

Day 1

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 1****Event 1 Men Triple Jump Open****Saturday 9/11/2019 - 2:00 PM****CS: 14.41m 30/11/2013 Benjamin Ong, RP**

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

1	263	Lim, Elston	18	SP	ND
2	179	Bin Azhar, Arfan	18	RP	ND
3	315	Lim, Jun Bu	19	TP	ND
4	137	Koh, Nicholas	19	NP	ND
5	94	Putera, Muhammad Ariffin	19	NYP	ND
6	258	Leong, Jeremy	19	SP	ND
7	188	Lam Kei Wai, Marcus	18	RP	ND
8	269	Phua, Wee Hung	19	SP	ND
9	313	Lee, Adam Zachary	17	TP	ND
10	134	Jong, Shawn	19	NP	ND
11	80	Kai Wei, Goh	17	NYP	ND
12	310	Chua, Ding Zu	19	TP	ND
13	90	Nick, Lim	21	NYP	ND
14	144	Lim, Dyfrig	18	NP	ND

Alternates

1	99	Wei Jie, Leong	17	NYP	ND
2	77	Jing Yong, Wong	18	NYP	ND
3	282	Wong, Jun Rong	18	SP	ND
4	139	Lee, Darren	19	NP	ND

Event 2 Women High Jump Open**Saturday 9/11/2019 - 2:00 PM****CS: 1.55m 26/11/2016 Valerie Cheong May Chi, SP**

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

1	163	Harminder Singh, Rashawna	18	RP	NH
2	238	Toh, Sherell	17	SP	NH
3	42	Gwenyth, Ho Fen	18	NYP	NH
4	110	Goh, Su Yin	17	NP	NH
5	172	Pwee Zheng Xin, Joelle	18	RP	NH
6	61	Yuqing, Ong	18	NYP	NH
7	107	Eng, Megan	19	NP	NH
8	212	Aw, Clara	18	SP	NH
9	105	Chin, Sherlynn	17	NP	NH
10	55	Phoebe, Chong Ning	18	NYP	NH
11	226	Ong, Yiting	17	SP	NH

Alternates

1	62	Zi Yee, Chan	18	NYP	NH
2	56	Qiao Juan, Toh	20	NYP	NH
3	235	Tan, Weiqi	17	SP	NH
4	224	Ling, Li Chin	17	SP	NH

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 1****Event 3 Men Discus Throw Open****Saturday 9/11/2019 - 2:00 PM****CS: 39.76m 19/11/2016 Kang Jun Jie, RP**

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	265	Ng, Keng Heng	17	SP	ND
2	97	Tam, Yeong Yi	19	NYP	ND
3	306	Buhari, Romodon	20	TP	ND
4	259	Leong, Jia Jie	17	SP	ND
5	328	Ong, Zhi Peng Sebastian	18	NYP	ND
6	255	Koh, Leroy	21	SP	ND
7	324	Teo En Dian, John	19	TP	ND
8	329	Ho, Sheng Ying Edmund	17	NYP	ND
Alternates					
1	83	Koh, Ezekiel	19	NYP	ND
2	79	Jun, Yap Jun	18	NYP	ND

Event 4 Women 200 Meter Dash Open**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Saturday 9/11/2019 - 2:00 PM****CS: 24.78 23/11/2013 Shanti Pereira, RP**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
2	236	Tay, Chervon	17	SP	NT
3	57	Rebecca, Tay Kai En	18	NYP	NT
4	4	HO, LI Qin, Hillary	19	ITE	NT
5	175	Tan Pei Qi, Sheyanne	18	RP	NT
6	111	Jane, Serena	19	NP	NT
7	296	Subramaniam, Reshma	17	TP	NT
Heat 2 of 3 Prelims					
2	34	Ang, Jiayin	18	NYP	NT
3	1	Bte Abdul Latiff, Erza	17	ITE	NT
4	162	Ganesaguru, Natasha Yann	17	RP	NT
5	216	Goe, Celine	20	SP	NT
6	293	Lim, Gwendolyn Therese	17	TP	NT
7	120	Phaw, Candice	18	NP	NT
Heat 3 of 3 Prelims					
2	11	Tjoe Marleena, Tiara	18	ITE	NT
3	168	Low, Louise	19	RP	NT
4	114	Kuppusamy, Darshini	20	NP	NT
5	37	Chin, Wanqi	17	NYP	NT
6	214	Chia, Shavonne	17	SP	NT
7	300	Tor, Jia Wen	19	TP	NT
Alternates					
1	118	Ng, Hui qin	17	NP	NT
2	113	Koh, Shermaine	18	NP	NT
3	47	Leong, Baoling	17	NYP	NT
4	228	Phua, Valerie	17	SP	NT
5	297	Tan, Wei Fen	19	TP	NT

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 1****Event 5 Men 200 Meter Dash Open****8 Advance: Top 2 Each Heat plus Next 2 Best Times****Saturday 9/11/2019 - 2:10 PM****CS: 22.08 23/11/2013 Naqib Bin Asmin, RP**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
2	17	Brian Louis, Marc	17	ITE	NT
3	186	Huang, Zi Qing	21	RP	NT
4	248	Deepaan, Raaj	19	SP	NT
5	70	Gwee, Li Sheng Samuel	17	NYP	NT
6	136	Koh, Jeremy	21	NP	NT
7	326	Zuhri, Haidar	17	TP	NT
Heat 2 of 3 Prelims					
2	72	Ian, Matthew Ngui	18	NYP	NT
3	30	Pryce Holland, Schuyler	19	ITE	NT
4	157	T, Mohammed Ashraf	19	NP	NT
5	304	B Mohamad Ismail, Hadi Nursalihin	18	TP	NT
6	181	Bin Mohd Yazli, Mohamed Haziq	17	RP	NT
7	271	Sim, Dilon	17	SP	NT
Heat 3 of 3 Prelims					
2	149	Mohd Shariff, Abdul Razak	20	NP	NT
3	250	Foo, Ronald	17	SP	NT
5	308	Chew Yong Hong, Jason	19	TP	NT
6	68	Gillian, Barbosa Rojas		NYP	NT
7	204	Tan Shou Sze, Gasper	19	RP	NT
Alternates					
1	130	Gan, Ian	17	NP	NT
2	147	Low, Russell	18	NP	NT
3	65	Danial, Syafiq	19	NYP	NT
4	92	Pavindhiran, Kannan	19	NYP	NT
5	309	Chia Kim Yong, Reagen	19	TP	NT
6	267	Ong, Samuel	17	SP	NT
7	319	Mah Xiao Jun, Dylan	20	TP	NT

