

Day 2

POL-ITE Track & Field Championships 2022 - 12/11/2022 to 19/11/2022

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Meet Program - Day 2

Event 201 Men Triple Jump Open

Wednesday 16/11/2022 - 5:30 PM

CS: 14.41m 30/11/2013 Benjamin Ong, RP

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	52	Masaoy Ruszel Lui, Frank	17	NYP	ND
2	125	Lim, Ewen	18	RP	ND
3	232	Poon, Aaron	18	TP	ND
4	177	Jun Jie, Loh	19	SP	ND
5	134	Sebastian, Kiran	18	RP	ND
6	180	Leong, Chun Kit	19	SP	ND
7	234	Seow Zhi Xian, Russell	19	TP	ND
8	48	Lim, Mitchell	18	NYP	ND
9	196	Yuan Ming, Yang	18	SP	ND
10	61	Wong, Bryan	19	NYP	ND
11	233	Sau Sze Huan, Xavier	19	TP	ND
12	132	Nur Iman, Ezra	17	RP	ND
Alternates					
1	230	Loh Cheng Hong, Ashton	18	TP	ND
2	197	Zhen Rong, Tan	19	SP	ND

Event 202 Women High Jump Open

Wednesday 16/11/2022 - 5:30 PM

CS: 1.55m 26/11/2016 Valerie Cheong May Chi, SP

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	159	Ong, He Qing	17	SP	NH
2	199	Binte Helmi, Tiara Amelia	17	TP	NH
3	40	Tye, Aiko	18	NYP	NH
4	65	Cheong, Vanessa	20	NP	NH
5	166	Yu Jing, Sih	20	SP	NH
6	214	Tay, Kirsten Anne	18	TP	NH
7	163	Tan, Jurnus	18	SP	NH
8	206	Lim Eu Sun, Vean	19	TP	NH
9	75	Tan, Chloe	18	NP	NH
Alternates					
1	151	Go, Naomi	17	SP	NH

Event 203 Men Discus Throw Open

Wednesday 16/11/2022 - 5:30 PM

CS: 39.76m 19/11/2016 Kang Jun Jie, RP

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	224	Ho Jian Wei, Raven	18	TP	ND
2	172	Chia, Andy	21	SP	ND
3	120	Chen, Sheng teng	18	RP	ND
4	49	Lim, Xavier Le An	18	NYP	ND
5	184	Neo, Zhan Quan	23	SP	ND
6	240	Toh Rui Bin, Matthew	20	TP	ND
7	92	Lew, Cheng Keat	17	NP	ND
8	185	Poah, Joel	18	SP	ND
9	135	Sheik, Fayz	19	RP	ND

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Alternates... (Event 203 Men Discus Throw Open)

1	190	Subba, Sugam	17	SP	ND
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Event 204 Women 400 Meter Dash Open

Wednesday 16/11/2022 - 5:30 PM

CS: 59.86 22/11/2014 Noel Lee Xue Ngoh, NYP

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 2 Timed Finals

2	109	Helena Janssen, Louisa	19	RP	NT
3	147	Carino, Katherine	20	SP	NT
4	30	Asif, Neshana	20	NYP	NT
5	207	Low, Jie Ying	19	TP	NT
6	68	Koo, Qian Er	17	NP	NT
7	32	Ho, Hillary Li Qin	22	NYP	NT
8	1	Binte Mohd Rashid, Noor Safina	18	ITE	NT

Section 2 of 2 Timed Finals

2	209	Ong Yi Ning, Deseree	17	TP	NT
3	31	Goh, Yu xuan	19	NYP	NT
4	7	SI Xian Amberylin, Tan	17	ITE	NT
5	200	Chia Yong Yun, Ada	18	TP	NT
6	110	Ho, Zhi Xuan	19	RP	NT
7	6	Jermaine, HO	18	ITE	NT
8	74	See, Danielle	17	NP	NT

Event 205 Men 400 Meter Dash Open

Wednesday 16/11/2022 - 5:45 PM

CS: 49.88 22/11/2014 Luqman Zamrot, NP

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 3 Timed Finals

3	187	Prudencio, Jiro	19	SP	NT
4	123	Kumar, Raam	19	RP	NT
5	78	Ang, Daven	17	NP	NT
6	236	Tay, Zi Xiang	18	TP	NT
7	64	Yip, Zachary	18	NYP	NT
8	22	Krishna, Suraj	17	ITE	NT

Section 2 of 3 Timed Finals

3	119	Chau Han, Aarya	20	RP	NT
4	216	B Abdul Jalil, Muhammad Amir	19	TP	NT
5	19	Dexian, Chen	19	ITE	NT
6	167	Amir, Syed	18	SP	NT
7	46	Koh, Matthew Xu En	19	NYP	NT
8	81	Chan, Ezra	19	NP	NT

Section 3 of 3 Timed Finals

3	222	Chua Xuzhe, Lyndon	18	TP	NT
4	191	Tan, Danzel	20	SP	NT
5	25	Mohamed Lazim, Mohamed Azym Erfy	20	ITE	NT
6	137	Soh, Zheng hong	19	RP	NT
7	86	Heng, David	17	NP	NT
8	53	Ong, Nigel	20	NYP	NT

