

## Intervarsity Sports Records

- i. Weightlifting
- ii. Athletics
- iii. Swimming

- i. Weightlifting

Body/weight class	Name/University	Year	Snatch	Clean & Jerk	Total
56 Kgs.	Imran Ismail University of Central Punjab	<b>2009-10</b>	<b>90</b>		
56 Kgs.	Asad Ullah Punjab University	2008-09		112	
62 Kgs	Asad Ullah University of Central Punjab	<b>2009-10</b>	<b>100</b>	<b>123</b>	<b>223</b>
69 Kgs	Umar Rasool Central Punjab, Lahore	2008-09	111	147	258
77 Kgs.	Iffi Abbas Central Punjab	2004-05	120	160	280
85 Kgs.	Saddam Sajid G C U Lahore	<b>2009-10</b>		<b>146</b>	
85 Kgs.	M. Jamil GCU, Faisalabad	2008-09	115		
94 Kgs.	Usman Rathor Central Punjab	2008-09	140	175	315
105 Kgs	Saqib Raza Central Punjab, Lahore	2008-09	115	150	265
+105 Kgs.	Imtinan Dar Central Punjab, Lahore	2008-09	125	155	280

- ii. Athletics

Men:-

Event	Name	University	Year	Record
100 Metres	Zafar Iqbal	Engg. Peshawar	1983	10.5
200 Metres	Zafar Iqbal	Engg. Peshawar	1983	21.6
400 Metres	Aal-i-Ali	Agri. Faisalabad	1989	48.3
800 Metres	Meesaq Rizvi	Karachi Univ.	1984	1:54
1500 Metres	Farooq Khan	Punjab Univ.	1962	4:01.2
3000 S-Chase	Naheed Raza	Agri. Faisalabad	1986	9:31.69
5000 Metres	Safdar Ali	Punjab Univ.	1958	15:4.8
10000 Metres	Naheed Raza	Agri. Faisalabad	1986	32:24.25
110 M.Hurdles	Mohammad Shah	Peshawar Univ.	1998	14.3
400 M. Hurdles	Manzur-ul-Haq	Agri. Faisalabad	1963	53.2
4 x 100 Relay	Team	Agri. Faisalabad	1970	43.0
4 x 400 Relay	Team	Agri. Faisalabad	1987	3:18.79
High Jump	Khalid Chaudhary	NED Engg. Karachi	1989	6'-2 1/2 "
Long Jump	Saeed Akhtar	Punjab University	1975	7.02m
Triple Jump	Haider Ali	Punjab university	1985	14.93m
Pole Vault	Mohammad Naeem	Agri. Faisalabad	1968	3.68m
Shot Put	Ameer Hamza	Agri. Faisalabad	1981	14.97m
Discus Throw	Asim Aleem	Punjab university	2000	46.45m
Hammer Throw	Ghulam Noorani	Peshawar University	1974	52.78m
Javelin Throw	Mohammad Aslam	Agri. Faisalabad	1987	65.27m

## Women:-

Event	Name	University	Year	Record
100 Metres	Shazia Khan	Karachi University	2001	12.4
200 Metres	Noshaba Khan	Karachi University	1987	25.78
400 Metres	Noshaba Khan	Karachi University	1987	1:02.38
800 Metres	Amna Khalid	Punjab University	2006	2:04.47
1500 Metres	Misbah Yousaf	Punjab University	2008	5:53.73
3000 Metres	Ms. Fakhra	G C U Faisalabad	2008-09	13:30.4
5000 Metres	Kausar Batool	Punjab University	2006	23:00.53
100 M Hurdles	Ghazala Naheed	Punjab University	1986	15.55
400 M Hurdles	Sumaira Tayyaba	Punjab University	2006	1:14.54
4 x 100 M Relay	Team	Karachi University	1989	53.09
4 x 400 M Relay	Team	Punjab University	2002	4:21.67
Long Jump	Beenish Amin	Punjab University	2006	5.22m
High Jump	Shabeena Ali	Karachi University	2000	1.50m
Triple Jump	Sehrish Nawaz	Punjab University	2005	9.34m
Javelin Throw	Shabeena Ahmad	Punjab University	1986	39.42m
Discus Throw	Yasra Abroo	Shah Latif Univ. Khairpur	2000	36.73m
Shot Put	Madiha Latif	Punjab University	2008	11.23m

### iii. SWIMMING

Event	Name	University	Year	Record
50 M Freestyle	Faraz Samad	Madina Univ. Faisalabad	2005	27.66
100 M Freestyle	Bilal Jehangir	Punjab University	1994	1:01.50
200 M Freestyle	Bilal Jehangir	Punjab University	1994	2:21.37
400 M Freestyle	Bilal Jehangir	Punjab University	1994	4:37:00
800 M Freestyle	Skindar Hayat	Punjab University	1992	12:37.56
1500 M Freestyle	Bilal Jehangir	Punjab University	1995	18:54.17
4 x 100 M FreeStyle	Team	Karachi University	<b>2008-09</b>	4:39.90
100 M Back	Nabeel Ishtiaq	Punjab University	1980	1:11.90
200 M Back	Nabeel Ishtiaq	Punjab University	1980	2:40.50
100 M Butterfly	Nabeel Ishtiaq	Punjab University	1980	1:07.40
200 M Butterfly	Bilal Jehangir	Punjab University	1994	2:43.14
100 M Breast	Asif Amin Sh.	Punjab university	1981	1:17.00
200 M Breast	Rohail Waqar	University of Central Punjab	<b>2008-09</b>	2:54.09
400 M Individual Medley	Bilal Jehangir	Punjab University	1994	5:28.52
4 x 100 M Team Medley	Team	Karachi University	<b>2008-09</b>	5:12.90