

SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 101 Men Shot Put (6kg) U20

Friday 17/3/2023 - 6:00 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|----------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1408 | Bin Rafi, Muhammad Irfan | 18 | VJC | ND |
| 2 | 987 | Kan, Fu Yi | 18 | RIJC | ND |
| 3 | 624 | Wong, Marcus | 18 | HCIC | ND |
| 4 | 1411 | Dsouza, Russell | 18 | VJC | ND |
| 5 | 609 | Neo, Shyh Kai | 18 | HCIC | ND |
| 6 | 1118 | Mohamad Zin, Mohamad Afzal | 18 | SKY | ND |
| 7 | 995 | Low, Chuan Yi | 19 | RIJC | ND |
| 8 | 1422 | Tan, Alex | 18 | VJC | ND |
| 9 | 1001 | Phua, Eric | 18 | RIJC | ND |
| 10 | 1013 | Lim, Xavier | 19 | RTC | 8.76m |

Event 102 Men Shot Put (7.26kg) Open

Friday 17/3/2023 - 6:00 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|--------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1528 | Toh, Wei De | 37 | WAC | ND |
| 2 | 482 | Tan, Ting Jun | 26 | FAC | 12.06m |
| 3 | 508 | Yee Chun Wai, Eric | 24 | HCAA | 13.26m |
| 4 | 1013 | Lim, Xavier | 19 | RTC | 8.76m |
| 5 | 853 | Xiao, Hong Yang | 23 | NUS | 11.50m |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics

Meet Program

Event 103 Women Long Jump U20

Friday 17/3/2023 - 6:00 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|----------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 581 | Neo, Charlize | 18 | HCIC | ND |
| 2 | 773 | Lahey, Kezia Stephanie | 16 | NJC | ND |
| 3 | 1402 | Quek, Syn Hui | 18 | VJC | ND |
| 4 | 980 | Woon, Suhui | 17 | RIJC | ND |
| 5 | 1401 | Neeven, Jessica Lyn | 18 | VJC | ND |
| 6 | 691 | Gopikrishna, Bhavna | 17 | MAXF | ND |
| 7 | 791 | Por, Sze Mun | 16 | NJC | 4.43m |
| 8 | 403 | Ho, Xu Ying Nicole | 18 | DHS | 3.96m |
| 9 | 804 | Yunn, Britney Aye Kyaw | 16 | NJC | 3.74m |
| 10 | 1059 | Tan, Chloe | 19 | SSP | 4.60m |
| 11 | 589 | Tan, Trisha-Ann | 17 | HCIC | 4.70m |
| 12 | 1054 | Ortega, Samantha Theresa | 18 | SSP | 4.77m |
| 13 | 1033 | Chanru, Bhavika | 19 | SSP | 4.96m |
| 14 | 595 | Zhong, Chuhan | 18 | HCIC | 5.37m |
| 15 | 1050 | Meyers, Nikita Mae Jiny-Yu | 17 | SSP | 4.55m |

Event 104 Girls 3000 Meter Run U18

Friday 17/3/2023 - 6:00 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|----------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 1312 | Lee, Kassandra | 15 | TF | NT |
| 2 | 338 | NG, Kayla | 16 | STC | NT |
| 3 | 247 | Nah, Maryclare | 16 | HIJ | NT |
| 4 | 442 | Tan, Cadence | 16 | EC | NT |
| 5 | 240 | Lee, Rachel | 15 | HIJ | NT |
| 6 | 779 | Lim, Ming Xuan Joy | 15 | NJC | 13:21.59 |
| 7 | 792 | Reinhardt, Finja Yin | 17 | NJC | 13:17.63 |
| 8 | 1310 | Goh, Rae-ann | 15 | TF | NT |
| 9 | 762 | Chen, Pinglan | 15 | NJC | NT |
| 10 | 332 | Lee, Drea | 15 | STC | NT |

Event 105 Women 3000 Meter Run U20

Friday 17/3/2023 - 6:15 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|---------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 451 | Ang, LE Xuan Felise | 17 | EJC | NT |
| 2 | 454 | Lew, ZI Xin Janelle | 17 | EJC | NT |
| 3 | 1317 | Ting, Lauren | 17 | TF | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 106 Men 5000 Meter Run U20

Friday 17/3/2023 - 6:30 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 1323 | Tan, Jonathan | 18 | TF | NT |
| 2 | 826 | Sankar, Samuel | 18 | NJC | NT |
| 3 | 1129 | Kieran, Khoo | 18 | SAJC | NT |
| 4 | 604 | Lee, Darius | 18 | HCIC | NT |
| 5 | 1322 | Shreedhar, Pranav | 18 | TF | NT |
| 6 | 1133 | Tristan, Tan | 19 | SAJC | NT |
| 7 | 876 | Chan, Kayser | 19 | OA | 18:20.00 |
| 8 | 1370 | Yong En Isaac, Tan | 18 | TRSA | 18:00.00 |
| 9 | 1320 | Pranit, Nitin | 16 | TF | 19:45.00 |
| 10 | 807 | Bahrim, Aiman | 19 | NJC | NT |
| 11 | 646 | Walton, David | 19 | JSA | NT |
| 12 | 472 | Yap, Zheng Ting | 18 | EJC | NT |
| 13 | 1150 | Koh, Horatius | 17 | SJI | NT |

Event 107 Men 5000 Meter Run Open

Friday 17/3/2023 - 7:00 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|---------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 1019 | He, Henry Yong | 41 | SMTF | 17:12.00 |
| 2 | 1348 | Poh, Jareth | 20 | T360 | 17:09.00 |
| 3 | 849 | Sng, Raymond | 25 | NUS | 17:01.00 |
| 4 | 357 | KO, Keane | 23 | ZOOM | 17:00.00 |
| 5 | 1237 | Liau, Timothy | 23 | SWIF | 16:56.00 |
| 6 | 1349 | Rachmadi, Nicholas | 22 | T360 | 16:51.00 |
| 7 | 1499 | Ibrahim, Ahmad Arif | 30 | WAC | 16:33.00 |
| 8 | 1503 | Khoo, Ben | 32 | WAC | 16:32.00 |
| 9 | 1027 | Watkins, Dominic | 53 | SSH | 17:24.00 |
| 10 | 1024 | Dirjayanto, Steven | 27 | SSH | 17:29.00 |
| 11 | 1025 | Kearney, Laurence | 54 | SSH | 17:41.00 |
| 12 | 890 | Loo, Nathan | 21 | OA | 18:19.00 |
| 13 | 1344 | Kumar, Aajith | 24 | T360 | 18:42.00 |
| 14 | 1507 | Lee, Aaron | 26 | WAC | 19:00.00 |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 108 Women Long Jump Open

Friday 17/3/2023 - 7:30 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1115 | Tan, Wei Ling Rachel | 20 | SKY | ND |
| 2 | 1095 | Chung, Laurene | 24 | SUSS | 3.50m |
| 3 | 798 | Toh, Peixuan Sheryl | 15 | NJC | 3.87m |
| 4 | 781 | Loh, Carrie-Anne | 15 | NJC | 3.93m |
| 5 | 1041 | Janssen, Louisa Helena | 20 | SSP | 5.21m |
| 6 | 475 | Therese, Gwendolyn | 21 | FAC | 5.06m |

Event 201 Girls Javelin Throw (500g) U15

Saturday 18/3/2023 - 8:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|----------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 298 | Ong, Huey Ern Charissa | 14 | SNG | ND |
| 2 | 141 | Chen, Yujie | 14 | CG | ND |
| 3 | 724 | Jordan, Chang Tong | 14 | NYG | ND |
| 4 | 162 | Liam, Raejia | 14 | CG | ND |
| 5 | 187 | Tan, Shannon | 14 | CG | ND |
| 6 | 316 | Toh, Kaylene | 14 | SNG | ND |
| 7 | 726 | Koh, Tze MO | 13 | NYG | ND |
| 8 | 275 | Chua, Le Shyan | 14 | SNG | ND |
| 9 | 722 | Heng, Min Kit Pauline Clar | 14 | NYG | ND |

Event 202 Boys Shot Put (4kg) U15

Saturday 18/3/2023 - 8:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|----------------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1455 | Mohamed Gazali, Mohamed An'Nique | 14 | VS | ND |
| 2 | 1269 | Ting, Tristan | 13 | TK | ND |
| 3 | 1164 | Michael, Kieran Jude | 14 | SJI | ND |
| 4 | 550 | See, Roel | 14 | HCI | ND |
| 5 | 531 | Lee, Yu Foong | 14 | HCI | ND |
| 6 | 1458 | Phung, Gregory | 14 | VS | ND |
| 7 | 961 | Teo, Thiam Jun | 13 | RI | 7.00m |
| 8 | 86 | Goh, Kyan | 14 | CH | ND |
| 9 | 913 | Aaryan, Greuter Christoph | 13 | RI | 10.64m |
| 10 | 515 | Chua, Ethan | 14 | HCI | ND |
| 11 | 96 | Lau, Kor Jun Ian (Liu Kej | 14 | CH | ND |
| 12 | 1169 | Ong, Matthew | 14 | SJI | ND |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 203 Boys High Jump U18

Saturday 18/3/2023 - 8:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|--------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 116 | Yuan, Yinze | 15 | CH | NH |
| 2 | 878 | Chew, Jaron | 16 | OA | NH |
| 3 | 1440 | Hsieh, AN Ying | 16 | VS | NH |
| 4 | 1012 | Kumar, Viresh | 16 | RTC | NH |
| 5 | 523 | Jing Yi, Tay | 16 | HCI | NH |
| 6 | 84 | FU, Song | 16 | CH | NH |
| 7 | 516 | Daryl, Lee | 15 | HCI | NH |
| 8 | 553 | Shern Ley, Seng | 16 | HCI | NH |
| 9 | 1299 | Mehta, Aryan | 16 | TCT | NH |
| 10 | 1463 | Seah, Jonah Jude | 15 | VS | NH |
| 11 | 114 | Wong, SI Han | 16 | CH | NH |
| 12 | 1467 | Tam, Joash | 16 | VS | NH |
| 13 | 30 | Yeo, Enzo | 16 | ASGC | 1.65m |
| 14 | 965 | Yang, Shiyi | 15 | RI | 1.25m |
| 15 | 954 | See, Jansen | 15 | RI | 1.45m |
| 16 | 1493 | Chan, Timothy | 16 | WAC | 1.68m |
| 17 | 1080 | Ng, Jayden | 15 | SSP | 1.64m |
| 18 | 934 | Lau, Jia Hern | 15 | RI | 1.75m |
| 19 | 1070 | Fun, Le Cong Lucas | 17 | SSP | 1.86m |
| 20 | 1525 | Tan, Shou Yi Rei | 15 | WAC | 1.90m |

Event 204 Men 10000 Meter Race Walk Open

Saturday 18/3/2023 - 8:30 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|---------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 1239 | R., Subramaniam | 60 | SWIF | NT |
| 2 | 1108 | Lim Yu Xian, Exodus | 28 | SUSS | NT |
| 3 | 855 | Yeo, Jean Zuosheng | 22 | NUS | NT |
| 4 | 1011 | Khek Tiong, Tan | 54 | RHSC | NT |
| 5 | 843 | Chua, Stephen | 23 | NUS | NT |
| 6 | 681 | Back, Peter | 57 | MR25 | NT |
| 7 | 845 | Jie Hao, Tan | 22 | NUS | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 205 Girls 1500 Meter Race Walk U15

Saturday 18/3/2023 - 9:25 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|-------------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 410 | Lin, Chen | 14 | DHS | NT |
| 2 | 1224 | Tan, Cara | 14 | SACS | NT |
| 3 | 404 | Hong, Yuehui Gabrielle | 14 | DHS | NT |
| 4 | 1209 | Hui, Claudia | 14 | SACS | NT |
| 5 | 146 | Chua, Xin Yu Elise | 14 | CG | NT |
| 6 | 148 | Goh, Germaine Ying Ting | 14 | CG | NT |
| 7 | 166 | Ling, Faith Xiao En | 14 | CG | NT |

Event 206 Boys 1500 Meter Race Walk U15

Saturday 18/3/2023 - 9:40 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 882 | Hardy, Scott | 14 | OA | NT |
| 2 | 554 | Sui Khai, Bay | 14 | HCI | NT |
| 3 | 881 | Goh, Ian | 14 | OA | NT |
| 4 | 897 | Siddharth, Gautham | 14 | OA | NT |
| 5 | 525 | Kai Zheng, Pang | 14 | HCI | NT |
| 6 | 527 | Kin Wah, Lee | 14 | HCI | NT |

Event 207 Girls 100 Meter Dash U15

Top 8 Advance by Time

Saturday 18/3/2023 - 10:00 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|-----------------------|-----|------|-----------|
| Heat 1 of 5 Prelims | | | | | |
| 1 | 1220 | Pujeda, Athena | 13 | SACS | NT |
| 2 | 1330 | Woo, Yee Ting | 14 | TMS | NT |
| 3 | 190 | Toh, Chloe | 14 | CG | NT |
| 4 | 1242 | Chua, Laura | 13 | TK | NT |
| 5 | 629 | Choh, Kai Ting | 13 | JSA | NT |
| 6 | 693 | Kagoro, Anmiela | 14 | MAXF | 14.27 |
| 7 | 715 | Chong, Kate Lynn, Lea | 14 | NYG | NT |
| 8 | 1048 | Lim, Nichole Yi Han | 13 | SSP | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Heat 2 of 5 Prelims...(Event 207 Girls 100 Meter Dash U15)

| | | | | | |
|---|------|------------------------|----|------|----|
| 1 | 187 | Tan, Shannon | 14 | CG | NT |
| 2 | 1205 | Chek, Kallista | 13 | SACS | NT |
| 3 | 258 | Tan, Samantha | 14 | HIJ | NT |
| 4 | 399 | Chiew, Wan Wen Erin | 13 | DHS | NT |
| 5 | 642 | Wong, Yulyse | 13 | JSA | NT |
| 6 | 1325 | Grace Ang, Yanru | 14 | TMS | NT |
| 7 | 761 | Chan, Yu Hui Gwendolyn | 14 | NJC | NT |
| 8 | 723 | Huang, Tianai | 14 | NYG | NT |

Heat 3 of 5 Prelims

| | | | | | |
|---|------|--------------------------|----|------|----|
| 1 | 1057 | Seu, Hoy Xuan Evelyn | 13 | SSP | NT |
| 2 | 346 | Teo, Peyton | 13 | STC | NT |
| 3 | 174 | Seah, Kayley | 13 | CG | NT |
| 4 | 1243 | John, Alexis | 13 | TK | NT |
| 5 | 230 | Chung, Claire | 14 | HIJ | NT |
| 6 | 33 | Ewing-Chow, Elyssa Grace | 13 | BVSS | NT |
| 7 | 312 | Teh, Xin Ni Charlotte | 14 | SNG | NT |
| 8 | 265 | Yee, Carmen | 14 | HIJ | NT |

Heat 4 of 5 Prelims

| | | | | | |
|---|------|---------------------------|----|------|-------|
| 2 | 734 | Liu, Yixin | 14 | NYG | NT |
| 3 | 46 | Vidanalage, Udamsa Jenuli | 13 | BVSS | NT |
| 4 | 1039 | Jai Raj, Krishna Shashini | 14 | SSP | 13.80 |
| 5 | 419 | Tan, Ler Yee Lily | 13 | DHS | NT |
| 6 | 800 | Tyles, Tamara | 13 | NJC | NT |
| 7 | 293 | Lim, Yi Qing Hannah | 14 | SNG | NT |
| 8 | 1241 | Chia, Amanda | 13 | TK | NT |

Heat 5 of 5 Prelims

| | | | | | |
|---|------|---------------------------|----|------|----|
| 2 | 1036 | Han, Meredyth Min Yu | 13 | SSP | NT |
| 3 | 422 | Tng, Kai Xin | 13 | DHS | NT |
| 4 | 43 | Suresh Kumar, Priyaangha | 14 | BVSS | NT |
| 5 | 273 | Choo, Li Ying Cherese | 14 | SNG | NT |
| 6 | 1327 | Quek, Sin Hwee, Constance | 14 | TMS | NT |
| 7 | 669 | Lim, Dione | 14 | LB | NT |
| 8 | 349 | Devarajan, Tania Susi | 13 | ZOOM | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 208 Boys 100 Meter Dash U15

Top 8 Advance by Time

Saturday 18/3/2023 - 10:25 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|-------------------------|-----|------|-----------|
| Heat 1 of 6 Prelims | | | | | |
| 2 | 1263 | SU, Theodore | 13 | TK | NT |
| 3 | 21 | Ong, Xavier Zong Yi | 13 | ASGC | 15.50 |
| 4 | 887 | Lee, Thaddaeus | 14 | OA | 12.99 |
| 5 | 360 | Sam, Yin Hoi | 13 | ZOOM | 13.91 |
| 6 | 213 | Wong, De Yi Aloysius | 14 | CCS | NT |
| 7 | 1228 | Angel Ho Wei Xian, Kurt | 14 | SPS | NT |
| 8 | 112 | Tan, Yue Png | 14 | CH | NT |
| Heat 2 of 6 Prelims | | | | | |
| 2 | 1433 | Chen, Zihan | 14 | VS | NT |
| 3 | 15 | Lim, Priel Lizhe | 14 | ASGC | 14.00 |
| 4 | 361 | Seah, Aden | 13 | ZOOM | 13.88 |
| 5 | 963 | Wang, Qiyue | 14 | RI | 12.20 |
| 6 | 1085 | Roman, Ethan | 13 | SSP | NT |
| 7 | 90 | Hagiwara, Ryota | 13 | CH | NT |
| 8 | 204 | ., Muhammad Dannish Bin | 14 | CCS | NT |
| Heat 3 of 6 Prelims | | | | | |
| 2 | 71 | Yeo, You Hian | 13 | BVSS | NT |
| 3 | 1195 | Wong, Bennett | 13 | SJI | NT |
| 4 | 16 | Ling, Yong Chu | 14 | ASGC | 13.96 |
| 5 | 941 | Mennella, Leonardo | 13 | RI | 13.25 |
| 6 | 1261 | Ridjal, Imran | 13 | TK | NT |
| 7 | 69 | Tay, Jun Ze, Keane | 13 | BVSS | NT |
| 8 | 1293 | Gautham, Annadurai | 14 | TCT | NT |
| Heat 4 of 6 Prelims | | | | | |
| 2 | 1249 | Chandran, Sujith | 13 | TK | NT |
| 3 | 27 | Tan, Wei Hao Wayne | 13 | ASGC | 13.60 |
| 4 | 884 | Koh, Zach | 14 | OA | 13.20 |
| 5 | 1184 | Soh, Isaac | 14 | SJI | 13.94 |
| 6 | 48 | Chan, Chase How Yeep | 14 | BVSS | NT |
| 7 | 535 | Lim, Chin Yang | 14 | HCI | NT |
| 8 | 1462 | Saini, Isyraq | 13 | VS | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Heat 5 of 6 Prelims...(Event 208 Boys 100 Meter Dash U15)

| | | | | | |
|---|------|------------------------------|----|------|-------|
| 2 | 1094 | Zool Ihsan, Muhammad Reza | 13 | SSP | NT |
| 3 | 520 | FU, Zixuan | 14 | HCI | NT |
| 4 | 924 | Goh, Aidan | 13 | RI | 12.91 |
| 5 | 17 | Moon, Daniel Youngjo | 14 | ASGC | 12.90 |
| 6 | 1065 | Ahmed Ridzwan, Eshan Shayaan | 13 | SSP | NT |
| 7 | 1147 | Her, Benjamin | 14 | SJI | NT |
| 8 | 547 | Philip Hoare, Jonathan | 14 | HCI | NT |

Heat 6 of 6 Prelims

| | | | | | |
|---|------|----------------------------|----|------|-------|
| 2 | 89 | Guo, Yanchen | 13 | CH | NT |
| 3 | 1091 | Tang, Cornelius En Jie | 13 | SSP | 14.17 |
| 4 | 885 | Lee, Alvis | 14 | OA | 13.08 |
| 5 | 18 | Nathar, Yi Rui Fei Raphael | 13 | ASGC | 13.40 |
| 6 | 211 | Tan, Jun Hong Rico | 14 | CCS | NT |
| 7 | 823 | Or, Yuze Keane | 13 | NJC | NT |

Event 209 Women Shot Put (4kg) U20

Saturday 18/3/2023 - 10:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-------------------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 369 | Chua, HE MI Pearlyn | 16 | CAA | 9.50m |
| 2 | 1393 | Bheem, Sarah Leanne | 18 | VJC | 7.75m |
| 3 | 579 | Lim, Ye Rou | 18 | HCIC | ND |
| 4 | 976 | Neo, Le Teng | 18 | RIJC | 9.15m |
| 5 | 571 | Chen, Janelle | 18 | HCIC | ND |
| 6 | 1400 | Muhammad Shahril, Shaleen Nur Elysa | 18 | VJC | 8.09m |

Event 210 Men Javelin Throw (800g) U20

Saturday 18/3/2023 - 10:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|----------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1423 | Tan, Dominic | 18 | VJC | 46.29m |
| 2 | 621 | Tok, Alaric | 18 | HCIC | ND |
| 3 | 1007 | Tay, Jovan Sheng Wei | 18 | RIJC | ND |
| 4 | 617 | Teh, Guang Yu | 18 | HCIC | ND |
| 5 | 509 | Chen, Xu Yan | 16 | HCI | ND |
| 6 | 1428 | Wee, Teck Jin Daniel | 18 | VJC | 31.76m |
| 7 | 627 | Zheng, Yi Hong | 18 | HCIC | ND |
| 8 | 990 | Kua, Chong Heng | 18 | RIJC | ND |
| 9 | 1118 | Mohamad Zin, Mohamad Afzal | 18 | SKY | ND |
| 10 | 485 | Wong, Yijie Lucas | 19 | FAC | ND |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet ProgramEvent 211 Girls High Jump U15
Saturday 18/3/2023 - 10:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-----------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 309 | Tan, Xiu Wen Faith | 13 | SNG | NH |
| 2 | 728 | Lee, Hui AN Heather | 14 | NYG | NH |
| 3 | 188 | Tan, Xen | 14 | CG | NH |
| 4 | 149 | heng, jazel | 14 | CG | NH |
| 5 | 275 | Chua, Le Shyan | 14 | SNG | NH |
| 6 | 747 | Tan, Eden Saige | 14 | NYG | NH |
| 7 | 2 | Ayko, Ellin Kuijpers | 14 | ASGC | 1.30m |
| 8 | 748 | Tan, Liu Yui Megan | 13 | NYG | NH |
| 9 | 1060 | Tan, Inez Zhi Xuan | 14 | SSP | 1.25m |
| 10 | 320 | Wu, Keyao | 14 | SNG | NH |
| 11 | 169 | Ng, Ashley | 14 | CG | NH |
| 12 | 260 | Tsen, YU Han | 13 | HIJ | NH |
| 13 | 1034 | Chew, Megan Shu Ting | 13 | SSP | NH |
| 14 | 421 | Tee, Hui Xin, Natalie | 14 | DHS | NH |

Event 212 Girls 100 Meter Dash U18
Top 8 Advance by Time
Saturday 18/3/2023 - 10:50 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|------------------------------|-----|------|-----------|
| Heat 1 of 7 Prelims | | | | | |
| 2 | 587 | Tan, Samantha | 17 | HCIC | NT |
| 3 | 315 | Toh, Hui Jie Natalyn | 15 | SNG | NT |
| 4 | 216 | Mohamed Rafi, Aryanna Zahara | 17 | KC | NT |
| 5 | 1061 | Vaz, Luisa Marie | 15 | SSP | 13.83 |
| 6 | 1329 | Tan, Jia Xin | 15 | TMS | NT |
| 7 | 181 | Tan, Ayra | 15 | CG | NT |
| 8 | 412 | Liu, Man | 17 | DHS | NT |
| Heat 2 of 7 Prelims | | | | | |
| 2 | 289 | Kua, Rui Ern Jamie | 16 | SNG | NT |
| 3 | 256 | Tan, Chloe | 15 | HIJ | NT |
| 4 | 1044 | Koh, Shi Xuann Bevlyn | 16 | SSP | 13.59 |
| 5 | 1043 | Koh, Jing Xuan Bernyce | 16 | SSP | 13.81 |
| 6 | 121 | Chong, Zeris | 17 | CJC | NT |
| 7 | 122 | Lim, Myn YI | 17 | CJC | NT |
| 8 | 246 | Mak, Kyla | 15 | HIJ | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Heat 3 of 7 Prelims...(Event 212 Girls 100 Meter Dash U18)

| | | | | | |
|---|------|----------------------|----|-----|-------|
| 2 | 335 | Leo, Chloe | 15 | STC | NT |
| 3 | 745 | Soh, Hwei En, Rachel | 15 | NYG | NT |
| 4 | 1273 | Chee, Chloe | 15 | TCT | 13.18 |
| 5 | 1038 | Ho, Yi Xuan | 15 | SSP | 13.91 |
| 6 | 1318 | Yeo, Peywenn | 15 | TF | NT |
| 7 | 287 | Koh, Jolin | 15 | SNG | NT |
| 8 | 802 | Yap, Li Ling | 15 | NJC | NT |

Heat 4 of 7 Prelims

| | | | | | |
|---|------|---------------------|----|------|-------|
| 2 | 195 | Ying, Megan | 16 | CG | NT |
| 3 | 663 | Audrey, Schmidtke | 15 | LB | NT |
| 4 | 1313 | Lim, Clara | 16 | TF | 12.91 |
| 5 | 1326 | Koh, YA Xin Chelsea | 15 | TMS | NT |
| 6 | 342 | Siu, Emily | 16 | STC | NT |
| 7 | 580 | Loh, Chloe | 17 | HCIC | NT |
| 8 | 1280 | Lim, Glynis | 15 | TCT | NT |

Heat 5 of 7 Prelims

| | | | | | |
|---|------|-----------------------|----|------|-------|
| 2 | 664 | Charlotte, Cowell | 14 | LB | NT |
| 3 | 716 | Chua, Amanda Jia Ying | 15 | NYG | NT |
| 4 | 1052 | Neo, En Yu | 16 | SSP | 13.13 |
| 5 | 1114 | Pok, Shannon | 16 | SKY | 14.03 |
| 6 | 1214 | Low, Cherelle | 15 | SACS | NT |
| 7 | 776 | Leysen, Yerin | 14 | NJC | NT |
| 8 | 1222 | Soh, Wen Xin | 15 | SACS | NT |

Heat 6 of 7 Prelims

| | | | | | |
|---|-----|----------------------|----|------|-------|
| 2 | 423 | Tng, Yue En | 15 | DHS | NT |
| 3 | 214 | Dragon, Caitlin Anne | 15 | KC | NT |
| 4 | 354 | Teh, Ying Shan | 16 | ZOOM | 12.84 |
| 5 | 786 | Ong, Ying Rong Nico | 14 | NJC | 14.29 |
| 6 | 178 | Soh, Sharlene | 16 | CG | NT |
| 7 | 263 | Wong, Clarice | 15 | HIJ | NT |
| 8 | 31 | Cai, Yawen | 16 | BVSS | NT |

