

The logo is a shield-shaped emblem. At the top is a stylized stadium with a white roof and a black base. Below the stadium is a white rectangular box containing the word "TAIPEI" in black capital letters. The main body of the shield is dark blue. In the center of this blue area, the word "IASAS" is written in large, bold, white, italicized capital letters. Below "IASAS" is a yellow horizontal banner with a black border, containing the words "TRACK & FIELD" in bold, black, italicized capital letters. Underneath the banner, the word "Champlonships" is written in a white, italicized, sans-serif font. At the bottom of the shield, the year "2016" is centered in white. Along the bottom edge of the shield, several international sports federations are listed in white: ISB, ISKL, ISM, JIS, SAS, and TAS. The background of the entire image is white with a repeating pattern of the "IASAS" logo in various colors (yellow, green, red, blue, grey) and orientations.

TAIPEI

**IASAS**

**TRACK & FIELD**

**Champlonships**

**2016**

ISB

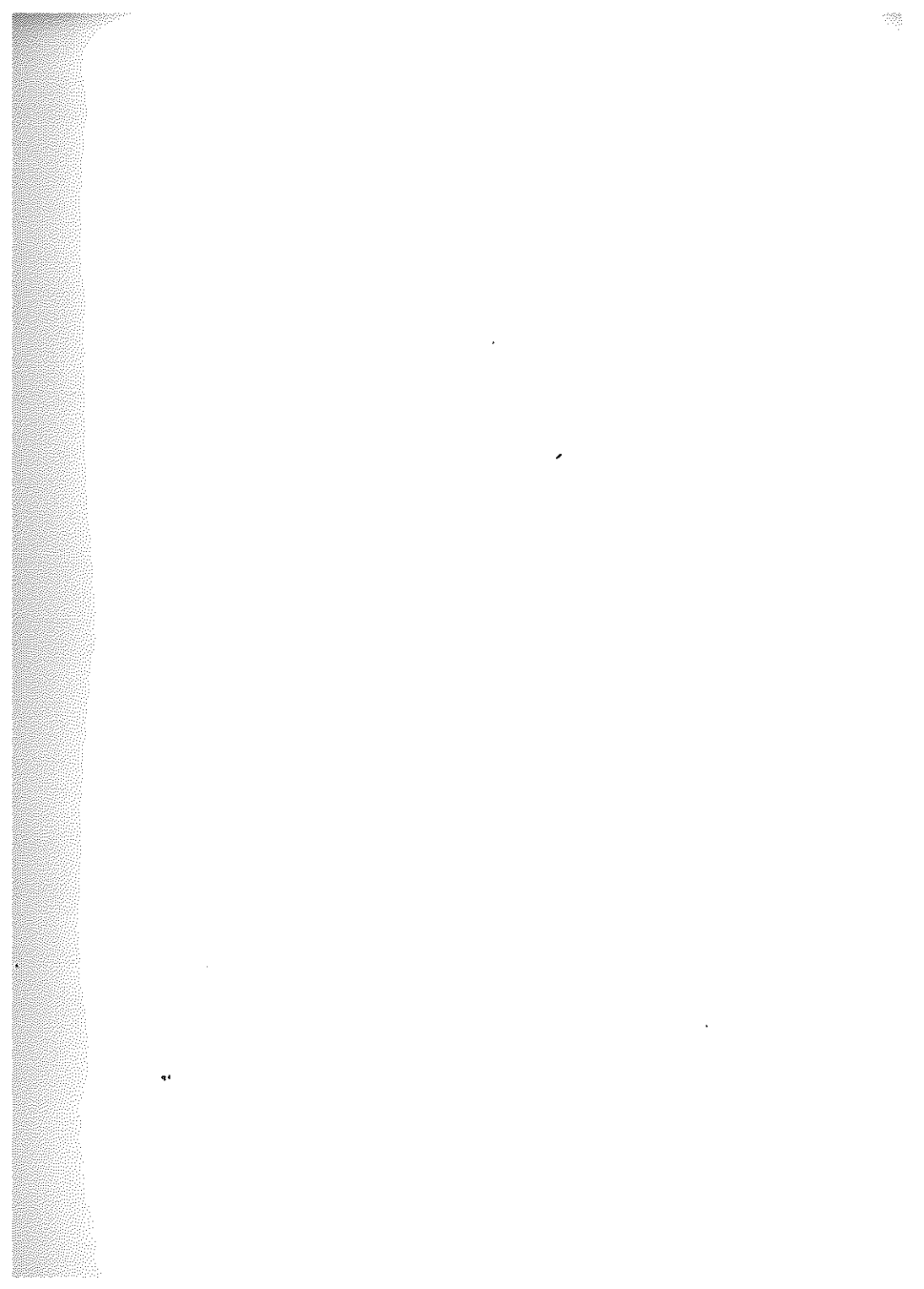
ISKL

ISM

JIS

SAS

TAS



# **Taipei American School**

Welcomes  
Athletes, Coaches, & Spectators From

**International School Bangkok  
International School Kuala Lumpur  
International School Manila  
Jakarta Intercultural School  
Singapore American School**

To the 33<sup>rd</sup> Annual  
**IASAS TRACK & FIELD  
CHAMPIONSHIPS**

April 6 - 10, 2016



Dear Track & Field Enthusiasts,

On behalf of the entire Taipei American School community, I welcome players, coaches, parents, and visitors to the 2016 IASAS Track & Field Championships. I have the greatest respect for the time, energy, and self-sacrifice that the athletes and coaches have put into preparing for this competition. I look forward to seeing exciting track and field action—and great respect for one another and the sport.

