeer		2006
NEP	1.90	Balkrishna Choudhari		2006
PAK	2.06	Ahmed Bilal		2001
SRI	2.27	Manjula Kumara Wijesekara		2004

Pole Vault

WR	6.14	Sergey Bubka	UKR	1994
AR	5.90	Grigoriy Yegorov	KAZ	1993
	5.90	Igor Potapovich	KAZ	1996
MR	4.80	Ruwan P. Perera	SRI	1998
AFG	-NA-			
BAN	4.35	Humayun Kabir		2006
BHU	-NA-			
IND	5.10	Vijaypal Singh		1987
MDV	-NA-			
NEP	3.85	Rudra Bhattarai		1994
PAK	4.90	Muhammad Ayub		2005
SRI	4.85	Ruwan P. Perera		1999

Long Jump

WR	8.95	Mike Powell	USA	1991
AR	8.48	Md. S. Al-Khuwailidi	KSA	2006
MR	7.74	B.S. Vinod	IND	1997
AFG	7.05	Mohammed Anwar		1940
BAN	7.42	Mohamed Bani Amin		1996
BHU	6.21	Tshewangla		2003
IND	8.08	Amritpal Singh		2004
MDV	6.26	Assad Abdul Oanee		1996
NEP	7.00	Krishna Bahadur Giri		1999
PAK	7.79	Muhammad Urfaq		1989
SRI	7.86	Sujith Rohitha		1999

Triple Jump

WR	18.29	Jonathan Edwards	GBR	1995
AR	17.35	Oleg Sakirkin	KAZ	1994
MR	15.58	Nelan Siriwardena	SRI	1998
AFG	12.99	Mohammed Anwar		1940
BAN	15.55	Afzal Hossain		1991
BHU	13.25	Bishnu Prodham		1998
IND	17.04	Maheshwary Renjith		2007
MDV	12.76	Ahmed Fall		1996
NEP	15.20	Sitaram Chaudhari		2001
PAK	16.45	Zafar Iqbal		2007
SRI	16.26	Sampath Weerasinghe		2006

Shot Put

WR	23.12	Randy Barnes	USA	1990
AR	20.61	Sultan M. Al-Hebshi	KSA	2007
MR	17.40	Mukesh Singh	IND	1997
AFG	13.50	Abdoul Hakim		1941
BAN	14.25	Mozaffar Hossain		1998
BHU	12.48	Phaba Namgay		1998
IND	20.42	Shakti Singh		2000
MDV	10.30	Ahmed Falaf		1989
NEP	13.92	Ujr Singh Bista		1999
PAK	18.25	Ghufraim Hussain		2000
SRI	16.62	Talavou F. Alaileema		1995

Discus Throw

WR	74.08	Jurgen Schult	GDR	1986
AR	67.95	Ehsan Hadadi	IRI	2007
MR	57.28	Anil Kumar	IND	1997
AFG	39.90	Abdoul Hakim		1941
BAN	44.06	Azharul Islam		2005
BHU	39.00	Tamyang Tashi		2003
IND	64.96	Vikas Gowda		2007
MDV	30.79	Hassan Shamoon		2002
NEP	40.68	Chabi Ram Shrestha		1999
PAK	55.10	Basharat Ali		2006
SRI	53.52	Gayan Upendra Jayawardana		2006

Hammer Throw

WR	86.74	Yuriy Sedykh	URS	1986
AR	84.86	Koji Murofushi	JPN	2003
MR	67.26	Pramod Tiwari	IND	1997
AFG	17.44	Najibullah Najm		2004
BAN	56.54	Monimul Hoque		1992
BHU	-NA-			
IND	70.16	Rakesh Kumar Yadav		2003
MDV	-NA-			
NEP	47.66	Tanka Bahadur Thapamagar		1999
PAK	68.20	Aqarab Abbas		1995
SRI	37.64	RMNPK Ratnayake		2007

Javelin Throw

WR	98.48	Jan Zelezny	CZE	1996
AR	87.60	Kazuhiro Mizoguchi	JPN	1989
MR	75.37	Jagdish Singh	IND	1998
AFG	-NA-			
BAN	63.58	Ariful Hoque		1990
BHU	50.50	Tashi Wangchuk		2005
IND	79.68	Satbir Singh Saran		1998
MDV	45.46	Ibrahim Mohamed		1991
NEP	70.39	Khurshed Ahmed Khan		1999
PAK	78.25	Zahid Ali Mahmood		2001
SRI	74.27	Pradeep Nishantha		2003

4 x 100m Relay

WR	37.40	United States of America	1992
AR	38.31	Japan	1997
MR	40.58	Sri Lanka	1998
AFG	43.75	National Team	1974
	43.1m	National Team	1963
BAN	40.59	National Team	1989
BHU	54.6m	National Team	2000
IND	39.36	National Team	2002
MDV	43.18	National Team	1995
NEP	41.17	National Team	1995
PAK	40.36	National Team	2004
SRI	39.71	National Team	2004