Event 6 Women 400 Meter Hurdles Open**Saturday 9/11/2019 - 2:30 PM****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					
1	52	Noor, Fatehah Binte Mustaf	18	NYP	NT
2	165	Koo Ke Ghin, Jane	20	RP	NT
3	213	Carino, Katherine	17	SP	NT
4	122	Seet, Joanna	19	NP	NT
5	50	Lum, Renee	19	NYP	NT
6	108	Goh, Jing Rou	18	NP	NT
7	59	Siti, Nur Atiqah	18	NYP	NT
8	106	Chow, Celeste	18	NP	NT
Alternates					
1	118	Ng, Hui qin	17	NP	NT

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019

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Meet Program - Day 1

Event 7 Men 400 Meter Hurdles Open

Saturday 9/11/2019 - 2:45 PM

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

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 2 Timed Finals					
1	302	B Abdul Jalil, Abdul Hakim	20	TP	NT
2	159	Teo, Ervin	18	NP	NT
3	194	Lim Han Wei, Jensen	19	RP	NT
4	242	Aung, Thuta	18	SP	NT
5	84	Lee, Wei Jie Samuel	20	NYP	NT
6	21	Goh, Audie	18	ITE	NT
7	206	Tan Yann Guang, Marcell	20	RP	NT
8	153	Ong, Cowen	18	NP	NT
Section 2 of 2 Timed Finals					
2	256	Kong, Yuki	18	SP	NT
3	134	Jong, Shawn	19	NP	NT
4	303	B Jumali, Mohammad Mustaqim	23	TP	NT
5	98	Toh, Beam, Isaac	19	NYP	NT
6	277	Tan, Lukas	19	SP	NT
7	317	Loke, Zhiyuan Samuel	19	TP	NT
8	96	Silas, Ng Wei Hao	19	NYP	NT
Alternates					
1	323	Tan Jin Long, Axel	20	TP	NT
2	135	Koh, Ignatius	19	NP	NT
3	276	Tan, Lucas	17	SP	NT

Event 8 Men 3000 Meter Steeplechase Open

Saturday 9/11/2019 - 3:05 PM

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

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	198	Poh, Sherman	17	RP	NT
2	22	Goutham, Suresh	18	ITE	NT
3	155	S/O Krishna, Hariharan	21	NP	NT
4	208	Tang, Dylan	19	RP	NT
5	283	Yoong, Joshua	18	SP	NT
6	192	Lim, Brandon	19	RP	NT
7	75	Jaeger, Lim Xuan Zheng	18	NYP	NT
8	86	Matthew, Hsu De Cheng	18	NYP	NT
9	261	Lim, August	19	SP	NT
10	274	Suyamprakasam, Varadaj	17	SP	NT
11	145	Lim, Jerrell	18	NP	NT
12	85	Mani, Manoj	19	NYP	NT
Alternates					
1	66	Darma, Vishnu S/O Lekshuman	19	NYP	NT
2	100	Wu, Lian Shuai	20	NYP	NT
3	246	Chiew, Le Wei	19	SP	NT
4	252	Jacob, Tay	17	SP	NT

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 1****Event 9 Women 100 Meter Dash Open****8 Advance: Top 2 Each Heat plus Next 2 Best Times****Saturday 9/11/2019 - 3:25 PM****CS: 12.27 23/11/2013 Shanti Pereira, RP**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
2	216	Goe, Celine	20	SP	NT
3	114	Kuppusamy, Darshini	20	NP	NT
4	34	Ang, Jiayin	18	NYP	NT
5	175	Tan Pei Qi, Sheyanne	18	RP	NT
6	1	Bte Abdul Latiff, Erza	17	ITE	NT
7	288	Goh Si Hui, Clara	19	TP	NT
Heat 2 of 3 Prelims					
2	120	Phaw, Candice	18	NP	NT
3	57	Rebecca, Tay Kai En	18	NYP	NT
4	162	Ganesaguru, Natasha Yann	17	RP	NT
5	236	Tay, Chervon	17	SP	NT
6	293	Lim, Gwendolyn Therese	17	TP	NT
7	4	HO, LI Qin, Hillary	19	ITE	NT
Heat 3 of 3 Prelims					
2	47	Leong, Baoling	17	NYP	NT
3	286	Bte Hamkah, Haanee	18	TP	NT
4	121	Razali, Nurul Syarah	20	NP	NT
5	213	Carino, Katherine	17	SP	NT
6	11	Tjoe Marleena, Tiara	18	ITE	NT
7	177	Wan, Shi Ling	19	RP	NT
Alternates					
1	108	Goh, Jing Rou	18	NP	NT
2	53	Ong, Yu Ting		NYP	NT
3	234	Tan, Terris	19	SP	NT
4	113	Koh, Shermaine	18	NP	NT

Event 10 Men 100 Meter Dash Open**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Saturday 9/11/2019 - 3:35 PM****CS: 10.71 19/11/2017 Muhammad Hariz Bin Darajit, TP**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
2	30	Pryce Holland, Schuyler	19	ITE	NT
3	136	Koh, Jeremy	21	NP	NT
4	210	Tye Yi Zhong, Atticus	18	RP	NT
5	266	Ong, Lucas	17	SP	NT
6	314	Lee, Choon Loong	23	TP	NT
7	68	Gillian, Barbosa Rojas		NYP	NT
Heat 2 of 3 Prelims					
2	248	Deepaan, Raaj	19	SP	NT
3	319	Mah Xiao Jun, Dylan	20	TP	NT
4	203	Tan Hong An, Daryl	18	RP	NT
5	92	Pavindhiran, Kannan	19	NYP	NT
6	15	B Hamzah, Hazlam	19	ITE	NT
7	149	Mohd Shariff, Abdul Razak	20	NP	NT

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 1****Heat 3 of 3 Prelims...(Event 10 Men 100 Meter Dash Open)**

