



**PENANG TRACK & FIELD
CHAMPIONSHIP 2024
STADIUM BANDARAYA PULAU
PINANG
13 - 14 JULY 2024**



101 10000m Lelaki Terbuka - Final (07:00 AM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0064	MUHAMMAD AMMAR	SMKDHAB	NT	
2	0201	NEESHANT A/L PARAMASEVAM	SMK SYED MOHAMED ALBUKHARY	NT	
3	0209	MUHAMMAD ZULFIQAR HAFIZUL BIN MOHAMAD	TEAM VRC	NT	
4	0273	WEI XIANG VOON	MUAR CHHS	NT	
5	0925	MUHAMMAD HANI IRFAN BIN ABDULLAH	SMK BUKIT GAMBIR	NT	
6	0424	RUVESHWARAN A/L BALACHANDRAN	TEAM VRC	NT	
7	0496	NG WEI LIM	INDIVIDUAL	NT	
8	0593	MUHAMMAD SAFIY MOHD SUHAIMI	MI ATHLETICS	NT	
9	0596	M. SHAHRUL WAIZ MOHAMAD SHAHROM	MI ATHLETICS	NT	
10	0708	SHARVIN MURUGAN	MYFA ATHLETICS	NT	
11	0008	TAN JIA SHEN	SMKMB	NT	

102 5000m Wanita Terbuka - Final (07:40 AM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0011	TIFFANY SOH BENG CHU	SELANGOR TEAM	NT	
2	0211	AINA AFIQAH	KEDAH	NT	
3	0624	LIANG HUI LIM	HAPPY RUNNING	NT	
4	0695	AMRITHAA POOVENDREN	MYFA ATHLETICS	NT	
5	0815	HENG JIA YEE	TEAM VRC	NT	
6	0841	TARSHINI A/P MARAN	TEAM KMY	NT	
7	0219	LIM YAN XIN	TEAM COACH FAROUK	NT	

103 Lompat Tinggi Wanita Terbuka - Final (08:00 AM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0694	SITI NUR HIDAYAH BT. JOHARI	JAGUH IMPIAN	NT	
2	0781	YUKI LIM YING HUI	SIN MIN PRIVATE	NT	
3	0793	RUSYDINA DINA	SMSAH	NT	
4	0794	WAN NURDAMYA	SMSAH	NT	

104 Lompat Jauh L12 - Final (08:00 AM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0060	AMSYAR DARWISY ASNI	SK TAMAN PALMA	NT	
2	0142	MOHAMAD ALIF RIDHWAN JAMIL	TEAM COACH FAROUK	NT	
3	0137	MUHAMMAD UMAR UZAIR RHEMI RIZAL	TEAM COACH FAROUK	NT	
4	0307	MUHAMMAD AZFAR SYAFI IN MOHD AZRIL	DOJ ATHLETICS	NT	
5	0308	MUHAMMAD TAUFIQ BIN AMIR	DOJ ATHLETICS	NT	
6	0309	LUTH MIKHAIL BIN MOHD MUSTAKIM	DOJ ATHLETICS	NT	
7	0310	MUHAMMAD ADAM HARIS BIN SHYROZAN	DOJ ATHLETICS	NT	
8	0311	MUHAMAD ISQRAFIL BIN MOHD HAIRUL	DOJ ATHLETICS	NT	
9	0546	ELYAS BIN MOHD SHERWANY	CAK SPORT ACADEMY	NT	
10	0547	MUHAMMAD ILHAM WAFEEQ BIN RUZAIDI	CAK SPORT ACADEMY	NT	
11	0576	MOHAMED ZAWIR BIN MOHAMED AFFENDI	CAK SPORT ACADEMY	NT	



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HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
12	0625	SYAZWAN ARIP SHAH	TEAMCIKGUKHAIRITCK	NT	
13	0639	MUHAMMAD IRHAM MOHD RASHIDI	SEKEBUN	NT	
14	0674	MUHAMMAD ALI HAMKA BIN MOHD HELMI	MAJLIS SUKAN SEKOLAH PERAK	NT	
15	0675	MUHAMAD NUR KHALISH BIN ABDUL RAHMAN	MAJLIS SUKAN SEKOLAH PERAK	NT	

105 80m P9 - TFinal (08:30 AM)

HEAT : 1 OF 3					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0753	TARUNEHKAA S.MOHANARAJ	PERSATUAN OLAHRAGA KERIAN	NT	
3	0006	JANICE LEONG CHEN LING	SJK HUN BIN	NT	
4	0221	LIM YAN XUAN	TEAM COACH FAROUK	NT	
5	0141	NOR NAYLIE AHMAD NASAIE	TEAM COACH FAROUK	NT	
6	0512	NUR IMAN QAISARA MOHAMAD SYARIL	SUNGAI ARA ATHLETICS CLUB	NT	
7	0539	NUR IZZATUL AKMA MOHD TAJERI	TEAM SIK	NT	
8	0751	NUR MIA ZULAIKHA MOHAMAD HAFIZ	SEKEBUN	NT	

HEAT : 2 OF 3					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0870	FILZAH AMANI KHALIDA MUHAMMAD FADHLI	ZY DREAM TEAM	NT	
2	0755	NURUL ALESHA ZAHRA AHMAD FADZIL	SEKEBUN	NT	
3	0061	NUR AISHA FARHANA ASNI	SK TAMAN PALMA	NT	
4	0200	MAISYA ZAIRA MOHAMED ASHRAF	MAISYA ZAIRA	NT	
5	0410	DHAMIRAH AFIAH MUHAMMAD HATTA	TEAM SSB	NT	
6	0472	NUR AIN SOFIYAH AHMAD RIDUAN	SUNGAI ARA ATHLETICS CLUB	NT	
7	0590	MEDINA SAFFIYA MUHAMMAD FAHMI	SUNGAI ARA ATHLETICS CLUB	NT	
8	0750	NUR NAZIHAN HANA MOHD NAIM	SEKEBUN	NT	

HEAT : 3 OF 3					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0840	SOWMIYA PRAKHASH	ALFA GABRIANS RUNNING CLUB	NT	
2	0771	ARADHANA NITTHIYAVANAN	YOUNG LION ATHLETICS CLUB	NT	
3	0192	NOR SYAZAA SHUHADA MOHD SAKIMIE	TEAM COACH FAROUK	NT	
4	0193	NUR MEDINA QAISARA YUSMAN	TEAM COACH FAROUK	NT	
5	0409	DHAMIRAH AMANI MUHAMMAD HATTA	TEAM SSB	NT	
6	0441	ZARA ZAFERRA BINTI KAMARUZAMAN	TCH ATHLETICS CLUB	NT	
7	0591	NUR ADRIEANA QAISAR BINTI ROSLIE	SUNGAI ARA ATHLETICS CLUB	NT	
8	0749	NUR NAYLA SAFIYA MUHAMMAD ZUHAILI	SEKEBUN	NT	

106 80m L9 - TFinal (08:40 AM)

HEAT : 1 OF 4					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0772	MIRZA MUAZZAM AZAZUDIN	SEKEBUN	NT	
3	0051	M. FATEH M. SHAHRIL	PENKALAN JAYA SPORTS SCHOOL	NT	
4	0225	MUHAMMAD ALIF AQIL	TEAM COACH FAROUK	NT	
5	0229	MUHD HARIS MIKHAIL MOHAMAD FAIZ	PERSATUAN OLAHRAGA KERIAN	NT	
6	0715	M AMSYAR FURQAN MOHAMMAD FIRDAUS	SIMPIANG THUNDER	NT	
7	0716	M AMSYAR ZARITH MOHD ZAMRI	SIMPIANG THUNDER	NT	
8	0761	RAIQAL SUFIYYAN NABILULFIKRI	SEKEBUN	NT	



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HEAT : 2 OF 4					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0776	NHARENDRA RAM PALANY	YOUNG LION ATHLETICS CLUB	NT	
3	0070	SURIYA MARIMUTHU	KELAB OLAHRAGA SHAHSARA	NT	
4	0194	MOHAMAD SHAKIR SARIFUDDIN	TEAM COACH FAROUK	NT	
5	0235	TEJASVEER SELVAM	TEAM COACH FAROUK	NT	
6	0714	MUHAMMAD AMMAR ZIYAD MUHAMMAD SYAFIQ	SIMPIANG THUNDER	NT	
7	0717	M FAWWAZ IRSYAD MUHAMMAD FARIHAN	SIMPIANG THUNDER	NT	
8	0748	MUHAMMAD AL FATEH ZUPRI	SEKEBUN	NT	

HEAT : 3 OF 4					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0880	SANTHOSH SEVARAMAN	YOUNG LION ATHLETICS CLUB	NT	
3	0138	MUHAMAD ANAS KHALISH MUHD SAUFI	TEAM COACH FAROUK	NT	
4	0154	VINNAYAG KRISHNAN	KELAB OLAHRAGA SHAHSARA	NT	
5	0312	SAHOULI CHEIKH FAIZAL	KELAB OLAHRAGA SHAHSARA	NT	
6	0687	MOHAMAD SYAFIQ IQBAL KAMAL	MAJLIS SUKAN SEKOLAH PERAK	NT	
7	0718	M HAREEZ ADRIAN MOHD HANIZAM	SIMPIANG THUNDER	NT	
8	0747	MUHAMMAD IRSYADHASIF ROSLAN	SEKEBUN	NT	

HEAT : 4 OF 4					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0908	MUHAMAD AZIM MUHAMAD MALIK	MT JUNIOR	NT	
3	0139	AHMAD NADIM AHMAD NASAIE	TEAM COACH FAROUK	NT	
4	0151	SUDARSHAN KRISHNAN	KELAB OLAHRAGA SHAHSARA	NT	
5	0439	MUHAMMAD ESQANDAR BIN AZRIN	TCH ATHLETICS CLUB	NT	
6	0628	MUHAMMAD IRFAN YUSMAN	TEAMCIKGUKHAIRITCK	NT	
7	0719	NAS IZZ DURRANI NAS IFFAT	SIMPIANG THUNDER	NT	
8	0720	NAS ARRYAN NAS AFFIE	SIMPIANG THUNDER	NT	

107 100m Wanita Veteran - Final (08:50 AM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0153	RUZINA ELUK	SAMAS	NT	
4	0011	TIFFANY SOH BENG CHU	SELANGOR TEAM	NT	
5	0392	ALMAWATI KASSIM	PERAK MASTER ATHLETICS	NT	
6	0393	DR LAILATUL MOHAINY MOHD	PERAK MASTER ATHLETICS	NT	
7	0764	NALINA DEVI APPLANAIDU	YOUNG LION ATHLETICS CLUB	NT	

108 100m Lelaki Veteran - Final (09:10 AM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0407	KRISHNAN PANERSELVAM	KELAB OLAHRAGA SHAHSARA	NT	
2	0391	NASARUDIN SUPIAN	PERAK MASTER ATHLETICS	NT	
3	0012	SIEW HANN WEN	SELANGOR TEAM	NT	
4	0161	AHMAD SHAH WAHID	TEAM SENTOSA	NT	
5	0215	SYED MOHAMAD AIDID	TEAM COACH FAROUK	NT	
6	0234	ENG SIANG KHOR	SHAWN	NT	
7	0341	DZULJALALI EMBEY	TEAM COACH FAROUK	NT	
8	0390	AMIRRUDDIN ISHAK	PERAK MASTER ATHLETICS	NT	



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109 100m P12 - Prelims (09:25 AM)

HEAT : 1 OF 7					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0549	ZAHRAH BINTI MOHAMED AFFENDI	CAK SPORT ACADEMY	NT	
3	0016	SAIDA NATASHA BINTI ABDUL RAHMAN	TEAM SIK	NT	
4	0288	HANNAH ZALIKHA BINTI MUHAMAD SOFIAN	TEAM COACH FAROUK	NT	
5	0304	AMIRA FATINI BT SHAHRIDZAL	DOJ ATHLETICS	NT	
6	0477	NOOR DANIA ALISHA MOHD SUHAIMI	SUNGAI ARA ATHLETICS CLUB	NT	
7	0476	NUR ALIYA DANIA KAMARUL ARIFFIN	SUNGAI ARA ATHLETICS CLUB	NT	
8	0713	ARISSA ZAHRA AHMAD LUTFI	SUNGAI ARA ATHLETICS CLUB	NT	
HEAT : 2 OF 7					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0768	AISHWARYA DEVI MURULIKRISHAN	YOUNG LION ATHLETICS CLUB	NT	
3	0881	CHLOE LEE JEAN RHOU	CHBIN	NT	
4	0283	TAI JELIN	KAWAN ATHLETICS	NT	
5	0305	RANEA DELISHA BINTI MUHAMMAD JOHAR	DOJ ATHLETICS	NT	
6	0478	HUSNA IRDINA HUSZAIMY	SUNGAI ARA ATHLETICS CLUB	NT	
7	0494	NUR ELLYNA MAISARAH BINTI RAHMAT	TCH ATHLETICS CLUB	NT	
8	0654	NUR QALIESYA HASBI	MAJLIS SUKAN SEKOLAH PERAK	NT	
HEAT : 3 OF 7					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0767	DEERTHANAA GUNASEGARAN	YOUNG LION ATHLETICS CLUB	NT	
3	0022	NUR AZWA SYAFRINA ABDULLAH	TEAM SIK	NT	
4	0243	ZARA EDORA ZAFRI	KELAB OLAHRAGA SHAHSARA	NT	
5	0306	SUFI QAIZERIN BINTI MOHD HAIRUL	DOJ ATHLETICS	NT	
6	0480	NUR QASEH HUMAIRA BINTI MOHD AMIN	SUNGAI ARA ATHLETICS CLUB	NT	
7	0518	DHIA DELISHA IZAM AZMAN	SUNGAI ARA ATHLETICS CLUB	NT	
8	0652	KHAI XUAN ONG	MAJLIS SUKAN SEKOLAH PERAK	NT	
HEAT : 4 OF 7					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0873	NUR MAIZATUL HUMAIRAH ZAINUDDIN	HV PENANG	NT	
3	0023	ELY EZANIM MUHAMAD	TEAM SIK	NT	
4	0230	NUR ALEEYA MAI SARA MOHAMAD FAIZ	PERSATUAN OLAHRAGA KERIAN	NT	
5	0303	CHELLYN JENNE ANAK CLIFF SANGA	DOJ ATHLETICS	NT	
6	0482	NUR ARISSA HUMAIRA BAHARUDIN	SUNGAI ARA ATHLETICS CLUB	NT	
7	0479	CHYN TA RAUDHATUL HAWA SHAH HANIF	SUNGAI ARA ATHLETICS CLUB	NT	
8	0653	DEBORAH LING TIEN AI	MAJLIS SUKAN SEKOLAH PERAK	NT	
HEAT : 5 OF 7					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0874	NUR ZAHRA BATRISYIA ZUL AZWAN	HV PENANG	NT	
3	0054	NUR IRDINA MOHAMAD AZAM	PENKALAN JAYA SPORTS SCHOOL	NT	
4	0218	NUR QASEH BALQIS MD BADRO HISHAN	TEAM COACH FAROUK	NT	
5	0415	NURATIA FALISHA MOHAMAD NAZRUL NAZIB	BEECITY SQUAD	NT	
6	0483	KALISYA MAISARAH MOHAMAD NIZAM	SUNGAI ARA ATHLETICS CLUB	NT	
7	0538	NUR ALYA BASYIRAH SYABUDDIN	TEAM SIK	NT	
8	0641	NURUL RAIHANA SHAHRUL IDHAM	SEKEBUN	NT	
HEAT : 6 OF 7					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0903	WAN NOR ZARRA AZHARNIM	TAR MLD PERLIS	NT	



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HEAT : 6 OF 7					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0875	NUR SYASYA ERYSSA MUHAMAD HAFIZ	HV PENANG	NT	
3	0077	ARYANNA KAUR SIDHU	PLBS ATHLETICS	NT	
4	0129	ALIYA MAISARAH MUHAMAD HADZRI	TEAM COACH FAROUK	NT	
5	0440	IVY ARRABELLA PAUL	TCH ATHLETICS CLUB	NT	
6	0484	AMNI ATHIRAH MUHAMMAD NAZWAN	SUNGAI ARA ATHLETICS CLUB	NT	
7	0543	NUR ADRIANA KAMEELYA BINTI KHAIRUDIN	CAK SPORT ACADEMY	NT	
8	0640	ULYA HUMAIRA MARWANSYAH ISMAIL	SEKEBUN	NT	

