

97th MALAYSIA OPEN ATHLETICS CHAMPIONSHIP 2022, MSN Stadium Bukit Jalil Kuala Lumpur

Official Results

Time	Event No	Event	Category	Level	Record
6.45 am	101	10000M Walk	Men	Final	43.03.24

Position	Bib No	Name	Team	Time	Remarks
1	M261	SRIVEN TAN	P.PINANG	53:05.44	
2	M206	SIVANESH AL MOHAN MURALI	N.SEMBILAN	54:38.88	
3	M129	AFIQ ZUFAIRI BIN AZII	JOHOR	56:37.94	
4	M394	CHAU TAI KEE	K.LUMPUR	57:28.02	
5	M239	MUHAMMAD ANIQ NAUFAL BIN MUZAKRIS	PERLIS	58:31.24	
6	M337	MUHAMMAD HINIFHUMAIDI BIN MD RAMLEEY	SELANGOR	1:00:23	
7	M365	WAN M HAKIMI NUKMAN B. WAN M HAIRIE	TERENGGANU	1:00:33	
8	M344	KHAIRUL IKHWAN BIN ZULKEFLI	SELANGOR	1:02:23	
	M366	MUHAMMAD IRFAN HAMDANI B. MAT NOOR	TERENGGANU	1:03:02	
	M165	MOHAMAD FAHMI BIN MOHAMED	KELANTAN		DQ
	M242	CHE MUHAMMAD ZULHAZRIQ HANIFF BIN MOHD ROSLI	PERLIS		DQ

Time	Event No	Event	Category	Level	Record
6.45 am	102	10000M Walk	Women	Final	00:00.00

Position	Bib No	Name	Team	Time	Remarks
1	W509	NORLIANA BINTI MOHD RUSNI	ATM	1:00:11	
2	W575	ALYSSA QISTINA LEONG	PERAK	1:05:43	
3	W574	UMMU FATIN NAJIHAH	PERAK	1:06:13	
4	W580	NUR ZAFIRAH BALQIS BINTI MOHD ZAIN	PERLIS	1:07:37	
5	W590	KAUSEGI A/P SAMBTHA MURTHI	P.PINANG	1:12:56	
	W542	NURUL ALYHAZIQA BINTI KAMARUZAMAN	KELANTAN		DNS

Time	Event No	Event	Category	Level	Record
8.15 am	103/1	100M	Women	S/Final	11.5

Position	Bib No	Name	Team	Time	Remarks
1	W640	PEREIRA VERONICA SHANTI	SINGAPORE	12.14	Q
2	W568	NOR SARAH BINTI HADI	PAHANG	12.19	Q
3	W533	FATIN ILYANA BT. MAT NAYAN	KEDAH	12.38	q
4	W600	NUR AISHAH ROFINA ALING	SABAH	12.39	q
5	W530	SITI ZUBAIDAH BT. ADABI	JOHOR	12.46	
6	W645	NURUL ALYSSA BINTI AZMAN	TERENGGANU	13.27	
7	W661	NG TING EN	K.LUMPUR	13.92	
8	W549	SHASHINI A/P GANESAN	LABUAN	14.85	

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Official Results

Time	Event No	Event	Category	Level	Record
8.15 am	103/2	100M	Women	S/Final	11.5
Wind: 0.2 M/S					
Position	Bib No	Name	Team	Time	Remarks
1	W619	ERISSCA PETER	SARAWAK	12.59	Q
2	W606	ESTHER JOANNE	SABAH	12.95	Q
3	W607	BIBI HALINA ALOYSIUS	SABAH	13.35	
4	W660	LOW JASMINE	K.LUMPUR	13.92	
5	W662	EUGENE POH	K.LUMPUR	14.26	
	W642	SITI NORZULLAIKA BINTI RAMLI	TERENGGANU		DNS
	W552	NURUL ISMA BT OSMAN RANI	MELAKA		DNS
	W643	NURUL WARDATUL HUWAIDA BINTI MOHD HAMKA	TERENGGANU		DNS

Time	Event No	Event	Category	Level	Record
8.15 am	103/3	100M	Women	S/Final	11.5
Wind: -0.1 M/S					
Position	Bib No	Name	Team	Time	Remarks
1	W501	KOMALAM SHALLY A/P SELVARETNAM	ATM	12.65	Q
2	W603	FEOVA LIM YI FEI	SABAH	12.87	Q
3	W518	NATASYA ARISYA BT. MOHD. RAMLI	JOHOR	13.30	
4	W519	NABILA NATASHA BT. AZISYAN	JOHOR	13.56	
5	W608	NIA JOVIC SUAN	SABAH	13.78	
6	W562	SITI NUR AISYAH BT MD ZUKAINISHAHRIN	PAHANG	14.36	
	W641	AZREEN NABILA BINTI ALIAS	TERENGGANU		DNS
	W611	RUBY LEE JIA LU	SARAWAK		DNS

Time	Event No	Event	Category	Level	Record
8.15 am	104	Javelin	Women	Final	49.34
Position	Bib No	Name	Team	Distance	Remarks
1	W587	PAVITHRA DEVI A/P JUYAINDRAAN	P.PINANG	40.90m	
2	W578	NUR AYNA NUHA BINTI MATON	PERLIS	39.52m	
3	W513	FATIN SHAHIERA BT CHE RAHIM	ATM	38.38m	
4	W579	NUR FATIHAH BINTI MOHD HANIF	PERLIS	35.44m	
5	W529	SITI AMINAH BT. ABD. HADI	JOHOR	35.41m	
6	W637	NURUL EMILIA BINTI MOHD RAZI	SELANGOR	33.85m	
7	W674	MARSYA SOFIA BT SANUSI	JOHOR	31.57m	

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Official Results

Time	Event No	Event	Category	Level	Record
8.15 am	105	Hammer Throw	Women	Final	45:36

Position	Bib No	Name	Team	Distance	Remarks
1	W613	GRACE WONG XIU MEI	SARAWAK	61.87m	
2	W635	NURUL HIDAYAH BINTI LUKMAN	SELANGOR	49.74m	
3	W512	NURFAZIRA BT JALALUDIN	ATM	47.37m	
4	W614	AILENNA THIPONG ANAK LAGA	SARAWAK	42.92m	
5	W646	NURUL AQIDAH BINTI JAAFAR	TERENGGANU	33.31m	
6	W671	WINNIE WONG LI WEI	K.LUMPUR	22.93m	
	W626	ADRIENA ZAIRUL ANUAR	SELANGOR		DNS

Time	Event No	Event	Category	Level	Record
8.35 am	106	100M	Men	Deca 1	7095pts
Wind: -0.5 M/S					

Position	Bib No	Name	Team	Time	Remarks
1	M207	MUHAMMAD SHARIL AMRI BIN AZMI	N.SEMBILAN	11.65	
2	M257	WILSON QUAIK ZHEN HAN	P.PINANG	11.70	
3	M240	MUHAMMAD NADHIR BIN MD NIZAM	PERLIS	11.76	
4	M285	SUSEN MENTEN ANTONI LAGA	SABAH	11.99	
5	M163	AMIR AFIQ BIN AHMAD ZUKI	KEDAH	12.05	
6	M281	MOHD RAID RAMLEE	SABAH	12.06	
7	M286	ELJOE GOTUOH	SABAH	12.23	
8	M143	MOHAMAD KHAIRUL REZEKI B. KAMAL	JOHOR	13.35	
9	M401	YOU ZHENG XIANG	K.LUMPUR	40.71	

Time	Event No	Event	Category	Level	Record
8.50 am	107/1	100M	Men	Runs	10.18
Wind: +0.9 M/S					

Position	Bib No	Name	Team	Time	Remarks
1	M229	MUHAMMAD AZEEM MOHD FAHMI	PERAK	10.53	
2	M103	JONATHAN NYEPA	ATM	10.69	
3	M304	ALVINE JOSTINE	SARAWAK	10.87	
4	M334	AMMAR AFFANDI BIN AB SAHIR	SELANGOR	11.01	
5	M382	REEVE KUA MAN HONG	K.LUMPUR	11.47	
6	M219	KISHAN KUMAR A/L CHANDRAN	PAHANG	11.49	
7	M213	MOHAMMAD EFRAIN FEERZAN QHAN BIN MOHD YAZID	PAHANG	11.58	
	M127	MUHAMMAD KHAIRUL HASNI B. HUSAINI	JOHOR		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
8.50 am	107/2	100M	Men	Runs	10.18
Wind: -0.6 M/S					
Position	Bib No	Name	Team	Time	Remarks
1	M201	MUHAMMAD RAIMI BIN MUSTAFA KAMAL	N.SEMBILAN	11.06	
2	M102	NIXSON ANAK KENNEDY	ATM	11.19	
3	M315	KHAIRULNASH BIN MOHAMAD	SARAWAK	11.30	
4	M282	ADAM TAN CHEE HEONG	SABAH	11.59	
5	M305	EDWIN ERIC ANAK LATOK	SARAWAK	11.76	
6	M243	MUHAMMAD IRSHAD BIN SAIZUL	PERLIS	12.57	
7	M180	MUHAMAD LUQMANNUL HAQEEM BIN ZAIN	LABUAN	12.81	
	M245	MOHAMMAD FAZA FIRDAUS BIN GHAZALI	PERLIS		DNS

Time	Event No	Event	Category	Level	Record
8.50 am	107/3	100M	Men	Runs	10.18
Wind: 0.0 M/S					
Position	Bib No	Name	Team	Time	Remarks
1	M198	KHAIRUL HAFIZ JANTAN	MELAKA	10.64	
2	M381	MUHAMMAD SOLIHIN BIN JAMALI	K.LUMPUR	11.19	
3	M320	MOHAMMAD THAQIF BIN MOHAMMAD HISHAM	SELANGOR	11.29	
4	M306	FRADZA ANAK NITA	SARAWAK	11.58	
5	M287	ERVAND ELIAS	SABAH	11.86	
6	M184	RAJA MUHAMMAD DANIEL BIN RAJA SHAHRUL AZLAN	MELAKA	39.23	
	M250	MUHAMMAD FAKHRUL BIN ABD AZIZ	P.PINANG		DNS
	M355	MUHAMMAD HASRUL NAJMI BIN BADRUL	TERENGGANU		DNS

