

SAAA 45th Inter-Club Championships 2003 - 8/17/2003**Serangoon Stadium****Team Rankings - Through Event 149****Female Team Scores**

| Place | Team | | Points |
|--------------|--------------------------|------|---------------|
| 1 | Swift | SWIF | 240 |
| 2 | Wings Club | WING | 190 |
| 3 | S'Pore Masters Athletics | SMA | 30 |
| 4 | Mr25 | MR25 | 27 |
| 5 | Safsa | SAF | 20 |
| 6 | Flash Athletic Club | FLAS | 10 |
| 7 | Temasek Polytechnic | TP | 5 |

Male Team Scores

| Place | Team | | Points |
|--------------|--------------------------|------|---------------|
| 1 | Swift | SWIF | 221 |
| 2 | Wings Club | WING | 194 |
| 3 | Safsa | SAF | 109 |
| 4 | Mr25 | MR25 | 60 |
| 5 | National Uni OF S'Pore | NUS | 37 |
| 6 | Flash Athletic Club | FLAS | 35 |
| 7 | Temasek Polytechnic | TP | 21 |
| 8 | Prisons Sport Recre Club | PSRC | 18 |
| 9 | Singapore Polytechnic | SP | 9 |
| 10 | Nanyang Tech. Uni | NTU | 6 |
| 11 | S'Pore Masters Athletics | SMA | 1 |

Men Hammer Throw

| CR1: C 51.50m 1996 James Wong | | | | | |
|-------------------------------|------|-----------------|--------|---------|---|
| Name | Year | Team | Finals | Points | |
| Flight 1 | | | | | |
| 1 | 3032 | Dong, Enxin | Swift | 34.64m | 8 |
| 2 | 3037 | Luan, Wei | Swift | 33.46m | 7 |
| 3 | 3094 | Koh, Hor Yee | Wings | 21.50m | 6 |
| 4 | 2989 | Toh, Boo Gee | Saf | J21.50m | 5 |
| 5 | 2903 | -, Vickneswaran | Flas | 16.45m | 4 |

Women Hammer Throw

| CR1: C 58.49m 2000 Wang Dan | | | | | |
|-----------------------------|------|-----------------|--------|--------|---|
| Name | Year | Team | Finals | Points | |
| 1 | 3013 | E, Xiao Xin | Swift | 46.50m | 8 |
| 2 | 3022 | Zhang, Gui Rong | Swift | 27.16m | 7 |

Men Pole Vault

| CR1: C 4.65m 1987 Ng Kean Mun | | | | | |
|-------------------------------|------|----------------|--------|--------|---|
| Name | Year | Team | Finals | Points | |
| 1 | 3107 | Tan, Soloman | Wings | 4.40m | 8 |
| 2 | 2971 | Chu, Soon Kiat | Saf | 4.20m | 7 |
| 3 | 2934 | Chen, Yizhou | Ntu | 4.10m | 6 |
| 4 | 3081 | Ang, Kwok Chye | Wings | 4.00m | 5 |
| 5 | 3040 | Mok, Hay Foo | Swift | J3.50m | 4 |
| 5 | 3024 | -, Matthew | Swift | J3.50m | 4 |
| -- | 2908 | Kean Mun, Ng | Flas | NH | |
| -- | 2912 | Yueh Sheng, Ng | Flas | NH | |

Men Long Jump

| CR1: C 7.23m 1975 Yeo Kian Chye | | | | | | |
|---------------------------------|------|--------------------|--------|-------|--------|---|
| Name | Year | Team | Finals | Wind | Points | |
| 1 | 2979 | Lin Jin Sheng, Alv | Saf | 6.06m | NWI | 8 |
| 2 | 3091 | Khew, Kwang Kwei | Wings | 5.74m | NWI | 7 |
| 3 | 3090 | Hu, Kun | Wings | 5.65m | NWI | 6 |
| 4 | 2937 | Chan, Kok Siang | Nus | 5.43m | NWI | 5 |
| 5 | 3039 | M., Gobi | Swift | 5.42m | NWI | 4 |
| 6 | 3046 | Tseng, Stefan | Swift | 5.10m | NWI | 3 |
| 7 | 2928 | Nair, Terry | Mr25 | 4.13m | NWI | 2 |
| 8 | 2927 | Hwang, Robert | Mr25 | 3.73m | NWI | 1 |