4 x 400m Relay

WR	2:54.20	United States of America	1998
AR	3:00.76	Japan	1996
MR	3:09.61	Sri Lanka	1998
AFG	3:56.5m	National Team	1940
BAN	3:12.41	National Team	1993
BHU	4:10.1m	National Team	1992
IND	3:02.62	National Team	1998
MDV	3:20.04	National Team	1995
NEP	3:14.89	National Team	1999
PAK	3:07.03	National Team	2004
SRI	3:02.71	National Team	2000

WOMEN

100m

WR	10.49	Florence G. Joyner	USA	1988
AR	10.79	Li Xuemei	CHN	1997
MR	11.88	Vinitha Tripathi	IND	1998
AFG	14.14	Rabina Muqeemyar		2004
BAN	12.26	Shamsun Nahar Chumki		2003
	11.7m	Nazmun Nahar Beauty		2006
BHU	14.3m	Namgay Wangmo		1997
IND	11.38	Rachita Mistry		2000
MDV	12.27	Shamha Ahmed		2001
NEP	12.19	Devi Maya Paneru		1999
PAK	11.95	Shabana Akhtar		1991
SRI	11.04	Susanthika Jayasinghe		2000

200m

WR	21.34	Florence G. Joyner	USA	1988
AR	22.01	Li Xuemei	CHN	1997
MR	23.90	P.T. Usha	IND	1997
AFG	-NA-			
BAN	25.04	Nazmun Nahar Beauty		2006
	24.4m	Shamsun Nahar Chumki		2003
BHU	30.4m	Namgay Wangmo		1997
IND	22.82	Saraswati Saha		2002
MDV	26.25	Shamha Ahmed		1999
NEP	25.00	Devi Maya Paneru		1999
PAK	24.53	Shabana Akhtar		1991
SRI	22.28	Susanthika Jayasinghe		2000

400m

WR	47.60	Marita Koch	GDR	1985
AR	49.81	Ma Yuqin	CHN	1993
MR	53.13	Rosa Kutty	IND	1997
AFG	-NA-			
BAN	55.46	Nazmun Nahar Beauty		2004
BHU	68.2m	Khandu Lhamo		2001
IND	51.05	Manjjeet Kaur		2004
MDV	60.92	Shifana Ali		2004
NEP	60.8m	Chandra Kala Thapa		2006
PAK	55.02	Erum Khanum		1995
SRI	51.05	Damayanthi Dharsha		2000

800m

WR	1:53.28	Jarina Kratochvilova	TCH	1983
AR	1:55.54	Liu Dong	CHN	1993
MR	2:00.94	Rosa Kutty	IND	1997
AFG	-NA-			
BAN	2:13.3m	Sharmila Ray Chakma		1985
BHU	2:53.4m	Tenzin Yangdan		2003
IND	1:59.85	Shiny Wilson		1995
MDV	2:28.92	Yaznee Nasheeda		1999
NEP	2:11.05	Raj Kumari Pandey		1989
PAK	2:08.04	Bushra Parveen		2006
SRI	2:03.85	Sriyani Dhammika Menike		1992

1500m

WR	3:50.46	Qu Yunxia	CHN	1993
AR	3:50.46	Qu Yunxia	CHN	1993
MR	4:30.24	Rekha	IND	1998
AFG	-NA-			
BAN	4:51.73	Rahima Khan Juthi		1995
BHU	5:21.3m	Tandin Pema		2002
IND	4:06.03	Sunita Rani		2002
MDV	5:18.37	Fathmath Hashma Abdul Aziz		2006
NEP	4:34.47	Raj Kumari Pandey		1990
PAK	4:31.41	Sumera Zahoor		2004
SRI	4:24.90	Shannika Samanmalee		2007

5000m

WR	14:16.63	Meseret Defar	ETH	2007
AR	14:28.09	Jiang Bo	CHN	1997
MR	17:04.02	M.A. Molly	IND	1998
AFG	-NA-			
BAN	-NA-			
BHU	-NA-			
IND	15:18.77	Sunita Rani		2002
MDV	-NA-			
NEP	16:55.85	Kanchi Maya Koju		2006
PAK	19:07.61	Sajida Ramzan		2006
SRI	16:21.18	Sujeewa Nilmani Jayasena		2003

100m Hurdles

WR	12.21	Yordanka Donkova	BUL	1988
AR	12.44	Olga Shishigina	KAZ	1995
MR	13.84	Sriyani Kulawansa	SRI	1998
AFG	-NA-			
BAN	14.36	Sumita Rani		2006
BHU	-NA-			
IND	13.38	Anuradha Biswal		2002
MDV	19.84	Nashfa Amira		2002
NEP	17.95	Maya Thapa		1987
PAK	14.7m	Noshi Parveen		2003
SRI	12.91	Sriyani Kulawansa		1996

400m Hurdles

WR	52.34	Yuliya Pechonkina	RUS	2003
AR	53.96	Qing Han	CHN	1993
	53.96	Song Yinglan	CHN	2001
MR	62.81	Mangalika de Silva	SRI	1998
AFG	-NA-			
BAN	-NA-			
BHU	-NA-			
IND	55.42	P.T. Usha		1984
MDV	-NA-			
NEP	69.6m	Kamala Prasai		1990
PAK	61.8m	Nadia Nazir		2007
SRI	59.79	S.Y.A. Kusumawathi		2005