Time	Event No	Event	Category	Level	Record
8.50 am	107/4	100M	Men	Runs	10.18
Wind: +1.0 M/S					
Position	Bib No	Name	Team	Time	Remarks
1	M128	MUHAMMAD ARSYAD B. MD. SAAT	JOHOR	10.68	
2	M349	LEE SIONG EN RUEBEN RAINER	SINGAPORE	10.93	
3	M288	JAD RIZALMAN BIN WASHIF	SABAH	10.96	
4	M181	AMIRUL DANIALK BIN MOHD HASNI	LABUAN	11.06	
5	M279	MOHD ISYHAN BIN THOMAS DEMOND	SABAH	11.20	
6	M329	RUSSELL WONG	SELANGOR	11.90	
	M196	AHMAD AZIZI BIN ROZAINI	MELAKA		DNS
	M406	MUHAMMAD NAZRUL NAIM BIN AZMAN	KELANTAN		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
8.50 am	107/5	100M	Men	Runs	10.18
Wind: -0.8 M/S					
Position	Bib No	Name	Team	Time	Remarks
1	M200	MUHAMMAD HAIQAL BIN HANAFI	N.SEMBILAN	10.67	
2	M383	KWONG KAR JUN	K.LUMPUR	10.89	
3	M269	MOHAMMAD FARID IQWAN ENDJON	SABAH	11.21	
4	M316	BENEDICT DUAU ANAK DENNIS UNCHAT	SARAWAK	11.41	
5	M244	MUHAMMAD IRSHAD BIN SAIZUL	PERLIS	12.18	
	M412	MUHAMMAD IDHAM BIN ROSLI	LABUAN		FS
	M154	MUHAMAD NAZRI BIN MUSTAFA	KEDAH		DNS
	M351	MUHAMMAD ZULFIQAR BIN ISMAIL	TERENGGANU		DNS

Time	Event No	Event	Category	Level	Record
9.25 am	108/1	400M	Men	Runs	46.41
Position	Bib No	Name	Team	Time	Remarks
1	M216	MUHAMMAD HAZUWAN BIN MUKELIS	PAHANG	50.39	Q
2	M110	MOHD IKMAL B. SAIFUL BAHRI	ATM	51.69	
3	M307	ALIF BIN ZAINI	SARAWAK	52.61	
4	M385	MUI YEW SENG	K.LUMPUR	53.70	
5	M283	JORDANNY JACKSON	SABAH	54.62	
6	M179	TULASHAN VIRENESSWARAN	LABUAN	59.31	
7	M212	MOHAMAD AIMAN AFIQ BIN KAMALUDIN	PAHANG	62.00	

Time	Event No	Event	Category	Level	Record
9.25 am	108/2	400M	Men	Runs	46.41
Position	Bib No	Name	Team	Time	Remarks
1	M211	LUQMANUL HAKIM BIN KHAIRUL AKMAL	PAHANG	49.01	Q
2	M353	MUHAMMAD FIRDAUS BIN MOHAMAD ZEMI	TERENGGANU	49.57	Q
3	M138	MUHAMMAD SAIFUL SAFWAN B. SAIFUDDIN	JOHOR	49.91	Q
4	M226	KANISHKANN A/L NATHAN	PERAK	49.94	Q
5	M133	THARVEN NAIDU A/L GOPAL NAIDU	JOHOR	51.13	
6	M386	RYAN WONG	K.LUMPUR	52.91	

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Time	Event No	Event	Category	Level	Record
9.25 am	108/3	400M	Men	Runs	46.41
Position	Bib No	Name	Team	Time	Remarks
1	M164	WAN MUHAMMAD FAZRI BIN WAN ZAHARI	KELANTAN	50.16	Q
2	M228	LOGANES A/L THILAGANATHAN	PERAK	51.17	
3	M284	KASHMEER BIN SAMSURI	SABAH	52.12	
4	M186	MUHAMMAD FAAIZ BIN MUHAMMAD RAFEE	MELAKA	54.08	
5	M199	AIMAN RIDHA BIN MALEK	MELAKA	55.29	
6	M333	AQIL AMANI BIN MISNI	SELANGOR	56.29	

Time	Event No	Event	Category	Level	Record
9.25 am	108/4	400M	Men	Runs	46.41
Position	Bib No	Name	Team	Time	Remarks
1	M348	TAN ZONG YANG	SINGAPORE	47.87	Q
2	M277	PG. AIDIL AUF BIN HAJAM	SABAH	50.65	Q
3	M387	CHOONG JIAN YU	K.LUMPUR	52.49	
4	M231	MAGENDRA A/L ARJUNAN	PERAK	53.87	
5	M221	MUHAMMAD ADIB IZUDIN BIN FAMIIEE IZUDIN	PAHANG	55.75	
	M335	MUHAMMAD HAZIQ BIN MOHAMMAD AKHIR	SELANGOR		DNS

Time	Event No	Event	Category	Level	Record
9.25 am	109	Pole Vault	Women	Final	4.40m
Position	Bib No	Name	Team	Height	Remarks
1	W568	NOR SARAH BINTI HADI	PAHANG	3.30m	
2	W627	HELENA LOW WENG YAN	SELANGOR	3.10m	
	W616	EVELYNE TAN XIE YIE	SARAWAK	NM	

Time	Event No	Event	Category	Level	Record
9.45 am	110	100M Hurdles	Women	Hept 1	5247 pts
Wind: +0.6 M/S					
Position	Bib No	Name	Team	Time	Remarks
1	W554	NORLIANA BINTI KAMARUDDIN	N.SEMBILAN	15.64	
2	W617	MAZWEEN UBONG LAH	SARAWAK	16.65	
3	W573	BEH JIA PING	PERAK	17.24	
4	W555	THANESWARY AP NAGARAJAN	N.SEMBILAN	17.74	
5	W581	NUR SYAZIRA BINTI ZULHAINI	PERLIS	17.75	
6	W623	SITI ZAIDATUL AMIEZA BT. ABDUL RAHMAN	SELANGOR	18.96	
7	W636	TEONG YU XUAN	SELANGOR	19.94	
	W551	ONG ZHEN	MELAKA		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
9.55 am	111/1	110 Hurdles	Men	S/Final	13.67
Wind: -0,7 M/S					
Position	Bib No	Name	Team	Time	Remarks
1	M311	MOHD RIZZUA HAIZAD BIN MUHAMAD	SARAWAK	14.26	Q
2	M266	BENEDICT IAN GAWOK	SABAH	14.66	Q
3	M274	MUHAMMAD NAZRUL MOHD ALI	SABAH	15.17	Q
4	M227	MUHD HILMI ZAKUWAN B YUSRI AZHAR	PERAK	15.99	q
5	M408	ADEEB IHSAN BIN NORAZMAN	LABUAN	17.16	
6	M131	MUHAMMAD HAZRIQ BIN CIK MAT KILAU	JOHOR	18.64	

Time	Event No	Event	Category	Level	Record
9.55 am	111/2	110 Hurdles	Men	S/Final	13.67
Wind: +0.7					
Position	Bib No	Name	Team	Time	Remarks
1	M347	ANG CHEN XIANG	SINGAPORE	14.22	Q
2	M289	RAYZAM SHAH BIN WAN SOFIAN	SABAH	14.28	Q
3	M130	WONG CHUN YEE	JOHOR	14.63	Q
4	M276	MUHAMMAD RIDZWAN RIDAL	SABAH	14.77	q
5	M356	MUHAMMAD ADHA AJWAD BIN AHMAD RIZAL	TERENGGANU	16.05	
	M155	MOHD AFTAR BIN ROSLI	KEDAH		DNS

Time	Event No	Event	Category	Level	Record
9.55 am	112	Long Jump	Men	Deca 2	7097pts
Position	Bib No	Name	Team	Distance	Remarks
1	M285	SUSEN MENTEN ANTONI LAGA	SABAH	6.57m	-0.7
2	M257	WILSON QUAIK ZHEN HAN	P.PINANG	6.56m	+0.5
3	M240	MUHAMMAD NADHIR BIN MD NIZAM	PERLIS	6.40m	+0.1
4	M286	ELJOE GOTUOH	SABAH	6.22m	+0.2
5	M281	MOHD RAID RAMLEE	SABAH	6.16m	-0.1
6	M207	MUHAMMAD SHARIL AMRI BIN AZMI	N.SEMBILAN	5.99m	-0.4
7	M163	AMIR AFIQ BIN AHMAD ZUKI	KEDAH	5.97m	-0.1
8	M143	MOHAMAD KHAIRUL REZEKI B. KAMAL	JOHOR	5.11m	+0.1
	M401	YOU ZHENG XIANG	K.LUMPUR		DNS

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Time	Event No	Event	Category	Level	Record
10.25 am	113	1500M	Women	Final	4.23.49

Position	Bib No	Name	Team	Time	Remarks
1	W520	GEETHA A/P SIVARAJA	JOHOR	5:03.27	
2	W545	JERUSHA OLIIVE JASON	SELANGOR	5:43.30	
3	W516	REVATHY A/P GOVINDASAMY	ATM	6:10.17	
4	W650	NOR ALIYA NAJIHAH BINTI MUDA	TERENGGANU	6:12.43	
5	W666	NIETHYA THARAANI PARASIVAM	K.LUMPUR	7:49.92	
	W507	SAVINDER KAUR A/P JOGINDR SINGH	ATM		DNS