Heat 7 of 7 Prelims

| | | | | | |
|---|------|--------------------------------|----|------|-------|
| 2 | 331 | Kan, Kayler | 15 | STC | NT |
| 3 | 197 | ., Dessy Zulastrri | 16 | CCS | NT |
| 4 | 1028 | Abdul Aziz, Zara Almira | 16 | SSP | 13.45 |
| 5 | 577 | Lee, Meredith | 17 | HCIC | 13.90 |
| 6 | 32 | Chan, Jia Xin | 15 | BVSS | NT |
| 7 | 118 | Bhesetti, Hasika | 17 | CJC | NT |
| 8 | 38 | Mohammad Dzulkifli, Dina Afiah | 15 | BVSS | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 213 Boys 100 Meter Dash U18

Top 8 Advance by Time

Saturday 18/3/2023 - 11:20 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|----------------------------------|-----|------|-----------|
| Heat 1 of 8 Prelims | | | | | |
| 2 | 560 | Tong, Zong Wei | 16 | HCI | NT |
| 3 | 1158 | Lee, Ian | 16 | SJI | 12.90 |
| 4 | 833 | Yang, En Hao Daniel | 15 | NJC | 12.13 |
| 5 | 435 | Tan, De Ying Zinedine | 17 | DHS | NT |
| 6 | 51 | Chong, Wayne Zhi QI | 16 | BVSS | NT |
| 7 | 998 | Manoj, Dhruv | 17 | RIJC | NT |
| Heat 2 of 8 Prelims | | | | | |
| 2 | 1256 | Lim, Marcus | 15 | TK | NT |
| 3 | 1197 | Yow, Lucas | 16 | SJI | 13.11 |
| 4 | 356 | Buchanan, Luca | 17 | ZOOM | 11.21 |
| 5 | 12 | Azzi Bin Mohd Hidir, Ahmad Zikri | 15 | ASGC | 12.70 |
| 6 | 1435 | Eshan, Shareeq | 16 | VS | NT |
| 7 | 129 | Lam, Wei Heng | 17 | CJC | NT |
| 8 | 85 | Goh, Cheng Jia (Wu Chengj | 15 | CH | NT |
| Heat 3 of 8 Prelims | | | | | |
| 1 | 521 | Gan, ZI Rui, Trevis | 15 | HCI | NT |
| 2 | 1432 | Chan, Jerome | 15 | VS | NT |
| 3 | 94 | Kee, Chengxi, Tomas | 15 | CH | NT |
| 4 | 616 | Tan, Zachary | 17 | HCIC | 11.65 |
| 5 | 1194 | Wong, Ashton | 16 | SJI | 12.84 |
| 6 | 906 | Tong, Xian Yao | 16 | OA | 11.91 |
| 7 | 1340 | Yadav, Boyini Sumanth | 16 | TMS | NT |
| 8 | 1451 | Low, Kayden | 15 | VS | NT |
| Heat 4 of 8 Prelims | | | | | |
| 2 | 1337 | Lucas Chuah, Chun Keat | 15 | TMS | NT |
| 3 | 28 | Tan, Yi Xi Caedmon | 15 | ASGC | 13.22 |
| 4 | 894 | Reagan, Song | 16 | OA | 11.40 |
| 5 | 1080 | Ng, Jayden | 15 | SSP | 12.62 |
| 6 | 1233 | Wijaya, Mikail Emre | 16 | SPS | NT |
| 7 | 966 | Yap, Yu Xiang | 16 | RI | 13.20 |
| 8 | 684 | Chua, Hao EN Verek | 16 | MSH | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program**Heat 5 of 8 Prelims...(Event 213 Boys 100 Meter Dash U18)**

| | | | | |
|---|------|------------------------------------|---------|-------|
| 1 | 60 | Luah, Evan Kay LE | 16 BVSS | NT |
| 2 | 1303 | sim, ambrose | 16 TCT | NT |
| 3 | 130 | Maheson, Sivan Kyle | 17 CJC | NT |
| 4 | 598 | Chern, Isaac | 17 HCIC | 11.86 |
| 5 | 513 | Chong, Choon-Hou Rafael | 15 HCI | NT |
| 6 | 878 | Chew, Jaron | 16 OA | NT |
| 7 | 1260 | Ong, Zachary | 16 TK | NT |
| 8 | 1332 | Bin Kamarudin, Mohamad Qais Tufail | 16 TMS | NT |

Heat 6 of 8 Prelims

| | | | | |
|---|------|-------------------------------|---------|-------|
| 2 | 212 | Tan, Yiquan | 16 CCS | NT |
| 3 | 1334 | Karthik, Venkatachalapathy NA | 15 TMS | NT |
| 4 | 1078 | Muhammad Rashid, Emir | 16 SSP | 11.51 |
| 5 | 1319 | Lee, Joshua | 15 TF | 11.94 |
| 6 | 1234 | Wong, Oliver | 16 SPS | NT |
| 7 | 439 | Yak, Yun Chen Jovan | 16 DHS | NT |
| 8 | 57 | Lim, Kieran Yong Xiang | 16 BVSS | NT |

Heat 7 of 8 Prelims

| | | | | |
|---|------|--------------------------|---------|-------|
| 2 | 647 | Wong, Timothy Wen Feng | 16 JSA | NT |
| 3 | 806 | Ang, Titus | 15 NJC | 13.75 |
| 4 | 364 | Wijaya, Mikail Emre | 16 ZOOM | 11.66 |
| 5 | 1093 | Yusran, Niq Rifdi Rafiqi | 16 SSP | 12.18 |
| 6 | 1232 | Jayandran, Sean | 16 SPS | NT |
| 7 | 111 | Tan, You Hong | 16 CH | NT |
| 8 | 207 | Goh, Shao Zhi Cornelius | 15 CCS | NT |

Heat 8 of 8 Prelims

| | | | | |
|---|------|-----------------------|--------|-------|
| 2 | 813 | Kumaresan, Jai Vishwa | 15 NJC | NT |
| 3 | 446 | Chua, Verek | 16 EC | NT |
| 4 | 919 | Chan, Brayden | 16 RI | 11.23 |
| 5 | 1083 | Ortega, Rafael Pedro | 16 SSP | 12.65 |
| 6 | 210 | Sim, Jia Rui Garret | 15 CCS | NT |
| 7 | 434 | Tai, Yi-Hsuan | 16 DHS | NT |
| 8 | 1230 | Ashraf, Danish | 16 SPS | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 214 Boys Shot Put (5kg) U18

Saturday 18/3/2023 - 2:00 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1264 | Tan, Hong Hui | 16 | TK | ND |
| 2 | 93 | Jia, ZI Hao Rian | 15 | CH | ND |
| 3 | 1459 | Quek, Jeremiah | 17 | VS | ND |
| 4 | 1248 | Ammar, Mohammad | 15 | TK | ND |
| 5 | 1155 | Lam, Jayden | 16 | SJI | ND |
| 6 | 542 | Ng, Chern Yi | 15 | HCI | ND |
| 7 | 1183 | Shu, Fang Qin | 16 | SJI | ND |
| 8 | 557 | Teo, Rylie | 15 | HCI | ND |
| 9 | 72 | AW, Lucas | 16 | CH | ND |
| 10 | 1250 | Diraj, Aaryan | 15 | TK | ND |
| 11 | 1445 | Lai, Darius | 15 | VS | ND |
| 12 | 1516 | Ong, Raymus | 16 | WAC | ND |
| 13 | 601 | Gao, Shengwei | 17 | HCIC | ND |
| 14 | 877 | Chew, Jaden | 15 | OA | ND |
| 15 | 534 | Lim, Branden | 15 | HCI | ND |
| 16 | 80 | Chiang, YI Qiang, Ethan | 15 | CH | ND |
| 17 | 1434 | Chng, Leroy Andre | 16 | VS | ND |
| 18 | 944 | Ng, Gabriel | 15 | RI | 11.00m |
| 19 | 1070 | Fun, Le Cong Lucas | 17 | SSP | 13.20m |
| 20 | 960 | Teo, Leam | 16 | RI | 14.35m |
| 21 | 1187 | Tan, Jun Jie | 16 | SJI | 12.33m |
| 22 | 1513 | Ng, Chern Yi | 15 | WAC | 13.00m |
| 23 | 1009 | Wong, Choong Yin | 17 | RIJC | 11.44m |
| 24 | 937 | Loh, Anson | 15 | RI | 12.76m |
| 25 | 478 | Li, Jason | 16 | FAC | ND |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 215 Girls Javelin Throw (500g) U18

Saturday 18/3/2023 - 2:00 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-----------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 718 | Clarice, Lim Zhi Qian | 16 | NYG | ND |
| 2 | 279 | Ee, Amelia Poppy | 16 | SNG | ND |
| 3 | 1221 | Seah, Elizabeth | 15 | SACS | ND |
| 4 | 286 | Koh, Jeng Peck Megan | 15 | SNG | ND |
| 5 | 1212 | Liam, Jasynda | 15 | SACS | ND |
| 6 | 139 | Chan, Cara | 16 | CG | ND |
| 7 | 753 | Zheng, Menglin | 15 | NYG | ND |
| 8 | 1226 | Yam, Natalie | 16 | SACS | ND |
| 9 | 328 | Divya Gomez, Giselle | 15 | STC | ND |
| 10 | 140 | Chary, Mathangi | 15 | CG | ND |
| 11 | 731 | Liang, Zhi Xuan Jodie | 15 | NYG | ND |
| 12 | 341 | Sim, Neuko | 16 | STC | ND |
| 13 | 334 | Lee, LE Paris | 16 | STC | ND |
| 14 | 185 | Tan, Melody | 16 | CG | ND |
| 15 | 573 | Feng, Han Qi | 17 | HCIC | ND |
| 16 | 797 | Thirumalai, Nivedita | 14 | NJC | 11.87m |
| 17 | 767 | He, Leyu | 15 | NJC | 14.09m |
| 18 | 395 | Ang, Le Xuan Lezanne | 16 | DHS | 19.56m |

Event 216 Women 100 Meter Dash U20

Top 8 Advance by Time

Saturday 18/3/2023 - 2:00 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|------------------------------|-----|------|-----------|
| Heat 1 of 3 Prelims | | | | | |
| 1 | 120 | Chan, Xin YI | 18 | CJC | NT |
| 2 | 1122 | Sophia, Alessandra Francisco | 18 | SAJC | NT |
| 3 | 764 | Goh, Megan | 18 | NJC | NT |
| 4 | 1405 | Tan, Ashley | 18 | VJC | 13.41 |
| 5 | 1050 | Meyers, Nikita Mae Jiny-Yu | 17 | SSP | 13.55 |
| 6 | 975 | Liau, Lyn | 18 | RIJC | 13.54 |
| 7 | 415 | Oh, Hui Wen Kaitlyn | 18 | DHS | NT |
| 8 | 870 | Ang, Jan Syi | 18 | OA | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Heat 2 of 3 Prelims...(Event 216 Women 100 Meter Dash U20)

| | | | | | |
|---|------|---------------------|----|------|-------|
| 1 | 458 | Tan, Jia Xuan Megan | 18 | EJC | NT |
| 2 | 1124 | Tze Teng, Tan | 18 | SAJC | NT |
| 3 | 787 | Pang, Kee Ann | 15 | NJC | 15.46 |
| 4 | 574 | Goh, Eleana | 18 | HCIC | 12.98 |
| 5 | 575 | Hu, Xiran | 19 | HCIC | 13.94 |
| 6 | 1047 | Li, Angela Yu Qing | 17 | SSP | 14.27 |
| 7 | 411 | Lin, Xiwen | 18 | DHS | NT |
| 8 | 124 | Phey, Sophia | 18 | CJC | NT |

Heat 3 of 3 Prelims

| | | | | | |
|---|------|-------------------------------|----|------|-------|
| 1 | 873 | Wong, Eunice | 18 | OA | NT |
| 2 | 123 | NG, Gwyneth | 18 | CJC | NT |
| 3 | 782 | Mohamed Isham, Mashel Alveena | 16 | NJC | 15.75 |
| 4 | 695 | Low, Rowvy | 19 | MAXF | 13.35 |
| 5 | 1054 | Ortega, Samantha Theresa | 18 | SSP | 13.59 |
| 6 | 461 | Yeo, Kee Ching Eunice | 18 | EJC | NT |
| 7 | 1121 | Sonia, Wijaya | 18 | SAJC | NT |

Event 217 Men 100 Meter Dash U20

Top 8 Advance by Time

Saturday 18/3/2023 - 2:10 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|-----------------------------------|-----|------|-----------|
| Heat 1 of 4 Prelims | | | | | |
| 2 | 468 | Oon, Zhuo Liang Jayden | 18 | EJC | NT |
| 3 | 390 | Bin Baharudin, Mohammad Aqil Asri | 18 | CAA | 12.58 |
| 4 | 1081 | Norhisham, Jamie El Redha Ang | 19 | SSP | 11.04 |
| 5 | 392 | Han, Mao EN | 18 | CAA | 12.27 |
| 6 | 1177 | Seet, Gabriel | 17 | SJI | NT |
| 7 | 814 | Kwa, Yu Xuan | 18 | NJC | NT |
| 8 | 1131 | Parineesh, Selvanidhi | 18 | SAJC | NT |
| Heat 2 of 4 Prelims | | | | | |
| 2 | 132 | Tan, Tristan | 18 | CJC | NT |
| 3 | 1414 | Ho, Gabriel | 18 | VJC | 12.68 |
| 4 | 700 | Liau, Fong Jun | 18 | MAXF | 11.06 |
| 5 | 1179 | Seow, Reuben | 17 | SJI | 12.10 |
| 6 | 1495 | Feng, Han Lin | 19 | WAC | NT |
| 7 | 463 | Chwa, EU Rong Lloyd | 18 | EJC | NT |
| 8 | 1429 | Yong, Joseph | 18 | VJC | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Heat 3 of 4 Prelims...(Event 217 Men 100 Meter Dash U20)

| | | | | | |
|---|------|-------------------------|----|------|-------|
| 1 | 1509 | Lee, Zheng Yu | 19 | WAC | NT |
| 2 | 471 | Tay, Augustus Gerald | 18 | EJC | NT |
| 3 | 492 | Leow, Jonathan | 19 | FTA | 13.50 |
| 4 | 600 | Chia, Darius | 18 | HCIC | 11.76 |
| 5 | 705 | Wong, Guo Hui | 19 | MAXF | 11.77 |
| 6 | 127 | Kee, Nicholas | 18 | CJC | NT |
| 7 | 1130 | Luke, Kenan Matthews | 18 | SAJC | NT |
| 8 | 812 | Fathul, Aziz Zaki Fauzi | 17 | NJC | NT |

Heat 4 of 4 Prelims

| | | | | | |
|---|------|--------------------|----|------|-------|
| 1 | 830 | Tan, Rei | 18 | NJC | NT |
| 2 | 1128 | Eik Hong, Neo | 18 | SAJC | NT |
| 3 | 821 | Ng, Tai Lam | 18 | NJC | 12.99 |
| 4 | 900 | Tan, Luke | 18 | OA | 11.72 |
| 5 | 608 | Mah, Joei | 18 | HCIC | 11.88 |
| 6 | 125 | Goh, SI Han | 18 | CJC | NT |
| 7 | 1174 | Peh, Cayden | 17 | SJI | NT |
| 8 | 1413 | Feraj, Rifqy Hakim | 17 | VJC | NT |

Event 218 Men 100 Meter Dash Open

Top 8 Advance by Time

Saturday 18/3/2023 - 2:25 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|------------------------------|-----|------|-----------|
| Heat 1 of 4 Prelims | | | | | |
| 1 | 493 | Lim, Aaron | 22 | FTA | 11.82 |
| 2 | 698 | kannan, pavindhiran | 23 | MAXF | 11.75 |
| 3 | 1119 | Tan, Yong Tzer, Zachary | 19 | SKY | 11.26 |
| 4 | 886 | Lee, Mark | 19 | OA | 10.77 |
| 5 | 1305 | Toh, Tedd | 21 | TCT | 10.74 |
| 6 | 756 | Manega, Rodney Philip | 27 | NTU | 11.59 |
| 7 | 1103 | Bin Abdul Jalil, Abdul Hakim | 24 | SUSS | NT |
| 8 | 905 | Teow, Alphonsus | 24 | OA | NT |
| Heat 2 of 4 Prelims | | | | | |
| 2 | 699 | KO, Reyor | 32 | MAXF | 11.75 |
| 3 | 503 | Chia, Aloysius | 20 | HCAA | 11.26 |
| 4 | 874 | Abisha, Ivan | 23 | OA | 10.95 |
| 5 | 1524 | Sing, Hui | 26 | WAC | 11.22 |
| 6 | 1010 | Liew, Daryl | 32 | REAC | 11.64 |
| 7 | 496 | Muhammad, Hassan | 24 | FTA | 11.82 |
| 8 | 1106 | Leo, Ng Jun Qiang | 32 | SUSS | 12.90 |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Heat 3 of 4 Prelims...(Event 218 Men 100 Meter Dash Open)

| | | | | | |
|---|------|------------------------------|----|------|-------|
| 2 | 1102 | Aclag William Gonzal, Gerard | 23 | SUSS | 11.71 |
| 3 | 1288 | Chng, Elgene | 25 | TCT | 11.24 |
| 4 | 1519 | Raphael, Ryan | 20 | WAC | 10.72 |
| 5 | 757 | Ryan, Prahmarsh | 25 | NTU | 11.22 |
| 6 | 358 | Loo, Alexander | 32 | ZOOM | 11.83 |
| 7 | 495 | Low, Patrick | 24 | FTA | 12.00 |

Heat 4 of 4 Prelims

| | | | | | |
|---|------|-------------------|----|------|-------|
| 1 | 359 | Lu, Weiyi | 36 | ZOOM | 11.80 |
| 2 | 1117 | Kumar, Tarun | 24 | SKY | 11.77 |
| 3 | 755 | Dhiya'ulhaq, Adam | 24 | NTU | 11.34 |
| 4 | 1505 | Koe, Ian | 24 | WAC | 10.78 |
| 5 | 1304 | Tan, Daryl | 22 | TCT | 10.91 |
| 6 | 702 | Ne, Darius | 21 | MAXF | 11.53 |
| 7 | 506 | Or, Yong Hur | 20 | HCAA | NT |
| 8 | 447 | Lee, Kok Keong | 52 | EC | NT |

Event 219 Boys High Jump U15

Saturday 18/3/2023 - 2:30 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-----------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1069 | Elessa, Marc David | 14 | SSP | 1.40m |
| 2 | 1198 | Yum, Kayden | 13 | SJI | NH |
| 3 | 1443 | Koh, Lucas | 14 | VS | NH |
| 4 | 524 | Kaai, Chan | 14 | HCI | NH |
| 5 | 552 | Shao Ming, Soh | 14 | HCI | NH |
| 6 | 1298 | Mehta, Arjun | 14 | TCT | NH |
| 7 | 1086 | See, Jovan Kai Le | 14 | SSP | 4.16m |
| 8 | 955 | Sheikh Ali, Isa Bin | 13 | RI | 1.21m |
| 9 | 565 | YeHan, Wu | 14 | HCI | NH |
| 10 | 1090 | Tan, Wilson Shen Kai | 13 | SSP | NH |
| 11 | 1172 | Ong, Ryo | 14 | SJI | NH |
| 12 | 1450 | Lin, Zhuoliang | 14 | VS | NH |
| 13 | 1453 | M Arun, Jason Abe | 14 | VS | NH |
| 14 | 1067 | Azhar, Muhammad Aaryan Shah | 14 | SSP | NH |
| 15 | 958 | Tan, Kai Le | 13 | RI | 1.27m |
| 16 | 933 | Lau, Andrew | 13 | RI | 1.25m |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 220 Girls 400 Meter Dash U15

Top 8 Advance by Time

Saturday 18/3/2023 - 2:45 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|--------------------------------|-----|------|-----------|
| Heat 1 of 4 Prelims | | | | | |
| 1 | 343 | Sorrentino, Sara | | STC | NT |
| 2 | 398 | Chew, Kai Yi, Caerisse | 13 | DHS | NT |
| 3 | 323 | Arundhati Joseph, Annette | 14 | STC | NT |
| 4 | 4 | Diana, Terekhova | 13 | ASGC | 1:13.00 |
| 5 | 1055 | Premanandham, Varshana | 14 | SSP | 1:15.00 |
| 6 | 238 | Kwok, Michelle | 14 | HIJ | NT |
| 7 | 45 | Teoh, Fermanda AI QI | 14 | BVSS | NT |
| 8 | 730 | Leong, Jia Xin Laura | 14 | NYG | NT |
| Heat 2 of 4 Prelims | | | | | |
| 2 | 42 | Senthil, Harshini | 13 | BVSS | NT |
| 3 | 1246 | Teoh, Claudia | 14 | TK | NT |
| 4 | 10 | Sarashree, Reddiyar | 14 | ASGC | 1:11.90 |
| 5 | 1029 | Abdul Karim, Nuraqyra Shazrynn | 14 | SSP | 1:20.00 |
| 6 | 643 | Xu, Xin'AI | 14 | JSA | NT |
| 7 | 44 | Tang, Jenell Wan Xuan | 14 | BVSS | NT |
| 8 | 1201 | Aashi, Lareesha | 13 | SACS | NT |
| Heat 3 of 4 Prelims | | | | | |
| 2 | 1242 | Chua, Laura | 13 | TK | NT |
| 3 | 183 | tan, heather | 14 | CG | NT |
| 4 | 1283 | Seow, Kyra | 14 | TCT | 1:12.00 |
| 5 | 2 | Ayko, Ellin Kuijpers | 14 | ASGC | 1:17.40 |
| 6 | 147 | Chua, Yu Qian | 14 | CG | NT |
| 7 | 725 | Koh, Qixuan, Dilys | 13 | NYG | NT |
| 8 | 631 | Goh, Sarah Amir | 13 | JSA | NT |
| Heat 4 of 4 Prelims | | | | | |
| 2 | 144 | Chiew, Amelia | 13 | CG | NT |
| 3 | 639 | Tan, Jovie | 15 | JSA | NT |
| 4 | 386 | Wong, Sze En, Abigail | 14 | CAA | 1.19 |
| 5 | 1225 | Wong, Jane | 13 | SACS | NT |
| 6 | 250 | Ramachandra, Rania | 14 | HIJ | NT |
| 7 | 1210 | Lee, Natasha | 13 | SACS | NT |
| 8 | 1243 | John, Alexis | 13 | TK | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 221 Boys 400 Meter Dash U15

Top 8 Advance by Time

Saturday 18/3/2023 - 3:00 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|---------------------------|-----|------|-----------|
| Heat 1 of 4 Prelims | | | | | |
| 2 | 117 | Zhou, SI Yuan | 14 | CH | NT |
| 3 | 549 | See, Lin YI | 14 | HCI | NT |
| 4 | 898 | Sim, Bryan | 13 | OA | 1:04.00 |
| 5 | 1200 | Zheng, Cheung | 14 | SJI | 1:08.72 |
| 6 | 365 | Wong, zachary | 13 | ZOOM | NT |
| 7 | 1186 | Tan, Glenn | 14 | SJI | NT |
| 8 | 1258 | Luan, Aidan | 13 | TK | NT |
| Heat 2 of 4 Prelims | | | | | |
| 1 | 909 | Yeo, Aidan | 13 | OA | NT |
| 2 | 1338 | Nathaniel YU, Ching Xiang | 14 | TMS | NT |
| 3 | 1154 | Lai, Russell | 14 | SJI | NT |
| 4 | 14 | Diganth, Subash | 13 | ASGC | 1:04.00 |
| 5 | 645 | Kwok, Joseph Wen Xin | 13 | JSA | NT |
| 6 | 56 | Liem, Xian De, Gideon | 13 | BVSS | NT |
| 7 | 78 | Chia, Avery | 13 | CH | NT |
| 8 | 1265 | Tan, Jacob | 13 | TK | NT |
| Heat 3 of 4 Prelims | | | | | |
| 1 | 903 | Tay, Sean Russell | 14 | OA | NT |
| 2 | 1249 | Chandran, Sujith | 13 | TK | NT |
| 3 | 1336 | Lim, Tze QI | 14 | TMS | NT |
| 4 | 20 | Oliver, Fiore | 14 | ASGC | 57.78 |
| 5 | 1479 | Yeo, Shin Kee | 14 | VS | NT |
| 6 | 55 | LI, Ee-Kai | 13 | BVSS | NT |
| 7 | 831 | Wei, Zixiao | 14 | NJC | NT |
| 8 | 558 | Teo, Yih Yang | 13 | HCI | NT |
| Heat 4 of 4 Prelims | | | | | |
| 2 | 1261 | Ridjal, Imran | 13 | TK | NT |
| 3 | 68 | Tan, Pin Yuan | 14 | BVSS | NT |
| 4 | 942 | Nagaraj, Dhiyanesh | 14 | RI | 1:05.62 |
| 5 | 935 | Lim, Aiden | 14 | RI | 1:06.42 |
| 6 | 511 | Chew Elliot, Bih-Chen | 14 | HCI | NT |
| 7 | 1263 | SU, Theodore | 13 | TK | NT |
| 8 | 79 | Chia, Bing Xian Keane | 14 | CH | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics

Meet Program

Event 222 Girls 400 Meter Dash U18

Top 8 Advance by Time

Saturday 18/3/2023 - 3:15 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|-----------------------------------|-----|------|-----------|
| Heat 1 of 4 Prelims | | | | | |
| 1 | 578 | Lim, Gwendolin | 17 | HCIC | NT |
| 2 | 319 | Wong, Zhi Qi Nikki | 16 | SNG | NT |
| 3 | 783 | Mohammad Shah, Nur Irdina | 13 | NJC | NT |
| 4 | 1285 | Teo, Alexis | 15 | TCT | 1:09.49 |
| 5 | 189 | Teh, Justine | 16 | CG | NT |
| 6 | 720 | FU, YU | 15 | NYG | NT |
| 7 | 331 | Kan, Kayler | 15 | STC | NT |
| 8 | 402 | Ho, Sze Jae, Alexis(He Z | 16 | DHS | NT |
| Heat 2 of 4 Prelims | | | | | |
| 1 | 330 | Foo, Natalie | 16 | STC | NT |
| 2 | 191 | Toh, Isabel | 16 | CG | NT |
| 3 | 36 | M, Nivedita | 16 | BVSS | NT |
| 4 | 697 | Tan, Janet | 16 | MAXF | 1:03.50 |
| 5 | 440 | ., Ines | 17 | EC | NT |
| 6 | 288 | Koh, Wei Qi | 16 | SNG | NT |
| 7 | 219 | Teng, Chloe Yin Ning | 15 | KC | NT |
| 8 | 368 | Boon, Yan Xin | 16 | CAA | NT |
| Heat 3 of 4 Prelims | | | | | |
| 1 | 325 | Choi, Ming Xin | 16 | STC | NT |
| 2 | 192 | Velu, Yazhini | 15 | CG | NT |
| 3 | 735 | Lui, Rui Xian | 15 | NYG | NT |
| 4 | 1051 | Muammar Gadafi, Siti Nurhidayah | 16 | SSP | 1:08.00 |
| 5 | 301 | Pay, Wenxuan Clarissa | 15 | SNG | NT |
| 6 | 37 | Mohamed Ismail, Baasima Tasneem | 16 | BVSS | NT |
| 7 | 374 | LI, Charlotte | 16 | CAA | NT |
| 8 | 39 | Muhammad Firman, Mysha Kirana Alu | 15 | BVSS | NT |
| Heat 4 of 4 Prelims | | | | | |
| 1 | 179 | Soliva, Zara | 15 | CG | NT |
| 2 | 586 | Tan, Kit Kaye | 17 | HCIC | NT |
| 3 | 119 | Binte Aidil, Aleena Elsa | 17 | CJC | NT |
| 4 | 1284 | Tan, Le Xiao | 15 | TCT | 1:07.34 |
| 5 | 407 | Liao, Ljia Syuan | 15 | DHS | NT |
| 6 | 628 | Chai, Jocelyn Hui Min | 16 | JSA | NT |
| 7 | 751 | WU, Ting Wei | 16 | NYG | NT |
| 8 | 1278 | Koh, Faith | 15 | TCT | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 223 Boys 400 Meter Dash U18

