

400m Heats 1 (Men)

5.	MOHD FIRDAUS	709	ITE	53.6	2
7.	TAY SOON BOON	510	TP	53.8	3
6.	SEAH CHOON HAO	104	NUS	54.0	4
4.	MO FAIQ	310	SP	54.3	5
3.	MHD FARID	605	NYP	54.4	6
2.	SYLVESTER NG	402	NP	54.9	7
8.	TEO KOON GUAN MELVIN	805	SMU	no show	8

400m Heats 2 (Men)

RACE 2					
LANE	NAME	TAG NO.	INSTITUTION	TIME	POSITION
4.	NICHOLAS GUO	313	SP	53.4	1
1.	SUBHAJEET PARIDA	241	NTU	53.7	2
5.	HAMZAH HASHIM	717	ITE	53.9	3
3.	VICTOR CHNG	606	NYP	54.1	4
7.	TAN ENG KIAT	517	TP	54.4	5
6.	TAN CHAY CHUN	135	NUS	54.7	6
2.	KOGULAN	403	NP	58.0	7
8.					8

100m Heats 1 (Ladies)

	NAME	TAG NO.	INSTITUTION	TIME	POSITION
	CHUA HUILING PEARL	250	NTU	27.62	1
	DAWN OOI	350	SP	27.77	2
	ASMAH HANIM BTE MOHAMAD	151	NUS	28.34	3
	FAZEAH B HUSAIN	759	ITE	30.09	4
	IZYAN BTE RONEDIN	452	NP	31.66	5
	LEOW WEAN NI	554	TP	32.13	6
	JOANNE TAN	650	NYP	32.47	7

100m Heats 2 (Ladies)

NE	NAME	TAG NO.	INSTITUTION	TIME	POSITION
	CHEN HONG ZHENG	150	NUS	29.06	1
	CHEE KER SHIN	251	NTU	29.37	2
	SAJA LEK	351	SP	30.02	3
	SNG LI WEI	760	ITE	31.06	4
	MERLENE TAN	652	NYP	31.6	5
	LIM LI WEN	561	TP	33.97	6
		151	NP		7

400m Hurdles Finals (Ladies)

	NAME	TAG NO.	INSTITUTION	TIME
	HO NEW FEI	153	NUS	68.7
	IRENE TEO	459	NP	76.78
	RACHEL LUM	556	TP	79.28
	CASSANDRA SUIA	253	NTU	DQ
	EILEEN CHAI	259	NTU	
	ASMAH HANIM BTE MOHAMAD	151	NUS	

Triple Jump Finals (Ladies)

ORDER	NAME	TAG NO.	INSTITUTION	DISTANCE	POSITION
2.	PAN PEITING	262	NTU	1119	1
3.	KOH WAN LYN	161	NUS	1017	2
4.	LIN SHI HUI	158	NUS	1009	3
5.	XU WEI XIN	352	SP	986	4
6.	CHUA AIPING	550	TP	985	5
7.	NATALIE LOO	264	NTU	924	6
8.	SAMANTHA LEE	454	NP		

400m Hurdles Finals 1 (Men)

LANE	NAME	TAG NO.	INSTITUTION	TIME	POSITION
5.	ONG CHEE HAN	701	ITE	60.88	1
6.	XING MIN JIE	105	NUS	62.87	2
3.	MOHD NAZIB	515	TP	63.15	3
4.	FOO JIE HUAI	417	NP	67.94	4
2.	JACKSON NGO	312	SP	70.86	5
7.	LEWIS HO	604	NYP	70.86	6
1.	GOH BUAN HUANG JASON	214	NTU	71.52	7

400m Hurdles Finals 2 (Men)

LANE	NAME	TAG NO.	INSTITUTION	TIME	POSITION
6.	TAN CHAY CHUN	135	NUS	59.95	1
3.	TAY SOON BOON	510	TP	61.38	2
5.	MOHD HAFIZ	710	ITE	61.75	3
1.	YU CHANGBIN BRAD	215	NTU	65.46	4
7.	WONG KWOK MERN	614	NYP	68.72	5
4.	TAY JING YI	418	NP	80.45	6

100m Hurdle (Women) - 2.30pm

EVENT 4 100M HURDLES (WOMEN)

2.30 PM

(Record : Ranjit Kuar, NUS - 15.2s, 1985)