Alternates

1	124	Lai, Yu Jie, Jedd Janus	17	RP	NT
2	139	Tan, Hong Yu Earnest	20	RP	NT
3	227	Kumar, S Anish	18	TP	NT

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Meet Program - Day 2****Alternates... (Event 205 Men 400 Meter Dash Open)**

4	83	Chong, Bryan	20	NP	NT
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Event 206 Women 5000 Meter Run Open

Wednesday 16/11/2022 - 6:00 PM

CS: 21:17.90 23/11/2016 Jeremia Christy Suraidi, NP

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	152	Goh, Hinata	19	SP	NT
2	105	Cheah, Chloette	20	RP	NT
3	158	Min Yu, Ho	17	SP	NT
4	4	Hui Tian Sabrina, Toh	22	ITE	NT
5	39	Poon, Mun	18	NYP	NT
6	165	Tan, Nerissa	18	SP	NT
7	70	Lim, Eiffer	18	NP	NT
8	113	Kok, Jinen	17	RP	NT
9	203	Kandasamy, Logeshwari	17	TP	NT
10	37	Ng, Zi Rui	18	NYP	NT
11	8	Sinead, Lim	17	ITE	NT
12	66	Htet Yar Kyaw, Thet	19	NP	NT
13	106	Chiang, Kaylene	19	RP	NT
14	12	Yuet Yee Ana, Koh	17	ITE	NT
15	72	Ng, Rachel	19	NP	NT
16	36	Lee, Annette	21	NYP	NT

Alternates

1	161	Shermaine, Lin JingTing	19	SP	NT
2	114	Lye, Andrea	20	RP	NT
3	150	Chiang, Ho Yi	19	SP	NT

Event 207 Men 10000 Meter Run Open

Wednesday 16/11/2022 - 6:30 PM

CS: 34:24.10 19/11/2014 Parajuli Nabin, NYP

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	129	Muhammad, Faheem	23	RP	NT
2	178	Koh, Kevan	19	SP	NT
3	55	Poh, Jareth	19	NYP	NT
4	126	Lingam Kumar, Satish	19	RP	NT
5	98	Tan, Yan Kai	19	NP	NT
6	193	Teo, Malcolm	19	SP	NT
7	91	Lestat, Abolas	20	NP	NT
8	21	Dominic Saviour, Gilbert	17	ITE	NT
9	56	Saravanaa, Thulasiram	19	NYP	NT
10	131	Noor Mohideen, Nawaz	19	RP	NT
11	186	Poh, Jin Siang	19	SP	NT
12	97	Tan, Isaac	18	NP	NT
13	229	Lim Jun Wei, Dylan	22	TP	NT
14	58	Thanaraj, Selvalavanesh	19	NYP	NT

Alternates

1	127	Mohamed, Shazmeer	19	RP	NT
2	122	Gan, Joshua	18	RP	NT
3	174	Gwee, Nathaniel	18	SP	NT

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Event 301 Women Shot Put 4kg Open

Saturday 19/11/2022 - 8:00 AM

CS: 13.15m 29/1/2011 Wan Lay Chi, NYP

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	157	Lim, Joey	18	SP	ND
2	213	Tan Jing Tong, Bernice	18	TP	ND
3	34	Jesselle Bayocot Sun, Angelica	17	NYP	ND
4	146	Caoile, Pauline	18	SP	ND
5	201	Chong Yi Shang, Bernie	18	TP	ND
6	145	Burlasa, Cherry	19	SP	ND

Event 302 Men Javelin Throw Open

Saturday 19/11/2022 - 8:00 AM

CS: 53.16m 18/11/2017 Daniel Lim, NYP

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	172	Chia, Andy	21	SP	ND
2	23	Mao EN, Han	17	ITE	ND
3	120	Chen, Sheng teng	18	RP	ND
4	184	Neo, Zhan Quan	23	SP	ND
5	228	Lee Yun Zhuo, Asher	17	TP	ND
6	240	Toh Rui Bin, Matthew	20	TP	ND
7	63	Wong, Zheng Yan	19	NYP	ND
8	47	Kumar, Saran	20	NYP	ND
9	49	Lim, Xavier Le An	18	NYP	ND
10	104	Ying, Jianfei	17	NP	ND
11	15	Bin Mohamed Fazil, Matin Umar	17	ITE	ND
12	237	Teh Long, Anson	20	TP	ND
13	102	Wee, Davin	17	NP	ND
14	190	Subba, Sugam	17	SP	ND

Event 303 Women Long Jump Open

Saturday 19/11/2022 - 8:00 AM

CS: 5.43m 22/11/2014 Eugenia Tan, RP

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	117	Rene Misson Khoo, Tyeisha	19	RP	ND
2	166	Yu Jing, Sih	20	SP	ND
3	41	Wong, Jamie	20	NYP	ND
4	202	Choo Min Ting, Sarah	17	TP	ND
5	75	Tan, Chloe	18	NP	ND
6	109	Helena Janssen, Louisa	19	RP	ND
7	163	Tan, Jurnus	18	SP	ND
8	205	Lim, Gwendolyn Therese	20	TP	ND
9	35	Koh, Melanie	17	NYP	ND
10	148	Chan, Ee Fang	17	SP	ND
Alternates					
1	160	Qiao Jie, Koh	18	SP	ND
2	155	Lam, Kristen	18	SP	ND

