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MINISTRY OF EDUCATION
DEPARTMENT OF YOUTH & SPORTS

**Records of the 16th National School Games
&
National School Athletics Meets
2019**

*"The true spirit of sport means respecting yourself, the sport,
your coaches and your competitors. That means working hard,
being fair, honest and free from drugs"
Markus Rogan, Austrian swimmer*

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**Games and Sports Division
Department of Youth and Sports
Thimphu : Bhutan
www.dys.gov.bt**

**Result Football and TRADITIONAL Archery Tournament held at Sarpang in
January 2020**

**Department of Youth and Sports
Ministry of Education**

SL	Event	Post.	School	Dzongkhag
1	Football (boys)	Winner	Ugyen Academy	Punakha
		Runners-Up	Yangchenphug HSS	Thim Throm
2	Football (girls)	Winner	Gelephu HSS	Gelephu Thromde
		Runners-Up	Kelki HSS	Thimphu Thromde
3	Traditional Archery	Winner	Damphu CS	Tsirang
		Runners-Up	Nangkhor CS	Pemagatshel

Foreword

The National School Athletics Meet and the National School Games are organized subsequent to the Dzongkhag School Sports Meets (DSSMs) and Regional School Sport Meets (RSSMs). The National events are coordinated by the Games and Sports Division, Department of Youth and Sports on an annual basis with funding from the Royal Government of Bhutan. The conduct of such activities does not only help to motivate student's participation in sports but also facilitate them to exhibit their talents at the National Level. In addition, it enhances solidarity amongst youth and provide them with good learning exposure as the events are conducted at different parts of the country.

The Record booklet is annually compiled by the Games and Sports Division and is made available to all relevant stakeholders. The booklet also contains the Standing Records of the National School Athletics.

We are optimistic that the information provided in this booklet would be useful reference and serve as a benchmark for our aspiring young athletes.

With best wishes.

“Sport, with its joys and triumphs, its pains and defeats, its emotions and challenges, is an unrivalled medium for the promotion of education, health, development and peace. Sport helps us demonstrate, in our pursuit of the betterment of humanity, that there is more that unites us than divides us”

Adolf Ogi - Former Special Adviser to the UN Secretary General on Sport
for Development and Peace.

Games and Sports Division
Department of Youth and Sports

"Participation in sports by children and adolescents can provide a range of benefits that can last into adulthood. These benefits are not limited to the expected physical improvements that come with physical activity, but also include important emotional and social benefits that can translate into stronger social and leadership skills".

Aspen Institute, USA

Sl	Event	Position	Name	School	Dz/Throm
1	Basketball (Boys)	Winner		Ugyen Academy	Punakha
		Runners- Up		Karma Academy	Paro
2	Basketball (Girls)	Winner		Dr. Tobgyal School	Thim Throm
		Runners- Up		Ugyen Academy	Punakha
3	Volleyball (Boys)	Winner		Kelki HSS	Thim Throm
		Runners- Up		Nganglam CS	Pemagatshel
4	Volleyball (Girls)	Winner		Nganglam CS	Pemagatshel
		Runners- Up		Zhengang CS	Zhemgang
5	Chess (Boys)	Winner	Phurpa Dorji	Bartsham CS	Trashigang
		Runners- Up	Rudra Bdr. Basnet	Sarpang CS	Sarpang
6	Chess (Girls)	Winner	Lali Maya Thapa	Yoezerling HSS	Paro
		Runners- Up	Karma Gyelmo	Wangchu MSS	Chukha
7	TT SGL (Boys)	Winner	Leki Dorji	Motithang HSS	Thim Throm
		Runners -Up	Sonam Wangchen	Mongar HSS	Mongar
8	TT SGL (Girls)	Winner	Sonam Dema	Kelki HSS	Thim Throm
		Runners -Up	Deepika Pradhan	Chukha CS	Chukha
9	TT DBL (Boys)	Winner	Leki Dorji	Motithang HSS	Thim Throm
		Winner	Arbin Acharya	Motithang HSS	Thim Throm
		Runners -Up	Sonam Wangchen	Mongar HSS	Mongar
		Runners -Up	Tenzin jamtsho	Mongar HSS	Mongar
10	TT DBL (Girls)	Winner	Tandin Bidha	Changangkha MSS	Thim Throm
		Winner	Sonam Choki Tamang	Changangkha MSS	Thim Throm
		Runners -Up	Kusum Chhetri	Gomtu HSS	Samtse
		Runners -Up	Pema Choden	Gomtu HSS	Samtse
11	Badminton SGL (Boys)	Winner	Jamyang Tenzin	Motithang HSS	Thim Throm
		Runners -Up	Jigme Singye	Phuntsholing HSS	P/ling Throm
12	Badminton SGL (Girls)	Winner	Kinley Wangmo	Dechencholing HSS	Thim Throm
		Runners -Up	Gaki Wangmo	Ugyen Academy	Punakha
13	Badminton DBL (Boys)	Winner	Karma Wangyel	Chukha CS	Chukha
		Winner	Kuenga Tshering	Chukha CS	Chukha
		Runners -Up	Karma Dorji	Rangjung CS	Trashigang
		Runners -Up	Dechen Dorji	Rangung CS	Trashigang
14	Badminton DBL (Girls)	Winner	Kinley Wangmo	Dechencholing HSS	Thim Throm
		Winner	Phuntsho Dema	Dechencholing HSS	Thim Throm
		Runners -Up	Tenzin Choki	Ugyen Academy	Punakha
		Runners -Up	Gaki Wangmo	Ugyen Academy	Punakha

