

Top Performer – SUN 3rd Singapore U23 / Open Track and Field Championships 2013

For Male



Sean Lim Zi Qing with 930 points

Pole vault men final

4.83 metres

For Female



Dipna Lim-Prasad with 1028 points

200m women final

24.36 seconds (0.0m/s)

Performances based on IAAF outdoor scoring table 2011, revised.

File photo, images by Bernie Lee (Dipna's) & Terry Tan Lee Ban (Sean's).

Related links:

[SUN 3rd Singapore U23 / Open Track and Field Championships 2013 page](#)

Records – SUN 3rd Singapore U23 / Open Track and Field Championships 2013

National Records, pending ratification by SAA

1. **Sean Lim Zi Qing**
Pole vault men U23 final
4.83 metres
2. **Dipna Lim-Prasad**
200m women U23 final
24.36 seconds (0.0m/s)

Championship Records

1. **Sean Lim Zi Qing**
Pole vault men U23 final
4.83 metres
2. **Dipna Lim-Prasad**
200m women U23 final
24.36 seconds (0.0m/s)
3. **Lee, Shin Yan Hannah**
Discus women U23 final
42.28m
4. **Wong, Kai Yuen** EQUAL RECORD
Shot put men U23 final
15.50m
5. **Aw Yong, Liang Qi**
110m hurdles men U23 final
16.19s
6. **Lee, Shin Yan Hannah**
Shot put women U23 final
12.25m
7. **Asmin, Muhammad Naqib**
200m men U23 final
22.45s(0.0m/s)
8. **Soh, Hua Qun**
5,000m men U23 final
15:58.91
9. **Unattached 'A'**
4x100m men U23 final
42.96s
10. **Pereira, Shanti Veronica**
100m women U23 final
12.34s (-0.3m/s)
11. **Asmin, Muhammad Naqib**
100m men U23 final
11.04s(-1.1m/s)

12. **T, Piriya**
400m women U23 final
56.73s
13. **Ng, Chin Hui**
400m men U23 final
50.10s

Related links:

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Day 1

**3rd Singapore U23/Open Track and Field
Championship 2012
Choa Chu Kang Stadium - 5/10/2013 to 6/10/2013
Results - SUN Singapore U23/Open C'Ships 2013**

Event 101 Women Discus Throw (1kg) Under 23

| Name | Age | Team | Seed | Finals |
|---|------------|--------------------------|------|--------|
| NR: 49.91m | 8/12/2003 | Zhang Guirong | | |
| NJR: 47.17m | 13/8/2006 | Wan Lay Chi | | |
| CR: 41.12m | 14/10/2012 | Shin Yan Hannah Lee, NYP | | |
| Finals | | | | |
| 1 1023 Lee, Shin Yan Hann | 21 | Nanyang Polytechnic | | 42.28m |
| 40.74m 42.28m 41.67m 40.72m | | FOUL 40.71m | | |
| 2 1031 See, Yi Ling Annab | 18 | Nanyang Polytechnic | | 29.15m |
| 27.57m 27.48m 27.42m 26.10m 27.30m 29.15m | | | | |
| 3 1020 Han, Qing Chun | 19 | Nanyang Polytechnic | | 21.26m |
| 19.72m 21.11m 21.26m 18.59m 19.79m 19.56m | | | | |

Event 102 Men Shot Put (7.26kg) Under 23

| Name | Age | Team | Seed | Finals |
|---------------------------------------|-----------|---------------------|------|--------|
| NR: 17.44m | 23/9/2003 | Dong Enxin | | |
| CR: 15.50m | 25/6/2011 | Scott Wong, WAC | | |
| 1 1175 Wong, Kai Yuen | 19 | Unattached | | 15.50m |
| 15.38m FOUL FOUL 15.50m 15.31m 14.79m | | | | |
| 2 1065 Chua, Zong Sheng | 19 | NP | | 9.50m |
| 8.77m 9.14m 9.50m 8.63m 8.71m 9.01m | | | | |
| 3 1112 Said, Haikal | 21 | RP | | 9.42m |
| 9.08m 9.42m 8.94m 9.09m 9.19m 9.04m | | | | |
| 4 1035 Tay, Muam Chin And | 20 | Nanyang Polytechnic | | 9.27m |
| FOUL 9.27m 8.93m FOUL 8.52m FOUL | | | | |
| 5 1136 Kheng, Yu Jie Macu | 22 | SIM | | 9.18m |
| 9.07m 8.96m 8.96m 9.06m 8.68m 9.18m | | | | |
| 6 1091 Tan, Ting Jun | 16 | Raffles Institution | | 8.81m |
| 8.81m 8.54m 8.30m 7.34m 8.41m 8.75m | | | | |
| 7 1087 Chung, Yew Weng | 16 | Raffles Institution | | 8.22m |
| 7.98m FOUL 8.01m 8.22m 7.75m 7.78m | | | | |
| 8 1109 Mohd Salleh, Muham | 17 | RP | | 8.02m |
| 7.91m 7.75m 7.83m 7.88m 8.02m 7.95m | | | | |
| 9 1074 Low, Jian Ji Wilfr | 21 | NP | | 7.66m |
| 7.43m 7.47m 7.66m | | | | |
| 10 1075 Low, Jian Liang | 20 | NP | | 6.95m |
| 6.10m 6.85m 6.95m | | | | |
| -- 1032 Sia, Shi Min Alvin | 19 | Nanyang Polytechnic | | DNS |

Event 103 Men Shot Put (7.26kg) Open

| Name | Age | Team | Seed | Finals |
|---------------------------------|------------|-----------------|------|--------|
| NR: 17.44m | 23/9/2003 | Dong Enxin | | |
| CR: 11.08m | 13/10/2012 | Wei De Toh, WAC | | |
| 1 1057 Toh, Alexander | 24 | NUS | | 9.63m |
| FOUL FOUL 9.63m FOUL FOUL 9.22m | | | | |



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Event 104 Women Long Jump Under 23

| Name | Age | Team | Seed | Finals | Wind |
|---|------------|---------------------------------|------|--------|------|
| NR: 5.88m | 16/6/1993 | Yu Long Nyu | | | |
| NJR: 5.68m | 24/6/2007 | Nurul Jannah Bte Zulkifli | | | |
| CR: 5.40m | 13/10/2012 | Nurul Jannah Bte Zulkifly, SWIF | | | |
| 1 1129 Tan, Eugenia | 17 | Singapore | | 5.56m | 2.7 |
| 5.21m(-0.5) FOUL(1.7) FOUL(-1.0) 5.34m(1.4) 5.05m(-1.2) 5.56m(2.7) | | | | | |
| 2 1042 Jannah, Nurul | 21 | NTU | | 5.31m | -2.7 |
| 5.31m(-2.7) FOUL(-1.6) 4.89m(-3.4) FOUL(-0.5) FOUL(-0.3) 4.99m(0.5) | | | | | |
| 3 1034 Tay, Kai Li Janna | 17 | Nanyang Polytechnic | | 4.61m | -0.8 |
| 4.58m(-0.8) 4.61m(-0.8) 4.57m(-1.7) 4.36m(-0.6) 4.47m(-0.7) 4.61m(1.9) | | | | | |
| 4 1064 Chua, Chloe | 19 | NP | | 3.90m | -1.3 |
| 3.69m(-1.0) 3.73m(-1.3) 3.79m(-2.6) 3.66m(-0.6) 3.52m(-2.2) 3.90m(-1.3) | | | | | |
| 5 1017 Chua, Si Hui Racha | 17 | Nanyang Polytechnic | | 3.68m | -1.8 |
| 2.98m(-0.0) 2.57m(-2.2) FOUL(-0.9) 3.12m(-0.4) 3.13m(-1.1) 3.68m(-1.8) | | | | | |