Time	Event No	Event	Category	Level	Record
10.35 am	114	1500M	Men	Final	3.45.70

Position	Bib No	Name	Team	Time	Remarks
1	M126	SANJAY A/L MANIMARAN	JOHOR	4:06.98	
2	M204	AHMAD LUTH BIN HAMIZAN	N.SEMBILAN	4:07.59	
3	M142	MOHAMAD AMIRUL ARIF B. MOHD. AZRI	JOHOR	4:08.68	
4	M327	DINESH VARMA A/L SELVAM	SELANGOR	4:12.66	
5	M313	JETRIS FOO	SARAWAK	4:18.26	
6	M106	MOHD NOR AFIFI B. HARUN	ATM	4:20.25	
7	M324	JEFF LIM ZHE YU	SELANGOR	4:22.59	
8	M162	SYHIR NAWAS KHAN B. ZARAIKH KHAN	KEDAH	4:37.27	
9	M132	UMAR BIN OSMAN	JOHOR	4:42.54	
10	M341	ABISHEK DATTA A/L ALAGESAN	SELANGOR	4:44.15	
11	M410	MOHAMMAD ALIF DANIAL BIN MOHD ANUA	LABUAN	5:30.14	
	M388	TEOH ZI JUN	K.LUMPUR		DNS
	M190	SYED ALI ZAINAL ABIDIN BIN SYED TAHA	MELAKA		DNS
	M252	ZAIYUSRI BIN ZAINON	P.PINANG		DNS

Time	Event No	Event	Category	Level	Record
10.35 am	115	High Jump	Women	Hept 2	5247 pts

Position	Bib No	Name	Team	Height	Remarks
1	W554	NORLIANA BINTI KAMARUDDIN	N.SEMBILAN	1.73m	
2	W581	NUR SYAZIRA BINTI ZULHAINI	PERLIS	1.61m	
3	W617	MAZWEEN UBONG LAH	SARAWAK	1.46m	
4	W636	TEONG YU XUAN	SELANGOR	1.46m	
5	W623	SITI ZAIDATUL AMIEZA BT. ABDUL RAHMAN	SELANGOR	1.31m	
6	W555	THANESWARY AP NAGARAJAN	N.SEMBILAN	1.28m	
7	W573	BEH JIA PING	PERAK	1.25m	
8	W551	ONG ZHEN	MELAKA		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
10.40 am	116	Hammer Throw	Men	Final	68.22
Position	Bib No	Name	Team	Distance	Remarks
1	M115	JACKIE WONG SIEW CHEER	ATM	68.13m	
2	M205	SADAT MARZUQI BIN AJISAN	N.SEMBILAN	58.57m	
3	M236	RIZAD AZRI BIN CHE RADZI	PERLIS	48.50m	
4	M191	MUHAMMAD AMIR ASYRAF BIN AZIZ	MELAKA	34.72m	
5	M192	WAN SHAMEL SHAZMEN BIN W.AHMAD KAMAL	MELAKA	31.91m	
6	M238	MOHD HARRIS IZZUDDIN BIN AZALAN	PERLIS		DNS
7	M241	MUHAMMAD AIMAN HAKIM BIN JAMAL	PERLIS		DNS

Time	Event No	Event	Category	Level	Record
11.00 am	117/1	400M	Women	S/Final	52.56
Position	Bib No	Name	Team	Time	Remarks
1	W503	NURUL FAIZAH ASSMA BT MAZLAN	ATM	58.21	Q
2	W604	PATRONELLA LISONG	SABAH	61.06	Q
3	W536	SHARWINI A/P THULASIRAM	KEDAH	63.30	q
4	W522	FARAH NAJWA BT. MD ZAHARI	JOHOR	63.58	
5	W649	WAN NURNATASHA ATIQA BIN WAN RAMLI	TERENGGANU	66.20	
6	W673	DARSHINY NAGARAJAH	K.LUMPUR	69.22	
7	W562	SITI NUR AISYAH BT MD ZUKAINISHHRIN	PAHANG	79.81	

Time	Event No	Event	Category	Level	Record
11.00 am	117/2	400M	Women	S/Final	52.56
Position	Bib No	Name	Team	Time	Remarks
1	W599	CHELSEA CASSIOPEA AVALI BOPULAS	SABAH	59.60	Q
2	W523	FARAH NAJIHA BT. MD ZAHARI	JOHOR	63.41	Q
3	W631	NICOLE LAI JIA XIN	SELANGOR	66.01	
4	W663	THARANISHVARI APPLANAIDU	K.LUMPUR	68.38	
5	W537	TEOH KIM CHYI	KEDAH		DNS
6	W608	NIA JOVIC SUAN	SABAH		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
11.00 am	117/3	400M	Women	S/Final	52.56
Position	Bib No	Name	Team	Time	Remarks
1	W569	NUR ATHIRAH BINTI KHAIRUL NOORMIZAM	PAHANG	61.59	Q
2	W538	NUR NASYATUL NADIA BT. NASRI	KEDAH	61.62	Q
3	W593	HONG XYAN	P.PINANG	61.78	q
4	W675	NIVASHINI NICOLE A/P MICHAEL	MELAKA	64.10	
5	W620	VERALYNA ANAK BILL	SARAWAK	64.66	
6	W570	NUR ATIKAH BINTI AZMAN	PAHANG		DNS

Time	Event No	Event	Category	Level	Record
2.30 pm	118	Pole Vault	Men	Final	5.31
Position	Bib No	Name	Team	Height	Remarks
1	M117	ISKANDAR B. ALWI	ATM	4.65m	
2	M150	MUHAMMAD NAUFAL BIN SHAHRUL AFZAM	JOHOR	4.35m	
3	M255	CHIN SIAN YUAN	P.PINANG	3.75m	
	M151	AIMAN SUFFIAN BIN SAHRIZAL	JOHOR		NM
	M369	WAN MUHAMMAD NAZREEN HAZIQ BIN WAN MOHD NAZRI	TERENGGANU		NM
	M345	MOHAMMAD FAISAL B. AHMAD DOAT	SELANGOR		NM
	M152	FARISH IZHAN BIN JAINAL	JOHOR		DNS

Time	Event No	Event	Category	Level	Record
2.30 pm	119	Long Jump	Women	Final	6.29
Position	Bib No	Name	Team	Distance	Remarks
1	W508	KIRTHANA RAMASAMY	ATM	6.00m	-0.4
2	W530	SITI ZUBAIDAH BT. ADABI	JOHOR	5.77m	-1.6
3	W572	NURUL ASHIKIN BINTI ABAS	PERAK	5.67m	-1.0
4	W532	NOR FATIN NAJIHA BT. MOHD. AZIZ	JOHOR	5.00m	-0.3
5	W611	RUBY LEE JIA LU	SARAWAK	4.95m	-0.6
6	W564	JULIA LEE BT TERRELL QUSHAIRY LEE	PAHANG	4.43m	-2.2
	W552	NURUL ISMA BT OSMAN RANI	MELAKA		DNS
	W610	NURSYUHADAH JUNAIDI	SABAH		DNS
	W597	DAYANG SHARI ULUK	SABAH		DNS

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Official Results

Time		Event No		Event		Category		Level		Record	
2.30 pm		120		Shot Put		Men		Deca 3		7097pts	
Position	Bib No	Name				Team	Distance	Remarks			
1	M163	AMIR AFIQ BIN AHMAD ZUKI				KEDAH	10.62m				
2	M281	MOHD RAID RAMLEE				SABAH	8.87m				
3	M257	WILSON QUAIK ZHEN HAN				P.PINANG	8.67m				
4	M286	ELJOE GOTUOH				SABAH	8.33m				
5	M143	MOHAMAD KHAIRUL REZEKI B. KAMAL				JOHOR	7.59m				
6	M285	SUSEN MENTEN ANTONI LAGA				SABAH	7.45m				
7	M207	MUHAMMAD SHARIL AMRI BIN AZMI				N.SEMBILAN	6.78m				
8	M240	MUHAMMAD NADHIR BIN MD NIZAM				PERLIS	6.70m				
	M401	YOU ZHENG XIANG				K.LUMPUR		DNS			
	M185	MUHAMMAD HAZIQ BIN DELI				MELAKA		DNS			

Time		Event No		Event		Category		Level		Record	
2.30 pm		121		Discus Throw		Women		Final		47.79	
Position	Bib No	Name				Team	Distance	Remarks			
1	W621	QUEENIE TING KUNG NI				SARAWAK	47.01m				
2	W506	CHOO KANG NI				ATM	44.66m				
3	W528	NUR ATIQA SUIFAH BT. MD. HANIZAM				JOHOR	40.10m				
4	W567	NANI SAHIRAH BT MARYATA				PAHANG	39.51m				
5	W504	YAP JENG TZAN				N.SEMBILAN	39.04m				
6	W638	WAN PUTRI RIDINA BT ZULKARNAIN				SELANGOR	31.45m				

Time		Event No		Event		Category		Level		Record	
2.40 pm		122		100M Hurdles		Women		Final		13.27	
Wind: +0.6											
Position	Bib No	Name				Team	Time	Remarks			
1	W514	NUR SYAFIQAH ANIS BT ABU BAKAR				ATM	15.03				
2	W700	JURIANI BT MAT RODZI				PERAK	15.43				
3	W576	FARAH SYAKIRA BT AZIFSAFARIN				PERAK	15.60				
	W502	RAJA NURSHEENA BT RAJA AZHAR				ATM		DNF			

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Official Results

Time	Event No	Event	Category	Level	Record
2.50 pm	123	110M Hurdles Wind: +1.0	Men	Final	13.67
Position	Bib No	Name	Team	Time	Remarks
1	M311	MOHD RIZZUA HAIZAD BIN MUHAMAD	SARAWAK	14.13	
2	M289	RAYZAM SHAH BIN WAN SOFIAN	SABAH	14.19	
3	M266	BENEDICT IAN GAWOK	SABAH	14.33	
4	M276	MUHAMMAD RIDZWAN RIDAL	SABAH	14.40	
5	M274	MUHAMMAD NAZRUL MOHD ALI	SABAH	14.46	
6	M227	MUHD HILMI ZAKUWAN B YUSRI AZHAR	PERAK	15.66	
	M347	ANG CHEN XIANG	SINGAPORE		DQ
	M130	WONG CHUN YEE	JOHOR		DNS