Top 8 Advance by Time

Saturday 18/3/2023 - 3:35 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|----------------------------|-----|-------|-----------|
| Heat 1 of 6 Prelims | | | | | |
| 2 | 49 | Chan, Michael Johan | 16 | BVSS | NT |
| 3 | 526 | Kho, Yuan ZU | 16 | HCI | NT |
| 4 | 1180 | Shacklock, Michael | 15 | SJI | 1:05.61 |
| 5 | 1319 | Lee, Joshua | 15 | TF | 57.00 |
| 6 | 1189 | Tey, Quan Han | 16 | SJI | 1:06.19 |
| 7 | 448 | Tan, Eugene | 15 | EC | NT |
| 8 | 1266 | Tay, Tensho | 15 | TK | NT |
| Heat 2 of 6 Prelims | | | | | |
| 2 | 1251 | Juluri, Aditya | 15 | TK | NT |
| 3 | 868 | Ong, YE Kai Ryan | 15 | NBRSS | 1:01.80 |
| 4 | 899 | Soh, Aidan | 16 | OA | 54.19 |
| 5 | 1070 | Fun, Le Cong Lucas | 17 | SSP | 55.27 |
| 6 | 537 | Lim, YU Cheng | 15 | HCI | NT |
| 7 | 101 | MA, Jia Qian Hayden | 15 | CH | NT |
| Heat 3 of 6 Prelims | | | | | |
| 1 | 430 | Ho, Junhao, Josh | 16 | DHS | NT |
| 2 | 536 | Lim, Song YI | 15 | HCI | NT |
| 3 | 825 | Quek, Mingxi Owen | 15 | NJC | 1:02.06 |
| 4 | 1358 | Bala Kumar, Varshan | 17 | TRSA | 54.69 |
| 5 | 968 | Yin, Ming Jun | 16 | RI | 58.00 |
| 6 | 1231 | Begbie, Christopher | 16 | SPS | NT |
| 7 | 1333 | Jonathan Lee, Zhi Xuan | 16 | TMS | NT |
| 8 | 61 | NG, Dylan YU Loong | 15 | BVSS | NT |
| Heat 4 of 6 Prelims | | | | | |
| 2 | 76 | Chew, DE Jun | 16 | CH | NT |
| 3 | 1365 | Peter Cheong-Smith, Thomas | 16 | TRSA | 59.00 |
| 4 | 1291 | Curran, Harry Irfan | 15 | TCT | 52.02 |
| 5 | 925 | Goh, Jarius | 15 | RI | 1:04.62 |
| 6 | 1531 | Marekan, Shahril | 16 | YSS | NT |
| 7 | 1271 | Wei, ZE AN | 15 | TK | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Heat 5 of 6 Prelims...(Event 223 Boys 400 Meter Dash U18)

| | | | | | |
|---|------|-------------------------------|----|------|-------|
| 1 | 834 | Yen, Ming Zhen | 14 | NJC | NT |
| 2 | 53 | Ganesh, Aarya | 15 | BVSS | NT |
| 3 | 1290 | Curran, Daniel Raihan | 15 | TCT | 58.64 |
| 4 | 1077 | Molokwu, Ifeanyichukwu Asyara | 17 | SSP | 54.97 |
| 5 | 1331 | Ang, Jia Yang Kaydrian | 15 | TMS | NT |
| 6 | 659 | Low, Jie YI | 17 | JY | NT |
| 7 | 1229 | Aruldass, Jerard | 16 | SPS | NT |
| 8 | 108 | Soon, QI Zhe Aidan | 16 | CH | NT |

Heat 6 of 6 Prelims

| | | | | | |
|---|------|---------------------------------|----|-----|---------|
| 2 | 1468 | Tan, Ezekiel | 15 | VS | NT |
| 3 | 1171 | Ong, Qin Kye | 15 | SJI | 1:05.87 |
| 4 | 1292 | Curran, Jake Aryan | 15 | TCT | 58.36 |
| 5 | 1075 | Mohamed Redzwan, Muhammad Danie | 16 | SSP | 56.74 |
| 6 | 920 | Choy, Caleb | 17 | RI | 1:05.90 |
| 7 | 688 | Phua, Zander | 16 | MSH | NT |
| 8 | 1262 | Shahid, Mohamed | 15 | TK | NT |

Event 224 Men 400 Meter Dash U20

Top 8 Advance by Time

Saturday 18/3/2023 - 4:00 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|-----------------------------------|-----|------|-----------|
| Heat 1 of 3 Prelims | | | | | |
| 2 | 1127 | Ajay, Navin Selven | 19 | SAJC | NT |
| 3 | 1416 | Ong, Renfred | 17 | VJC | NT |
| 4 | 389 | Bin Ahmad Nazli, Ahmad Nur Hakeem | 18 | CAA | 55.90 |
| 5 | 1364 | Percy Muncherji, Reyaan | 18 | TRSA | 55.00 |
| 6 | 1324 | Tan, Zach | 18 | TF | 56.06 |
| 7 | 883 | Khoo, Alexander | 18 | OA | NT |
| 8 | 1302 | Ryan, Koh | 19 | TCT | NT |
| Heat 2 of 3 Prelims | | | | | |
| 2 | 393 | S/O Mathialagan, Kuru Prakash | 19 | CAA | NT |
| 3 | 701 | Mowe, Zachary | 19 | MAXF | 58.20 |
| 4 | 997 | Loy, Caleb | 18 | RIJC | 51.81 |
| 5 | 818 | Loh, Hin Yin Langston | 17 | NJC | 57.47 |
| 6 | 610 | Ng, Jayden | 18 | HCIC | NT |
| 7 | 1146 | Francis, Felix Joseph | 17 | SJI | NT |
| 8 | 1118 | Mohamad Zin, Mohamad Afzal | 18 | SKY | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Heat 3 of 3 Prelims...(Event 224 Men 400 Meter Dash U20)

| | | | | | |
|---|------|---------------------|----|------|-------|
| 2 | 829 | Tan, Hong Zhi Erwyn | 18 | NJC | NT |
| 3 | 615 | Tan, Tristan | 18 | HCIC | 58.70 |
| 4 | 1287 | Chen, Dexian | 19 | TCT | 54.45 |
| 5 | 599 | Chern, Samuel | 19 | HCIC | 57.18 |
| 6 | 1132 | Tao Joe, Cham | 17 | SAJC | NT |
| 7 | 502 | Ang, Ashwin | 18 | HCAA | NT |
| 8 | 1410 | Deshpande, Tanmay | 18 | VJC | NT |

Event 225 Women 400 Meter Dash Open
Top 8 Advance by Time

Saturday 18/3/2023 - 4:10 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|--------------------|-----|------|-----------|
| Heat 1 of 2 Prelims | | | | | |
| 2 | 1099 | Seet, Rachel | 20 | SUSS | 1:25.00 |
| 3 | 668 | Kok, Jin En | 18 | LB | 1:08.00 |
| 4 | 351 | Ng, Grace | 31 | ZOOM | 1:04.60 |
| 5 | 692 | Ho, Zhi Xuan | 20 | MAXF | 1:05.21 |
| 6 | 488 | Wong, Beth | 22 | FTA | 1:25.00 |
| 7 | 1485 | Patil, Tanisha | 18 | WAC | NT |
| Heat 2 of 2 Prelims | | | | | |
| 2 | 443 | Tan, Sui Xin | 28 | EC | NT |
| 3 | 487 | Veerayah, Keertana | 22 | FTA | 1:25.00 |
| 4 | 1342 | Ang, Phoebe | 20 | T360 | 1:04.88 |
| 5 | 665 | Cheah, Chloette | 21 | LB | 1:05.00 |
| 6 | 489 | Yuan, Elsie | 22 | FTA | 1:25.00 |
| 7 | 1101 | Ye Won, Lim | 23 | SUSS | NT |

Event 226 Women Javelin Throw (600g) U20
Saturday 18/3/2023 - 4:15 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|--------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 588 | Tan, Shianne | 18 | HCIC | ND |
| 2 | 1397 | Knight, Miya | 17 | VJC | ND |
| 3 | 579 | Lim, Ye Rou | 18 | HCIC | ND |
| 4 | 971 | Azmy, Amelia Misha Binte | 18 | RIJC | 23.21m |
| 5 | 1398 | Kuppusamy, Praksheetta | 17 | VJC | ND |
| 6 | 759 | Ang, Zhi Ni Inez | 17 | NJC | 18.36m |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 227 Men 400 Meter Dash Open

Top 8 Advance by Time

Saturday 18/3/2023 - 4:20 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|------------------------------|-----|------|-----------|
| Heat 1 of 3 Prelims | | | | | |
| 1 | 1116 | Appadurai, Ethan | 22 | SKY | NT |
| 2 | 1504 | Khoo, Kenneth | 41 | WAC | NT |
| 3 | 497 | Pua, Austin | 23 | FTA | 55.20 |
| 4 | 1286 | Bharadwaj, Akash | 19 | TCT | 53.00 |
| 5 | 1510 | Lim, Joshua | 29 | WAC | 54.14 |
| 6 | 755 | Dhiya'ulhaq, Adam | 24 | NTU | 56.94 |
| 7 | 1110 | S/O Gothandaraman, Bhuvanesh | 25 | SUSS | NT |
| Heat 2 of 3 Prelims | | | | | |
| 2 | 1517 | Pek, Brian | 26 | WAC | NT |
| 3 | 1347 | Ong, Nigel | 21 | T360 | 55.40 |
| 4 | 677 | Muhammad, Faizal | 22 | LB | 54.00 |
| 5 | 493 | Lim, Aaron | 22 | FTA | 55.20 |
| 6 | 1112 | Tan Zheng Long, Aloysius | 26 | SUSS | 55.98 |
| 7 | 362 | Toh, Eddie | 42 | ZOOM | NT |
| Heat 3 of 3 Prelims | | | | | |
| 2 | 1109 | Ng Chung Liu, Ben | 26 | SUSS | 1:01.00 |
| 3 | 498 | Selvadason, Viknesh | 24 | FTA | 55.20 |
| 4 | 704 | Prudencio, Jiro | 20 | MAXF | 50.94 |
| 5 | 680 | Shoben, Nikish | 19 | LB | 54.00 |
| 6 | 1294 | Gwee, Samuel | 21 | TCT | 57.00 |
| 7 | 892 | Ng, Chin Hui | 29 | OA | 49.80 |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics

Meet Program

Event 228 Girls High Jump U18

Saturday 18/3/2023 - 4:30 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|------------------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 274 | Choo, Min Wen Chloe | 15 | SNG | NH |
| 2 | 729 | Lee, Xin Le, Grace | 16 | NYG | NH |
| 3 | 737 | NG, Lyn Shuen | 16 | NYG | NH |
| 4 | 154 | Koh, Larene | 16 | CG | NH |
| 5 | 264 | Yang, Bobbi | 15 | HIJ | NH |
| 6 | 313 | Thanaraj, Ashlyn | 16 | SNG | NH |
| 7 | 161 | Leong, Heidi | 16 | CG | NH |
| 8 | 716 | Chua, Amanda Jia Ying | 15 | NYG | NH |
| 9 | 160 | Lee, Yvette | 16 | CG | NH |
| 10 | 1046 | Lau, Reina | 16 | SSP | 1.30m |
| 11 | 424 | Wong, Xin Yu | 16 | DHS | 1.35m |
| 12 | 1058 | Syed Ahmed Riadh, Sharifah Falisha | 17 | SSP | 1.44m |
| 13 | 400 | Chong, Le Xuan, Chloe | 17 | DHS | 1.45m |

Event 235 Women 100 Meter Dash Open

Saturday 18/3/2023 - 5:00 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 2 | 1098 | Oh Shuyu, Zann | 20 | SUSS | NT |
| 3 | 489 | Yuan, Elsie | 22 | FTA | 16.00 |
| 4 | 475 | Therese, Gwendolyn | 21 | FAC | 13.07 |
| 5 | 486 | Tan, Tse Teng | 21 | FTA | 14.00 |
| 6 | 488 | Wong, Beth | 22 | FTA | 16.00 |
| 7 | 1096 | Koh, Li Shuen | 23 | SUSS | NT |
| 8 | 1095 | Chung, Laurene | 24 | SUSS | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 237 Girls 1500 Meter Run U15

Saturday 18/3/2023 - 5:15 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------------|-----|------|-----------|
| Section 1 of 2 Timed Finals | | | | | |
| 1 | 300 | Patt, Yu Tian Ally | 13 | SNG | NT |
| 2 | 1530 | Tay, Joy | 14 | YSS | NT |
| 3 | 640 | Teo, Swee Lin | 13 | JSA | NT |
| 4 | 1215 | Ng, Naomi | 14 | SACS | NT |
| 5 | 381 | Siew, Wen Wen | 14 | CAA | NT |
| 6 | 630 | Goh, Catherine Hao Xuan | 13 | JSA | NT |
| 7 | 707 | Lim, EN Hui, Kate | 14 | NHHS | NT |
| 8 | 638 | Ogawa, Remi | 13 | JSA | NT |
| 9 | 267 | Chan, Chien See Isabella | 13 | SNG | NT |
| 10 | 633 | Jeffey, Deianira | 13 | JSA | NT |
| 11 | 1218 | Poon, Charlotte | 14 | SACS | NT |
| 12 | 347 | Toh, Izen | 14 | STC | NT |
| Section 2 of 2 Timed Finals | | | | | |
| 1 | 1223 | Tan, Alexis | 14 | SACS | NT |
| 2 | 345 | Tang, Andrea | 14 | STC | NT |
| 3 | 637 | Low, Elizabeth | 13 | JSA | NT |
| 4 | 717 | Chua, Ren Hui Luanne | 13 | NYG | NT |
| 5 | 1488 | Sng, Ying Shuen | 14 | WAC | 13:49.00 |
| 6 | 1030 | Abdullah, Naema Kyrana | 14 | SSP | 6:05.00 |
| 7 | 7 | Lee, Yi Min Ann | 14 | ASGC | 6:05.00 |
| 8 | 388 | Zhang, Bowen Kellie | 14 | CAA | 6:00.62 |
| 9 | 746 | Sun, Lanning | 14 | NYG | 5:55.66 |
| 10 | 739 | Peh, Wei RU Shevaun | 14 | NYG | 6:02.95 |
| 11 | 348 | Yeo, Yuh Shin | 14 | STC | NT |
| 12 | 222 | Wee, Nicole Purida Nanta | 14 | KC | NT |
| 13 | 158 | Lee, Ruth Anna | 14 | CG | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics

Meet Program

Event 238 Girls Long Jump U15

Saturday 18/3/2023 - 5:30 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-------------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 278 | Dorai, Trinity Sharilyn | 13 | SNG | ND |
| 2 | 284 | Ho, Sher Zhen | 13 | SNG | ND |
| 3 | 224 | Binte Mashardi, D'Tra Qarisma | 14 | HIJ | ND |
| 4 | 150 | joan, claudia | 14 | CG | ND |
| 5 | 277 | Chua, Swee Lin | 13 | SNG | ND |
| 6 | 1053 | Ng, Reeyern | 13 | SSP | ND |
| 7 | 248 | NG, Estelle | 14 | HIJ | ND |
| 8 | 634 | Koh, Gladys Wei Le | 15 | JSA | ND |
| 9 | 719 | Fiona, Scott Harrison | 14 | NYG | ND |
| 10 | 260 | Tsen, YU Han | 13 | HIJ | ND |
| 11 | 742 | Renee, Rajah | 13 | NYG | ND |
| 12 | 186 | Tan, Nathanielle | 14 | CG | ND |
| 13 | 636 | Li, Esther | 14 | JSA | ND |
| 14 | 1203 | Arriola, Christine | 13 | SACS | ND |
| 15 | 215 | Mohamed Anuar, Marisa Faqiha | 14 | KC | ND |
| 16 | 168 | Loo, Raelyn | 13 | CG | ND |
| 17 | 748 | Tan, Liu Yui Megan | 13 | NYG | ND |
| 18 | 221 | Tsang, Hannah | 13 | KC | ND |
| 19 | 3 | Binte Mohamed Zamri, Adriana | 14 | ASGC | 3.40m |
| 20 | 775 | Lee, Yi Xuan Giselle | 14 | NJC | 3.35m |
| 21 | 1060 | Tan, Inez Zhi Xuan | 14 | SSP | 3.93m |
| 22 | 1048 | Lim, Nichole Yi Han | 13 | SSP | 3.85m |
| 23 | 1017 | Subramanian, Avyuktha | 14 | SMTF | 3.85m |
| 24 | 1056 | Seah, Ashley Jia En | 14 | SSP | 4.10m |
| 25 | 785 | Ng, Min Julia Anne | 12 | NJC | 4.18m |
| 26 | 420 | Tan, Shi Jin, Angela | 14 | DHS | 4.39m |
| 27 | 693 | Kagoro, Anmiela | 14 | MAXF | 4.62m |

Event 239 Women Shot Put (4kg) Open

Saturday 18/3/2023 - 5:30 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|----------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1490 | Teo, Hui Juen | 34 | WAC | ND |
| 2 | 474 | Seah, Michelle | 24 | FAC | ND |
| 3 | 1491 | Yee, Melissa | 25 | WAC | 12.00m |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 240 Girls 1500 Meter Run U18

Saturday 18/3/2023 - 5:30 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|----------------------|-----|------|-----------|
| Section 1 of 2 Timed Finals | | | | | |
| 1 | 385 | Valerie, Gam Wei Lin | 15 | CAA | NT |
| 2 | 1353 | Mei En Megan, Chieng | 15 | TRSA | NT |
| 3 | 338 | NG, Kayla | 16 | STC | NT |
| 4 | 367 | Avril, Lin Rui | 15 | CAA | NT |
| 5 | 233 | Fong, YU EN | 15 | HIJ | NT |
| 6 | 1216 | Ng, Zi Ying | 15 | SACS | NT |
| 7 | 749 | Teo, Yan Jia | 15 | NYG | NT |
| 8 | 1217 | Ovinis, Maegan | 15 | SACS | NT |
| 9 | 1309 | Chen, Lana | 16 | TF | NT |
| 10 | 744 | Sim, Lee Ern Teri | 16 | NYG | NT |
| 11 | 152 | Kaushal, Prisha | 15 | CG | NT |
| 12 | 397 | Chau, Xu Mei | 17 | DHS | NT |
| 13 | 1316 | Tang, Elizabeth | 16 | TF | NT |
| Section 2 of 2 Timed Finals | | | | | |
| 1 | 1312 | Lee, Cassandra | 15 | TF | NT |
| 2 | 1213 | Lim, Ashlyn | 15 | SACS | NT |
| 3 | 1328 | Rudenko, Darya | 16 | TMS | NT |
| 4 | 340 | Sidhom, Manuela | 15 | STC | NT |
| 5 | 779 | Lim, Ming Xuan Joy | 15 | NJC | 6:10.86 |
| 6 | 11 | Teo, Sze Quyen | 15 | ASGC | 6:30.00 |
| 7 | 1355 | Xinrong, Huang | 16 | TRSA | 5:30.00 |
| 8 | 1035 | Chua, Victoria Si Yu | 16 | SSP | 5:46.00 |
| 9 | 5 | Jayan, Yuvaneswari | 15 | ASGC | 6:05.00 |
| 10 | 792 | Reinhardt, Finja Yin | 17 | NJC | 6:10.83 |
| 11 | 706 | Foo, SI Qing, Faith | 16 | NHHS | NT |
| 12 | 332 | Lee, Drea | 15 | STC | NT |
| 13 | 738 | Ong, Hui Lin | 16 | NYG | NT |
| 14 | 708 | SU, Peixin Emma | 16 | NHHS | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 241 Women 1500 Meter Run U20

Saturday 18/3/2023 - 5:45 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|-----------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 769 | Jeevanth, Diya | 18 | NJC | 6:11.73 |
| 2 | 459 | Tan, ZI YI Sarah | 18 | EJC | NT |
| 3 | 413 | Neo, Ophelia | 18 | DHS | NT |
| 4 | 1120 | Jieying, Chin | 18 | SAJC | NT |
| 5 | 1134 | Er, Enne | 18 | SJI | NT |
| 6 | 1317 | Ting, Lauren | 17 | TF | NT |
| 7 | 793 | Tan, Wen Xi Laura | 18 | NJC | NT |
| 8 | 405 | Hung, Tse Yan Jasmine | 18 | DHS | NT |
| 9 | 1126 | Zhi Qi, Chew | 18 | SAJC | NT |
| 10 | 774 | Lau, Yi Kit Ruth | 17 | NJC | NT |
| 11 | 456 | Shin, HO AI Stephanie | 17 | EJC | NT |
| 12 | 1135 | Goh, Shuen Le | 17 | SJI | NT |

Event 242 Boys 1500 Meter Run U15

Saturday 18/3/2023 - 5:55 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|---------------------------|-----|------|-----------|
| Section 1 of 2 Timed Finals | | | | | |
| 1 | 477 | Kuah, Ezekiel | 14 | FAC | NT |
| 2 | 1178 | Seow, Enoch | 14 | SJI | NT |
| 3 | 433 | Loh, Jun Hao Javier | 14 | DHS | NT |
| 4 | 822 | Ng, Yu Sen | 14 | NJC | NT |
| 5 | 1073 | Jee, Kai En Kyan | 14 | SSP | 5:12.00 |
| 6 | 13 | Benjamin, Jacob Regehr | 13 | ASGC | 5:45.00 |
| 7 | 1066 | Ali, Muhammad Azim | 14 | SSP | 5:12.00 |
| 8 | 1255 | Lee, U Shen | 14 | TK | NT |
| 9 | 50 | Chee, Wen Yan | 14 | BVSS | NT |
| Section 2 of 2 Timed Finals | | | | | |
| 1 | 709 | Chng, Chee Keat Jared | 14 | NHHS | NT |
| 2 | 66 | Tan, Guan Yu, Zavier | 14 | BVSS | NT |
| 3 | 1254 | Lee, Kieran | 14 | TK | NT |
| 4 | 54 | Hayagreev, Jeyaseelan Sai | 14 | BVSS | NT |
| 5 | 710 | Koo, Jay-Sen | 14 | NHHS | NT |
| 6 | 1139 | Chao, Zachary | 14 | SJI | NT |
| 7 | 1151 | Koh, Quintus | 14 | SJI | NT |
| 8 | 427 | Chin, Siang Yang | 14 | DHS | NT |
| 9 | 438 | Tong, Ye Tao | 14 | DHS | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 243 Boys 1500 Meter Run U18

Saturday 18/3/2023 - 6:05 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------------------|-----|-------|-----------|
| Section 1 of 2 Timed Finals | | | | | |
| 1 | 687 | Lum, Yan Kit Isaac | 16 | MSH | NT |
| 2 | 437 | Toh, Geng Heng Christian | 16 | DHS | NT |
| 3 | 52 | Chua, Keiran Qizhe | 16 | BVSS | NT |
| 4 | 1532 | Parthivan, Sarvesh | 16 | YSS | NT |
| 5 | 1170 | Ong, Noah | 15 | SJI | NT |
| 6 | 1339 | Thiagarajan, Kavinrajen Muthan | 15 | TMS | NT |
| 7 | 865 | Liang, Jeremiah Yong Jie | 16 | NBRSS | NT |
| 8 | 644 | Gopaldas, Agustya | 16 | JSA | NT |
| 9 | 1272 | WU, Chuanpeng | 16 | TK | NT |
| 10 | 808 | Bin Ahman Abdillah, Abdul Hadi | 14 | NJC | NT |
| 11 | 62 | NG, Ren XU | 16 | BVSS | NT |
| 12 | 426 | Chang, I Teng | 16 | DHS | NT |
| 13 | 1252 | Lee, Cliff | 15 | TK | NT |
| 14 | 1335 | Lee, Jia LE Ryan | 15 | TMS | NT |
| 15 | 1320 | Pranit, Nitin | 16 | TF | NT |
| 16 | 429 | Foong, Xing Yu Derrick | 17 | DHS | NT |
| Section 2 of 2 Timed Finals | | | | | |
| 1 | 1533 | Seng, Lucas | 16 | YSS | NT |
| 2 | 1181 | Shamsul Qamar, Zaqeerul Iman | 16 | SJI | NT |
| 3 | 683 | Choo, Yan Hee Chase | 16 | MSH | NT |
| 4 | 864 | DE, Nyane Aung | 16 | NBRSS | NT |
| 5 | 25 | Sng, Guang Xian Nathan | 15 | ASGC | 5:26.00 |
| 6 | 863 | Bin Edi, Mohamad Aqid Syahrek | 15 | NBRSS | 5:36.00 |
| 7 | 674 | Koh, Sheng Kai | 17 | LB | 4:37.00 |
| 8 | 1359 | Chee Yew Ayden, Tan | 16 | TRSA | 4:57.00 |
| 9 | 1521 | Sanusi, Zulfahmi | 15 | WAC | 5:07.00 |
| 10 | 26 | Tan, Ser Liang Royce | 15 | ASGC | 5:26.00 |
| 11 | 810 | Chua, Xavier | 14 | NJC | NT |
| 12 | 711 | Lee, Laurent Qifeng | 15 | NHHS | NT |
| 13 | 70 | Vivekanandan, Navien | 16 | BVSS | NT |
| 14 | 202 | ., Abdul Hadi Bin Abdul | 16 | CCS | NT |
| 15 | 1175 | Rajah, Dhiran Dev | 15 | SJI | NT |
| 16 | 483 | Tang, Daniel | 17 | FAC | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics

Meet Program

Event 244 Men 1500 Meter Run U20

Saturday 18/3/2023 - 6:25 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------------|-----|------|-----------|
| Section 1 of 2 Timed Finals | | | | | |
| 1 | 1159 | Lee, Julian | 18 | SJI | NT |
| 2 | 811 | Fang, Chen | 17 | NJC | NT |
| 3 | 136 | Wong, Brandon | 18 | CJC | NT |
| 4 | 464 | LI, Cen Gabriel | 18 | EJC | NT |
| 5 | 1129 | Kieran, Khoo | 18 | SAJC | NT |
| 6 | 1144 | Faizal, Arshad | 17 | SJI | NT |
| 7 | 820 | Ng, Jun Han | 18 | NJC | NT |
| 8 | 134 | Tham, Jun Yang | 18 | CJC | NT |
| Section 2 of 2 Timed Finals | | | | | |
| 1 | 1133 | Tristan, Tan | 19 | SAJC | NT |
| 2 | 490 | Anshad, Shaariq | 19 | FTA | 5:11.00 |
| 3 | 1188 | Tay, Asher Jireh | 17 | SJI | 4:44.00 |
| 4 | 394 | Saviour, Gilbert Dominic | 18 | CAA | 4:48.00 |
| 5 | 1371 | Zhongshan Joseph, Kuang | 19 | TRSA | 4:35.00 |
| 6 | 1367 | Shao Xuan Mervyn, Ong | -1 | TRSA | 4:27.00 |
| 7 | 391 | Chue, Zhi Qiang Jasper | 18 | CAA | 5:24.00 |
| 8 | 494 | Lim, Bernard | 18 | FTA | 5:11.00 |
| 9 | 128 | Lai, Nicodemus | 18 | CJC | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 301 Girls Discus Throw (1kg) U18

Sunday 19/3/2023 - 8:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 310 | Tan, Yi Min Emma | 15 | SNG | ND |
| 2 | 409 | Lim, Zhixuan, Tiffany | 15 | DHS | 15.02m |
| 3 | 344 | Srivastava, Nishka | 15 | STC | ND |
| 4 | 184 | Tan, Huiting | 15 | CG | ND |
| 5 | 140 | Chary, Mathangi | 15 | CG | ND |
| 6 | 573 | Feng, Han Qi | 17 | HCIC | ND |
| 7 | 339 | Ngui, Joey | 16 | STC | ND |
| 8 | 750 | Thang, Ying Yue | 16 | NYG | ND |
| 9 | 269 | Chan, Kai Li, Victoria | 15 | SNG | ND |
| 10 | 797 | Thirumalai, Nivedita | 14 | NJC | ND |
| 11 | 366 | Anya, Wong Ann YA | 16 | CAA | ND |
| 12 | 412 | Liu, Man | 17 | DHS | ND |
| 13 | 727 | Laurel, Lim Jia EN | 15 | NYG | ND |
| 14 | 718 | Clarice, Lim Zhi Qian | 16 | NYG | ND |
| 15 | 185 | Tan, Melody | 16 | CG | 20.00m |
| 16 | 321 | Yeo, Hui-En Abigail | 16 | SNG | ND |
| 17 | 324 | Chang, Jia EN | 15 | STC | ND |
| 18 | 767 | He, Leyu | 15 | NJC | 17.74m |

Event 302 Boys Triple Jump U15

Sunday 19/3/2023 - 8:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 109 | Tan, E-Kai | 14 | CH | ND |
| 2 | 552 | Shao Ming, Soh | 14 | HCI | ND |
| 3 | 540 | Micah, Gan | 14 | HCI | ND |
| 4 | 113 | Tong, Xuan YU | 14 | CH | ND |
| 5 | 1453 | M Arun, Jason Abe | 14 | VS | ND |
| 6 | 564 | Xiyuan, Li | 14 | HCI | ND |
| 7 | 1474 | Tang, Cayman | 14 | VS | ND |
| 8 | 82 | Chong, Chee Yeen, Caian | 14 | CH | ND |
| 9 | 24 | Shchemenok, Gleb | 14 | ASGC | 7.00m |
| 10 | 953 | See, Brayden | 13 | RI | 8.60m |
| 11 | 949 | Phua, Yan Thern | 13 | RI | 8.50m |
| 12 | 933 | Lau, Andrew | 13 | RI | 8.55m |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics

Meet Program

Event 303 Girls 200 Meter Dash U15

Top 8 Advance by Time

Sunday 19/3/2023 - 8:30 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|-----------------------------------|-----|------|-----------|
| Heat 1 of 4 Prelims | | | | | |
| 2 | 649 | Alisha Poe, Myitzu Aung | 14 | JY | NT |
| 3 | 346 | Teo, Peyton | 13 | STC | NT |
| 4 | 800 | Tyles, Tamara | 13 | NJC | 28.43 |
| 5 | 43 | Suresh Kumar, Priyaangha | 14 | BVSS | NT |
| 6 | 190 | Toh, Chloe | 14 | CG | NT |
| 7 | 1210 | Lee, Natasha | 13 | SACS | NT |
| Heat 2 of 4 Prelims | | | | | |
| 2 | 734 | Liu, Yixin | 14 | NYG | NT |
| 3 | 414 | Ng, Rei Ann | 13 | DHS | NT |
| 4 | 761 | Chan, Yu Hui Gwendolyn | 14 | NJC | 31.68 |
| 5 | 151 | Kandasamy, Kavimalar | 14 | CG | NT |
| 6 | 323 | Arundhati Joseph, Annette | 14 | STC | NT |
| 7 | 653 | Nur Shalynn, Binte Mohamed Shahar | 14 | JY | NT |
| Heat 3 of 4 Prelims | | | | | |
| 2 | 261 | Twang, Katie | 14 | HIJ | NT |
| 3 | 1220 | Pujeda, Athena | 13 | SACS | NT |
| 4 | 1356 | Yihu Eva, chia | 14 | TRSA | 29.60 |
| 5 | 45 | Teoh, Fermanda AI QI | 14 | BVSS | NT |
| 6 | 251 | See, Jenelle | 14 | HIJ | NT |
| 7 | 303 | Seah, Si En Jayna | 14 | SNG | NT |
| 8 | 635 | Lai, Rei EN | 15 | JSA | NT |
| Heat 4 of 4 Prelims | | | | | |
| 2 | 318 | Wong, Li Wern Leah | 13 | SNG | NT |
| 3 | 1205 | Chek, Kallista | 13 | SACS | NT |
| 4 | 1039 | Jai Raj, Krisha Shashini | 14 | SSP | 29.00 |
| 5 | 723 | Huang, Tianai | 14 | NYG | NT |
| 6 | 41 | Sallehuddin, Sofia Alia | 13 | BVSS | NT |
| 7 | 241 | Lim, Geri | 14 | HIJ | NT |
| 8 | 183 | tan, heather | 14 | CG | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 304 Boys 200 Meter Dash U15

Top 8 Advance by Time

Sunday 19/3/2023 - 8:50 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|---------------------------------|-----|------|-----------|
| Heat 1 of 5 Prelims | | | | | |
| 2 | 547 | Philip Hoare, Jonathan | 14 | HCI | NT |
| 3 | 106 | Ong, Yipeng | 14 | CH | NT |
| 4 | 885 | Lee, Alvis | 14 | OA | 26.95 |
| 5 | 27 | Tan, Wei Hao Wayne | 13 | ASGC | 27.60 |
| 6 | 1298 | Mehta, Arjun | 14 | TCT | NT |
| 7 | 1477 | Veerappan, Aditya | 14 | VS | NT |
| Heat 2 of 5 Prelims | | | | | |
| 1 | 75 | Cheong, Justin | 14 | CH | NT |
| 2 | 1249 | Chandran, Sujith | 13 | TK | NT |
| 3 | 1478 | WU, Jayden | 13 | VS | NT |
| 4 | 917 | Bin Md Idros, Muhammad Noor Ali | 13 | RI | 29.82 |
| 5 | 22 | Sam, Yin Hoi | 13 | ASGC | 28.80 |
| 6 | 1265 | Tan, Jacob | 13 | TK | NT |
| 7 | 204 | ., Muhammad Dannish Bin | 14 | CCS | NT |
| 8 | 520 | FU, Zixuan | 14 | HCI | NT |
| Heat 3 of 5 Prelims | | | | | |
| 2 | 535 | Lim, Chin Yang | 14 | HCI | NT |
| 3 | 927 | Ho, Jaiden | 13 | RI | 29.84 |
| 4 | 887 | Lee, Thaddaeus | 14 | OA | 26.38 |
| 5 | 18 | Nathar, Yi Rui Fei Raphael | 13 | ASGC | 27.20 |
| 6 | 68 | Tan, Pin Yuan | 14 | BVSS | NT |
| 7 | 107 | Sng, Hong Yang Nyekin | 13 | CH | NT |
| 8 | 1195 | Wong, Bennett | 13 | SJI | NT |
| Heat 4 of 5 Prelims | | | | | |
| 1 | 654 | Dickson Lim, DE Sheng | 14 | JY | NT |
| 2 | 1471 | Tan, Raydon | 14 | VS | NT |
| 3 | 65 | Tan, Dylan Tze LE | 13 | BVSS | NT |
| 4 | 884 | Koh, Zach | 14 | OA | 27.03 |
| 5 | 23 | Seah, Aden Jia Kai | 13 | ASGC | 29.44 |
| 6 | 1147 | Her, Benjamin | 14 | SJI | NT |
| 7 | 211 | Tan, Jun Hong Rico | 14 | CCS | NT |
| 8 | 1263 | SU, Theodore | 13 | TK | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Heat 5 of 5 Prelims...(Event 304 Boys 200 Meter Dash U15)

| | | | | | |
|---|------|---------------------------------|----|------|-------|
| 1 | 823 | Or, Yuze Keane | 13 | NJC | NT |
| 2 | 1261 | Ridjal, Imran | 13 | TK | NT |
| 3 | 661 | Muhammad Amir, Bin Abdul Rashid | 14 | JY | NT |
| 4 | 939 | Low, Josef | 13 | RI | 29.80 |
| 5 | 17 | Moon, Daniel Youngjo | 14 | ASGC | 27.80 |
| 6 | 67 | Tan, Jun Hong | 14 | BVSS | NT |
| 7 | 203 | ., Ashfie Adam | 14 | CCS | NT |
| 8 | 1184 | Soh, Isaac | 14 | SJI | NT |

Event 305 Girls Pole Vault U18

Sunday 19/3/2023 - 9:00 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 593 | Wong, Yue Yi | 17 | HCIC | NH |
| 2 | 350 | Liew, Clarabelle | 16 | ZOOM | NH |
| 3 | 1481 | Choo, Beverly | 16 | WAC | 2.60m |
| 4 | 153 | Koh, Charmaine | 16 | CG | NH |
| 5 | 585 | Tan, Caitlin | 17 | HCIC | NH |
| 6 | 163 | Lim, Shervon | 16 | CG | 2.00m |

Event 306 Women Pole Vault U20

Sunday 19/3/2023 - 9:00 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-----------------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 457 | Siew, EN Sin | 17 | EJC | NH |
| 2 | 572 | Cheong, Yuet Yung | 18 | HCIC | NH |
| 3 | 973 | Lee, Alysa | 18 | RIJC | NH |
| 4 | 590 | Tay, Esther | 18 | HCIC | NH |
| 5 | 455 | Loh, Wen Qing Summer | 17 | EJC | NH |
| 6 | 972 | Azza Zulikram, Syaza Kurnia Binte | 18 | RIJC | 2.20m |
| 7 | 176 | Sen, Zahra | 15 | CG | 2.20m |
| 8 | 1399 | Lee, Chaewon | 18 | VJC | 2.40m |
| 9 | 194 | Yeong, Abigail | 16 | CG | 2.60m |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 307 Girls 200 Meter Dash U18

Top 8 Advance by Time

Sunday 19/3/2023 - 9:10 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|--------------------------|-----|------|-----------|
| Heat 1 of 7 Prelims | | | | | |
| 1 | 1219 | Pujeda, Althea | 16 | SACS | NT |
| 2 | 374 | LI, Charlotte | 16 | CAA | NT |
| 3 | 802 | Yap, Li Ling | 15 | NJC | 32.72 |
| 4 | 1284 | Tan, Le Xiao | 15 | TCT | 28.67 |
| 5 | 1043 | Koh, Jing Xuan Bernyce | 16 | SSP | 29.00 |
| 6 | 236 | Ishise, Kino | 15 | HIJ | NT |
| 7 | 197 | ., Dessy Zulastri | 16 | CCS | NT |
| 8 | 36 | M, Nivedita | 16 | BVSS | NT |
| Heat 2 of 7 Prelims | | | | | |
| 1 | 380 | Quek, Fang Joo Elizabeth | 15 | CAA | NT |
| 2 | 178 | Soh, Sharlene | 16 | CG | NT |
| 3 | 1351 | Kelly Immanuel, Alicia | 16 | TRSA | 30.00 |
| 4 | 1052 | Neo, En Yu | 16 | SSP | 28.00 |
| 5 | 8 | Megan, John | 16 | ASGC | 28.80 |
| 6 | 641 | Wang, Shannon Siang Ning | 16 | JSA | NT |
| 7 | 1276 | hamdani, emily | 16 | TCT | NT |
| 8 | 296 | Ng, Sok Chee Jayme | 16 | SNG | NT |
| Heat 3 of 7 Prelims | | | | | |
| 1 | 327 | Destiny, Andramada | 15 | STC | NT |
| 2 | 246 | Mak, Kyla | 15 | HIJ | NT |
| 3 | 1125 | Yuki, Ho | 17 | SAJC | NT |
| 4 | 697 | Tan, Janet | 16 | MAXF | 29.50 |
| 5 | 1354 | Sandaran, Tharine | 16 | TRSA | 29.00 |
| 6 | 189 | Teh, Justine | 16 | CG | NT |
| 7 | 651 | Emilia Koh, Miki | 16 | JY | NT |
| 8 | 263 | Wong, Clarice | 15 | HIJ | NT |
| Heat 4 of 7 Prelims | | | | | |
| 1 | 325 | Choi, Ming Xin | 16 | STC | NT |
| 2 | 586 | Tan, Kit Kaye | 17 | HCIC | NT |
| 3 | 156 | Lau, Ashley | 15 | CG | NT |
| 4 | 1285 | Teo, Alexis | 15 | TCT | 28.77 |
| 5 | 1044 | Koh, Shi Xuann Bevlyn | 16 | SSP | 29.00 |
| 6 | 121 | Chong, Zeris | 17 | CJC | NT |
| 7 | 735 | Lui, Rui Xian | 15 | NYG | NT |
| 8 | 256 | Tan, Chloe | 15 | HIJ | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Heat 5 of 7 Prelims...(Event 307 Girls 200 Meter Dash U18)

| | | | | | |
|---|------|-------------------------------|----|------|-------|
| 1 | 290 | Lee, Shyin Elizabeth | 15 | SNG | NT |
| 2 | 1240 | Char, Eira | 16 | TK | NT |
| 3 | 1318 | Yeo, Peywenn | 15 | TF | 30.22 |
| 4 | 578 | Lim, Gwendolin | 17 | HCIC | 28.52 |
| 5 | 1061 | Vaz, Luisa Marie | 15 | SSP | 29.00 |
| 6 | 652 | Fatin Fazeela, Binte Samsudin | 15 | JY | NT |
| 7 | 40 | Pang, Yun Lim Zyann | 15 | BVSS | NT |
| 8 | 587 | Tan, Samantha | 17 | HCIC | NT |

Heat 6 of 7 Prelims

| | | | | | |
|---|------|---------------------------|----|------|-------|
| 2 | 342 | Siu, Emily | 16 | STC | NT |
| 3 | 1038 | Ho, Yi Xuan | 15 | SSP | 30.00 |
| 4 | 1214 | Low, Cherelle | 15 | SACS | 14.44 |
| 5 | 783 | Mohammad Shah, Nur Irdina | 13 | NJC | 29.43 |
| 6 | 119 | Binte Aidil, Aleena Elsa | 17 | CJC | NT |
| 7 | 31 | Cai, Yawen | 16 | BVSS | NT |
| 8 | 740 | Poh, Wan EN | 16 | NYG | NT |

Heat 7 of 7 Prelims

| | | | | | |
|---|------|-------------------------|----|------|-------|
| 1 | 714 | Chng, Yun Jing Crystal | 16 | NYG | NT |
| 2 | 664 | Charlotte, Cowell | 14 | LB | NT |
| 3 | 786 | Ong, Ying Rong Nico | 14 | NJC | 29.65 |
| 4 | 354 | Teh, Ying Shan | 16 | ZOOM | 27.02 |
| 5 | 1028 | Abdul Aziz, Zara Almira | 16 | SSP | 29.00 |
| 6 | 249 | NG, Jing Xuan | 15 | HIJ | NT |
| 7 | 1313 | Lim, Clara | 16 | TF | NT |
| 8 | 322 | Yue, Shimin Renee | 16 | SNG | NT |

Event 308 Boys 200 Meter Dash U18

Top 8 Advance by Time

Sunday 19/3/2023 - 9:35 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|----------------------|-----|------|-----------|
| Heat 1 of 7 Prelims | | | | | |
| 2 | 436 | Tan, Rui Ze, Aden | 14 | DHS | NT |
| 3 | 936 | Lim, Brandon | 15 | RI | NT |
| 4 | 616 | Tan, Zachary | 17 | HCIC | 23.59 |
| 5 | 1194 | Wong, Ashton | 16 | SJI | 25.75 |
| 6 | 521 | Gan, ZI Rui, Trevis | 15 | HCI | NT |
| 7 | 131 | Patel, Viraj Brijesh | 17 | CJC | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program**Heat 2 of 7 Prelims...(Event 308 Boys 200 Meter Dash U18)**

| | | | | | |
|---|------|-------------------------------|----|------|-------|
| 2 | 686 | Ling, EN Jie Isaiah | 16 | MSH | NT |
| 3 | 88 | Goh, YI EN Jayden | 16 | CH | NT |
| 4 | 1077 | Molokwu, Ifeanyichukwu Asyara | 17 | SSP | 24.57 |
| 5 | 598 | Chern, Isaac | 17 | HCIC | 24.86 |
| 6 | 1299 | Mehta, Aryan | 16 | TCT | NT |
| 7 | 208 | Loo, Wen Xin | 15 | CCS | NT |
| 8 | 49 | Chan, Michael Johan | 16 | BVSS | NT |

Heat 3 of 7 Prelims

| | | | | | |
|---|------|------------------------|----|------|-------|
| 2 | 1466 | Singam, Lakshan | 15 | VS | NT |
| 3 | 690 | Tung, Jie Jun Jonas | 16 | MSH | NT |
| 4 | 899 | Soh, Aidan | 16 | OA | 23.70 |
| 5 | 1341 | Tan, Reagan | 17 | TKSP | 24.94 |
| 6 | 1464 | Seah, Matthew | 16 | VS | NT |
| 7 | 446 | Chua, Verek | 16 | EC | NT |
| 8 | 57 | Lim, Kieran Yong Xiang | 16 | BVSS | NT |

Heat 4 of 7 Prelims

| | | | | | |
|---|------|---------------------|----|------|-------|
| 2 | 95 | Lai, Ian | 16 | CH | NT |
| 3 | 932 | Lai, Jay Young | 15 | RI | 27.89 |
| 4 | 1291 | Curran, Harry Irfan | 15 | TCT | 23.10 |
| 5 | 28 | Tan, Yi Xi Caedmon | 15 | ASGC | 27.00 |
| 6 | 1456 | NG, Rhys | 15 | VS | NT |
| 7 | 656 | Lee, Zhe Ann | 17 | JY | NT |
| 8 | 684 | Chua, Hao EN Verek | 16 | MSH | NT |

Heat 5 of 7 Prelims

| | | | | | |
|---|------|-------------------------|----|-------|-------|
| 2 | 137 | Yue Heng, Pek | 17 | CJC | NT |
| 3 | 806 | Ang, Titus | 15 | NJC | 28.03 |
| 4 | 1078 | Muhammad Rashid, Emir | 16 | SSP | 23.37 |
| 5 | 868 | Ong, YE Kai Ryan | 15 | NBRSS | 25.93 |
| 6 | 207 | Goh, Shao Zhi Cornelius | 15 | CCS | NT |
| 7 | 431 | Kwok, Jia Jun, Branson | 15 | DHS | NT |
| 8 | 526 | Kho, Yuan ZU | 16 | HCI | NT |

Heat 6 of 7 Prelims

| | | | | | |
|---|------|----------------------------------|----|------|-------|
| 2 | 1256 | Lim, Marcus | 15 | TK | NT |
| 3 | 1156 | Lau, Cheng Xun | 16 | SJI | 27.09 |
| 4 | 945 | Ng, Javier | 15 | RI | 28.00 |
| 5 | 12 | Azzi Bin Mohd Hidir, Ahmad Zikri | 15 | ASGC | 26.03 |
| 6 | 983 | Goh, Jaeng Hee | 17 | RIJC | NT |
| 7 | 47 | Aqira, Nafiu Hasan | 17 | BVSS | NT |
| 8 | 129 | Lam, Wei Heng | 17 | CJC | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Heat 7 of 7 Prelims...(Event 308 Boys 200 Meter Dash U18)

| | | | | | |
|---|------|---------------------------|----|-----|-------|
| 2 | 560 | Tong, Zong Wei | 16 | HCI | NT |
| 3 | 1158 | Lee, Ian | 16 | SJI | 27.11 |
| 4 | 1072 | Huang, Weijun | 17 | SSP | 22.26 |
| 5 | 1303 | sim, ambrose | 16 | TCT | NT |
| 6 | 105 | Ong, Lun Kiat (Wang Runji | 16 | CH | NT |
| 7 | 647 | Wong, Timothy Wen Feng | 16 | JSA | NT |

Event 309 Women 200 Meter Dash U20

Top 8 Advance by Time

Sunday 19/3/2023 - 10:00 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|----------------------------|-----|------|-----------|
| Heat 1 of 2 Prelims | | | | | |
| 1 | 873 | Wong, Eunice | 18 | OA | NT |
| 2 | 1395 | Chew, Sheryl | 18 | VJC | 31.10 |
| 3 | 1050 | Meyers, Nikita Mae Jiny-Yu | 17 | SSP | 28.23 |
| 4 | 574 | Goh, Eleana | 18 | HCIC | 26.63 |
| 5 | 575 | Hu, Xiran | 19 | HCIC | 29.46 |
| 6 | 764 | Goh, Megan | 18 | NJC | 32.69 |
| 7 | 123 | NG, Gwyneth | 18 | CJC | NT |
| Heat 2 of 2 Prelims | | | | | |
| 1 | 870 | Ang, Jan Syi | 18 | OA | NT |
| 2 | 1121 | Sonia, Wijaya | 18 | SAJC | NT |
| 3 | 789 | Patankar, Anika Nilesh | 18 | NJC | 31.24 |
| 4 | 577 | Lee, Meredith | 17 | HCIC | 28.36 |
| 5 | 1054 | Ortega, Samantha Theresa | 18 | SSP | 28.46 |
| 6 | 1406 | Tan, Gwyneth | 17 | VJC | 32.21 |
| 7 | 1123 | Trista, Hannah Siva | 18 | SAJC | NT |
| 8 | 763 | Ganesan, Lajithani | 18 | NJC | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 310 Men 200 Meter Dash U20

Top 8 Advance by Time

Sunday 19/3/2023 - 10:10 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|-----------------------------------|-----|------|-----------|
| Heat 1 of 3 Prelims | | | | | |
| 1 | 1302 | Ryan, Koh | 19 | TCT | NT |
| 2 | 900 | Tan, Luke | 18 | OA | NT |
| 3 | 390 | Bin Baharudin, Mohammad Aqil Asri | 18 | CAA | 25.57 |
| 4 | 1417 | Ong, Ying Tat | 17 | VJC | 23.19 |
| 5 | 392 | Han, Mao EN | 18 | CAA | 25.37 |
| 6 | 1132 | Tao Joe, Cham | 17 | SAJC | NT |
| 7 | 1174 | Peh, Cayden | 17 | SJI | NT |
| 8 | 502 | Ang, Ashwin | 18 | HCAA | NT |
| Heat 2 of 3 Prelims | | | | | |
| 1 | 462 | Ang, Woon Kit Anselm | 17 | EJC | NT |
| 2 | 1130 | Luke, Kenan Matthews | 18 | SAJC | NT |
| 3 | 829 | Tan, Hong Zhi Erwyn | 18 | NJC | 26.40 |
| 4 | 600 | Chia, Darius | 18 | HCIC | 23.65 |
| 5 | 1418 | Phua, Ethan | 17 | VJC | 24.23 |
| 6 | 463 | Chwa, EU Rong Lloyd | 18 | EJC | NT |
| 7 | 1177 | Seet, Gabriel | 17 | SJI | NT |
| 8 | 132 | Tan, Tristan | 18 | CJC | NT |
| Heat 3 of 3 Prelims | | | | | |
| 1 | 127 | Kee, Nicholas | 18 | CJC | NT |
| 2 | 1127 | Ajay, Navin Selven | 19 | SAJC | NT |
| 3 | 821 | Ng, Tai Lam | 18 | NJC | 26.48 |
| 4 | 599 | Chern, Samuel | 19 | HCIC | 24.14 |
| 5 | 1287 | Chen, Dexian | 19 | TCT | 24.21 |
| 6 | 814 | Kwa, Yu Xuan | 18 | NJC | 27.98 |
| 7 | 471 | Tay, Augustus Gerald | 18 | EJC | NT |
| 8 | 1185 | Tan, Chi Rey | 17 | SJI | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 311 Men 200 Meter Dash Open

Top 8 Advance by Time

Sunday 19/3/2023 - 10:25 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|------------------------------|-----|------|-----------|
| Heat 1 of 3 Prelims | | | | | |
| 2 | 1102 | Aclag William Gonzal, Gerard | 23 | SUSS | NT |
| 3 | 1500 | Ikhlash, Irfan | 20 | WAC | 23.70 |
| 4 | 886 | Lee, Mark | 19 | OA | 22.24 |
| 5 | 1505 | Koe, Ian | 24 | WAC | 22.74 |
| 6 | 359 | Lu, Weiyi | 36 | ZOOM | 24.76 |
| 7 | 1117 | Kumar, Tarun | 24 | SKY | NT |
| Heat 2 of 3 Prelims | | | | | |
| 2 | 450 | Tay, Steven | 52 | EC | NT |
| 3 | 1119 | Tan, Yong Tzer, Zachary | 19 | SKY | 22.80 |
| 4 | 1010 | Liew, Daryl | 32 | REAC | NT |
| 5 | 757 | Ryan, Prahmarsh | 25 | NTU | 22.79 |
| 6 | 1107 | Lim, Matthew Jude Nerona | 24 | SUSS | 26.78 |
| 7 | 506 | Or, Yong Hur | 20 | HCAA | NT |
| Heat 3 of 3 Prelims | | | | | |
| 2 | 1509 | Lee, Zheng Yu | 19 | WAC | NT |
| 3 | 496 | Muhammad, Hassan | 24 | FTA | 24.00 |
| 4 | 704 | Prudencio, Jiro | 20 | MAXF | 22.61 |
| 5 | 503 | Chia, Aloysius | 20 | HCAA | 22.70 |
| 6 | 1016 | Bin Zainal, Muhammad Fazrey | 26 | SIT | 24.01 |
| 7 | 698 | kannan, pavindhiran | 23 | MAXF | NT |
| 8 | 1116 | Appadurai, Ethan | 22 | SKY | NT |