HEAT : 7 OF 7					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0872	NUR HAWA UMAIRAH KHAIRUL AMZAR	HV PENANG	NT	
2	0876	NUR ANISAH WAZIR	HV PENANG	NT	
3	0131	NUR ISHIQA SAMARRA MOHAMED NASIR	TEAM COACH FAROUK	NT	
4	0130	NUR BATRISYA KHAIRIN MOHAMED KHALID	TEAM COACH FAROUK	NT	
5	0470	NUR AISYA UMAIRA NOOR HASHIMI	SUNGAI ARA ATHLETICS CLUB	NT	
6	0490	FATMA EL-ZAHRA BINTI GARY	SUNGAI ARA ATHLETICS CLUB	NT	
7	0542	RUTH AISYAH BINTI ABDULLAH	CAK SPORT ACADEMY	NT	
8	0541	NUR DHIYA AFIQAH BINTI ZAIHIDI	CAK SPORT ACADEMY	NT	

110 100m L12 - Prelims (09:40 AM)

HEAT : 1 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0487	RIEZKY NUR IMAN BIN SHAH HANIF	SUNGAI ARA ATHLETICS CLUB	NT	
3	0014	MUHAMMAD HAFIZUDDIN BIN ISMAIL	TEAM SIK	NT	
4	0260	M.DANI AFIQ HAFIY NAZRUL	PENKALAN JAYA SPORTS SCHOOL	NT	
5	0310	MUHAMMAD ADAM HARIS BIN SHYROZAN	DOJ ATHLETICS	NT	
6	0544	NEVAAN KARUNAKARAN	CAK SPORT ACADEMY	NT	
7	0545	MUHAMAD AIRIS ZIKRY BIN AZIZUL AKMAR	CAK SPORT ACADEMY	NT	
8	0712	ARIEL HAIQAL BIN ROSLIE	SUNGAI ARA ATHLETICS CLUB	NT	

HEAT : 2 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0836	JAYDEN JIN RUI LAU	SJKC HUN BIN	NT	
3	0017	NAZLIZAN HAMID	TEAM SIK	NT	
4	0236	SAJITH A/L SELVAM	TEAM COACH FAROUK	NT	
5	0311	MUHAMAD ISQRAFIL BIN MOHD HAIRUL	DOJ ATHLETICS	NT	
6	0520	ADRIAN FIRAS BIN MUHAMAD ASRI	BEBAS	NT	
7	0586	ZI YAO YONG	YONG ZI YAO	NT	
8	0707	MUHAMMAD HASIF BIN KAMARUL HAIZAT	MYFA ATHLETICS	NT	

HEAT : 3 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0839	TANESH PRAKHASH	ALFA GABRIANS RUNNING CLUB	NT	
3	0886	GERRARD WEIJIN RICHARDS	CHBIN	NT	
4	0020	MUHAMMAD FAIQ FAISAL MOHD ABD LATIF	TEAM SIK	NT	
5	0309	LUTH MIKHAIL BIN MOHD MUSTAKIM	DOJ ATHLETICS	NT	
6	0502	CHE MUHAMMAD IMAN CHE ANUAR ZAMANI	SUNGAI ARA ATHLETICS CLUB	NT	
7	0627	MUHAMMAD ALIF ZAFRAN ANUAR	TEAMCIKGUKHAIRITCK	NT	
8	0670	BOON YANG KHOOR	MAJLIS SUKAN SEKOLAH PERAK	NT	



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HEAT : 4 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0857	MUHD UWAIK MIKHAIL MAT SAAD	ZY DREAM TEAM	NT	
3	0053	M. RAFIQ AKHIL RIZOL	PENKALAN JAYA SPORTS SCHOOL	NT	
4	0213	AYYASH FAHISH AMAL SYAZWAN	TEAM SIK	NT	
5	0308	MUHAMMAD TAUFUQ BIN AMIR	DOJ ATHLETICS	NT	
6	0491	MUHAMMAD NAWFAL MOHD SOBERI	SUNGAI ARA ATHLETICS CLUB	NT	
7	0626	AHMAD KAMIL AHMAD ROSLAN	TEAMCIKGUKHAIRITCK	NT	
8	0671	AQIF RAYYAN SAIFUL AZMAN	MAJLIS SUKAN SEKOLAH PERAK	NT	

HEAT : 5 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0867	HAZIQ RIFQI SHAHRIL ANUAR	ZY DREAM TEAM	NT	
3	0191	SESHVAR THINAKARAN	TEAM COACH FAROUK	NT	
4	0135	SYED UWAIK MUNAWWIR	TEAM COACH FAROUK	NT	
5	0307	MUHAMMAD AZFAR SYAFI IN MOHD AZRIL	DOJ ATHLETICS	NT	
6	0492	MUHAMMAD RIYADH BIN ALIFF YAZRUL	SUNGAI ARA ATHLETICS CLUB	NT	
7	0639	MUHAMMAD IRHAM MOHD RASHIDI	SEKEBUN	NT	
8	0672	MUHD SYAZANI AWAFI BIN ABDUL HAQ	MAJLIS SUKAN SEKOLAH PERAK	NT	

HEAT : 6 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0136	MUHAMMAD SYAUQI RAIYAN	TEAM COACH FAROUK	NT	
2	0871	MUHAMMAD HAIKAL RAYYAN MOHD HUSNI	HV PENANG	NT	
3	0142	MOHAMAD ALIF RIDHWAN JAMIL	TEAM COACH FAROUK	NT	
4	0137	MUHAMMAD UMAR UZAIR RHEMI RIZAL	TEAM COACH FAROUK	NT	
5	0431	AMIR ASYRAF MOHD NIZAM	TCH ATHLETICS CLUB	NT	
6	0493	MUHAMAD REYQAL BIN ROSIDI	SUNGAI ARA ATHLETICS CLUB	NT	
7	0669	MUHAMMAD LUQMAN MOHD ADNAN	MAJLIS SUKAN SEKOLAH PERAK	NT	
8	0668	YAP JUN JYNN	MAJLIS SUKAN SEKOLAH PERAK	NT	

111 100m P15 - Prelims (09:55 AM)

HEAT : 1 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0711	JASMIN DIYANA TAN BT. MIKHAIL TAN KEE	JAGUH IMPIAN	NT	
3	0272	HUI SIN SEEK	MUAR CHHS	NT	
4	0245	WONG SHER MAINE	CLB TRACK AND FIELD	NT	
5	0246	TAN QIN ERR	CLB TRACK AND FIELD	NT	
6	0501	QURRATUL AIN MUHD ERMAN	KELAB OLAHRAGA SHAHSARA	NT	
7	0516	FATHIA FAQIHAH BINTI ABD. RAHIM	FELIX MIRA TEAM	NT	
8	0103	NURQASEH SAFIYAH ADRIANA	SMKDHAB	NT	

HEAT : 2 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0724	NUR FATIHAH HUSNA KHAIRUL NIZAM	MI ATHLETICS	NT	
3	0271	ZIH THANG ER	MUAR CHHS	NT	
4	0217	NUR QALESYA DANIA	TEAM COACH FAROUK	NT	
5	0266	JOAN MOOI JING WEN	CLB TRACK AND FIELD	NT	
6	0443	DANICA WONG	HELP UNIVERSITY	NT	
7	0523	ANIS HAZIRAH BINTI ASRANI	MERGONG NJAC	NT	
8	0650	FELICIA ZI TONG YEAP	MAJLIS SUKAN SEKOLAH PERAK	NT	



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LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0802	AMINNA AMRI	SMSAH	NT	
3	0075	QAIREEN HAZIQAH BINTI MD FADLI	KELAB OLAHRAGA SHAHSARA	NT	
4	0196	NUR DZAHWAA DZULJALALI	TEAM COACH FAROUK	NT	
5	0315	CHARMAINE HON YING TIEN	KAWAN ATHLETICS	NT	
6	0429	ANNUR AISYAH DANIA BINTI MOHD HAFIZ	TCH ATHLETICS CLUB	NT	
7	0524	NUR EMELDA ADILLA MOHD SYAHROL FAIZAL	MERGONG NJAC	NT	
8	0651	QASEH ANNUR BINTI MOHD ZAINI	MAJLIS SUKAN SEKOLAH PERAK	NT	

HEAT : 4 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0799	ARISSA SOFEA	SMSAH	NT	
3	0152	RESSMITA KUMARASAMY	KELAB OLAHRAGA SHAHSARA	NT	
4	0195	NUR MARISSA QAIRINA YUSMAN	TEAM COACH FAROUK	NT	
5	0314	KOH LER YIN	KAWAN ATHLETICS	NT	
6	0430	ZARA MARITZA BT KAMARUZAMAN	TCH ATHLETICS CLUB	NT	
7	0091	ALEESYA PUTRI	SMKDHAB	NT	
8	0617	NOR ADIRA ZARA ROSWARDI	MI ATHLETICS	NT	

HEAT : 5 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0833	NURUL NABIHA BINTI NASRUL	TEAM KMY	NT	
3	0174	CHONG JIN YING	TEAM SENTOSA	NT	
4	0171	ASHLEY ELLIS GAN	TEAM SENTOSA	NT	
5	0344	CHLOE CHEAH XIN EE	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0416	NUR IRDINA SYAUQINA GHAZALI	BEECITY SQUAD	NT	
7	0551	NUR AULIA RAHMANI BINTI ZULKIFLI	CAK SPORT ACADEMY	NT	
8	0610	SITI AISYA NUR IMAN MUHAMMAD NUR ASHRAFF	MI ATHLETICS	NT	

HEAT : 6 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0173	SHU SHIN YII	TEAM SENTOSA	NT	
4	0172	WONG RUI XIN	TEAM SENTOSA	NT	
5	0345	ALICIA TAN PEY XUAN	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0346	GOH SZE SHIN	CHUNG LING PRIVATE HIGH SCHOOL	NT	
7	0550	NUR AINA AZWIN BINTI ABDUL MUIZ	CAK SPORT ACADEMY	NT	
8	0548	NUR AINA QAISARA BT MOHD RAHIMI	CAK SPORT ACADEMY	NT	

112 100M L15 - Prelims (10:10 AM)

HEAT : 1 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0829	HAZIQ IKHWAN BIN ADNAN	TEAM KMY	NT	
3	0052	M.ADAM WAFI MUHAMMAD NIZAM	PENKALAN JAYA SPORTS SCHOOL	NT	
4	0316	ETHAN LIM JUN MING	KAWAN ATHLETICS	NT	
5	0342	MUHAMMAD RAYYAN PUTRA	KELAB SUKAN ARUS	NT	
6	0555	MUHAMMAD AQIL ILMAN BIN HASZAINIZAM	CAK SPORT ACADEMY	NT	
7	0557	ARIF HAYQAL BIN HALMI	CAK SPORT ACADEMY	NT	
8	0816	CHUNG KAI ZHE	SIN MIN PRIVATE	NT	

HEAT : 2 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0837	CH'NG XIANG FEI	SIN MIN PRIVATE	NT	



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HEAT : 2 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0072	MUHAMMAD FARISH SHAKEER B ABDULLAH	KELAB OLAHRAGA SHAHSARA	NT	
4	0317	SEAN HUE SHER HENG	KAWAN ATHLETICS	NT	
5	0270	TEOH KAR QUAN	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0556	AHMAD AFIF HANAFI BIN RASIDI	CAK SPORT ACADEMY	NT	
7	0558	MUHD SYABIL DARWISY SAHAROM	CAK SPORT ACADEMY	NT	
8	0786	LIM JIA LE	SIN MIN PRIVATE	NT	

HEAT : 3 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0859	MUHAMAD FARHAN MOHD ISRULNIZAM	HV PENANG	NT	
3	0074	MUHAMMAD ADAM HARITH B ROSTAM	KELAB OLAHRAGA SHAHSARA	NT	
4	0318	HEW CADEN	KAWAN ATHLETICS	NT	
5	0347	WONG KAI JIE	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0514	AARON AHMAD	FELIX MIRA TEAM	NT	
7	0554	ADRIAN SAFFUAN BIN BOY	CAK SPORT ACADEMY	NT	
8	0754	MUHAMMAD AQIL MUKMIN ABU HURAIRAH	SEKEBUN	NT	

HEAT : 4 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0858	MUHAMMAD ISAAC ABDULLAH	HV PENANG	NT	
3	0133	SYED IRFAN WAJDI	TEAM COACH FAROUK	NT	
4	0244	HAO XUAN NG	CLB TRACK AND FIELD	NT	
5	0348	OOI REN QI	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0497	ANG YU PENG	TEAM COACH FAROUK	NT	
7	0553	MOHD FAZREL BIN JAAPAR	CAK SPORT ACADEMY	NT	
8	0734	MUHAMMAD NOOR IQRAM OSMAN	BAKAI ELITE	NT	

HEAT : 5 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0907	MUHAMAD RAYYAN MUHAMAD MALIK	MT JUNIOR	NT	
3	0144	THAVARUBAN A/L KRISHNAN	TEAM COACH FAROUK	NT	
4	0162	CHEW JUN ZHI	TEAM SENTOSA	NT	
5	0417	NEALFAIZ ADAM MOHAMAD NAZRUL NAZIB	BEECITY SQUAD	NT	
6	0432	UMAR ASHMAN BIN MOHAMAD RAZLI	TCH ATHLETICS CLUB	NT	
7	0552	MUHAMMAD FARIHIN ZULQARNAIN	CAK SPORT ACADEMY	NT	
8	0702	MOHAMAD ALIFF ZAFRAN B. MOHAMAD ADIB	JAGUH IMPIAN	NT	

HEAT : 6 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0164	AIELHAN NURMANSIZ AB SHUKOR	TEAM SENTOSA	NT	
4	0163	OOI JIN XI	TEAM SENTOSA	NT	
5	0434	NUR MUHAMMAD AZHAD BIN JAMALLUDIN	TCH ATHLETICS CLUB	NT	
6	0433	MUHAMMAD HAFIZ BIN MOHD HERMAN	TCH ATHLETICS CLUB	NT	
7	0598	HAZIQ ZAFRAN HAIDI	MI ATHLETICS	NT	
8	0681	MUHAMMAD IMADUDDIN MAHAMAD	MAJLIS SUKAN SEKOLAH PERAK	NT	

113 100m Wanita Terbuka - Prelims (10:25 AM)

HEAT : 1 OF 3					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0559	PUTRI NUR SYAFIQAH	CAK SPORT ACADEMY	NT	
3	0039	AIRISH ADREANA MD ZUKI	MUTIARA IMPIAAN ATHELETICS	NT	



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HEAT : 1 OF 3					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
4	0175	EUGENE POH WEI QI	TEAM SENTOSA	NT	
5	0250	CHUA JING ROU	CLB TRACK AND FIELD	NT	
6	0444	CHAN TONG FEI	HELP UNIVERSITY	NT	
7	0445	ONG JAS MIN	HELP UNIVERSITY	NT	
8	0560	NUR SYAKIRAH BT SHAMSUL BAHARI	CAK SPORT ACADEMY	NT	
HEAT : 2 OF 3					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0614	ALFY SYSYA NATALIA ABDUL SAMI	MI ATHLETICS	NT	
3	0069	NUR HIDAYANI BINTI ABDULLAH	KELAB OLAHRAGA SHAHSARA	NT	
4	0176	LOW JIA VERN	TEAM SENTOSA	NT	
5	0251	TAN XIN QIAO	CLB TRACK AND FIELD	NT	
6	0320	TAN SOOK XIN	KAWAN ATHLETICS	NT	
7	0446	MANNUSHREE A/P NARASHIMAN	HELP UNIVERSITY	NT	
8	0561	NUR ATHIRAH HAZIMAH	CAK SPORT ACADEMY	NT	
HEAT : 3 OF 3					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0909	NURUL HASYA KHAZRINA BT. KAMALRUL FAZLI	TEAM SERI ATHLETICS	NT	
2	0727	NURUL HAKIMA MOHD FUAD	MI ATHLETICS	NT	
3	0124	NURAIN HASNI AHMAD HASHIM	TEAM COACH FAROUK	NT	
4	0127	SITI SUWAIBAH BT. ABDUL MANAF	TEAM COACH FAROUK	NT	
5	0281	KAI LING TOH	MUAR CHHS	NT	
6	0319	MARIE ADORABELLE PEI YUAN HOW	KAWAN ATHLETICS	NT	
7	0447	LIM SZE XUAN	HELP UNIVERSITY	NT	
8	0506	NURIL ADLEENA BATRISYA	KEDAH	NT	

114 100m Lelaki Terbuka - Prelims (10:35 AM)