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Event 304 Men 3000 Meter Steeplechase Open

Saturday 19/11/2022 - 8:00 AM

CS: 9:51.40 19/11/2016 Chilton Ong, NP

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	188	Seah, Gareth	17	SP	NT
2	47	Kumar, Saran	20	NYP	NT
3	89	Kulandaiveludayar Se, Gautam	18	NP	NT
4	198	Zhi Yan, Lim	19	SP	NT
5	95	Poh, Edry	19	NP	NT
6	62	Wong, Jovan	17	NYP	NT
7	103	Wong, Gideon	17	NP	NT
8	60	Wee, Caleb	18	NYP	NT
9	179	Leonard, Ang	18	SP	NT
Alternates					
1	168	Arote, Arush	17	SP	NT

Event 305 Women 200 Meter Dash Open

Saturday 19/11/2022 - 8:20 AM

CS: 24.78 23/11/2013 Shanti Pereira, RP

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 2 Timed Finals					
2	38	Ong, Ravlyn	19	NYP	NT
3	71	Loo, Amanda	17	NP	NT
4	6	Jermaine, HO	18	ITE	NT
5	154	Khairunnisa, Putri	17	SP	NT
6	7	SI Xian Amberylin, Tan	17	ITE	NT
7	215	Widjaja, Velicia Tricia	18	TP	NT
8	117	Rene Misson Khoo, Tyeisha	19	RP	NT
Section 2 of 2 Timed Finals					
1	211	Subramaniam, Reshma	20	TP	NT
2	30	Asif, Neshana	20	NYP	NT
3	69	Leong, Benedette	18	NP	NT
4	156	Lim, Janelle	17	SP	NT
5	29	Abdul Latiff, Erza Irdina Bte	20	NYP	NT
6	67	Huang, Yuna	18	NP	NT
7	9	Sivakumar, Thaarani	18	ITE	NT
8	153	Jing, Ong	17	SP	NT
Alternates					
1	68	Koo, Qian Er	17	NP	NT
2	149	Chee, Ming Hui	18	SP	NT

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Saturday 19/11/2022 - 8:25 AM

CS: 22.08 23/11/2013 Naqib Bin Asmin, RP

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 3 Timed Finals					
3	187	Prudencio, Jiro	19	SP	NT
4	59	Thun, Xyrus Jun Kai	19	NYP	NT
5	235	Tan Shen Jie, Brian	20	TP	NT
6	119	Chau Han, Aarya	20	RP	NT
7	22	Krishna, Suraj	17	ITE	NT
8	80	B Mohd Ikhilash, Muhammad Irfan	19	NP	NT
Section 2 of 3 Timed Finals					
3	46	Koh, Matthew Xu En	19	NYP	NT
4	182	Liau, Fong Jun	17	SP	NT
5	219	Chia Tze Hian, David	18	TP	NT
6	19	Dexian, Chen	19	ITE	NT
7	94	Ng, Ryan Raphael	19	NP	NT
8	128	Mohamed, Syahin	19	RP	NT
Section 3 of 3 Timed Finals					
3	79	Ashok, Tharun	17	NP	NT
4	231	Poh Wei Hao, Sean	22	TP	NT
5	50	Lim, Yongqi	17	NYP	NT
6	167	Amir, Syed	18	SP	NT
7	143	Yeo, Gene	20	RP	NT
8	17	Cocjin Amor, Artri Jim	20	ITE	NT
Alternates					
1	137	Soh, Zheng hong	19	RP	NT
2	93	Lim, Zi Dong	19	NP	NT
3	140	Tan, Jia-Xian Keith	20	RP	NT
4	181	Li Heng, Chua	17	SP	NT
5	77	Anesrif, Yahn Alexander	17	NP	NT

Event 307 Women 400 Meter Hurdles Open

Saturday 19/11/2022 - 8:50 AM

CS: 1:09.17 23/11/2013 Noel Lee Xue Ngoh, NYP

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
4	147	Carino, Katherine	20	SP	NT
5	110	Ho, Zhi Xuan	19	RP	NT

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Event 308 Men 400 Meter Hurdles Open

Saturday 19/11/2022 - 9:00 AM

CS: 54.13 22/10/2011 Muhammad Zaki Bin Sapari, RP

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	54	Ong, Skye	18	NYP	NT
2	191	Tan, Danzel	20	SP	NT
3	42	Amir, Harith	20	NYP	NT
4	90	Lee, Yao Rong	20	NP	NT
5	192	Tan, Ethan	18	SP	NT
6	76	Anandan, Shan	18	NP	NT
7	216	B Abdul Jalil, Muhammad Amir	19	TP	NT
8	44	Chong, Shing	19	NYP	NT