Event 312 Women Triple Jump U20

Sunday 19/3/2023 - 10:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1394 | Chew, Janna | 18 | VJC | ND |
| 2 | 591 | Teoh, Nadia | 17 | HCIC | ND |
| 3 | 773 | Lahey, Kezia Stephanie | 16 | NJC | 9.21m |
| 4 | 1402 | Quek, Syn Hui | 18 | VJC | 9.69m |
| 5 | 804 | Yunn, Britney Aye Kyaw | 16 | NJC | 9.73m |
| 6 | 791 | Por, Sze Mun | 16 | NJC | 9.66m |
| 7 | 595 | Zhong, Chuhan | 18 | HCIC | 11.77m |
| 8 | 1059 | Tan, Chloe | 19 | SSP | 10.01m |
| 9 | 594 | Woo, Eryn | 17 | HCIC | 10.06m |
| 10 | 1033 | Chanru, Bhavika | 19 | SSP | 10.90m |
| 11 | 691 | Gopikrishna, Bhavna | 17 | MAXF | 11.28m |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 313 Men Discus Throw (1.75kg) U20

Sunday 19/3/2023 - 10:45 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|----------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 995 | Low, Chuan Yi | 19 | RIJC | ND |
| 2 | 902 | Tay, Kai Shin | 18 | OA | 30.45m |
| 3 | 620 | Tham, Jan | 18 | HCIC | ND |
| 4 | 1411 | Dsouza, Russell | 18 | VJC | ND |
| 5 | 1408 | Bin Rafi, Muhammad Irfan | 18 | VJC | ND |
| 6 | 609 | Neo, Shyh Kai | 18 | HCIC | ND |
| 7 | 624 | Wong, Marcus | 18 | HCIC | ND |
| 8 | 809 | Chan, Jin Siang Lucas | 17 | NJC | 36.76m |
| 9 | 1118 | Mohamad Zin, Mohamad Afzal | 18 | SKY | ND |
| 10 | 1013 | Lim, Xavier | 19 | RTC | 24.47m |

Event 314 Men 110 Meter Hurdles (0.991m) U20

Top 8 Advance by Time

Sunday 19/3/2023 - 10:50 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|----------------------------|-----|------|-----------|
| Heat 1 of 2 Prelims | | | | | |
| 2 | 817 | Lim, Jun Yi Matthew | 17 | NJC | NT |
| 3 | 626 | Zhang, Junjian | 17 | HCIC | 19.27 |
| 4 | 1426 | Tan, Kean | 18 | VJC | 16.20 |
| 5 | 605 | Lee, Jayden | 17 | HCIC | 19.18 |
| 6 | 1118 | Mohamad Zin, Mohamad Afzal | 18 | SKY | NT |
| Heat 2 of 2 Prelims | | | | | |
| 2 | 824 | Pang, Jun Wei | 18 | NJC | NT |
| 3 | 703 | Ong, Skye | 19 | MAXF | NT |
| 4 | 981 | Ang, Brandon | 18 | RIJC | 16.40 |
| 5 | 608 | Mah, Joei | 18 | HCIC | 16.61 |
| 6 | 991 | Kyle, Tamondong Castillo | 18 | RIJC | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 315 Boys 110 Meter Hurdles (0.914m) U18

Top 8 Advance by Time

Sunday 19/3/2023 - 11:10 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|--------------------------|-----|------|-----------|
| Heat 1 of 2 Prelims | | | | | |
| 1 | 101 | MA, Jia Qian Hayden | 15 | CH | NT |
| 2 | 1082 | Ooi, Deshann Cayden | 16 | SSP | 20.24 |
| 3 | 962 | Teo, Xavier | 16 | RI | 16.70 |
| 4 | 894 | Reagan, Song | 16 | OA | 14.81 |
| 5 | 1064 | Abdul Razak, Abdul Raqib | 17 | SSP | 15.19 |
| 6 | 922 | Chua, Justin | 15 | RI | 18.10 |
| 7 | 1476 | Telukula, Sourendra | 15 | VS | NT |
| 8 | 115 | Yong, Zheng Yan, Ryan | 16 | CH | NT |
| Heat 2 of 2 Prelims | | | | | |
| 2 | 545 | Pam, Qayshon | 16 | HCI | NT |
| 3 | 910 | Yoo, Sean | 15 | OA | 16.57 |
| 4 | 1070 | Fun, Le Cong Lucas | 17 | SSP | 15.00 |
| 5 | 921 | Chua, Garrett | 15 | RI | 15.07 |
| 6 | 906 | Tong, Xian Yao | 16 | OA | 16.98 |
| 7 | 513 | Chong, Choon-Hou Rafael | 15 | HCI | NT |
| 8 | 83 | Dang, YU Rong | 16 | CH | NT |

Event 316 Boys 100 Meter Hurdles (0.838m) U15

Top 8 Advance by Time

Sunday 19/3/2023 - 11:30 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|--------------------|-----|------|-----------|
| Heat 1 of 2 Prelims | | | | | |
| 1 | 91 | Heng, Kai Hong | 14 | CH | NT |
| 2 | 1157 | Le, Edan | 13 | SJI | NT |
| 3 | 914 | Ang, Bradley | 14 | RI | 17.84 |
| 4 | 1145 | Foo, Basil | 14 | SJI | 15.89 |
| 5 | 1162 | Lim, John | 13 | SJI | 17.75 |
| 6 | 544 | Oon Leroy, Kai Jun | 14 | HCI | NT |
| 7 | 1436 | Fang, Kayden | 14 | VS | NT |
| 8 | 832 | Wong, Jyn Yi Asher | 13 | NJC | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Heat 2 of 2 Prelims...(Event 316 Boys 100 Meter Hurdles (0.838m) U15)

| | | | | | |
|---|------|---------------------|----|-----|-------|
| 2 | 522 | Jayden Yap, Jun YI | 14 | HCI | NT |
| 3 | 75 | Cheong, Justin | 14 | CH | NT |
| 4 | 929 | Ko, Daryen | 14 | RI | NT |
| 5 | 1068 | Chua, Veroy Jia Hao | 14 | SSP | 17.07 |
| 6 | 815 | Leo, Ju Ye Trey | 14 | NJC | 19.60 |
| 7 | 517 | Declan, Khodyat | 14 | HCI | NT |
| 8 | 1448 | Lim, Reagan | 13 | VS | NT |

Event 317 Girls 100 Meter Hurdles (0.762m) U18

Top 8 Advance by Time

Sunday 19/3/2023 - 11:45 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|-------------------------|-----|------|-----------|
| Heat 1 of 2 Prelims | | | | | |
| 2 | 1281 | Lim, Sumana | 16 | TCT | NT |
| 3 | 712 | Chan, Mathea | 16 | NYG | NT |
| 4 | 295 | Looi, Yan Ning Samantha | 16 | SNG | NT |
| 5 | 803 | Yap, Woon Ai Shobi | 16 | NJC | NT |
| 6 | 311 | Tay, Yingxi Vincy | 15 | SNG | NT |
| Heat 2 of 2 Prelims | | | | | |
| 2 | 280 | Goh, Xu En Hannah | 15 | SNG | NT |
| 3 | 181 | Tan, Ayra | 15 | CG | NT |
| 4 | 745 | Soh, Hwei En, Rachel | 15 | NYG | NT |
| 5 | 768 | Heng, Yu Xuan, Sarah | 15 | NJC | NT |
| 6 | 417 | Pao, Tse Teng, Amelia | 15 | DHS | NT |

Event 318 Girls 80 Meter Hurdles (0.762m) U15

Top 8 Advance by Time

Sunday 19/3/2023 - 12:00 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|---------------------------|-----|------|-----------|
| Heat 1 of 2 Prelims | | | | | |
| 1 | 307 | Tan, Saige | 13 | SNG | NT |
| 2 | 747 | Tan, Eden Saige | 14 | NYG | NT |
| 3 | 760 | Chai, Xin Ya | 14 | NJC | 17.95 |
| 4 | 1056 | Seah, Ashley Jia En | 14 | SSP | 15.33 |
| 5 | 1282 | Ng, Jing Wen Ariel | 13 | TCT | 16.88 |
| 6 | 188 | Tan, Xen | 14 | CG | NT |
| 7 | 693 | Kagoro, Anmiela | 14 | MAXF | NT |
| 8 | 741 | Quinn, Puar Min (Pan Min) | 13 | NYG | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Heat 2 of 2 Prelims...(Event 318 Girls 80 Meter Hurdles (0.762m) U15)

| | | | | | |
|---|------|-----------------------|----|------|-------|
| 1 | 172 | Quek, Isabelle | 14 | CG | NT |
| 2 | 314 | Toh, Celeste | 13 | SNG | NT |
| 3 | 766 | Goh, Zining Amelia | 14 | NJC | NT |
| 4 | 1017 | Subramanian, Avyuktha | 14 | SMTF | 16.00 |
| 5 | 801 | Wang, Jing Han Kaelyn | 14 | NJC | 16.20 |
| 6 | 1244 | Kaufmann, Mayah | 14 | TK | NT |
| 7 | 736 | NG, Carrie | 13 | NYG | NT |
| 8 | 277 | Chua, Swee Lin | 13 | SNG | NT |

Event 319 Girls Discus Throw (1kg) U15

Sunday 19/3/2023 - 2:00 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|------------------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 722 | Heng, Min Kit Pauline Clar | 14 | NYG | ND |
| 2 | 159 | Lee, Xinjie | 14 | CG | ND |
| 3 | 726 | Koh, Tze MO | 13 | NYG | ND |
| 4 | 302 | Seah, Jia Xin Isabelle | 14 | SNG | ND |
| 5 | 196 | Yuoh, Abigail | 14 | CG | ND |
| 6 | 320 | Wu, Keyao | 14 | SNG | ND |
| 7 | 724 | Jordan, Chang Tong | 14 | NYG | ND |
| 8 | 138 | Binte Mohamed Ashraf, Nadra Aliyah | 14 | CG | ND |
| 9 | 282 | Guok, Xue Qian | 14 | SNG | ND |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 320 Girls Triple Jump U18

Sunday 19/3/2023 - 2:00 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|------------------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 375 | Low, Grace Jia EN | 16 | CAA | ND |
| 2 | 737 | NG, Lyn Shuen | 16 | NYG | ND |
| 3 | 387 | Yap, Leia | 16 | CAA | ND |
| 4 | 784 | Neo, Le Wei Crystal | 16 | NJC | ND |
| 5 | 1062 | Yovan, Navitha | 16 | SSP | 9.88m |
| 6 | 777 | Liew, Jay Yee Esther | 14 | NJC | 10.23m |
| 7 | 1046 | Lau, Reina | 16 | SSP | 9.54m |
| 8 | 798 | Toh, Peixuan Sheryl | 15 | NJC | ND |
| 9 | 285 | Koh, Han Ning Valerie | 16 | SNG | ND |
| 10 | 244 | Lin, Kayla | 16 | HIJ | ND |
| 11 | 167 | Loh, Lauren | 15 | CG | ND |
| 12 | 173 | Satchy, Charity | 16 | CG | ND |
| 13 | 297 | Ng, Yu Ern Kayinn | 15 | SNG | ND |
| 14 | 1058 | Syed Ahmed Riadh, Sharifah Falisha | 17 | SSP | 10.47m |
| 15 | 1279 | Lim, Chia Ying Kiara | 15 | TCT | 9.55m |
| 16 | 752 | Yeo, Natasha Xuan-Ting | 16 | NYG | ND |
| 17 | 732 | Liew, Tze Chi | 15 | NYG | ND |
| 18 | 1031 | Chan, Cheng Ern Jennica | 15 | SSP | 9.02m |
| 19 | 255 | Solana, Leann Canda | 15 | HIJ | ND |
| 20 | 1202 | Aleyza, Nairaputri | 15 | SACS | ND |
| 21 | 274 | Choo, Min Wen Chloe | 15 | SNG | ND |
| 22 | 145 | chua, keira | 15 | CG | ND |

Event 324 Women 100 Meter Hurdles (0.838m) U20

Sunday 19/3/2023 - 2:30 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 778 | Lim, Hui En Hayley | 18 | NJC | NT |
| 2 | 584 | Soh, Chloe | 17 | HCIC | NT |
| 3 | 1047 | Li, Angela Yu Qing | 17 | SSP | 17.53 |
| 4 | 1405 | Tan, Ashley | 18 | VJC | 17.30 |
| 5 | 583 | Sim, Tricia | 17 | HCIC | 17.64 |
| 6 | 1032 | Chan, Si En Cass | 19 | SSP | NT |
| 7 | 580 | Loh, Chloe | 17 | HCIC | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 325 Boys Pole Vault U18

Sunday 19/3/2023 - 2:30 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|---------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 528 | Koh, Wen Huai | 15 | HCI | NH |
| 2 | 625 | Yeo, Dillon | 17 | HCIC | NH |
| 3 | 1000 | Phone, Min Myat | 17 | RIJC | NH |
| 4 | 510 | Cheong, Joseph | 16 | HCI | NH |
| 5 | 618 | Teoh, Rexton | 17 | HCIC | NH |
| 6 | 569 | Zhao, Maverick | 15 | HCI | NH |
| 7 | 1460 | Raizan, Husainy | 15 | VS | 2.40m |
| 9 | 964 | Wong, Darren | 15 | RI | 2.65m |
| 10 | 946 | Ng, Kyler | 16 | RI | 3.00m |
| 11 | 926 | Ho, Cheng Ze | 16 | RI | 3.00m |
| 12 | 1529 | Zuhayr, Rayan | 16 | WAC | 3.10m |
| 13 | 1526 | Tan, Zhengyan | 16 | WAC | 3.25m |
| 14 | 1480 | Zaid, Khalel | 15 | VS | 3.30m |
| 15 | 1008 | Wei, Yiming | 17 | RIJC | 3.40m |
| 16 | 1446 | Liew, Keondre | 16 | VS | 3.60m |
| 17 | 1494 | Divyanathan, Elijah | 16 | WAC | 3.80m |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 332 Boys Discus Throw (1.5kg) U18

Sunday 19/3/2023 - 3:45 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1431 | Benil, Yuwan Joseph | 16 | VS | ND |
| 2 | 481 | Tan, Seanan | 15 | FAC | ND |
| 3 | 877 | Chew, Jaden | 15 | OA | ND |
| 4 | 1003 | Quah, Xiao Wei | 17 | RIJC | ND |
| 5 | 110 | Tan, Jia Yang | 15 | CH | ND |
| 6 | 556 | Tan, Shyan Zhi | 16 | HCI | ND |
| 7 | 1167 | Ngiam, Shaun | 15 | SJI | ND |
| 8 | 99 | Lim, Zheng Kai, Kellan | 16 | CH | ND |
| 9 | 1155 | Lam, Jayden | 16 | SJI | ND |
| 10 | 543 | Ong, Raymus | 16 | HCI | ND |
| 11 | 93 | Jia, ZI Hao Rian | 15 | CH | ND |
| 12 | 1434 | Chng, Leroy Andre | 16 | VS | ND |
| 13 | 551 | Seetoh, Isaac | 15 | HCI | ND |
| 14 | 951 | Pranaesh, Sivaraman | 16 | RI | 24.51m |
| 15 | 937 | Loh, Anson | 15 | RI | 27.29m |
| 16 | 1002 | Praakthish, Nagarajan | 17 | RIJC | 28.36m |
| 17 | 960 | Teo, Leam | 16 | RI | 36.92m |
| 18 | 1522 | Seah, Dylan | 15 | WAC | 35.00m |
| 19 | 1070 | Fun, Le Cong Lucas | 17 | SSP | 30.54m |
| 20 | 1506 | Kwa, Eu Han | 15 | WAC | 33.00m |
| 21 | 908 | Wong, Samuel | 18 | OA | 40.56m |
| 22 | 1513 | Ng, Chern Yi | 15 | WAC | 40.00m |
| 23 | 1187 | Tan, Jun Jie | 16 | SJI | 43.91m |
| 24 | 1009 | Wong, Choong Yin | 17 | RIJC | 41.01m |
| 25 | 484 | Teoh, Asher | 16 | FAC | ND |
| 26 | 1475 | Tang, Jet | 15 | VS | ND |

Event 335 Women 200 Meter Dash Open

Sunday 19/3/2023 - 3:55 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|----------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 1096 | Koh, Li Shuen | 23 | SUSS | 32.13 |
| 2 | 1342 | Ang, Phoebe | 20 | T360 | 28.15 |
| 3 | 351 | Ng, Grace | 31 | ZOOM | 27.40 |
| 4 | 694 | Kuan, Joy | 32 | MAXF | 26.30 |
| 5 | 1098 | Oh Shuyu, Zann | 20 | SUSS | 26.75 |
| 6 | 443 | Tan, Sui Xin | 28 | EC | 28.02 |
| 7 | 835 | Ang, Jia yi | 22 | NUS | 29.96 |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 337 Boys 400 Meter Hurdles (0.838m) U18

Top 8 Advance by Time

Sunday 19/3/2023 - 4:25 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|---------------------------|-----|------|-----------|
| Heat 1 of 3 Prelims | | | | | |
| 2 | 512 | Chng, Hao Qin | 15 | HCI | NT |
| 3 | 888 | lim, seth | 16 | OA | NT |
| 4 | 1084 | Poh, Edsel | 17 | SSP | 57.25 |
| 5 | 918 | Bin Zulhisham, Shadi | 16 | RI | 1:03.65 |
| 6 | 1469 | Tan, Hao Min | 15 | VS | NT |
| Heat 2 of 3 Prelims | | | | | |
| 2 | 1444 | Kwek, Zac Kin | 15 | VS | NT |
| 3 | 30 | Yeo, Enzo | 16 | ASGC | 1:11.11 |
| 4 | 984 | Haslizal, Hayden Audy Bin | 17 | RIJC | 54.03 |
| 5 | 952 | Reddy, Manuj | 15 | RI | 1:03.93 |
| 6 | 555 | Sun, Zizhuo | 15 | HCI | NT |
| Heat 3 of 3 Prelims | | | | | |
| 2 | 1093 | Yusran, Niq Rifdi Rafiqi | 16 | SSP | NT |
| 3 | 825 | Quek, Mingxi Owen | 15 | NJC | NT |
| 4 | 1362 | Khairulnazim, Mohamed | 17 | TRSA | 58.59 |
| 5 | 910 | Yoo, Sean | 15 | OA | 1:01.20 |
| 6 | 546 | Pang, Shi YU | 15 | HCI | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 338 Boys Triple Jump U18

Sunday 19/3/2023 - 4:30 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-----------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 77 | Chew, Keng Yue, Joshua | 16 | CH | ND |
| 2 | 559 | Tian Yu, Rao | 16 | HCI | ND |
| 3 | 1476 | Telukula, Sourendra | 15 | VS | ND |
| 4 | 428 | Chua, Hongyu | 17 | DHS | ND |
| 5 | 84 | FU, Song | 16 | CH | ND |
| 6 | 519 | Ethan, Kong | 15 | HCI | ND |
| 7 | 87 | Goh, Xun Lei, Jeroen | 16 | CH | ND |
| 8 | 561 | Tristen, Chen | 16 | HCI | ND |
| 9 | 1447 | Lim, Kyan | 15 | VS | ND |
| 10 | 879 | Choo, Daryl | 15 | OA | ND |
| 11 | 1511 | Loo, Jia Kai | 15 | WAC | 9.43m |
| 12 | 1063 | Abdul Jalil, Muhammad Zahin | 16 | SSP | 10.67m |
| 13 | 1514 | Ng, Jun Jie | 16 | WAC | 11.07m |
| 14 | 834 | Yen, Ming Zhen | 14 | NJC | 11.16m |
| 15 | 1074 | Low, Ming Dao Jase | 15 | SSP | 11.49m |
| 16 | 1092 | Tang, Xavier Aloysius | 16 | SSP | 11.80m |
| 17 | 833 | Yang, En Hao Daniel | 15 | NJC | 12.30m |
| 18 | 934 | Lau, Jia Hern | 15 | RI | 12.08m |
| 19 | 1525 | Tan, Shou Yi Rei | 15 | WAC | 12.44m |

Event 339 Girls 400 Meter Hurdles (0.762m) U18

Top 8 Advance by Time

Sunday 19/3/2023 - 4:45 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|-----------------------|-----|------|-----------|
| Heat 1 of 2 Prelims | | | | | |
| 2 | 751 | WU, Ting Wei | 16 | NYG | NT |
| 3 | 142 | Chew, Caelyn | 15 | CG | NT |
| 4 | 304 | Sem, Euna | 15 | SNG | NT |
| 5 | 330 | Foo, Natalie | 16 | STC | NT |
| 6 | 308 | Tan, Shi Ru, Sophie | 15 | SNG | NT |
| Heat 2 of 2 Prelims | | | | | |
| 2 | 442 | Tan, Cadence | 16 | EC | NT |
| 3 | 749 | Teo, Yan Jia | 15 | NYG | NT |
| 4 | 6 | Joanna, Ho | 16 | ASGC | 1:15.00 |
| 5 | 281 | Goh, Yan Xuan Feronia | 16 | SNG | NT |
| 6 | 713 | Cheryl, Tan Pei Xuan | 15 | NYG | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics

Meet Program

Event 340 Boys 200 Meter Hurdles (0.762m) U15

Top 8 Advance by Time

Sunday 19/3/2023 - 4:55 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|-----------------------|-----|------|-----------|
| Heat 1 of 3 Prelims | | | | | |
| 2 | 916 | B, Sanjiith | 14 | RI | NT |
| 3 | 1145 | Foo, Basil | 14 | SJI | NT |
| 4 | 1430 | Ahmad Majid, Kevin | 14 | VS | NT |
| 5 | 544 | Oon Leroy, Kai Jun | 14 | HCI | NT |
| 6 | 67 | Tan, Jun Hong | 14 | BVSS | NT |
| 7 | 815 | Leo, Ju Ye Trey | 14 | NJC | NT |
| Heat 2 of 3 Prelims | | | | | |
| 2 | 832 | Wong, Jyn Yi Asher | 13 | NJC | NT |
| 3 | 511 | Chew Elliot, Bih-Chen | 14 | HCI | NT |
| 4 | 1436 | Fang, Kayden | 14 | VS | NT |
| 5 | 1157 | Le, Edan | 13 | SJI | NT |
| 6 | 117 | Zhou, SI Yuan | 14 | CH | NT |
| 7 | 959 | Tan, Wentao | 13 | RI | NT |
| Heat 3 of 3 Prelims | | | | | |
| 2 | 361 | Seah, Aden | 13 | ZOOM | NT |
| 3 | 1448 | Lim, Reagan | 13 | VS | NT |
| 4 | 517 | Declan, Khodyat | 14 | HCI | NT |
| 5 | 1162 | Lim, John | 13 | SJI | NT |
| 6 | 831 | Wei, Zixiao | 14 | NJC | NT |

Event 341 Girls 200 Meter Hurdles (0.762m) U15

Top 8 Advance by Time

Sunday 19/3/2023 - 5:05 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|-----------------------|-----|------|-----------|
| Heat 1 of 2 Prelims | | | | | |
| 2 | 172 | Quek, Isabelle | 14 | CG | NT |
| 3 | 283 | Ho, Chien Hui Clairra | 14 | SNG | NT |
| 4 | 1244 | Kaufmann, Mayah | 14 | TK | NT |
| 5 | 715 | Chong, Kate Lynn, Lea | 14 | NYG | NT |
| 6 | 766 | Goh, Zining Amelia | 14 | NJC | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics

Meet Program

Heat 2 of 2 Prelims...(Event 341 Girls 200 Meter Hurdles (0.762m) U15)

| | | | | | |
|---|------|---------------------------|----|-----|----|
| 2 | 801 | Wang, Jing Han Kaelyn | 14 | NJC | NT |
| 3 | 306 | Tan, Eng Thiam Meranda | 13 | SNG | NT |
| 4 | 1282 | Ng, Jing Wen Ariel | 13 | TCT | NT |
| 5 | 730 | Leong, Jia Xin Laura | 14 | NYG | NT |
| 6 | 760 | Chai, Xin Ya | 14 | NJC | NT |
| 7 | 741 | Quinn, Puar Min (Pan Min) | 13 | NYG | NT |

Event 342 Men Pole Vault U20

Sunday 19/3/2023 - 5:30 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 619 | Terng, Juin Chih | 18 | HCIC | NH |
| 2 | 992 | Lee, Ian | 18 | RIJC | 3.00m |
| 3 | 1425 | Tan, Joel | 18 | VJC | NH |
| 4 | 1419 | Quek, Jonathan | 18 | VJC | NH |
| 5 | 597 | Cheong, Jay Keat | 18 | HCIC | NH |
| 6 | 1427 | Tew, Enoch | 18 | VJC | NH |
| 7 | 994 | Liu, Yucen | 18 | RIJC | 3.80m |

Event 343 Girls 1500 Meter Race Walk U18

Sunday 19/3/2023 - 5:30 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 193 | Xia, Zixuan | 16 | CG | NT |
| 2 | 771 | Karthikeyan, Medha Reddy | 13 | NJC | 11:26.68 |
| 3 | 143 | Chiam, Ning Hui Kaitlyn | 16 | CG | NT |
| 4 | 1206 | Cheng-Yiu, Kelsey | 15 | SACS | NT |
| 5 | 200 | Loke, Yi Qian Ezen | 16 | CCS | NT |
| 6 | 165 | Lin, Ziqing | 16 | CG | NT |
| 7 | 406 | Kong, Ye Wen Ren | 16 | DHS | NT |
| 8 | 790 | Phua, Rui Qi Lucinda | 16 | NJC | NT |
| 9 | 1204 | Cha, Yi Ling | 16 | SACS | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 344 Boys 3000 Meter Race Walk U18

Sunday 19/3/2023 - 5:50 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|-----------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 1259 | Mateen, Abdul | 15 | TK | NT |
| 2 | 567 | Zancong, Koh | 16 | HCI | NT |
| 3 | 904 | Teh, Aidan | 15 | OA | 19:58.00 |
| 4 | 1267 | Teo, Lev | 15 | TK | NT |
| 5 | 895 | Sae Young, Yoon | 16 | OA | 19:00.34 |
| 6 | 891 | Loo, Xuan Yu | 16 | OA | 17:06.00 |
| 7 | 1527 | Toh, Jude | 15 | WAC | NT |
| 8 | 529 | Koon Kai, Lee | 15 | HCI | NT |
| 9 | 533 | Li Chia, Hsiao | 16 | HCI | NT |
| 10 | 81 | Chong, Alfred | 16 | CH | NT |

