

Medal Tally test event	Pole Vault			Long Jump			200m			400m hurdle			Discus Throw			4 x 400m Relay			110m Hurdles			High Jump			Javelin Throw			Triple Jump			100m			Shot Put Throw			400m			5000m			4x 100m Mixed Relay			Gold	Silver	Bronze
	Men	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B											
Philippines				1	1	1	1					1		1	1	1			1			1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	8	9	9						
Thailand	1	1												1						1	1																			3	3	0						
Malaysia																	1																								1	0	0					
Vietnam																																									0	1	0					
Singapore								1				1																									1				1	2	2					
Brunei								1		1																																1	0	1				
Indonesia											1																															1	0	1				

Medal Tally test event	Discus Throw			High Jump			Long Jump			Hammer Throw			200m			4 x 400m Relay			100m Hurdle			Triple Jump			Javelin Throw			Shot Put Throw			Pole Vault			100m			400m			4x100m Relay			Gold	Silver	Bronze	
	Women	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B									
Philippines				1	1			1			1	1			1			1			1			1	1		1	1		1	1										1	2	8	4		
Thailand	1					1			1		1				1				1	1			1		1	1		1					1		1	1						8	2	5		
Malaysia							1									1																											0	1	1	
Vietnam									1								1					1														1							2	2	1	
Singapore																													1														2	0	0	
Brunei																1																											0	0	1	
Indonesia																																					1							0	1	0

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 1 (26 Oct 2019, Saturday)

200m	Women			Final			1710H	
RANK	BIB	NAME	DOB	COUNTRY	SEX	RESULT	wv	REMARK
1	013	Knott, Kristina	25-Sep-95	PHI	F	24.42	-0.6	GOLD
2	002	Richardson, Kayla Anise	17-Apr-98	PHI	F	26.18	-0.6	SILVER
3	101	Maziah Mahusin	18-Mar-93	BRU	F	27.02	-0.6	BRONZE

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 1 (26 Oct 2019, Saturday)

200m	Men			Final			1720H	
RANK	BIB	NAME	DOB	COUNTRY	SEX	RESULT	wv	REMARK
1	103	Muhammad Noor Firdaus Ar-Rasyid	22-Oct-96	BRU	M	21.64	-0.3	GOLD
2	411	Timothee Yap Jin Wei	05-Nov-94	SGP	M	21.66	-0.3	SILVER
3	102	Abdul Aqil	19-Mar-99	BRU	M	23.66	-0.3	BRONZE

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 1 (26 Oct 2019, Saturday)

400m hurdle	Men			Final			1735H
RANK	BIB	NAME	DOB	COUNTRY	SEX	RESULT	REMARK
1	204	Halomoan Edwin Binsar	20-Dec-00	INA	M	51.35	GOLD
2	038	Medina, Francis	28-Jul-96	PHI	M	51.66	SILVER
3	410	Owyeong Wei Bin	08-Apr-98	SGP	M	53.23	BRONZE

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 1 (26 Oct 2019, Saturday)

4x400m Relay	Women			Final			2110H
RANK	BIB	NAME	DOB	COUNTRY	SEX	RESULT	REMARK
1	513	Sukanya Janchona	19-Aug-95	THA	F	3:43.56	GOLD
	502	Arisa Weruwanarak	26-Jun-03	THA	F		
	511	Ratchada Talee	21-Jul-97	THA	F		
	504	Chinenye Josephine Onuorah	04-Oct-02	THA	F		
2	301	Fathin Faqihah Moh Yusof	10-Jun-96	MAS	F	3:44.79	SILVER
	302	Nurul Faizah Asma	04-Jul-91	MAS	F		
	303	Teoh Kim Chyi	26-May-97	MAS	F		
	305	Zaimah Atifah	10-Sep-99	MAS	F		
3	017	Schrijvers, Maureen	17-Jun-95	PHI	F	3:51.62	BRONZE
	015	Lumapas, Jessel	10-Dec-00	PHI	F		
	013	Knott, Kristina	25-Sep-95	PHI	F		
	016	Luzon, Eloiza	02-Mar-96	PHI	F		

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 1 (26 Oct 2019, Saturday)

4x400m Relay	Men			Final		2120H	
RANK	BIB	NAME	DOB	COUNTRY	SEX	RESULT	REMARK
1	516	Nattapong Kongkraphan	29-May-98	THA	M	3:08.71	GOLD
	515	Jirayu Pleenaram	09-Feb-96	THA	M		
	521	Ratchata Vaeronchaktee	12-Oct-92	THA	M		
	518	Phitchaya Sunthonthum	31-Aug-99	THA	M		
2	609	Tran Nhat Hoang	31-May-00	VIE	M	3:09.76	SILVER
	607	Phan Khac Hoang	05-Dec-96	VIE	M		
	606	Nguyen Duc Son	11-Mar-99	VIE	M		
	608	Tran Dinh Son	01-Dec-97	VIE	M		
3	038	Medina, Francis	28-Jul-96	PHI	M	3:10.47	BRONZE
	021	Alejan, Edgardo	11-Feb-86	PHI	M		
	040	Ramirez, Frederick	22-Feb-98	PHI	M		
	037	Del Prado, Michael Carlo	17-Jan-95	PHI	M		