Women Long Jump

| CR1: C 5.70m 1992 Yu Long Nyu | | | | | | |
|-------------------------------|------|-----------------|--------|-------|--------|---|
| Name | Year | Team | Finals | Wind | Points | |
| 1 | 3021 | Xu, Wei Xin | Swift | 4.48m | NWI | 8 |
| 2 | 3079 | Wong, Clara | Wings | 4.33m | NWI | 7 |
| 3 | 3075 | Tioh, Cassandra | Wings | 4.04m | NWI | 6 |
| 4 | 3017 | Ooi, Dawn | Swift | 3.64m | NWI | 5 |

Men Discus Throw

| CR1: C 51.77m 2001 Dong Enxin | | | | | |
|-------------------------------|------|-----------------|--------|--------|---|
| Name | Year | Team | Finals | Points | |
| 1 | 3032 | Dong, Enxin | Swift | 44.89m | 8 |
| 2 | 3094 | Koh, Hor Yee | Wings | 40.89m | 7 |
| 3 | 3037 | Luan, Wei | Swift | 40.39m | 6 |
| 4 | 2975 | Koh, Tong Eng | Saf | 36.59m | 5 |
| 5 | 2903 | -, Vickneswaran | Flas | 35.07m | 4 |
| 6 | 3087 | Goo, Chun Song | Wings | 32.51m | 3 |
| 7 | 2909 | Keat Loon, Yeoh | Flas | 30.80m | 2 |
| 8 | 2942 | Tan, Thaim Meng | Nus | 25.65m | 1 |
| -- | 2998 | Ng, Timothy | SP | ND | |

Women Discus Throw

| CR1: C 44.48m 2001 Du Xianhui | | | | | |
|-------------------------------|--|--|--|--|--|
|-------------------------------|--|--|--|--|--|

| Name | Year | Team | Finals | Points |
|------------------------|------|-------|---------|--------|
| 1 3022 Zhang, Gui Rong | | Swift | 45.35mC | 8 |
| 2 3012 Du, Xian Hui | | Swift | 38.71m | 7 |
| 3 3076 Wan, Lay Chi | | Wings | 34.71m | 6 |
| 4 2951 Poon, Pui Fun | | Sma | 32.25m | 5 |
| 5 3070 Sim, Li Bin | | Wings | 29.57m | 4 |
| 6 2902 Lim, Michelle | | Flas | 28.48m | 3 |
| 7 2901 Lee, Audry | | Flas | 27.15m | 2 |
| 8 2963 Lynda, Vasantha | | Saf | 16.99m | 1 |

Women 400 Meter Hurdles Final A

| Name | Year | Team | Finals | Points |
|-------------------------------------|------|-------|---------|--------|
| CR1: C 65.30 1981 Sim Hwee Yan (HT) | | | | |
| 1 3063 Lee, Miriam | | Wings | 74.40 | 8 |
| 2 3019 Tay, Christina | | Swift | 1:22.50 | 7 |

Women 400 Meter Hurdles Final B

| Name | Year | Team | Finals | Points |
|---------------------------------|------|-------|--------|--------|
| CR1: C 70.20 1983 Nancy Ng (HT) | | | | |
| 1 3066 Ng, Karen | | Wings | 77.31 | 8 |
| 2 3011 Chu, Eunice | | Swift | 78.89 | 7 |

Men 400 Meter Hurdles Final A

| Name | Year | Team | Finals | Points |
|-------------------------------------|------|-------|--------|--------|
| CR1: C 54.10 1983 Seah Soo Lye (HT) | | | | |
| 1 2981 Musadiq Kashmir, S | | Saf | 59.10 | 8 |
| 2 3096 Lim, Han Feng | | Wings | 62.18 | 7 |
| 3 3048 Wang, Xi Kun | | Swift | 65.92 | 6 |