Event 105 Women 200 Meter Dash Under 23

| Name | Age | Team | Seed | Prelims | Wind | H# |
|----------------------------|-----------|-----------------------|------|---------|------|----|
| NR: 24.54 | 12/8/1984 | Prema Govindan | | | | |
| NJR: 24.54 | 12/8/1984 | Prema Govindan | | | | |
| CR: 25.40 | 26/6/2011 | Dipna Lim Prasad, NTU | | | | |
| Preliminaries | | | | | | |
| 1 1125 Pereira, Shanti Ve | 17 | Singapore | | 24.87q | -1.7 | 1 |
| 2 1121 Lim Prasad, Dipna | 22 | Singapore | | 26.51q | +0.0 | 2 |
| 3 1127 Summer, Tyra Ree | 18 | Singapore | | 26.76q | +0.0 | 2 |
| 4 1100 Ho, Yun Hui Camill | 19 | RP | | 28.70q | -1.7 | 1 |
| 5 1080 Sakinah, Nurul | 18 | NP | | 28.93q | -1.7 | 1 |
| 6 1138 Kuan, Hui Min, Joy | 22 | SIM | | 29.21q | -1.7 | 1 |
| 7 1082 Wong, Kai Li Andre | 19 | NP | | 29.44q | +0.0 | 2 |
| 8 1045 Yap, Angela | 22 | NTU | | 30.13q | +0.0 | 2 |
| 9 1061 Chong, Hui Xin Nic | 17 | NP | | 31.40 | -1.7 | 1 |
| 10 1110 Nurul Endang, Aqil | 18 | RP | | 31.42 | +0.0 | 2 |
| 11 1098 Goh, Qian Ning Ros | 18 | RP | | 31.55 | +0.0 | 2 |
| 12 1076 Mohamed khir, Nuru | 19 | NP | | 31.62 | +0.0 | 2 |
| 13 1107 Manogar, Anita | 20 | RP | | 33.88 | +0.0 | 2 |
| -- 1169 Marsden, Olivia | 14 | Club Zoom | | DNS | -1.7 | 1 |
| -- 1051 Monteiro, Amelia | 20 | NUS | | DNS | -1.7 | 1 |
| -- 1114 Tan, Siok Yee | 20 | RP | | DNS | -1.7 | 1 |

Event 106 Men 200 Meter Dash Under 23

| Name | Age | Team | Seed | Prelims | Wind | H# |
|---------------------------|-----------|-----------------|------|---------|------|----|
| NR: 21.14 | 24/7/1987 | Haron Mundir | | | | |
| NJR: 21.30 | 12/9/1982 | Haron Mundir | | | | |
| CR: 22.71 | 26/6/2011 | Ng Chin Hui, RI | | | | |
| 1 1115 Asmin, Muhammad Na | 18 | Singapore | | 22.86q | +0.0 | 1 |



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....Event 106 Men 200 Meter Dash Under 23

| | | | | | | | | |
|----|------|--------------------|----|---------------------|--|--------|------|---|
| 2 | 1060 | Chan, Kian Chong | 19 | NP | | 23.38q | 0.3 | 2 |
| 3 | 1165 | Chia, Hui Kai Edwi | 22 | Unattached | | 23.51q | 0.3 | 2 |
| 4 | 1104 | Kishen, - | 19 | RP | | 23.52q | 0.3 | 2 |
| 5 | 1157 | Bin Zulhimil, Adib | 20 | Temasek Polytechnic | | 23.73q | -0.6 | 3 |
| 6 | 1007 | Tham, Chan Hoe Ter | 17 | ITE | | 23.89q | +0.0 | 1 |
| 7 | 1161 | Mohd, ZuhairS/O Ha | 21 | Temasek Polytechnic | | 23.97q | -0.6 | 3 |
| 8 | 1188 | Tan, Alastair | 21 | SIM | | 24.22q | +0.0 | 1 |
| 9 | 1101 | Huzail, Johari | 21 | RP | | 24.47 | 0.3 | 2 |
| 10 | 1095 | Beyan, Kurum | 18 | RP | | 24.60 | -0.6 | 3 |
| 11 | 1046 | Chan, Samuel, Ying | 22 | NUS | | 24.89 | 0.3 | 2 |
| 12 | 1099 | Ho, Bryan | 18 | RP | | 24.93 | +0.0 | 1 |
| 13 | 1089 | Poy, Ian | 16 | Raffles Institution | | 24.98 | +0.0 | 1 |
| 14 | 1170 | Ong, Jun Sen, Jans | 20 | Unattached | | 25.40 | +0.0 | 1 |
| 15 | 1081 | Tham, Wai Shen Cal | 19 | NP | | 25.64 | 0.3 | 2 |
| 16 | 1103 | Kim, Young Kwang D | 20 | RP | | 26.01 | 0.3 | 2 |
| 17 | 1058 | Ahmad, Azfar | 19 | NP | | 26.15 | -0.6 | 3 |
| 18 | 1102 | Iskandar, Muhammad | 17 | RP | | 26.18 | +0.0 | 1 |
| 19 | 1105 | Lim, Jun Ting Tere | 22 | RP | | 26.73 | -0.6 | 3 |
| -- | 1050 | Mao, Jerome | 22 | NUS | | DNS | +0.0 | 1 |
| -- | 1167 | Kishore, Kanna | 19 | Unattached | | DNS | -0.6 | 3 |
| -- | 1108 | Mark Simon, Jonath | 19 | RP | | DNS | -0.6 | 3 |

Event 107 Men 200 Meter Dash Open

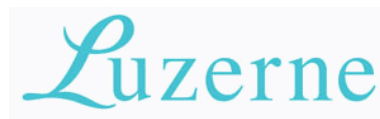
NR: 21.14 24/7/1987 Haron Munder
NJR: 21.30 12/9/1982 Haron Munder

| Name | Age | Team | Seed | Prelims | Wind | H# |
|------|------|--------------------|------|-----------|--------|--------|
| 1 | 1044 | Toh, Wee Hong | 23 | NTU | 23.87q | NWI 2 |
| 2 | 1038 | Bin Abdul Jalil, S | 24 | NTU | 24.23q | NWI 2 |
| 3 | 1123 | Mustapa, Md Elfi | 26 | Singapore | 24.43q | +0.0 1 |
| 4 | 1130 | Yeo, Gary | 27 | Singapore | 24.66q | +0.0 1 |
| 5 | 1126 | Poh, Seng Song | 30 | Singapore | 24.95q | +0.0 1 |
| 6 | 1137 | Khoo, Yuan Zhi | 24 | SIM | 25.04q | NWI 2 |
| 7 | 1117 | Jamal, Muhd Amirud | 26 | Singapore | 26.42q | +0.0 1 |
| 8 | 1120 | Lee, Cheng Wei | 26 | Singapore | 29.92q | +0.0 1 |
| -- | 1131 | Chong, Ian | 25 | SIM | DNS | NWI 2 |
| -- | 1132 | Ee, Chuan Seng | 23 | SIM | DNS | NWI 2 |

Event 108 Women 100 Meter Hurdles (0.838m) Under 23

NR: 14.23 20/5/2011 Dipna Lim Prasad
NJR: 14.72 10/10/2009 Dipna Lim Prasad
CR: 14.81 13/10/2012 Dipna Lim Prasad, Unattached

| Name | Age | Team | Seed | Finals | Wind |
|--------|------|--------------------|------|---------------------|------------|
| Finals | | | | | |
| 1 | 1034 | Tay, Kai Li Janna | 17 | Nanyang Polytechnic | 18.39 -1.5 |
| 2 | 1100 | Ho, Yun Hui Camill | 19 | RP | 20.66 -1.5 |



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....Event 108 Women 100 Meter Hurdles (0.838m) Under 23

3 1110 Nurul Endang, Aqil 18 RP 22.74 -1.5

Event 109 Men 110 Meter Hurdles (1.067m) Under 23

NR: 14.45 26/5/2012 Abdul Hakeem Abdul Halim
NJR: 14.94 28/11/2005 Abdul Hakeem Abdul Halim
CR: 16.53 25/6/2011 Clarence, Fu Shien Yeoh, NUS

| Name | Age | Team | Seed | Finals | Wind |
|---------------------------|-----|---------------------|------|--------|------|
| 1 1148 Aw Yong, Liang Qi | 18 | SP | | 16.19 | NWI |
| 2 1151 Sukir, Ryan Kalman | 18 | SP | | 18.70 | NWI |
| 3 1015 Bin Zainal, Syazwa | 19 | Nanyang Polytechnic | | 21.53 | NWI |

Event 110 Women Shot Put (4kg) Under 23

NR: 18.57m 1/9/2005 Zhang Guirong
NJR: 13.26m 9/6/2007 Wan Lay Chi
CR: 12.22m 13/10/2012 Shin Yan Hannah Lee, NYP

| Name | Age | Team | Seed | Finals |
|---------------------------|-----|---------------------|------|---|
| 1 1023 Lee, Shin Yan Hann | 21 | Nanyang Polytechnic | | 12.25m |
| | | | | 11.07m 12.12m 11.67m 12.25m 12.11m FOUL |
| 2 1031 See, Yi Ling Annab | 18 | Nanyang Polytechnic | | 10.77m |
| | | | | 10.75m 10.25m 10.74m 10.43m 10.77m 10.48m |
| 3 1020 Han, Qing Chun | 19 | Nanyang Polytechnic | | 7.63m |
| | | | | 7.51m 7.48m 7.21m 7.63m 7.34m 7.63m |
| -- 1079 Nurul, Aindayana | 20 | NP | | DNS |