HEAT : 1 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0620	M. SAYYID AMIN ROSLAN	MI ATHLETICS	NT	
3	0275	ZI PING LIM	MUAR CHHS	NT	
4	0262	BRAYDEN GAN	CLB TRACK AND FIELD	NT	
5	0290	MOHAMAD RAIMI MUSTAFFA KAMAL	PROGRAM B10 KPT	NT	
6	0452	ADRIEL YONG JOON KIT	HELP UNIVERSITY	NT	
7	0451	NGEOW DEY REN	HELP UNIVERSITY	NT	
8	0692	MUHAMMAD IZZAT SHAFFIY B. RUZAIDI	JAGUH IMPIAN	NT	
HEAT : 2 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0728	MUHAMMAD NOORHAYYAT BIN ABDUL AZIZ	TEAM COACH LYLES	NT	
3	0633	HO KAR CHENG HO	3GUYS	NT	
4	0256	CHEW ZHIN YI	CLB TRACK AND FIELD	NT	
5	0291	MOHAMMAD THAQIF MOHAMMAD HISHAM	PROGRAM B10 KPT	NT	
6	0442	M. ALIFF HAKIMI AZMAN	WOLF STRIKE ATHLETIC	NT	
7	0450	NAH SOON ANN	HELP UNIVERSITY	NT	
8	0680	MOHD RAIYAN MUKHRIZ BIN HARIYANTO	MAJLIS SUKAN SEKOLAH PERAK	NT	
HEAT : 3 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0752	ADAM HAIKAL	FELIX MIRA TEAM	NT	



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HEAT : 3 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0233	IRWAN HASMADI	IRWANHASMADI	NT	
4	0223	MUHAMMAD FAKHRUL ABDUL AZIZ	TEAM COACH FAROUK	NT	
5	0292	YUSRIDZWAN DANIEL YUSOF	PROGRAM B10 KPT	NT	
6	0422	ABDUL MUHAIMIN	BEECITY SQUAD	NT	
7	0449	YAP CHUN WAN	HELP UNIVERSITY	NT	
8	0664	MUHAMMAD HAFIZ HAKIM HASRI	MAJLIS SUKAN SEKOLAH PERAK	NT	
HEAT : 4 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0778	LAI CHEE KUANG	SIN MIN PRIVATE	NT	
3	0034	FAKRUL FAHMI	SOLO ONLY	NT	
4	0190	MUHAMMAD AIMAN HAZIM MOHAMAD IZRIL HISHAM	MUHAMMAD AIMAN HAZIM	NT	
5	0301	NEOFARIS ARMAN MOHAMAD NAZRUL NAZIB	MSU ATHLETIC CLUB	NT	
6	0419	EDWARD ADAU	BEECITY SQUAD	NT	
7	0448	AMIRUL DANIAL BIN MOHD HASNI	HELP UNIVERSITY	NT	
8	0636	MOHAMMAD IMRAN AQIL MOHAMAD NIZAM	PLMSD KUALA SELANGOR	NT	
HEAT : 5 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0779	SAW YUAN DONG	SIN MIN PRIVATE	NT	
3	0063	MOHAMMAD ARSHAD AL RAFAEI MOHD SABRI	UITM LION SPORT	NT	
4	0189	ADAM BIN AHMAD SHAH	TEAM SENTOSA	NT	
5	0274	YUAN FENG ALFRED GOH	MUAR CHHS	NT	
6	0418	AHMAD HANIS AZFAR MOHD NOR	BEECITY SQUAD	NT	
7	0296	ANG YU ZE	TEAM COACH FAROUK	NT	
8	0603	SYAZRY SYAWAL B. ABDULLAH BAHARY	MI ATHLETICS	NT	
HEAT : 6 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0814	SOON JE SHAN	SIN MIN PRIVATE	NT	
3	0165	THAM KWONG CHEE	TEAM SENTOSA	NT	
4	0170	REEVE KUA MAN HONG	TEAM SENTOSA	NT	
5	0322	LOO WEN JUN	KAWAN ATHLETICS	NT	
6	0408	MUHAMMAD DARWISY MIQAEEL FAZLI HASLAM	KELAB OLAAHRAGA SHAHSARA	NT	
7	0500	KELVIN KHOY JIA JING	TEAM COACH FAROUK	NT	
8	0562	KASHFIL AMMAR BIN ADNAN	CAK SPORT ACADEMY	NT	
HEAT : 7 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0817	NIK RAFIUDDIN B. NIK ADAM	TEAM SERI ATHLETICS	NT	
3	0166	LEE SHYAN JACK	TEAM SENTOSA	NT	
4	0169	CHOONG JIAN YU	TEAM SENTOSA	NT	
5	0321	HONG XUN LIM	KAWAN ATHLETICS	NT	
6	0400	MOHAMAD FADHLAN MOHAMAD	RBBAC	NT	
7	0504	LIM JIA YONG	THE VENUS	NT	
8	0563	MUHAMAD HADIF ZIKRY BIN AZIZUL AKMAR	CAK SPORT ACADEMY	NT	
HEAT : 8 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0901	AIRIEL IZANY RAFIZI	TAR MLD PERLIS	NT	
2	0891	KOSHA RATHEN	BM EAGLES	NT	
3	0167	LUWEE CHENG JUN	TEAM SENTOSA	NT	
4	0168	SHU YOU ZE	TEAM SENTOSA	NT	



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HEAT : 8 OF 8

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
5	0388	MUHAMMAD HAZIQ MOHD AZHAR	PLMSD KUALA SELANGOR	NT	
6	0399	MOHAMMAD AIZZAT ASRIZAL	RBBAC	NT	
7	0513	ALVIN SYAMEEL SN	FELIX MIRA TEAM	NT	
8	0089	AMAR ALIF DANIEL BIN KHAIRUL HAZMY	SMKDHAB	NT	

115 Melontar Peluru L9 - Final (10:35 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0047	AYMAN HUNJRA	TEAM COACH SUBRA	NT	
2	0139	AHMAD NADIM AHMAD NASAIE	TEAM COACH FAROUK	NT	
3	0225	MUHAMMAD ALIF AQIL	TEAM COACH FAROUK	NT	
4	0717	M FAWWAZ IRSYAD MUHAMMAD FARIHAN	SIMPIANG THUNDER	NT	
5	0720	NAS ARRYAN NAS AFFIE	SIMPIANG THUNDER	NT	
6	0757	AKID RAYYAN AHMAD REDZUAN	SEKEBUN	NT	
7	0758	ABDUL AQIL ABDUL SYUKUR	SEKEBUN	NT	
8	0759	MUHAMMAD IMAN MOHD FAHMI	SEKEBUN	NT	
9	0760	MUHAMMAD IMAN IRFAN RUSLI	SEKEBUN	NT	
10	0776	NHARENDRA RAM PALANY	YOUNG LION ATHLETICS CLUB	NT	
11	0908	MUHAMAD AZIM MUHAMAD MALIK	MT JUNIOR	NT	

116 Melontar Peluru P9 - Final (10:45 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0046	LAYLA HUNJRA	TEAM COACH SUBRA	NT	
2	0141	NOR NAYLIE AHMAD NASAIE	TEAM COACH FAROUK	NT	
3	0756	AZRA SUMAYYAH MOHAMAD HELMI	SEKEBUN	NT	

117 Lompat Jauh Wanita Terbuka - Final (10:50 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0038	HAKIMAH MAWADDAH HASMAWI	MUTIARA IMPIAAN ATHELETICS	NT	
2	0037	NURIN NAFISA MOHD FAIZAL	MUTIARA IMPIAAN ATHELETICS	NT	
3	0255	LEE HUI YING	CLB TRACK AND FIELD	NT	
4	0281	KAI LING TOH	MUAR CHHS	NT	
5	0349	LOH CHENG YUE	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0112	ANDRINA ZAINUDIN	SMK SYED MOHAMED ALBUKHARY	NT	
7	0507	NURASHEERA ZULAIKA	KEDAH	NT	
8	0527	NUR DANIA BATRISYIA BT MOHD HAIRULNIZAM	MERGONG NJAC	NT	
9	0746	KHOO SHINO	CLB TRACK AND FIELD	NT	
10	0793	RUSYDINA DINA	SMSAH	NT	
11	0795	NURUL AINA SHUHADA	SMSAH	NT	
12	0818	NUR RAIHATUL MISKA BT ROZMAN	TEAM SERI ATHLETICS	NT	

118 Melontar Peluru Lelaki Terbuka - Final (10:55 AM)



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HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0012	SIEW HANN WEN	SELANGOR TEAM	NT	
2	0159	NOR IMAN FARIS NOR ZAMAN	MUTIARA IMPIAAN ATHELETICS	NT	
3	0084	MUHAMMAD DANISH SYAFIQ BIN ANUAR	SMKDHAB	NT	
4	0102	MUHAMMAD SYAZANI HAIKAL BIN SHAHIDAN	SMKDHAB	NT	
5	0609	MUHAMMAD NUR HAFIZ SHAHIDAN	MI ATHLETICS	NT	
6	0809	RAIYAN IRFAN	SMSAH	NT	
7	0843	MOHAMMAD NASHRIQ MANSOR	TEAM COACH FAROUK	NT	

119 Melontar Peluru Wanita Terbuka - Final (09:30 AM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0011	TIFFANY SOH BENG CHU	SELANGOR TEAM	NT	
2	0280	SHEY CHING WONG	MUAR CHHS	NT	
3	0285	HUNG PEI YING	PNG THROWS	NT	
4	0800	PUTRI AYATUL SOFI	SMSAH	NT	
5	0801	NURUL KHAYRA	SMSAH	NT	

120 Lompat Jauh L15 - Final (02:00 PM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0041	MUHAMMAD DANISH HAFIZAL FITRI	MUTIARA IMPIAAN ATHELETICS	NT	
2	0040	LUQMAN HAKIM NURULAZUAN	MUTIARA IMPIAAN ATHELETICS	NT	
3	0128	GOH ZI XUN	TEAM COACH FAROUK	NT	
4	0119	IZZAT SYAUQI MOHD HAFIZ	SMK SYED MOHAMED ALBUKHARY	NT	
5	0162	CHEW JUN ZHI	TEAM SENTOSA	NT	
6	0179	OOI JIN YU	TEAM SENTOSA	NT	
7	0239	VOON YI TONG	TEAM AHMAD FAHLAWI	NT	
8	0316	ETHAN LIM JUN MING	KAWAN ATHLETICS	NT	
9	0351	TEOH JAN ZHE	CHUNG LING PRIVATE HIGH SCHOOL	NT	
10	0352	MARCUS ONG ZE YUE	CHUNG LING PRIVATE HIGH SCHOOL	NT	
11	0398	HEAH EN HONG	CHUNG LING PRIVATE HIGH SCHOOL	NT	
12	0101	MUHAMMAD NAUFAL BIN ROSLAN	SMKDHAB	NT	
13	0553	MOHD FAZREL BIN JAAPAR	CAK SPORT ACADEMY	NT	
14	0601	MOHAMAD SAFWAN SAIFUDDIN	MI ATHLETICS	NT	
15	0616	MOHD ARIL MIKHAIL MOHD SYUKRI	MI ATHLETICS	NT	
16	0655	AHMAD HULAIF AZREN	MAJLIS SUKAN SEKOLAH PERAK	NT	
17	0732	AIMAN FARIS SHAHARUDIN	MI ATHLETICS	NT	
18	0735	MUHD MUZAFAR ZAKUAN IDRIS	BAKAI ELITE	NT	
19	0739	LIM KELVIN	TEAM COACH FAROUK	NT	
20	0740	SEOW YU ZHE	TEAM COACH FAROUK	NT	
21	0754	MUHAMMAD AQIL MUKMIN ABU HURAIRAH	SEKEBUN	NT	
22	0804	MUHAMMAD HAZIM HAKIMI	SMSAH	NT	
23	0813	ARIFF SYUKUR	SMSAH	NT	
24	0812	WAN IZZUDIN	SMSAH	NT	
25	0816	CHUNG KAI ZHE	SIN MIN PRIVATE	NT	
26	0848	MUHAMMAD AZIQ ZIKRI SAFARROZZY	ZY DREAM TEAM	NT	
27	0907	MUHAMAD RAYYAN MUHAMAD MALIK	MT JUNIOR	NT	



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121 Lompat Tinggi Lelaki Terbuka - Final (02:00 PM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0143	KOO WHYE KIT	TEAM COACH FAROUK	NT	
2	0274	YUAN FENG ALFRED GOH	MUAR CHHS	NT	
3	0564	IRFAN DANIEL AMAN BIN ABDULLAH	CAK SPORT ACADEMY	NT	
4	0607	M SAYYID DANIAL HASNUL RIZAL	MI ATHLETICS	NT	
5	0608	ZULHAKIMI FITRI ZULKEFLI	MI ATHLETICS	NT	
6	0683	MUHAMMAD AWALUDDIN MOHAMAD JAAFAR	MAJLIS SUKAN SEKOLAH PERAK	NT	
7	0710	MUHAMMAD ARIF DANIAL B. MOHD AZUAN	JAGUH IMPIAN	NT	
8	0860	BRANDON HENG	SINGAPORE	NT	

126 Lompat Tinggi P12 - Final (09:40 AM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0477	NOOR DANIA ALISHA MOHD SUHAIMI	SUNGAI ARA ATHLETICS CLUB	NT	
2	0536	WICSATRIEJA WE RAK	TEAM SIK	NT	
3	0883	LAXMITHA SARAVANAN	CHBIN	NT	

127 Lompat Jauh P15 - Final (02:45 PM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0042	NUR FARAH SYAZWANI SHARIN	MUTIARA IMPIAAN ATHELETICS	NT	
2	0140	NUR ALISHA SOFIA MUSTAFFA KAMAL	TEAM COACH FAROUK	NT	
3	0114	NUR QASEH QALISYA KHAIROOL RIZAL	SMK SYED MOHAMED ALBUKHARY	NT	
4	0075	QAIREEN HAZIQAH BINTI MD FADLI	KELAB OLAHRAGA SHAHSARA	NT	
5	0177	TAN HUI QI	TEAM SENTOSA	NT	
6	0178	NICOLE LEE	TEAM SENTOSA	NT	
7	0231	NUR ALEESYA MIA SARA MOHAMAD FAIZ	PERSATUAN OLAHRAGA KERIAN	NT	
8	0315	CHARMAINE HON YING TIEN	KAWAN ATHLETICS	NT	
9	0353	LIM SHI QI	CHUNG LING PRIVATE HIGH SCHOOL	NT	
10	0525	NUR FATIHAH BINTI MOHD SUBRI	MERGONG NJAC	NT	
11	0526	NUR ALEESYA QAISARA BINTI MOHD IZHAM	MERGONG NJAC	NT	
12	0651	QASEH ANNUR BINTI MOHD ZAINI	MAJLIS SUKAN SEKOLAH PERAK	NT	
13	0725	NURSERINA SHAHIERA ROSLAN	MI ATHLETICS	NT	
14	0797	NUR IZZAH DAMIA	SMSAH	NT	
15	0798	NUR IMAN IBTISAM	SMSAH	NT	
16	0799	ARISSA SOFEA	SMSAH	NT	

130 Melontar Peluru P12 - Final (03:15 PM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0131	NUR ISHIQA SAMARRA MOHAMED NASIR	TEAM COACH FAROUK	NT	
2	0242	GOPIKASHREE CHANDRAKANTH	KELAB OLAHRAGA SHAHSARA	NT	
3	0303	CHELLYN JENNE ANAK CLIFF SANGA	DOJ ATHLETICS	NT	
4	0024	NUR AINUL SHAFIYYAH REDZUAN	TEAM SIK	NT	
5	0565	JASPREET KAUR A/P SUVINDER SINGH	CAK SPORT ACADEMY	NT	



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131 Melontar Peluru L12 - Final (03:30 PM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0007	MICHAEL LEONG ZHEN YU	SJK HUN BIN	NT	
2	0021	MUHAMMAD HAZIQ AMMAR MUHAMMAD FAUZI	TEAM SIK	NT	
3	0142	MOHAMAD ALIF RIDHWAN JAMIL	TEAM COACH FAROUK	NT	
4	0157	KAVINASH KUMARASAMY	KELAB OLAHRAGA SHAHSARA	NT	
5	0197	MUHAMMAD DZARIFF DZULJALALI	TEAM COACH FAROUK	NT	
6	0214	MUHAMMAD AQIL ZIKRI MUHAMMAD FAUZI	TEAM SIK	NT	
7	0642	MUHAMMAD AZIZI AZIM MUHAMMAD NOR	SEKEBUN	NT	
8	0646	MUHD FIRAS AMYSAR MOHD KHAIRUL	SEKEBUN	NT	
9	0647	KHIR HAKIMI ABD HALIM	SEKEBUN	NT	
10	0769	KEESHODHAN NITTHIYAVANAN	YOUNG LION ATHLETICS CLUB	NT	
11	0856	UWAIS DZULKARNAIN ASRUL EFFENDI	ZY DREAM TEAM	NT	