Men 400 Meter Hurdles Final B

| Name | Year | Team | Finals | Points |
|--------------------------------------|------|-------|--------|--------|
| CR1: C 57.10 1961 K Selvaratnam (HT) | | | | |
| 1 3083 Cheah, Joseph | | Wings | 63.36 | 8 |
| 2 3043 Tan, Andy | | Swift | 73.20 | 7 |

Women 100 Meter Dash Final A

| Name | Year | Team | Finals | Points |
|---------------------------------------|------|-------|--------|--------|
| CR1: C 12.20 1987 Prema Govindra (HT) | | | | |
| Section 1 Wind: NWI | | | | |
| 1 3068 Mohd, Raihan | | Wings | 13.28 | 8 |
| 2 3010 Chu, Amanda | | Swift | 13.64 | 7 |
| 3 2949 Oh, Linda | | Sma | 15.15 | 6 |

Women 100 Meter Dash Final B

| Name | Year | Team | Finals | Points |
|---------------------------------------|------|-------|--------|--------|
| CR1: C 12.60 1973 Glory Barnabas (HT) | | | | |
| 1 3061 Hu, Sheena | | Wings | 13.49 | 8 |
| 2 3006 C., Kalacalvi | | Swift | 13.70 | 7 |
| 3 2916 Zeyrek, Birsen | | Mr25 | 17.87 | 6 |

Men 100 Meter Dash Final A

| Name | Year | Team | Finals | Points |
|---------------------------------|------|-------|--------|--------|
| CR1: C 10.58 1992 Muhamad Hosni | | | | |
| 1 2983 Poh, Seng Song | | Saf | 10.91 | 8 |
| 2 2946 Alias, Mohd Yusof | | Psrc | 11.34 | 7 |
| 3 3103 Phang, Xiaofeng | | Wings | 11.42 | 6 |
| 4 2904 Chen, Derek | | Flas | 11.54 | 5 |
| 5 3049 Wee, Collin | | Swift | 11.67 | 4 |
| 6 2996 Foong, Bryan | | SP | 12.20 | 2 |
| Section 2 Wind: NWI | | | | |
| 1 3053 Sulaiman, Yasin | | TP | 12.10 | 3 |
| 2 2918 Chew, Kay Siang | | Mr25 | 12.93 | 1 |
| 3 2938 Kuan, Woei Dar | | Nus | 13.01 | |

Men 100 Meter Dash Final B

| CR1: C 10.94 1995 Muhamad Hosni | | | | |
|---------------------------------|------|--------------------|--------|---------|
| Name | Year | Team | Finals | Points |
| Section 1 Wind: NWI | | | | |
| 1 | 2985 | Sim Chee Hao, Alfr | Saf | 11.37 8 |
| 2 | 2943 | Wee, Lawrence | Nus | 11.38 7 |
| 3 | 2945 | Abdullah, Anuar | Psrc | 11.55 6 |
| 4 | 2925 | Gill, Rajaie Raj | Mr25 | 12.63 3 |
| Section 2 Wind: NWI | | | | |
| 1 | 3023 | -, Erzalmaniq | Swift | 11.91 5 |
| 2 | 3093 | Koay, David | Wings | 12.33 4 |
| 3 | 2906 | Dainal, Syed | Flas | 12.79 2 |
| 4 | 3051 | Jude, Edward | TP | 13.07 1 |

Women 800 Meter Run

| CR1: C 2:11.80 1975 Chee Swee Lai (HT) | | | | |
|--|------|-----------------|--------|-----------|
| Name | Year | Team | Finals | Points |
| Section 1 | | | | |
| 1 | 3014 | Goodwin, Vicky | Swift | 2:25.53 8 |
| 2 | 3020 | Tioh, Cassandra | Swift | 2:31.74 7 |
| 3 | 3067 | Low, Tse Ruey | Wings | 2:47.60 6 |
| 4 | 3050 | Li, Canny | TP | 3:06.95 5 |