SI	Event	Rank	Name	School	Dzongkhag	Record
16	Long Jump (Girls)	1st	POBI MAYA CHHETRI	Lungtenzampa MSS	ThimThrom	04.35m
		2nd	GEETA SANYASI	Damphu CS	Tsirang	04.14m
		3rd	SABUTRI RAI	Yangchengatshel MSS	Thimphu Dz	03.93m
17	High Jump (Boys)	1st	SAGAR CHHETRI	Damphu CS	Tsirang	01.67m
		2nd	PEMA WANGCHUK	Jampel HSS	Haa	01.64m
		3rd	KEZANG PHUNTSO	Jampheling CS	Trashigang	01.61m
18	High Jump (Girls)	1st	KINLEY BIDHA	Drugyel CS	Paro	01.33m
		2nd	TSHEWANG ZANGMO	Druk School	ThimThrom	01.30m
		3rd	TSHEWANG LHAMO	Rinchen HSS	ThimThrom	01.30m
19	Triple Jump (Boys)	1st	KARMA RIGYEL	Chhukha CS	Chukha	13.81m
		2nd	PEMA KUENZANG	Nima HSS	ThimThrom	12.58m
		3rd	NIMA DORJI TAMANG	Peljorling HSS	Samtse	12.01m
20	Triple Jump (Girls)	1st	CHADOR WANGMO	Daga CS	Dagana	09.43m
		2nd	KINZANG LHADEN	Yangchenphug HSS	ThimThrom	09.00m
		3rd	TASHI LHAMO	Samtse HSS	Samtse	08.99m
21	Javelin 800g (Boys)	1st	TSHULTRIM WANGCHUK	Karma Academy	Paro	44.96m
		2nd	GANGA BDR GHIMERAY	Pakshikha CS	Chukha	44.10m
		3rd	THINLEY DORJI	Rinchen HSS	ThimThrom	42.99m
22	Javelin 600g (Girls)	1st	DAWA DEM	Phobjikha CS	Wangdue	26.30m
		2nd	SANGAY ZANGMO	Orong CS	S/Jongkhar	22.40m
		3rd	LEKI WANGMO	Sonamthang CS	Zhemgang	21.72m
23	Discus 1.75kg (Boys)	1st	PHUB GYELTSHEN	Dashiding MSS	Punakha	32.00m
		2nd	PHUB DORJI	Pelkhil HSS	ThimThrom	30.54m
		3rd	TSHERING PHUNTSO	Zhemgang CS	Zhemgang	30.52m
24	Discus 1.00kg (Girls)	1st	TSHERING CHODEN	Tsirangtoe CS	Tsirang	24.24m
		2nd	DAWA DEM	Phobjikha CS	Wangdue	22.00m
		3rd	PASSANG OM	Desi High School	Thimphu Dz	20.67m
25	Shot put 6.00kg (Boys)	1st	PHUB GYELTSHEN	Dashiding HSS	Punakha	12.84m
		2nd	PHUB DORJI	Pelkhil HSS	ThimThrom	12.20m
		3rd	PEM TSHERING	Drugjeygang CS	Dagana	12.02m
26	Shot put 4.00kg (Girls)	1st	PEMA WANGMO	Dungsam Academy	S/Jongkhar	08.12m
		2nd	RINZIN WANGMO	Tshaphel LSS	Ha	07.60m
		3rd	YANGCHEN LHAMO	Jampheling CS	Trashigang	07.30m