132 Lompat Tinggi L12 - Final (03:30 PM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0487	RIEKZY NUR IMAN BIN SHAH HANIF	SUNGAI ARA ATHLETICS CLUB	NT	
2	0535	MUHD SYAFIQ HAFIZI MD AZNAN	TEAM SIK	NT	
3	0777	JING LE KHOR	SHAWN	NT	
4	0886	GERRARD WEIJIN RICHARDS	CHBIN	NT	
5	0887	MICHAEL GARY	CHBIN	NT	

133 Lompat Jauh P12 - Final (03:30 PM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0055	SITI AISYAH MOHD FAZILAN	PENKALAN JAYA SPORTS SCHOOL	NT	
2	0129	ALIYA MAISARAH MUHAMAD HADZRI	TEAM COACH FAROUK	NT	
3	0130	NUR BATRI SYA KHAIRIN MOHAMED KHALID	TEAM COACH FAROUK	NT	
4	0230	NUR ALEEYA MAI SARA MOHAMAD FAIZ	PERSATUAN OLAHRAGA KERIAN	NT	
5	0218	NUR QASEH BALQIS MD BADRO HISHAN	TEAM COACH FAROUK	NT	
6	0304	AMIRA FATINI BT SHAHRIDZAL	DOJ ATHLETICS	NT	
7	0305	RANEA DELISHA BINTI MUHAMMAD JOHAR	DOJ ATHLETICS	NT	
8	0306	SUFI QAIZERIN BINTI MOHD HAIRUL	DOJ ATHLETICS	NT	
9	0537	AAQIILATUN NAZHII RAH ABD MUTALIB	TEAM SIK	NT	
10	0476	NUR ALIYA DANIA KAMARUL ARIFFIN	SUNGAI ARA ATHLETICS CLUB	NT	
11	0629	NURUL MAGHFIRAH ATIRAH ABDULLAH	TEAMCIKGUKHAIRITCK	NT	
12	0649	CINTA AZ ZAHRA BT MOHD ZAINI	MAJLIS SUKAN SEKOLAH PERAK	NT	
13	0549	ZAHRAH BINTI MOHAMED AFFENDI	CAK SPORT ACADEMY	NT	
14	0768	AISHWARYA DEVI MURULIKRISHAN	YOUNG LION ATHLETICS CLUB	NT	

134 Lontar Peluru P15 - Final (03:40 PM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0155	NURSHAMIMI NURADLINA MUHAMMAD SHAHDAN	KELAB OLAHRAGA SHAHSARA	NT	
2	0071	SHOBANA MARIMUTHU	KELAB OLAHRAGA SHAHSARA	NT	
3	0249	EDELIN LEE YI XUAN	CLB TRACK AND FIELD	NT	



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HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
4	0279	LING GUI CORINNE TAN	MUAR CHHS	NT	
5	0920	ANGGUN ANANTHAN	HELP UNIVERSITY	NT	
6	0522	AZZREEN FARHAH DAMIA	SMKDHAB	NT	
7	0684	NURSYAZWANA BT AZHAR	MAJLIS SUKAN SEKOLAH PERAK	NT	

135 Lontar Peluru L15 - Final (03:45 PM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0163	OOI JIN XI	TEAM SENTOSA	NT	
2	0186	AIMAN BIN AHMAD SHAH	TEAM SENTOSA	NT	
3	0187	CHOO KAI SHENG	TEAM SENTOSA	NT	
4	0282	YU XUE ALDEN TAN	MUAR CHHS	NT	
5	0287	LOW BAO LIANG	PNG THROWS	NT	
6	0438	MUHAMMAD HAFIY BIN MOHD HERMAN	TCH ATHLETICS CLUB	NT	
7	0529	MUHAMMAD AFIF BIN AFFANDI	MERGONG NJAC	NT	
8	0108	ISYRAF HADIF	SMKDHAB	NT	
9	0686	MUHAMMAD AKMAL DANI ZULKIFLI	MAJLIS SUKAN SEKOLAH PERAK	NT	
10	0698	MUHAMMAD IFFAT WASSIM B. RUZAIDI	JAGUH IMPIAN	NT	
11	0810	NG TZE WEI	SIN MIN PRIVATE	NT	
12	0789	MUHAMMAD MUSTAQIM	SMSAH	NT	
13	0907	MUHAMAD RAYYAN MUHAMAD MALIK	MT JUNIOR	NT	

136 Lompat Tinggi P15 - Final (03:45 PM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0172	WONG RUI XIN	TEAM SENTOSA	NT	
2	0430	ZARA MARITZA BT KAMARUZAMAN	TCH ATHLETICS CLUB	NT	
3	0516	FATHIA FAQIHAH BINTI ABD. RAHIM	FELIX MIRA TEAM	NT	
4	0613	NUR AZWEEN HANA MUHAMAD AZRUL	MI ATHLETICS	NT	
5	0709	NUR AINA BATRISYIA MOHD ZAKUAN	MAJLIS SUKAN SEKOLAH PERAK	NT	

137 400m P15 - TFinal (03:50 PM)

HEAT : 1 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0866	NUR ISABEL ABDULLAH	HV PENANG	NT	
3	0115	NUR FARISHA NAJWA MOHD FARIQ	SMK SYED MOHAMED ALBUKHARY	NT	
4	0248	TAN JING YAN	CLB TRACK AND FIELD	NT	
5	0324	CLARISSE LIM LI EN	KAWAN ATHLETICS	NT	
6	0435	NUR ASYURA DALILA BINTI AZRIN	TCH ATHLETICS CLUB	NT	
7	0457	NUR AFIQAH SYAZWANI ZAWAWI	AELMA ATHLETICS CLUB	NT	
8	0865	AISHAH HUMAIRAH BABA AL ZAMZURI	HV PENANG	NT	
HEAT : 2 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0893	NURAIN SYIEFFA AB HALIM	TAR MLD PERLIS	NT	
3	0113	MYA FAEQA NASUHA FAZMI	SMK SYED MOHAMED ALBUKHARY	NT	
4	0247	ZARA NUR IMAN BINTI ABDUL MALIK	CLB TRACK AND FIELD	NT	



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HEAT : 2 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
5	0325	LOSHANA SAI RAM	KAWAN ATHLETICS	NT	
6	0416	NUR IRDINA SYAUQINA GHAZALI	BEECITY SQUAD	NT	
7	0528	PUTRI QAISARA SHIFA BINTI ABDULLAH	MERGONG NJAC	NT	
8	0838	PRAVINA PRAKHASH	ALFA GABRIANS RUNNING CLUB	NT	

HEAT : 3 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0902	NURUL AISYAH AZNIZAM	TAR MLD PERLIS	NT	
3	0150	CHAU JYNN JYNN	TEAM COACH FAROUK	NT	
4	0231	NUR ALEESYA MIA SARA MOHAMAD FAIZ	PERSATUAN OLAHRAGA KERIAN	NT	
5	0326	SUFI QATARINA BINTI MOHAMED HAIRUL	KAWAN ATHLETICS	NT	
6	0076	QAIRINA HAZIQAH BINTI MD FADLI	KELAB OLAHRAGA SHAHSARA	NT	
7	0566	NUR AQILAH QISTINA	CAK SPORT ACADEMY	NT	
8	0806	ONG REN FANG	SIN MIN PRIVATE	NT	

HEAT : 4 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0181	YONG HUI TENG	TEAM SENTOSA	NT	
4	0220	LIM SIAO BING	TEAM COACH FAROUK	NT	
5	0323	KOH LI EN	KAWAN ATHLETICS	NT	
6	0196	NUR DZAHWAA DZULJALALI	TEAM COACH FAROUK	NT	
7	0579	KIRTIKKA A/P JAYAKANTHAN	CAK SPORT ACADEMY	NT	
8	0805	CHAIN ZHUO EN	SIN MIN PRIVATE	NT	

HEAT : 5 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0180	CHLOE CHOW ZIN WENG	TEAM SENTOSA	NT	
4	0172	WONG RUI XIN	TEAM SENTOSA	NT	
5	0314	KOH LER YIN	KAWAN ATHLETICS	NT	
6	0356	LIM RU YEE	CHUNG LING PRIVATE HIGH SCHOOL	NT	
7	0612	RENISHAA PREEMADESA	MI ATHLETICS	NT	
8	0766	KESHAYINI SIVAKUMAR	YOUNG LION ATHLETICS CLUB	NT	

138 Lompat Jauh Lelaki Terbuka - Final (03:50 PM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0043	MUHAMMAD IQBAL MOHD AMRI	MUTIARA IMPIAAN ATHELETICS	NT	
2	0095	NG YIK LUN	BJ TEAM	NT	
3	0143	KOO WHYE KIT	TEAM COACH FAROUK	NT	
4	0258	LIM TZE HAU	CLB TRACK AND FIELD	NT	
5	0263	ONG KAI SHEN	CLB TRACK AND FIELD	NT	
6	0275	ZI PING LIM	MUAR CHHS	NT	
7	0278	GUANG LIANG TEW	MUAR CHHS	NT	
8	0274	YUAN FENG ALFRED GOH	MUAR CHHS	NT	
9	0383	FAHMI HARRIZ BIN MOHD ZAKY	PLMSD KUALA SELANGOR	NT	
10	0405	ARIF NAJWAN SYAMSUL	KELAB OLAHRAGA SHAHSARA	NT	
11	0510	MUHAMMAD ARIS ARIEL	KEDAH	NT	
12	0511	ZAINURAQBAR ZULBAHARIN	KEDAH	NT	
13	0092	ADAM MUZAFFAR BIN KHRIUL AZIZI	SMKDHAB	NT	
14	0564	IRFAN DANIEL AMAN BIN ABDULLAH	CAK SPORT ACADEMY	NT	
15	0589	CHAI MENG SHEN	3GUYS	NT	



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HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
16	0588	LIM HAFRID	3GUYS	NT	
17	0634	WONG ZE WEI	3GUYS	NT	
18	0636	MOHAMMAD IMRAN AQIL MOHAMAD NIZAM	PLMSD KUALA SELANGOR	NT	
19	0656	MUHAMMAD FIKRI BIN ZAKARIA	MAJLIS SUKAN SEKOLAH PERAK	NT	
20	0693	MUHAMAD DANIAL RAFIQ B. HAZRIL	JAGUH IMPIAN	NT	
21	0722	AIMAN DANISH M. AMINUDDIN	MI ATHLETICS	NT	
22	0726	KHAIRUL IKHWAN NORDIN	MI ATHLETICS	NT	
23	0733	MUHAMMAD NAJWAN ISMAIL	MAJLIS SUKAN SEKOLAH PERAK	NT	
24	0819	MUHAMMAD SYAHMI BIN MOHD NASIR	TEAM SERI ATHLETICS	NT	
25	0835	MUHAMMAD ADI ZAFRAN BIN NORAZALIZAM	TEAM KMY	NT	
26	0912	ALIF LUQMAN	UNIMAP	NT	
27	0921	TAN ZHI HANG	DE TEAM	NT	

139 Lompat Tinggi L15 - Final (10:30 AM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0313	MUHAMMAD SYAFIZAT MOHD SHAFANDI	KELAB OLARHAGA SHAHSARA	NT	
2	0572	MUHAMMAD RAYYAN DANIAL BIN SAMSURI	CAK SPORT ACADEMY	NT	
3	0602	M. ARIFF HAIKAL MOHD NOR	MI ATHLETICS	NT	
4	0721	AMSYAR WAFIY HASMADI	MI ATHLETICS	NT	
5	0804	MUHAMMAD HAZIM HAKIMI	SMSAH	NT	

140 400m Wanita Terbuka - TFinal (04:10 PM)

HEAT : 1 OF 2					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0780	VIVIAN KHOR HUI WEN	SIN MIN PRIVATE	NT	
3	0125	ELIZABETH WONG XIN QI	TEAM COACH FAROUK	NT	
4	0252	CHUE QI HAN	CLB TRACK AND FIELD	NT	
5	0253	NG JING WEN	CLB TRACK AND FIELD	NT	
6	0454	TEOH YU-EN	HELP UNIVERSITY	NT	
7	0458	SITI ANA SHAHERA JOHARI	AELMA ATHLETICS CLUB	NT	
8	0661	KOMATY MURUGESAN	MAJLIS SUKAN SEKOLAH PERAK	NT	

HEAT : 2 OF 2					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0864	NUR FATINI MOHD ISRULNIZAM	HV PENANG	NT	
2	0803	SYAZA ADLIENA	SMSAH	NT	
3	0126	NUR ZARITH ZULAIKHA RHEMI RIZAL	TEAM COACH FAROUK	NT	
4	0127	SITI SUWAIBAH BT. ABDUL MANAF	TEAM COACH FAROUK	NT	
5	0254	CHOO YIN-JEA	CLB TRACK AND FIELD	NT	
6	0349	LOH CHENG YUE	CHUNG LING PRIVATE HIGH SCHOOL	NT	
7	0515	AINA BATRISYIA ABDULLAH	FELIX MIRA TEAM	NT	
8	0660	CHANDRAMATHI JAYAM	MAJLIS SUKAN SEKOLAH PERAK	NT	

141 400m L15 - TFinal (04:25 PM)

HEAT : 1 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK



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HEAT : 1 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0862	MUHAMMAD NIZAR HAMZI MOHAMAD NORHISAM	HV PENANG	NT	
3	0052	M.ADAM WAFI MUHAMMAD NIZAM	PENKALAN JAYA SPORTS SCHOOL	NT	
4	0184	CHUA BOON HIN	TEAM SENTOSA	NT	
5	0222	HENRY TEOH YU HEN	TEAM COACH FAROUK	NT	
6	0568	MIZAN MUHAIMIN BIN MOHD AZALAN	CAK SPORT ACADEMY	NT	
7	0106	MUHAMMAD HAFIY ZHARFAN MOHD HAZRI	SMKDHAB	NT	
8	0861	AISH MUHAIMIN BABA AL ZAMZURI	HV PENANG	NT	
HEAT : 2 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0863	MUHAMMAD ADLI LUFTI ABDUL RAHMAN	HV PENANG	NT	
3	0134	MUHAMAD THAQIF IRFAN JAZLAN	TEAM COACH FAROUK	NT	
4	0183	LIM JENG HEE	TEAM SENTOSA	NT	
5	0257	JUN SYUEN LEEN	CLB TRACK AND FIELD	NT	
6	0567	ZAID IQRAM BIN ZAINUDDIN	CAK SPORT ACADEMY	NT	
7	0599	MUHAMMAD FIRDAUS HARUN	MI ATHLETICS	NT	
8	0829	HAZIQ IKHWAN BIN ADNAN	TEAM KMY	NT	
HEAT : 3 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0879	ZULYADHI THAQIF MOHD HAYUMI	TCH ATHLETICS CLUB	NT	
3	0133	SYED IRFAN WAJDI	TEAM COACH FAROUK	NT	
4	0182	JOESON CHONG JUNCONG	TEAM SENTOSA	NT	
5	0302	AHMAD AFIF ROMZI	RBBAC	NT	
6	0569	AMIRUL ADAM ASRI BIN MUHAMMAD AMIR	CAK SPORT ACADEMY	NT	
7	0737	AHMAD YASIN HASANI SHUKRI	BAKAI ELITE	NT	
8	0784	PUTRA RISKY	SIN MIN PRIVATE	NT	
HEAT : 4 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0894	ADAM ZAFIRUL ANUAR	TAR MLD PERLIS	NT	
3	0117	MUHAMMAD SYAMIL MD AKHIR	SMK SYED MOHAMED ALBUKHARY	NT	
4	0149	VENKET PRABU A/L KALITHASAN	TEAM COACH FAROUK	NT	
5	0327	AVINAASH KUMARESAN	KAWAN ATHLETICS	NT	
6	0437	ALIFF ASYRAF BIN AZIZUL	TCH ATHLETICS CLUB	NT	
7	0738	MUHAMMAD AISAR MOHD TAMIZI	BAKAI ELITE	NT	
8	0783	GOH JIA WEI	SIN MIN PRIVATE	NT	
HEAT : 5 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0895	HADIRIN OSMAN	TAR MLD PERLIS	NT	
3	0118	ARIFF HAIKAL ABDULLAH	SMK SYED MOHAMED ALBUKHARY	NT	
4	0148	DARWISY AQIF YAHAYA	SMK SYED MOHAMED ALBUKHARY	NT	
5	0317	SEAN HUE SHER HENG	KAWAN ATHLETICS	NT	
6	0436	AMMAR RA'IF BIN AZRUL	TCH ATHLETICS CLUB	NT	
7	0743	CHOONG ZHEN YU	TEAM SENTOSA	NT	
8	0782	ZHONG ZAC	SIN MIN PRIVATE	NT	
HEAT : 6 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0146	ALIF FIRDAUS AMI RIZUAN	SMK SYED MOHAMED ALBUKHARY	NT	
4	0147	AIDIL RIDZQI MUHAMAD ADAM	SMK SYED MOHAMED ALBUKHARY	NT	
5	0342	MUHAMMAD RAYYAN PUTRA	KELAB SUKAN ARUS	NT	