LANE	NAME	TAG NO.	INSTITUTION	TIME	POSITION
6.	IRENE TEO	459	NP	17.6	1
1.	CHEE KER SHIN	251	NTU	17.9	2
4.	CHUA AIPING	550	TP	19.3	3
7.	TAN WEE NI	164	NUS	19.4	4
5.	RACHEL LUM	556	TP	22.7	5
2.	EILEEN CHAI	259	NTU		6
3.	XU WEI XIN	352	SP		7
8.	CHONG SHU ZHEN	165	NUS		8

Long Jump (Women) – 2.30pm

EVENT 1 **LONG JUMP (WOMEN)** **2.30 PM**

(Record : Low Siok Ching, SU - 5.54m, 1972)

ORDER	NAME	TAG NO.	INSTITUTION	DISTANCE	POSITION
5.	PAN PEITING	262	NTU	5.05	1
7.	KOH WAN LYN	161	NUS	4.76	2
1.	XU WEI XIN	352	SP	4.72	3
6.	LIM SHI HUI	158	NUS	4.57	4
4.	RUTH KOH	252	NTU	4.51	5
2.	NUR JULIANA	767	ITE	4.17	6
10.	IRENE TEO	459	NP	3.97	7
11.	AIK ZHIYING	852	SMU	3.75	8
3.	SERENA XU XUE-NI	754	ITE		9
8.	RACHEL LUM	556	TP		10
9.	SAMANTHA LEE	454	NP		11

Javelin (Men) – 2.30pm

2.30 PM

(Record : Kamal Mohd Din, SU – 39.10m, 1970)
(Record : Koh Hor Yee, NP - 41.37m, 2003)

ORDER	NAME	TAG NO.	INSTITUTION	DISTANCE	POSITION
10.	KOH HOR YEE	428	NP	41.37	1
11.	GOO KOK HWA	430	NP	34.37	2
8.	SHERWIN CHIA	617	NYP	31.94	3
2.	GOO CHUN SONG	302	SP	31.83	4
7.	WONG YING YAO	134	NUS	31.25	5
1.	TIMONTHY NG	301	SP	30.17	6
4.	CHOU KIN SANG	231	NTU	25.90	7
5.	ONG BENG CHIEK	232	NTU	25.18	8
3.	TAN CHEE HOW	725	ITE		9
6.	TAN THIAM MENG	130	NUS		10
9.	DOMINIC SIM WEI LIANG	508	TP		11
12.	ALVIN NG	522	TP		12

High Jump (Men) - 2.30pm

ORDER	NAME	TAG NO.	INSTITUTION	DISTANCE	POSITION
8.	RONNIE CAI	615	NYP	2.00	1
4.	KENNETH SU	213	NTU	1.80	2
6.	ELIDRISSI MOULAY RACHID	125	NUS	1.70	3
2.	BRENDON JOSEPH	715	ITE	1.70	4
3.	ANDY TEO	716	ITE	1.60	5
5.	TAN TZE LIN	218	NTU	1.60	5
12.	SEE SEOW MENG ALEX	423	NP	1.60	7
1.	ANG KWOK CHYE	324	SP		8
7.	CHAN KOK SIANG	126	NUS		9
9.	MHD RIDHUAN	621	NYP		10
10.	KERSON GIAM	514	TP		11
11.	EUGENE LIM	523	TP		12
13.	ANDREW HO	405	NP		13

110m Hurdles (Men) - 2.50pm

EVENT 5 **110M HURDLES (MEN)**
 (Record : Ng Boon Heong, NTU - 15.2s, 1990)

2.50 PM

	LANE	NAME	TAG NO.	INSTITUTION	TIME	POSITION
R1	1	KENNETH SU	213	NTU	16.81	1
R1	7	MOHD HAFIZ	710	ITE	17.84	2
R2	6	YU CHANGBIN BRAD	215	NTU	19.49	3
R2	3	YUE YANG WEI	137	NUS	19.80	4
R1	6	CHIN FU YEONG	123	NUS	20.26	5
R1	2	ANG HOCK LEONG	315	SP	20.79	6
R2	2	MD RASHID	326	SP	21.62	7
R1	3	STEWARD FU SHAN YU	516	TP	21.91	8
R1	4	TAY JING YI	418	NP		9
R1	5	WONG KWOK MERN	614	NYP		10
R1	8	AARON TAN WEI CHENG	427	NP		11
R2	1	RONNIE CAI	615	NYP		12
R2	4	MICHAEL WAN	520	TP		13
R2	5					14
R2	7					15
R2	8					16