2	185	Ho, Jia Fu	18	RP	NT
3	65	Danial, Syafiq	19	NYP	NT
4	147	Low, Russell	18	NP	NT
5	250	Foo, Ronald	17	SP	NT
6	17	Brian Louis, Marc	17	ITE	NT
7	305	B Muhammad Shazni, Yusuf Arsyad	18	TP	NT

Alternates

1	96	Silas, Ng Wei Hao	19	NYP	NT
2	132	Hazli, Mohamed Aazim	20	NP	NT
3	273	Surya, Selvam Jeya	17	SP	NT
4	73	Ian, Seow Rui-An	19	NYP	NT
5	311	Chua, Zhi Lii	17	TP	NT
6	267	Ong, Samuel	17	SP	NT
7	158	Tan, Zheng Jie	19	NP	NT
8	308	Chew Yong Hong, Jason	19	TP	NT

Event 11 Women Shot Put 4kg Open**Saturday 9/11/2019 - 4:00 PM****CS: 13.15m 29/1/2011 Wan Lay Chi, NYP**

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	38	Ding, Hui Ling	18	NYP	ND
2	107	Eng, Megan	19	NP	ND
3	227	Pek, Shannen	18	SP	ND
4	6	Lee, Peishan	20	ITE	ND
5	60	Tay, Val	17	NYP	ND
6	125	Yee, Soo Xing	17	NP	ND
7	239	Too, Megan	18	SP	ND
8	119	Othman, Safwanah	17	NP	ND
9	46	Jarungsathitphong, Mavis	18	NYP	ND
10	221	Lim, Zoe	19	SP	ND
Alternates					
1	237	Teo, Velika	18	SP	ND

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019

Chao Chu Kang Stadium

Meet Program - Day 1

Event 12 Men Javelin Throw Open

Saturday 9/11/2019 - 4:00 PM

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

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	191	Liew Zhi Hao, Jeremy	19	RP	ND
2	126	Abdullah, Daniel	20	NP	ND
3	275	Tan, Ethan	19	SP	ND
4	64	Chew, Cedric	19	NYP	ND
5	316	Lim Jun Xian, John	17	TP	ND
6	207	Tan Zhi Rong, Benjamin	18	RP	ND
7	150	Muhammad, Hasif	18	NP	ND
8	260	Liew, Wei Jie	18	SP	ND
9	97	Tam, Yeong Yi	19	NYP	ND
10	318	Low Lee Zhit, Alvin	17	TP	ND
11	211	Yee Zhi Shen, Marcus	18	RP	ND
12	152	Neo, Kieran	18	NP	ND
13	247	Chong, Zhi Da	17	SP	ND
14	63	Cheng, Brian	17	NYP	ND
15	306	Buhari, Romodon	20	TP	ND
16	20	FU, Yiu Kwong	18	ITE	ND

Alternates

1	324	Teo En Dian, John	19	TP	ND
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Event 13 Women Long Jump Open

Saturday 9/11/2019 - 4:00 PM

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

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	51	Maheesha, Wickramanayake	17	NYP	ND
2	171	Oh Shu Yu, Zann	16	RP	ND
3	285	Ang Yan Ting, Desiree	18	TP	ND
4	238	Toh, Sherell	17	SP	ND
5	12	Yap, Jin EN , Claire	17	ITE	ND
6	105	Chin, Sherlynn	17	NP	ND
7	45	Jamie, Lim	20	NYP	ND
8	170	Oh Shu Qin, Raine	18	RP	ND
9	287	Cheong, Kar Chi	19	TP	ND
10	230	Sim, Megan	19	SP	ND
11	115	Liew, Raymin	19	NP	ND
12	56	Qiao Juan, Toh	20	NYP	ND
13	295	Ngui Hui Xin, Natasha	18	TP	ND
14	104	Chan, Sher Min	18	NP	ND
15	217	Khor, Xinyi	17	SP	ND

Alternates

1	44	Hannah, Nguyen	19	NYP	ND
2	291	Koh Wan Neng, Summer	18	TP	ND
3	41	Grace, Lee Yek	18	NYP	ND
4	212	Aw, Clara	18	SP	ND
5	226	Ong, Yiting	17	SP	ND

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 1****Event 14 Women 800 Meter Run Open****Saturday 9/11/2019 - 4:00 PM**

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

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	40	Goh, Sin Yee	20	NYP	NT
2	169	Ng, Kai Li	19	RP	NT
3	174	Shaina Law, Alesta	18	RP	NT
4	229	Siew, Glenda	18	SP	NT
5	124	Tan, Yuhui	19	NP	NT
6	116	Lim, Kaye-Lynn	17	NP	NT
7	10	T EH, Han YI	18	ITE	NT
8	176	Teo, Jie ZI	17	RP	NT
9	232	Suris, Prashalini	18	SP	NT
10	292	Lee, Charlyn	18	TP	NT
11	35	Chai, En-Yer	19	NYP	NT
12	7	Mohamed Zali, Nur Qistina Puteri	17	ITE	NT
13	32	Ada, Seow Jiaying	18	NYP	NT
14	220	Lim, Constance	17	SP	NT
15	109	Goh, Sarah	17	NP	NT
Alternates					
1	33	Alex, Ng Hui Lin	19	NYP	NT
2	58	Shantel, Chua Yi Xuan	19	NYP	NT
3	215	Dong, Ya Li	18	SP	NT
4	225	Lum, Jing Ya	20	SP	NT

Event 15 Men 800 Meter Run Open**Saturday 9/11/2019 - 4:10 PM**

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

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	16	B Muhaid, Muhammad Fansuri	18	ITE	NT
2	325	Wong, Li Shen	17	TP	NT
3	141	Lee, Joel	19	NP	NT
4	281	Thirunithiyar, Jayakumar	18	SP	NT
5	95	Russell, Hari Chandra	20	NYP	NT
6	200	S/O Suresh, Kiranraj	19	RP	NT
7	27	Lim, KA Wai,Anderton	17	ITE	NT
8	301	Andrew, Jonathan	19	TP	NT
9	148	Mohamed, Fazil	17	NP	NT
10	245	Chang, Lucas	18	SP	NT
11	88	Mohamed, Nihaal S/O Mohamed Z	19	NYP	NT
12	209	Tay, Kai Bin	18	RP	NT
13	24	Koh, Rong En, Troy	18	ITE	NT
14	320	Ong Jing Jie, Derrick	19	TP	NT
15	127	Batch, Daniel	22	NP	NT
16	272	Suppaiah, Kuberan	17	SP	NT
17	91	Nigel, Ong Ye Xun	17	NYP	NT
18	193	Lim, Kuan Rong	18	RP	NT
Alternates					
1	81	Kassim, Kwok Ho Hey	18	NYP	NT
2	128	Chellaganapathy, Ramachandran	19	NP	NT