Time	Event No	Event	Category	Level	Record
3.15 pm	124	3000M S/C	Women	Final	10.55.31
Position	Bib No	Name	Team	Time	Remarks
1	W556	KOTHANAYAGI AP SIVAKUMAR	N.SEMBILAN	12:39.0	
2	W557	AINUR SHAFIQAH BINTI AZMI	N.SEMBILAN	13:21.94	
3	W591	LEE XIN MEI	P.PINANG	14:33.64	
4	W624	KIRTIKAA A/P PRABAKHARAN	SELANGOR	15:41.00	
5	W666	NIETHYA THARAANI PARASIVAM	K.LUMPUR	18:31.63	
	W633	SUVITRA A/P GANASAN	SELANGOR		DNS
	W639	ESTHER JOY CHEN HONG LI	SELANGOR		DNS

Time	Event No	Event	Category	Level	Record
3.30 pm	125	Shot Put	Women	Hept 3	5247 pts
Position	Bib No	Name	Team	Distance	Remarks
1	W554	NORLIANA BINTI KAMARUDDIN	N.SEMBILAN	10.72m	
2	W617	MAZWEEN UBONG LAH	SARAWAK	8.36m	
3	W555	THANESWARY AP NAGARAJAN	N.SEMBILAN	7.34m	
4	W581	NUR SYAZIRA BINTI ZULHAINI	PERLIS	7.10m	
5	W573	BEH JIA PING	PERAK	6.74m	
6	W636	TEONG YU XUAN	SELANGOR	6.12m	
7	W623	SITI ZAIDATUL AMIEZA BT. ABDUL RAHMAN	SELANGOR	6.12m	
	W551	ONG ZHEN	MELAKA		DNS

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Official Results

Time		Event No		Event		Category		Level		Record	
3.35 pm		126		3000M S/C		Men		Final		8.59.10	
Position	Bib No	Name				Team	Time	Remarks			
1	M326	DAREN JAMES NAIR A/L RODNEY JAMES				SELANGOR	9:54.34				
2	M363	MUHAMMAD FAHRIN AIMAN BIN YUSMIZAN				TERENGGANU	10:01.83				
3	M312	LUCAS WONG SIE HONG				SARAWAK	10:05.61				
4	M362	MUHAMMAD SHAHRIL AIMAN BIN MOHD NOOR				TERENGGANU	10:18.32				
5	M135	MUHAMMAD AMIR AMINUDDIN B. MOHD. AZRI				JOHOR	10:36.11				
6	M136	NUR AIERIL HAIMI BIN HUSSEIN				JOHOR	10:44.07				
7	M314	GOLIATH VALERON SILI				SARAWAK	10:59.17				
8	M262	JOSHUA LOH YIXUN				P.PINANG	11:13.24				
9	M188	LUQMAN DANIEL BIN MOHD KAMMAL				MELAKA	11:49.60				
10	M264	LOKE GUAN SHENG				P.PINANG	12:08.46				
	M204	AHMAD LUTH BIN HAMIZAN				N.SEMBILAN		DNF			
	M214	MUHAMMAD IKBOLESEN BIN MD KAMAL HUSSAIN				PAHANG		DNS			
	M234	MOGANA KUMARAN A/L MUNUSAMY				PERAK		DNS			
	M210	DEENASH A/L MUKUMNAN				PAHANG		DNS			

Time		Event No		Event		Category		Level		Record	
3.50 pm		127		High Jump		Men		Deca 4		7097pts	
Position	Bib No	Name				Team	Height	Remarks			
1	M257	WILSON QUAIK ZHEN HAN				P.PINANG	1.85m				
2	M163	AMIR AFIQ BIN AHMAD ZUKI				KEDAH	1.72m				
3	M240	MUHAMMAD NADHIR BIN MD NIZAM				PERLIS	1.69m				
4	M281	MOHD RAID RAMLEE				SABAH	1.60m				
4	M285	SUSEN MENTEN ANTONI LAGA				SABAH	1.60m				
6	M143	MOHAMAD KHAIRUL REZEKI B. KAMAL				JOHOR	1.54m				
7	M207	MUHAMMAD SHARIL AMRI BIN AZMI				N.SEMBILAN	1.48m				
8	M286	ELJOE GOTUOH				SABAH	1.45m				
	M401	YOU ZHENG XIANG				K.LUMPUR		DNS			

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Official Results

Time	Event No	Event	Category	Level	Record
3.50 pm	128	Long Jump	Men	Final	
Position	Bib No	Name	Team	Distance	Remarks
1	M265	ANDRE ANURA@ ANUAR	SABAH	7.56m	-1.4
2	M119	LUQMAN HAKIM B. RAMLAN	ATM	7.31m	-0.1
3	M149	MUHAMMAD AZIM BIN ABDUL KEFLI	JOHOR	7.11m	-0.8
4	M360	MUHAMMAD HAFIZUDDIN FARHAN BIN ZAM ZAM	TERENGGANU	6.89m	-0.2
5	M258	LAU JING CHONG	P.PINANG	6.76m	-0.5
6	M296	RUEBEN VALEN SAMEN AK WILLIE	SARAWAK	6.74m	-0.5
7	M361	MUHAMMAD SHAHRIZAL NASHARUDDIN B ISHAM	TERENGGANU	6.73m	-0.1
8	M292	LARRY ANAK JANGUN	SARAWAK	6.42m	-0.5
	M293	BROLYN JOEL NUMPANG	SARAWAK		DNS
	M118	MUHAMMAD YASIR B. IBNIRISLAN	ATM		DNS
	M400	MUHAMMAD AIMAN AMSYAR BIN ARTINO	K.LUMPUR		DNS
	M338	MUHAMMAD HANIF BIN CHE HAMID	SELANGOR		DNS
	M332	SHAREEM ALEIMRAN BIN ABDUL	SELANGOR		DNS

Time	Event No	Event	Category	Level	Record
4.10 pm	129	100M	Women	Final	11.5
Wind: +0.3 M/S					
Position	Bib No	Name	Team	Time	Remarks
1	W640	PEREIRA VERONICA SHANTI	SINGAPORE	12.03	
2	W600	NUR AISHAH ROFINA ALING	SABAH	12.18	
3	W533	FATIN ILYANA BT. MAT NAYAN	KEDAH	12.26	
4	W568	NOR SARAH BINTI HADI	PAHANG	12.28	
5	W619	ERISSCA PETER	SARAWAK	12.57	
6	W603	FEOVA LIM YI FEI	SABAH	12.73	
7	W501	KOMALAM SHALLY A/P SELVARETNAM	ATM	12.79	
8	W606	ESTHER JOANNE	SABAH	13.02	

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Official Results

Time	Event No	Event	Category	Level	Record
4.20 pm	130	100M	Men	Final	10.18
Wind: +0.2 M/S					
Position	Bib No	Name	Team	Time	Remarks
1	M200	MUHAMMAD HAIQAL BIN HANAFI	N.SEMBILAN	10.58	
2	M128	MUHAMMAD ARSYAD B. MD. SAAT	JOHOR	10.63	
3	M103	JONATHAN NYEPA	ATM	10.64	
4	M229	MUHAMMAD AZEEM MOHD FAHMI	PERAK	10.66	
5	M198	KHAIRUL HAFIZ JANTAN	MELAKA	10.74	
6	M349	LEE SIONG EN RUEBEN RAINER	SINGAPORE	10.81	
7	M304	ALVINE JOSTINE	SARAWAK	10.89	
8	M383	KWONG KAR JUN	K.LUMPUR	10.94	

Time	Event No	Event	Category	Level	Record
4.20 pm	131	Discus Throw	Men	Final	62.55
Position	Bib No	Name	Team	Distance	Remarks
1	M116	MUHAMMAD IRFAN B.SHAMSUDDIN	ATM	55.21m	
2	M299	ABDUL RAHMAN LEE	SARAWAK	45.63m	
3	M235	KAMAL FARHAN BIN A. RAHMAN	PERLIS	45.56m	
4	M297	JONAH CHANG RIGAN	SARAWAK	42.27m	
5	M278	MIRAC HAN	SABAH	40.27m	
6	M357	MUHAMMAD HAFIZIN ZUFAYRI BIN MAHADI	TERENGGANU	40.02m	

Time	Event No	Event	Category	Level	Record
4.45 pm	132	200M	Women	Hept 4	5247 pts
Wind: +0.8 M/S					
Position	Bib No	Name	Team	Time	Remarks
1	W554	NORLIANA BINTI KAMARUDDIN	N.SEMBILAN	26.51	
2	W617	MAZWEEN UBONG LAH	SARAWAK	28.09	
3	W573	BEH JIA PING	PERAK	29.33	
4	W581	NUR SYAZIRA BINTI ZULHAINI	PERLIS	29.86	
5	W636	TEONG YU XUAN	SELANGOR	30.79	
6	W555	THANESWARY AP NAGARAJAN	N.SEMBILAN	31.27	
7	W623	SITI ZAIDATUL AMIEZA BT. ABDUL RAHMAN	SELANGOR	32.08	
	W551	ONG ZHEN	MELAKA		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
4.55pm	133	400M	Women	Final	52.56
Position	Bib No	Name	Team	Time	Remarks
1	W599	CHELSEA CASSIOPEA AVALI BOPULAS	SABAH	57.51	
2	W503	NURUL FAIZAH ASSMA BT MAZLAN	ATM	57.96	
3	W604	PATRONELLA LISONG	SABAH	60.81	
4	W538	NUR NASYATUL NADIA BT. NASRI	KEDAH	61.73	
5	W569	NUR ATHIRAH BINTI KHAIRUL NOORMIZAM	PAHANG	62.20	
6	W523	FARAH NAJIHA BT. MD ZAHARI	JOHOR	62.35	
7	W536	SHARWINI A/P THULASIRAM	KEDAH	62.39	
8	W593	HONG XYAN	P.PINANG	62.90	