100m (Women) – 3.15pm

EVENT 6 **100M FINAL (WOMEN)** **3.15 PM**

(Record : A. Letchmemay, IE - 12.3s, 1971)

(Record : Mona Kunalan, NIE - 12.3s, 1993)

LANE	NAME	TAG NO.	INSTITUTION	TIME	POSITION
3.	CHUA HUILING PEARL	250	NTU	13.1	1
6.	CHEN HONG ZHENG	150	NUS	13.5	2
4.	ASMAH HANIM BTE MOHAMAD	151	NUS	13.7	3
1.	RUTH SEETOH	353	SP	13.9	4
5.	CHEE KER SHIN	251	NTU	14.1	5
2.	LOKE WEI LING	455	NP	14.2	6
7.	NURUL ASHIKIN	761	ITE	14.4	7
8.	SAJA LEK	351	SP	14.8	8

100m (Men) – 3.20pm

EVENT 7 **100M FINAL (MEN)** **3.20 PM**
(Record : Mohd Shameer Ayub, TP - 10.5s, 2002)

LANE	NAME	TAG NO.	INSTITUTION	TIME	POSITION
3.	LAWRENCE WEE JIN KIAT	100	NUS	11.0	1
4.	IZWAN	718	ITE	11.2	2
5.	FARHAN FAROOK	708	ITE	11.3	3
1.	TAN YEE WEAL	200	NTU	11.6	4
2.	KUAN WOEI DAR	107	NUS	11.7	5
6.	YASIN SULAIMAN	519	TP	11.8	6
8.	MAGESWARAN DEVADAS	201	NTU	11.9	7
7.	DERRICK NG	307	SP	12.0	8

1500m (Women) – 3.25pm

ORDER	NAME	TAG NO.	INSTITUTION	TIME	POSITION
1.	VICKI GOODWIN	154	NUS	05:12.4	1
12.	JEANETTE WANG	258	NTU	05:22.3	2
3.	NUR AIDILA	654	NYP	05:27.0	3
14.	EILEEN TAN	354	SP	05:37.1	4
11.	CHEN SHUIAN HARN	256	NTU	05:38.1	5
2.	GERALDINE DREISER	168	NUS	05:48.1	6
4.	JASMINE MOH	655	NYP	05:52.8	7
5.	DAENG NUR RINA	751	ITE	05:57.2	8
8.	GRACE TEOH	457	NP	06:05.7	9
6.	ENG JUN JIA	752	ITE	06:29.1	10
10.	ANGIE ONG	560	TP	06:52.8	11
13.	HO KIAN MUI	853	SMU	07:07.2	12
7.	NALLADAGI ASHA D/O NADARAJAN	456	NP	07:21.8	13
9.	JES-CHING LING	553	TP		14
15.	GUO WETER	562	TP		15

1500m (Men) – 3.35pm

EVENT 9

1,500M (MEN)

3.35 PM

(Record : A. Saravanan Pillai, NTU - 3:56.2s, 1995)

ORDER	NAME	TAG NO.	INSTITUTION	TIME	POSITION
11.	GOH MENG KENG	204	NTU	04:15.3	1
12.	ANG CHEE YONG	206	NTU	04:16.8	2
5.	OH BAO MING	700	ITE	04:22.0	3
13.	MD SHAH FEROUZ	317	SP	04:23.0	4
2.	FASIHUDDIN BIN MD NASEEM	116	NUS	04:28.9	5
1.	CHAN CHIEN HSING	115	NUS	04:32.2	6
15.	GAO LU	801	SMU	04:36.2	7
6.	YEO SAY MENG	703	ITE	04:38.5	8
4.	XU PING WEI	609	NYP	04:39.0	9
3.	MUHD SOADIQ	608	NYP	04:41.4	10
7.	KALYANG KUMAN	407	NP	04:45.6	11
14.	ALEX NEO	320	SP	04:49.7	12
10.	HARESH S/O MOHANAN	502	TP	04:56.3	13
9.	ANDY CHIA	500	TP	04:59.7	14
8.	LIN YIFENG	410	NP	05:19.8	15
16.	LAI YAO QIANG-LEONARD	802	SMU		16