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 2 (27 Oct 2019, Sunday)

110mH	Men			Final			0840H	
RANK	BIB	NAME	DOB	COUNTRY	SEX	RESULT	wv	REMARK
1	306	Rayzam Shah Bin Wan Sofian	11-Jan-88	MAS	M	14.50	-0.3	GOLD
2	046	Vergel, Alvin	03-Aug-97	PHI	M	14.57	-0.3	SILVER
3	408	Awyong Liang Qi	13-Jan-95	SGP	M	14.58	-0.3	BRONZE
4	043	Toledo, Aries	11-Feb-93	PHI	M	15.26	-0.3	
5	044	Ubas, Janry	01-Feb-94	PHI	M	16.02	-0.3	

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 2 (27 Oct 2019, Sunday)

100mH	Women			Final			0855H	
RANK	BIB	NAME	DOB	COUNTRY	SEX	RESULT	wv	REMARK
1	603	Tran Thi Yen Hoa	16-Sep-90	VIE	F	14.04	+0.6	GOLD
2	010	Escoton, Melissa	22-Dec-97	PHI	F	14.16	+0.6	SILVER
3	507	Padtamawan Riyaphan	20-Apr-00	THA	F	14.35	+0.6	BRONZE
4	018	Paragile, Jelly Dianne	12-Dec-97	PHI	F	14.42	+0.6	
5	014	Ligmayo, Josefa	29-Aug-96	PHI	F	15.62	+0.6	
6	009	Dequinan, Sarah	10-Jul-96	PHI	F	15.81	+0.6	

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 2 (27 Oct 2019, Sunday)

400m		Women				Heats			0900H
HEAT	R/H	BIB	NAME	DOB	COUNTRY	SEX	RESULT	REMARK	
1	1	601	Nguyen Thi Hang	16-Jan-97	VIE	F	55.09	Q	
1	3	511	Ratchada Talee	21-Jul-97	THA	F	1:00.49	Q	
		017	Schrijvers, Maureen	17-Jun-95	PHI	F		DQ	
		015	Lumapas, Jessel	10-Dec-00	PHI	F		DNR	
		301	Fathin Faqihah Moh Yusof	10-Jun-96	MAS	F		DNR	

HEAT	R/H	BIB	NAME	DOB	COUNTRY	SEX	RESULT	REMARK
2	1	504	Chinenye Josephine Onuorah	04-Oct-02	THA	F	55.45	Q
2	2	513	Sukanya Janchona	19-Aug-95	THA	F	57.21	Q
2	3	502	Arisa Weruwanarak	26-Jun-03	THA	F	57.39	Q
2	4	016	Luzon, Eloiza	02-Mar-96	PHI	F	57.74	q
2	5	005	Bejoy, Bernalyn	01-Sep-01	PHI	F	58.34	q
2	6	202	Marselina Tamu Apu	25-Apr-00	INA	F	58.91	q

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 2 (27 Oct 2019, Sunday)

400M - QUALIFIERS

Women

LANE	BIB	NAME	DOB	COUNTRY	SEX	RESULT	REMARK
1	511	Ratchada Talee	21-Jul-97	THA	F	1:00.49	Q
2	016	Luzon, Eloiza	02-Mar-96	PHI	F	57.74	q
3	601	Nguyen Thi Hang	16-Jan-97	VIE	F	55.09	Q
4	504	Chinenye Josephine Onuorah	04-Oct-02	THA	F	55.45	Q
5	513	Sukanya Janchona	19-Aug-95	THA	F	57.21	Q
6	502	Arisa Weruwanarak	26-Jun-03	THA	F	57.39	Q
7	005	Bejoy, Bernalyn	01-Sep-01	PHI	F	58.34	q
8	202	Marselina Tamu Apu	25-Apr-00	INA	F	58.91	q

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 2 (27 Oct 2019, Sunday)

400M - QUALIFIERS

Men

LANE	BIB	NAME	DOB	COUNTRY	SEX	RESULT	REMARK
	040	Ramirez, Frederick	22-Feb-98	PHI	M		
	606	Nguyen Duc Son	11-Mar-99	VIE	M		
	518	Phitchaya Sunthonthum	31-Aug-99	THA	M		
	021	Alejan, Edgardo	11-Feb-86	PHI	M		
	521	Ratchata Vaeronchaktee	12-Oct-92	THA	M		
	516	Nattapong Kongkraphan	29-May-98	THA	M		
	515	Jirayu Pleenaram	09-Feb-96	THA	M		
	044	Ubas, Janry	01-Feb-94	PHI	M		