Time	Event No	Event	Category	Level	Record
5.15pm	134	400M	Men	Final	46.41
Position	Bib No	Name	Team	Time	Remarks
1	M348	TAN ZONG YANG	SINGAPORE	47.74	
2	M211	LUQMANUL HAKIM BIN KHAIRUL AKMAL	PAHANG	48.64	
3	M164	WAN MUHAMMAD FAZRI BIN WAN ZAHARI	KELANTAN	48.80	
4	M138	MUHAMMAD SAIFUL SAFWAN B. SAIFUDDIN	JOHOR	49.98	
5	M353	MUHAMMAD FIRDAUS BIN MOHAMAD ZEMI	TERENGGANU	50.26	
6	M277	PG. AIDIL AUF BIN HAJAM	SABAH	50.79	
7	M226	KANISHKANN A/L NATHAN	PERAK	51.02	
8	M216	MUHAMMAD HAZUWAN BIN MUKELIS	PAHANG	51.10	

Time	Event No	Event	Category	Level	Record
5.05pm	135	400M	Men	Deca 5	7097pts
Position	Bib No	Name	Team	Time	Remarks
1	M207	MUHAMMAD SHARIL AMRI BIN AZMI	N.SEMBILAN	53.26	
2	M257	WILSON QUAIK ZHEN HAN	P.PINANG	54.00	
3	M240	MUHAMMAD NADHIR BIN MD NIZAM	PERLIS	55.20	
4	M285	SUSEN MENTEN ANTONI LAGA	SABAH	56.58	
5	M281	MOHD RAID RAMLEE	SABAH	57.90	
6	M286	ELJOE GOTUOH	SABAH	58.08	
7	M163	AMIR AFIQ BIN AHMAD ZUKI	KEDAH	58.12	
	M143	MOHAMAD KHAIRUL REZEKI B. KAMAL	JOHOR		DNS
	M185	MUHAMMAD HAZIQ BIN DELI	MELAKA		DNS
	M401	YOU ZHENG XIANG	K.LUMPUR		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
5.25 pm	136	10,000 M	Men	Final	29.30.19
Position	Bib No	Name	Team	Time	Remarks
1	M214	MUHAMMAD IKBOLESEN BIN MD KAMAL HUSSAIN	PAHANG	32:38.34	
2	M101	CHRISTOPER A/L SOOSAI	ATM	34:33.55	
3	M330	MOVIN A/L RAJANDARAN	SELANGOR	34:49.28	
4	M407	ANAS BIN ROSLI	K.LUMPUR	35:38.34	
5	M364	ABDUL QUZAIMI BIN MOHD KIS DINUMA	TERENGGANU	35:50.56	
6	M256	RUVESHARAN A/L BALACHANDRAN	P.PINANG	35:58.33	
7	M342	GAUTHAM A/L VADIVELU	SELANGOR	36:04.24	
8	M343	YUVANESH A/L JEVA	SELANGOR	37:04.19	
9	M370	MUHAMMAD AFIQ BIN MOHD ALI	TERENGGANU	40:40.07	
	M209	THEVAN A/L RAJOO	N.SEMBILAN		DNS
	M233	VIMAL A/L GOVENDARAJOO	PERAK		DNS

Time	Event No	Event	Category	Level	Record
6.30 pm	137	4 x 400M	Women	Final	3.35.83
Position	Bib No	Name	Team	Time	Remarks
1	A	PASUKAN WANITA KEDAH	KEDAH	4:18.26	
2	B	PASUKAN WANITA SABAH	SABAH	4:25.38	
	E	PASUKAN WANITA TERENGGANU	TERENGGANU		DNS
	H	PASUKAN WANITA ATM	ATM		DNS

Time	Event No	Event	Category	Level	Record
6.40 pm	138	4 x 400M	Men	Final	3.06.64
Position	Bib No	Name	Team	Time	Remarks
1	G	PASUKAN LELAKI JOHOR	JOHOR	3:21.03	
2	B	PASUKAN LELAKI SABAH	SABAH	3:25.87	
3	W	PASUKAN LELAKI KUALA LUMPUR	K.LUMPUR		DNS
4	E	PASUKAN LELAKI TERENGGANU	TERENGGANU		DNS
5	L	PASUKAN LELAKI KEDAH	KEDAH		DNS
6	O	PASUKAN LELAKI SABAH	SARAWAK		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
4.00 am	201	Marathon	Women	Final	1:30:43
Position	Bib No	Name	Team	Time	Remarks
1		NOOR AMELIA BT MUSA		3:28:37	
2		CHUAH CHENG EAN		3:39:11	

Time	Event No	Event	Category	Level	Record
4.00 am	202	Marathon	Men	Final	1:07:59
Position	Bib No	Name	Team	Time	Remarks
1		MUHAIZAR BIN MOHAMAD		2:32:21	
2		POO VASANTHAN A/L SUBRAMANIAM		2:36:53	
3		ZULKHAIRI BIN SHAHRIM		2:50:05	
4		MOHAMAD HELMI AZRI BIN SUHAIMI		3:10:05	
5		MOHAMAD AFFINDI BIN NUDIN		3:28:54	
6		LEE TECK WAI		3:39:11	
7		NG GUO SHEN		3:39:11	

Time	Event No	Event	Category	Level	Record
6.45 am	203	20000M Walk	Women	Final	1:32:25
Position	Bib No	Name	Team	Time	Remarks
1	W668	NURUL ASHIKIN BT HUSSIN	K.LUMPUR	2:01:10	
2	W509	NORLIANA BINTI MOHD RUSNI	ATM	2:13:18	
3	W574	UMMU FATIN NAJIHAH	PERAK		DNF
4	W580	NUR ZAFIRAH BALQIS BINTI MOHD ZAIN	PERLIS		DNF

Time	Event No	Event	Category	Level	Record
6.45 am	204	20000M Walk	Men	Final	1:30:43
Position	Bib No	Name	Team	Time	Remarks
1	M261	SRIVEN TAN	P.PINANG	1:53:03	
2	M393	MUHAMMAD ALIFF BIN MUBARAK AHMAD	K.LUMPUR	1:56:42	
3	M134	DENESH KUMAR A/L PARANTHAMAN	JOHOR	2:05:15	
4	M165	MOHAMAD FAHMI BIN MOHAMED	KELANTAN	2:06:09	
5	M161	MUHD HAIKAL FAREEZ . AZMAN	KEDAH		DQ
6	M182	MUHAMMAD FAKHRUL RAZI BIN JAILANI	MELAKA		DQ
7	M206	SIVANESH AL MOHAN MURALI	N.SEMBILAN		DQ
8	M337	MUHAMMAD HINIFHUMAIDI BIN MD RAMLEEY	SELANGOR		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
8.10 am	205	Long Jump	Women	Hept 5	5247 pts

Position	Bib No	Name	Team	Distance	Remarks
1	W554	NORLIANA BINTI KAMARUDDIN	N.SEMBILAN	5.56m	-0.1
2	W581	NUR SYAZIRA BINTI ZULHAINI	PERLIS	5.19m	+0.2
3	W617	MAZWEEN UBONG LAH	SARAWAK	5.09m	-0.1
4	W573	BEH JIA PING	PERAK	4.62m	+0.1
5	W555	THANESWARY AP NAGARAJAN	N.SEMBILAN	4.49m	-0.1
6	W623	SITI ZAIDATUL AMIEZA BT. ABDUL RAHMAN	SELANGOR	4.25m	+0.1
7	W636	TEONG YU XUAN	SELANGOR	4.18m	+0.1
8	W551	ONG ZHEN	MELAKA		DNS

Time	Event No	Event	Category	Level	Record
8.20 am	206	Shot Put	Women	Final	14.41

Position	Bib No	Name	Team	Distance	Remarks
1	W567	NANI SAHIRAH BT MARYATA	PAHANG	12.67m	
2	W558	NURRUL AININ SYAUQINA BT MOHD NOR AZAHAR	PAHANG	11.17m	
3	W541	NURUL AQMA BT. MOHD NIZAM	KEDAH	10.74m	
4	W582	FARHANA IZUREIN BT FAIZAL AMIZUL	PERLIS	10.24m	
5	W612	CELINE KHOO	SARAWAK	10.11m	
6	W543	NOOR IMANINA BT IDRIS	PERLIS	9.30m	
7	W565	SHAZIA BINTI MOHD IBRAHIM	PAHANG	8.44m	
8	W670	THANUSSHA A/P VIKNESWARAN	K.LUMPUR		DNS

Time	Event No	Event	Category	Level	Record
8.25 am	207	Javelin	Men	Final	73.34

Position	Bib No	Name	Team	Distance	Remarks
1	M237	SYED ABRAR BIN SYED AHMAD ZAWAWI	PERLIS	56.84m	
2	M268	MOHD ALIF BIN MOHD RAZI	SABAH	56.32m	
3	M193	CHUA YI XIAN	MELAKA	53.06m	
4	M194	ELRICK AK ROSLEE	MELAKA	50.53m	
5	M125	GERALD AGAN GANANG	ATM	50.22m	
6	M380	CHEAH WEI JUN	K.LUMPUR	49.81m	
7	M302	PETHIUS ANAK JADAM	SARAWAK	45.52m	
8	M301	DESMOND JONG WEI XIONG	SARAWAK	44.89m	
9	M195	MUHAMMAD ALIF AIMAN BIN SAFIAN	MELAKA	41.39m	
10	M409	MUHAMMAD FARIS BIN MOHD FAIZAL	LABUAN		DNS
11	M208	RIESS WILLIAM LING	N.SEMBILAN		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
8.30 am	208	110M Hurdles Wind: -0.1 M/S	Men	Deca 6	7097pts
Position	Bib No	Name	Team	Time	Remarks
1	M240	MUHAMMAD NADHIR BIN MD NIZAM	PERLIS	16.15	
2	M257	WILSON QUAIK ZHEN HAN	P.PINANG	16.31	
3	M163	AMIR AFIQ BIN AHMAD ZUKI	KEDAH	16.40	
4	M207	MUHAMMAD SHARIL AMRI BIN AZMI	N.SEMBILAN	17.98	
5	M281	MOHD RAID RAMLEE	SABAH	18.06	
6	M285	SUSEN MENTEN ANTONI LAGA	SABAH	18.30	
7	M286	ELJOE GOTUOH	SABAH	21.84	
8	M143	MOHAMAD KHAIRUL REZEKI B. KAMAL	JOHOR		DNS
9	M185	MUHAMMAD HAZIQ BIN DELI	MELAKA		DNS
10	M401	YOU ZHENG XIANG	K.LUMPUR		DNS