400m (Women) – 3.45pm

EVENT 10 **400M FINAL (WOMEN)** **3.45PM**
(Record : Yeo Pei LI, NUS - 60.4s, 1992)

LANE	NAME	TAG NO.	INSTITUTION	TIME	POSITION
			SP	62.8	1
3.	DAWN OOI	350	NUS	64.7	2
4.	HO NEW FEI	153	NUS	65.3	3
5.	LESLEY-ANNE JOHN	152	ITE	66.1	4
2.	REENAIRDIANA	750	SP	68.3	5
7.	RUTH SEETOH	353	NP	68.9	6
6.	NG YEW CHEO	450	NYP	72.3	7
8.	MERLENE TAN	652	NTU		8
1.	CASSANDRA SUIA	263			

400m (Men) – 3.50pm

EVENT 11 **400M FINAL (MEN)** **3.50 PM**
(Record : Ng Soon Keng, NTU - 49.2s, 2002)

LANE	NAME	TAG NO.	INSTITUTION	TIME	POSITION
3.	MAGESWARAN DEVADAS	201	NTU	51.9	1
6.	SUBHAJEET PARIDA	241	NTU	52.1	2
1.	TAY SOON BUN	510	TP	52.3	3
4.	NICHOLAS G	313	SP	52.4	4
5.	MOHD FIRDAUS	709	ITE	53.3	5
2.	HAMZAH HASMIM	717	ITE	53.5	6
7.	SEAH CHOON PRO	104	NUS	53.7	7
8.	VICTOR CHNG	606	NYP	55.3	8

Javelin (Women) – 4.30pm

EVENT 12 JAVELIN (WOMEN) 4.30 PM

(Record : Toh Mui Eng, NUS - 36.94m, 1998)

ORDER	NAME	TAG NO.	INSTITUTION	DISTANCE	POSITION
3.	SU PEI LUAN	267	NTU	30.16	1
12.	AIK ZHIYING	852	SMU	27.76	2
5.	LOSEANA NG	172	NUS	24.27	3
7.	GUO XIAOHUI	657	NYP	23.22	4
2.	CHUA YAN PING	266	NTU	23.18	5
4.	MAVIS CH'NG MEIZHEN	163	NUS	21.99	6
11.	JASMIN PHUA XIAO HUA	461	NP	17.22	7
6.	SARAH HE	653	NYP	15.05	8
1.	ELVINA GOH	768	ITE		9
8.	WIDAD OMAR ALHABSHEE	557	TP		10
9.	NICOLE WONG YUE JUN	558	TP		11
10.	TOH JING TING JEANNIE	460	NP		12
13.					13
14.					14

4x100m (Women) – 4.30pm

EVENT 15 4 X 100M RELAY (WOMEN) 4.30 PM
(Record : National University of Singapore - 51.1s, 1996)

LANE	NAME	TAG NO.	INSTITUTION	TIME	POSITION
6	NANYANG TECHNOLOGICAL UNIVERSITY	270	NTU	51.4	1
4	NATIONAL UNIVERSITY OF SINGAPORE	153	NUS	52.1	2
5	SINGAPORE POLYTECHNIC	350	SP	53.5	3
9	INSTITUTE OF TECHNICAL EDUCATION	761	ITE	55.4	4
3	TEMASEK POLYTECHNIC	550	TP	56.4	5
1	NGEE ANN POLYTECHNIC	450	NP	57.9	6
7	NANYANG POLYTECHNIC	660	NYP	59.1	7
2					8
8	SINGAPORE MANAGEMENT UNIVERSITY		SMU		9

4x100m (Men) – 4.40pm

LANE	NAME	TAG NO.	INSTITUTION	TIME	POSITION
3.	NATIONAL UNIVERSITY OF SINGAPORE	100	NUS	41.9	1
7.	INSTITUTE OF TECHNICAL EDUCATION	708	ITE	43.4	2
5.	NANYANG TECHNOLOGICAL UNIVERSITY	200	NTU	43.6	3
2.	TEMASEK POLYTECHNIC	519	TP	44.7	4
4.	SINGAPORE POLYTECHNIC	309	SP	45.3	5
6.	NANYANG POLYTECHNIC	602	NYP	46.1	6
1.	NGEE ANN POLYTECHNIC	406	NP	46.4	7
8.	SINGAPORE MANAGEMENT UNIVERSITY		SMU		8