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HEAT : 6 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
6	0417	NEALFAIZ ADAM MOHAMAD NAZRUL NAZIB	BEECITY SQUAD	NT	
7	0754	MUHAMMAD AQIL MUKMIN ABU HURAIRAH	SEKEBUN	NT	
8	0770	DHANUSH RAJ THURAIRAJU	YOUNG LION ATHLETICS CLUB	NT	

142 400m Lelaki Terbuka - TFinal (04:40 PM)

HEAT : 1 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0905	MUHAMMAD IDHAMS SHAHARUDIN	TAR MLD PERLIS	NT	
2	0664	MUHAMMAD HAFIZ HAKIM HASRI	MAJLIS SUKAN SEKOLAH PERAK	NT	
3	0034	FAKRUL FAHMI	SOLO ONLY	NT	
4	0264	EDMUND LEE KHAI JIE	CLB TRACK AND FIELD	NT	
5	0286	LOW CHIN KUEN	PNG THROWS	NT	
6	0427	AHMAD HAZIQ BIN ZURAIK	UIAM TEAMHT	NT	
7	0488	HAFIZ LUQMAN BIN FAIZUL RIZAL	UIAM TEAMHT	NT	
8	0665	MUHAMMAD FAKHRUL MOHD FADZIL	MAJLIS SUKAN SEKOLAH PERAK	NT	

HEAT : 2 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0910	MUHAMMAD NUR ZIKRY	UNIMAP	NT	
2	0691	ADAM SYAFIZEE BIN AHMAD ZAKRI	SMKDHAB	NT	
3	0044	ADLI SYAFI AZHAR	MUTIARA IMPIAAN ATHELETICS	NT	
4	0224	MUHAMMAD NAUFAL ASYRAF BIN NORMAN	TEAM COACH FAROUK	NT	
5	0331	KAVEN WOO KAI ERN	KAWAN ATHLETICS	NT	
6	0426	MUHAMMAD IRFAN RAZIQ ROSMAN	UIAM TEAMHT	NT	
7	0508	DZUL DANISH JAMARI	KEDAH	NT	
8	0666	MOHAMMAD ADAM FITRI BIN ABDULLAH	MAJLIS SUKAN SEKOLAH PERAK	NT	

HEAT : 3 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0891	KOSHA RATHEN	BM EAGLES	NT	
2	0109	MUHAMMAD MARZUQI BIN SAZALI	SMKDHAB	NT	
3	0122	MUAZ HILMI ABDULLAH FADZIL	SMK SYED MOHAMED ALBUKHARY	NT	
4	0204	MOHAMAD DANISH AL MIRAN MD ASHRAFUDDIN	CHS TNF	NT	
5	0328	JOSHUA RISHAWN	KAWAN ATHLETICS	NT	
6	0425	MUHAMMAD ARIFF NAJMIE ROSLI	UIAM TEAMHT	NT	
7	0509	MUHAMMAD FIRDAUS ZAINUN	KEDAH	NT	
8	0667	MUHAMMAD ADIB IRFAN AZIZAN	MAJLIS SUKAN SEKOLAH PERAK	NT	

HEAT : 4 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0842	TIRESSH RAJAMOGAN	ALFA GABRIANS RUNNING CLUB	NT	
2	0699	YOOVINAASH A/L JAYAGUNALAN	MYFA ATHLETICS	NT	
3	0123	NUR NAJHI NORDIN	SMK SYED MOHAMED ALBUKHARY	NT	
4	0185	LIM JENG YAW	TEAM SENTOSA	NT	
5	0329	LIM JET	KAWAN ATHLETICS	NT	
6	0420	MOHAMMAD NAQUIDDIN SHAMSHUDIN	BEECITY SQUAD	NT	
7	0570	EHSAN KAMARULARIFIN BIN EHSANI	CAK SPORT ACADEMY	NT	
8	0663	TARSHAN A/L RAMESHWARAN	MAJLIS SUKAN SEKOLAH PERAK	NT	

HEAT : 5 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK



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HEAT : 5 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0826	MOHD SYAKIR BIN AZMI	TEAM KMY	NT	
2	0267	TEOH ZI TIAN	CLB TRACK AND FIELD	NT	
3	0120	MUHAMMAD ADLIN IMAN ZAINUDDIN	SMK SYED MOHAMED ALBUKHARY	NT	
4	0166	LEE SHYAN JACK	TEAM SENTOSA	NT	
5	0330	SHANKARSHAN A/L NEDUNCHEZHIAN	KAWAN ATHLETICS	NT	
6	0414	MUHAMAD MIQHAIL BIN MOHAMED HAIRUL	DOJ ATHLETICS	NT	
7	0562	KASHFIL AMMAR BIN ADNAN	CAK SPORT ACADEMY	NT	
8	0662	DAVIDSON DANIEL	MAJLIS SUKAN SEKOLAH PERAK	NT	

HEAT : 6 OF 6					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0787	LIM CHIN YEE	SIN MIN PRIVATE	NT	
2	0259	CHOW CHENG XIANG	CLB TRACK AND FIELD	NT	
3	0121	EZZRY ADNAN ABDULLAH	SMK SYED MOHAMED ALBUKHARY	NT	
4	0156	IMAN FARISH NAQUIDDIN	KELAB OLAHRAGA SHAHSARA	NT	
5	0371	LOW TING KAI	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0403	MUHD DANIEL HAQEM AZMAN	PLMSD KUALA SELANGOR	NT	
7	0571	EASSON WEIDE KOH	CAK SPORT ACADEMY	NT	
8	0606	DENISHWAR YANASEGRAN	MI ATHLETICS	NT	

143 4x100m P12 - TFinal (05:15 PM)

HEAT : 1 OF 2					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	575A	PENKALAN JAYA SPORTS SCHOOL A	PENKALAN JAYA SPORTS SCHOOL	NT	
4	281B	SUNGAI ARA ATHLETICS CLUB B	SUNGAI ARA ATHLETICS CLUB	NT	
5	267A	TEAM SIK A	TEAM SIK	NT	
6	636A	SEKEBUN A	SEKEBUN	NT	
7	654A	HV PENANG A	HV PENANG	NT	

HEAT : 2 OF 2					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	298A	TEAM COACH FAROUK A	TEAM COACH FAROUK	NT	
4	281A	SUNGAI ARA ATHLETICS CLUB A	SUNGAI ARA ATHLETICS CLUB	NT	
5	347A	MAJLIS SUKAN SEKOLAH PERAK A	MAJLIS SUKAN SEKOLAH PERAK	NT	
6	362A	CAK SPORT ACADEMY A	CAK SPORT ACADEMY	NT	
7	657A	CHBIN A	CHBIN	NT	

144 4x100m P15 - TFinal (05:25 PM)

HEAT : 1 OF 2					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	362A	CAK SPORT ACADEMY A	CAK SPORT ACADEMY	NT	
3	581A	TEAM SENTOSA A	TEAM SENTOSA	NT	
4	586C	CHUNG LING PRIVATE HIGH SCHOOL C	CHUNG LING PRIVATE HIGH SCHOOL	NT	
5	609A	CLB TRACK AND FIELD A	CLB TRACK AND FIELD	NT	
6	586B	CHUNG LING PRIVATE HIGH SCHOOL B	CHUNG LING PRIVATE HIGH SCHOOL	NT	
7	15A	KELAB OLAHRAGA SHAHSARA A	KELAB OLAHRAGA SHAHSARA	NT	
8	638A	MI ATHLETICS A	MI ATHLETICS	NT	



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HEAT : 2 OF 2

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	581B	TEAM SENTOSA B	TEAM SENTOSA	NT	
4	298A	TEAM COACH FAROUK A	TEAM COACH FAROUK	NT	
5	70A	KAWAN ATHLETICS A	KAWAN ATHLETICS	NT	
6	586A	CHUNG LING PRIVATE HIGH SCHOOL A	CHUNG LING PRIVATE HIGH SCHOOL	NT	
7	632A	MERGONG NJAC A	MERGONG NJAC	NT	
8	8A	TCH ATHLETICS CLUB A	TCH ATHLETICS CLUB	NT	

145 4x100m Wanita Terbuka - Final (05:35 PM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	581A	TEAM SENTOSA A	TEAM SENTOSA	NT	
2	298B	TEAM COACH FAROUK B	TEAM COACH FAROUK	NT	
3	609A	CLB TRACK AND FIELD A	CLB TRACK AND FIELD	NT	
4	298A	TEAM COACH FAROUK A	TEAM COACH FAROUK	NT	
5	586A	CHUNG LING PRIVATE HIGH SCHOOL A	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	621A	HELP UNIVERSITY A	HELP UNIVERSITY	NT	
7	622A	AELMA ATHLETICS CLUB A	AELMA ATHLETICS CLUB	NT	
8	362A	CAK SPORT ACADEMY A	CAK SPORT ACADEMY	NT	

146 4x100m L12 - TFinal (05:50 PM)

HEAT : 1 OF 2

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	298A	TEAM COACH FAROUK A	TEAM COACH FAROUK	NT	
4	347A	MAJLIS SUKAN SEKOLAH PERAK A	MAJLIS SUKAN SEKOLAH PERAK	NT	
5	362A	CAK SPORT ACADEMY A	CAK SPORT ACADEMY	NT	
6	655A	ZY DREAM TEAM A	ZY DREAM TEAM	NT	
7	657A	CHBIN A	CHBIN	NT	

HEAT : 2 OF 2

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	281A	SUNGAI ARA ATHLETICS CLUB A	SUNGAI ARA ATHLETICS CLUB	NT	
4	267A	TEAM SIK A	TEAM SIK	NT	
5	362B	CAK SPORT ACADEMY B	CAK SPORT ACADEMY	NT	
6	636A	SEKEBUN A	SEKEBUN	NT	

147 4x100m L15 - TFinal (06:10 PM)

HEAT : 1 OF 2

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	362C	CAK SPORT ACADEMY C	CAK SPORT ACADEMY	NT	
3	581A	TEAM SENTOSA A	TEAM SENTOSA	NT	
4	586A	CHUNG LING PRIVATE HIGH SCHOOL A	CHUNG LING PRIVATE HIGH SCHOOL	NT	
5	70A	KAWAN ATHLETICS A	KAWAN ATHLETICS	NT	
6	8A	TCH ATHLETICS CLUB A	TCH ATHLETICS CLUB	NT	
7	638A	MI ATHLETICS A	MI ATHLETICS	NT	
8	362B	CAK SPORT ACADEMY B	CAK SPORT ACADEMY	NT	



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HEAT : 2 OF 2

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	654A	HV PENANG A	HV PENANG	NT	
3	581B	TEAM SENTOSA B	TEAM SENTOSA	NT	
4	298A	TEAM COACH FAROUK A	TEAM COACH FAROUK	NT	
5	586B	CHUNG LING PRIVATE HIGH SCHOOL B	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	586C	CHUNG LING PRIVATE HIGH SCHOOL C	CHUNG LING PRIVATE HIGH SCHOOL	NT	
7	645A	BAKAI ELITE A	BAKAI ELITE	NT	
8	362A	CAK SPORT ACADEMY A	CAK SPORT ACADEMY	NT	

148 4x100m Lelaki Terbuka - TFinal (06:25 PM)

HEAT : 1 OF 3

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	362A	CAK SPORT ACADEMY A	CAK SPORT ACADEMY	NT	
3	64A	BJ TEAM A	BJ TEAM	NT	
4	298B	TEAM COACH FAROUK B	TEAM COACH FAROUK	NT	
5	70A	KAWAN ATHLETICS A	KAWAN ATHLETICS	NT	
6	622A	AELMA ATHLETICS CLUB A	AELMA ATHLETICS CLUB	NT	
7	586A	CHUNG LING PRIVATE HIGH SCHOOL A	CHUNG LING PRIVATE HIGH SCHOOL	NT	
8	644A	TEAM COACH LYLES A	TEAM COACH LYLES	NT	

HEAT : 2 OF 3

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	362B	CAK SPORT ACADEMY B	CAK SPORT ACADEMY	NT	
3	581A	TEAM SENTOSA A	TEAM SENTOSA	NT	
4	298A	TEAM COACH FAROUK A	TEAM COACH FAROUK	NT	
5	64B	BJ TEAM B	BJ TEAM	NT	
6	621A	HELP UNIVERSITY A	HELP UNIVERSITY	NT	
7	544A	UIAM TEAMHT A	UIAM TEAMHT	NT	
8	243B	PLMSD KUALA SELANGOR B	PLMSD KUALA SELANGOR	NT	

HEAT : 3 OF 3

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	574A	SMKDHAB A	SMKDHAB	NT	
2	637A	JAGUH IMPIAN A	JAGUH IMPIAN	NT	
3	581B	TEAM SENTOSA B	TEAM SENTOSA	NT	
4	589A	CHS TNF A	CHS TNF	NT	
5	243A	PLMSD KUALA SELANGOR A	PLMSD KUALA SELANGOR	NT	
6	15A	KELAB OLAHRAGA SHAHSARA A	KELAB OLAHRAGA SHAHSARA	NT	
7	638A	MI ATHLETICS A	MI ATHLETICS	NT	
8	407A	MYFA ATHLETICS A	MYFA ATHLETICS	NT	

201 10000m Jalan Kaki Lelaki Terbuka - Final (07:00 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0592	MUHD JAMALUDIN NASERI	MI ATHLETICS	NT	
2	0594	MUHAMMAD ADAM NZEEZEAMAKU	MI ATHLETICS	NT	
3	0597	MOHAMMAD SHAHRUL ISKANDAR BIN ZAMANI	MI ATHLETICS	NT	
4	0689	KOGILAN A/L RAMESH	MAJLIS SUKAN SEKOLAH PERAK	NT	
5	0820	AFEF ABSHAR B. ZAID	TEAM SERI ATHLETICS	NT	
6	0827	ALI KAMEEL B. ROSDI	TEAM SERI ATHLETICS	NT	



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HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
7	0904	MUHAMAMD AKASYAH AMRAN	TAR MLD PERLIS	NT	
8	0343	SEASON CHUA XUO QIN	CHUNG LING PRIVATE HIGH SCHOOL	NT	

202 5000m Jalan Kaki Wanita Terbuka - Final (07:20 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0049	NORLIANA BINTI MOHD RUSNI	TEAM COACH SUBRA	NT	
2	0690	REETHA A/P LETCHUMANAN	MAJLIS SUKAN SEKOLAH PERAK	NT	
3	0821	PUTRI AYUNNI BT MOHD PISOL	TEAM SERI ATHLETICS	NT	
4	0822	NUR BATRI SYA SHAIBY BT. ZULKIFLI	TEAM SERI ATHLETICS	NT	

203 5000m Jalan Kaki Wanita Veteran - Final (07:30 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0010	AZEERA BINTI ABDULLAH	TEAM COACH SUBRA	NT	
2	0011	TIFFANY SOH BENG CHU	SELANGOR TEAM	NT	
3	0394	NURUL AZWA AHMAD	PERAK MASTER ATHLETICS	NT	
4	0395	MUHAINI ABD MANAN	PERAK MASTER ATHLETICS	NT	

204 5000m Jalan Kaki Lelaki Veteran - Final (07:40 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0048	NURUL AMIN BIN ANWAR BATCHA	TEAM COACH SUBRA	NT	
2	0212	SURESH KUMAR GOOBINNAAN	TM GROUP PROCUREMENT	NT	
3	0489	SUBRAMANIAM R SUBRAMANIAM	SINGAPORE	NT	
4	0521	GOVI RAMOO	GOVI RAMOO	NT	
5	0706	MOHD AZMEER AMARULLAH	SELANGOR MASTER	NT	
6	0495	MAHALINGAM KUPPUSAMY	FITMAA CLUB	NT	

205 2000m Jalan Kaki P12 - Final (07:45 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0297	KATIE LOH	MAPLE ATHLETES	NT	
2	0333	NURSHAKIRAH BT MUHAMMAD SHAHDAN	KELAB OLAMRAGA SHAHSARA	NT	
3	0542	RUTH AISYAH BINTI ABDULLAH	CAK SPORT ACADEMY	NT	
4	0565	JASPREET KAUR A/P SUVINDER SINGH	CAK SPORT ACADEMY	NT	
5	0573	TAZKIA MOUNIA BT MUHAMAD NORDIN	CAK SPORT ACADEMY	NT	

206 2000m Jalan Kaki L12 - Final (07:50 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0007	MICHAEL LEONG ZHEN YU	SJK HUN BIN	NT	
2	0213	AYYASH FAHISH AMAL SYAZWAN	TEAM SIK	NT	