Event 111 Men Long Jump Under 23

NR: 7.62m 15/12/2009 Goh Yujie Matthew
NJR: 7.62m 15/12/2009 Goh Yujie Matthew
CR: 6.88m 13/10/2012 Matthew Goh, SWIF

| Name | Age | Team | Seed | Finals | Wind |
|-------------------------|-----|---------------------|------|--|------|
| 1 1173 Soon, Safwan | 22 | Unattached | | 6.12m | -2.0 |
| | | | | 6.09m(+0.0) 5.91m(-0.6) 5.94m(-2.5) 6.12m(-2.0) FOUL(-0.0) 6.06m(-2.7) | |
| 2 1152 Tan, Yang Ming | 20 | SP | | 6.10m | -1.2 |
| | | | | FOUL(-1.0) 5.71m(-4.0) FOUL(+0.0) 5.76m(+0.0) 6.10m(-1.2) 5.97m(-1.4) | |
| 3 1059 Bin Ahmad, Fahmi | 18 | NP | | 5.38m | 1.7 |
| | | | | 5.38m(1.7) 5.15m(-1.7) 4.96m(-1.6) 4.70m(-1.4) 4.16m(-2.5) 4.98m(-1.2) | |
| 4 1153 Wong, Richard | 19 | SP | | 5.24m | -1.7 |
| | | | | 5.24m(-1.7) 5.09m(-1.4) 5.18m(0.1) 4.97m(-1.2) 4.92m(-3.0) 4.82m(-0.1) | |
| 5 1063 Chow, Yu Hang | 19 | NP | | 5.14m | -1.5 |
| | | | | 4.94m(-1.9) FOUL(-2.0) FOUL(+0.0) 4.71m(+0.0) FOUL(0.5) 5.14m(-1.5) | |
| 6 1072 Lee, Gilbert | 19 | NP | | 4.95m | 1.7 |
| | | | | 4.84m(+0.0) 4.53m(-2.1) 4.56m(-4.1) 4.95m(1.7) 4.54m(-2.6) 4.66m(-3.3) | |
| 7 1090 Tan, Joash | 16 | Raffles Institution | | 4.75m | -1.1 |
| | | | | 4.29m(0.6) 4.54m(-2.2) 4.42m(-1.4) 4.75m(-1.1) | |



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....Event 111 Men Long Jump Under 23

| | | | | | | | |
|----|------|--------------------|----|---------------------|--|-------------|-------------|
| 8 | 1074 | Low, Jian Ji Wilfr | 21 | NP | | 4.43m | -0.9 |
| | | | | | | 3.87m(-1.8) | 4.43m(-0.9) |
| | | | | | | 3.89m(-4.7) | |
| -- | 1010 | Ang, Jian yu Kenny | 17 | Nanyang Polytechnic | | DNS | NWI |
| -- | 1021 | How, Kai Wen Kevin | 17 | Nanyang Polytechnic | | DNS | NWI |

Event 112 Men Long Jump Open

| ===== | | | | | | | |
|-------|------|--------------------|-------|------------|-------------------|-------------|-------------|
| | | NR: | 7.62m | 15/12/2009 | Goh Yujie Matthew | | |
| | | NJR: | 7.62m | 15/12/2009 | Goh Yujie Matthew | | |
| Name | | Age | Team | | Seed | Finals | Wind |
| ===== | | | | | | | |
| 1 | 1134 | Khan, Meng Linn | 23 | SIM | | 6.13m | -1.0 |
| | | | | | | FOUL(1.5) | 6.13m(-1.0) |
| | | | | | | FOUL(-4.6) | FOUL(+0.0) |
| | | | | | | FOUL(-0.7) | FOUL(-1.7) |
| 2 | 1135 | Khan, Meng Sunn | 23 | SIM | | 5.67m | -1.2 |
| | | | | | | 5.25m(1.5) | 4.99m(-2.5) |
| | | | | | | 5.62m(+0.0) | 5.46m(-1.7) |
| | | | | | | 5.67m(-1.2) | 5.51m(-2.7) |
| 3 | 1191 | Mok, Chun Chew Kea | 23 | SIM | | 5.20m | -2.9 |
| | | | | | | FOUL(-0.9) | 5.01m(-2.5) |
| | | | | | | 5.20m(-2.9) | FOUL(-2.2) |
| | | | | | | 5.01m(-0.4) | 4.89m(-1.3) |

Event 113 Women 200 Meter Dash Under 23

| ===== | | | | | | | |
|-------|------|--------------------|-------|-----------|-----------------------|--------|------|
| | | NR: | 24.54 | 12/8/1984 | Prema Govindan | | |
| | | NJR: | 24.54 | 12/8/1984 | Prema Govindan | | |
| | | CR: | 25.40 | 26/6/2011 | Dipna Lim Prasad, NTU | | |
| Name | | Age | Team | | Prelims | Finals | Wind |
| ===== | | | | | | | |
| 1 | 1121 | Lim Prasad, Dipna | 22 | Singapore | 26.51 | 24.36 | +0.0 |
| 2 | 1125 | Pereira, Shanti Ve | 17 | Singapore | 24.87 | 24.57 | +0.0 |
| 3 | 1127 | Summer, Tyra Ree | 18 | Singapore | 26.76 | 26.39 | +0.0 |
| 4 | 1100 | Ho, Yun Hui Camill | 19 | RP | 28.70 | 28.53 | +0.0 |
| 5 | 1138 | Kuan, Hui Min, Joy | 22 | SIM | 29.21 | 28.59 | +0.0 |
| 6 | 1080 | Sakinah, Nurul | 18 | NP | 28.93 | 28.70 | +0.0 |
| -- | 1045 | Yap, Angela | 22 | NTU | 30.13 | DNS | +0.0 |
| -- | 1082 | Wong, Kai Li Andre | 19 | NP | 29.44 | DNS | +0.0 |

Event 114 Men 200 Meter Dash Under 23

| ===== | | | | | | | |
|-------|------|--------------------|-------|---------------------|-----------------|--------|------|
| | | NR: | 21.14 | 24/7/1987 | Haron Mundir | | |
| | | NJR: | 21.30 | 12/9/1982 | Haron Mundir | | |
| | | CR: | 22.71 | 26/6/2011 | Ng Chin Hui, RI | | |
| Name | | Age | Team | | Prelims | Finals | Wind |
| ===== | | | | | | | |
| 1 | 1115 | Asmin, Muhammad Na | 18 | Singapore | 22.86 | 22.45 | +0.0 |
| 2 | 1060 | Chan, Kian Chong | 19 | NP | 23.38 | 22.71 | +0.0 |
| 3 | 1157 | Bin Zulhimil, Adib | 20 | Temasek Polytechnic | 23.73 | 22.82 | +0.0 |
| 4 | 1165 | Chia, Hui Kai Edwi | 22 | Unattached | 23.51 | 22.87 | +0.0 |
| 5 | 1104 | Kishen, - | 19 | RP | 23.52 | 23.04 | +0.0 |
| 6 | 1161 | Mohd, ZuhairS/O Ha | 21 | Temasek Polytechnic | 23.97 | 23.75 | +0.0 |
| 7 | 1007 | Tham, Chan Hoe Ter | 17 | ITE | 23.89 | 23.81 | +0.0 |
| 8 | 1188 | Tan, Alastair | 21 | SIM | 24.22 | 24.45 | +0.0 |