Time	Event No	Event	Category	Level	Record
8.50 am	209/1	200M Wind: -0.1 M/S	Men	Heats	20.77
Position	Bib No	Name	Team	Time	Remarks
1	M229	MUHAMMAD AZEEM MOHD FAHMI	PERAK	21.53	Q
2	M107	ARAVINN THEVARR A/L GUNASEGARAN	ATM	22.20	Q
3	M279	MOHD ISYHAN BIN THOMAS DEMOND	SABAH	22.65	
4	M315	KHAIRULNASH BIN MOHAMAD	SARAWAK	22.99	
5	M133	THARVEN NAIDU A/L GOPAL NAIDU	JOHOR	23.68	
6	M201	MUHAMMAD RAIMI BIN MUSTAFA KAMAL	N.SEMBILAN		DNS
7	M355	MUHAMMAD HASRUL NAJMI BIN BADRUL	TERENGGANU		DNS
8	M250	MUHAMMAD FAKHRUL BIN ABD AZIZ	P.PINANG		DNS

Time	Event No	Event	Category	Level	Record
8.50 am	209/2	200M Wind: -1.5 M/S	Men	Heats	20.77
Position	Bib No	Name	Team	Time	Remarks
1	M103	JONATHAN NYEPA	ATM	21.93	
2	M211	LUQMANUL HAKIM BIN KHAIRUL AKMAL	PAHANG	22.34	
3	M349	LEE SIONG EN RUEBEN RAINER	SINGAPORE	22.42	
4	M247	MUHAMMAD SHAHRUL AZMER BIN AZMAN	PERLIS	22.80	
5	M246	NOR SHAHDAN BIN MUHAMAD	PERLIS	23.17	
6	M287	ERVAND ELIAS	SABAH	25.36	
7	M202	AIDEN WILLIAM LING	N.SEMBILAN		DNS
8	M411	AMMAR IZZAD BIN ZULKARNAIN	LABUAN		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
8.50 am	209/3	200M	Men	Heats	20.77
Wind: -1.3 M/S					

Position	Bib No	Name	Team	Time	Remarks
1	M348	TAN ZONG YANG	SINGAPORE	21.93	
2	M274	MUHAMMAD NAZRUL MOHD ALI	SABAH	22.23	
3	M230	CHEAH YAU CHUNG	PERAK	22.34	
4	M308	DION DEXTER KEDANG ANAK DAVID HARDEN	SARAWAK	22.65	
5	M321	VASANTHEN A/L PERAGASAM	SELANGOR	24.02	
6	M384	ADEYEMI ADETUNJI DOLAPO	K.LUMPUR	24.09	
7	M184	RAJA MUHAMMAD DANIEL BIN RAJA SHAHRUL AZLAN	MELAKA		DNS

Time	Event No	Event	Category	Level	Record
8.50 am	209/4	200M	Men	Heats	20.77
Wind: -1.0 M/S					

Position	Bib No	Name	Team	Time	Remarks
1	M383	KWONG KAR JUN	K.LUMPUR	22.18	
2	M316	BENEDICT DUAU ANAK DENNIS UNCHAT	SARAWAK	23.46	
3	M213	MOHAMMAD EFRAIN FEERZAN QHAN BIN MOHD YAZID	PAHANG	23.62	
4	M282	ADAM TAN CHEE HEONG	SABAH		DNS
5	M351	MUHAMMAD ZULFIQAR BIN ISMAIL	TERENGGANU		DNS
6	M196	AHMAD AZIZI BIN ROZAINI	MELAKA		DNS
7	M288	JAD RIZALMAN BIN WASHIF	SABAH		DNS

Time	Event No	Event	Category	Level	Record
9.00 am	210	High Jump	Women	Final	

Position	Bib No	Name	Team	Height	Remarks
1	W571	NGU JIA XIN	PERAK	1.67m	
2	W505	YAP SEAN YEE	ATM	1.55m	
3	W540	AMNI BT. MOHAMAD NAQ1B	KEDAH	1.55m	
4	W615	NICOLE GOH ZHI WEI	SARAWAK	1.50m	
5	W598	MICHELLE CORNELIUS LUCAS MOSIRI	SABAH	1.45m	
6	W597	DAYANG SHARI ULUK	SABAH	1.45m	

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Official Results

Time	Event No	Event	Category	Level	Record
4.45 pm	211	5000M	Women	Final	
Position	Bib No	Name	Team	Time	Remarks
1	W556	KOTHANAYAGI AP SIVAKUMAR	N.SEMBILAN	19:24.75	
2	W622	RAMIYAH A/P BALASINGAM	SELANGOR	19:25.25	
3	W667	SIQBHAIN DOYLE	K.LUMPUR	19:39.26	
4	W526	PUSPA LETCHUMY A/P JAINTHERAN	JOHOR	19:49.85	
5	W632	SAN GEETHAA SIVANES	SARAWAK	21:42.42	
6	W515	SHALINI A/P PARTHIBAN	ATM	22:46.59	
7	W650	NOR ALIYA NAJIHAH BINTI MUDA	TERENGGANU		DNF
8	W517	SITI NOR ATASAR BINTI ROSLAN	ATM		DNS

Time	Event No	Event	Category	Level	Record
10.10 am	212	Discus Throw	Men	Deca 7	14:06.84
Position	Bib No	Name	Team	Distance	Remarks
1	M257	WILSON QUAIK ZHEN HAN	P.PINANG	30.49m	
2	M163	AMIR AFIQ BIN AHMAD ZUKI	KEDAH	30.45m	
3	M286	ELJOE GOTUOH	SABAH	24.78m	
4	M240	MUHAMMAD NADHIR BIN MD NIZAM	PERLIS	24.38m	
5	M281	MOHD RAID RAMLEE	SABAH	23.37m	
6	M285	SUSEN MENTEN ANTONI LAGA	SABAH	17.89m	
7	M207	MUHAMMAD SHARIL AMRI BIN AZMI	N.SEMBILAN	17.85m	
8	M143	MOHAMAD KHAIRUL REZEKI B. KAMAL	JOHOR		DNS
9	M185	MUHAMMAD HAZIQ BIN DELI	MELAKA		DNS
10	M401	YOU ZHENG XIANG	K.LUMPUR		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
5.15 pm	213	5000M	Men	Final	
Position	Bib No	Name	Team	Time	Remarks
1	M112	PRABUDASS A/L KRISHNAN	ATM	14:44.45	
2	M126	SANJAY A/L MANIMARAN	JOHOR	15:42.75	
3	M214	MUHAMMAD IKBOLESEN BIN MD KAMAL HUSSAIN	PAHANG	15:44.85	
4	M326	DAREN JAMES NAIR A/L RODNEY JAMES	SELANGOR	15:47.43	
5	M209	THEVAN A/L RAJOO	N.SEMBILAN	15:59.59	
6	M312	LUCAS WONG SIE HONG	SARAWAK	16:19.28	
7	M280	AZWAN BIN BUNJING	SABAH	16:25.06	
8	M330	MOVIN A/L RAJANDARAN	SELANGOR	16:48.21	
9	M364	ABDUL QUZAIMI BIN MOHD KIS DINUMA	TERENGGANU	17:08.59	
10	M256	RUVESHARAN A/L BALACHANDRAN	P.PINANG	17:27.34	
11	M139	YAZID HARITH B. SYAHRUL ANUAR	JOHOR	17:45.70	
12	M403	IZZAT HAIKAL BIN ISMAIL	K.LUMPUR	17:49.37	
13	M404	OOI WEI LIANG	K.LUMPUR	18:09.74	
14	M234	MOGANA KUMARAN A/L MUNUSAMY	PERAK	18:23.39	
15	M189	MUHAMMAD SYAFIQ BIN ANUAR	MELAKA	18:24.32	
16	M264	LOKE GUAN SHENG	P.PINANG	18:24.42	
17	M178	MARVIN VELUSWAMI	LABUAN	19:12.12	
18	M405	PRASANA KUMAR	K.LUMPUR	19:25.45	
19	M159	AHMAD KARLILY B. AHMAD KAMIL	KEDAH	19:38.77	
20	M188	LUQMAN DANIEL BIN MOHD KAMMAL	MELAKA		DNF
21	M190	SYED ALI ZAINAL ABIDIN BIN SYED TAHA	MELAKA		DNF
22	M233	VIMAL A/L GOVENDARAJOO	PERAK		DNF
23	M252	ZAIYUSRI BIN ZAINON	P.PINANG		DNS
24	M210	DEENASH A/L MUKUMNAN	PAHANG		DNS
25	M300	JOHNNY LING SIEW HONG	SARAWAK		DNS

Time	Event No	Event	Category	Level	Record
9.45 am	214	Triple Jump	Women	Final	
Position	Bib No	Name	Team	Distance	Remarks
1	W572	NURUL ASHIKIN BINTI ABAS	PERAK	12.97m	+1.2
2	W508	KIRTHANA RAMASAMY	ATM	12.92m	+0.4
3	W532	NOR FATIN NAJIHA BT. MOHD. AZIZ	JOHOR	11.87m	-0.3
4	W610	NURSYUHADAH JUNAIDI	SABAH		DNS

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Official Results

Time 10.10 am	Event No 215/1	Event 200M Wind: -0.3	Category Women	Level S/Final	Record 23.37
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Position	Bib No	Name	Team	Time	Remarks
1	W619	ERISSA PETER	SARAWAK	25.77	Q
2	W608	NIA JOVIC SUAN	SABAH	28.14	Q
3	W675	NIVASHINI NICOLE A/P MICHAEL	MELAKA	28.51	
4	W662	EUGENE POH	K.LUMPUR		DNS
5	W641	AZREEN NABILA BINTI ALIAS	TERENGGANU		DNS
6	W560	NATASHA SOFEA BT MOHD SYANAZ	PAHANG		DNS