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 1****Alternates... (Event 15 Men 800 Meter Run Open)**

3	69	Goh, Jun Jie	17	NYP	NT
4	253	Jia Xun, Khor	19	SP	NT
5	268	Peter, Abuy Ugay	17	SP	NT

Day 2

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 2****Event 1 Women 400 Meter Dash Open****8 Advance: Top 2 Each Heat plus Next 2 Best Times****Wednesday 13/11/2019 - 6:30 PM****CS: 59.86 22/11/2014 Noel Lee Xue Ngoh, NYP**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
2	3	Fahima, Shaistha	19	ITE	NT
3	229	Siew, Glenda	18	SP	NT
4	287	Cheong, Kar Chi	19	TP	NT
5	52	Noor, Fatehah Binte Mustaf	18	NYP	NT
6	114	Kuppusamy, Darshini	20	NP	NT
Heat 2 of 3 Prelims					
2	296	Subramaniam, Reshma	17	TP	NT
3	106	Chow, Celeste	18	NP	NT
4	54	Ong, Yuqing	18	NYP	NT
5	2	Bte Mohd Eksan, Seri Nur' Ain	20	ITE	NT
6	178	Yu Ya Qing, Gwen	19	RP	NT
7	214	Chia, Shavonne	17	SP	NT
Heat 3 of 3 Prelims					
2	59	Siti, Nur Atiqah	18	NYP	NT
3	9	NG, Shi Hui, Cheryl	17	ITE	NT
4	122	Seet, Joanna	19	NP	NT
5	300	Tor, Jia Wen	19	TP	NT
6	213	Carino, Katherine	17	SP	NT
Alternates					
1	62	Zi Yee, Chan	18	NYP	NT
2	108	Goh, Jing Rou	18	NP	NT
3	297	Tan, Wei Fen	19	TP	NT
4	228	Phua, Valerie	17	SP	NT
5	118	Ng, Hui qin	17	NP	NT

Event 2 Men 400 Meter Dash Open**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Wednesday 13/11/2019 - 6:45 PM****CS: 49.88 22/11/2014 Luqman Zamrot, NP**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
2	278	Tan, Yong Ming	19	SP	NT
3	304	B Mohamad Ismail, Hadi Nursalihin	18	TP	NT
4	203	Tan Hong An, Daryl	18	RP	NT
5	16	B Muhaid, Muhammad Fansuri	18	ITE	NT
6	157	T, Mohammed Ashraf	19	NP	NT
7	73	Ian, Seow Rui-An	19	NYP	NT
Heat 2 of 3 Prelims					
2	131	Goh, Reinald	18	NP	NT
3	95	Russell, Hari Chandra	20	NYP	NT
4	271	Sim, Dilon	17	SP	NT
5	200	S/O Suresh, Kiranraj	19	RP	NT
6	20	FU, Yiu Kwong	18	ITE	NT
7	309	Chia Kim Yong, Reagen	19	TP	NT

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2	205	Tan Wen Song, Derrick	22	RP	NT
3	142	Lee, Reuben	17	NP	NT
4	281	Thirunithiyar, Jayakumar	18	SP	NT
5	301	Andrew, Jonathan	19	TP	NT
6	72	Ian, Matthew Ngui	18	NYP	NT
7	27	Lim, KA Wai,Anderton	17	ITE	NT

Alternates

1	154	Ramas, Prithikvel	17	NP	NT
2	128	Chellaganapathy, Ramachandran	19	NP	NT
3	84	Lee, Wei Jie Samuel	20	NYP	NT
4	96	Silas, Ng Wei Hao	19	NYP	NT
5	272	Suppaiah, Kuberan	17	SP	NT
6	182	Bin Saifuddin, Saiful Anuar	21	RP	NT
7	326	Zuhri, Haidar	17	TP	NT
8	267	Ong, Samuel	17	SP	NT

Event 3 Women 5000 Meter Run Open

Wednesday 13/11/2019 - 7:00 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	167	Liew, Zhi Shan	19	RP	NT
2	49	Linette, Tan Hui En	19	NYP	NT
3	219	Koh, Wen Min	19	SP	NT
4	124	Tan, Yuhui	19	NP	NT
5	112	Kng, Vivian	20	NP	NT
6	109	Goh, Sarah	17	NP	NT
7	169	Ng, Kai Li	19	RP	NT
8	166	Liang, Shauna	19	RP	NT
9	222	Lin, Hui Qin	20	SP	NT
10	58	Shantel, Chua Yi Xuan	19	NYP	NT
11	218	Koh, Jia Xuan	19	SP	NT
12	294	Ng Zhi Xin, Regin	19	TP	NT
13	36	Chai, Li-Yer	20	NYP	NT

Alternates

1	32	Ada, Seow Jiaying	18	NYP	NT
2	117	Mochiyama, Hoshika	18	NP	NT
3	40	Goh, Sin Yee	20	NYP	NT
4	233	Tan, Elise	17	SP	NT
5	225	Lum, Jing Ya	20	SP	NT

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 2****Event 4 Men 10000 Meter Run Open****Wednesday 13/11/2019 - 7:30 PM****CS: 34:24.10 19/11/2014 Parajuli Nabin, NYP**