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Event 115 Men 200 Meter Dash Open

| Name | Age | Team | Prelims | Finals | Wind |
|---------------------------|-----------|--------------|---------|--------|------|
| NR: 21.14 | 24/7/1987 | Haron Mundir | | | |
| NJR: 21.30 | 12/9/1982 | Haron Mundir | | | |
| 1 1117 Jamal, Muhd Amirud | 26 | Singapore | 26.42 | 21.72 | +0.0 |
| 2 1123 Mustapa, Md Elfi | 26 | Singapore | 24.43 | 21.76 | +0.0 |
| 3 1130 Yeo, Gary | 27 | Singapore | 24.66 | 22.04 | +0.0 |
| 4 1126 Poh, Seng Song | 30 | Singapore | 24.95 | 22.07 | +0.0 |
| 5 1120 Lee, Cheng Wei | 26 | Singapore | 29.92 | 22.24 | +0.0 |
| 6 1038 Bin Abdul Jalil, S | 24 | NTU | 24.23 | 23.90 | +0.0 |
| 7 1044 Toh, Wee Hong | 23 | NTU | 23.87 | 24.32 | +0.0 |
| 8 1137 Khoo, Yuan Zhi | 24 | SIM | 25.04 | 24.68 | +0.0 |

Event 116 Women 22&U 800 Meter Run Under 23/ Open

| Name | Age | Team | Seed | Finals |
|---------------------------|-----------|---------------------|------|---------|
| 22&U CR: 2:36.62 | 25/6/2011 | J. Lossini, SP | | |
| 1 1094 -, Nabilah | 18 | RP | | 2:52.23 |
| 2 1096 Endang, Atiqah | 18 | RP | | 3:02.45 |
| 3 1019 Giam, Rachel | 18 | Nanyang Polytechnic | | 3:11.56 |
| 4 1030 Roshini, Venkatesa | 21 | Nanyang Polytechnic | | 3:19.85 |
| 5 1111 Roozylinna, Renee | 20 | RP | | 3:24.81 |

Event 117 Men 22&U 800 Meter Run Under 23/ Open

| Name | Age | Team | Seed | Finals |
|---------------------------|------------|---------------------|------|---------|
| 22&U CR: 1:56.13 | 13/10/2012 | Hua Qun Soh, WAC | | |
| 1 1155 Amierul B A H, Muh | 18 | Temasek Polytechnic | | 2:03.94 |
| 2 1006 Koo, Jian Hui Ray | 17 | ITE | | 2:06.76 |
| 3 1010 Ang, Jian yu Kenny | 17 | Nanyang Polytechnic | | 2:12.58 |
| 4 1043 Lim, Glen | 21 | NTU | | 2:14.61 |
| 5 1088 Kee, Damien | 16 | Raffles Institution | | 2:15.65 |
| 6 1012 Bin Hamed, Mohamed | 19 | Nanyang Polytechnic | | 2:16.19 |

Event 117 Men 23+ 800 Meter Run Under 23/ Open

| Name | Age | Team | Seed | Finals |
|------------------------|-----|------|------|---------|
| 1 1178 Chua, You Boon | 25 | WAC | | 2:05.65 |
| 2 1146 Yap, Chuen Hwee | 23 | SMU | | 2:14.37 |

Event 118 Women 22&U 3000 Meter Run Under 23/ Open

| Name | Age | Team | Seed | Finals |
|---------------------------|------------|--------------------|------|----------|
| 22&U CR: 12:45.67 | 14/10/2012 | Swee Hong Neo, WAC | | |
| 1 1143 Cheng, Pauline Och | 21 | SMU | | 12:57.13 |



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....Event 118 Women 22&U 3000 Meter Run Under 23/ Open

2 1144 Leo, Serphina 20 SMU 16:49.33

Event 119 Men 22&U 5000 Meter Race Walk Under 23/ Open

| ===== | | | | | |
|----------|----------|--------------|--------------------|----------|--|
| 22&U CR: | 31:33.82 | 13/10/2012 | Zhiwei Huang, HCIC | | |
| Name | Age | Team | Seed | Finals | |
| ===== | | | | | |
| 1 | 1092 | Soh, Raphael | 17 RIJC | 33:00.74 | |

Event 119 Men 23+ 5000 Meter Race Walk Under 23/ Open

| ===== | | | | | |
|-------|------|-----------------|---------------|----------|--|
| Name | Age | Team | Seed | Finals | |
| ===== | | | | | |
| 1 | 1009 | Back, Peter | 47 MR25 | 29:14.68 | |
| 2 | 1176 | Yang, Yeut Ling | 53 Unattached | 34:40.76 | |
| -- | 1166 | Goh, Hor | 51 Unattached | DNS | |
| -- | 1168 | Leong, Wai Mun | 39 Unattached | DNS | |

Event 120 Men 22&U 5000 Meter Run Under 23/ Open

| ===== | | | | | |
|----------|----------|-----------------|------------------------|----------|--|
| 22&U CR: | 16:39.01 | 25/6/2011 | Soh Rui Yong, RI | | |
| Name | Age | Team | Seed | Finals | |
| ===== | | | | | |
| 1 | 1054 | Soh, Hua Qun | 22 NUS | 15:58.91 | |
| 2 | 1028 | Nabin, Parajuli | 20 Nanyang Polytechnic | 17:05.92 | |
| 3 | 1052 | Quek, Benjamin | 21 NUS | 17:07.68 | |
| 4 | 1056 | Tay, Adriel | 22 NUS | 18:46.02 | |
| -- | 1055 | Su, Yen Bing | 22 NUS | DNS | |

Event 120 Men 23+ 5000 Meter Run Under 23/ Open

| ===== | | | | | |
|-------|------|--------------------|------------------------|----------|--|
| Name | Age | Team | Seed | Finals | |
| ===== | | | | | |
| 1 | 1029 | Naish, Navin Samsu | 25 Nanyang Polytechnic | 17:57.61 | |
| 2 | 1145 | Sia, Dewei Alvin | 23 SMU | 18:27.10 | |
| -- | 1133 | Fang, Jianyong | 24 SIM | DNS | |
| -- | 1140 | Lim, Tien Aik Dann | 24 SIM | DNS | |

Event 121 Women 4x100 Meter Relay Open

| ===== | | | | | |
|-------|----------------------|------------|--|--------|--|
| NR: | 46.68 | 10/12/2007 | National Team | | |
| NJR: | 47.58 | 7/6/2006 | National Team | | |
| | | | Lee Yan Lin, Ann Siao Mei, Amanda Choo, Wong Ze Teng | | |
| CR: | 51.81 | 14/10/2012 | National University Singapore, NUS | | |
| | | | F Ng, M Amelia, Y Lim, X Toh | | |
| Team | | | Seed | Finals | |
| ===== | | | | | |
| 1 | Temasek Polytechnic | 'A' | | 53.65 | |
| 2 | Republic Polytechnic | 'A' | | 55.89 | |



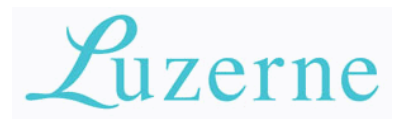
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....Event 121 Women 4x100 Meter Relay Open

3 Unattached 'A' 57.24

Event 122 Men 4x100 Meter Relay Open

| Team | NR: | Time | Date | Team | Seed | Finals |
|--------------------------------------|------|-------|------------|--|------|--------|
| | NR: | 39.45 | 8/5/2013 | National Team | | |
| | NJR: | 41.28 | 27/7/2005 | ASEAN SCH TEAM | | |
| | | | | Ng Jia Yuan, Jonah Tang, Lance Tan, Abdul Hakeem | | |
| | CR: | 44.09 | 14/10/2012 | Temasek Polytechnic, TP | | |
| Team | | | | | Seed | Finals |
| 1 Unattached 'A' | | | | | | 42.96 |
| 2 Temasek Polytechnic 'A' | | | | | | 43.58 |
| 3 Republic Polytechnic 'A' | | | | | | 45.57 |
| 4 Singapore Institute of Managem 'C' | | | | | | 49.50 |
| 5 Singapore Institute of Managem 'B' | | | | | | 53.61 |
| 6 Singapore Institute of Managem 'A' | | | | | | 55.36 |



Day 2

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Event 200 Men 20000 Meter Race Walk Open

| Name | Age | Team | Seed | Finals |
|--------|------|-----------------|---------------|------------|
| Finals | | | | |
| 1 | 1186 | Sim, Edmund | 30 Unattached | 1:55:39.53 |
| 2 | 1093 | Tan, Khek Tiong | 44 RHSC | 1:55:44.89 |
| 3 | 1009 | Back, Peter | 47 MR25 | 2:06:47.57 |