High Jump

WR	2.09	Stefka Kostadinova	BUL	1987
AR	1.97	Ling Jin	CHN	1989
	1.97	Svetlana Zalevskaya	KAZ	1996
	1.97	Tatyana Efimenko	KGZ	2003
MR	1.86	Bobby Aloysius	IND	1998
AFG	-NA-			
BAN	1.67	Sathi Parveen		2002
BHU	1.35	Pema Lhamo		1997
IND	1.91	Bobby Aloysius		2004
MDV	1.47	Rana Ahmed Sadik		1996
NEP	1.45	Keshari Chaudhari		2007
PAK	1.69	Rehana Kausar		1999
SRI	1.81	Priyanka Madhuwanthi		2008

Long Jump

WR	7.52	Galina Chitstyakova	URS	1988
AR	7.01	Yao Weili	CHN	1993
MR	6.26	G.G. Pramila	IND	1998
AFG	-NA-			
BAN	6.07	Foujia Huda		2004
BHU	5.47	Tashi Dema		2003
IND	6.83	Anju Bobby George		2004
MDV	4.75	Nashfa Amira		2000
NEP	5.40	Narayani Thapaliya		1997
PAK	6.31	Shabana Akhtar		1995
SRI	6.40	Nayanthi K. Chandrasena		2002

Triple Jump

WR	15.50	Inessa Kravets	UKR	1995
AR	14.90	Xie Limei	CHN	2007
MR	13.01	Lekha Thomas	IND	1998
AFG	-NA-			
BAN	-NA-			
BHU	9.34	Namgay Wangmo		1998
IND	13.67	Anju Bobby George		2002
MDV	9.81	Shain Rashed		1996
NEP	10.75	Keshari Chaudhary		2008
PAK	11.39	Nosheen Parveen		2004
SRI	13.00	Anusha Kariyawasam		2002

Shot Put

WR	22.63	Natalya Lisovskaya	URS	1987
AR	21.76	Li Meisu	CHN	1988
MR	16.51	Harbans Kaur	IND	1997
AFG	-NA-			
BAN	12.14	Nelly Jesmin		1992
BHU	11.74	Phup Lhamngmo		2000
IND	17.43	Harbans Kaur		1997
MDV	8.54	Asihad Abdul Eva Fafoor		2002
NEP	10.69	Manju Shrestha		1986
PAK	14.57	Zeenat Parveen		2005
SRI	14.45	Nadeeka Muthunayake		2006

Discus Throw

WR	76.80	Gabriele Reinsch	GDR	1988
AR	71.68	Xiao Yanling	CHN	1992
MR	53.28	Neelam J. Singh	IND	1997
AFG	-NA-			
BAN	42.90	Joytsna Afroz		1993
BHU	31.18	Namkha Lhamo		2001
IND	64.64	Seema Antil		2004
MDV	24.33	Shifla Abdul Latheef		2004
NEP	31.59	Sujata Subba		1989
PAK	38.17	Kalsoom Shahzadi		2000
SRI	47.50	Padmanandini Wijesundara		2006

Javelin Throw

WR	71.70	Osleidys Menendez	CUB	2005
AR	63.92	Wei Jianhua	CHN	2000
MR				<i>Not Yet Contested</i>
AFG	-NA-			
BAN	42.60	Hajera Akhtar Dolly		2004
BHU	39.89	Sangay Lhamo		2005
IND	58.64	Gurmeet Kaur		2000
MDV	24.71	Aminath Shiruna		2002
NEP	34.14	Lila Maya Thapa		2000
PAK	44.40	Parveen Akhtar		2005
SRI	58.48	Nadeeka Lakmali		2007

4 x 100m Relay

WR	41.37	East Germany		1985
AR	42.23	China (Sichuan Province)		1997
MR	45.65	Sri Lanka		1998
AFG	-NA-			
BAN	47.55	National Team		2006
BHU	64.5m	National Team		2004
IND	44.43	National Team		1998
MDV	52.19	National Team		2007
NEP	49.13	National Team		1999
PAK	47.28	National Team		2006
SRI	43.89	National Team		2001

4 x 400m Relay

WR	3:15.17	Soviet Union		1984
AR	3:24.28	China (Hebei Province)		1993
MR	3:39.48	Sri Lanka		1998
AFG	-NA-			
BAN	3:55.55	National Team		1993
BHU	-NA-			
IND	3:26.89	National Team		2004
MDV	4:43.7m	National Team		2005
NEP	4:08.91	National Team		1999
PAK	3:44.81	National Team		2006
SRI	3:35.42	National Team		1999

Key: WR = World Record;
AR = Asian continental Record;
MR = SAAF Meet Record;
[followed by "National Records"
of participating nations]

The first SAAF meet was held in 1997 at New Delhi. Colombo hosted the next edition in 1998. The Third edition scheduled in 2000 (at Delhi) postponed due to floods in Bangladesh.

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