Event 309 Women 800 Meter Run Open

Saturday 19/11/2022 - 9:30 AM

CS: 2:24.20 15/11/2014 Cheryl Chan, NP

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	165	Tan, Nerissa	18	SP	NT
2	37	Ng, Zi Rui	18	NYP	NT
3	113	Kok, Jinen	17	RP	NT
4	204	Koh Yi Jia, Sonia	20	TP	NT
5	10	Trinke, Wong	17	ITE	NT
6	72	Ng, Rachel	19	NP	NT
7	36	Lee, Annette	21	NYP	NT
8	105	Cheah, Chloette	20	RP	NT
9	70	Lim, Eiffer	18	NP	NT
10	210	Pha Yan Yi, Cassie	20	TP	NT
11	152	Goh, Hinata	19	SP	NT
12	12	Yuet Yee Ana, Koh	17	ITE	NT
13	164	Tan, Li Qin	19	SP	NT
14	66	Htet Yar Kyaw, Thet	19	NP	NT
15	39	Poon, Mun	18	NYP	NT
16	11	Yip Xuan Umeko, Yip	17	ITE	NT
17	116	Quek, Leanne	18	RP	NT
Alternates					
1	73	Rosenkranz, Charlyssa	17	NP	NT
2	114	Lye, Andrea	20	RP	NT
3	150	Chiang, Ho Yi	19	SP	NT
4	144	Ali, Tiara	20	SP	NT

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Event 310 Men 800 Meter Run Open

Saturday 19/11/2022 - 9:40 AM

CS: 1:58.80 15/11/2014 Dhashman Thagavelu, NYP

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	130	Muhammad, Faizal	21	RP	NT
2	55	Poh, Jareth	19	NYP	NT
3	21	Dominic Saviour, Gilbert	17	ITE	NT
4	239	Teo Yi Shyan, Zeph	19	TP	NT
5	176	Hoo, Fang Zhou	19	SP	NT
6	100	Teo, Matthias	19	NP	NT
7	47	Kumar, Saran	20	NYP	NT
8	18	DE, Kai	17	ITE	NT
9	223	De Silva, Dylan Michael	17	TP	NT
10	173	Durairaj, Hariharan	19	SP	NT
11	88	Kuang, Joseph	18	NP	NT
12	123	Kumar, Raam	19	RP	NT
13	222	Chua Xuzhe, Lyndon	18	TP	NT
14	28	Ramesh, Aveinesh	17	ITE	NT
15	168	Arote, Arush	17	SP	NT
16	136	Shoben Sivalingam, Nikish	18	RP	NT
17	87	Koh, Wen Qiang	25	NP	NT
18	53	Ong, Nigel	20	NYP	NT

Alternates

1	127	Mohamed, Shazmeer	19	RP	NT
2	91	Lestat, Abolas	20	NP	NT
3	133	Sanker, Siva	17	RP	NT
4	189	Su, Zhi Kai	20	SP	NT
5	175	Ho, Jun Ying	19	SP	NT
6	64	Yip, Zachary	18	NYP	NT

Event 311 Men Shot Put 7.26kg Open

Saturday 19/11/2022 - 2:00 PM

CS: 12.75m 16/11/2019 Zhi Peng Sebastian Ong, Nanyang Poly

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	135	Sheik, Fayz	19	RP	ND
2	237	Teh Long, Anson	20	TP	ND
3	120	Chen, Sheng teng	18	RP	ND
4	185	Poah, Joel	18	SP	ND
5	220	Chua, Yu Jing	20	TP	ND
6	49	Lim, Xavier Le An	18	NYP	ND
7	240	Toh Rui Bin, Matthew	20	TP	ND
8	172	Chia, Andy	21	SP	ND
9	63	Wong, Zheng Yan	19	NYP	ND
10	184	Neo, Zhan Quan	23	SP	ND

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Event 312 Women Discus Throw Open

Saturday 19/11/2022 - 2:00 PM

CS: 42.43m 30/11/2013 Hannah Lee Shin Yan, NYP

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	201	Chong Yi Shang, Bernie	18	TP	ND
2	145	Burlasa, Cherry	19	SP	ND
3	213	Tan Jing Tong, Bernice	18	TP	ND
4	157	Lim, Joey	18	SP	ND
5	34	Jesselle Bayocot Sun, Angelica	17	NYP	ND
6	146	Caoile, Pauline	18	SP	ND

Event 313 Women Triple Jump Open

Saturday 19/11/2022 - 2:00 PM

CS: 11.77m 18/11/2017 Ang Wei Lu, SP

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	163	Tan, Jurnus	18	SP	ND
2	65	Cheong, Vanessa	20	NP	ND
3	166	Yu Jing, Sih	20	SP	ND
4	75	Tan, Chloe	18	NP	ND
5	35	Koh, Melanie	17	NYP	ND
6	155	Lam, Kristen	18	SP	ND
Alternates					
1	148	Chan, Ee Fang	17	SP	ND

Event 314 Men High Jump Open

Saturday 19/11/2022 - 2:00 PM

CS: 1.96m 17/11/2018 Brandon Heng FU Hong, Republic Pol

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	171	Boo, Terry	17	SP	NH
2	85	Hau, Wen Hui	21	NP	NH
3	183	Lim, Tyrel	17	SP	NH
4	137	Soh, Zheng hong	19	RP	NH
5	45	Khor, Asher	18	NYP	NH
6	177	Jun Jie, Loh	19	SP	NH
Alternates					
1	180	Leong, Chun Kit	19	SP	NH