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HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0574	MUHAMMAD FAIZUDDIN AZHARUDDIN	CAK SPORT ACADEMY	NT	
4	0575	MUHAMMAD FARIS HAZIM MOHD HASRUL	CAK SPORT ACADEMY	NT	

207 Merejam Lembing Wanita Terbuka - Final (08:00 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0078	NUR LEANNA BALQIS ROSLE	MUTIARA IMPIAAN ATHELETICS	NT	
2	0160	NUR MARISSA FARHANI MUHD FAZLIE	MUTIARA IMPIAAN ATHELETICS	NT	
3	0279	LING GUI CORINNE TAN	MUAR CHHS	NT	
4	0824	NUR ARFAH BATRISYA BT. MOHD. IRWAN	TEAM SERI ATHLETICS	NT	
5	0825	NUR LIYANA UMAIRAH BT. WAN ZARUDIN	TEAM SERI ATHLETICS	NT	

208 Lompat Jauh P9 (Berdiri) - Final (08:00 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0006	JANICE LEONG CHEN LING	SJK HUN BIN	NT	
2	0061	NUR AISHA FARHANA ASNI	SK TAMAN PALMA	NT	
3	0046	LAYLA HUNJRA	TEAM COACH SUBRA	NT	
4	0141	NOR NAYLIE AHMAD NASAIE	TEAM COACH FAROUK	NT	
5	0193	NUR MEDINA QAISARA YUSMAN	TEAM COACH FAROUK	NT	
6	0221	LIM YAN XUAN	TEAM COACH FAROUK	NT	
7	0192	NOR SYAZAA SHUHADA MOHD SAKIMIE	TEAM COACH FAROUK	NT	
8	0409	DHAMIRAH AMANI MUHAMMAD HATTA	TEAM SSB	NT	
9	0410	DHAMIRAH AFIAH MUHAMMAD HATTA	TEAM SSB	NT	
10	0441	ZARA ZAFERRA BINTI KAMARUZAMAN	TCH ATHLETICS CLUB	NT	
11	0472	NUR AIN SOFIYAH AHMAD RIDUAN	SUNGAI ARA ATHLETICS CLUB	NT	
12	0512	NUR IMAN QAISARA MOHAMAD SYARIL	SUNGAI ARA ATHLETICS CLUB	NT	
13	0590	MEDINA SAFFIYA MUHAMMAD FAHMI	SUNGAI ARA ATHLETICS CLUB	NT	
14	0591	NUR ADRIEANA QAISAR BINTI ROSLIE	SUNGAI ARA ATHLETICS CLUB	NT	
15	0753	TARUNEHKAA S.MOHANARAJ	PERSATUAN OLAHRAGA KERIAN	NT	
16	0751	NUR MIA ZULAIKHA MOHAMAD HAFIZ	SEKEBUN	NT	
17	0771	ARADHANA NITTHIYAVANAN	YOUNG LION ATHLETICS CLUB	NT	

209 80m Lari Berpagar P12 - Final (08:00 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0649	CINTA AZ ZAHRA BT MOHD ZAINI	MAJLIS SUKAN SEKOLAH PERAK	NT	
3	0882	NERYS WOON XIN CI	CHBIN	NT	
4	0303	CHELLYN JENNE ANAK CLIFF SANGA	DOJ ATHLETICS	NT	
5	0479	CHYN TA RAUDHATUL HAWA SHAH HANIF	SUNGAI ARA ATHLETICS CLUB	NT	
6	0577	NUR MAIRA QALISYA	CAK SPORT ACADEMY	NT	
7	0629	NURUL MAGHFIRAH ATIRAH ABDULLAH	TEAMCIKGUKHAIRITCK	NT	
8	0648	NIA RAMADHANI MUHAMMAD TAUFIQ	MAJLIS SUKAN SEKOLAH PERAK	NT	

210 80m Lari Berpagar L12 - TFinal (08:10 AM)



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HEAT : 1 OF 2					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0060	AMSYAR DARWISY ASNI	SK TAMAN PALMA	NT	
4	0578	YUVIYAN A/L SIVAGANESH	CAK SPORT ACADEMY	NT	
5	0626	AHMAD KAMIL AHMAD ROSLAN	TEAMCIKGUKHAIRITCK	NT	
6	0657	MUHD AKIF WALDAN BIN SAHARUL NIZAM	MAJLIS SUKAN SEKOLAH PERAK	NT	
7	0688	MUHAMMAD ANIQ IQBAL BIN MOHD ADNAN	MAJLIS SUKAN SEKOLAH PERAK	NT	
HEAT : 2 OF 2					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0487	RIEZKY NUR IMAN BIN SHAH HANIF	SUNGAI ARA ATHLETICS CLUB	NT	
4	0575	MUHAMMAD FARIS HAZIM MOHD HASRUL	CAK SPORT ACADEMY	NT	
5	0630	MUHAMMAD DANISH MHD ZULRAINI	TEAMCIKGUKHAIRITCK	NT	
6	0631	MUHAMMAD ALIF ZAQUAN ANUAR	TEAMCIKGUKHAIRITCK	NT	

211 100m Lari Berpagar P15 - TFinal (08:30 AM)

HEAT : 1 OF 2					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0177	TAN HUI QI	TEAM SENTOSA	NT	
4	0455	LIM COEY	CHUNG LING PRIVATE HIGH SCHOOL	NT	
5	0456	YAPP NING YI	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0094	NISREEN ALYSSA	SMKDHAB	NT	
7	0615	NUR DAMIA DURANI BILAL	MI ATHLETICS	NT	
HEAT : 2 OF 2					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0150	CHAU JYNN JYNN	TEAM COACH FAROUK	NT	
4	0435	NUR ASYURA DALILA BINTI AZRIN	TCH ATHLETICS CLUB	NT	
5	0429	ANNUR AISYAH DANIA BINTI MOHD HAFIZ	TCH ATHLETICS CLUB	NT	
6	0093	AREESYA NAFIESAH BINTI AIRUL AZMEL	SMKDHAB	NT	

212 100m Lari Berpagar L15 - TFinal (08:45 AM)

HEAT : 1 OF 2					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0179	OOI JIN YU	TEAM SENTOSA	NT	
4	0354	TOH JOE HEE	CHUNG LING PRIVATE HIGH SCHOOL	NT	
5	0382	MUHD ADAM DANISH ABDULLAH	PLMSD KUALA SELANGOR	NT	
6	0554	ADRIAN SAFFUAN BIN BOY	CAK SPORT ACADEMY	NT	
7	0723	KHAIRAN NASRI KAMARUDDIN	MI ATHLETICS	NT	
HEAT : 2 OF 2					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0237	MUHAMMAD DANIEL HARIS	TEAM AHMAD FAHLAWI	NT	
4	0268	OOI ZE XIAN	CHUNG LING PRIVATE HIGH SCHOOL	NT	
5	0437	ALIFF ASYRAF BIN AZIZUL	TCH ATHLETICS CLUB	NT	
6	0433	MUHAMMAD HAFIZ BIN MOHD HERMAN	TCH ATHLETICS CLUB	NT	
7	0828	HAFIZ REDZA B. MOHD. AZMI	TEAM SERI ATHLETICS	NT	

213 100m Lari Berpagar Wanita Terbuka - Final (09:00 AM)



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HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0126	NUR ZARITH ZULAIKHA RHEMI RIZAL	TEAM COACH FAROUK	NT	
4	0922	ASTIE SUZANA MATHIAS	UNIVERSITI SAINS MALAYSIA	NT	
5	0923	ONG YONG HUI	UNIVERSITI SAINS MALAYSIA	NT	

214 110m Lari Berpagar Lelaki Terbuka - Final (09:15 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0034	FAKRUL FAHMI	SOLO ONLY	NT	
4	0605	M. ABSHAR DANISH AZZRUL	MI ATHLETICS	NT	
5	0729	MOHD NUR IZZAD BIN HIZAM	TEAM COACH LYLES	NT	
6	0710	MUHAMMAD ARIF DANIAL B. MOHD AZUAN	JAGUH IMPIAN	NT	
7	0402	MUHD DANISH ZAFRAN MUHD IZWADI YUSMAN	PLMSD KUALA SELANGOR	NT	

215 Lompat Jauh L9 (Berdiri) - Final (09:15 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0070	SURIYA MARIMUTHU	KELAB OLAHRAGA SHAHSARA	NT	
2	0073	MUHAMMAD AMMAR SHAHMI	KELAB OLAHRAGA SHAHSARA	NT	
3	0047	AYMAN HUNJRA	TEAM COACH SUBRA	NT	
4	0139	AHMAD NADIM AHMAD NASAIE	TEAM COACH FAROUK	NT	
5	0151	SUDARSHAN KRISHNAN	KELAB OLAHRAGA SHAHSARA	NT	
6	0194	MOHAMAD SHAKIR SARIFUDDIN	TEAM COACH FAROUK	NT	
7	0312	SAHOULI CHEIKH FAIZAL	KELAB OLAHRAGA SHAHSARA	NT	
8	0229	MUHD HARIS MIKHAIL MOHAMAD FAIZ	PERSATUAN OLAHRAGA KERIAN	NT	
9	0748	MUHAMMAD AL FATEH ZUPRI	SEKEBUN	NT	
10	0747	MUHAMMAD IRSYADHASIF ROSLAN	SEKEBUN	NT	

216 200m P12 - Prelims (09:15 AM)

HEAT : 1 OF 5

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0875	NUR SYASYA ERYSA MUHAMAD HAFIZ	HV PENANG	NT	
3	0023	ELY EZANIM MUHAMAD	TEAM SIK	NT	
4	0243	ZARA EDORA ZAFRI	KELAB OLAHRAGA SHAHSARA	NT	
5	0415	NURATIA FALISHA MOHAMAD NAZRUL NAZIB	BEECITY SQUAD	NT	
6	0480	NUR QASEH HUMAIRA BINTI MOHD AMIN	SUNGAI ARA ATHLETICS CLUB	NT	
7	0479	CHYN TA RAUDHATUL HAWA SHAH HANIF	SUNGAI ARA ATHLETICS CLUB	NT	
8	0874	NUR ZAHRA BATRISYIA ZUL AZWAN	HV PENANG	NT	

HEAT : 2 OF 5

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0876	NUR ANISAH WAZIR	HV PENANG	NT	
3	0050	N. ALEESYA SYAFIQAH SAMSULNIZAL	PENKALAN JAYA SPORTS SCHOOL	NT	
4	0283	TAI JELIN	KAWAN ATHLETICS	NT	
5	0440	IVY ARRABELLA PAUL	TCH ATHLETICS CLUB	NT	
6	0477	NOOR DANIA ALISHA MOHD SUHAIMI	SUNGAI ARA ATHLETICS CLUB	NT	
7	0478	HUSNA IRDINA HUSZAIMY	SUNGAI ARA ATHLETICS CLUB	NT	
8	0873	NUR MAIZATUL HUMAIRAH ZAINUDDIN	HV PENANG	NT	



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HEAT : 3 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0885	ANG ERN GI	CHBIN	NT	
2	0055	SITI AISYAH MOHD FAZILAN	PENKALAN JAYA SPORTS SCHOOL	NT	
3	0054	NUR IRDINA MOHAMAD AZAM	PENKALAN JAYA SPORTS SCHOOL	NT	
4	0230	NUR ALEEYA MAI SARA MOHAMAD FAIZ	PERSATUAN OLAHRAGA KERIAN	NT	
5	0470	NUR AISYA UMAIRA NOOR HASHIMI	SUNGAI ARA ATHLETICS CLUB	NT	
6	0476	NUR ALIYA DANIA KAMARUL ARIFFIN	SUNGAI ARA ATHLETICS CLUB	NT	
7	0490	FATMA EL-ZAHRA BINTI GARY	SUNGAI ARA ATHLETICS CLUB	NT	
8	0872	NUR HAWA UMAIRAH KHAIRUL AMZAR	HV PENANG	NT	

HEAT : 4 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0883	LAXMITHA SARAVANAN	CHBIN	NT	
2	0903	WAN NOR ZARRA AZHARNIM	TAR MLD PERLIS	NT	
3	0077	ARYANNA KAUR SIDHU	PLBS ATHLETICS	NT	
4	0129	ALIYA MAISARAH MUHAMAD HADZRI	TEAM COACH FAROUK	NT	
5	0485	NATALINA HUDA HAMIZAN	SUNGAI ARA ATHLETICS CLUB	NT	
6	0482	NUR ARISSA HUMAIRA BAHARUDIN	SUNGAI ARA ATHLETICS CLUB	NT	
7	0573	TAZKIA MOUNIA BT MUHAMAD NORDIN	CAK SPORT ACADEMY	NT	
8	0767	DEERTHANAA GUNASEGARAN	YOUNG LION ATHLETICS CLUB	NT	

HEAT : 5 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0882	NERYS WOON XIN CI	CHBIN	NT	
2	0884	LUCINDA KONG WEN YING	CHBIN	NT	
3	0131	NUR ISHIQA SAMARRA MOHAMED NASIR	TEAM COACH FAROUK	NT	
4	0130	NUR BATRISSA KHAIRIN MOHAMED KHALID	TEAM COACH FAROUK	NT	
5	0484	AMNI ATHIRAH MUHAMMAD NAZWAN	SUNGAI ARA ATHLETICS CLUB	NT	
6	0483	KALISYA MAISARAH MOHAMAD NIZAM	SUNGAI ARA ATHLETICS CLUB	NT	
7	0543	NUR ADRIANA KAMEELYA BINTI KHAIRUDIN	CAK SPORT ACADEMY	NT	
8	0713	ARISSA ZAHRA AHMAD LUTFI	SUNGAI ARA ATHLETICS CLUB	NT	

217 200m P15 - Prelims (09:30 AM)

HEAT : 1 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0087	IRDINA NAZEEFA BINTI AZHAR	SMKDHAB	NT	
3	0045	AMIERA ALEESYA MOHD REDZUAN	MUTIARA IMPIAAN ATHELETICS	NT	
4	0246	TAN QIN ERR	CLB TRACK AND FIELD	NT	
5	0245	WONG SHER MAINE	CLB TRACK AND FIELD	NT	
6	0430	ZARA MARITZA BT KAMARUZAMAN	TCH ATHLETICS CLUB	NT	
7	0435	NUR ASYURA DALILA BINTI AZRIN	TCH ATHLETICS CLUB	NT	
8	0085	NURUL ASYIQIN BINTI AZELAN	SMKDHAB	NT	

HEAT : 2 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0805	CHAIN ZHUO EN	SIN MIN PRIVATE	NT	
3	0071	SHOBANA MARIMUTHU	KELAB OLAHRAGA SHAHSARA	NT	
4	0241	GOKULASHREE CHANDRAKANTH	KELAB OLAHRAGA SHAHSARA	NT	
5	0247	ZARA NUR IMAN BINTI ABDUL MALIK	CLB TRACK AND FIELD	NT	
6	0416	NUR IRDINA SYAUQINA GHAZALI	BEECITY SQUAD	NT	
7	0443	DANICA WONG	HELP UNIVERSITY	NT	
8	0650	FELICIA ZI TONG YEAP	MAJLIS SUKAN SEKOLAH PERAK	NT	



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HEAT : 3 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0806	ONG REN FANG	SIN MIN PRIVATE	NT	
3	0140	NUR ALISHA SOFIA MUSTAFFA KAMAL	TEAM COACH FAROUK	NT	
4	0195	NUR MARISSA QAIRINA YUSMAN	TEAM COACH FAROUK	NT	
5	0266	JOAN MOOI JING WEN	CLB TRACK AND FIELD	NT	
6	0076	QAIRINA HAZIQAH BINTI MD FADLI	KELAB OLAHRAGA SHAHSARA	NT	
7	0501	QURRATUL AIN MUHD ERMAN	KELAB OLAHRAGA SHAHSARA	NT	
8	0611	SITI HAWA ABDUL HALIM	MI ATHLETICS	NT	

HEAT : 4 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0271	ZIH THANG ER	MUAR CHHS	NT	
2	0833	NURUL NABIHA BINTI NASRUL	TEAM KMY	NT	
3	0152	RESSMITA KUMARASAMY	KELAB OLAHRAGA SHAHSARA	NT	
4	0171	ASHLEY ELLIS GAN	TEAM SENTOSA	NT	
5	0325	LOSHANA SAI RAM	KAWAN ATHLETICS	NT	
6	0358	MERILYN CHEAH JIA XIN	CHUNG LING PRIVATE HIGH SCHOOL	NT	
7	0516	FATHIA FAQIHAN BINTI ABD. RAHIM	FELIX MIRA TEAM	NT	
8	0548	NUR AINA QAISARA BT MOHD RAHIMI	CAK SPORT ACADEMY	NT	