Men 800 Meter Run

| CR1: C 1:53.30 1968 James H Douglas (HT) | | | | |
|--|------|-----------------|--------|-----------|
| Name | Year | Team | Finals | Points |
| 1 | 3029 | C., Veeramani | Swift | 2:02.36 8 |
| 2 | 3041 | Shao, BiaoMing | Swift | 2:03.09 7 |
| 3 | 2929 | Oh, Bao Ming | Mr25 | 2:05.54 6 |
| 4 | 3105 | Tan, Bernard | Wings | 2:11.15 5 |
| 5 | 2941 | Tan, Andy | Nus | 2:12.31 4 |
| 6 | 2939 | Lim, Anthony | Nus | 2:12.70 3 |
| 7 | 2999 | Sng, Kang Xiang | SP | 2:14.51 2 |
| 8 | 3089 | Huang, Justin | Wings | 2:16.79 1 |
| 9 | 3052 | S., Siva | TP | 2:36.29 |

Men 3000 Meter Race Walk

| CR1: C 13:01.40 1992 Teh Kumar Rai (HT) | | | | |
|---|------|-------------|--------|------------|
| Name | Year | Team | Finals | Points |
| 1 | 3042 | Sim, Edmund | Swift | 19:01.75 8 |
| 2 | 3026 | A., Kannan | Swift | 20:26.76 7 |

Men High Jump

| CR1: C 2.08m 1995 Wong Yew Tong | | | | |
|---------------------------------|------|-----------------|--------|---------|
| Name | Year | Team | Finals | Points |
| Flight 1 | | | | |
| 1 | 3082 | Cai, Ronnie | Wings | 1.90m 8 |
| 2 | 3106 | Tan, Jonathan | Wings | 1.80m 7 |
| 3 | 3035 | Joseph, Brendan | Swift | 1.55m 6 |
| -- | 3044 | Teo, Ang | Swift | NH |

Men Shot Put

| CR1: C 16.38m 2002 Dong Enxin | | | | |
|-------------------------------|------|-----------------|--------|-----------|
| Name | Year | Team | Finals | Points |
| 1 | 3037 | Luan, Wei | Swift | 16.43mC 8 |
| 2 | 3032 | Dong, Enxin | Swift | 16.21m 7 |
| 3 | 3084 | Chia, Chang Yee | Wings | 12.72m 6 |
| 4 | 3094 | Koh, Hor Yee | Wings | 11.93m 5 |
| 5 | 2998 | Ng, Timothy | SP | 11.17m 4 |
| 6 | 2903 | -, Vickneswaran | Flas | 11.00m 3 |
| 7 | 2975 | Koh, Tong Eng | Saf | 10.99m 2 |
| 8 | 2909 | Keat Loon, Yeoh | Flas | 9.80m 1 |

Women Shot Put

| CR1: C 17.38m 2001 Zhang Guirong | | | | |
|----------------------------------|------|-----------------|--------|----------|
| Name | Year | Team | Finals | Points |
| 1 | 3012 | Du, Xian Hui | Swift | 15.45m 8 |
| 2 | 3022 | Zhang, Gui Rong | Swift | 15.09m 7 |

| | | | | | |
|---|------|---------------|-------|--------|---|
| 3 | 3070 | Sim, Li Bin | Wings | 10.86m | 6 |
| 4 | 3076 | Wan, Lay Chi | Wings | 10.50m | 5 |
| 5 | 2951 | Poon, Pui Fun | Sma | 10.14m | 4 |
| 6 | 2901 | Lee, Audry | Flas | 8.98m | 3 |
| 7 | 2902 | Lim, Michelle | Flas | 8.09m | 2 |

Women Triple Jump

| ===== | | | | | |
|------------------------------|------|----------------|--------|--------|--------|
| CR1: C 11.23m 2001 Karen Low | | | | | |
| Name | Year | Team | Finals | Wind | Points |
| ===== | | | | | |
| 1 | 3021 | Xu, Wei Xin | Swift | 9.96m | NWI 8 |
| 2 | 3065 | Lin, Shi Hui | Wings | 9.84m | NWI 7 |
| 3 | 3007 | Chan, See Huey | Swift | 9.73m | NWI 6 |
| 4 | 3079 | Wong, Clara | Wings | J9.73m | NWI 5 |