Time 10.10 am	Event No 215/2	Event 200M Wind: -0.1	Category Women	Level S/Final	Record 23.37
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Position	Bib No	Name	Team	Time	Remarks
1	W501	KOMALAM SHALLY A/P SELVARETNAM	ATM	26.57	Q
2	W607	BIBI HALINA ALOYSIUS	SABAH	28.00	Q
3	W663	THARANISHVARI APPLANAIDU	K.LUMPUR	29.33	
4	W664	NUR RABIATUL ADAWIYAH BT ARIFFIN	K.LUMPUR	30.91	
5	W642	SITI NORZULLAIKA BINTI RAMLI	TERENGGANU		DNS
6	W643	NURUL WARDATUL HUWAIDA BINTI MOHD HAMKA	TERENGGANU		DNS

Time 10.10 am	Event No 215/3	Event 200M Wind: -2.1 M/S	Category Women	Level S/Final	Record 23.37
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Position	Bib No	Name	Team	Time	Remarks
1	W640	PEREIRA VERONICA SHANTI	SINGAPORE	24.90	Q
2	W566	DARSHINI A/P K. MURUGAM	PAHANG	26.54	Q
3	W606	ESTHER JOANNE	SABAH	26.82	q
4	W645	NURUL ALYSSA BINTI AZMAN	TERENGGANU	28.08	q
5	W660	LOW JASMINE	K.LUMPUR	29.01	
6	W603	FEOVA LIM YI FEI	SABAH		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
11.00 am	216	Pole Vault	Men	Deca 8	
Position	Bib No	Name	Team	Height	Remarks
1	M257	WILSON QUAIK ZHEN HAN	P.PINANG	3.70m	
2	M240	MUHAMMAD NADHIR BIN MD NIZAM	PERLIS	2.80m	
3	M281	MOHD RAID RAMLEE	SABAH	2.00m	
4	M163	AMIR AFIQ BIN AHMAD ZUKI	KEDAH	2.00m	
5	M207	MUHAMMAD SHARIL AMRI BIN AZMI	N.SEMBILAN		NM
6	M286	ELJOE GOTUOH	SABAH		NM
7	M285	SUSEN MENTEN ANTONI LAGA	SABAH		NM
8	M143	MOHAMAD KHAIRUL REZEKI B. KAMAL	JOHOR		DNS
9	M185	MUHAMMAD HAZIQ BIN DELI	MELAKA		DNS
10	M401	YOU ZHENG XIANG	K.LUMPUR		DNS

Time	Event No	Event	Category	Level	Record
10.40 am	217	Javelin	Women	Hept 6	
Position	Bib No	Name	Team	Distance	Remarks
1	W554	NORLIANA BINTI KAMARUDDIN	N.SEMBILAN	31.25m	
2	W617	MAZWEEN UBONG LAH	SARAWAK	30.78m	
3	W573	BEH JIA PING	PERAK	29.00m	
4	W581	NUR SYAZIRA BINTI ZULHAINI	PERLIS	25.06m	
5	W623	SITI ZAIDATUL AMIEZA BT. ABDUL RAHMAN	SELANGOR	21.61m	
6	W636	TEONG YU XUAN	SELANGOR	18.85m	
7	W555	THANESWARY AP NAGARAJAN	N.SEMBILAN	16.57m	
8	W551	ONG ZHEN	MELAKA		DNS

Time	Event No	Event	Category	Level	Record
10.20 am	218/1	800M	Men	S/Final	
Position	Bib No	Name	Team	Time	Remarks
1	M142	MOHAMAD AMIRUL ARIF B. MOHD. AZRI	JOHOR	1:58.42	Q
2	M324	JEFF LIM ZHE YU	SELANGOR	1:59.38	Q
3	M162	SYHIR NAWAS KHAN B. ZARAISH KHAN	KEDAH	2:04.96	Q
4	M141	SAN CHEE HIN	JOHOR	2:07.06	q
5	M368	MUHAMMAD NUR HALIM BIN ZULKIFFLI	TERENGGANU	2:14.72	
6	M218	MOHD IKBAL BIN MUHAMMAD RISYAD	PAHANG	2:15.61	
7	M158	MUHAMAD ALIF AIMAN B. YUSLIZAN	KEDAH	2:17.82	
8	M410	MUHAMMAD ALIF DANIAL BIN MOHD ANUA	LABUAN	2:31.58	

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Official Results

Time	Event No	Event	Category	Level	Record
10.20 am	218/2	800M	Men	S/Final	1.47.37

Position	Bib No	Name	Team	Time	Remarks
1	M325	AVINESH AUSTIN A/L MURUGAN	SELANGOR	2:01.77	Q
2	M164	WAN MUHAMMAD FAZRI BIN WAN ZAHARI	KELANTAN	2:01.79	Q
3	M140	POVEN KUMAR A/L MUTHU	JOHOR	2:03.04	Q
4	M313	JETRIS FOO	SARAWAK	2:03.90	q
5	M186	MUHAMMAD FAAIZ BIN MUHAMMAD RAFEE	MELAKA	2:07.12	
6	M367	ARIVELAAGAN A/L K. GANAPATHY	TERENGGANU		DNS
7	M113	ROYSON A/L VINCENT	ATM		DNS

Time	Event No	Event	Category	Level	Record
10.45 am	219/1	400M Hurdles	Men	S/Final	51.28

Position	Bib No	Name	Team	Time	Remarks
1	M350	QUEK JUN JIE CALVIN	SINGAPORE	52.58	Q
2	M137	MUHAMMAD AMMAR AIMAN B. NOR AZMI	JOHOR	55.72	Q
3	M272	DEAIGO EMANUELLB. WAYRING	SABAH	57.75	Q
4	M356	MUHAMMAD ADHA AJWAD BIN AHMAD RIZAL	TERENGGANU	60.48	q
5	M387	CHOONG JIAN YU	K.LUMPUR	67.19	
6	M225	IKHWAN FIRDAUS	PAHANG		DQ
7	M111	MUHAMAD FIRDAUS B. MAZALAN	ATM		DNS
8	M203	MUHAMMAD MUZAKKIR BIN MUHAMAD RAZA KHALILI	N.SEMBILAN		DNS

Time	Event No	Event	Category	Level	Record
10.45 am	219/2	400M Hurdles	Men	S/Final	51.28

Position	Bib No	Name	Team	Time	Remarks
1	M273	MOHD IRFAN IZZAN B. MOHD FETRY	SABAH	57.62	Q
2	M359	MUHAMMAD KHUZAIRI BIN MAZLAN	TERENGGANU	58.97	Q
3	M160	MOHD SYAKIMMIE B. SYAMSUDIN	KEDAH	60,42	Q
4	M217	HAZIQ NUR IMAN B. MOHD RIZAL	PAHANG	61.62	q
5	M409	MUHAMMAD FARIS BIN MOHD FAIZAL	LABUAN		DNS
6	M203	MUHAMMAD MUZAKKIR BIN MUHAMAD RAZA KHALILI	N.SEMBILAN		DNS
7	M352	RUSLEM ZIKRY PUTRA BIN ROSELI	TERENGGANU		DNS
8	M227	MUHD HILMI ZAKUWAN B YUSRI AZHAR	PERAK		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
2.30 pm	220	High Jump	Men	Final	
Position	Bib No	Name	Team	Height	Remarks
1	M267	MOHAMAD EIZLAN DAHALAN	SABAH	2.10m	
2	M122	LEE HUP WEI	ATM	2.10m	
3	M271	FARELL GLENN FELIX JURUS	SABAH	2.10m	
4	M146	NORSHAFIEE BT. MOHD. SHAH	JOHOR	1.90m	
5	M328	AL AFDAL MIRZA SYAHMI BIN KADAPI	SELANGOR	1.85m	
5	M145	MOHAMAD FARHAN AZMAN	JOHOR	1.85m	
7	M400	MUHAMMAD AIMAN AMSYAR BIN ARTINO	K.LUMPUR	1.85m	
7	M121	MOHD ZULHELMI B.ROSLI	ATM	1.85m	
9	M166	MUHAMMAD AMIRUL HAIKAL BIN ABDUL HAKIM	N.SEMBILAN	1.85m	
10	M259	TAN ZHI HANG	P.PINANG	1.85m	
11	M156	AMER HAIKAL B. ISMAIL	KEDAH	1.80m	
12	M295	MOHAMAD AIMAN FITRI BIN OSMAN	SARAWAK	1.80m	
13	M332	SHAREEM ALEIMRAN BIN ABDUL	SELANGOR		DNS
14	M211	LUQMANUL HAKIM BIN KHAIRUL AKMAL	PAHANG		DNS

Time	Event No	Event	Category	Level	Record
2.40 pm	221	Triple Jump	Men	Final	
Position	Bib No	Name	Team	Distance	Remarks
1	M265	ANDRE ANURA@ ANUAR	SABAH	16.09m	+1.7
2	M291	BRENDON TING LI KING	SARAWAK	15.62m	+0.5
3	M232	MOHD SHAH SHOLIHIN B AZSHAR	PERAK	15.11m	+1.2
4	M270	MUHAMMAD SUNIK B. MUSLIMIN	SABAH	14.42m	+0.1
5	M260	NG TAK SING	P.PINANG	14.32m	+1.6
6	M338	MUHAMMAD HANIF BIN CHE HAMID	SELANGOR	13.63m	+0.6
7	M275	ALVIN ROLAND	SABAH	13.50m	+1.5
8	M371	MOHAMMAD AMIR ZULQAIN BIN ZAINUDDIN	TERENGGANU		DNS
9	M248	MUHAMMAD NAFAEEZ AKMAL BIN ZAMBRI	P.PINANG		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
2.45 pm	222	Javelin	Men	Deca 9	
Position	Bib No	Name	Team	Distance	Remarks
1	M257	WILSON QUAIK ZHEN HAN	P.PINANG	45.88m	
2	M163	AMIR AFIQ BIN AHMAD ZUKI	KEDAH	40.28m	
3	M286	ELJOE GOTUOH	SABAH	38.00m	
4	M240	MUHAMMAD NADHIR BIN MD NIZAM	PERLIS	36.58m	
5	M285	SUSEN MENTEN ANTONI LAGA	SABAH	33.88m	
6	M281	MOHD RAID RAMLEE	SABAH	29.53m	
7	M207	MUHAMMAD SHARIL AMRI BIN AZMI	N.SEMBILAN	26.91m	
8	M143	MOHAMAD KHAIRUL REZEKI B. KAMAL	JOHOR		DNS
9	M185	MUHAMMAD HAZIQ BIN DELI	MELAKA		DNS
10	M401	YOU ZHENG XIANG	K.LUMPUR		DNS