HEAT : 5 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0272	HUI SIN SEEK	MUAR CHHS	NT	
2	0866	NUR ISABEL ABDULLAH	HV PENANG	NT	
3	0180	CHLOE CHOW ZIN WENG	TEAM SENTOSA	NT	
4	0172	WONG RUI XIN	TEAM SENTOSA	NT	
5	0326	SUFI QATARINA BINTI MOHAMED HAIRUL	KAWAN ATHLETICS	NT	
6	0357	KAYLEIGH ONG YING YI	CHUNG LING PRIVATE HIGH SCHOOL	NT	
7	0530	NUR AINA NADHIRAH BINTI JAMALUDIN	MERGONG NJAC	NT	
8	0086	NUR FAZIRA ERYANA BINTI FAIROS	SMKDHAB	NT	

218 200m Wanita Terbuka - Prelims (09:45 AM)

HEAT : 1 OF 3					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0560	NUR SYAKIRAH BT SHAMSUL BAHARI	CAK SPORT ACADEMY	NT	
3	0079	SITI NUR ALYSA MOHD AIRWAN	MUTIARA IMPIAAN ATHELETICS	NT	
4	0254	CHOO YIN-JEA	CLB TRACK AND FIELD	NT	
5	0320	TAN SOOK XIN	KAWAN ATHLETICS	NT	
6	0444	CHAN TONG FEI	HELP UNIVERSITY	NT	
7	0498	RACHEL LIM YUN TUNG	TEAM COACH FAROUK	NT	

HEAT : 2 OF 3					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0561	NUR ATHIRAH HAZIMAH	CAK SPORT ACADEMY	NT	
3	0125	ELIZABETH WONG XIN QI	TEAM COACH FAROUK	NT	
4	0250	CHUA JING ROU	CLB TRACK AND FIELD	NT	
5	0255	LEE HUI YING	CLB TRACK AND FIELD	NT	
6	0319	MARIE ADORABELLE PEI YUAN HOW	KAWAN ATHLETICS	NT	
7	0445	ONG JAS MIN	HELP UNIVERSITY	NT	

HEAT : 3 OF 3					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK



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HEAT : 3 OF 3

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0515	AINA BATRISYIA ABDULLAH	FELIX MIRA TEAM	NT	
4	0454	TEOH YU-EN	HELP UNIVERSITY	NT	
5	0251	TAN XIN QIAO	CLB TRACK AND FIELD	NT	
6	0780	VIVIAN KHOR HUI WEN	SIN MIN PRIVATE	NT	
7	0446	MANNUSHREE A/P NARASHIMAN	HELP UNIVERSITY	NT	

219 Lompat Jauh Wanita Veteran - Final (09:45 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0011	TIFFANY SOH BENG CHU	SELANGOR TEAM	NT	
2	0153	RUZINA ELUK	SAMAS	NT	
3	0392	ALMAWATI KASSIM	PERAK MASTER ATHLETICS	NT	
4	0393	DR LAILATUL MOHAINY MOHD	PERAK MASTER ATHLETICS	NT	

220 Lompat Jauh Lelaki Veteran - Final (10:15 AM)

HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0012	SIEW HANN WEN	SELANGOR TEAM	NT	
2	0234	ENG SIANG KHOR	SHAWN	NT	
3	0391	NASARUDIN SUPIAN	PERAK MASTER ATHLETICS	NT	
4	0396	ADI WIRA MOHD ZIN	PERAK MASTER ATHLETICS	NT	
5	0397	AHMAD EZMAN PUDIL @ FADZIL	PERAK MASTER ATHLETICS	NT	
6	0407	KRISHNAN PANERSELVAM	KELAB OLAMHRAGA SHAHSARA	NT	
7	0823	LIM CHEW PENG	TEAM SERI ATHLETICS	NT	

221 200m L12 - Prelims (10:15 AM)

HEAT : 1 OF 4

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0626	AHMAD KAMIL AHMAD ROSLAN	TEAMCIKGUKHAIRITCK	NT	
3	0014	MUHAMMAD HAFIZUDDIN BIN ISMAIL	TEAM SIK	NT	
4	0431	AMIR ASYRAF MOHD NIZAM	TCH ATHLETICS CLUB	NT	
5	0487	RIEZKY NUR IMAN BIN SHAH HANIF	SUNGAI ARA ATHLETICS CLUB	NT	
6	0546	ELYAS BIN MOHD SHERWANY	CAK SPORT ACADEMY	NT	
7	0578	YUVIYAN A/L SIVAGANESH	CAK SPORT ACADEMY	NT	
8	0631	MUHAMMAD ALIF ZAQUAN ANUAR	TEAMCIKGUKHAIRITCK	NT	

HEAT : 2 OF 4

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0888	CHOO CHEN HEE	CHBIN	NT	
2	0707	MUHAMMAD HASIF BIN KAMARUL HAIZAT	MYFA ATHLETICS	NT	
3	0137	MUHAMMAD UMAR UZAIR RHEMI RIZAL	TEAM COACH FAROUK	NT	
4	0236	SAJITH A/L SELVAM	TEAM COACH FAROUK	NT	
5	0493	MUHAMAD REYQAL BIN ROSIDI	SUNGAI ARA ATHLETICS CLUB	NT	
6	0517	MUHAMMAD IKHLAS MOHD AZRI	SMKDHAB	NT	
7	0576	MOHAMED ZAWIR BIN MOHAMED AFFENDI	CAK SPORT ACADEMY	NT	
8	0627	MUHAMMAD ALIF ZAFRAN ANUAR	TEAMCIKGUKHAIRITCK	NT	



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HEAT : 3 OF 4					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0136	MUHAMMAD SYAUQI RAIYAN	TEAM COACH FAROUK	NT	
2	0712	ARIEL HAIQAL BIN ROSLIE	SUNGAI ARA ATHLETICS CLUB	NT	
3	0135	SYED UWAIIS MUNAWWIR	TEAM COACH FAROUK	NT	
4	0191	SESHVAR THINAKARAN	TEAM COACH FAROUK	NT	
5	0491	MUHAMMAD NAWFAL MOHD SOBERI	SUNGAI ARA ATHLETICS CLUB	NT	
6	0520	ADRIAN FIRAS BIN MUHAMAD ASRI	BEBAS	NT	
7	0547	MUHAMMAD ILHAM WAFEEQ BIN RUZAIDI	CAK SPORT ACADEMY	NT	
8	0586	ZI YAO YONG	YONG ZI YAO	NT	

HEAT : 4 OF 4					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0871	MUHAMMAD HAIKAL RAYYAN MOHD HUSNI	HV PENANG	NT	
2	0839	TANESH PRAKHASH	ALFA GABRIANS RUNNING CLUB	NT	
3	0157	KAVINASH KUMARASAMY	KELAB OLAHRAGA SHAHSARA	NT	
4	0020	MUHAMMAD FAIQ FAISAL MOHD ABD LATIF	TEAM SIK	NT	
5	0492	MUHAMMAD RIYADH BIN ALIFF YAZRUL	SUNGAI ARA ATHLETICS CLUB	NT	
6	0502	CHE MUHAMMAD IMAN CHE ANUAR ZAMANI	SUNGAI ARA ATHLETICS CLUB	NT	
7	0545	MUHAMAD AIRIS ZIKRY BIN AZIZUL AKMAR	CAK SPORT ACADEMY	NT	
8	0544	NEVAAN KARUNAKARAN	CAK SPORT ACADEMY	NT	

222 200m L15 - Prelims (10:30 AM)

HEAT : 1 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0895	HADIRIN OSMAN	TAR MLD PERLIS	NT	
2	0754	MUHAMMAD AQIL MUKMIN ABU HURAIRAH	SEKEBUN	NT	
3	0052	M.ADAM WAFI MUHAMMAD NIZAM	PENKALAN JAYA SPORTS SCHOOL	NT	
4	0244	HAO XUAN NG	CLB TRACK AND FIELD	NT	
5	0318	HEW CADEN	KAWAN ATHLETICS	NT	
6	0433	MUHAMMAD HAFIZ BIN MOHD HERMAN	TCH ATHLETICS CLUB	NT	
7	0514	AARON AHMAD	FELIX MIRA TEAM	NT	
8	0736	MUHAMMAD ADAM AIDIL ROSLAN	BAKAI ELITE	NT	

HEAT : 2 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0894	ADAM ZAFIRUL ANUAR	TAR MLD PERLIS	NT	
2	0770	DHANUSH RAJ THURAIRAJU	YOUNG LION ATHLETICS CLUB	NT	
3	0072	MUHAMMAD FARISH SHAKEER B ABDULLAH	KELAB OLAHRAGA SHAHSARA	NT	
4	0237	MUHAMMAD DANIEL HARI	TEAM AHMAD FAHLAWI	NT	
5	0342	MUHAMMAD RAYYAN PUTRA	KELAB SUKAN ARUS	NT	
6	0434	NUR MUHAMMAD AZHAD BIN JAMALLUDIN	TCH ATHLETICS CLUB	NT	
7	0558	MUHD SYABIL DARWISY SAHAROM	CAK SPORT ACADEMY	NT	
8	0554	ADRIAN SAFFUAN BIN BOY	CAK SPORT ACADEMY	NT	

HEAT : 3 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0862	MUHAMMAD NIZAR HAMZI MOHAMAD NORHISAM	HV PENANG	NT	
2	0784	PUTRA RISKY	SIN MIN PRIVATE	NT	
3	0074	MUHAMMAD ADAM HARITH B ROSTAM	KELAB OLAHRAGA SHAHSARA	NT	
4	0184	CHUA BOON HIN	TEAM SENTOSA	NT	
5	0359	NG ZI YUAN	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0436	AMMAR RA'IF BIN AZRUL	TCH ATHLETICS CLUB	NT	



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HEAT : 3 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
7	0552	MUHAMMAD FARIHIN ZULQARNAIN	CAK SPORT ACADEMY	NT	
8	0556	AHMAD AFIF HANAFI BIN RASIDI	CAK SPORT ACADEMY	NT	
HEAT : 4 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0861	AISH MUHAIMIN BABA AL ZAMZURI	HV PENANG	NT	
2	0786	LIM JIA LE	SIN MIN PRIVATE	NT	
3	0080	IMAN HAKIMIE SHAMSUL ANUAR	MUTIARA IMPIAAN ATHELETICS	NT	
4	0144	THAVARUBAN A/L KRISHNAN	TEAM COACH FAROUK	NT	
5	0360	WONG KAI SHEN	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0423	HENG TZE HNG	TEAM COACH FAROUK	NT	
7	0555	MUHAMMAD AQIL ILMAN BIN HASZAINIZAM	CAK SPORT ACADEMY	NT	
8	0580	AHMAD ADIL HAQIMIE BIN ABDULLAH	CAK SPORT ACADEMY	NT	
HEAT : 5 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0858	MUHAMMAD ISAAC ABDULLAH	HV PENANG	NT	
2	0789	MUHAMMAD MUSTAQIM	SMSAH	NT	
3	0133	SYED IRFAN WAJDI	TEAM COACH FAROUK	NT	
4	0134	MUHAMAD THAQIF IRFAN JAZLAN	TEAM COACH FAROUK	NT	
5	0302	AHMAD AFIF ROMZI	RBBAC	NT	
6	0417	NEALFAIZ ADAM MOHAMAD NAZRUL NAZIB	BEECITY SQUAD	NT	
7	0557	ARIF HAYQAL BIN HALMI	CAK SPORT ACADEMY	NT	
8	0572	MUHAMMAD RAYYAN DANIAL BIN SAMSURI	CAK SPORT ACADEMY	NT	

223 200m Lelaki Terbuka - Prelims (10:45 AM)

HEAT : 1 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0752	ADAM HAIKAL	FELIX MIRA TEAM	NT	
3	0034	FAKRUL FAHMI	SOLO ONLY	NT	
4	0264	EDMUND LEE KHAI JIE	CLB TRACK AND FIELD	NT	
5	0263	ONG KAI SHEN	CLB TRACK AND FIELD	NT	
6	0420	MOHAMMAD NAQUIDDIN SHAMSHUDIN	BEECITY SQUAD	NT	
7	0428	MUHAMMAD ABDUL MATEEN MD.IDRIS	UIAM TEAMHT	NT	
8	0741	REEVE .	TEAM SENTOSA	NT	
HEAT : 2 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0787	LIM CHIN YEE	SIN MIN PRIVATE	NT	
3	0063	MOHAMMAD ARSHAD AL RAFAEI MOHD SABRI	UITM LION SPORT	NT	
4	0258	LIM TZE HAU	CLB TRACK AND FIELD	NT	
5	0262	BRAYDEN GAN	CLB TRACK AND FIELD	NT	
6	0418	AHMAD HANIS AZFAR MOHD NOR	BEECITY SQUAD	NT	
7	0442	M. ALIFF HAKIMI AZMAN	WOLF STRIKE ATHLETIC	NT	
8	0731	DANIAL BAZLIE	TEAM COACH LYLES	NT	
HEAT : 3 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0779	SAW YUAN DONG	SIN MIN PRIVATE	NT	
3	0067	YASSHVIN A/L SIVAKUMAR	TEAM KMY	NT	
4	0256	CHEW ZHIN YI	CLB TRACK AND FIELD	NT	



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HEAT : 3 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
5	0330	SHANKARSHAN A/L NEDUNCHEZHIAN	KAWAN ATHLETICS	NT	
6	0388	MUHAMMAD HAZIQ MOHD AZHAR	PLMSD KUALA SELANGOR	NT	
7	0450	NAH SOON ANN	HELP UNIVERSITY	NT	
8	0730	HARRISH POOBALAN	TEAM COACH LYLES	NT	
HEAT : 4 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0778	LAI CHEE KUANG	SIN MIN PRIVATE	NT	
3	0156	IMAN FARISH NAQUIDDIN	KELAB OLAHRAGA SHAHSARA	NT	
4	0233	IRWAN HASMADI	IRWANHASMADI	NT	
5	0322	LOO WEN JUN	KAWAN ATHLETICS	NT	
6	0403	MUHD DANIEL HAQEM AZMAN	PLMSD KUALA SELANGOR	NT	
7	0449	YAP CHUN WAN	HELP UNIVERSITY	NT	
8	0635	MOHAMMED AZZAD DARWISY MOHD AFZAL	PLMSD KUALA SELANGOR	NT	
HEAT : 5 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0905	MUHAMMAD IDHAMS SHAHARUDIN	TAR MLD PERLIS	NT	
2	0814	SOON JE SHAN	SIN MIN PRIVATE	NT	
3	0185	LIM JENG YAW	TEAM SENTOSA	NT	
4	0215	SYED MOHAMAD AIDID	TEAM COACH FAROUK	NT	
5	0321	HONG XUN LIM	KAWAN ATHLETICS	NT	
6	0402	MUHD DANISH ZAFRAN MUHD IZWADI YUSMAN	PLMSD KUALA SELANGOR	NT	
7	0448	AMIRUL DANIAL BIN MOHD HASNI	HELP UNIVERSITY	NT	
8	0604	M. ALIF IKHWAN MOHD NASRUL	MI ATHLETICS	NT	
HEAT : 6 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0275	ZI PING LIM	MUAR CHHS	NT	
2	0826	MOHD SYAKIR BIN AZMI	TEAM KMY	NT	
3	0167	LUWEE CHENG JUN	TEAM SENTOSA	NT	
4	0202	YEE ZHAO HOONG	CHS TNF	NT	
5	0361	SCOTT CHUAH HENG JIE	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0399	MOHAMMAD AIZZAT ASRIZAL	RBBAC	NT	
7	0451	NGEOW DEY REN	HELP UNIVERSITY	NT	
8	0562	KASHFIL AMMAR BIN ADNAN	CAK SPORT ACADEMY	NT	
HEAT : 7 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0911	ILMAN HAKIM MAZAKI	UNIMAP	NT	
2	0817	NIK RAFIUDDIN B. NIK ADAM	TEAM SERI ATHLETICS	NT	
3	0165	THAM KWONG CHEE	TEAM SENTOSA	NT	
4	0203	ONG ZI YANG	CHS TNF	NT	
5	0362	WILLIAM KHOR ZHENG SHENG	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0400	MOHAMAD FADHLAN MOHAMAD	RBBAC	NT	
7	0452	ADRIEL YONG JOON KIT	HELP UNIVERSITY	NT	
8	0571	EASSON WEIDE KOH	CAK SPORT ACADEMY	NT	
HEAT : 8 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0901	AIRIEL IZANY RAFIZI	TAR MLD PERLIS	NT	
2	0891	KOSHA RATHEN	BM EAGLES	NT	
3	0190	MUHAMMAD AIMAN HAZIM MOHAMAD IZRIL HISHAM	MUHAMMAD AIMAN HAZIM	NT	