Women 200 Meter Run Final A

| ===== | | | | | |
|---|------|----------------|--------|--------|---|
| CR1: C 25.50 1960 Elizabeth Cheesewright (HT) | | | | | |
| CR2: C 25.50 1979 Caroline Pereira (HT) | | | | | |
| Name | Year | Team | Finals | Points | |
| ===== | | | | | |
| Section 1 Wind: NWI | | | | | |
| 1 | 3078 | Wong, Zeteng | Wings | 26.98 | 8 |
| 2 | 3010 | Chu, Amanda | Swift | 28.38 | 7 |
| 3 | 2959 | Chua, Joo Ling | Saf | 35.22 | 6 |

Women 200 Meter Run Final B

| ===== | | | | | |
|--|------|---------------|--------|--------|---|
| CR1: C 26.50 1970 Sheila Mahatani (HT) | | | | | |
| Name | Year | Team | Finals | Points | |
| ===== | | | | | |
| 1 | 3006 | C., Kalacalvi | Swift | 28.41 | 8 |
| 2 | 2967 | Tang, Mui Tze | Saf | 35.84 | 7 |

Men 200 Meter Run Final A

| ===== | | | | | |
|-------------------------------------|------|------------------|--------|--------|---|
| CR1: C 21.50 1962 M Jegathesan (HT) | | | | | |
| CR2: C 21.50 1983 Haron Mundir (HT) | | | | | |
| Name | Year | Team | Finals | Points | |
| ===== | | | | | |
| 1 | 3103 | Phang, Xiaofeng | Wings | 23.09 | 7 |
| 2 | 2945 | Abdullah, Anuar | Psrc | 23.84 | 5 |
| 3 | 3049 | Wee, Collin | Swift | 23.97 | 4 |
| 4 | 2922 | Craig, Michael | Mr25 | 30.31 | 1 |
| Section 2 Wind: NWI | | | | | |
| 1 | 2983 | Poh, Seng Song | Saf | 22.67 | 8 |
| 2 | 3053 | Sulaiman, Yasin | TP | 23.77 | 6 |
| 3 | 2925 | Gill, Rajaie Raj | Mr25 | 25.09 | 3 |
| 4 | 2906 | Dainal, Syed | Flas | 25.23 | 2 |

Men 200 Meter Run Final B

| ===== | | | | | |
|--------------------------------------|------|---------------|--------|--------|---|
| CR1: C 22.00 1967 Ong Yeok Phee (HT) | | | | | |
| Name | Year | Team | Finals | Points | |
| ===== | | | | | |
| Section 1 Wind: NWI | | | | | |
| 1 | 3023 | -, Erzalmaniq | Swift | 23.93 | 8 |
| 2 | 3109 | Yeo, Gary | Wings | 24.24 | 7 |
| 3 | 2944 | Xin, Zhang | Nus | 26.89 | 6 |

Women 1500 Meter Run

| ===== | | | | | |
|-------------------------------------|------|----------------|--------|---------|---|
| CR1: C 4:46.80 1981 K Jayamani (HT) | | | | | |
| Name | Year | Team | Finals | Points | |
| ===== | | | | | |
| Section 1 | | | | | |
| 1 | 3008 | Chia, Pamela | Swift | 5:01.91 | 8 |
| 2 | 3014 | Goodwin, Vicky | Swift | 5:28.83 | 7 |
| 3 | 3069 | Ng, Run Qian | Wings | 5:38.83 | 6 |
| 4 | 3071 | Song, Peiwen | Wings | 5:58.49 | 5 |

Men 1500 Meter Run

| ===== | | | | | |
|--------------------------------------|------|----------------|--------|---------|---|
| CR1: C 3:55.70 1994 A Saravanan (HT) | | | | | |
| Name | Year | Team | Finals | Points | |
| ===== | | | | | |
| 1 | 2917 | Ang, Chee Yong | Mr25 | 4:21.35 | 8 |
| 2 | 3038 | M, Shah Feroz | Swift | 4:32.78 | 7 |
| 3 | 3097 | Lim, Zi Rui | Wings | 4:42.38 | 6 |
| 4 | 3031 | Dhew, Kabil | Swift | 4:44.93 | 5 |