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	82	Keane, Ko Wen Qiang	19	NYP	NT
2	18	C, Aajith Kumar	20	ITE	NT
3	244	Chan, Ethan	18	SP	NT
4	262	Lim, Darel	19	SP	NT
5	78	Joshua, Lim Shouxin	19	NYP	NT
6	26	Lim, Jun Wei, Dylan	19	ITE	NT
7	93	Pradeesh, S/O Prasath	21	NYP	NT
8	312	Chua Li Rong, Luke	18	TP	NT
9	322	Tan, Jiahao	17	TP	NT
10	321	S/O Sivakumar, Selvanther	19	TP	NT
11	151	Muhammad, Iqbal	19	NP	NT
12	243	Chai, Wen Bin	18	SP	NT
13	202	Sivangananam, Jonathan	21	RP	NT
14	140	Lee, David	18	NP	NT
15	31	Shanmugavel, Aniyutharan	18	ITE	NT
Alternates					
1	81	Kassim, Kwok Ho Hey	18	NYP	NT
2	89	Nelson, Chow	20	NYP	NT
3	280	Tay, Ming Sheng	19	SP	NT
4	270	Shaw, Yan Jie	18	SP	NT

Day 3

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 3****Event 1 Men Shot Put 7.26kg Open****Saturday 16/11/2019 - 2:00 PM****CS: 12.27m 26/11/2016 Kang Jun Jie, NYP**

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	255	Koh, Leroy	21	SP	ND
2	328	Ong, Zhi Peng Sebastian	18	NYP	ND
3	150	Muhammad, Hasif	18	NP	ND
4	306	Buhari, Romodon	20	TP	ND
5	191	Liew Zhi Hao, Jeremy	19	RP	ND
6	195	Loo Wei Ming, Raeshon		RP	ND
7	64	Chew, Cedric	19	NYP	ND
8	269	Phua, Wee Hung	19	SP	ND
9	83	Koh, Ezekiel	19	NYP	ND
10	133	Ho, Nathan	19	NP	ND
11	324	Teo En Dian, John	19	TP	ND
12	275	Tan, Ethan	19	SP	ND
13	126	Abdullah, Daniel	20	NP	ND
Alternates					
1	97	Tam, Yeong Yi	19	NYP	ND

Event 2 Women Discus Throw Open**Saturday 16/11/2019 - 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	231	Soh, Mirally	20	SP	ND
2	38	Ding, Hui Ling	18	NYP	ND
3	221	Lim, Zoe	19	SP	ND
4	43	Hani, Khaliesah Binte Haza	22	NYP	ND
5	6	Lee, Peishan	20	ITE	ND
6	239	Too, Megan	18	SP	ND
7	60	Tay, Val	17	NYP	ND
Alternates					
1	48	Lim, Sheina	18	NYP	ND
2	237	Teo, Velika	18	SP	ND

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 3****Event 3 Men Long Jump Open****Saturday 16/11/2019 - 2:00 PM****CS: 6.79m 18/11/2017 Lee Darren, TP**

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	305	B Muhammad Shazni, Yusuf Arsyad	18	TP	ND
2	156	Song, Wayne	18	NP	ND
3	263	Lim, Elston	18	SP	ND
4	180	Bin Ismail, Muhammad Hazim	18	RP	ND
5	94	Putera, Muhammad Ariffin	19	NYP	ND
6	28	LU, Lugi	18	ITE	ND
7	313	Lee, Adam Zachary	17	TP	ND
8	139	Lee, Darren	19	NP	ND
9	282	Wong, Jun Rong	18	SP	ND
10	188	Lam Kei Wai, Marcus	18	RP	ND
11	77	Jing Yong, Wong	18	NYP	ND
12	19	Chua, Tze Yong, Titus	18	ITE	ND
13	311	Chua, Zhi Lii	17	TP	ND
14	144	Lim, Dyfrig	18	NP	ND
15	269	Phua, Wee Hung	19	SP	ND
16	199	S/O Mogan, Kukan	19	RP	ND
17	99	Wei Jie, Leong	17	NYP	ND
Alternates					
1	102	Zachary, Wang	18	NYP	ND
2	310	Chua, Ding Zu	19	TP	ND
3	67	Essthan, Bin Arif	18	NYP	ND
4	258	Leong, Jeremy	19	SP	ND
5	195	Loo Wei Ming, Raeshon		RP	ND
6	249	Erfan, Shaquille	17	SP	ND

Event 4 Women 100 Meter Hurdles Open**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 16/11/2019 - 2:00 PM****CS: 15.62 22/11/2016 Nur Izlyn, RP**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
2	161	Chin Hui Ya, Rachel	18	RP	NT
3	230	Sim, Megan	19	SP	NT
4	121	Razali, Nurul Syarah	20	NP	NT
5	44	Hannah, Nguyen	19	NYP	NT
6	291	Koh Wan Neng, Summer	18	TP	NT
Heat 2 of 2 Prelims					
2	123	Sim, Emilyn	18	NP	NT
3	289	How Jia Mian, Elizabeth	17	TP	NT
4	50	Lum, Renee	19	NYP	NT
5	122	Seet, Joanna	19	NP	NT
6	226	Ong, Yiting	17	SP	NT
Alternates					
1	106	Chow, Celeste	18	NP	NT

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 3****Event 6 Women 100 Meter Dash Open****Saturday 16/11/2019 - 2:20 PM**

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

Lane	Comp#	Name	Age	Team	Prelims
Section 1 of 1 Finals					
1	213	Carino, Katherine	17	SP	13.50
2	34	Ang, Jiayin	18	NYP	13.70
3	293	Lim, Gwendolyn Therese	17	TP	13.10
4	288	Goh Si Hui, Clara	19	TP	12.46
5	286	Bte Hamkah, Haanee	18	TP	12.59
6	121	Razali, Nurul Syarah	20	NP	13.20
7	57	Rebecca, Tay Kai En	18	NYP	13.41
8	114	Kuppusamy, Darshini	20	NP	13.48

Event 7 Men 100 Meter Dash Open**Saturday 16/11/2019 - 2:25 PM**

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

Lane	Comp#	Name	Age	Team	Prelims
Section 1 of 1 Finals					
1	319	Mah Xiao Jun, Dylan	20	TP	11.73
2	314	Lee, Choon Loong	23	TP	11.54
3	248	Deepaan, Raaj	19	SP	11.27
4	203	Tan Hong An, Daryl	18	RP	11.29
5	92	Pavindhiran, Kannan	19	NYP	11.36
6	68	Gillian, Barbosa Rojas		NYP	11.40
7	305	B Muhammad Shazni, Yusuf Arsyad	18	TP	11.42
8	17	Brian Louis, Marc	17	ITE	11.43