Event 345 Girls 800 Meter Run U15

Sunday 19/3/2023 - 6:20 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------------|-----|-------|-----------|
| Section 1 of 4 Timed Finals | | | | | |
| 1 | 1037 | Hertzman, Svea Nadia | 13 | SSP | NT |
| 2 | 859 | Chin, Hui Jia Tiffany | 14 | NBRSS | NT |
| 3 | 222 | Wee, Micole Purida Nanta | 14 | KC | NT |
| 4 | 270 | Chan, Le Xuan Faith | 13 | SNG | NT |
| 5 | 805 | Zhang, Shuya | 13 | NJC | NT |
| 6 | 44 | Tang, Jenell Wan Xuan | 14 | BVSS | NT |
| 7 | 218 | Phua, Skye | 13 | KC | NT |
| 8 | 633 | Jeffey, Deianira | 13 | JSA | NT |
| Section 2 of 4 Timed Finals | | | | | |
| 1 | 343 | Sorrentino, Sara | | STC | NT |
| 2 | 144 | Chiew, Amelia | 13 | CG | NT |
| 3 | 35 | Low, Wee Xuan Denise | 14 | BVSS | NT |
| 4 | 198 | ., Khaalishah Khatoo | 14 | CCS | NT |
| 5 | 1530 | Tay, Joy | 14 | YSS | NT |
| 6 | 1034 | Chew, Megan Shu Ting | 13 | SSP | NT |
| 7 | 1246 | Teoh, Claudia | 14 | TK | NT |
| 8 | 348 | Yeo, Yuh Shin | 14 | STC | NT |
| 9 | 262 | Wang, Xinran Sara | 13 | HIJ | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Section 3 of 4 Timed Finals...(Event 345 Girls 800 Meter Run U15)

| | | | | | |
|----|------|--------------------------------|----|-------|---------|
| 1 | 42 | Senthil, Harshini | 13 | BVSS | NT |
| 2 | 860 | LI, Zhirui, Mika | 14 | NBRSS | NT |
| 3 | 345 | Tang, Andrea | 14 | STC | NT |
| 4 | 386 | Wong, Sze En, Abigail | 14 | CAA | 3:08.00 |
| 5 | 4 | Diana, Terekhova | 13 | ASGC | 2:57.00 |
| 6 | 1215 | Ng, Naomi | 14 | SACS | 2:59.80 |
| 7 | 1055 | Premanandham, Varshana | 14 | SSP | 2:59.00 |
| 8 | 1029 | Abdul Karim, Nuraqyra Shazrynn | 14 | SSP | 3:10.00 |
| 9 | 268 | Chan, Jia Xin Janel | 13 | SNG | NT |
| 10 | 862 | Teo, Angeline Hui Xin | 14 | NBRSS | NT |

Section 4 of 4 Timed Finals

| | | | | | |
|----|------|------------------------|----|------|---------|
| 1 | 381 | Siew, Wen Wen | 14 | CAA | 2:53.81 |
| 2 | 717 | Chua, Ren Hui Luanne | 13 | NYG | 2:50.09 |
| 3 | 1283 | Seow, Kyra | 14 | TCT | 2:48.00 |
| 4 | 1218 | Poon, Charlotte | 14 | SACS | 2:46.50 |
| 5 | 1223 | Tan, Alexis | 14 | SACS | 2:49.00 |
| 6 | 10 | Sarashree, Reddiyar | 14 | ASGC | 2:46.00 |
| 7 | 739 | Peh, Wei RU Shevaun | 14 | NYG | 2:50.25 |
| 8 | 388 | Zhang, Bowen Kellie | 14 | CAA | 2:51.47 |
| 9 | 746 | Sun, Lanning | 14 | NYG | 2:51.30 |
| 10 | 1030 | Abdullah, Naema Kyrana | 14 | SSP | 2:52.00 |

Event 346 Men Triple Jump U20

Sunday 19/3/2023 - 6:45 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|--------------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1415 | Muhammad, Sufyan Abdullah Khan | 18 | VJC | ND |
| 2 | 1163 | Lin, Jiekang | 18 | SJI | 12.00m |
| 3 | 1412 | Emery, Conrad | 17 | VJC | ND |
| 4 | 1161 | Lim, Ethan | 17 | SJI | 11.65m |
| 5 | 470 | Tan, Kian Swee Isaac | 18 | EJC | ND |
| 6 | 612 | Tan, Ashton | 18 | HCIC | ND |
| 7 | 613 | Tan, Jordan | 17 | HCIC | 12.34m |
| 8 | 1006 | Tay, Jih Hwang | 18 | RIJC | 12.24m |
| 9 | 1495 | Feng, Han Lin | 19 | WAC | ND |
| 10 | 603 | Huan, Justus | 18 | HCIC | 12.12m |
| 11 | 1409 | Cheong, Kane | 17 | VJC | ND |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 347 Boys 800 Meter Run U15

Sunday 19/3/2023 - 6:45 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|---------------------------|-----|-------|-----------|
| Section 1 of 2 Timed Finals | | | | | |
| 1 | 1191 | Tseng, Quentin | 13 | SJI | NT |
| 2 | 1090 | Tan, Wilson Shen Kai | 13 | SSP | NT |
| 3 | 869 | Wong, Ryan Tevin | 14 | NBRSS | NT |
| 4 | 432 | Lim, Yan Han Berwin | 14 | DHS | NT |
| 5 | 866 | Lim, Ethan Guan Xun | 14 | NBRSS | NT |
| 6 | 63 | Rougelot, Christian | 13 | BVSS | NT |
| 7 | 1091 | Tang, Cornelius En Jie | 13 | SSP | NT |
| 8 | 1140 | Chen, Daveon | 13 | SJI | NT |
| 9 | 657 | Leroy Lye, Cheng How | 14 | JY | NT |
| 10 | 449 | Tay, Jervis | 14 | EC | NT |
| 11 | 64 | Sivakumar, Sanjay | 14 | BVSS | NT |
| 12 | 477 | Kuah, Ezekiel | 14 | FAC | NT |
| Section 2 of 2 Timed Finals | | | | | |
| 1 | 29 | Timofei, Maslov | 13 | ASGC | 2:45.00 |
| 2 | 13 | Benjamin, Jacob Regehr | 13 | ASGC | 2:41.00 |
| 3 | 20 | Oliver, Fiore | 14 | ASGC | 2:30.00 |
| 4 | 898 | Sim, Bryan | 13 | OA | 2:36.00 |
| 5 | 1066 | Ali, Muhammad Azim | 14 | SSP | 2:20.00 |
| 6 | 1073 | Jee, Kai En Kyan | 14 | SSP | 2:16.00 |
| 7 | 938 | Loo, Jiayi | 13 | RI | 2:55.22 |
| 8 | 943 | Navethan, Muhunthan | 13 | RI | 2:56.52 |
| 9 | 54 | Hayagreev, Jeyaseelan Sai | 14 | BVSS | NT |
| 10 | 1173 | Or, Hou Leong | 13 | SJI | NT |
| 11 | 365 | Wong, zachary | 13 | ZOOM | NT |
| 12 | 867 | Ong, Lionel YU ZE | 14 | NBRSS | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 348 Girls 800 Meter Run U18

Sunday 19/3/2023 - 6:55 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|---------------------------------|-----|-------|-----------|
| Section 1 of 3 Timed Finals | | | | | |
| 1 | 373 | Lee, EN Xian | 16 | CAA | NT |
| 2 | 1316 | Tang, Elizabeth | 16 | TF | NT |
| 3 | 292 | Lee, Ying Emma | 15 | SNG | NT |
| 4 | 336 | Lim, Celeste | 16 | STC | NT |
| 5 | 770 | Jiang, Yuhan | 16 | NJC | NT |
| 6 | 233 | Fong, YU EN | 15 | HIJ | NT |
| 7 | 223 | Binte Abdullah, Nuri Drinisari | 15 | HIJ | NT |
| 8 | 340 | Sidhom, Manuela | 15 | STC | NT |
| 9 | 396 | Ang, Yi Rou Nikki | 15 | DHS | NT |
| 10 | 142 | Chew, Caelyn | 15 | CG | NT |
| Section 2 of 3 Timed Finals | | | | | |
| 1 | 1247 | Than, Alycia | 16 | TK | NT |
| 2 | 319 | Wong, Zhi Qi Nikki | 16 | SNG | NT |
| 3 | 1309 | Chen, Lana | 16 | TF | NT |
| 4 | 382 | Tan, EN Lin, Eunice | 16 | CAA | NT |
| 5 | 418 | Quek, Ning Yi Bernice | 15 | DHS | NT |
| 6 | 368 | Boon, Yan Xin | 16 | CAA | NT |
| 7 | 738 | Ong, Hui Lin | 16 | NYG | NT |
| 8 | 1310 | Goh, Rae-ann | 15 | TF | NT |
| 9 | 744 | Sim, Lee Ern Teri | 16 | NYG | NT |
| 10 | 164 | Lim, Suang Kee | 15 | CG | NT |
| 11 | 330 | Foo, Natalie | 16 | STC | NT |
| Section 3 of 3 Timed Finals | | | | | |
| 1 | 1278 | Koh, Faith | 15 | TCT | NT |
| 2 | 861 | NG, Gerlyn ZI Xin | 16 | NBRSS | 3:46.00 |
| 3 | 713 | Cheryl, Tan Pei Xuan | 15 | NYG | 2:44.92 |
| 4 | 1035 | Chua, Victoria Si Yu | 16 | SSP | 2:42.00 |
| 5 | 794 | Tan Haridas, Shanice | 16 | NJC | 2:40.89 |
| 6 | 1051 | Muammar Gadafi, Siti Nurhidayah | 16 | SSP | 2:48.00 |
| 7 | 1216 | Ng, Zi Ying | 15 | SACS | 2:46.00 |
| 8 | 858 | Ang, Kay Lee | 15 | NBRSS | 3:01.00 |
| 9 | 171 | Omar, Anisah | 16 | CG | NT |
| 10 | 372 | Laetitia, HO EN XI | 16 | CAA | NT |
| 11 | 201 | Sharma, Nikita | 15 | CCS | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 349 Boys 800 Meter Run U18

Sunday 19/3/2023 - 7:10 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------------------|-----|------|-----------|
| Section 1 of 3 Timed Finals | | | | | |
| 1 | 1527 | Toh, Jude | 15 | WAC | NT |
| 2 | 662 | Tan, Chen XI Ian | 16 | JY | NT |
| 3 | 1531 | Marekan, Shahril | 16 | YSS | NT |
| 4 | 1270 | Vijay, Kaeshav | 15 | TK | NT |
| 5 | 1199 | Zhao, Henry | 15 | SJI | NT |
| 6 | 205 | ., Shazvin Muhammad | 17 | CCS | NT |
| 7 | 59 | Loh, Rayson Qiwen | 15 | BVSS | NT |
| 8 | 448 | Tan, Eugene | 15 | EC | NT |
| 9 | 425 | Beh, Yi Xin | 17 | DHS | NT |
| 10 | 1251 | Juluri, Aditya | 15 | TK | NT |
| Section 2 of 3 Timed Finals | | | | | |
| 1 | 1532 | Parthivan, Sarvesh | 16 | YSS | NT |
| 2 | 70 | Vivekanandan, Navien | 16 | BVSS | NT |
| 3 | 1168 | Ong, Jonah | 17 | SJI | NT |
| 4 | 655 | Duke Lucas HO, Shu Huang | 15 | JY | NT |
| 5 | 1306 | Tong, Gabriel | 15 | TCT | NT |
| 6 | 52 | Chua, Keiran Qizhe | 16 | BVSS | NT |
| 7 | 658 | Low, Cheng YI | 15 | JY | NT |
| 8 | 206 | ., Umar | 16 | CCS | NT |
| 9 | 1190 | Tong, Luke | 15 | SJI | NT |
| 10 | 1268 | Than, EE Loong | 15 | TK | NT |
| Section 3 of 3 Timed Finals | | | | | |
| 1 | 816 | Liew, Hng Kai Jethro | 15 | NJC | 2:30.09 |
| 2 | 1071 | Harris Mulyadi, Emre Rizq Mika | 15 | SSP | 2:17.00 |
| 3 | 1320 | Pranit, Nitin | 16 | TF | 2:17.00 |
| 4 | 1358 | Bala Kumar, Varshan | 17 | TRSA | 2:16.00 |
| 5 | 1363 | Leon, Gomes | 16 | TRSA | 2:14.00 |
| 6 | 483 | Tang, Daniel | 17 | FAC | 2:15.00 |
| 7 | 1290 | Curran, Daniel Raihan | 15 | TCT | 2:19.87 |
| 8 | 828 | Solaimuthu, Kausik | 16 | NJC | 2:23.88 |
| 9 | 1292 | Curran, Jake Aryan | 15 | TCT | 2:24.00 |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 350 Women 800 Meter Run U20

Sunday 19/3/2023 - 7:20 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|----------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 799 | Tyles, Rebeka | 18 | NJC | NT |
| 2 | 460 | Tey, Caitlyn Marie | 18 | EJC | NT |
| 3 | 1120 | Jieying, Chin | 18 | SAJC | NT |
| 4 | 452 | Chia, Joelle | 18 | EJC | NT |
| 5 | 871 | Kwok, Jessiree | 18 | OA | 2:50.00 |
| 6 | 1049 | Lum, Janelle Wai Yan | 18 | SSP | 2:30.00 |
| 7 | 1314 | Ng, Regina | 18 | TF | 2:38.00 |
| 8 | 1137 | Yeow, Stiffany | 18 | SJI | 3:00.00 |
| 9 | 788 | Pang, Xe Wen Nicole | 17 | NJC | NT |
| 10 | 1126 | Zhi Qi, Chew | 18 | SAJC | NT |
| 11 | 453 | Koh, Xiulin Kristel | 18 | EJC | NT |

Event 351 Men 800 Meter Run U20

Sunday 19/3/2023 - 7:25 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|-----------------------------------|-----|------|-----------|
| Section 1 of 2 Timed Finals | | | | | |
| 2 | 646 | Walton, David | 19 | JSA | NT |
| 3 | 883 | Khoo, Alexander | 18 | OA | NT |
| 4 | 473 | Zhou, EN Theodore | 18 | EJC | NT |
| 5 | 1420 | Raja, Aadesh | 18 | VJC | NT |
| 6 | 135 | Wan, Ethan | 18 | CJC | NT |
| 7 | 1144 | Faizal, Arshad | 17 | SJI | NT |
| 8 | 133 | Teo, Dylan | 18 | CJC | NT |
| Section 2 of 2 Timed Finals | | | | | |
| 1 | 393 | S/O Mathialagan, Kuru Prakash | 19 | CAA | 2:44.00 |
| 2 | 391 | Chue, Zhi Qiang Jasper | 18 | CAA | 2:29.00 |
| 3 | 893 | Pan, Eliot | 18 | OA | 2:19.00 |
| 4 | 1343 | Kaide, Phang | 18 | T360 | 2:17.00 |
| 5 | 1159 | Lee, Julian | 18 | SJI | 2:15.00 |
| 6 | 1324 | Tan, Zach | 18 | TF | 2:11.00 |
| 7 | 1188 | Tay, Asher Jireh | 17 | SJI | 2:13.00 |
| 8 | 394 | Saviour, Gilbert Dominic | 18 | CAA | 2:15.00 |
| 9 | 827 | Sim, Cheng Jun Isaac | 17 | NJC | 2:17.91 |
| 10 | 389 | Bin Ahmad Nazli, Ahmad Nur Hakeem | 18 | CAA | 2:21.00 |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 352 Men 800 Meter Run Open

Top 12 Advance by Time

Sunday 19/3/2023 - 7:35 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|----------------------------|-------|------------------------------|-----|------|-----------|
| Heat 1 of 2 Prelims | | | | | |
| 1 | 1109 | Ng Chung Liu, Ben | 26 | SUSS | 2:20.00 |
| 2 | 1510 | Lim, Joshua | 29 | WAC | 2:03.00 |
| 3 | 1346 | Moheden, Muhammad Shah Feroz | 39 | T360 | 2:05.00 |
| 4 | 1079 | Muthukumaran, Raam Kumar | 19 | SSP | 2:04.00 |
| 5 | 680 | Shoben, Nikish | 19 | LB | 2:02.00 |
| 6 | 758 | Tok, Yin Pin | 27 | NTU | 2:07.00 |
| 7 | 1023 | Allender, Daniel | 43 | SSH | 2:12.00 |
| 8 | 843 | Chua, Stephen | 23 | NUS | 2:19.00 |
| Heat 2 of 2 Prelims | | | | | |
| 1 | 844 | Hoh, Darius | 25 | NUS | 2:15.00 |
| 2 | 677 | Muhammad, Faizal | 22 | LB | 2:06.00 |
| 3 | 1015 | Ng, Jing Heng | 22 | SIM | 2:04.00 |
| 4 | 1301 | Osman, Amir Rusyaidi | 21 | TCT | 2:03.90 |
| 5 | 1235 | Fayiz, Mohamed Haja | 34 | SWIF | 1:59.00 |
| 6 | 1345 | Kumar, Saran | 21 | T360 | 2:06.00 |
| 7 | 850 | Soh, Jia Sheng | 22 | NUS | 2:23.00 |

Event 353 Men 3000 Meter Steeplechase (0.914m) Open

Sunday 19/3/2023 - 8:00 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|---------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 851 | Tun, Swam Yee | 22 | NUS | 13:28.00 |
| 2 | 1361 | Edry Bin Elias, Poh | 20 | TRSA | 12:20.00 |
| 3 | 854 | Yeo, Brandon | 22 | NUS | 12:05.00 |
| 4 | 847 | Lim, Terry | 25 | NUS | NT |
| 5 | 1321 | Seow, Kyle | 18 | TF | NT |
| 6 | 1323 | Tan, Jonathan | 18 | TF | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 401 Men Long Jump U20

Friday 24/3/2023 - 6:00 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-----------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 2 | 602 | Hoy, Xin Long | 18 | HCIC | ND |
| 3 | 613 | Tan, Jordan | 17 | HCIC | ND |
| 4 | 1176 | Santhosh, Karthik Nodu | 18 | SJI | ND |
| 5 | 465 | Liu, Siyi | 18 | EJC | ND |
| 6 | 1421 | Singh, Balraj | 18 | VJC | ND |
| 7 | 466 | Mikaeel, Irfaan Bin Nazrool | 18 | EJC | ND |
| 8 | 1409 | Cheong, Kane | 17 | VJC | ND |
| 9 | 986 | Hossain, Leo | 18 | RIJC | 5.34m |
| 10 | 1163 | Lin, Jiekang | 18 | SJI | 5.76m |
| 11 | 999 | Ng, Tze Yuan | 18 | RIJC | 5.18m |
| 12 | 1161 | Lim, Ethan | 17 | SJI | 6.00m |
| 13 | 1495 | Feng, Han Lin | 19 | WAC | 6.34m |
| 14 | 985 | Ho, Joshua | 18 | RIJC | 6.11m |
| 15 | 603 | Huan, Justus | 18 | HCIC | 5.55m |
| 16 | 1412 | Emery, Conrad | 17 | VJC | 6.16m |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 402 Girls Shot Put (3kg) U18

Friday 24/3/2023 - 6:00 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-------------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1207 | Chua, Joy | 15 | SACS | ND |
| 2 | 184 | Tan, Huiting | 15 | CG | ND |
| 3 | 326 | Chua, Janelle | 15 | STC | ND |
| 4 | 1226 | Yam, Natalie | 16 | SACS | ND |
| 5 | 231 | D/O Bharath Kumar, Sudarshana | 15 | HIJ | ND |
| 6 | 220 | Toh, Joanna Hui Min | 16 | KC | ND |
| 7 | 271 | Chee, Fenn Alyssa | 15 | SNG | ND |
| 8 | 339 | Ngui, Joey | 16 | STC | ND |
| 9 | 253 | Shaedon, Danieqa | 15 | HIJ | ND |
| 10 | 294 | Lim, Yuxin Angel | 16 | SNG | ND |
| 11 | 337 | NG, Brianna | 15 | STC | ND |
| 12 | 254 | Sim, Vera | 16 | HIJ | ND |
| 13 | 377 | NG, Xin YI | 16 | CAA | ND |
| 14 | 155 | Koh, Wen-Rong | 16 | CG | ND |
| 15 | 750 | Thang, Ying Yue | 16 | NYG | ND |
| 16 | 733 | Lim, CI Rui | 16 | NYG | ND |
| 17 | 305 | Siu, Yu Tung Raechelle | 16 | SNG | ND |
| 18 | 727 | Laurel, Lim Jia EN | 15 | NYG | ND |
| 19 | 1208 | Gill, Ravneet | 15 | SACS | ND |
| 20 | 170 | Ng, Natalie | 16 | CG | ND |

Event 403 Women 3000 Meter Race Walk U20

Friday 24/3/2023 - 6:00 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|---------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 1404 | Sung, Ally | 18 | VJC | NT |
| 2 | 772 | Kuek, Yu Jing | 17 | NJC | 19:57.33 |
| 3 | 1407 | Tan, Lesley | 18 | VJC | NT |
| 4 | 499 | Soh, Cheryl | 19 | HCAA | NT |
| 5 | 582 | Sim, Nicole | 18 | HCIC | 21:41.00 |
| 6 | 570 | Chan, Pei En | 17 | HCIC | NT |
| 7 | 796 | Tay, Rui Wen Audrey | 17 | NJC | 22:36.03 |
| 8 | 1136 | Lim, Natalie | 18 | SJI | NT |
| 9 | 576 | Kao, Samantha | 17 | HCIC | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 404 Men 5000 Meter Race Walk U20

Friday 24/3/2023 - 6:30 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 611 | Ng, Ryan | 18 | HCIC | 2:37.00 |
| 2 | 606 | Lim, Wee Eng | 18 | HCIC | 8:11.00 |
| 3 | 469 | Sean, Tee YU Xiang | 18 | EJC | NT |
| 4 | 596 | Chen, Jing Xuan | 17 | HCIC | NT |
| 5 | 126 | Haridas, Dilan | 18 | CJC | NT |

Event 405 Women 5000 Meter Run Open

Friday 24/3/2023 - 7:10 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|---------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 672 | Toh, Ting Xuan | 23 | LB | 19:00.00 |
| 2 | 912 | Yang, Yan Ching | 35 | PSA | 21:52.00 |
| 3 | 1311 | Goh, Shing Ling | 24 | TF | 22:22.22 |
| 4 | 836 | Chan, Ashley | 21 | NUS | 22:48.00 |
| 5 | 670 | Lye, Andrea | 21 | LB | 24:30.00 |
| 6 | 841 | Toh, Ting Xuan | 23 | NUS | 19:00.00 |
| 7 | 671 | Tan Yun Ru, Bernice | 23 | LB | 22:39.00 |
| 8 | 911 | Ong, Jelene | 31 | PSA | 23:28.00 |
| 9 | 666 | Chiang, Kaylene | 20 | LB | 24:30.00 |
| 10 | 1100 | Tryphena, Tan Yi Le | 26 | SUSS | NT |

Event 406 Women 800 Meter Run Open

Friday 24/3/2023 - 7:35 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 1485 | Patil, Tanisha | 18 | WAC | NT |
| 2 | 839 | Loke, Mei Qi | 21 | NUS | 2:51.00 |
| 3 | 668 | Kok, Jin En | 18 | LB | 2:42.00 |
| 4 | 842 | Wong Si Min, Levyn | 23 | NUS | 2:33.00 |
| 5 | 667 | Gan, Steffi | 24 | LB | 2:34.00 |
| 6 | 665 | Cheah, Chloette | 21 | LB | 2:36.00 |
| 7 | 754 | Choo, Darine | 25 | NTU | 2:44.84 |
| 8 | 1315 | Sam, Vanessa | 21 | TF | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 408 Men 10000 Meter Run Open

Friday 24/3/2023 - 7:45 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|---------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 679 | Rajkumar, Vicknesh | 31 | LB | 1:30.00 |
| 2 | 678 | Ong, Jacky | 26 | LB | 1:30.00 |
| 3 | 682 | Brouwer, Cees | 52 | MR25 | 3:25.00 |
| 4 | 1023 | Allender, Daniel | 43 | SSH | 36:40.00 |
| 5 | 1111 | Tan Wen Long, Jason | 30 | SUSS | 37:30.00 |
| 6 | 673 | Ahmed, Nawaz | 20 | LB | 37:38.00 |
| 7 | 1026 | McIntosh, Stuart | 54 | SSH | 39:19.00 |
| 8 | 876 | Chan, Kayser | 19 | OA | NT |

Event 409 Men Long Jump Open

Friday 24/3/2023 - 8:00 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|------------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1104 | Jayden Cha Chong Hng, Jordan | 27 | SUSS | 5.26m |
| 2 | 1236 | Lee, Adam | 21 | SWIF | 6.93m |
| 3 | 1110 | S/O Gothandaraman, Bhuvanesh | 25 | SUSS | 4.01m |
| 4 | 1304 | Tan, Daryl | 22 | TCT | 6.34m |
| 5 | 1300 | mikhail, shah | 21 | TCT | 5.88m |
| 6 | 1523 | Sen, Munir | 20 | WAC | 6.05m |
| 7 | 491 | Chen, Ke Yuan | 23 | FTA | ND |
| 8 | 1498 | Hussen, Muhammad Aqil | 26 | WAC | ND |
| 9 | 1305 | Toh, Tedd | 21 | TCT | 7.02m |
| 10 | 479 | Medina, Andrew | 21 | FAC | ND |

Event 410 Women Discus Throw (1kg) U20

Friday 24/3/2023 - 8:00 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-------------------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1393 | Bheem, Sarah Leanne | 18 | VJC | ND |
| 2 | 971 | Azmy, Amelia Misha Binte | 18 | RIJC | 22.80m |
| 3 | 571 | Chen, Janelle | 18 | HCIC | ND |
| 4 | 1400 | Muhammad Shahril, Shaleen Nur Elysa | 18 | VJC | ND |
| 5 | 976 | Neo, Le Teng | 18 | RIJC | 26.91m |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 501 Girls Long Jump U18