5 3095 Law, Thomas Wings 5:09.37 4

Women 1600 Meter Race Walk

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CR1: C 7:55.70 1989 Susan Ng (HT)

| Name | Year | Team | Finals | Points |
|-------------------------|------|-------|----------|--------|
| 1 2948 Kiong, Catherine | | Sma | 9:07.34 | 8 |
| 2 3015 Khoo, Magaret | | Swift | 9:30.11 | 7 |
| 3 3016 Ong, Ah Lan | | Swift | 9:59.46 | 6 |
| 4 3058 Goh, Wai Leng | | Wings | 10:06.98 | 5 |
| 5 3073 Tan, Naomi | | Wings | 11:43.20 | 4 |
| 6 2916 Zeyrek, Birsen | | Mr25 | 11:53.01 | 3 |

Women 100 Meter Hurdles Final A

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CR1: C 14.80 1997 Hii Siew Nguek

| Name | Year | Team | Finals | Points |
|------------------------|------|-------|--------|--------|
| 1 3063 Lee, Miriam | | Wings | 17.60 | 8 |
| 2 3005 Agrialty, Addne | | Swift | 21.01 | 7 |

Section 1 Wind: NWI

Women 100 Meter Hurdles Final B

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CR1: C 16.24 1992 Chan See Huey

| Name | Year | Team | Finals | Points |
|-----------------------|------|-------|--------|--------|
| 1 3056 Chee, Ker Shin | | Wings | 18.44 | 8 |
| 2 3002 -, Lily | | Swift | 21.83 | 7 |

Men 110 Meter Hurdles Final A

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CR1: C 15.04 1992 P Parameswaran

| Name | Year | Team | Finals | Points |
|-----------------------|------|-------|--------|--------|
| 1 2988 Teng, Wei Yang | | Saf | 17.14 | 8 |
| 2 3048 Wang, Xi Kun | | Swift | 17.81 | 7 |
| 3 3083 Cheah, Joseph | | Wings | 18.28 | 6 |

Men 110 Meter Hurdles Final B

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CR1: C 15.90 1976 Khoo Chee Seng (HT)

| Name | Year | Team | Finals | Points |
|---------------------|------|-------|--------|--------|
| 1 3047 V.K, Ganison | | Swift | 17.56 | 8 |
| 2 3098 Low, LI Yong | | Wings | 18.75 | 7 |

Men Javelin Throw

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CR1: C 57.40m 1990 Ng Bock Huat

| Name | Year | Team | Finals | Points |
|-------------------------|------|-------|--------|--------|
| 1 2905 Cheong, Gary | | Flas | 49.65m | 8 |
| 2 2969 Chen, Jin Long | | Saf | 48.37m | 7 |
| 3 3094 Koh, Hor Yee | | Wings | 47.19m | 6 |
| 4 3104 Sim, Aaron | | Wings | 44.77m | 5 |
| 5 3111 Goh, Choon Seng | | Flas | 44.41m | 4 |
| 6 2990 Wang, Weisi | | Saf | 44.39m | 3 |
| 7 3030 Chew, Chong Beng | | Swift | 39.38m | 2 |
| 8 2995 Ang, Siang Chien | | SP | 33.90m | 1 |
| 9 3028 Choo, Felix | | Swift | 17.70m | |

Women Javelin Throw

=====

CR1: C 46.17m 2002 Zhang Guirong

| Name | Year | Team | Finals | Points |
|------------------------|------|-------|--------|--------|
| 1 3022 Zhang, Gui Rong | | Swift | 41.02m | 8 |
| 2 2951 Poon, Pui Fun | | Sma | 33.94m | 7 |
| 3 3076 Wan, Lay Chi | | Wings | 29.59m | 6 |
| 4 3080 Yang, Shi Ai | | Wings | 28.61m | 5 |
| 5 3007 Chan, See Huey | | Swift | 21.80m | 4 |