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HEAT : 8 OF 8					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
4	0198	KUM BO IAN	CHS TNF	NT	
5	0387	PUTERA AHMAD DARWISY BIN AHMAD FARIZ	PLMSD KUALA SELANGOR	NT	
6	0329	LIM JET	KAWAN ATHLETICS	NT	
7	0504	LIM JIA YONG	THE VENUS	NT	
8	0513	ALVIN SYAMEEL SN	FELIX MIRA TEAM	NT	

224 800m P15 - TFinal (11:00 AM)

HEAT : 1 OF 4					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0900	KESHA ADRIANA NISAM	TAR MLD PERLIS	NT	
2	0807	TANG CHEE ENG	SIN MIN PRIVATE	NT	
3	0111	NUR IMAN FATIHAH MOHD FATHE	SMK SYED MOHAMED ALBUKHARY	NT	
4	0323	KOH LI EN	KAWAN ATHLETICS	NT	
5	0363	ERIKA LIEW JIA HUI	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0531	NUR FELISHA QISTINA BAHARUDDIN	MERGONG NJAC	NT	
7	0579	KIRTIKKA A/P JAYAKANTHAN	CAK SPORT ACADEMY	NT	
8	0796	QAISARA QALEESYA	SMSAH	NT	

HEAT : 2 OF 4					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0893	NURAIN SYIEFFA AB HALIM	TAR MLD PERLIS	NT	
2	0808	LAU EN XEE	SIN MIN PRIVATE	NT	
3	0219	LIM YAN XIN	TEAM COACH FAROUK	NT	
4	0324	CLARISSE LIM LI EN	KAWAN ATHLETICS	NT	
5	0364	KHOO JIA YING	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0532	NUR DAMIA AMANDA BINTI HAMIZE	MERGONG NJAC	NT	
7	0622	NUR QAIREEN AZZALEA MOHAMED RIZAL	MI ATHLETICS	NT	
8	0766	KESHAYINI SIVAKUMAR	YOUNG LION ATHLETICS CLUB	NT	

HEAT : 3 OF 4					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0865	AISHAH HUMAIRAH BABA AL ZAMZURI	HV PENANG	NT	
2	0831	TARSHINI A/P MARAN	TEAM KMY	NT	
3	0220	LIM SIAO BING	TEAM COACH FAROUK	NT	
4	0326	SUFI QATARINA BINTI MOHAMED HAIRUL	KAWAN ATHLETICS	NT	
5	0366	CARINA TEON WEN QIAN	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0365	QUAH JIE YING	CHUNG LING PRIVATE HIGH SCHOOL	NT	
7	0623	ADRIANA ONYINYE EZEAMAKU	MI ATHLETICS	NT	
8	0088	ADLINA IMAN ANUAR	SMKDHAB	NT	

HEAT : 4 OF 4					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0845	VASUMITHAA ELANGOMURUGAN	ALFA GABRIANS RUNNING CLUB	NT	
2	0838	PRAVINA PRAKHASH	ALFA GABRIANS RUNNING CLUB	NT	
3	0150	CHAU JYNN JYNN	TEAM COACH FAROUK	NT	
4	0248	TAN JING YAN	CLB TRACK AND FIELD	NT	
5	0367	KAITLYN KEE YING SHUEN	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0412	NURSHAHIDAH MUHAMMAD SHAHDAN	KELAB OLAHRAGA SHAHSARA	NT	
7	0676	DEEPARANJINI A/P NAGENDRAN	MAJLIS SUKAN SEKOLAH PERAK	NT	
8	0677	MAHALETCHUMY A/P LETCHUMANAN	MAJLIS SUKAN SEKOLAH PERAK	NT	



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225 800m L15 - TFinal (11:20 AM)

HEAT : 1 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0891	KOSHA RATHEN	BM EAGLES	NT	
3	0145	ALIF ISKANDAR MOHAMMAD RASHIDI	SMK SYED MOHAMED ALBUKHARY	NT	
4	0199	LIM JUN HOONG	CHUNG LING PRIVATE HIGH SCHOOL	NT	
5	0269	AMOS WOON REN LER	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0678	IMAN BIN MUZAIDI	MAJLIS SUKAN SEKOLAH PERAK	NT	
7	0679	AMMAR HAIKAL AZLEE	MAJLIS SUKAN SEKOLAH PERAK	NT	
8	0863	MUHAMMAD ADLI LUFTI ABDUL RAHMAN	HV PENANG	NT	
HEAT : 2 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0892	ABDUL LATIFF NISAM	TAR MLD PERLIS	NT	
3	0116	HAZIQ DANIAL AZHAR	SMK SYED MOHAMED ALBUKHARY	NT	
4	0327	AVINAASH KUMARESAN	KAWAN ATHLETICS	NT	
5	0368	KHOO TENG SHENG	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0600	DARWISH RUSHDAN FIRDAUS	MI ATHLETICS	NT	
7	0700	MUHAMMAD FARIS IMAN B. AZIZ	JAGUH IMPIAN	NT	
8	0859	MUHAMAD FARHAN MOHD ISRULNIZAM	HV PENANG	NT	
HEAT : 3 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0906	MOHAMAD HAZIQ MOHD ISA	TAR MLD PERLIS	NT	
3	0149	VENKET PRABU A/L KALITHASAN	TEAM COACH FAROUK	NT	
4	0332	BENJAMIN LUCAS SELVAMAITHAN	KAWAN ATHLETICS	NT	
5	0369	TAN YI QIAN	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0568	MIZAN MUHAIMIN BIN MOHD AZALAN	CAK SPORT ACADEMY	NT	
7	0701	AHMAD SYAFIQ MUZAKKIR B. WIRA	JAGUH IMPIAN	NT	
8	0844	KEERTHI VAASAN ELANGOMURUGAN	ALFA GABRIANS RUNNING CLUB	NT	
HEAT : 4 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0924	MUHD AWWAL SYABIL MOHD SHAHROM	TAR MLD PERLIS	NT	
3	0183	LIM JENG HEE	TEAM SENTOSA	NT	
4	0257	JUN SYUEN LEEN	CLB TRACK AND FIELD	NT	
5	0370	NG HAO ZHE	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	0104	MUHAMMAD IHSAN AFIF MOHD AZRI	SMKDHAB	NT	
7	0782	ZHONG ZAC	SIN MIN PRIVATE	NT	
8	0832	WAN MUHD HAZIM BIN WAN AZMAN	TEAM KMY	NT	
HEAT : 5 OF 5					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	0222	HENRY TEOH YU HEN	TEAM COACH FAROUK	NT	
4	0238	MUHAMMAD DANISH HAIMAN	TEAM AHMAD FAHLAWI	NT	
5	0401	JOSHUA NIAM	MAPLE ATHLETES	NT	
6	0105	MUHAMAD ILMAN ADWA MOHD AZRI	SMKDHAB	NT	
7	0783	GOH JIA WEI	SIN MIN PRIVATE	NT	
8	0792	DANIEL IRFAN	SMSAH	NT	

226 800m Wanita Terbuka - Final (11:35 AM)



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HEAT : 1 OF 1

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0896	AINUR NAFISHA RAZAIDI	TAR MLD PERLIS	NT	
3	0252	CHUE QI HAN	CLB TRACK AND FIELD	NT	
4	0253	NG JING WEN	CLB TRACK AND FIELD	NT	
5	0583	LENEESHA NAGARAJAN	CAK SPORT ACADEMY	NT	
6	0685	HALIMAHTUL SA'DIAH AINA ABDULLAH	MAJLIS SUKAN SEKOLAH PERAK	NT	
7	0803	SYAZA ADLIENA	SMSAH	NT	
8	0830	QISTINA AZWA SAFRINA BT. MUHAMAD AZHAR	TEAM SERI ATHLETICS	NT	

227 800m Lelaki Terbuka - TFinal (11:55 AM)

HEAT : 1 OF 4

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0267	TEOH ZI TIAN	CLB TRACK AND FIELD	NT	
3	0008	TAN JIA SHEN	NT		
4	0299	LUCAS NIAM	MAPLE ATHLETES	NT	
5	0300	NADAESSH THEYARAJAN	MAPLE ATHLETES	NT	
6	0581	RAZIN AMZAR BIN RIATH ARRAMIN	CAK SPORT ACADEMY	NT	
7	0584	KEE JIE MING	BJ TEAM	NT	
8	0696	VARUNESH SELVARAJ	MYFA ATHLETICS	NT	

HEAT : 2 OF 4

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
2	0765	VHIMALDESA PREEMADESA	YOUNG LION ATHLETICS CLUB	NT	
3	0205	CHAN JIA JIE	CHS TNF	NT	
4	0298	YONG ZHOU TAN	MAPLE ATHLETES	NT	
5	0406	THIVIAN SIVAGANESH	KELAB OLAHRAGA SETIAWANGSA	NT	
6	0582	MUHAMMAD ZIQRI BIN SHAIKUL JAZLIZAM	CAK SPORT ACADEMY	NT	
7	0587	PUVINTEN A/L MANOHARAN	TEAM VRC	NT	
8	0697	YUVARAJ KARUNAMOORTI	MYFA ATHLETICS	NT	

HEAT : 3 OF 4

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0899	MUHAMAMD HAIKAL RASHID	TAR MLD PERLIS	NT	
2	0842	TIRESSH RAJAMOGAN	ALFA GABRIANS RUNNING CLUB	NT	
3	0204	MOHAMAD DANISH AL MIRAN MD ASHRAFUDDIN	CHS TNF	NT	
4	0286	LOW CHIN KUEN	PNG THROWS	NT	
5	0413	ZAIM AZIZI BIN YASRIMAN	TEAM VRC	NT	
6	0083	MUHAMMAD ALIF MUHAIMIN AHMAD FAIZ	SMKDHAB	NT	
7	0595	MOHAMAD IZZUAN AFIF ABDUL RAHMAN	MI ATHLETICS	NT	
8	0659	VISHAL RAJ A/L MURUGIAH	MAJLIS SUKAN SEKOLAH PERAK	NT	

HEAT : 4 OF 4

LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0898	MUHD AMEER FAWWAS SUHAIMI	TAR MLD PERLIS	NT	
2	0897	MUHAMMAD ADAM FARISH AHAMD TAJUDIN	TAR MLD PERLIS	NT	
3	0259	CHOW CHENG XIANG	CLB TRACK AND FIELD	NT	
4	0273	WEI XIANG VOON	MUAR CHHS	NT	
5	0414	MUHAMAD MIQHAIL BIN MOHAMED HAIRUL	DOJ ATHLETICS	NT	
6	0082	MUHAMMAD AAQIL BIN NURUL AZWAN	SMKDHAB	NT	
7	0632	CHUNG HOONG JIA	TEAM COACH FAROUK	NT	
8	0658	MUHAMMAD AMRI BIN SHAFIE	MAJLIS SUKAN SEKOLAH PERAK	NT	



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228 Merejam Lembing Lelaki Terbuka - Final (11:55 AM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0012	SIEW HANN WEN	SELANGOR TEAM	NT	
2	0066	SHAFFI AKRAM BIN SHAHARIZAL	TEAM KMY	NT	
3	0081	MIOR IKMAL	SMKDHAB	NT	
4	0158	MUHD ARIFF HAQEEMI MOHD RIZAL	MUTIARA IMPIAAN ATHELETICS	NT	
5	0265	OOI YONG YAU	THE VENUS	NT	
6	0276	ZHE HAO ALESTAIR CHIA	MUAR CHHS	NT	
7	0277	AENG ZHI PUNG	MUAR CHHS	NT	
8	0278	GUANG LIANG TEW	MUAR CHHS	NT	
9	0350	TAN KUAN YI	CHUNG LING PRIVATE HIGH SCHOOL	NT	
10	0100	TAN ZHI YANG	BJ TEAM	NT	
11	0282	YU XUE ALDEN TAN	MUAR CHHS	NT	
12	0505	LAI RUI ZHE	THE VENUS	NT	
13	0742	TAI PAK TENG	TEAM SENTOSA	NT	
14	0788	CHONG ZEN	SIN MIN PRIVATE	NT	
15	0811	CH'NG XIANG ZHE	SIN MIN PRIVATE	NT	
16	0834	AHMAD SHUHAIMI BIN MOHD YAZREE	TEAM KMY	NT	
17	0843	MOHAMMAD NASHRIQ MANSOR	TEAM COACH FAROUK	NT	

229 Standing Throw Foam Ball P9 - Final (08:45 AM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0046	LAYLA HUNJRA	TEAM COACH SUBRA	NT	
2	0141	NOR NAYLIE AHMAD NASAIE	TEAM COACH FAROUK	NT	
3	0221	LIM YAN XUAN	TEAM COACH FAROUK	NT	

230 Standing Throw Foam Ball L9 - Final (11:00 AM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
1	0047	AYMAN HUNJRA	TEAM COACH SUBRA	NT	
2	0139	AHMAD NADIM AHMAD NASAIE	TEAM COACH FAROUK	NT	
3	0225	MUHAMMAD ALIF AQIL	TEAM COACH FAROUK	NT	
4	0216	MUHAMMAD WAFIY	TEAM COACH FAROUK	NT	
5	0908	MUHAMAD AZIM MUHAMAD MALIK	MT JUNIOR	NT	

237 4x400m P15 - Final (03:40 PM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	584A	SMK SYED MOHAMED ALBUKHARY A	SMK SYED MOHAMED ALBUKHARY	NT	
4	581A	TEAM SENTOSA A	TEAM SENTOSA	NT	
5	298A	TEAM COACH FAROUK A	TEAM COACH FAROUK	NT	
6	70A	KAWAN ATHLETICS A	KAWAN ATHLETICS	NT	
7	586A	CHUNG LING PRIVATE HIGH SCHOOL A	CHUNG LING PRIVATE HIGH SCHOOL	NT	
8	632A	MERGONG NJAC A	MERGONG NJAC	NT	



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238 4x400m L15 - TFinal (03:55 PM)

HEAT : 1 OF 2					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	584A	SMK SYED MOHAMED ALBUKHARY A	SMK SYED MOHAMED ALBUKHARY	NT	
4	70A	KAWAN ATHLETICS A	KAWAN ATHLETICS	NT	
5	586A	CHUNG LING PRIVATE HIGH SCHOOL A	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	298A	TEAM COACH FAROUK A	TEAM COACH FAROUK	NT	
7	362A	CAK SPORT ACADEMY A	CAK SPORT ACADEMY	NT	
HEAT : 2 OF 2					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	581A	TEAM SENTOSA A	TEAM SENTOSA	NT	
4	607A	TEAM AHMAD FAHLAWI A	TEAM AHMAD FAHLAWI	NT	
5	586B	CHUNG LING PRIVATE HIGH SCHOOL B	CHUNG LING PRIVATE HIGH SCHOOL	NT	
6	584B	SMK SYED MOHAMED ALBUKHARY B	SMK SYED MOHAMED ALBUKHARY	NT	
7	635A	SMSAH A	SMSAH	NT	
8	654A	HV PENANG A	HV PENANG	NT	

239 4x400m Wanita Terbuka - Final (04:15 PM)

HEAT : 1 OF 1					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	298A	TEAM COACH FAROUK A	TEAM COACH FAROUK	NT	
4	362A	CAK SPORT ACADEMY A	CAK SPORT ACADEMY	NT	
5	647A	SIN MIN PRIVATE A	SIN MIN PRIVATE	NT	
6	652A	TAR MLD PERLIS A	TAR MLD PERLIS	NT	

240 4x400m Lelaki Terbuka - TFinal (04:40 PM)

HEAT : 1 OF 2					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	584A	SMK SYED MOHAMED ALBUKHARY A	SMK SYED MOHAMED ALBUKHARY	NT	
4	70A	KAWAN ATHLETICS A	KAWAN ATHLETICS	NT	
5	298A	TEAM COACH FAROUK A	TEAM COACH FAROUK	NT	
6	347A	MAJLIS SUKAN SEKOLAH PERAK A	MAJLIS SUKAN SEKOLAH PERAK	NT	
7	407A	MYFA ATHLETICS A	MYFA ATHLETICS	NT	
8	652A	TAR MLD PERLIS A	TAR MLD PERLIS	NT	
HEAT : 2 OF 2					
LANE	BIB NO	ATHLETE	TEAM	SEEDING TIME	REMARK
3	581A	TEAM SENTOSA A	TEAM SENTOSA	NT	
4	589A	CHS TNF A	CHS TNF	NT	
5	544A	UIAM TEAMHT A	UIAM TEAMHT	NT	
6	586A	CHUNG LING PRIVATE HIGH SCHOOL A	CHUNG LING PRIVATE HIGH SCHOOL	NT	
7	362A	CAK SPORT ACADEMY A	CAK SPORT ACADEMY	NT	
8	647A	SIN MIN PRIVATE A	SIN MIN PRIVATE	NT	