Event 315 Women 100 Meter Hurdles Open

Saturday 19/11/2022 - 2:00 PM

CS: 15.62 22/11/2016 Nur Izlyn, RP

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
3	117	Rene Misson Khoo, Tyeisha	19	RP	NT
4	33	How, Nicole Shi Qing	17	NYP	NT
5	156	Lim, Janelle	17	SP	NT
6	40	Tye, Aiko	18	NYP	NT

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Event 316 Men 110 Meter Hurdles Open

Saturday 19/11/2022 - 2:10 PM

CS: 15.48 16/11/2019 Beam, Isaac Toh, Nanyang Poly

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	192	Tan, Ethan	18	SP	NT
2	44	Chong, Shing	19	NYP	NT
3	99	Tay, Jeft	19	NP	NT
4	54	Ong, Skye	18	NYP	NT
5	191	Tan, Danzel	20	SP	NT
6	233	Sau Sze Huan, Xavier	19	TP	NT
7	42	Amir, Harith	20	NYP	NT
8	197	Zhen Rong, Tan	19	SP	NT

Alternates

1	171	Boo, Terry	17	SP	NT
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Event 317 Women 100 Meter Dash Open

Saturday 19/11/2022 - 2:20 PM

CS: 12.27 23/11/2013 Shanti Pereira, RP

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 3 Timed Finals

2	69	Leong, Benedette	18	NP	NT
3	109	Helena Janssen, Louisa	19	RP	NT
4	153	Jing, Ong	17	SP	NT
5	30	Asif, Neshana	20	NYP	NT
6	2	Binte Rooslee, Siti Adhwaadonna	17	ITE	NT
7	205	Lim, Gwendolyn Therese	20	TP	NT

Section 2 of 3 Timed Finals

2	9	Sivakumar, Thaarani	18	ITE	NT
3	208	Low, Rowvy	18	TP	NT
4	156	Lim, Janelle	17	SP	NT
5	38	Ong, Ravlyn	19	NYP	NT
6	112	Koh, Jing Nie Jasmine	21	RP	NT
7	71	Loo, Amanda	17	NP	NT

Section 3 of 3 Timed Finals

2	147	Carino, Katherine	20	SP	NT
3	67	Huang, Yuna	18	NP	NT
4	115	Nai, Li hua	20	RP	NT
5	7	SI Xian Amberylin, Tan	17	ITE	NT
6	29	Abdul Latiff, Erza Irdina Bte	20	NYP	NT

Alternates

1	107	Gabriel, Christelle Jean Rold	21	RP	NT
2	68	Koo, Qian Er	17	NP	NT
3	111	Karthigayan, Navinashini	17	RP	NT
4	154	Khairunnisa, Putri	17	SP	NT
5	162	Tan, Jacelyn	18	SP	NT

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Saturday 19/11/2022 - 2:30 PM

CS: 10.71 19/11/2017 Muhammad Hariz Bin Darajit, TP

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 3 Timed Finals					
3	80	B Mohd Ikhlah, Muhammad Irfan	19	NP	NT
4	218	Boyd, Andre Brenden	17	TP	NT
5	46	Koh, Matthew Xu En	19	NYP	NT
6	24	Matyn, Fiqry	17	ITE	NT
7	182	Liau, Fong Jun	17	SP	NT
8	143	Yeo, Gene	20	RP	NT
Section 2 of 3 Timed Finals					
3	17	Cocjin Amor, Artri Jim	20	ITE	NT
4	187	Prudencio, Jiro	19	SP	NT
5	121	El-Redha Ang, Jamie	18	RP	NT
6	54	Ong, Skye	18	NYP	NT
7	79	Ashok, Tharun	17	NP	NT
8	225	Holland, Schuyler Pryce	22	TP	NT
Section 3 of 3 Timed Finals					
3	50	Lim, Yongqi	17	NYP	NT
4	128	Mohamed, Syahin	19	RP	NT
5	241	Wong, Guo Hui	18	TP	NT
6	20	Dominic, Chan	17	ITE	NT
7	94	Ng, Ryan Raphael	19	NP	NT
8	169	Ate Patrocinio, Elijah Sean	19	SP	NT
Alternates					
1	119	Chau Han, Aarya	20	RP	NT
2	93	Lim, Zi Dong	19	NP	NT
3	118	Chang, Bryan	19	RP	NT
4	217	Bin Noradee, Nurshahilmi	19	TP	NT
5	181	Li Heng, Chua	17	SP	NT
6	77	Anesrif, Yahn Alexander	17	NP	NT

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Meet Program - Day 3****Event 319 Women 1500 Meter Run Open****Saturday 19/11/2022 - 2:40 PM****CS: 5:06.26 22/11/2014 Cheryl Chan, NP**