**STANDING RECORD
OF
NATIONAL SCHOOL ATHLETICS COMPETITION
(As of March 2020)**

BOYS

Event	Name	Address	Record	Year
100 m	KINGA RABGAY	Mothithang HSS	00:11.20	2017
200 m	CHENCHO GYELTSHEN	Kelki HSS	00:23.16	2014
400 m	MIPHAM YOEZER GURUNG	Pelkhil School	00:54.32	2017
800 m	CHIMI WANGCHUK	Nima HSS	02:07.77	2018
1500 m	KINLEY TSHERING	Kelki HSS	04:27.97	2019
3000 m	KUNZANG NORBU	Mothithang HSS	09:27.97	2002
4X100 Relay	YANGCHENPHU HSS	Thim Throm	00:46.10	2014
Long Jump	TASHI DENDUP	Yangchenphu HSS	06.74m	2016
Triple Jump	KARMA RIGYEL	Chukha CS	13.81m	2019
High Jump	SONAM WANGCHUK	Wangbama CS	01.80m	2018
Shot Put	SONAM RINZIN	Zhemgang HSS	16.45m	2001
Discus	PHUB DORJI	Ugyen Academy	38.31m	2018
Javelin	TASHI WANGCHUK	Samtse MSS	50.50m	2005

GIRLS

Event	Name	Address	Record	Year
100 m	PRATIKSHA PRADHAN	Yangchenphu HSS	00:12.98	2018
200 m	SANGAY WANGMO	Ugyen Academy	00:28.05	2017
400 m	PRATIKSHA PRADHAN	Yangchenphu HSS	01:07.10	2019
800 m	GOMA PRADHAN	Mothithang HSS	02:41.67	2016
1500m	GOMA PRADHAN	Mothithang HSS	05:43.88	2016
3000m	GOMA PRADHAN	Mothithang HSS	12:30.14	2016
4X100 Relay	YANGCHENPHU HSS	Thim Throm	56.48m	2015
Long Jump	UGYEN CHODEN	Losei Gaytsho Academy	04.49m	2015
Triple Jump	TENZIN CHODEN	Yangchenphu HSS	09.80m	2016
High Jump	CHIMI WANGMO	Lhuntse HSS	01.39m	2018
Shot Put	PHUB LHAM	Yangchenphu HS	11.74m	2000
Discus	TSHERING CHODEN	Tsirangtoe CS	24.24m	2019
Javelin	SANGAY LHAMO	Mongar HSS	31.00m	2005