Men Triple Jump

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CR1: C 14.63m 1986 Francis Nathan

| Name | Year | Team | Finals | Wind | Points |
|---------------------------|------|------|--------|------|--------|
| 1 2979 Lin Jin Sheng, Alv | | Saf | 13.67m | NWI | 8 |

| | | | | | | |
|---|------|------------------|-------|--------|-----|---|
| 2 | 2937 | Chan, Kok Siang | Nus | 12.78m | NWI | 7 |
| 3 | 3110 | Yong, Jenn Haur | Wings | 12.38m | NWI | 6 |
| 4 | 3045 | Tseng, Christian | Swift | 12.06m | NWI | 5 |
| 5 | 2940 | Song, Yang | Nus | 11.65m | NWI | 4 |
| 6 | 3039 | M., Gobi | Swift | 11.64m | NWI | 3 |

Women High Jump

| ===== | | | | | | |
|-------------------------------|------|-----------------|-------|--------|--------|---|
| CR1: C 1.72m 1992 Yu Long Nyu | | | | | | |
| Name | Year | Team | | Finals | Points | |
| ===== | | | | | | |
| 1 | 3003 | -, Michelle | Swift | 1.60m | | 8 |
| 2 | 3065 | Lin, Shi Hui | Wings | 1.55m | | 7 |
| 3 | 3062 | Kwong, Ping Yee | Wings | 1.45m | | 6 |
| 4 | 3007 | Chan, See Huey | Swift | 1.35m | | 5 |

Men 3000 Meter Steeplechase

| ===== | | | | | | |
|--------------------------------|------|---------------|-------|----------|--------|---|
| CR1: C 9:32.00 1994 Birch (HT) | | | | | | |
| Name | Year | Team | | Finals | Points | |
| ===== | | | | | | |
| Section 1 | | | | | | |
| 1 | 3034 | G., Elangovan | Swift | 10:01.10 | | 8 |
| 2 | 3100 | Mok, Jezreel | Wings | 10:34.68 | | 7 |
| 3 | 2924 | Gan, Zhi Wei | Mr25 | 11:01.37 | | 6 |
| 4 | 3038 | M, Shah Feroz | Swift | 11:16.66 | | 5 |

Women 3000 Meter Run

| ===== | | | | | | |
|--|------|--------------------|-------|-----------|--------|---|
| CR1: C 10:17.40 1993 Cheong Tsui Ying (HT) | | | | | | |
| Name | Year | Team | | Finals | Points | |
| ===== | | | | | | |
| 1 | 3008 | Chia, Pamela | Swift | 11:18.04 | | 8 |
| 2 | 2914 | Mulroy, Pauline | Mr25 | 11:34.94 | | 7 |
| 3 | 3077 | Wang, Jeanette | Wings | 11:35.53 | | 6 |
| 4 | 2913 | Kume, Mika | Mr25 | 11:43.76 | | 5 |
| 5 | 2915 | Satinanthan, Renuk | Mr25 | J12:23.45 | | |
| 6 | 3018 | Tan, Sumiko | Swift | J12:28.69 | | 4 |
| 7 | 3064 | Lim, Snow | Wings | J13:12.24 | | 3 |

Women 400 Meter Run Final A

| ===== | | | | | | |
|--------------------------------------|------|--------------|-------|--------|--------|---|
| CR1: C 56.10 1974 Chee Swee Lee (HT) | | | | | | |
| Name | Year | Team | | Finals | Points | |
| ===== | | | | | | |
| 1 | 3017 | Ooi, Dawn | Swift | 65.58 | | 8 |
| 2 | 3071 | Song, Peiwen | Wings | 69.69 | | 7 |

Women 400 Meter Run Final B

| ===== | | | | | | |
|-------------------------------------|------|--------------|-------|--------|--------|---|
| CR1: C 58.20 1975 Lee Tai Jong (HT) | | | | | | |
| Name | Year | Team | | Finals | Points | |
| ===== | | | | | | |
| 1 | 3009 | Choo, Amanda | Swift | 65.09 | | 8 |
| 2 | 3060 | Ho, New Fei | Wings | 67.89 | | 7 |