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	39	Poon, Mun	18	NYP	NT
2	72	Ng, Rachel	19	NP	NT
3	210	Pha Yan Yi, Cassie	20	TP	NT
4	114	Lye, Andrea	20	RP	NT
5	37	Ng, Zi Rui	18	NYP	NT
6	158	Min Yu, Ho	17	SP	NT
7	105	Cheah, Chloette	20	RP	NT
8	36	Lee, Annette	21	NYP	NT
9	212	Tan, Gisele	17	TP	NT
10	8	Sinead, Lim	17	ITE	NT
11	70	Lim, Eiffer	18	NP	NT
12	204	Koh Yi Jia, Sonia	20	TP	NT
13	113	Kok, Jinen	17	RP	NT
14	4	Hui Tian Sabrina, Toh	22	ITE	NT
15	165	Tan, Nerissa	18	SP	NT
16	12	Yuet Yee Ana, Koh	17	ITE	NT
17	73	Rosenkranz, Charlyssa	17	NP	NT
18	150	Chiang, Ho Yi	19	SP	NT
Alternates					
1	66	Htet Yar Kyaw, Thet	19	NP	NT
2	11	Yip Xuan Umeko, Yip	17	ITE	NT
3	116	Quek, Leanne	18	RP	NT
4	161	Shermaine, Lin JingTing	19	SP	NT
5	152	Goh, Hinata	19	SP	NT
6	10	Trinke, Wong	17	ITE	NT

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Meet Program - Day 3

Event 320 Men 1500 Meter Run Open

Saturday 19/11/2022 - 2:55 PM

CS: 4:16.50 22/11/2014 Dhashman Thagavelu, NYP

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	133	Sanker, Siva	17	RP	NT
2	223	De Silva, Dylan Michael	17	TP	NT
3	53	Ong, Nigel	20	NYP	NT
4	136	Shoben Sivalingam, Nikish	18	RP	NT
5	27	Muhsin Shah, Muhamamd	18	ITE	NT
6	175	Ho, Jun Ying	19	SP	NT
7	21	Dominic Saviour, Gilbert	17	ITE	NT
8	174	Gwee, Nathaniel	18	SP	NT
9	239	Teo Yi Shyan, Zeph	19	TP	NT
10	47	Kumar, Saran	20	NYP	NT
11	130	Muhammad, Faizal	21	RP	NT
12	189	Su, Zhi Kai	20	SP	NT
13	56	Saravanaa, Thulasiram	19	NYP	NT
14	87	Koh, Wen Qiang	25	NP	NT
15	89	Kulandaiveludayar Se, Gautam	18	NP	NT
16	13	Aljunied, Syed Na'imullah	18	ITE	NT
17	91	Lestat, Abolas	20	NP	NT

Alternates

1	141	Tay, Dian Jun Edward	17	RP	NT
2	100	Teo, Matthias	19	NP	NT
3	138	Tan, Blandon	17	RP	NT
4	170	Badawi, Ahmad	18	SP	NT
5	195	Xu Hen, Bryan Ng	20	SP	NT

Event 321 Men Long Jump Open

Saturday 19/11/2022 - 4:00 PM

CS: 6.79m 18/11/2017 Tan Darren, NP

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	234	Seow Zhi Xian, Russell	19	TP	ND
2	177	Jun Jie, Loh	19	SP	ND
3	101	Toh, Tertius	18	NP	ND
4	118	Chang, Bryan	19	RP	ND
5	180	Leong, Chun Kit	19	SP	ND
6	134	Sebastian, Kiran	18	RP	ND
7	48	Lim, Mitchell	18	NYP	ND
8	82	Chan, Julian	17	NP	ND
9	233	Sau Sze Huan, Xavier	19	TP	ND
10	197	Zhen Rong, Tan	19	SP	ND
11	51	Low, Kai Xun	18	NYP	ND
12	217	Bin Noradee, Nurshahilmi	19	TP	ND
13	132	Nur Iman, Ezra	17	RP	ND
14	61	Wong, Bryan	19	NYP	ND

Alternates

1	43	Ang, Ian	17	NYP	ND
2	137	Soh, Zheng hong	19	RP	ND
3	194	Toh, Scott	19	SP	ND

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Meet Program - Day 3****Alternates... (Event 321 Men Long Jump Open)**

4	196	Yuan Ming, Yang	18	SP	ND
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Event 322 Women Javelin Throw Open**Saturday 19/11/2022 - 4:00 PM****CS: 39.82m 22/11/2014 Lenis Phoa Chien, NYP**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	146	Caoile, Pauline	18	SP	ND
2	5	Jasmine Bastatas, Wong	17	ITE	ND
3	160	Qiao Jie, Koh	18	SP	ND
4	213	Tan Jing Tong, Bernice	18	TP	ND
5	157	Lim, Joey	18	SP	ND
6	201	Chong Yi Shang, Bernie	18	TP	ND

Event 323 Women 4x100 Meter Relay Open**Saturday 19/11/2022 - 4:00 PM****CS: 48.36 22/11/2014 Kerstin, Ree Tyra, Eugenia, Shanti, RP**

Lane	Comp#	Team	Relay	Seed Time
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Section 1 of 1 Timed Finals