**Results of National School Athletics Meet held at
Thimphu , JULY 2019**

SI	Event	Rank	Name	School	Dzongkhag	Record
1	100 m (Boys)	1st	TENZIN DORJI	Kelki HSS	ThimThrom	00:11.23
		2nd	PRAVIN MONGER	Ugyen Academy	Punakha	00:11.58
		3rd	SANGAY NAMGAY	Drugyel CS	Paro	00:11.89
2	100 m (Girls)	1st	KINZANG LHADEN	Yangchenphug HSS	ThimThrom	00:13.95
		2nd	YESHI DEMA	Ugyen Academy	Punakha	00:13.98
		3rd	CHADOR WANGMO	Daga CS	Dagana	00:13.99
3	200 m (Boys)	1st	SANGAY NAMGAY	Drugyel CS	Paro	00:24.70
		2nd	LODAY R. ZANGPO	Ugyen Academy	Punakha	00:25.08
		3rd	NIMA YOEZER	Drukjeygang CS	Dagana	00:25.13
4	200 m (Girls)	1st	MUMTA NEOPANEY	Pelkhil HSS	ThimThrom	00:29.60
		2nd	YESHI DEMA	Ugyen Academy	Punakha	00:29.61
		3rd	GEETA SANYASI	Damphu CS	Tsirang	00:30.95
5	400 m (Boys)	1st	KINLEY TSHERING	Kelki HSS	ThimThrom	00:55.26
		2nd	NGAWANG PHUNTSHO	Ugyen Academy	Punakha	00:55.74
		3rd	THINLEY WANGCHUK	Yangchengatshel MSS	Thimphu Dz	00:56.20
6	400 m (Girls)	1st	PRATIKSHA PRADHAN	Yangchenphug HSS	ThimThrom	01:07.10
		2nd	LHAM KEEM	Mothithang HSS	ThimThrom	01:09.94
		3rd	NGAWANG CHOKI	Ugyen Academy	Punakha	01:12.95
7	800 m (Boys)	1st	KINLEY TENZIN	Yangchenphug HSS	ThimThrom	02:12.48
		2nd	KINLEY LHENDUP	Changzamtog MSS	ThimThrom	02:13.59
		3rd	KUMAR RAI	Sarpang CS	Sarpang	02:13.98
8	800 m (Girls)	1st	CHIME WANGMO	Kelki HSS	ThimThrom	02:45.23
		2nd	LHAM KEM	Mothithang HSS	ThimThrom	03:01.64
		3rd	TANDIN WANGMO	Ugyen Academy	Punakha	03:02.08
9	1500 m (Boys)	1st	KINLEY TSHERING	Kelki HSS	ThimThrom	04:27.25
		2nd	PREM KUMAR SUBBA	Gedu HSS	Chukha	04:47.00
		3rd	DEM DORJI	Tsangkha CS	Trongsa	04:50.80
10	1500 m (Girls)	1st	KINLEY ZAM	Yangchenphug HSS	ThimThrom	06:18.94
		2nd	TSHERING YANGDEN	Khuruthang MSS	Punakha	06:30.02
		3rd	THANKA OM	Yangchengatshel MSS	Thimphu Dz	06:34.70
11	3000 m (Boys)	1st	KARMA YOEZER	Dashiding HSS	Punakha	10:16.92
		2nd	KINLEY LHENDUP	Changzamtog MSS	ThimThrom	10:17.11
		3rd	KINGA WANGCHUK	Tashitse HSS	Trashigang	10:33.29

SI	Event	Rank	Name	School	Dzongkhag	Record
12	3000 m (Girls)	1st	CHIME WANGMO	Kelki HSS	ThimThrom	13:45:35
		2nd	BANDANA RAI	Drugyel CS	Paro	13:56.45
		3rd	TSHERING ZAM	Phobjikha CS	Wangdue	14:08.92
13	4X100 Relay (Boys)	1st	KINLEY NAMGAY	Ugyen Academy	Punakha	00:46.54
			DILIP MONGAR			
			TANDIN WANGCHUK			
			PRAVIN MONGAR			
		2nd	TSHERING DORJI	Yangchenphu HSS	ThimThrom	00:47.88
			JIGME SAMDRUP			
			RAJESH BISWA			
			KINLEY TENZIN			
		3rd	KARMA CHELTRIM	Pelkhil HSS	ThimThrom	00:48.20
			PEMA DENDUP			
			ABINO			
			TASHI TOBGAY			
14	4X100 Relay (Girls)	1st	KINZANG LHADEN	Yangchenphu HSS	Thimthrom	00:56.89
			KARMA P CHODEN			
			PRAKITSHA PRADHAN			
			TENZIN WANGMO			
		2nd	YESHI DEMA	Ugyen Academy	Punakha	00:58.75
			NGAWANG CHOKI			
			TANDIN WANGMO			
			PHUNTSHO OM			
		3rd	MUMTA NEOPANEY	Pelkhil HSS	ThimThrom	01:00.73
			KINLEY DEMA			
			CHIMI ZAM			
			TESHERING DEMA			
15	Long Jump (Boys)	1st	PEMA KUENZANG	Nima HSS	ThimThrom	06.10m
		1st	UGYEN DORJI	Chhukha CS	Chukha	05.84m
		3rd	PEMA NAMGAY	Buli CS	Zhemgang	05.76m