Time	Event No	Event	Category	Level	Record
2.45 pm	223	400 Hurdles	Men	Final	
Position	Bib No	Name	Team	Time	Remarks
1	M350	QUEK JUN JIE CALVIN	SINGAPORE	52.35	
2	M137	MUHAMMAD AMMAR AIMAN B. NOR AZMI	JOHOR	55.94	
3	M273	MOHD IRFAN IZZAN B. MOHD FETRY	SABAH	56.41	
4	M272	DEAIGO EMANUELLB. WAYRING	SABAH	56.51	
5	M359	MUHAMMAD KHUZAIRI BIN MAZLAN	TERENGGANU	59.21	
6	M160	MOHD SYAKIMMIE B. SYAMSUDIN	KEDAH	60.35	
7	M356	MUHAMMAD ADHA AJWAD BIN AHMAD RIZAL	TERENGGANU	62.13	
8	M217	HAZIQ NUR IMAN B. MOHD RIZAL	PAHANG	62.37	

Time	Event No	Event	Category	Level	Record
3.00 pm	224	400 Hurdles	Women	Final	56.02
Position	Bib No	Name	Team	Time	Remarks
1	W644	NOR SHAKIRATUL AINA BINTI MOHAMAD ASRI	TERENGGANU	65.63	
2	W605	FREYNILA SHERLY LUCIUS	SABAH	67.79	
3	W538	NUR NASYATUL NADIA BT. NASRI	KEDAH	69.50	
4	W631	NICOLE LAI JIA XIN	SELANGOR	71.60	
5	W535	SITI ROKIAH BT. HASHIM	KEDAH	73.57	
6	W601	AVEYENDA ARON	SABAH	74.81	
7	W625	NUR SYAZANA BINTI MOHD WAZLI	SELANGOR	81.96	
8	W524	NUR AFIQAH SAKINAH BT. ABDUL HALIM ISMAIL	JOHOR		DNS

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Official Results

Time	Event No	Event	Category	Level	Record
3.15 pm	225	Shot Put	Men	Final	
Position	Bib No	Name	Team	Distance	Remarks
1	M153	FARM LOONG DENG	JOHOR	16.74m	
2	M346	MUHAMMAD ZIYAD ZOLKEFLI	SELANGOR	16.27m	
3	M297	JONAH CHANG RIGAN	SARAWAK	15.66m	
4	M298	KONG CHIN POH	SARAWAK	15.30m	
5	M395	LOH CEN HAO	K.LUMPUR	13.65m	
6	M215	MUHAMMAD ILHAM BIN ZULKAFLI	PAHANG	12.65m	
7	M220	MUHAMMAD NAZMIRUL HAQEEM B. MOHAMAD YUZAIMI	PAHANG	12.09m	
8	M323	MUHD HAIKAL	SELANGOR	11.79m	
9	M396	NIK AHMAD FAQIH NUQMAN	K.LUMPUR	10.84m	
10	M191	MUHAMMAD AMIR ASYRAF BIN AZIZ	MELAKA	9.93m	
11	M215	MUHAMMAD ILHAM BIN ZULKAFLI	PAHANG		DNS
12	M221	MUHAMMAD ADIB IZUDIN BIN FAMIIEE IZUDIN	PAHANG		DNS

Time	Event No	Event	Category	Level	Record
3.20 pm	226	200M	Women	Final	
Wind: -0.4 M/S					
Position	Bib No	Name	Team	Time	Remarks
1	W640	PEREIRA VERONICA SHANTI	SINGAPORE	24.69	
2	W619	ERISSCA PETER	SARAWAK	25.43	
3	W566	DARSHINI A/P K. MURUGAM	PAHANG	26.08	
4	W501	KOMALAM SHALLY A/P SELVARETNAM	ATM	26.35	
5	W606	ESTHER JOANNE	SABAH	26.41	
6	W645	NURUL ALYSSA BINTI AZMAN	TERENGGANU	27.09	
7	W607	BIBI HALINA ALOYSIUS	SABAH	27.96	
8	W608	NIA JOVIC SUAN	SABAH	28.46	

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Time	Event No	Event	Category	Level	Record
3.30 pm	227	200M	Men	Final	20.77
Wind: -1.5 M/S					

Position	Bib No	Name	Team	Time	Remarks
1	M229	MUHAMMAD AZEEM MOHD FAHMI	PERAK	21.63	
2	M103	JONATHAN NYEPA	ATM	21.70	
3	M348	TAN ZONG YANG	SINGAPORE	21.83	
4	M383	KWONG KAR JUN	K.LUMPUR	21.85	
5	M274	MUHAMMAD NAZRUL MOHD ALI	SABAH	22.00	
6	M230	CHEAH YAU CHUNG	PERAK	22.13	
7	M211	LUQMANUL HAKIM BIN KHAIRUL AKMAL	PAHANG	22.52	
8	M107	ARAVINN THEVARR A/L GUNASEGARAN	ATM		DNF

Time	Event No	Event	Category	Level	Record
3.40 pm	228	800M	Women	Hept 7	5247 pts

Position	Bib No	Name	Team	Time	Remarks
1	W554	NORLIANA BINTI KAMARUDDIN	N.SEMBILAN	2:34.10	
2	W617	MAZWEEN UBONG LAH	SARAWAK	2:54.14	
3	W581	NUR SYAZIRA BINTI ZULHAINI	PERLIS	2:57.94	
4	W573	BEH JIA PING	PERAK	3:01.76	
5	W636	TEONG YU XUAN	SELANGOR	3:05.16	
6	W623	SITI ZAIDATUL AMIEZA BT. ABDUL RAHMAN	SELANGOR	3:16.74	
7	W555	THANESWARY AP NAGARAJAN	N.SEMBILAN	3:28.28	
8	W551	ONG ZHEN	MELAKA		DNS

Time	Event No	Event	Category	Level	Record
3.50 pm	229	800M	Women	Final	

Position	Bib No	Name	Team	Time	Remarks
1	W527	PADHMALOSHINI A/P JAYASEELAN	JOHOR	2:20.15	
2	W593	HONG XYAN	P.PINANG	2:29.68	
3	W545	JERUSHA OLIIVE JASON	SELANGOR	2:36.96	
4	W507	SAVINDER KAUR A/P JOGINDR SINGH	ATM		DNS

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Time	Event No	Event	Category	Level	Record
4.00 pm	230	800M	Men	Final	1.47.37

Position	Bib No	Name	Team	Time	Remarks
1	M325	AVINESH AUSTIN A/L MURUGAN	SELANGOR	1:50.48	
2	M164	WAN MUHAMMAD FAZRI BIN WAN ZAHARI	KELANTAN	1:53.77	
3	M324	JEFF LIM ZHE YU	SELANGOR	2:00.98	
4	M140	POVEN KUMAR A/L MUTHU	JOHOR	2:02.41	
5	M141	SAN CHEE HIN	JOHOR	2:02.55	
6	M313	JETRIS FOO	SARAWAK	2:04.25	
7	M142	MOHAMAD AMIRUL ARIF B. MOHD. AZRI	JOHOR		DNF
8	M162	SYHIR NAWAS KHAN B. ZARAISH KHAN	KEDAH		DNS

Time	Event No	Event	Category	Level	Record
4.10 pm	231	1500M	Men	Deca 10	

Position	Bib No	Name	Team	Time	Remarks
1	M207	MUHAMMAD SHARIL AMRI BIN AZMI	N.SEMBILAN	5:13.56	
2	M257	WILSON QUAIK ZHEN HAN	P.PINANG	5:14.45	
3	M240	MUHAMMAD NADHIR BIN MD NIZAM	PERLIS	5:32.41	
4	M285	SUSEN MENTEN ANTONI LAGA	SABAH	5:44.50	
5	M163	AMIR AFIQ BIN AHMAD ZUKI	KEDAH	5:53.87	
6	M286	ELJOE GOTUOH	SABAH	5:56.59	
7	M281	MOHD RAID RAMLEE	SABAH	6:10.45	
8	M143	MOHAMAD KHAIRUL REZEKI B. KAMAL	JOHOR		DNS
9	M185	MUHAMMAD HAZIQ BIN DELI	MELAKA		DNS
10	M401	YOU ZHENG XIANG	K.LUMPUR		DNS

Time	Event No	Event	Category	Level	Record
5.35 pm	232	4 x 100M	Women	Final	

Position	Bib No	Name	Team	Time	Remarks
1	B	PASUKAN SABAH	SABAH	48.47	
2	H	PASUKAN WANITA ATM	ATM	50.43	
3	C	PASUKAN KUALA LUMPUR	K.LUMPUR		DNS
4	E	PASUKAN WANITA TERENGGANU	TERENGGANU		DNS

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Time	Event No	Event	Category	Level	Record
5.50 pm	233	4 x 100M	Men	Final	39.27

Position	Bib No	Name	Team	Time	Remarks
1	O	PASUKAN SABAH	SABAH	41.91	
2	F	PASUKAN SARAWAK	SARAWAK	42.25	
3	B	PASUKAN LABUAN	LABUAN	43.95	
4	E	PASUKAN PERLIS	PERLIS	44.96	
5	L	PASUKAN KUALA LUMPUR	K.LUMPUR		DNF
6	H	PASUKAN ATM	ATM		DNS