2	INSTITUTE OF TECH EDUCATION		A	NT
	1) #2 Binte Rooslee, Siti Adhwaadinn2)	#3 Enfys, Lee 19	3) #7 SI Xian Amberylin, Tan 17	4) #9 Sivakumar, Thaarani 18
	5) #6 Jermaine, HO 18	6) #242 Choo, Vicki 18		
3	REPUBLIC POLYTECHNIC		A	NT
	1) #109 Helena Janssen, Louisa 19	2) #110 Ho, Zhi Xuan 19	3) #108 Hamizah, Nurulain 19	4) #117 Rene Misson Khoo, Tyeisha 1
	5) #112 Koh, Jing Nie Jasmine 21	6) #115 Nai, Li hua 20		
4	NANYANG POLYTECHNIC		A	NT
	1) #29 Abdul Latiff, Erza Irdina Bte 22)	#30 Asif, Neshana 20	3) #31 Goh, Yu xuan 19	4) #33 How, Nicole Shi Qing 17
	5) #32 Ho, Hillary Li Qin 22	6) #38 Ong, Ravlyn 19		
5	TEMASEK POLYTECHNIC		A	NT
	1) #200 Chia Yong Yun, Ada 18	2) #205 Lim, Gwendolyn Therese 20	3) #215 Widjaja, Velicia Tricia 18	4) #208 Low, Rowvy 18
	5) #211 Subramaniam, Reshma 20	6) #207 Low, Jie Ying 19		
6	SINGAPORE POLYTECHNIC		A	NT
	1) #147 Carino, Katherine 20	2) #154 Khairunnisa, Putri 17	3) #162 Tan, Jacelyn 18	4) #156 Lim, Janelle 17
	5) #153 Jing, Ong 17	6) #149 Chee, Ming Hui 18		
7	NGEE ANN POLYTECHNIC		A	NT
	1) #69 Leong, Benedette 18	2) #67 Huang, Yuna 18	3) #74 See, Danielle 17	4) #68 Koo, Qian Er 17
	5) #71 Loo, Amanda 17			

POL-ITE Track & Field Championships 2022 - 12/11/2022 to 19/11/2022**Home of Athletics
Meet Program - Day 3****Event 324 Men 4x100 Meter Relay Open**

Saturday 19/11/2022 - 4:10 PM

CS: 42.30 26/11/2016 , TP

Lane	Comp#	Team	Relay	Seed Time
Section 1 of 1 Timed Finals				
2		SINGAPORE POLYTECHNIC	A	NT
	1) #167 Amir, Syed 18	2) #182 Liau, Fong Jun 17	3) #187 Prudencio, Jiro 19	4) #191 Tan, Danzel 20
	5) #169 Ate Patrocinio, Elijah Sean 16	6) #181 Li Heng, Chua 17		
3		INSTITUTE OF TECH EDUCATION	A	NT
	1) #17 Cocjin Amor, Artri Jim 20	2) #19 Dexian, Chen 19	3) #20 Dominic, Chan 17	4) #22 Krishna, Suraj 17
	5) #24 Matyn, Fiqry 17			
4		NANYANG POLYTECHNIC	A	NT
	1) #42 Amir, Harith 20	2) #54 Ong, Skye 18	3) #46 Koh, Matthew Xu En 19	4) #50 Lim, Yongqi 17
	5) #44 Chong, Shing 19	6) #59 Thun, Xyrus Jun Kai 19		
5		NGEE ANN POLYTECHNIC	A	NT
	1) #80 B Mohd Ikhlash, Muhammad D	2) #94 Ng, Ryan Raphael 19	3) #93 Lim, Zi Dong 19	4) #96 Poh, Hong Zhi 19
	5) #77 Anesrif, Yahn Alexander 17	6) #79 Ashok, Tharun 17		
6		TEMASEK POLYTECHNIC	A	NT
	1) #216 B Abdul Jalil, Muhammad A2	2) #217 Bin Noradee, Nurshahilmi 19	3) #218 Boyd, Andre Brenden 17	4) #241 Wong, Guo Hui 18
	5) #225 Holland, Schuyler Pryce 22	6) #235 Tan Shen Jie, Brian 20		
7		REPUBLIC POLYTECHNIC	A	NT
	1) #119 Chau Han, Aarya 20	2) #121 El-Redha Ang, Jamie 18	3) #128 Mohamed, Syahin 19	4) #143 Yeo, Gene 20
	5) #140 Tan, Jia-Xian Keith 20	6) #118 Chang, Bryan 19		

Event 325 Men 5000 Meter Run Open

Saturday 19/11/2022 - 4:20 PM

CS: 16:11.49 26/11/2016 Chilton Ong, NYP

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	26	Mohammad Firdous, Mohammad Aqil	17	ITE	NT
2	221	Chua Jing Lun, Jerron	18	TP	NT
3	14	Bin Al-Rashid, Al-Nabil Anaqi	17	ITE	NT
4	98	Tan, Yan Kai	19	NP	NT
5	127	Mohamed, Shazmeer	19	RP	NT
6	193	Teo, Malcolm	19	SP	NT
7	97	Tan, Isaac	18	NP	NT
8	226	Koh, Sim Yong	18	TP	NT
9	60	Wee, Caleb	18	NYP	NT
10	103	Wong, Gideon	17	NP	NT
11	58	Thanaraj, Selvalavanesh	19	NYP	NT
12	131	Noor Mohideen, Nawaz	19	RP	NT
13	55	Poh, Jareth	19	NYP	NT
14	186	Poh, Jin Siang	19	SP	NT
15	16	Bin Mohamed Salim, Muhammad Safw	18	ITE	NT
16	178	Koh, Kevan	19	SP	NT
17	229	Lim Jun Wei, Dylan	22	TP	NT
18	129	Muhammad, Faheem	23	RP	NT
Alternates					
1	122	Gan, Joshua	18	RP	NT
2	91	Lestat, Abolas	20	NP	NT
3	142	Woon, Zong Lin	18	RP	NT
4	175	Ho, Jun Ying	19	SP	NT
5	176	Hoo, Fang Zhou	19	SP	NT