Event 8 Women 1500 Meter Run Open**Saturday 16/11/2019 - 2:30 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	299	Toh, Yii Ying	19	TP	NT
2	160	Cai, Ming Ping	18	RP	NT
3	166	Liang, Shauna	19	RP	NT
4	40	Goh, Sin Yee	20	NYP	NT
5	35	Chai, En-Yer	19	NYP	NT
6	109	Goh, Sarah	17	NP	NT
7	116	Lim, Kaye-Lynn	17	NP	NT
8	284	Ang, Celeste	17	TP	NT
9	169	Ng, Kai Li	19	RP	NT
10	13	Zeris, Damia	18	ITE	NT
11	223	Lin, HuiQin	20	SP	NT
12	124	Tan, Yuhui	19	NP	NT
13	215	Dong, Ya Li	18	SP	NT
14	218	Koh, Jia Xuan	19	SP	NT
15	32	Ada, Seow Jiaying	18	NYP	NT
16	292	Lee, Charlyn	18	TP	NT
Alternates					
1	117	Mochiyama, Hoshika	18	NP	NT
2	290	Keh, Chin Yip	19	TP	NT

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 3****Alternates... (Event 8 Women 1500 Meter Run Open)**

3	36	Chai, Li-Yer	20	NYP	NT
4	58	Shantel, Chua Yi Xuan	19	NYP	NT
5	219	Koh, Wen Min	19	SP	NT
6	225	Lum, Jing Ya	20	SP	NT
7	294	Ng Zhi Xin, Regin	19	TP	NT

Event 9 Men 1500 Meter Run Open**Saturday 16/11/2019 - 2:45 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	14	B Elfien, Muhammad Elfy	17	ITE	NT
2	200	S/O Suresh, Kiranraj	19	RP	NT
3	145	Lim, Jerrell	18	NP	NT
4	29	Muralithran, Ajit Cantona	19	ITE	NT
5	193	Lim, Kuan Rong	18	RP	NT
6	81	Kassim, Kwok Ho Hey	18	NYP	NT
7	325	Wong, Li Shen	17	TP	NT
8	283	Yoong, Joshua	18	SP	NT
9	88	Mohamed, Nihaal S/O Mohamed Z	19	NYP	NT
10	301	Andrew, Jonathan	19	TP	NT
11	243	Chai, Wen Bin	18	SP	NT
12	254	Koh, An Cheng	18	SP	NT
13	320	Ong Jing Jie, Derrick	19	TP	NT
14	155	S/O Krishna, Hariharan	21	NP	NT
15	75	Jaeger, Lim Xuan Zheng	18	NYP	NT
16	23	Kalimuthu, Threesool	17	ITE	NT
17	143	Lim, Bryan	19	NP	NT
18	189	Lee, Jayves	17	RP	NT

Alternates

1	74	Isaac, Wong	17	NYP	NT
2	128	Chellaganapathy, Ramachandran	19	NP	NT
3	93	Pradeesh, S/O Prasath	21	NYP	NT
4	261	Lim, August	19	SP	NT
5	198	Poh, Sherman	17	RP	NT
6	264	Narayanan, Krishnan	17	SP	NT

Event 10 Women 400 Meter Dash Open**Saturday 16/11/2019 - 3:00 PM****CS: 59.86 22/11/2014 Noel Lee Xue Ngoh, NYP**

Lane	Comp#	Name	Age	Team	Prelims
Section 1 of 1 Finals					
1	2	Bte Mohd Eksan, Seri Nur' Ain	20	ITE	1:09.14
2	296	Subramaniam, Reshma	17	TP	1:07.67
3	122	Seet, Joanna	19	NP	1:06.77
4	213	Carino, Katherine	17	SP	1:03.65
5	300	Tor, Jia Wen	19	TP	1:05.42
6	52	Noor, Fatehah Binte Mustaf	18	NYP	1:07.46
7	229	Siew, Glenda	18	SP	1:09.12
8	214	Chia, Shavonne	17	SP	1:10.00

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 3****Event 11 Men 400 Meter Dash Open****Saturday 16/11/2019 - 3:05 PM****CS: 49.88 22/11/2014 Luqman Zamrot, NP**

Lane	Comp#	Name	Age	Team	Prelims
Section 1 of 1 Finals					
1	72	Ian, Matthew Ngui	18	NYP	54.22
2	304	B Mohamad Ismail, Hadi Nursalihin	18	TP	53.72
3	142	Lee, Reuben	17	NP	53.31
4	20	FU, Yiu Kwong	18	ITE	51.89
5	95	Russell, Hari Chandra	20	NYP	53.03
6	27	Lim, KA Wai,Anderton	17	ITE	53.54
7	73	Ian, Seow Rui-An	19	NYP	54.03
8	278	Tan, Yong Ming	19	SP	54.32

Event 12 Women Triple Jump Open**Saturday 16/11/2019 - 4:00 PM****CS: 11.77m 18/11/2017 Ang Wei Lu, SP**

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	44	Hannah, Nguyen	19	NYP	ND
2	238	Toh, Sherell	17	SP	ND
3	12	Yap, Jin EN , Claire	17	ITE	ND
4	107	Eng, Megan	19	NP	ND
5	230	Sim, Megan	19	SP	ND
6	62	Zi Yee, Chan	18	NYP	ND
7	125	Yee, Soo Xing	17	NP	ND
8	217	Khor, Xinyi	17	SP	ND
9	115	Liew, Raymin	19	NP	ND
10	39	Erin, Lin	18	NYP	ND
Alternates					
1	51	Maheesha, Wickramanayake	17	NYP	ND
2	56	Qiao Juan, Toh	20	NYP	ND
3	212	Aw, Clara	18	SP	ND

Event 13 Women Javelin Throw Open**Saturday 16/11/2019 - 4:00 PM****CS: 39.82m 22/11/2014 Lenis Phoa Chien, NYP**