Event 201 Men Javelin Throw (800g) Under 23

| Name | Age | Team | Seed | Finals |
|--|------|----------------------|------------------------|--------|
| NR: 59.22m 30/8/1988 Ng Bock Huat | | | | |
| NJR: 55.19m 31/5/2009 Koh Thong En | | | | |
| CR: 61.40m 13/10/2012 Akid Chong Bin Mohd Isham, NYP | | | | |
| Name | Age | Team | Seed | Finals |
| 1 | 1187 | Boey, Chenjie Domi | 21 SMU | 49.74m |
| | | 44.37m 46.11m FOUL | 49.74m 47.41m FOUL | |
| 2 | 1047 | Chan, Wai Kiu | 19 NUS | 48.55m |
| | | 41.17m 48.55m 45.58m | 47.04m 45.00m 44.43m | |
| 3 | 1171 | Ong, Zi Yang | 20 Unattached | 44.49m |
| | | 42.68m 43.26m 42.96m | FOUL 44.49m 42.03m | |
| 4 | 1097 | Ghazali, Fadzil | 18 RP | 34.31m |
| | | 34.31m 34.14m 28.07m | 31.43m 29.14m 31.57m | |
| 5 | 1084 | Ong, Jun Yi | 17 Nus High School | 32.74m |
| | | FOUL 32.74m 31.66m | 31.68m 29.03m 25.97m | |
| 6 | 1014 | Bin Md Farid, Muha | 19 Nanyang Polytechnic | 28.81m |
| | | 26.61m FOUL FOUL | 22.49m 28.46m 28.81m | |
| 7 | 1068 | Goh, Willie | 18 NP | 23.12m |
| | | 20.53m FOUL FOUL | 23.12m FOUL FOUL | |
| 8 | 1011 | Bin Abdul Murad, M | 20 Nanyang Polytechnic | 19.58m |
| | | 17.22m 19.58m FOUL | 19.45m FOUL FOUL | |
| -- | 1048 | Koh, Thong En | 22 NUS | DNS |
| -- | 1027 | Luk, Pei Wei Grego | 20 Nanyang Polytechnic | DNS |

Event 202 Men Javelin Throw (800g) Open

| Name | Age | Team | Seed | Finals |
|------------------------------------|------|----------------------|------------------------|--------|
| NR: 59.22m 30/8/1988 Ng Bock Huat | | | | |
| NJR: 55.19m 31/5/2009 Koh Thong En | | | | |
| Name | Age | Team | Seed | Finals |
| 1 | 1025 | Lim, Wen Kai Daryl | 23 Nanyang Polytechnic | 39.20m |
| | | 37.05m 36.42m 34.30m | 39.08m 39.20m 37.30m | |

Event 203 Women High Jump Under 23

| Name | Age | Team | Seed | Finals |
|---|------|---------------------|-------|--------|
| NR: 1.80m 16/7/2006 Sng Suat Li Michelle | | | | |
| NJR: 1.80m 16/7/2006 Sng Suat Li Michelle | | | | |
| CR: 1.55m 25/6/2011 Eleanor Chua, HCIC | | | | |
| Name | Age | Team | Seed | Finals |
| 1 | 1062 | Chow, Tiffany | 19 NP | 1.45m |
| | | 1.35 1.40 1.45 1.50 | | |
| | | O O XO XXX | | |

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....Event 203 Women High Jump Under 23

| | | | | | | |
|----|------|-------------------------------|----|---------------------|--|--------|
| 2 | 1036 | Teo, Chian Yue Cla | 19 | Nanyang Polytechnic | | J1.45m |
| | | 1.25 1.30 1.35 1.40 1.45 1.50 | | | | |
| | | O O O XO XXO XXX | | | | |
| 3 | 1040 | Goh, Camellia | 20 | NTU | | 1.40m |
| | | 1.25 1.30 1.35 1.40 1.45 | | | | |
| | | O O O O XXX | | | | |
| -- | 1026 | Luah, Kemin Camily | 17 | Nanyang Polytechnic | | NH |
| | | 1.25 | | | | |
| | | XXX | | | | |

Event 205 Men 22&U 400 Meter Hurdles (0.914m) Under 23/ Open

| | | | | | | |
|-------|----------|--------------------|------------|--------------------|------|---------|
| ===== | | | | | | |
| | 22&U NR: | 52.30 | 3/4/1983 | Seah Soo Lye | | |
| | 22&U CR: | 1:00.82 | 13/10/2012 | Zhan Wen Liew, TMP | | |
| | Name | | Age Team | | Seed | Finals |
| ===== | | | | | | |
| 1 | 1066 | Foo, JiaRong Justi | 19 | NP | | 1:07.86 |

Event 206 Men Pole Vault Under 23

| | | | | | | |
|-------|------|--------------------------|-----------|---------------------|------|--------|
| ===== | | | | | | |
| | NR: | 4.82m | 5/4/2013 | Chan Sheng Yao | | |
| | NJR: | 4.82m | 5/4/2013 | Chan Sheng Yao | | |
| | CR: | 4.30m | 26/6/2011 | Sheng Yao Chan, HCI | | |
| | Name | | Age Team | | Seed | Finals |
| ===== | | | | | | |
| 1 | 1181 | Lim, Zi Qing, Sean | 20 | WAC | | 4.83m |
| | | 4.40 4.70 4.83 4.90 5.00 | | | | |
| | | XO XO XXO X XX | | | | |
| 2 | 1182 | Ng, Wei Jie Benjam | 21 | WAC | | 4.40m |
| | | 4.40 4.70 | | | | |
| | | XO XXX | | | | |
| 3 | 1003 | Koh, Xu Qing Aaron | 18 | HCI | | 4.00m |
| | | 4.00 4.20 | | | | |
| | | XO XXX | | | | |
| 3 | 1172 | Poh, Wen Jie | 20 | Unattached | | 4.00m |
| | | 4.00 4.20 | | | | |
| | | XO XXX | | | | |
| 5 | 1039 | Boey, Desmond | 21 | NTU | | 3.80m |
| | | 3.80 4.00 | | | | |
| | | O XXX | | | | |
| -- | 1002 | Chan, Sheng Yao | 17 | HCI | | DNS |
| -- | 1090 | Tan, Joash | 16 | Raffles Institution | | DNS |
| -- | 1004 | Tan, Yuan Shao | 18 | HCI | | DNS |
| -- | 1005 | Wong, Xin Zhan, Cl | 17 | HCI | | DNS |

Event 207 Men Pole Vault Open

| | | | | | | |
|-------|------|--------------------|----------|----------------|------|--------|
| ===== | | | | | | |
| | NR: | 4.82m | 5/4/2013 | Chan sheng Yao | | |
| | NJR: | 4.82m | 5/4/2013 | Chan Sheng Yao | | |
| | Name | | Age Team | | Seed | Finals |
| ===== | | | | | | |
| -- | 1142 | Chan, Chee Hun Dom | 24 | SMU | | NH |
| | | 3.80 | | | | |
| | | XXX | | | | |

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Event 208 Women 100 Meter Dash Under 23

NR: 11.89 10/7/2013 Shanti Veronica Pereira
NJR: 11.89 12/7/2013 Shanti Veronica Pereira
CR: 12.64 25/6/2011 Dipna Lim Prasad, NTU

| Name | Age | Team | Seed | Prelims | Wind | H# |
|----------------------------|-----|---------------------|------|---------|------|----|
| Preliminaries | | | | | | |
| 1 1125 Pereira, Shanti Ve | 17 | Singapore | | 12.43q | -0.4 | 2 |
| 2 1129 Tan, Eugenia | 17 | Singapore | | 12.54q | 1.9 | 1 |
| 3 1051 Monteiro, Amelia | 20 | NUS | | 13.72q | 1.9 | 1 |
| 4 1080 Sakinah, Nurul | 18 | NP | | 13.82q | -0.4 | 2 |
| 5 1138 Kuan, Hui Min, Joy | 22 | SIM | | 13.89q | -0.4 | 2 |
| 6 1158 Chan, Ming Tong Jo | 19 | Temasek Polytechnic | | 13.99q | -0.4 | 2 |
| 7 1061 Chong, Hui Xin Nic | 17 | NP | | 14.30q | 1.9 | 1 |
| 8 1159 Chiang, Jie Ying J | 18 | Temasek Polytechnic | | 14.34q | 1.9 | 1 |
| 9 1067 Goh, Shauna | 17 | NP | | 14.63 | -0.4 | 2 |
| 10 1098 Goh, Qian Ning Ros | 18 | RP | | 14.65 | -0.4 | 2 |
| 11 1107 Manogar, Anita | 20 | RP | | 15.39 | 1.9 | 1 |