POL-ITE Track & Field Championships 2022 - 12/11/2022 to 19/11/2022**Home of Athletics
Meet Program - Day 3****Event 326 Women 4x400 Meter Relay Open****Saturday 19/11/2022 - 5:00 PM****CS: 4:03.80 30/11/2013 Wendy, Ree Tyra, Camilia, Shanti, RP**

Lane	Comp#	Team	Relay	Seed Time
Section 1 of 1 Timed Finals				
2		NANYANG POLYTECHNIC	A	NT
	1) #30 Asif, Neshana 20	2) #31 Goh, Yu xuan 19	3) #38 Ong, Ravlyn 19	4) #40 Tye, Aiko 18
	5) #29 Abdul Latiff, Erza Irdina Bte	26) #32 Ho, Hillary Li Qin 22		
3		TEMASEK POLYTECHNIC	A	NT
	1) #200 Chia Yong Yun, Ada 18	2) #211 Subramaniam, Reshma 20	3) #205 Lim, Gwendolyn Therese 20	4) #207 Low, Jie Ying 19
	5) #215 Widjaja, Velicia Tricia 18	6) #204 Koh Yi Jia, Sonia 20		
4		SINGAPORE POLYTECHNIC	A	NT
	1) #147 Carino, Katherine 20	2) #153 Jing, Ong 17	3) #154 Khairunnisa, Putri 17	4) #156 Lim, Janelle 17
	5) #149 Chee, Ming Hui 18	6) #162 Tan, Jacelyn 18		
5		REPUBLIC POLYTECHNIC	A	NT
	1) #117 Rene Misson Khoo, Tyeisha D	2) #108 Hamizah, Nurulain 19	3) #109 Helena Janssen, Louisa 19	4) #110 Ho, Zhi Xuan 19
	5) #113 Kok, Jinen 17	6) #105 Cheah, Chloette 20		
6		INSTITUTE OF TECH EDUCATION	A	NT
	1) #3 Enfys, Lee 19	2) #9 Sivakumar, Thaarani 18	3) #10 Trinke, Wong 17	4) #7 SI Xian Amberlylin, Tan 17
	5) #6 Jermaine, HO 18	6) #242 Choo, Vicki 18		
7		NGEE ANN POLYTECHNIC	A	NT
	1) #69 Leong, Benedette 18	2) #70 Lim, Eiffer 18	3) #68 Koo, Qian Er 17	4) #72 Ng, Rachel 19
	5) #71 Loo, Amanda 17	6) #74 See, Danielle 17		

Event 327 Men 4x400 Meter Relay Open**Saturday 19/11/2022 - 5:15 PM****CS: 3:24.18 22/11/2014 Shawn Lee, Ariff, Teo Yan, Timothy Tan, NYP**

Lane	Comp#	Team	Relay	Seed Time
Section 1 of 1 Timed Finals				
2		TEMASEK POLYTECHNIC	A	NT
	1) #216 B Abdul Jalil, Muhammad A2	2) #222 Chua Xuzhe, Lyndon 18	3) #236 Tay, Zi Xiang 18	4) #240 Toh Rui Bin, Matthew 20
	5) #239 Teo Yi Shyan, Zeph 19	6) #227 Kumar, S Anish 18	7) #231 Poh Wei Hao, Sean 22	8) #238 Teng Woo Kiat, Gerald 18
3		REPUBLIC POLYTECHNIC	A	NT
	1) #119 Chau Han, Aarya 20	2) #123 Kumar, Raam 19	3) #130 Muhammad, Faizal 21	4) #137 Soh, Zheng hong 19
	5) #127 Mohamed, Shazmeer 19	6) #136 Shoben Sivalingam, Nikish 1		
4		NGEE ANN POLYTECHNIC	A	NT
	1) #76 Anandan, Shan 18	2) #78 Ang, Daven 17	3) #86 Heng, David 17	4) #81 Chan, Ezra 19
	5) #96 Poh, Hong Zhi 19	6) #90 Lee, Yao Rong 20		
5		SINGAPORE POLYTECHNIC	A	NT
	1) #167 Amir, Syed 18	2) #182 Liau, Fong Jun 17	3) #187 Prudencio, Jiro 19	4) #191 Tan, Danzel 20
	5) #181 Li Heng, Chua 17			
6		NANYANG POLYTECHNIC	A	NT
	1) #42 Amir, Harith 20	2) #54 Ong, Skye 18	3) #46 Koh, Matthew Xu En 19	4) #64 Yip, Zachary 18
	5) #57 Seah, Marcus 17	6) #53 Ong, Nigel 20		
7		INSTITUTE OF TECH EDUCATION	A	NT
	1) #17 Cocjin Amor, Artri Jim 20	2) #25 Mohamed Lazim, Mohamed A3	3) #18 DE, Kai 17	4) #22 Krishna, Suraj 17
	5) #19 Dexian, Chen 19			