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	119	Othman, Safwanah	17	NP	ND
2	221	Lim, Zoe	19	SP	ND
3	38	Ding, Hui Ling	18	NYP	ND
4	298	Tham Wei Ting, Cheryl	22	TP	ND
5	110	Goh, Su Yin	17	NP	ND
6	48	Lim, Sheina	18	NYP	ND
7	173	Seah Xin Yi, Michelle	20	RP	ND
8	239	Too, Megan	18	SP	ND
9	43	Hani, Khaliesah Binte Haza	22	NYP	ND
10	231	Soh, Mirally	20	SP	ND
Alternates					
1	60	Tay, Val	17	NYP	ND
2	237	Teo, Velika	18	SP	ND

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 3****Event 14 Men High Jump Open****Saturday 16/11/2019 - 4:00 PM**

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

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

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

1	129	Chin, Yi Yang	17	NP	NH
2	196	Ng Wei Jun, Lionel	19	RP	NH
3	307	Chen, Jinyi	23	TP	NH
4	242	Aung, Thuta	18	SP	NH
5	76	Jin Hao, Koh	19	NYP	NH
6	25	Law, Gordon	17	ITE	NH
7	71	Hairul, Syamil		NYP	NH
8	138	Lau, Austin	17	NP	NH
9	251	Ho, Nicky	18	SP	NH
10	101	Yong Xiang, Toh	18	NYP	NH
11	190	Lee Yi Shen, Jeson	17	RP	NH
12	197	Ong, Brannon	17	RP	NH
13	282	Wong, Jun Rong	18	SP	NH
14	146	Lim, Kieron	19	NP	NH

Alternates

1	77	Jing Yong, Wong	18	NYP	NH
2	79	Jun, Yap Jun	18	NYP	NH
3	279	Tang, Ken Zee	17	SP	NH

Event 16 Men 110 Meter Hurdles Open**Saturday 16/11/2019 - 3:50 PM**

CS: 15.59 22/11/2014 Awyong Liang Qi, SP

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

1	242	Aung, Thuta	18	SP	NT
2	153	Ong, Cowen	18	NP	NT
3	98	Toh, Beam, Isaac	19	NYP	NT
4	251	Ho, Nicky	18	SP	NT
5	96	Silas, Ng Wei Hao	19	NYP	NT
6	159	Teo, Ervin	18	NP	NT
7	263	Lim, Elston	18	SP	NT
8	71	Hairul, Syamil		NYP	NT

Alternates

1	240	Anandharaman, Amudhan	18	SP	NT
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POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 3****Event 17 Women 4x100 Meter Relay Open****Saturday 16/11/2019 - 4:00 PM****CS: 48.36 22/11/2014 Kerstin, Ree Tyra, Eugenia, Shanti, RP**

Lane	Comp#	Team	Relay	Seed Time
Section 1 of 1 Timed Finals				
2		NGEE ANN POLYTECHNIC	A	NT
	1) #120 Phaw, Candice 18	2) #114 Kuppasamy, Darshini 20	3) #103 ., Sherlynn	4) #121 Razali, Nurul Syarah 20
	5) #113 Koh, Shermaine 18	6) #122 Seet, Joanna 19		
3		SINGAPORE POLYTECHNIC	A	NT
	1) #213 Carino, Katherine 17	2) #236 Tay, Chervon 17	3) #216 Goe, Celine 20	4) #214 Chia, Shavonne 17
	5) #217 Khor, Xinyi 17	6) #238 Toh, Sherell 17		
4		REPUBLIC POLYTECHNIC	A	NT
	1) #162 Ganesaguru, Natasha Yann 12	2) #175 Tan Pei Qi, Sheyanne 18	3) #177 Wan, Shi Ling 19	4) #164 Ho En Qi, Angel 19
5		NANYANG POLYTECHNIC	A	NT
	1) #51 Maheesha, Wickramanayake 12	2) #34 Ang, Jiayin 18	3) #57 Rebecca, Tay Kai En 18	4) #50 Lum, Renee 19
	5) #52 Noor, Fatehah Binte Mustaf 18	6) #47 Leong, Baoling 17		
6		TEMASEK POLYTECHNIC	A	NT
	1) #286 Bte Hamkah, Haanee 18	2) #293 Lim, Gwendolyn Therese 17	3) #288 Goh Si Hui, Clara 19	4) #300 Tor, Jia Wen 19
	5) #295 Ngui Hui Xin, Natasha 18	6) #287 Cheong, Kar Chi 19	7) #285 Ang Yan Ting, Desiree 18	
7		INSTITUTE OF TECH EDUCATION	A	NT
	1) #1 Bte Abdul Latiff, Erza 17	2) #4 HO, LI Qin, Hillary 19	3) #3 Fahima, Shaistha 19	4) #8 NG, Chin Yen, Romero 19
	5) #11 Tjoe Marleena, Tiara 18			

Event 18 Men 4x100 Meter Relay Open**Saturday 16/11/2019 - 4:10 PM****CS: 42.30 26/11/2016 , TP**

Lane	Comp#	Team	Relay	Seed Time
Section 1 of 1 Timed Finals				
2		INSTITUTE OF TECH EDUCATION	A	NT
	1) #17 Brian Louis, Marc 17	2) #30 Pryce Holland, Schuyler 19	3) #15 B Hamzah, Hazlam 19	4) #21 Goh, Audie 18
	5) #20 FU, Yiu Kwong 18			
3		NGEE ANN POLYTECHNIC	A	NT
	1) #147 Low, Russell 18	2) #136 Koh, Jeremy 21	3) #149 Mohd Shariff, Abdul Razak 24	4) #142 Lee, Reuben 17
	5) #139 Lee, Darren 19	6) #132 Hazli, Mohamed Aazim 20		
4		NANYANG POLYTECHNIC	A	NT
	1) #92 Pavindhiran, Kannan 19	2) #65 Danial, Syafiq 19	3) #72 Ian, Matthew Ngui 18	4) #68 Gillian, Barbosa Rojas
	5) #96 Silas, Ng Wei Hao 19	6) #73 Ian, Seow Rui-An 19		
5		REPUBLIC POLYTECHNIC	A	NT
	1) #183 Bin Zahari, Nur Syarin 18	2) #206 Tan Yann Guang, Marcell 20	3) #203 Tan Hong An, Daryl 18	4) #210 Tye Yi Zhong, Atticus 18
	5) #185 Ho, Jia Fu 18	6) #204 Tan Shou Sze, Gasper 19		
6		SINGAPORE POLYTECHNIC	A	NT
	1) #250 Foo, Ronald 17	2) #248 Deepaan, Raaj 19	3) #266 Ong, Lucas 17	4) #271 Sim, Dilon 17
	5) #267 Ong, Samuel 17	6) #269 Phua, Wee Hung 19		
7		TEMASEK POLYTECHNIC	A	NT
	1) #313 Lee, Adam Zachary 17	2) #305 B Muhammad Shazni, Yusuf 3	3) #314 Lee, Choon Loong 23	4) #319 Mah Xiao Jun, Dylan 20
	5) #311 Chua, Zhi Lii 17	6) #308 Chew Yong Hong, Jason 19		