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 2 (27 Oct 2019, Sunday)

4x100m Mixed Relay	Men & Women			Final			2250H
RANK	BIB	NAME	DOB	COUNTRY	SEX	RESULT	REMARK
1	411	Timothee Yap Jin Wei	05-Nov-94	SGP	M	43.27	GOLD
	405	Kugapriya D/O Chandran	24-Feb-98	SGP	F		
	406	Veronica Shanti Pereira	20-Sep-96	SGP	F		
	407	Ariff Bin Januri	24-Apr-94	SGP	M		
2	029	Go, Yuhei	30-Jun-95	PHI	M	46.07	SILVER
	018	Paragile, Jelly Dianne	12-Dec-97	PHI	F		
	024	Buhayan, Vince Jayson	13-Mar-01	PHI	M		
	010	Escoton, Melissa	22-Dec-97	PHI	F		

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 2 (27 Oct 2019, Sunday)

100m	Women			Final			1820H	
RANK	BIB	NAME	DOB	COUNTRY	SEX	RESULT	wv	REMARK
1	406	Veronica Shanti Pereira	20-Sep-96	SGP	F	11.78	+0.1	GOLD
2	201	Erna Nuryanti	19-Jan-02	INA	F	12.23	+0.1	SILVER
3	507	Padtamawan Riyaphan	20-Apr-00	THA	F	12.55	+0.1	BRONZE
	101	Maziah Mahusin	18-Mar-93	BRU	F			DNR

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 2 (27 Oct 2019, Sunday)

100m	Men			Final			1830H	
RANK	BIB	NAME	DOB	COUNTRY	SEX	RESULT	wv	REMARK
1	034	Lopena, Anfernee	11-Feb-94	PHI	M	10.72	-1.2	GOLD
2	409	Khairyll Amri Bin Tumadi	04-Mar-93	SGP	M	10.91	-1.2	SILVER
3	203	Adith Rici Pradana	07-Mar-01	INA	M	10.95	-1.2	BRONZE
4	024	Buhayan, Vince Jayson	13-Mar-01	PHI	M	10.99	-1.2	
5	029	Go, Yuhei	30-Jun-95	PHI	M	11.16	-1.2	
6	102	Abdul Aqil	19-Mar-99	BRU	M	11.54	-1.2	

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 2 (27 Oct 2019, Sunday)

400m	Women			Final			1910H
RANK	BIB	NAME	DOB	COUNTRY	SEX	RESULT	REMARK
1	601	Nguyen Thi Hang	16-Jan-97	VIE	F	54.11	GOLD
2	504	Chinenye Josephine Onuorah	04-Oct-02	THA	F	56.15	SILVER
3	502	Arisa Weruwanarak	26-Jun-03	THA	F	56.83	BRONZE
4	513	Sukanya Janchona	19-Aug-95	THA	F	57.22	
5	016	Luzon, Eloiza	02-Mar-96	PHI	F	58.47	
6	202	Marselina Tamu Apu	25-Apr-00	INA	F	59.21	
	005	Bejoy, Bernalyn	01-Sep-01	PHI	F		DNR
	511	Ratchada Talee	21-Jul-97	THA	F		DNR

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 2 (27 Oct 2019, Sunday)

400m	Men			Final			1920H
RANK	BIB	NAME	DOB	COUNTRY	SEX	RESULT	REMARK
1	518	Phitchaya Sunthonthum	31-Aug-99	THA	M	47.34	GOLD
2	515	Jirayu Pleenaram	09-Feb-96	THA	M	47.86	SILVER
3	516	Nattapong Kongkraphan	29-May-98	THA	M	47.92	BRONZE
4	021	Alejan, Edgardo	11-Feb-86	PHI	M	48.22	
5	040	Ramirez, Frederick	22-Feb-98	PHI	M	48.47	
6	521	Ratchata Vaeronchaktee	12-Oct-92	THA	M	49.39	
	044	Ubas, Janry	01-Feb-94	PHI	M		DNR
	606	Nguyen Duc Son	11-Mar-99	VIE	M		DNR

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 2 (27 Oct 2019, Sunday)

5000m	Men			Final			1930H
RANK	BIB	NAME	DOB	COUNTRY	SEX	RESULT	REMARK
1	041	Salano, Richard	24-Sep-91	PHI	M	15:13.56	GOLD
2	048	Wagdos, Sonny	07-Mar-93	PHI	M	15:26.93	SILVER
3	030	Gobotia, Junel	24-Apr-98	PHI	M	16:05.20	BRONZE