3000m Steeplechase (Men) - 4.50pm

EVENT 17 3,000M STEEPLE CHASE (MEN) 4.50 PM
 (Record : N. Ganesan, NP - 9:57.6s, 1993)

ORDER	NAME	TAG NO.	INSTITUTION	TIME	POSITION
1.	NARAYAN PAUDEL	114	NUS	10:33.4	1
2.	TAY CHUN KIT	121	NUS	10:38.8	2
14.	MOK ZHENYUAN JEZREEL	800	SMU	10:38.9	3
5.	ONG CHEE HAN	701	ITE	10:50.1	4
11.	YONG JIN KIAT	209	NTU	10:58.6	5
10.	KELVIN TAN	507	TP	11:05.1	6
12.	CHEE EVAN	211	NTU	11:47.8	7
3.	JAMES QUAH	611	NYP	11:59.0	8
9.	S. FRANCISO	505	TP	12:18.1	9
6.	MARCUS ONG	706	ITE	12:18.3	10
7.	SONG LIM	409	NP	12:49.2	11
8.	ANDREW LAM WEI BIN	413	NP	13:01.9	12
4.	KOH KIAN YONG	612	NYP	DNC	13
13.	MD-SHAH FERROZ	347	SP		14
15.					
16.					
17.					

4x400m (Women) – 5.15pm

EVENT 18

4 X 400M RELAY (WOMEN)

5.15 PM

(Record : Nanyang Technological University - 4:16.2s, 1993)

LANE	NAME	TAG NO.	INSTITUTION	TIME	POSITION
5.	NATIONAL UNIVERSITY OF SINGAPORE	154	NUS	04:18.9	1
6.	NANYANG TECHNOLOGICAL	253	NTU	04:26.9	2
1.	TEMASEK POLYTECHNIC	554	TP	04:39.7	3
7.	SINGAPORE POLYTECHNIC	350	SP	04:39.8	4
3.	NGEE ANN POLYTECHNIC	452	NP	04:45.3	5
2.	NANYANG POLYTECHNIC	654	NYP	04:45.9	6
4.	INSTITUTE OF TECHNICAL EDUCATION	750	ITE	04:47.4	7
8.	SINGAPORE MANAGEMENT UNIVERSITY		SMU		8

4x400m (Men) – 5.30pm

EVENT 19

4 X 400M RELAY (MEN)

5.30 PM

(Record : Ngee Ann Polytechnic - 3:25.0s, 1989)

LANE	NAME	TAG NO.	INSTITUTION	TIME	POSITION
6.	NANYANG TECHNOLOGICAL	204	NTU	03:27.4	1
4.	INSTITUTE OF TECHNICAL EDUCATION	709	ITE	03:33.6	2
1.	TEMASEK POLYTECHNIC	515	TP	03:34.0	3
7.	SINGAPORE POLYTECHNIC	313	SP	03:36.0	4
5.	NATIONAL UNIVERSITY OF SINGAPORE	103	NUS	03:37.2	5
2.	NANYANG POLYTECHNIC	604	NYP	03:38.2	6
3.	NGEE ANN POLYTECHNIC	403	NP	03:50.2	7
8.	SINGAPORE MANAGEMENT UNIVERSITY		SMU		8

Shotput (Men)

(Record : Lim Chow Hoon, NUS - 13.33m, 1993)

ORDER	NAME	TAG NO.	INSTITUTION	DISTANCE	POSITION
12.	DOMINIC SIM WEI LIANG	508	TP	12.27	1
1.	TIMONTHY NG	301	SP	11.20	2
2.	GOO CHUN SONG	302	SP	11.07	3
9.	SOH CHOW JING	129	NUS	10.44	4
7.	LAU SHUN LONG	228	NTU	9.55	5
4.	ABDUL MALIK	724	ITE	9.03	6
6.	TOH CHOON ANN, BENJAMIN	227	NTU	8.91	7
3.	CHEW CHONG BENG	711	ITE	8.77	8
5.					9
8.	WIDYA HADI	128	NUS		10
10.	SHERWIN CHIA	617	NYP		11
11.	WANG YOU TONG	618	NYP		12
13.	KOR HOR YEE	428	NP		13
14.	PEH POO YONG	432	NP		14
15.	ALVIN NG	522	TP		15
16.					
17.					
18.					
19.					