Event 209 Men 100 Meter Dash Under 23

NR: 10.37 12/9/2001 Umaglia Kancanangai Shyam
NJR: 10.53 13/6/2008 Kang Li Loong Calvin
CR: 11.23 14/10/2012 Wei Si Ang, TMP

| Name | Age | Team | Seed | Prelims | Wind | H# |
|----------------------------|-----|---------------------|------|---------|------|----|
| 1 1115 Asmin, Muhammad Na | 18 | Singapore | | 11.06q | 0.3 | 2 |
| 2 1060 Chan, Kian Chong | 19 | NP | | 11.28q | 0.3 | 2 |
| 3 1104 Kishen, - | 19 | RP | | 11.29q | 0.3 | 2 |
| 4 1156 Ang, Wei Si | 19 | Temasek Polytechnic | | 11.32q | 0.3 | 2 |
| 5 1106 Loh, Kelvin | 20 | RP | | 11.42q | 3.2 | 1 |
| 6 1157 Bin Zulhimil, Adib | 20 | Temasek Polytechnic | | 11.43q | 0.3 | 2 |
| 7 1165 Chia, Hui Kai Edwi | 22 | Unattached | | 11.45q | 0.3 | 2 |
| 8 1160 Leow, Xavier | 18 | Temasek Polytechnic | | 11.53q | 3.2 | 1 |
| 9 1101 Huzail, Johari | 21 | RP | | 11.60 | 3.2 | 1 |
| 10 1007 Tham, Chan Hoe Ter | 17 | ITE | | 11.90 | -1.1 | 3 |
| 11 1149 Koji, Yawata | 19 | SP | | 12.07 | 3.2 | 1 |
| 12 1089 Poy, Ian | 16 | Raffles Institution | | 12.47 | -1.1 | 3 |
| 13 1105 Lim, Jun Ting Tere | 22 | RP | | 12.53 | -1.1 | 3 |
| 14 1163 Teo, Wei Bin | 19 | Temasek Polytechnic | | 12.82 | -1.1 | 3 |
| 15 1113 Sapari, Zulhilmi | 20 | RP | | 12.84 | -1.1 | 3 |
| -- 1188 Tan, Alastair | 21 | SIM | | DNS | 3.2 | 1 |
| -- 1170 Ong, Jun Sen, Jans | 20 | Unattached | | DNS | -1.1 | 3 |
| -- 1167 Kishore, Kanna | 19 | Unattached | | DNS | 3.2 | 1 |
| -- 1108 Mark Simon, Jonath | 19 | RP | | DNS | 0.3 | 2 |
| -- 1049 Lin, Clement Xunka | 21 | NUS | | DNS | 3.2 | 1 |

Event 210 Men 100 Meter Dash Open

NR: 10.37 12/9/2001 Umaglia Kancanangai Shyam
NJR: 10.53 13/6/2008 Kang Li Loong Calvin

| Name | Age | Team | Seed | Prelims | Wind | H# |
|---------------------------|-----|-----------|------|---------|------|----|
| 1 1123 Mustapa, Md Elfi | 26 | Singapore | | 10.77q | +0.0 | 2 |
| 2 1117 Jamal, Muhd Amirud | 26 | Singapore | | 11.04q | +0.0 | 2 |

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....Event 210 Men 100 Meter Dash Open

| | | | | | | | |
|----|------|--------------------|----|-----------|--------|------|---|
| 3 | 1118 | Kang, Li Loong Cal | 23 | Singapore | 11.05q | +0.0 | 2 |
| 4 | 1180 | Lim, Yao Peng | 24 | WAC | 11.07q | +0.0 | 2 |
| 5 | 1120 | Lee, Cheng Wei | 26 | Singapore | 11.08q | +0.0 | 2 |
| 6 | 1044 | Toh, Wee Hong | 23 | NTU | 11.70q | +0.0 | 1 |
| 7 | 1137 | Khoo, Yuan Zhi | 24 | SIM | 12.13q | +0.0 | 1 |
| 8 | 1139 | Lee, Suk Bin James | 23 | SIM | 12.42q | +0.0 | 1 |
| 9 | 1132 | Ee, Chuan Seng | 23 | SIM | 12.53 | +0.0 | 1 |
| 10 | 1135 | Khan, Meng Sunn | 23 | SIM | 13.08 | +0.0 | 1 |
| -- | 1130 | Yeo, Gary | 27 | Singapore | DNS | +0.0 | 2 |
| -- | 1141 | Low, Benjamin | 24 | SIM | DNS | +0.0 | 1 |

Event 212 Men 400 Meter Dash Under 23

NR: 47.40 9/7/1989 Haron Mundir
 NJR: 47.92 28/4/2012 Ng Chin Hui
 CR: 51.75 26/6/2011 Jian Jie Let, ACSI

| Name | Age | Team | Seed | Prelims | H# | |
|------|------|--------------------|------|---------------------|---------|---|
| 1 | 1033 | Tan, Ek Teck Timot | 22 | Nanyang Polytechnic | 51.08q | 3 |
| 2 | 1013 | Bin Januri, Ariff | 19 | Nanyang Polytechnic | 52.25q | 1 |
| 3 | 1124 | Ng, Chin Hui | 19 | Singapore | 52.29q | 2 |
| 4 | 1007 | Tham, Chan Hoe Ter | 17 | ITE | 52.94q | 2 |
| 5 | 1155 | Amierul B A H, Muh | 18 | Temasek Polytechnic | 53.26q | 1 |
| 6 | 1053 | Ravi, Kartik | 20 | NUS | 53.64q | 3 |
| 7 | 1088 | Kee, Damien | 16 | Raffles Institution | 53.95q | 2 |
| 8 | 1077 | Muhammad, BinMuham | 18 | NP | 55.44q | 2 |
| 9 | 1095 | Beyan, Kurum | 18 | RP | 55.74 | 3 |
| 10 | 1099 | Ho, Bryan | 18 | RP | 56.11 | 2 |
| 11 | 1078 | Ng, See Keat Sean | 17 | NP | 56.78 | 1 |
| 12 | 1070 | Koh, Wei En Benjam | 19 | NP | 56.89 | 3 |
| 13 | 1102 | Iskandar, Muhammad | 17 | RP | 57.79 | 1 |
| 14 | 1103 | Kim, Young Kwang D | 20 | RP | 57.85 | 1 |
| 15 | 1069 | Khoo, Qixiang | 20 | NP | 1:00.82 | 3 |
| 16 | 1071 | Kunasegaran, Shiva | 19 | NP | 1:00.85 | 2 |
| -- | 1161 | Mohd, ZuhairS/O Ha | 21 | Temasek Polytechnic | DNS | 3 |
| -- | 1122 | Loh, Guo Pei | 22 | Singapore | DNS | 1 |

Event 213 Men High Jump Under 23

NR: 2.22m 14/12/1995 Wong Yew Tong
 NJR: 2.08m 26/4/2009 Yap Kuan Yi Wayne
 CR: 1.95m 26/6/2011 Yi Rong Daryl Lee, NYP

| Name | Age | Team | Seed | Finals | |
|--------|------|--------------------|------|---------------------|-------|
| Finals | | | | | |
| 1 | 1150 | Sivakumar, Anantha | 20 | SP | 1.80m |
| | 1.60 | 1.70 | 1.75 | 1.80 | 1.85 |
| | O | O | O | O | XXX |
| 2 | 1022 | Lee, Deng Yuan Cha | 19 | Nanyang Polytechnic | 1.70m |
| | 1.60 | 1.65 | 1.70 | 1.75 | |
| | O | O | O | XXX | |

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Event 214 Men High Jump Open

| ===== | | | | | | |
|-------|------|---------------------|------------|---------------------|------|--------|
| | NR: | 2.22m | 14/12/1995 | Wong Yew Tong | | |
| | NJR: | 2.08m | 26/4/2009 | Yap Kuan Yi Wayne | | |
| Name | | | Age | Team | Seed | Finals |
| ===== | | | | | | |
| 1 | 1016 | Cai, Yao Qing | 29 | Nanyang Polytechnic | | 1.90m |
| | | 1.80 1.85 1.90 1.95 | | | | |
| | | O O O XXX | | | | |
| 2 | 1134 | Khan, Meng Linn | 23 | SIM | | 1.70m |
| | | 1.60 1.70 1.75 | | | | |
| | | O XO XXX | | | | |