Saturday 25/3/2023 - 8:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-------------------------|-----|------|-----------|
| Flight 1 of 2 Finals | | | | | |
| 1 | 195 | Ying, Megan | 16 | CG | ND |
| 2 | 1273 | Chee, Chloe | 15 | TCT | ND |
| 3 | 244 | Lin, Kayla | 16 | HIJ | ND |
| 4 | 289 | Kua, Rui Ern Jamie | 16 | SNG | ND |
| 5 | 235 | Hollander, Kirsten | 15 | HIJ | ND |
| 6 | 632 | Huan, Emma | 16 | JSA | ND |
| 8 | 732 | Liew, Tze Chi | 15 | NYG | ND |
| 9 | 145 | chua, keira | 15 | CG | ND |
| 10 | 243 | Lin, Danica | 16 | HIJ | ND |
| 11 | 375 | Low, Grace Jia EN | 16 | CAA | ND |
| 12 | 217 | NG, Shermaine Sarah | 16 | KC | ND |
| 13 | 387 | Yap, Leia | 16 | CAA | ND |
| 14 | 441 | Lee, Shaynnen | 16 | EC | ND |
| 15 | 752 | Yeo, Natasha Xuan-Ting | 16 | NYG | ND |
| 16 | 1202 | Aleyza, Naiaraputri | 15 | SACS | ND |
| Flight 2 of 2 Finals | | | | | |
| 1 | 173 | Satchy, Charity | 16 | CG | ND |
| 2 | 272 | Choo, Jia Yi Allyson | 15 | SNG | ND |
| 3 | 1125 | Yuki, Ho | 17 | SAJC | ND |
| 4 | 712 | Chan, Mathea | 16 | NYG | ND |
| 5 | 795 | Tay, Jia Hui Dayna | 14 | NJC | 3.62m |
| 6 | 1 | ., Jayashree | 15 | ASGC | 3.60m |
| 7 | 784 | Neo, Le Wei Crystal | 16 | NJC | 4.14m |
| 8 | 1113 | Chong, Zoe Han Ting | 15 | SKY | 3.79m |
| 9 | 401 | Goh, Yen Young Amelia | 15 | DHS | 4.12m |
| 10 | 1211 | Leong, Sook Mei | 15 | SACS | 4.24m |
| 11 | 777 | Liew, Jay Yee Esther | 14 | NJC | 4.51m |
| 12 | 1275 | goh, keia | 15 | TCT | 4.30m |
| 13 | 1031 | Chan, Cheng Ern Jennica | 15 | SSP | 4.48m |
| 14 | 1279 | Lim, Chia Ying Kiara | 15 | TCT | 4.65m |
| 15 | 1062 | Yovan, Navitha | 16 | SSP | 4.79m |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 502 Girls Shot Put (3kg) U15

Saturday 25/3/2023 - 8:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|------------------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 724 | Jordan, Chang Tong | 14 | NYG | ND |
| 2 | 282 | Guok, Xue Qian | 14 | SNG | ND |
| 3 | 721 | Gan, Jeng YU | 14 | NYG | ND |
| 4 | 138 | Binte Mohamed Ashraf, Nadra Aliyah | 14 | CG | ND |
| 5 | 291 | Lee, Xing Hui Rachel | 14 | SNG | ND |
| 6 | 276 | Chua, Shu En Kaylyn | 14 | SNG | ND |
| 7 | 379 | Pierrah, Yori Satish | 13 | CAA | ND |
| 8 | 1245 | Tay, Kimmy | 14 | TK | ND |
| 9 | 370 | Chua, Jia Yu, Zephenia | 13 | CAA | ND |
| 10 | 371 | Gopal, Harshिता Cooper | 13 | CAA | ND |
| 11 | 159 | Lee, Xinjie | 14 | CG | ND |
| 12 | 743 | Seow, Yun Ling Rachael | 13 | NYG | ND |
| 13 | 175 | Seah, Shin Tong | 14 | CG | ND |

Event 503 Boys 3000 Meter Run U15

Saturday 25/3/2023 - 8:50 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|---------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 822 | Ng, Yu Sen | 14 | NJC | 12:09.28 |
| 3 | 1254 | Lee, Kieran | 14 | TK | NT |
| 4 | 477 | Kuah, Ezekiel | 14 | FAC | NT |

Event 504 Boys 3000 Meter Run U18

Saturday 25/3/2023 - 9:05 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 1272 | WU, Chuanpeng | 16 | TK | NT |
| 2 | 1268 | Than, EE Loong | 15 | TK | NT |
| 3 | 689 | Tan, Jay Cee | 16 | MSH | NT |
| 4 | 1257 | Lim, Zhong Xian | 16 | TK | NT |
| 5 | 1533 | Seng, Lucas | 16 | YSS | NT |
| 6 | 674 | Koh, Sheng Kai | 17 | LB | 10:10.00 |
| 7 | 675 | Low, Kyan | 15 | LB | 10:10.00 |
| 8 | 810 | Chua, Xavier | 14 | NJC | 12:27.18 |
| 9 | 1267 | Teo, Lev | 15 | TK | NT |
| 11 | 1532 | Parthivan, Sarvesh | 16 | YSS | NT |
| 12 | 483 | Tang, Daniel | 17 | FAC | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 505 Men 400 Meter Hurdles (0.914m) U20

Saturday 25/3/2023 - 9:35 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|-----------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 817 | Lim, Jun Yi Matthew | 17 | NJC | NT |
| 2 | 824 | Pang, Jun Wei | 18 | NJC | NT |
| 3 | 610 | Ng, Jayden | 18 | HCIC | 1:10.45 |
| 4 | 615 | Tan, Tristan | 18 | HCIC | 1:06.07 |
| 5 | 605 | Lee, Jayden | 17 | HCIC | 1:06.11 |
| 6 | 818 | Loh, Hin Yin Langston | 17 | NJC | NT |
| 7 | 1087 | Shan, anandan | 19 | SSP | NT |

Event 507 Women 400 Meter Hurdles (0.762m) Open

Saturday 25/3/2023 - 10:05 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|---------------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 1483 | Kang, Pei Ling | 26 | WAC | NT |
| 2 | 1032 | Chan, Si En Cass | 19 | SSP | 1:11.14 |
| 3 | 1489 | Tan, Clenyce | 24 | WAC | 1:08.33 |
| 4 | 1040 | Jaiganth, Laavinia | 17 | SSP | 1:04.93 |
| 5 | 1045 | Koh, Shun Yi Audrey | 17 | SSP | 1:07.05 |
| 6 | 1042 | Khoo, Tyeisha Rene Misson | 20 | SSP | 1:09.99 |

Event 508 Women 400 Meter Hurdles (0.762m) U20

Saturday 25/3/2023 - 10:20 AM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 3 | 765 | Goh, Yu Xin | 17 | NJC | NT |
| 4 | 583 | Sim, Tricia | 17 | HCIC | 1:17.37 |
| 5 | 778 | Lim, Hui En Hayley | 18 | NJC | 1:24.49 |

Event 509 Women High Jump U20

Saturday 25/3/2023 - 10:40 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-----------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 581 | Neo, Charlize | 18 | HCIC | 1.30m |
| 2 | 594 | Woo, Eryn | 17 | HCIC | 1.35m |
| 3 | 977 | Ng, Natalie | 18 | RIJC | 1.35m |
| 4 | 592 | Wong, Jin Rou | 17 | HCIC | 1.48m |
| 5 | 1396 | Fu, Qiwen | 18 | VJC | NH |
| 6 | 973 | Lee, Alysa | 18 | RIJC | NH |
| 7 | 1403 | Seet, Jadyne | 17 | VJC | 1.40m |
| 8 | 872 | Tong, Jing Ning | 18 | OA | 1.46m |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet ProgramEvent 511 Boys Long Jump U15
Saturday 25/3/2023 - 10:45 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|------------------------------|-----|------|-----------|
| Flight 1 of 2 Finals | | | | | |
| 1 | 1165 | Neo, Wayne | 14 | SJI | ND |
| 2 | 1437 | Ghosh, Arko | 12 | VS | ND |
| 3 | 539 | Marcus, Seow | 14 | HCI | ND |
| 4 | 1474 | Tang, Cayman | 14 | VS | ND |
| 5 | 1148 | Khoo, Joshua | 13 | SJI | ND |
| 6 | 518 | Emmanuel, Loo | 14 | HCI | ND |
| 7 | 113 | Tong, Xuan YU | 14 | CH | ND |
| 8 | 109 | Tan, E-Kai | 14 | CH | ND |
| 9 | 1065 | Ahmed Ridzwan, Eshan Shayaan | 13 | SSP | ND |
| 10 | 74 | Che, Pinran | 14 | CH | ND |
| 11 | 564 | Xiyuan, Li | 14 | HCI | ND |
| 12 | 1141 | Chen, Timothy | 14 | SJI | ND |
| 13 | 1443 | Koh, Lucas | 14 | VS | ND |

Flight 2 of 2 Finals

| | | | | | |
|----|------|-----------------------------|----|------|-------|
| 1 | 1094 | Zool Ihsan, Muhammad Reza | 13 | SSP | ND |
| 2 | 1295 | HO, Oliver | 14 | TCT | ND |
| 3 | 907 | Wee, Finn | 14 | OA | ND |
| 4 | 948 | Ong, Chern Hao | 14 | RI | 4.07m |
| 5 | 1069 | Elessa, Marc David | 14 | SSP | 3.79m |
| 6 | 1293 | Gautham, Annadurai | 14 | TCT | 4.50m |
| 7 | 880 | Foo, Jacob | 13 | OA | 4.44m |
| 8 | 957 | Tan, Joshua | 14 | RI | 4.61m |
| 9 | 1067 | Azhar, Muhammad Aaryan Shah | 14 | SSP | 5.19m |
| 10 | 1068 | Chua, Veroy Jia Hao | 14 | SSP | 5.24m |
| 11 | 947 | Ng, Wei Jie | 14 | RI | 4.57m |
| 12 | 1086 | See, Jovan Kai Le | 14 | SSP | 4.16m |
| 13 | 23 | Seah, Aden Jia Kai | 13 | ASGC | 4.08m |

Event 514 Women Javelin Throw (600g) Open
Saturday 25/3/2023 - 11:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|----------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 199 | Fernandez, Aerial | 19 | CCS | ND |
| 2 | 474 | Seah, Michelle | 24 | FAC | ND |
| 3 | 1486 | Shanmugaratnam, Maya | 27 | WAC | 30.00m |
| 4 | 1490 | Teo, Hui Juen | 34 | WAC | 33.00m |
| 5 | 837 | Chiu, Jing Wen | 27 | NUS | 34.00m |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 515 Men High Jump U20

Saturday 25/3/2023 - 2:00 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|---------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1412 | Emery, Conrad | 17 | VJC | NH |
| 2 | 996 | Low, Glenn | 17 | RIJC | NH |
| 3 | 467 | NG, Jing Kai Aldred | 18 | EJC | NH |
| 4 | 622 | Wang, Lingjun | 19 | HCIC | NH |
| 6 | 1089 | Tan, Elijah | 19 | SSP | 1.85m |
| 7 | 612 | Tan, Ashton | 18 | HCIC | 1.87m |
| 8 | 1424 | Tan, Ian | 18 | VJC | 1.69m |
| 9 | 623 | Wong, Asher | 17 | HCIC | 1.86m |

Event 516 Boys Javelin Throw (600g) U15

Saturday 25/3/2023 - 2:00 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|----------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 98 | Lee, Zheng Xuan (Li Zheng) | 14 | CH | ND |
| 2 | 1461 | Ramesh, Sharvesh | 14 | VS | ND |
| 3 | 1152 | Kuah, Joshua | 13 | SJI | ND |
| 4 | 103 | NG, YI Yang Jerome | 13 | CH | ND |
| 5 | 1169 | Ong, Matthew | 14 | SJI | ND |
| 6 | 940 | Low, Lucas | 13 | RI | 15.00m |
| 7 | 950 | Poh, Darius | 14 | RI | 31.69m |
| 8 | 1142 | Chern, Ze Hearn | 14 | SJI | ND |
| 9 | 967 | Ye, Matthew | 13 | RI | 15.00m |
| 10 | 896 | Siaw, Ashton | 14 | OA | ND |
| 11 | 1438 | Gupta, Vansh | 14 | VS | ND |
| 12 | 1470 | Tan, Jose | 13 | VS | ND |
| 13 | 532 | Li, Jiting | 14 | HCI | ND |
| 14 | 22 | Sam, Yin Hoi | 13 | ASGC | 20.00m |
| 15 | 92 | Howe, Cheng Long Lewin | 13 | CH | ND |
| 16 | 563 | Wong, Zi Hao | 14 | HCI | ND |
| 17 | 514 | Chong, Xin Yi | 14 | HCI | ND |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 517 Girls 4x100 Meter Relay U15

Top 8 Advance by Time

Saturday 25/3/2023 - 3:00 PM

| Lane | Comp# | Team | Relay | Seed Time |
|----------------------------|----------|------------------------------|----------|------------------------------|
| Heat 1 of 2 Prelims | | | | |
| 2 | | SINGAPORE SPORTS SCHOOL | A | NT |
| | 1) #1039 | Jai Raj, Krisha Shashini 14 | 2) #1034 | Chew, Megan Shu Ting 13 |
| | 3) #1029 | Abdul Karim, Nuraqyra Sha4) | #1053 | Ng, Reeyern 13 |
| | 5) #1048 | Lim, Nichole Yi Han 13 | 6) #1055 | Premanandham, Varshana 14 |
| 3 | | UNITY SECONDARY SCHOOL | A | NT |
| | 1) #1378 | ng, michelle 14 | 2) #1374 | lee, gervelle 14 |
| | 3) #1373 | koh, cheryl 14 | 4) #1377 | Mahisha, Muthukumar 14 |
| | 5) #1372 | chan, abby 14 | 6) #1376 | Lim, Jayla 14 |
| 4 | | NANYANG GIRLS' HIGH SCHOOL | A | NT |
| | 1) #734 | Liu, Yixin 14 | 2) #747 | Tan, Eden Saige 14 |
| | 3) #736 | NG, Carrie 13 | 4) #741 | Quinn, Puar Min (Pan Min) 14 |
| | 5) #715 | Chong, Kate Lynn, Lea 14 | 6) #723 | Huang, Tianai 14 |
| 5 | | NATIONAL JUNIOR COLLEGE | A | NT |
| 6 | | CHIJ SECONDARY (TOA PAYOH) | A | NT |
| | 1) #262 | Wang, Xinran Sara 13 | 2) #260 | Tsen, YU Han 13 |
| | 3) #250 | Ramachandra, Rania 14 | 4) #258 | Tan, Samantha 14 |
| | 5) #265 | Yee, Carmen 14 | 6) #239 | Lee, Eleanor 14 |
| Heat 2 of 2 Prelims | | | | |
| 2 | | DUNMAN HIGH SCHOOL | A | NT |
| | 1) #420 | Tan, Shi Jin, Angela 14 | 2) #414 | Ng, Rei Ann 13 |
| 3 | | JUNYUAN SECONDARY SCHOOL | A | NT |
| | 1) #650 | Aliya, Nurul | 2) #648 | Alia, Nuha |
| | 3) #651 | Emilia Koh, Miki 16 | 4) #652 | Fatin Fazeela, Binte Samsudi |
| 4 | | BUKIT VIEW SECONDARY SCHOOL | A | NT |
| | 1) #33 | Ewing-Chow, Elyssa Grace 13 | 2) #41 | Sallehuddin, Sofia Alia 13 |
| | 3) #43 | Suresh Kumar, Priyaangha 14 | 4) #45 | Teoh, Fernanda AI QI 14 |
| 5 | | CEDAR GIRLS SECONDARY SCHOOL | A | NT |
| | 1) #174 | Seah, Kayley 13 | 2) #190 | Toh, Chloe 14 |
| | 3) #183 | tan, heather 14 | 4) #187 | Tan, Shannon 14 |
| | 5) #150 | joan, claudia 14 | 6) #182 | Tan, Charlotte 13 |
| 6 | | CHIJ ST. NICHOLAS GIRLS' | A | NT |
| | 1) #293 | Lim, Yi Qing Hannah 14 | 2) #306 | Tan, Eng Thiam Meranda 13 |
| | 3) #309 | Tan, Xiu Wen Faith 13 | 4) #312 | Teh, Xin Ni Charlotte 14 |
| | 5) #283 | Ho, Chien Hui Clair 14 | | |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 518 Boys 4x100 Meter Relay U15

Top 8 Advance by Time

Saturday 25/3/2023 - 3:20 PM

| Lane | Comp# | Team | Relay | Seed Time |
|----------------------------|----------------------------------|-------------------------------------|------------------------------------|------------------------------------|
| Heat 1 of 2 Prelims | | | | |
| 2 | | BUKIT VIEW SECONDARY SCHOO | A | NT |
| | 1) #68 Tan, Pin Yuan 14 | 2) #67 Tan, Jun Hong 14 | 3) #71 Yeo, You Hian 13 | 4) #65 Tan, Dylan Tze LE 13 |
| 3 | | TEAM CICADA TRACKERS | A | NT |
| | 1) #1295 HO, Oliver 14 | 2) #1293 Gautham, Annadurai 14 | 3) #1307 Wang, MingLe 14 | 4) #1296 Lim, John 13 |
| 4 | | UNITY SECONDARY SCHOOL | A | NT |
| | 1) #1384 hong, jared 14 | 2) #1385 Kok, Jaydeus 13 | 3) #1392 wong, Zachery 14 | 4) #1390 Sai, Pramod 13 |
| | 5) #1391 Tan, Dylan 14 | 6) #1387 Neo, Elvis 14 | | |
| 5 | | NATIONAL JUNIOR COLLEGE | A | NT |
| 6 | | SINGAPORE SPORTS SCHOOL | A | NT |
| | 1) #1069 Elessa, Marc David 14 | 2) #1067 Azhar, Muhammad Aaryan S) | 3) #1073 Jee, Kai En Kyan 14 | 4) #1091 Tang, Cornelius En Jie 13 |
| | 5) #1068 Chua, Veroy Jia Hao 14 | 6) #1064 Abdul Razak, Abdul Raqib 1 | | |
| 7 | | VICTORIA SCHOOL | A | NT |
| | 1) #1436 Fang, Kayden 14 | 2) #1433 Chen, Zihan 14 | 3) #1448 Lim, Reagan 13 | 4) #1479 Yeo, Shin Kee 14 |
| | 5) #1477 Veerappan, Aditya 14 | | | |
| Heat 2 of 2 Prelims | | | | |
| 2 | | CATHOLIC HIGH SCHOOL | A | NT |
| 3 | | JUNYUAN SECONDARY SCHOOL | A | NT |
| | 1) #654 Dickson Lim, DE Sheng 14 | 2) #657 Leroy Lye, Cheng How 14 | 3) #661 Muhammad Amir, Bin Abdul4) | 4) #660 M, Izz |
| 4 | | ST JOSEPH'S INSTITUTION | A | NT |
| | 1) #1143 Chua, Isaac 14 | | | |
| 5 | | HWA CHONG INSTITUTION | A | NT |
| 6 | | RAFFLES INSTITUTION | A | NT |
| | 1) #924 Goh, Aidan 13 | 2) #929 Ko, Daryen 14 | 3) #941 Mennella, Leonardo 13 | 4) #963 Wang, Qiyue 14 |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 519 Girls 4x100 Meter Relay U18

Top 8 Advance by Time

Saturday 25/3/2023 - 3:40 PM

| Lane | Comp# | Team | Relay | Seed Time |
|----------------------------|----------|----------------------------|----------|-----------------------------|
| Heat 1 of 2 Prelims | | | | |
| 2 | | CHIJ STC | A | NT |
| | 1) #327 | Destiny, Andramada 15 | 2) #325 | Choi, Ming Xin 16 |
| | 3) #331 | Kan, Kayler 15 | 4) #342 | Siu, Emily 16 |
| | 5) #335 | Leo, Chloe 15 | | |
| 3 | | CHIJ ST. NICHOLAS GIRLS' | A | NT |
| | 1) #280 | Goh, Xu En Hannah 15 | 2) #290 | Lee, Shyin Elizabeth 15 |
| | 3) #296 | Ng, Sok Chee Jayme 16 | 4) #295 | Looi, Yan Ning Samantha 16 |
| 4 | | BUKIT VIEW SECONDARY SCHOO | A | NT |
| | 1) #31 | Cai, Yawen 16 | 2) #32 | Chan, Jia Xin 15 |
| | 3) #37 | Mohamed Ismail, Baasima Ta | 4) #38 | Mohammad Dzulkifli, Dina Af |
| 5 | | UNITY SECONDARY SCHOOL | A | NT |
| | 1) #1380 | Teo, felicia 16 | 2) #1381 | Tor, Natalie 15 |
| | 3) #1379 | Saravanan, Annapoorani 15 | 4) #1375 | lieu, anxin 16 |
| 6 | | NANYANG GIRLS' HIGH SCHOOL | A | NT |
| | 1) #712 | Chan, Mathea 16 | 2) #716 | Chua, Amanda Jia Ying 15 |
| | 3) #735 | Lui, Rui Xian 15 | 4) #745 | Soh, Hwei En, Rachel 15 |
| | 5) #752 | Yeo, Natasha Xuan-Ting 16 | 6) #713 | Cheryl, Tan Pei Xuan 15 |
| 7 | | DUNMAN HIGH SCHOOL | A | NT |
| | 1) #421 | Tee, Hui Xin, Natalie 14 | | |
| Heat 2 of 2 Prelims | | | | |
| 2 | | SINGAPORE SPORTS SCHOOL | A | NT |
| | 1) #1043 | Koh, Jing Xuan Bernyce 16 | 2) #1052 | Neo, En Yu 16 |
| | 3) #1044 | Koh, Shi Xuann Bevlyn 16 | 4) #1061 | Vaz, Luisa Marie 15 |
| | 5) #1038 | Ho, Yi Xuan 15 | 6) #1028 | Abdul Aziz, Zara Almira 16 |
| 3 | | NATIONAL JUNIOR COLLEGE | A | NT |
| 4 | | CHIJ SECONDARY (TOA PAYOH) | A | NT |
| | 1) #242 | Lim, Mabel 16 | 2) #256 | Tan, Chloe 15 |
| | 3) #246 | Mak, Kyla 15 | 4) #255 | Solana, Leann Canda 15 |
| | 5) #236 | Ishise, Kino 15 | 6) #249 | NG, Jing Xuan 15 |
| 5 | | TEAM CICADA TRACKERS | A | NT |
| | 1) #1273 | Chee, Chloe 15 | 2) #1275 | goh, keia 15 |
| | 3) #1284 | Tan, Le Xiao 15 | 4) #1280 | Lim, Glynis 15 |
| | 5) #1285 | Teo, Alexis 15 | | |
| 6 | | CEDAR GIRLS SECONDARY SCHO | A | NT |
| | 1) #195 | Ying, Megan 16 | 2) #178 | Soh, Sharlene 16 |
| | 3) #189 | Teh, Justine 16 | 4) #179 | Soliva, Zara 15 |
| | 5) #181 | Tan, Ayra 15 | 6) #156 | Lau, Ashley 15 |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 520 Boys 4x100 Meter Relay U18

Top 8 Advance by Time

Saturday 25/3/2023 - 4:00 PM

| Lane | Comp# | Team | Relay | Seed Time |
|----------------------------|----------|-----------------------------|----------|-----------------------------|
| Heat 1 of 2 Prelims | | | | |
| 3 | | TANJONG KATONG SECONDARY S | A | NT |
| | 1) #1260 | Ong, Zachary 16 | 2) #1253 | Lee, Jayvier 16 |
| | | | 3) #1256 | Lim, Marcus 15 |
| | | | 4) #1271 | Wei, ZE AN 15 |
| 4 | | NATIONAL JUNIOR COLLEGE | A | NT |
| 5 | | SINGAPORE SPORTS SCHOOL | A | NT |
| | 1) #1064 | Abdul Razak, Abdul Raqib 16 | 2) #1077 | Molokwu, Ifeanyichukwu A3) |
| | | | 3) #1082 | Ooi, Deshann Cayden 16 |
| | 4) #1078 | Muhammad Rashid, Emir 16) | 5) #1093 | Yusran, Niq Rifdi Rafiqi 16 |
| 6 | | CATHOLIC HIGH SCHOOL | A | NT |
| 7 | | ST JOSEPH'S INSTITUTION | A | NT |
| | 1) #1138 | Chan, Luke 16 | 2) #1160 | Lim, Elliot 16 |
| | | | 3) #1175 | Rajah, Dhiran Dev 15 |
| | 4) #1199 | Zhao, Henry 15 | 4) #1182 | Shi, Darius 16 |
| Heat 2 of 2 Prelims | | | | |
| 2 | | UNITY SECONDARY SCHOOL | A | NT |
| | 1) #1382 | Alphonso, Theodore 15 | 2) #1383 | Haqem, Adryan 16 |
| | | | 3) #1386 | Lynam, Nash Sing 15 |
| | 4) #1388 | Ng, Shayne 15 | 4) #1389 | Pang, Lucas 15 |
| 3 | | HWA CHONG INSTITUTION | A | NT |
| 4 | | RAFFLES INSTITUTION | A | NT |
| | 1) #921 | Chua, Garrett 15 | 2) #919 | Chan, Brayden 16 |
| | | | 3) #962 | Teo, Xavier 16 |
| | 4) #918 | Bin Zulhisham, Shadi 16 | 4) #918 | Bin Zulhisham, Shadi 16 |
| 5 | | TEAM CICADA TRACKERS | A | NT |
| | 1) #1290 | Curran, Daniel Raihan 15 | 2) #1291 | Curran, Harry Irfan 15 |
| | | | 3) #1292 | Curran, Jake Aryan 15 |
| | 4) #1289 | Chu, Jonathan 15 | 4) #1303 | sim, ambrose 16 |
| 6 | | BUKIT VIEW SECONDARY SCHOO | A | NT |
| | 1) #57 | Lim, Kieran Yong Xiang 16 | 2) #61 | NG, Dylan YU Loong 15 |
| | | | 3) #60 | Luah, Evan Kay LE 16 |
| | 4) #49 | Chan, Michael Johan 16 | 4) #49 | Chan, Michael Johan 16 |
| 7 | | VICTORIA SCHOOL | A | NT |
| | 1) #1435 | Eshan, Shareeq 16 | 2) #1464 | Seah, Matthew 16 |
| | | | 3) #1451 | Low, Kayden 15 |
| | 4) #1466 | Singam, Lakshan 15 | 4) #1432 | Chan, Jerome 15 |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 521 Boys Javelin Throw (700g) U18

Saturday 25/3/2023 - 4:00 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 568 | Zhao, Daniel | 15 | HCI | ND |
| 2 | 819 | Long, Jia Cheng | 16 | NJC | 24.91m |
| 3 | 931 | Kwa, Euhan | 15 | RI | 50.14m |
| 4 | 1459 | Quek, Jeremiah | 17 | VS | ND |
| 5 | 99 | Lim, Zheng Kai, Kellan | 16 | CH | ND |
| 6 | 956 | Tan, Huai Feng | 15 | RI | 37.88m |
| 7 | 607 | Lye, Evan | 17 | HCIC | ND |
| 8 | 944 | Ng, Gabriel | 15 | RI | 44.70m |
| 9 | 1193 | Wan, Wan | 15 | SJI | ND |
| 10 | 1457 | Pham, Phu Minh | 16 | VS | ND |
| 11 | 562 | Wang, Jingbo | 15 | HCI | ND |
| 12 | 72 | AW, Lucas | 16 | CH | ND |
| 13 | 538 | Liu, Shijia | 15 | HCI | ND |
| 14 | 1518 | Phua, Dexton | 16 | WAC | 48.80m |
| 15 | 100 | Liu, Yue Heng | 16 | CH | ND |
| 16 | 1092 | Tang, Xavier Aloysius | 16 | SSP | ND |
| 17 | 901 | Tan, Ryan | 15 | OA | ND |
| 18 | 982 | Cheng, Arthur | 17 | RIJC | 43.93m |
| 19 | 1501 | Jusdi, Jadon | 16 | WAC | 45.00m |
| 20 | 1196 | Wong, Jayden | 16 | SJI | ND |
| 21 | 1473 | Tan, Wei Han | 16 | VS | ND |