PHISGOC ATHLETICS TEST EVENT

New Clark City, Capas, Tarlac | 26-27 October 2019

TRACK EVENTS - DAY 2 (27 Oct 2019, Sunday)

4x100m Relay	Women			Final		2120H	
RANK	BIB	NAME	DOB	COUNTRY	SEX	RESULT	REMARK
1	401	Bernice Liew Yee Ling	28-Dec-03	SGP	F	46.68	GOLD
	404	Haanee Binte Hamkah	11-Jul-01	SGP	F		
	402	Clara Goh Si Hui	13-Nov-00	SGP	F		
	403	Elizabeth-Ann Tan Shee Ru	23-Sep-03	SGP	F		
2	016	Luzon, Eloiza	02-Mar-96	PHI	F	50.55	SILVER
	009	Dequinan, Sarah	10-Jul-96	PHI	F		
	004	Libres, Jessamarie		PHI	F		
	006	Ruzol, Khrizzie		PHI	F		



B A R H E I G H T ' S F O R M

EVENT: HIGH JUMP - WOMEN

DATE: 26 OCTOBER 2019 | TIME START: 9:00AM | TIME FINISH: 9:35AM

BIB NO.	COMPETITOR'S NAME	TEAM	H E I G H T O F T H E B A R													ATTEMPTS AT HEIGHT TIED	TOTAL FAILURES	BEST JUMP	RANK																
			1.45m	1.50m	1.55m	1.60m	1.63m	1.66m	1.69m	1.71m	1.73	1.75	1.77	1.79	1.81m																				
514	WANIDA BOONWAN	THA	-	-	-	-	-	0			0		0		0		0		0		X	0		0		X	0		X	X	X			1.79m	1st
602	PHAM THI DIEM	VIE	-	-	-	-	-	-	-	-	-	-	0		0		0		X	0		0		X	X	X								1.77m	2nd
304	YAP SEAN YEE	MAS	-	-	-	-	-	-	0		-		0		-		0		X	X	X													1.71m	3rd
510	PRANGTHIP CHITKHOKKRUAD	THA	-	-	-	-	-	-	X	0		0		-		X	X	0	X	X	X													1.69m	4th

REFEREE: _____

JUDGE: _____

CHIEF JUDGE: _____

RECORDER: _____

TECHNICAL DELEGATE: _____



B A R H E I G H T ' S F O R M

DISCIPLINE: **HIGH JUMP - MEN**

DATE: **27 OCTOBER 2019 | 9:00AM**

NO.	COMPETITOR'S NAME	TEAM	H E I G H T O F T H E B A R												ATTEMPTS AT HEIGHT TIED	TOTAL FAILURES	BEST JUMP	RANK														
			1.85m			1.90m			1.95m			2.00m							2.05m			2.08m			2.11m			2.14m				
02	SAKSIT SITTICHAJ	THA	-	-	-	-	-	-	-	-	-	X	0				0				X	0				X	X	X			2.11m	1st
03	TAWAN KAEODAM	THA	-	-	-	-	-	-	-	-	-	0				X	0			X	X	0	X	X	X						2.08m	2nd
03	GROSPE, LEONARD	PHI	0			0						X	X	0		0				X	X	X									2.05m	3rd

REFEREE: _____

JUDGE: _____

CHIEF JUDGE: _____

RECORDER: _____

TECHNICAL DELEGATE: _____



B A R H E I G H T ' S F O R M

EVENT: **POLE VAULT - MEN**

DATE: **26 OCTOBER 2019 | 5:00PM**

BIB NO.	COMPETITOR'S NAME	TEAM	H E I G H T O F T H E B A R												ATTEMPTS AT HEIGHT TIED	TOTAL FAILURES	BEST JUMP	RANK									
			4.20m	4.40m	4.60m	4.80m	5.00m	5.10m	5.20m	5.30m	5.40m	5.50m	5.61m														
517	PATSAPONG AMSAMARNG	THA	-	-	-	-	-	-	-	-	0	-	0	-	X	0	X	X	0	X	X	X			5.50m	1st	
519	PORRANOT PURAHONG	THA	-	-	-	-	-	-	-	-	0	-	0	-	X	X	X									5.20m	2nd
049	DELOS SANTOS, HOKKET	PHI	-	-	-	0	X	0	0																4.80m	3rd	
050	OBIENA, FRANCIS EDWARD	PHI	0	X	0	X	X	X																	4.40m	4th	