Event 215 Men Discus Throw (2kg) Under 23

| ===== | | | | | | |
|-------|------|---|-----------|---------------------|------|--------|
| | NR: | 59.87m | 8/5/1999 | Wong Tuck Yim James | | |
| | NJR: | 49.60m | 6/4/2009 | Wong Wei Gen Scott | | |
| | CR: | 45.48m | 26/6/2011 | Scott Wong, WAC | | |
| Name | | | Age | Team | Seed | Finals |
| ===== | | | | | | |
| 1 | 1175 | Wong, Kai Yuen | 19 | Unattached | | 41.06m |
| | | 37.33m 39.98m FOUL 39.97m 40.34m 41.06m | | | | |
| 2 | 1091 | Tan, Ting Jun | 16 | Raffles Institution | | 27.62m |
| | | 27.62m FOUL 26.97m 25.35m 27.49m 27.06m | | | | |
| 3 | 1065 | Chua, Zong Sheng | 19 | NP | | 25.01m |
| | | 24.16m 24.77m FOUL 22.63m 25.01m 24.36m | | | | |
| 4 | 1087 | Chung, Yew Weng | 16 | Raffles Institution | | 23.33m |
| | | 22.34m 21.90m 23.33m 21.48m 20.99m 23.12m | | | | |
| 5 | 1112 | Said, Haikal | 21 | RP | | 22.98m |
| | | 21.92m 22.03m FOUL FOUL 22.98m FOUL | | | | |
| 6 | 1075 | Low, Jian Liang | 20 | NP | | 17.23m |
| | | FOUL FOUL 16.46m FOUL 17.23m 16.47m | | | | |

Event 216 Men Discus Throw (2kg) Open

| ===== | | | | | | |
|-------|------|-------------------------------------|----------|---------------------|------|--------|
| | NR: | 59.87m | 8/5/1999 | Wong Tuck Yim James | | |
| | NJR: | 49.60m | 6/4/2008 | Wong Wei Gen Scott | | |
| Name | | | Age | Team | Seed | Finals |
| ===== | | | | | | |
| 1 | 1183 | Su, Landdis | 24 | WAC | | 41.04m |
| | | FOUL FOUL 40.01m 39.41m 41.04m FOUL | | | | |

Event 217 Women 22&U 1500 Meter Run Under 23/ Open

| ===== | | | | | | |
|-------|----------|--------------------|------------|------------------|------|---------|
| | 22&U CR: | 5:13.99 | 14/10/2012 | Xin Qi Look, WAC | | |
| Name | | | Age | Team | Seed | Finals |
| ===== | | | | | | |
| 1 | 1085 | Tay, Jaslynn Yi Sh | 14 | PMGSS | | 7:44.87 |

Event 218 Men 22&U 1500 Meter Run Under 23/ Open

| ===== | | | | | | |
|-------|----------|--------------------|------------|---------------------------------|------|---------|
| | 22&U CR: | 4:25.83 | 14/10/2012 | Thangavelu Dhashman, Unattached | | |
| Name | | | Age | Team | Seed | Finals |
| ===== | | | | | | |
| 1 | 1192 | Dhashman, Thangave | 17 | Unattached | | 4:26.81 |
| 2 | 1006 | Koo, Jian Hui Ray | 17 | ITE | | 4:42.48 |

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....Event 218 Men 22&U 1500 Meter Run Under 23/ Open

3 1147 Yu, Gaberiel Yu Ch 21 SMU 5:28.57

Event 218 Men 23+ 1500 Meter Run Under 23/ Open

| Name | Age | Team | Seed | Finals |
|-----------------------|-----|-------|------|---------|
| 1 1178 Chua, You Boon | 25 | WAC | | 4:31.17 |
| 2 1154 Tham, Edmund | 31 | Swift | | 4:59.65 |

Event 220 Women Pole Vault Under 23

| Name | Age | Team | Seed | Finals |
|--------------------|-----|------|------|--------|
| 1 1001 Chang, Anzi | 16 | GMSS | | 3.00m |
| 3.00 3.20 | | | | |
| O XXX | | | | |
| 2 1008 Teo, Carmel | 17 | JJC | | 2.40m |
| 2.40 3.00 | | | | |
| O XXX | | | | |

Event 221 Women Pole Vault Open

| Name | Age | Team | Seed | Finals |
|--|-----|------|------|--------|
| NR: 3.82m 16/7/2011 Rachel Isabel Yang Bingjie | | | | |
| NJR: 3.32m 3/4/2012 Carmel Teo | | | | |
| CR: 3.20m 25/6/2011 Carmel Teo, HSS | | | | |
| 1 1185 Yang, Rachel Isabe | 31 | WAC | | 3.30m |
| 3.30 3.83 | | | | |
| O XXX | | | | |

Event 222 Women Triple Jump Under 23

| Name | Age | Team | Seed | Finals | Wind |
|--|-----|---------------------|------|--------|------|
| NR: 11.73m 6/12/2009 Mariam Shazana Bte Jalalludin | | | | | |
| NJR: 11.79m 9/4/2013 Lim En Xuan Lynette | | | | | |
| CR: 11.28m 14/10/2012 Fiona Ng, NUS | | | | | |
| 1 1042 Jannah, Nurul | 21 | NTU | | 11.25m | 2.1 |
| 11.19m(-0.3) FOUL(1.5) 11.16m(1.7) 11.25m(2.1) FOUL(2.6) 11.02m(0.3) | | | | | |
| -- 1034 Tay, Kai Li Janna | 17 | Nanyang Polytechnic | | DNS | NWI |

Event 223 Men Triple Jump Under 23

| Name | Age | Team | Seed | Finals | Wind |
|--|-----|------|------|--------|------|
| NR: 16.04m 26/4/2009 Tseng Ke Cheng Stefan | | | | | |
| NJR: 16.04m 26/4/2009 Tseng Ke Cheng Stefan | | | | | |
| CR: 15.87m 25/6/2011 Stefan Tseng, SAFS | | | | | |
| 1 1063 Chow, Yu Hang | 19 | NP | | 10.98m | 1.7 |
| FOUL(2.0) 10.74m(1.4) FOUL(1.6) FOUL(+0.0) FOUL(1.8) 10.98m(1.7) | | | | | |
| 2 1083 Yuen, Jerry | 19 | NP | | 10.30m | 2.0 |
| FOUL(+0.0) FOUL(1.8) FOUL(2.2) FOUL(0.3) FOUL(1.6) 10.30m(2.0) | | | | | |

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Event 224 Men Triple Jump Open

| ===== | | | | | | |
|-------|------|-----------------|--------------|-----------------------|-----------|-------------|
| | NR: | 16.04m | 26/4/2009 | Tseng Ke Cheng Stefan | | |
| | NJR: | 16.04m | 26/4/2009 | Tseng Ke Cheng Stefan | | |
| Name | Age | Team | Seed | Finals | Wind | |
| ===== | | | | | | |
| 1 | 1134 | Khan, Meng Linn | 23 SIM | 13.15m | +0.0 | |
| | | 12.62m(+0.0) | 12.43m(+0.0) | 12.85m(+0.0) | FOUL(0.3) | 12.92m(1.5) |
| | | | | 13.15m(+0.0) | | |

Event 225 Women 100 Meter Dash Under 23

| ===== | | | | | | |
|-------|------|--------------------|------------------------|-------------------------|-------|------|
| | NR: | 11.89 | 10/7/2013 | Shanti Veronica Pereira | | |
| | NJR: | 11.89 | 12/7/2013 | Shanti Veronica Pereia | | |
| | CR: | 12.64 | 25/6/2011 | Dipna Lim Prasad, NTU | | |
| Name | Age | Team | Prelims | Finals | Wind | |
| ===== | | | | | | |
| 1 | 1125 | Pereira, Shanti Ve | 17 Singapore | 12.43 | 12.34 | -0.3 |
| 2 | 1129 | Tan, Eugenia | 17 Singapore | 12.54 | 12.65 | -0.3 |
| 3 | 1080 | Sakinah, Nurul | 18 NP | 13.82 | 13.67 | -0.3 |
| 4 | 1051 | Monteiro, Amelia | 20 NUS | 13.72 | 13.75 | -0.3 |
| 5 | 1158 | Chan, Ming Tong Jo | 19 Temasek Polytechnic | 13.99 | 14.06 | -0.3 |
| 6 | 1138 | Kuan, Hui Min, Joy | 22 SIM | 13.89 | 14.13 | -0.3 |
| 7 | 1159 | Chiang, Jie Ying J | 18 Temasek Polytechnic | 14.34 | 14.32 | -0.3 |
| 8 | 1061 | Chong, Hui Xin Nic | 17 NP | 14.30 | 14.59 | -0.3 |