Event 526 Women 400 Meter Dash U20

Saturday 25/3/2023 - 4:40 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|------------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 408 | Lim, Ze Qin, Rae | 18 | DHS | NT |
| 2 | 789 | Patankar, Anika Nilesh | 18 | NJC | NT |
| 3 | 871 | Kwok, Jessiree | 18 | OA | 1:13.50 |
| 4 | 1032 | Chan, Si En Cass | 19 | SSP | 1:04.58 |
| 5 | 1357 | Ying Qi Eiffer, Lim | 19 | TRSA | 1:09.00 |
| 6 | 763 | Ganesan, Lajithani | 18 | NJC | 1:14.48 |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 530 Boys Long Jump U18

Saturday 25/3/2023 - 5:00 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|------------------------|-----|------|-----------|
| Flight 1 of 2 Finals | | | | | |
| 1 | 102 | NG, YI Jie | 16 | CH | ND |
| 2 | 1166 | Ng, Jayden | 16 | SJI | ND |
| 3 | 212 | Tan, Yiquan | 16 | CCS | ND |
| 4 | 445 | ., Hongjun | 16 | EC | ND |
| 5 | 1014 | Koh, Yu-Hao, Kyron | 16 | SAGA | ND |
| 6 | 519 | Ethan, Kong | 15 | HCI | ND |
| 7 | 77 | Chew, Keng Yue, Joshua | 16 | CH | ND |
| 8 | 561 | Tristen, Chen | 16 | HCI | ND |
| 9 | 1442 | Kapil, Ahan | 16 | VS | ND |
| 10 | 1196 | Wong, Jayden | 16 | SJI | ND |
| 11 | 1512 | Mowe, Christopher | 15 | WAC | ND |
| 12 | 685 | Law, YU Zhe | 16 | MSH | ND |
| 13 | 1012 | Kumar, Viresh | 16 | RTC | ND |
| 14 | 1192 | Velazquez, Gabriel | 15 | SJI | ND |
| 15 | 566 | Yuzhe, Chen | 15 | HCI | ND |

Flight 2 of 2 Finals

| | | | | | |
|----|------|---------------------------------|----|------|-------|
| 1 | 87 | Goh, Xun Lei, Jeroen | 16 | CH | ND |
| 2 | 209 | Pereira, Raphael | 16 | CCS | ND |
| 3 | 921 | Chua, Garrett | 15 | RI | 6.49m |
| 4 | 915 | Aqil, Mirza Bin Aminurrash | 15 | RI | 5.39m |
| 5 | 833 | Yang, En Hao Daniel | 15 | NJC | 5.99m |
| 6 | 1083 | Ortega, Rafael Pedro | 16 | SSP | 5.44m |
| 7 | 1511 | Loo, Jia Kai | 15 | WAC | 5.56m |
| 8 | 1063 | Abdul Jalil, Muhammad Zahin | 16 | SSP | 5.38m |
| 9 | 1076 | Mohammad Ghazali, Mohammad Mart | 17 | SSP | 5.99m |
| 10 | 1074 | Low, Ming Dao Jase | 15 | SSP | 5.74m |
| 11 | 928 | Ho, Shuen | 15 | RI | 5.83m |
| 13 | 19 | Ng, Xian Wei | 16 | ASGC | 4.95m |
| 14 | 1080 | Ng, Jayden | 15 | SSP | 5.64m |
| 15 | 1514 | Ng, Jun Jie | 16 | WAC | 5.69m |

Event 531 Men 3000 Meter Steeplechase (0.914m) U20

Saturday 25/3/2023 - 5:20 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|----------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 444 | ., Hernan | 19 | EC | NT |
| 2 | 1369 | Yi Yong Gideon, Wong | 18 | TRSA | NT |
| 3 | 811 | Fang, Chen | 17 | NJC | 13:28.59 |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 532 Boys 2000 Meter Steeplechase (0.838m) U18

Saturday 25/3/2023 - 5:45 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------------------|-----|-------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 1071 | Harris Mulyadi, Emre Rizq Mika | 15 | SSP | 7:45.00 |
| 2 | 614 | Tan, Khai Shyan | 17 | HCIC | NT |
| 3 | 863 | Bin Edi, Mohamad Aqid Syahrek | 15 | NBRSS | NT |

Event 533 Women 10000 Meter Race Walk Open

Saturday 25/3/2023 - 6:10 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|-------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 499 | Soh, Cheryl | 19 | HCAA | NT |
| 2 | 1099 | Seet, Rachel | 20 | SUSS | NT |
| 3 | 1097 | Lim Qi Le, Sheila | 25 | SUSS | NT |
| 4 | 500 | Ting, Allison | 24 | HCAA | NT |

Event 534 Men Javelin Throw (800g) Open

Saturday 25/3/2023 - 6:30 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 480 | Ng Kai Leong, Roy | 20 | FAC | ND |
| 2 | 485 | Wong, Yijie Lucas | 19 | FAC | ND |
| 3 | 507 | Wang, Ting Jia | 23 | HCAA | 55.71m |

Event 535 Women 1500 Meter Run Open

Saturday 25/3/2023 - 7:20 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|--------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 754 | Choo, Darine | 25 | NTU | 5:44.14 |
| 2 | 1315 | Sam, Vanessa | 21 | TF | 5:28.00 |
| 3 | 667 | Gan, Steffi | 24 | LB | 5:17.00 |
| 4 | 842 | Wong Si Min, Levyn | 23 | NUS | 5:26.00 |
| 5 | 665 | Cheah, Chloette | 21 | LB | 5:30.00 |
| 6 | 378 | NG, Yew Cheo | 37 | CAA | NT |
| 7 | 838 | Lee, Jiaqi | 20 | NUS | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 536 Men 1500 Meter Run Open

Saturday 25/3/2023 - 7:25 PM

| Lane | Comp# | Name | Age | Team | Seed Time |
|------------------------------------|-------|------------------------------|-----|------|-----------|
| Section 1 of 1 Timed Finals | | | | | |
| 1 | 857 | Yong Ray, Pang | 25 | NUS | 4:45.00 |
| 2 | 680 | Shoben, Nikish | 19 | LB | 4:26.00 |
| 3 | 1366 | S/O Krishna, Hariharan | 25 | TRSA | 4:20.00 |
| 4 | 1238 | Lin, Jing Chao | 22 | SWIF | 4:21.00 |
| 5 | 1345 | Kumar, Saran | 21 | T360 | 4:20.00 |
| 6 | 1360 | Chia, Shawn | 24 | TRSA | 4:20.00 |
| 7 | 1301 | Osman, Amir Rusyaidi | 21 | TCT | 4:19.17 |
| 8 | 1235 | Fayiz, Mohamed Haja | 34 | SWIF | 4:18.00 |
| 9 | 1520 | S/O Ilangoh, Aravinthan | 21 | WAC | 4:18.00 |
| 10 | 677 | Muhammad, Faizal | 22 | LB | 4:25.00 |
| 11 | 1368 | Wen Qiang, Koh | 26 | TRSA | 4:30.00 |
| 12 | 1346 | Moheden, Muhammad Shah Feroz | 39 | T360 | 4:30.00 |
| 13 | 890 | Loo, Nathan | 21 | OA | 4:33.00 |
| 14 | 1022 | Lum, Justin | 38 | SMTF | 4:49.00 |
| 15 | 856 | Yeow, Joshua | 22 | NUS | 4:50.00 |
| 16 | 1496 | Gan, Lingxin | 42 | WAC | 4:52.00 |

Event 601 Girls Triple Jump U15

Sunday 26/3/2023 - 8:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-----------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 775 | Lee, Yi Xuan Giselle | 14 | NJC | 8.56m |
| 2 | 785 | Ng, Min Julia Anne | 12 | NJC | 8.87m |
| 3 | 317 | Wang, Siang Yi, Sarah | 14 | SNG | ND |
| 4 | 283 | Ho, Chien Hui Clairra | 14 | SNG | ND |
| 5 | 780 | Lin, Jing Han Ariel | 13 | NJC | ND |
| 6 | 299 | Ong, Hui En | 13 | SNG | ND |
| 7 | 742 | Renee, Rajah | 13 | NYG | ND |
| 8 | 719 | Fiona, Scott Harrison | 14 | NYG | ND |
| 9 | 728 | Lee, Hui AN Heather | 14 | NYG | ND |
| 10 | 1282 | Ng, Jing Wen Ariel | 13 | TCT | 8.82m |
| 11 | 9 | Ng, Anna Yi Ning | 14 | ASGC | 7.80m |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 602 Men Hammer Throw (7.26kg) Open

Sunday 26/3/2023 - 8:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-----------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1020 | Lalwani, Arvind | 43 | SMTF | 26.47m |
| 2 | 1021 | Lum, Chee Meng | 70 | SMTF | ND |
| 3 | 1018 | Fotohi, Reza | 56 | SMTF | ND |

Event 603 Boys Pole Vault U15

Sunday 26/3/2023 - 9:00 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-----------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1441 | Jiang, Yun Fan | 14 | VS | 2.60m |
| 2 | 548 | Quek, Hoe Choon | 14 | HCI | NH |
| 3 | 929 | Ko, Daryen | 14 | RI | 2.80m |
| 4 | 930 | Koo, Jia Jun | 14 | RI | 2.10m |
| 5 | 1472 | Tan, Thaddeus | 14 | VS | 1.60m |
| 6 | 541 | Neoh, Terrance | 14 | HCI | NH |
| 7 | 530 | Lee, Jun Wei | 14 | HCI | NH |
| 8 | 923 | Foo, Sean | 14 | RI | 2.10m |
| 9 | 1439 | HO, Caden | 14 | VS | 2.20m |

Event 604 Boys Discus Throw (1kg) U15

Sunday 26/3/2023 - 9:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-----------------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1454 | Mohamad Shaiful, Muhammad Izdihar | 14 | VS | ND |
| 2 | 531 | Lee, Yu Foong | 14 | HCI | ND |
| 3 | 515 | Chua, Ethan | 14 | HCI | ND |
| 4 | 950 | Poh, Darius | 14 | RI | 29.26m |
| 5 | 97 | Lee, Jay-Len | 14 | CH | ND |
| 6 | 550 | See, Roel | 14 | HCI | ND |
| 7 | 969 | Yong, Aloysius | 14 | RI | 28.85m |
| 8 | 1455 | Mohamed Gazali, Mohamed An'Nique | 14 | VS | ND |
| 9 | 104 | OH, Han Hao Xavier | 14 | CH | ND |
| 10 | 970 | Zhao, Yuan | 14 | RI | 27.91m |
| 11 | 1149 | Khushwanth, Vikram | 14 | SJI | ND |
| 12 | 1452 | Lye, Elliot | 14 | VS | ND |
| 13 | 96 | Lau, Kor Jun Ian (Liu Kej | 14 | CH | ND |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 605 Boys 4x400 Meter Relay U18

Top 8 Advance by Time

Sunday 26/3/2023 - 10:00 AM

| Lane | Comp# | Team | Relay | Seed Time |
|----------------------------|----------------|-------------------------------------|---------------------------------|---------------------------------|
| Heat 1 of 2 Prelims | | | | |
| 2 | | MARIS STELLA HIGH SCHOOL | A | NT |
| | 1) #685 | Law, YU Zhe 16 | 2) #688 | Phua, Zander 16 |
| | 3) #684 | Chua, Hao EN Verek 16 | 4) #683 | Choo, Yan Hee Chase 16 |
| 3 | | SINGAPORE SPORTS SCHOOL | A | NT |
| | 1) #1077 | Molokwu, Ifeanyichukwu A2) #1078 | Muhammad Rashid, Emir 16) #1075 | Mohamed Redzwan, Muhamad) #1080 |
| | 5) #1093 | Yusran, Niq Rifdi Rafiqi 166) #1071 | Harris Mulyadi, Emre Rizq | |
| 4 | | JUNYUAN SECONDARY SCHOOL | A | NT |
| | 1) #655 | Duke Lucas HO, Shu Huang 2) #658 | Low, Cheng YI 15 | 3) #659 |
| | Low, Jie YI 17 | 4) #662 | Tan, Chen XI Ian 16 | |
| 5 | | HWA CHONG INSTITUTION | A | NT |
| 6 | | ST JOSEPH'S INSTITUTION | A | NT |
| Heat 2 of 2 Prelims | | | | |
| 2 | | BUKIT VIEW SECONDARY SCHO | A | NT |
| | 1) #61 | NG, Dylan YU Loong 15 | 2) #57 | Lim, Kieran Yong Xiang 16 |
| | 3) #53 | Ganesh, Aarya 15 | 4) #70 | Vivekanandan, Navien 16 |
| 3 | | NATIONAL JUNIOR COLLEGE | A | NT |
| 4 | | RAFFLES INSTITUTION | A | NT |
| | 1) #918 | Bin Zulhisham, Shadi 16 | 2) #952 | Reddy, Manuj 15 |
| | 3) #968 | Yin, Ming Jun 16 | 4) #936 | Lim, Brandon 15 |
| 5 | | CATHOLIC HIGH SCHOOL | A | NT |
| 6 | | TEAM CICADA TRACKERS | A | NT |
| | 1) #1292 | Curran, Jake Aryan 15 | 2) #1290 | Curran, Daniel Raihan 15 |
| | 3) #1303 | sim, ambrose 16 | 4) #1306 | Tong, Gabriel 15 |

Event 606 Men Triple Jump Open

Sunday 26/3/2023 - 10:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|----------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1508 | Lee, Gabriel | 20 | WAC | 14.76m |
| 2 | 1236 | Lee, Adam | 21 | SWIF | 13.67m |
| 3 | 1105 | Jong, Shawn | 23 | SUSS | ND |
| 4 | 1502 | Kapil, Arnav | 20 | WAC | ND |
| 5 | 491 | Chen, Ke Yuan | 23 | FTA | ND |
| 6 | 479 | Medina, Andrew | 21 | FAC | ND |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 607 Men Discus Throw (2kg) Open

Sunday 26/3/2023 - 11:30 AM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-----------------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1088 | Sheik Aluu'udin, Skeik Fayz | 20 | SSP | 34.69m |
| 2 | 508 | Yee Chun Wai, Eric | 24 | HCAA | 49.40m |
| 3 | 1528 | Toh, Wei De | 37 | WAC | 38.00m |
| 4 | 505 | Mook, He Jun | 21 | HCAA | 33.67m |
| 5 | 1013 | Lim, Xavier | 19 | RTC | ND |

Event 611 Men Pole Vault Open

Sunday 26/3/2023 - 2:30 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|-----------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 852 | Wong Jun Yong, Clevon | 23 | NUS | NH |
| 2 | 355 | Ang, Guo Jun | 32 | ZOOM | NH |
| 3 | 476 | Heng, Jee Kuan | 21 | FAC | NH |
| 4 | 1515 | Ng, Kean Mun | 58 | WAC | 3.40m |
| 5 | 363 | Wee, Elliott | 21 | ZOOM | 4.40m |
| 6 | 848 | Low, Jun Yu | 22 | NUS | 4.60m |
| 7 | 504 | Koh, Aaron | 28 | HCAA | 4.40m |
| 8 | 846 | Koh, Wei Shien | 28 | NUS | 4.80m |

Event 613 Women 4x100 Meter Relay U20

Sunday 26/3/2023 - 2:45 AM

| Lane | Comp# | Team | Relay | Seed Time |
|------------------------------------|-----------------------------|-------------------------------|-------------------------|-------------------------------|
| Section 1 of 1 Timed Finals | | | | |
| 2 | | TEAM CICADA TRACKERS | A | NT |
| | 1) #1277 Kim, Niesha Kim 17 | 2) #1274 Chen, Claire 18 | 3) #1281 Lim, Sumana 16 | 4) #1276 hamdani, emily 16 |
| 3 | | NATIONAL JUNIOR COLLEGE | A | NT |
| 4 | | RAFFLES INSTITUTION JC | A | NT |
| | 1) #979 Wong, Chloe 18 | 2) #974 Leong, Kirsten May 18 | 3) #975 Liau, Lyn 18 | 4) #978 Ng, Regina Hui Jun 18 |
| 5 | | EUNOIA JUNIOR COLLEGE | A | NT |
| 6 | | VICTORIA JUNIOR COLLEGE | A | NT |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 614 Men 4x100 Meter Relay U20

Sunday 26/3/2023 - 3:00 PM

| Lane | Comp# | Team | Relay | Seed Time |
|------------------------------------|--------------------------------------|----------------------------------|--------------------------------|------------------------|
| Section 1 of 1 Timed Finals | | | | |
| 2 | | COUGARS ATHLETIC ASSOCIATIO | A | NT |
| | 1) #389 Bin Ahmad Nazli, Ahmad Nu2) | #390 Bin Baharudin, Mohammad B) | #391 Chue, Zhi Qiang Jasper 18 | 4) #392 Han, Mao EN 18 |
| | 5) #393 S/O Mathialagan, Kuru Prak6) | #394 Saviour, Gilbert Dominic 18 | | |
| 3 | | ST JOSEPH'S INSTITUTION | A | NT |
| | 1) #1153 Kwok, Kieran James 17 | | | |
| 4 | | NATIONAL JUNIOR COLLEGE | A | NT |
| 5 | | VICTORIA JUNIOR COLLEGE | A | NT |
| 6 | | RAFFLES INSTITUTION JC | A | NT |
| | 1) #997 Loy, Caleb 18 | 2) #989 Koh, Isaac 18 | 3) #1005 Tan, Tate 18 | 4) #988 Kho, Darren 18 |
| 7 | | EUNOIA JUNIOR COLLEGE | A | NT |

Event 615 Men 4x100 Meter Relay Open

Sunday 26/3/2023 - 3:15 PM

| Lane | Comp# | Team | Relay | Seed Time |
|------------------------------------|---------------------------------------|-------------------------------------|--------------------------|-------------------------------------|
| Section 1 of 1 Timed Finals | | | | |
| 3 | | SINGAPORE UNIVERSITY OF SOCI | A | NT |
| | 1) #1102 Aclag William Gonzal, Gera2) | #1103 Bin Abdul Jalil, Abdul HakiB) | #1105 Jong, Shawn 23 | 4) #1107 Lim, Matthew Jude Nerona . |
| 5 | | OLDHAM ATHLETICS | A | NT |
| | 1) #874 Abisha, Ivan 23 | 2) #875 Arsyad, Yusuf 22 | 3) #889 Lin, Dexter 24 | 4) #905 Teow, Alphonsus 24 |
| 6 | | TEAM CICADA TRACKERS | A | NT |
| | 1) #1304 Tan, Daryl 22 | 2) #1305 Toh, Tedd 21 | 3) #1288 Chng, Elgene 25 | 4) #1297 Louis, Marc Brian 21 |
| | 5) #1308 Zulkhair, Muhd 26 | | | |

Event 616 Girls 4x400 Meter Relay U15

Sunday 26/3/2023 - 3:30 PM

| Lane | Comp# | Team | Relay | Seed Time |
|------------------------------------|---------------------------------------|------------------------------------|---------------------------------|---------------------------------|
| Section 1 of 1 Timed Finals | | | | |
| 2 | | CEDAR GIRLS SECONDARY SCHO | A | NT |
| | 1) #144 Chiew, Amelia 13 | 2) #158 Lee, Ruth Anna 14 | 3) #151 Kandasamy, Kavimalar 14 | 4) #183 tan, heather 14 |
| | 5) #157 Lee, Emma 14 | | | |
| 3 | | BUKIT VIEW SECONDARY SCHO | A | NT |
| | 1) #41 Sallehuddin, Sofia Alia 13 | 2) #43 Suresh Kumar, Priyaangha 14 | 3) #45 Teoh, Fernanda AI QI 14 | 4) #44 Tang, Jenell Wan Xuan 14 |
| 4 | | NATIONAL JUNIOR COLLEGE | A | NT |
| 5 | | NANYANG GIRLS' HIGH SCHOOL | A | NT |
| | 1) #717 Chua, Ren Hui Luanne 13 | 2) #725 Koh, Qixuan, Dilys 13 | 3) #730 Leong, Jia Xin Laura 14 | 4) #746 Sun, Lanning 14 |
| | 5) #734 Liu, Yixin 14 | 6) #723 Huang, Tianai 14 | | |
| 6 | | CHIJ STC | A | NT |
| | 1) #323 Arundhati Joseph, Annette 14) | #329 Fogarty, Sonia 14 | 3) #343 Sorrentino, Sara | 4) #347 Toh, Izen 14 |
| | 5) #345 Tang, Andrea 14 | 6) #348 Yeo, Yuh Shin 14 | | |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 617 Boys 4x400 Meter Relay U15

Sunday 26/3/2023 - 3:45 PM

| Lane | Comp# | Team | Relay | Seed Time |
|------------------------------------|---------------------------|-----------------------------|----------------------------------|--------------------------------|
| Section 1 of 1 Timed Finals | | | | |
| 2 | | HWA CHONG INSTITUTION | A | NT |
| 3 | | BUKIT VIEW SECONDARY SCHOO | A | NT |
| | 1) #68 Tan, Pin Yuan 14 | 2) #65 Tan, Dylan Tze LE 13 | 3) #58 Lim, Yang YI Tristan 14 | 4) #66 Tan, Guan Yu, Zavier 14 |
| 4 | | ACTIVESG CLUB | A | NT |
| | 1) #20 Oliver, Fiore 14 | 2) #29 Timofei, Maslov 13 | 3) #13 Benjamin, Jacob Regehr 13 | 4) #14 Diganth, Subash 13 |
| 5 | | CATHOLIC HIGH SCHOOL | A | NT |
| 6 | | NATIONAL JUNIOR COLLEGE | A | NT |
| 7 | | ST JOSEPH'S INSTITUTION | A | NT |
| | 1) #1139 Chao, Zachary 14 | | | |
| 8 | | RAFFLES INSTITUTION | A | NT |
| | 1) #914 Ang, Bradley 14 | 2) #924 Goh, Aidan 13 | 3) #942 Nagaraj, Dhiyanesh 14 | 4) #959 Tan, Wentao 13 |

Event 618 Girls 4x400 Meter Relay U18

Sunday 26/3/2023 - 4:00 PM

| Lane | Comp# | Team | Relay | Seed Time |
|------------------------------------|--------------------------------|-------------------------------------|------------------------------------|------------------------------------|
| Section 1 of 1 Timed Finals | | | | |
| 1 | | CEDAR GIRLS SECONDARY SCHO | A | NT |
| | 1) #191 Toh, Isabel 16 | 2) #179 Soliva, Zara 15 | 3) #189 Teh, Justine 16 | 4) #171 Omar, Anisah 16 |
| | 5) #192 Velu, Yazhini 15 | 6) #142 Chew, Caelyn 15 | | |
| 2 | | CHIJ STC | A | NT |
| | 1) #340 Sidhom, Manuela 15 | 2) #342 Siu, Emily 16 | 3) #331 Kan, Kayler 15 | 4) #336 Lim, Celeste 16 |
| | 5) #330 Foo, Natalie 16 | 6) #325 Choi, Ming Xin 16 | | |
| 3 | | BUKIT VIEW SECONDARY SCHOO | A | NT |
| | 1) #31 Cai, Yawen 16 | 2) #36 M, Nivedita 16 | 3) #37 Mohamed Ismail, Baasima Tas | 4) #34 Koo, YI Zhen 14 |
| 4 | | COUGARS ATHLETIC ASSOCIATIO | A | NT |
| | 1) #383 Tan, KE Ying Charis 15 | 2) #382 Tan, EN Lin, Eunice 16 | 3) #376 Neo, Wei, Judyth 15 | 4) #384 Tan, Zhi Xuan Delphis 15 |
| 5 | | NANYANG GIRLS' HIGH SCHOOL | A | NT |
| | 1) #720 FU, YU 15 | 2) #735 Lui, Rui Xian 15 | 3) #713 Cheryl, Tan Pei Xuan 15 | 4) #743 Seow, Yun Ling Rachael 13 |
| | 5) #751 WU, Ting Wei 16 | | | |
| 6 | | TEAM CICADA TRACKERS | A | NT |
| | 1) #1285 Teo, Alexis 15 | 2) #1284 Tan, Le Xiao 15 | 3) #1278 Koh, Faith 15 | 4) #1276 hamdani, emily 16 |
| 7 | | NATIONAL JUNIOR COLLEGE | A | NT |
| 8 | | SINGAPORE SPORTS SCHOOL | A | NT |
| | 1) #1052 Neo, En Yu 16 | 2) #1035 Chua, Victoria Si Yu 16 | 3) #1062 Yovan, Navitha 16 | 4) #1051 Muammar Gadafi, Siti Nurh |
| | 5) #1061 Vaz, Luisa Marie 15 | 6) #1028 Abdul Aziz, Zara Almira 16 | | |



SA National Track and Field Championships 2023 - 17/3/2023 to 26/3/2023

Home of Athletics
Meet Program

Event 620 Women Pole Vault Open

Sunday 26/3/2023 - 4:30 PM

| Pos | Comp# | Name | Age | Team | Seed Mark |
|-----------------------------|-------|--------------------|-----|------|-----------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 1487 | Shi, Joey | 23 | WAC | NH |
| 2 | 501 | Yang, Rachel | 41 | HCAA | NH |
| 3 | 353 | Sia, Cherlin | 22 | ZOOM | NH |
| 4 | 1482 | Hanim, Asmah | 39 | WAC | 2.80m |
| 5 | 840 | Tan Tee Hui, Maxim | 20 | NUS | 3.00m |

Event 621 Men 4x400 Meter Relay U20

Sunday 26/3/2023 - 4:30 PM

| Lane | Comp# | Team | Relay | Seed Time |
|------------------------------------|-------|---------------------------------------------------------------------------------------------------------------------------|-------|-----------|
| Section 1 of 1 Timed Finals | | | | |
| 3 | | COUGARS ATHLETIC ASSOCIATIO | A | NT |
| | | 1) #389 Bin Ahmad Nazli, Ahmad Nu2) #390 Bin Baharudin, Mohammad B) #391 Chue, Zhi Qiang Jasper 18 4) #392 Han, Mao EN 18 | | |
| | | 5) #393 S/O Mathialagan, Kuru Prak6) #394 Saviour, Gilbert Dominic 18 | | |
| 4 | | TEAM CICADA TRACKERS | A | NT |
| | | 1) #1291 Curran, Harry Irfan 15 2) #1287 Chen, Dexian 19 3) #1286 Bharadwaj, Akash 19 4) #1302 Ryan, Koh 19 | | |
| 5 | | NATIONAL JUNIOR COLLEGE | A | NT |
| 6 | | EUNOIA JUNIOR COLLEGE | A | NT |
| 7 | | RAFFLES INSTITUTION JC | A | NT |
| | | 1) #983 Goh, Jaeng Hee 17 2) #997 Loy, Caleb 18 3) #1004 Sudhakar, Shaun Max 18 4) #981 Ang, Brandon 18 | | |