REFEREE: _____

JUDGE: _____

CHIEF JUDGE: _____

RECORDER: _____

TECHNICAL DELEGATE: _____



D I S T A N C E F O R M

EVENT: **LONG JUMP - WOMEN**

DATE: **26 OCTOBER 2019 | 9:20AM**

BIB NO.	COMPETITOR'S NAME	TEAM	D I S T A N C E										RANK	REMARKS						
			D		I		S		T		A				N		C		E	
			1	2	3	BEST OF 1ST 3	NEW ORDER	4	5	NEW ORDER	6	FINAL RESULT								
001	SUNANG, MARESTELLA	PHI	6.16	6.17	6.19	6.19	5	6.20	6.00	1	X	6.20	1st	Gold						
509	PARINYA, CHUAIMAROENG	THA	5.81	X	6.02	6.02	3	-	6.17	2	-	6.17	2nd	Silver						
604	VU THI NGOC HA	VIE	6.02	5.94	5.94	6.02	4	-	-	3	-	6.02	3rd	Bronze						
009	DEQUINAN, SARAH	PHI	5.45	5.30	5.42	5.45	2	5.41	X	4	5.21	5.45	4th							
014	LIGMAYO, JOSEFA	PHI	5.25	5.01	5.21	5.25	1	5.24	5.20	5	X	5.25	5th							

REFEREE: _____

JUDGE: _____

CHIEF JUDGE: _____

RECORDER: _____

TECHNICAL DELEGATE: _____



D I S T A N C E F O R M

EVENT: **LONG JUMP - MEN**

DATE: **26 OCTOBER 2019 | 5:10PM**

BIB NO.	COMPETITOR'S NAME	TEAM	D I S T A N C E									FINAL RESULT	RANK	REMARKS	
						BEST OF	NEW			NEW					
			1	2	3	1ST 3	ORDER	4	5	ORDER	6				
044	UBAS, JANRY	PHI	7.19 -0.10	6.20 -0.20	7.12 -0.20	7.19	2	7.52 +0.10	x +0.20	3	x 0.00	7.52	1	Gold	
031	GOMEZ, ALGIN	PHI	x +0.20	7.36 0.00	7.44 +0.20	7.44	3	7.49 -0.10	7.38 -0.20	2	7.22 +0.10	7.49	2	Silver	
043	TOLEDO, ARIES	PHI	6.51 0.00	6.83 +0.20	x +0.10	6.83	1	6.72 +0.10	6.74 +0.40	1	5.56 0.00	6.83	3	Bronze	

REFEREE: _____

JUDGE: _____

CHIEF JUDGE: _____

RECORDER: _____

TECHNICAL DELEGATE: _____



D I S T A N C E F O R M

EVENT: **DISCUS THROW - WOMEN**

DATE: 26 OCTOBER 2019 | TIME START: 8:30AM | TIME FINISH: 9:02AM

BIB NO.	COMPETITOR'S NAME	TEAM	D I S T A N C E										FINAL RESULT	RANK	REMARKS
			1	2	3	BEST OF 1ST 3	NEW ORDER	4	5	NEW ORDER	6				
			512	SUBENRAT, INSAENG	THA	55.46	53.59	55.40	55.46	4	53.02	55.5			
008	DAYNATA, DANIELLA	PHI	33.18	38.53	35.74	38.53	3	37.92	X	3	34.39	38.53	2	Silver	
020	TEODOSIO, AIRA	PHI	36.51	37.49	36.27	37.49	2	X	X	2	X	37.49	3	Bronze	
501	AREERAT, INTADIS	THA	31.67	24.75	30.18	31.67	1	26.70	26.78	1	X	31.67	4		

REFEREE: _____

JUDGE: _____

CHIEF JUDGE: _____

RECORDER: _____

TECHNICAL DELEGATE: _____



D I S T A N C E F O R M

EVENT: **DISCUS THROW - MEN**

DATE: **26 OCTOBER 2019 | 6:30PM**

BIB NO.	COMPETITOR'S NAME	TEAM	D I S T A N C E										FINAL RESULT	RANK	REMARKS
			1	2	3	BEST OF 1ST 3	NEW ORDER	4	5	NEW ORDER	6				
			036	MANTUA, JOHN ALBERT	PHI	x	x	46.97	46.97	3	x	x			
044	UBAS, JANRY	PHI	28.87	31.11	31.80	31.80	2	34.05	31.47	2	31.8	34.05	2nd	SILVER	
043	TOLEDO, ARIES	PHI	x	x	28.43	28.43	1	x	33.47	1	29.08	33.47	3rd	BRONZE	

REFEREE: _____

JUDGE: _____

CHIEF JUDGE: _____

RECORDER: _____

TECHNICAL DELEGATE: _____



D I S T A N C E F O R M

EVENT: **TRIPLE JUMP - WOMEN**

DATE: **27 OCTOBER 2019 | 9:15AM**

BIB NO.	COMPETITOR'S NAME	TEAM	D I S T A N C E									FINAL RESULT	RANK	REMARKS
			1	2	3	BEST OF 1ST 3	NEW ORDER	4	5	NEW ORDER	6			
509	PARINYA CHUAIMAROENG	THA	13.14 +0.60	-	13.14 +0.10	13.14	3	-	13.22 -0.10	3	-	13.22	1	Gold
604	VU THI NGOC HA	VIE	x +0.10	12.90 -0.50	12.75 +0.60	12.90	2	x +0.20	13.07 0.00	2	x +0.10	13.07	2	Silver
018	PARAGILE, JELLY DIANNE	PHI	x +0.30	-	-	0.00	1	-	-	1	-	NM		

