

ROWING FEDERATION OF INDIA

TOPS -ROWERS-2020

NAME Avinash Kaur

DOB 05.07.2003

ROWING EXPERIENCE 3 years



PERFORMANCE

2019 Asian Junior Rowing Championships	Thailand	JR.W1X, JW2x & JMIX4-	Gold-3
2018 37 th SENIOR NATIONAL ROWING CHAMPIONSHIP	ARN, Pune	W2-	Silver
2019 40 th JUNIOR NATIONAL ROWING CHAMPIONSHIP	Bhopal, MP	JW1x	Silver
2019 4 TH INDOOR NATIONAL INDOOR ROWING CHAMPIONSHIP	PATNA, BIHAR	JW1X, MIX 4-	GOLD-1, SILVER-1
2019 38 TH SENIOR NATIONAL & 22 ND OPEN NATIONAL SPRINT ROWING CHAMPIONSHIP	HUSSAIN SAGAR, HYDERABAD	W2X 500MTR, MIX 2X	GOLD-1, BRONZE-1