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 3****Event 19 Men 5000 Meter Run Open****Saturday 16/11/2019 - 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	208	Tang, Dylan	19	RP	NT
2	82	Keane, Ko Wen Qiang	19	NYP	NT
3	26	Lim, Jun Wei, Dylan	19	ITE	NT
4	321	S/O Sivakumar, Selvanther	19	TP	NT
5	87	Matthew, Lee Jun Jie	20	NYP	NT
6	262	Lim, Darel	19	SP	NT
7	140	Lee, David	18	NP	NT
8	274	Suyamprakasam, Varadaj	17	SP	NT
9	322	Tan, Jiahao	17	TP	NT
10	85	Mani, Manoj	19	NYP	NT
11	202	Sivangananam, Jonathan	21	RP	NT
12	31	Shanmugavel, Aniyutharan	18	ITE	NT
13	312	Chua Li Rong, Luke	18	TP	NT
14	151	Muhammad, Iqbal	19	NP	NT
15	244	Chan, Ethan	18	SP	NT
16	189	Lee, Jayves	17	RP	NT
17	18	C, Aajith Kumar	20	ITE	NT

Alternates

1	78	Joshua, Lim Shouxin	19	NYP	NT
2	89	Nelson, Chow	20	NYP	NT
3	261	Lim, August	19	SP	NT
4	201	Seet, Zhi Yun	20	RP	NT
5	241	Arunprasad, Balasubramanian	17	SP	NT

Event 20 Women 4x400 Meter Relay Open**Saturday 16/11/2019 - 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) #52 Noor, Fatehah Binte Mustaf 18		3) #57 Rebecca, Tay Kai En 18	4) #34 Ang, Jiayin 18
	5) #54 Ong, Yuqing 18			
3		NGEE ANN POLYTECHNIC	A	NT
	1) #106 Chow, Celeste 18	2) #114 Kuppusamy, Darshini 20	3) #108 Goh, Jing Rou 18	4) #122 Seet, Joanna 19
	5) #118 Ng, Hui qin 17	6) #121 Razali, Nurul Syarah 20		
4		TEMASEK POLYTECHNIC	A	NT
	1) #286 Bte Hamkah, Haanee 18	2) #293 Lim, Gwendolyn Therese 17	3) #288 Goh Si Hui, Clara 19	4) #300 Tor, Jia Wen 19
	5) #287 Cheong, Kar Chi 19	6) #296 Subramaniam, Reshma 17		
5		REPUBLIC POLYTECHNIC	A	NT
	1) #169 Ng, Kai Li 19	2) #178 Yu Ya Qing, Gwen 19	3) #165 Koo Ke Ghin, Jane 20	4) #164 Ho En Qi, Angel 19
6		INSTITUTE OF TECH EDUCATION	A	NT
	1) #4 HO, LI Qin, Hillary 19	2) #3 Fahima, Shaistha 19	3) #7 Mohamed Zali, Nur Qistina Put4	#2 Bte Mohd Eksan, Seri Nur' Ain
	5) #9 NG, Shi Hui, Cheryl 17			
7		SINGAPORE POLYTECHNIC	A	NT
	1) #229 Siew, Glenda 18	2) #213 Carino, Katherine 17	3) #216 Goe, Celine 20	4) #214 Chia, Shavonne 17
	5) #228 Phua, Valerie 17			

POL-ITE Track & Field Championships 2019 - 9/11/2019 to 16/11/2019**Chao Chu Kang Stadium****Meet Program - Day 3****Event 21 Men 4x400 Meter Relay Open****Saturday 16/11/2019 - 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) #305 B Muhammad Shazni, Yusuf2)	#314 Lee, Choon Loong 23	3) #304 B Mohamad Ismail, Hadi Nu4)	#301 Andrew, Jonathan 19
	5) #326 Zuhri, Haidar 17			
3		SINGAPORE POLYTECHNIC	A	NT
	1) #257 Kuberan, Suppaiah 17	2) #281 Thirunithyan, Jayakumar 183)	#248 Deepaan, Raaj 19	4) #271 Sim, Dilon 17
	5) #267 Ong, Samuel 17	6) #278 Tan, Yong Ming 19		
4		NANYANG POLYTECHNIC	A	NT
	1) #72 Ian, Matthew Ngui 18	2) #95 Russell, Hari Chandra 20	3) #96 Silas, Ng Wei Hao 19	4) #98 Toh, Beam, Isaac 19
	5) #84 Lee, Wei Jie Samuel 20			
5		INSTITUTE OF TECH EDUCATION	A	NT
	1) #17 Brian Louis, Marc 17	2) #27 Lim, KA Wai,Anderton 17	3) #21 Goh, Audie 18	4) #16 B Muhaid, Muhammad Fansur
	5) #20 FU, Yiu Kwong 18			
6		NGEE ANN POLYTECHNIC	A	NT
	1) #157 T, Mohammed Ashraf 19	2) #131 Goh, Reinald 18	3) #128 Chellaganapathy, Ramachand4)	#134 Jong, Shawn 19
	5) #149 Mohd Shariff, Abdul Razak 26)	#136 Koh, Jeremy 21		
7		REPUBLIC POLYTECHNIC	A	NT
	1) #187 Khan Irfan, Qabeel 20	2) #181 Bin Mohd Yazli, Mohamed HB)	#200 S/O Suresh, Kiranraj 19	4) #182 Bin Saifuddin, Saiful Anuar 2
	5) #203 Tan Hong An, Daryl 18	6) #184 Chng De Ern, Hernandez Jov.		