REFEREE: _____

JUDGE: _____

CHIEF JUDGE: _____

RECORDER: _____

TECHNICAL DELEGATE: _____



D I S T A N C E F O R M

EVENT: **TRIPLE JUMP - MEN**

DATE: **27 OCTOBER 2019 | 5:50PM**

BIB NO.	COMPETITOR'S NAME	TEAM	D I S T A N C E									FINAL RESULT	RANK	REMARKS
			D	I	S	T	A	N	C	E				
			1	2	3	BEST OF 1ST 3	NEW ORDER	4	5	NEW ORDER	6			
026	DIONES, MARK HARRY	PHI	15.62 +3.30	16.07 +0.30	16.09 -0.30	16.09	3	x -0.20	16.1 +0.20	3	x +0.10	16.10	1st	Gold
520	PRATCHAYA, TEPPARAK	THA	x +0.20	x +0.20	15.60 +0.40	15.60	1	15.49 +0.20	x -0.10	1	15.73 +0.20	15.73	2nd	Silver
035	MALIPAY, RONNIE	PHI	15.19 +0.10	15.63 -0.00	x	15.63	2	x	15.57 +0.30	2	15.66 +0.30	15.66	3rd	Bronze

REFEREE: _____

JUDGE: _____

CHIEF JUDGE: _____

RECORDER: _____

TECHNICAL DELEGATE: _____



D I S T A N C E F O R M

EVENT: **SHOT PUT - WOMEN**

DATE: **27 OCTOBER 2019 | 10:00AM**

BIB NO.	COMPETITOR'S NAME	TEAM	D I S T A N C E										RANK	REMARKS
			1	2	3	BEST OF 1ST 3	NEW ORDER	4	5	NEW ORDER	6	FINAL RESULT		
501	AREERAT, INTADIS	THA	14.05	14.16	14.40	14.40	3	15.18	x	3	13.99	15.18	1st	Gold
014	LIGMAYO, JOSEFA	PHI	9.32	8.21	9.72	9.72	2	8.8	8.48	2	9.19	9.72	2nd	Silver
009	DEQUINAN, SARAH	PHI	8.93	9.10	8.90	9.10	1	8.32	9.55	1	9.13	9.55	3rd	Bronze

REFEREE: _____

JUDGE: _____

CHIEF JUDGE: _____

RECORDER: _____

TECHNICAL DELEGATE: _____



D I S T A N C E F O R M

EVENT: **SHOT PUT - MEN**

DATE: **27 OCTOBER 2019 | 7:00PM**

BIB NO.	COMPETITOR'S NAME	TEAM	D I S T A N C E									FINAL RESULT	RANK	REMARKS
			1	2	3	BEST OF 1ST 3	NEW ORDER	4	5	NEW ORDER	6			
044	UBAS, JANRY	PHI	10.55	x	10.60	10.60	2	10.46	11.27	1	11.03	11.27	1st	Gold
043	TOLEDO, ARIES	PHI	10.86	10.78	11.08	11.08	1	10.8	11.04	2	10.72	11.08	2nd	Silver
036	Mantua, John Albert	PHI	x	x	x		3	x	x	1	x			NM

REFEREE: _____

JUDGE: _____

CHIEF JUDGE: _____

RECORDER: _____

TECHNICAL DELEGATE: _____

D I S T A N C E F O R M

EVENT: **JAVELIN THROW - WOMEN**

DATE: **27 OCTOBER 2019 | 9:50AM**

BIB NO.	COMPETITOR'S NAME	TEAM	D I S T A N C E										FINAL RESULT	RANK	REMARKS
						BEST OF	NEW			NEW					
			1	2	3	1ST 3	ORDER	4	5	ORDER	6				
506	NATTA NACHAN	THA	50.39	49.41	53.06	53.06	4	51.77	50.06	4	53.15	53.15	1st	Gold	
003	PALABRICA, EVALYN	PHI	48.22	48.38	x	48.38	2	45.19	46.67	2	50.8	50.80	2nd	Silver	
505	JARIYA, WICHAIDIT	THA	44.10	x	49.48	49.48	3	x	50.24	3	46.47	50.24	3rd	Bronze	
014	LIGMAYO, JOSEFA	PHI	x	x	-	0.00	1	-	-	1	34.86	34.86	4th		
019	QUITOY, ANN KATHERINE	PHI												DNS	