Event 226 Men 100 Meter Dash Under 23

| ===== | | | | | | |
|-------|------|--------------------|------------------------|---------------------------|-------|------|
| | NR: | 10.37 | 12/9/2001 | Umaglia Kancanangai Shyam | | |
| | NJR: | 10.53 | 13/6/2008 | Kang Li Loong Calvin | | |
| | CR: | 11.23 | 14/10/2012 | Wei Si Ang, TMP | | |
| Name | Age | Team | Prelims | Finals | Wind | |
| ===== | | | | | | |
| 1 | 1115 | Asmin, Muhammad Na | 18 Singapore | 11.06 | 11.04 | -1.1 |
| 2 | 1104 | Kishen, - | 19 RP | 11.29 | 11.32 | -1.1 |
| 3 | 1060 | Chan, Kian Chong | 19 NP | 11.28 | 11.41 | -1.1 |
| 4 | 1156 | Ang, Wei Si | 19 Temasek Polytechnic | 11.32 | 11.44 | -1.1 |
| 5 | 1157 | Bin Zulhimil, Adib | 20 Temasek Polytechnic | 11.43 | 11.44 | -1.1 |
| 6 | 1165 | Chia, Hui Kai Edwi | 22 Unattached | 11.45 | 11.53 | -1.1 |
| 7 | 1106 | Loh, Kelvin | 20 RP | 11.42 | 11.66 | -1.1 |
| 8 | 1160 | Leow, Xavier | 18 Temasek Polytechnic | 11.53 | 11.70 | -1.1 |

Event 227 Men 100 Meter Dash Open

| ===== | | | | | | |
|-------|------|--------------------|--------------|---------------------------|-------|------|
| | NR: | 10.37 | 12/9/2001 | Umaglia Kancanangai Shyam | | |
| | NJR: | 10.53 | 13/6/2008 | Kang Li Loong Calvin | | |
| Name | Age | Team | Prelims | Finals | Wind | |
| ===== | | | | | | |
| 1 | 1117 | Jamal, Muhd Amirud | 26 Singapore | 11.04 | 10.68 | +0.0 |
| 2 | 1118 | Kang, Li Loong Cal | 23 Singapore | 11.05 | 10.70 | +0.0 |
| 3 | 1123 | Mustapa, Md Elfi | 26 Singapore | 10.77 | 10.80 | +0.0 |
| 4 | 1120 | Lee, Cheng Wei | 26 Singapore | 11.08 | 11.04 | +0.0 |
| 5 | 1180 | Lim, Yao Peng | 24 WAC | 11.07 | 11.13 | +0.0 |
| 6 | 1044 | Toh, Wee Hong | 23 NTU | 11.70 | 11.82 | +0.0 |
| 7 | 1137 | Khoo, Yuan Zhi | 24 SIM | 12.13 | 12.26 | +0.0 |
| 8 | 1139 | Lee, Suk Bin James | 23 SIM | 12.42 | 12.39 | +0.0 |

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Event 228 Women 400 Meter Dash Under 23

| ===== | | | | | | |
|-------|------|--------------------|------------------------|----------------|----|--|
| | NR: | 55.08 | 15/9/1974 | Chee Swee Lee | | |
| | NJR: | 55.08 | 15/9/1974 | Chee Swee Lee | | |
| | CR: | 59.17 | 26/6/2011 | Piriyah T, AUT | | |
| Name | Age | Team | Seed | Finals | H# | |
| ===== | | | | | | |
| 1 | 1128 | T, Piriyah | 21 Singapore | 56.73 | 1 | |
| 2 | 1116 | Goh, Chui Ling | 21 Singapore | 59.54 | 1 | |
| 3 | 1127 | Sumner, Tyra Ree | 18 Singapore | 59.73 | 1 | |
| 4 | 1024 | Lee, Xue Ngoh | 19 Nanyang Polytechnic | 1:02.66 | 1 | |
| 5 | 1082 | Wong, Kai Li Andre | 19 NP | 1:09.48 | 1 | |
| 6 | 1162 | Tan, Mei Xuan Char | 19 Temasek Polytechnic | 1:10.46 | 1 | |
| 7 | 1073 | Lee, Jing Ting | 19 NP | 1:23.80 | 1 | |
| -- | 1169 | Marsden, Olivia | 14 Club Zoom | DNS | 2 | |
| -- | 1037 | Balakrishnan, Divy | 21 NTU | DNS | 2 | |
| -- | 1114 | Tan, Siok Yee | 20 RP | DNS | 2 | |

Event 229 Women 400 Meter Dash Open

| ===== | | | | | | |
|-------|------|--------------|-----------|---------------|--|--|
| | NR: | 55.08 | 15/9/1974 | Chee Swee Lee | | |
| | NJR: | 55.08 | 15/9/1974 | Chee Swee Lee | | |
| Name | Age | Team | Seed | Finals | | |
| ===== | | | | | | |
| -- | 1179 | Hanim, Asmah | 29 WAC | DNF | | |

Event 230 Men 400 Meter Dash Under 23

| ===== | | | | | | |
|-------|------|--------------------|------------------------|--------------------|-------|--|
| | NR: | 47.40 | 9/7/1989 | Haron Munder | | |
| | NJR: | 47.92 | 28/4/2012 | Ng Chin Hui | | |
| | CR: | 51.75 | 26/6/2011 | Jian Jie Let, ACSI | | |
| Name | Age | Team | Prelims | Finals | | |
| ===== | | | | | | |
| 1 | 1124 | Ng, Chin Hui | 19 Singapore | 52.29 | 50.10 | |
| 2 | 1033 | Tan, Ek Teck Timot | 22 Nanyang Polytechnic | 51.08 | 51.37 | |
| 3 | 1013 | Bin Januri, Ariff | 19 Nanyang Polytechnic | 52.25 | 51.38 | |
| 4 | 1155 | Amierul B A H, Muh | 18 Temasek Polytechnic | 53.26 | 51.53 | |
| 5 | 1007 | Tham, Chan Hoe Ter | 17 ITE | 52.94 | 53.36 | |
| 6 | 1053 | Ravi, Kartik | 20 NUS | 53.64 | 53.89 | |
| 7 | 1088 | Kee, Damien | 16 Raffles Institution | 53.95 | 54.63 | |
| 8 | 1077 | Muhammad, BinMuham | 18 NP | 55.44 | 56.73 | |

Event 231 Men 400 Meter Dash Open

| ===== | | | | | | |
|-------|------|--------------------|--------------|--------------|-------|--|
| | NR: | 47.40 | 9/7/1989 | Haron Munder | | |
| | NJR: | 47.92 | 28/4/2012 | Ng Chin Hui | | |
| Name | Age | Team | Seed | Finals | | |
| ===== | | | | | | |
| 1 | 1119 | Khoo, Kenneth | 31 Singapore | | 49.97 | |
| 2 | 1184 | Tan, Lance | 26 WAC | | 50.45 | |
| 3 | 1041 | Hakim, Muhammad Nu | 24 NTU | | 53.54 | |
| -- | 1139 | Lee, Suk Bin James | 23 SIM | | DNS | |

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Event 232 Men 10000 Meter Run Open

| Name | Age | Team | Seed | Finals |
|---------------------------|-----|---------------------|------|----------|
| 1 1018 Foo, Giebert | 22 | Nanyang Polytechnic | | 38:58.24 |
| 2 1086 Ramesh, Palaniandy | 38 | PSRC | | 39:30.51 |

Event 233 Women 4x400 Meter Relay Open

| Team | NR: | Time | Date | Team | Seed | Finals |
|---------------------------|-----|---------|-----------|---------------|------|---------|
| 1 Temasek Polytechnic 'A' | | 3:43.85 | 11/9/1974 | National Team | | 4:55.55 |

Event 234 Men 4x400 Meter Relay Open

| Team | NR: | Time | Date | Team | Seed | Finals |
|--------------------------------------|-----|---------|------------|---------------------------|------|---------|
| 1 Unattached 'A' | | 3:10.55 | 15/9/1974 | National Team | | 3:35.52 |
| 2 Temasek Polytechnic 'A' | | 3:25.63 | 13/10/2012 | WINGS ATHLETICS CLUB, WAC | | 3:36.80 |
| 3 Singapore Institute of Managem 'A' | | | | | | 4:03.09 |