Men 400 Meter Run Final A

| ===== | | | | | | |
|-------------------------------------|------|---------------|-------|--------|--------|---|
| CR1: C 47.90 1987 Haron Mundir (HT) | | | | | | |
| Name | Year | Team | | Finals | Points | |
| ===== | | | | | | |
| 1 | 3092 | Khoo, Kenneth | Wings | 50.10 | | 8 |
| 2 | 3036 | Lam, Yi Hong | Swift | 57.59 | | 7 |

Men 400 Meter Run Final B

| ===== | | | | | | |
|---------------------------------------|------|--------------------|-------|--------|--------|---|
| CR1: C 48.50 1975 Cheah Kim Teck (HT) | | | | | | |
| Name | Year | Team | | Finals | Points | |
| ===== | | | | | | |
| 1 | 2981 | Musadiq Kashmir, S | Saf | J50.39 | | 8 |
| 2 | 3108 | Teo, Khoon Kiat | Wings | J50.61 | | 8 |
| 3 | 3025 | -, Nicholas | Swift | J54.30 | | 7 |
| 4 | 2978 | Ng, Huan Chao | Saf | J55.61 | | 6 |
| 5 | 2922 | Craig, Michael | Mr25 | J64.82 | | 5 |

Women 4x100 Meter Relay

| ===== | | | | | | |
|---|------------|--|--|--------|--------|---|
| CR1: C 49.30 1978 Combined Schools (HT) | | | | | | |
| Team | | | | Finals | Points | |
| ===== | | | | | | |
| 1 | Wings Club | | | 49.50 | | 8 |

| | | | |
|---|-------|-------|---|
| 2 | Swift | 52.80 | 7 |
| 3 | Safsa | 64.67 | 6 |

Men 4x100 Meter Relay

```

=====
CR1: C 41.50 1978 Swift Athletes Assn (HT)
=====
Team                               Finals  Points
=====
1 Safsa                             43.24   8
2 Swift                             43.88   7
3 Wings Club                         44.94   6
4 Temasek Polytechnic               47.00   5
5 Mr25                               47.27   4
=====

```

Men 5000 Meter Run

```

=====
CR1: C 14:51.70 1994 Arumugam (HT)
=====
Name                               Year Team                               Finals  Points
=====
1 3034 G., Elangovan                Swift                               17:02.53  8
2 2933 Wong, Ernest                 Mr25                               17:13.75  7
3 3027 A., Saravanan                Swift                               17:20.88  6
4 2924 Gan, Zhi Wei                 Mr25                               17:59.90  5
5 2261 Hansen, Gerard               Mr25                               J18:02.84
6 2263 Taber, Scott                 Mr25                               J18:06.07
7 2262 Settmayer, Siegfri           Mr25                               J18:06.75
8 3086 Chua, Kenny                  Wings                               J18:06.97  4
9 2921 Coppell, Ian                 Mr25                               J18:46.19  3
10 2987 Tan, Tiong Yit              Saf                                J19:15.58  2
11 2952 Jaafar, Abdul                Sma                                J19:48.46  1
12 2260 Choo, Steve                 Mr25                               J21:06.16
-- 2968 -, Baktiar                  Saf                                DNF
=====

```

Women 4x400 Meter Relay

```

=====
CR1: C 4:02.00 1974 Flash Sports Club (HT)
=====
Team                               Finals  Points
=====
1 Swift                             4:21.72  8
2 Wings Club                         4:25.92  7
3 Mr25                               5:36.76  6
=====

```

Men 4x400 Meter Relay

```

=====
CR1: C 3:19.40 1975 Flash Sports Club (HT)
=====
Team                               Finals  Points
=====
1 Wings Club                         3:26.13  8
2 Swift                             3:33.46  7
3 Temasek Polytechnic               3:49.52  6
4 Mr25                              4:02.98  5
=====

```