REFEREE: _____

JUDGE: _____

CHIEF JUDGE: _____

RECORDER: _____

TECHNICAL DELEGATE: _____



D I S T A N C E F O R M

EVENT: **JAVELIN THROW - MEN**

DATE: **27 OCTOBER 2019 | 5:30PM**

BIB NO.	COMPETITOR'S NAME	TEAM	D I S T A N C E										FINAL RESULT	RANK	REMARKS
			1	2	3	BEST OF 1ST 3	NEW ORDER	4	5	NEW ORDER	6				
			025	CALANO, MELVIN	PHI	61.59	63.80	60.80	63.80	4	x	58.78			
032	GONZALES, KENNY	PHI	61.02	61.25	x	61.25	3	x	x	3	x	61.25	2nd	silver	
043	TOLEDO, ARIES	PHI	53.47	52.59	x	53.47	2	51.36	51.93	2	53.96	53.96	3rd	bronze	
044	UBAS, JANRY	PHI	49.39	48.99	50.03	50.03	1	51.01	x	1	x	51.01	4th		

REFEREE: _____

JUDGE: _____

CHIEF JUDGE: _____

RECORDER: _____

TECHNICAL DELEGATE: _____



D I S T A N C E F O R M

EVENT: **HAMMER THROW - WOMEN**

DATE: **26 OCTOBER 2019 | 5:05PM**

BIB NO.	COMPETITOR'S NAME	TEAM	D I S T A N C E										FINAL RESULT	RANK	REMARKS
			1	2	3	BEST OF 1ST 3	NEW ORDER	4	5	NEW ORDER	6				
			x	x	51.23	51.23	4	x	x	4	52.59	52.59			
020	TEODOSIO, AIRA	PHI	44.23	x	43.45	44.23	3	43.98	46.04	3	x	46.04	2nd	Silver	
008	DAYNATA, DANIELLA	PHI	29.92	30.57	-	30.57	2	-	-	2	-	30.57	3rd	Bronze	
512	SUBENRAT, INSAENG	THA	x	x	28.58	28.58	1	x	x	1	x	28.58	4th		

REFEREE: _____

JUDGE: _____

CHIEF JUDGE: _____

RECORDER: _____

TECHNICAL DELEGATE: _____

List of Winners					
Men					
Event	Bib no.	Country	Name	Rank	Performance
PV	517	THA	Patsapong Amsamarng	Gold	5.50m
	519	THA	Porrannot Purahong	Silver	5.20m
	49	PHI	Delos Santos, Hokket	Bronze	4.80m
LJ	44	PHI	Ubas, Janry	Gold	7.52
	43	PHI	Toledo, Aries	Silver	7.49
	31	PHI	Gomez, Algin	Bronze	6.83
200M	103	BRU	Muhammad Noor Firdaus Ar-Rasyid	Gold	21.64s
	411	SIN	Timothee Yap jin Wei	Silver	21.66s
	102	BRU	Abdul Aqil	Bronze	23.66s
400MH	204	INA	Halomoan Edwin Binsar	Gold	51.35s
	38	PHI	Medina, Francis	Silver	51.66s
	410	SIN	Oweyong Wei Bin	Bronze	53.23s
DT	36	PHI	Mantua, John Albert	Gold	46.97m
	44	PHI	Ubas, Janry	Silver	34.05m
	43	PHI	Toledo, Aries	Bronze	33.47m
4X400M	516	THA	Nattapong Kongkraphan	Gold	3'8.71"
	515		Jirayu Pleenaram		
	521		Ratchata Vaeronchaktee		
	518		Phitchaya Sunthonthuam		
	609	VIE	Tran Nhat Hoang	Silver	3'9.76"
	607		Phan Khac Hoang		
	606		Nguyen Duc Son		
	608		Tran Dinh Son		
	38	PHI	Medina, Francis	Bronze	3'10.47"
	21		Alejan, Edgardo		
	40		Ramirez, Frederick		
	37		Del Prado, Michael Carlo		
110MH	306	MAS	Rayzam Shah Bin Wan Sofian	Gold	14.50s
	46	PHI	Vergel, Alvin	Silver	14.57s
	408	SIN	Awyong Liang Qi	Bronze	14.58s
HJ	522	THA	Saksit Sittichai	Gold	2.11m
	523	THA	Tawan Kaeodam	Silver	2.08m
	33	PHI	Grospe, Leonard	Bronze	2.05m
JT	25	PHI	Calano, Melvin	Gold	63.80m
	32	PHI	Gonzales, Kenny	Silver	61.25m
	43	PHI	Toledo, Aries	Bronze	53.96m
TJ	26	PHI	Diones, Mark Harry	Gold	16.10m
	520	THA	Ratchaya Tepparak	Silver	15.73m

	35	PHI	Malipay, Ronnie	Bronze	15.66m
100M	34	PHI	Lopena, Anfernee	Gold	10.72s
	409	SIN	Khairyll Amri Bin Tumadi	Silver	10.91s
	203	INA	Adif Rici Pradana	Bronze	10.95s
SP	44	PHI	Ubas, Janry	Gold	11.27m
	43	PHI	Toledo, Aries	Silver	11.08m
400M	518	THA	Thitchaya Sunthonthuang	Gold	47.34s
	515	THA	Jirayu Pleenaram	Silver	47.86s
	516	THA	Nattapong Kongkraphan	Bronze	47.92s
5000M	41	PHI	Salano, Richard	Gold	15'13.56"
	48	PHI	Wagdos, Sonny	Silver	15'26.93"
	30	PHI	Gobotia, Junel	Bronze	16'05.20"
4X100 M Mixed Relay	411	SIN	Timothee Yap jin Wei	Gold	43.27s
	405		Kugapriya D/O Shandran		
	406		Veronica Shanti Pereira		
	407		Ariff Bin Januri		
	29	PHI	Go, Yuhei	Silver	46.07s
	18		Paraguile, Jelly Dianne		
	24		Buhayan, Vince Jayson		
	10		Escoton, Melissa		

List of Winners					
Women					
Event	Bib no.	Country	Name	Rank	Performance
DT	512	THA	Subenrat Insaeng	Gold	56.99m
	8	PHI	Daynata, Daniella	Silver	38.53m
	20	PHI	Teodosio, Aira	Bronze	37.49m
HJ	514	THA	Wanida Boonwan	Gold	1.79m
	602	VIE	Tham Thi Diem	Silver	1.77m
	304	MAS	Yap Sean Yee	Bronze	1.71m
LJ	1	PHI	Torres, Marestella	Gold	6.20m
	509	THA	Parinya, Chuaimaroeng	Silver	6.17m
	604	VIE	Vu Thi Ngoc Ha	Bronze	6.02m
HT	508	THA	Panwat Gimsrang	Gold	52.59m
	20	PHI	Teodosio, Aira	Silver	46.04m
	512	THA	Subenrat Insaeng	Bronze	30.57m
200M	13	PHI	Knott, Kristina	Gold	24.42s
	2	PHI	Richardson, Kayla Anise	Silver	26.18s
	101	BRU	Maziah Mahusin	Bronze	27.02s
4X4M Relay	513	THA	Sukanya Janchona	Gold	3'43.56"
	502		Arisa Weruwanarak		
	511		Ratchada Talee		
	504		Chinenye Josephine Onuorah		
	301	MAS	Fathin Faqihah Moh Yusof	Silver	3'44.79"
	305		Zaimah Atifah		
	303		Teoh Kim Chyi		
	302		Nurul Faiza Asma		
	17	PHI	Schrijvers, Maureen	Bronze	3'51.62"
	15		Lumapas, Jessel		
	13		Knott, Kristina		
	16		Luzon, Eloiza		
100MH	603	VIE	Tran Thi Yen Hoa	Gold	14.04s
	10	PHI	Escoton, Melissa	Silver	14.16s
	507	THA	Padtamawan Riyaphan	Bronze	14.35s
TJ	509	THA	Parinya, Chuaimaroeng	Gold	13.22m
	604	VIE	Vu Thi Ngoc Ha	Silver	13.07m
JT	506	THA	Natta Nachan	Gold	53.15m
	3	PHI	Palabrica, Evalyn	Silver	50.80m
	505	THA	Jariya, Wichaidit	Bronze	50.24m
SP	501	THA	Areerat, Intadis	Gold	15.18m
	14	PHI	Ligmayo, Josefa	Silver	9.72m

	9	PHI	Dequinan, Sarah	Bronze	9.55m
PV	503	THA	Chayanisa Chomchuendee	Gold	3.90m
	9	PHI	Dequinan, Sarah	Silver	2.90m
	6	PHI	Ruzol, Khrizzie	Bronze	2.80m
100M	406	SIN	Veronica Shanti Pereira	Gold	11.78s
	201	INA	Erna Nurianti	Silver	12.23s
	507	THA	Padtamawan Riyaphan	Bronze	12.55s
400M	601	VIE	Nguyen Thi Hang	Gold	54.11s
	504	THA	Chinenye Josephine Onuorah	Silver	56.15s
	502	THA	Arisa Weruwanarak	Bronze	56.83s
4X100 M	406	SIN	Veronica Shanti Pereira	Gold	46.68s
		SIN			
		SIN			
		SIN			
	9	PHI	Dequinan, Sarah	Silver	
		PHI	Libres, Jessa Marie		
	16	PHI	Luzon, Eloiza		
	6	PHI	Ruzol, Khrizzie		