We are delighted to be able to hold this event in Taipei, and we wish the very best experience for both hosts and guests.

Yours faithfully,

*Richard*

Richard A. Hartzell, Ph.D.  
Principal of Upper School

## ***SPECIAL INFORMATION***

### ***Phone Numbers***

*Taipei American School  
Athletics Office Direct Line  
2873-9900 Ext 319  
FAX # 2873-1641*

### ***Emergency Phone Numbers***

#### ***Tournament Directors***

*Ryan Mueller 0903-136-550*

*Kim Kawamoto 0978-705-505*

#### ***Site Directors***

*Rock Hudson (Track Events) 0903-136-550*

*Peter Kimball (Field Events) 0936-624-791*

### ***Visiting Coaches & Administrators Hotel***

*Dandy Hotel-ISB, JIS, SAS 2873-5511 /2873-2222*

*Mellow Field Hotel-ISM, ISKL 2875-2288*

### **Tournament T-Shirts**

*Tournament T-Shirts will be on sale for 500 NT dollars for T-shirt and 650NT dollars for long sleeve shirts from the TAS Gift Shop*

### **Coaches/AIC's Hospitality Room**

*The MPR will be open for all coaches, trip administrators and Officials Hospitality Tent*

### **Athletes Rest Area**

*Student-athletes may rest in the Lower School Gym or in the school cafeteria. Please do not leave valuables unattended.*

### **Food Service**

*The cafeteria and snack bar will be open on Thursday and Friday during school operating hours. Burgers and hot dogs are available on campus (courtyard) on Saturday.*

### **Password to log in to the Guest Network**

*TAS-Guest*

*Username: tasevent*

*Password: iasasTF2016*

## **IASAS Team Photo Schedule**

(After Opening Ceremony – Track or Guy Lott Auditorium (in case of rain))

**April 7 – Thursday (Please follow the below order)**

(Immediately following opening ceremony)

SAS, JIS, ISB, ISKL, ISM, TAS

### **Important Times to Note**

Coaches/AIC Meeting (MPR)	Thursday April 7, 6:15am
Opening Ceremony (US Gym)	Thursday April 7, 7:40am
Team Photos (see schedule)	Thursday April 7, 8:45am (as soon as possible)
Coaches/AIC Meeting (MPR)	Saturday April 9, 11:30am
Closing Ceremony (Auditorium)	Saturday April 9, 6:00pm,

## **Medical Procedures**

For any medical emergencies or concerns, please follow the guidelines below:

1. In case of injury or illness, whether before, during or after the competition, the site director, tournament director, athletic trainer or school nurse should be notified.
2. An injured athlete should not leave campus for any medical care without first consulting the site director and athletic trainer on duty.
3. The school nurses are not permitted to issue students any medication (not even aspirin) unless they are accompanied by their coach or trip administrator.
4. In case of an injury, or illness off campus resulting in the need of assistance, students should call TAS (if it is during the school day) to talk to one of the tournament officials. If it is after school hours, they should contact either their host families or one of the tournament officials as listed in the program.

**All spectators must remain off the competition track  
and behind the track fence at all times**

# I.A.S.A.S RULES & GUIDELINES

Each participant and his/her parent must sign and return this form before traveling or hosting, by so doing they acknowledge that they fully understand and agree to abide by these RULES & GUIDELINES.

## PARTICIPANTS

- i. Smoking, drinking alcohol, drug abuse, cheating, deceit, inappropriate sexual behavior (05/06), flagrant curfew violations and violations of the "off-limits" areas as well as aiding and abetting any of the above will not be permitted during any IASAS event. (4/01)

When a student commits an infraction relating to alcohol, tobacco, drug abuse, cheating, deceit, disrespect, flagrant curfew / "off limits" areas violations, as well as aiding and abetting any of the above, the following shall apply:

- i The student may no longer participate in that convention.
- ii The student will be sent home at his/her parents' expense if it is feasible to do so.
- iii Upon return to school, the following consequences will apply:
  - Appropriate counseling will be required.
  - The student will be required to spend *all* free periods and breaks (including lunch breaks) in a supervised environment. This consequence will last for 20 school days following the determination of the infraction of the IASAS rule.
  - The student must leave campus at the end of the regular school day and may not come to school on weekends/holidays for a period of 40 instructional days. Any exceptions must have administrative approval, i.e. additional study, band concert, curricular trips.
  - The student will be excluded from co-curricular activities for a period of 40 school days following the determination of the infraction. The student will be excluded from any IASAS season/activity that begins within this 40-day period.
  - Consequences related to third sport season infractions may carry over to the following school year in cases of late discovery.
  - Revocation of IASAS Awards: Students will be ineligible for any awards pertaining to the activity.
  - Other Individual School's Consequences: Depending on the severity and specifics of the infraction, individual IASAS schools may levy other consequences as per their school policy/handbooks, e.g. out-of-school suspension, exclusion from all IASAS events for one year.
- iv. For a second offense, the student will automatically be excluded for one calendar year from all IASAS events, including the same convention the following year.
- v. If at any time a student is suspended from further competition or involvement in an event, then the only results affected will be those happening after the infraction, and all pre-infraction results will stand.
- vi Consequences will be carried over if the student transfers to another IASAS school.
  1. Participants must notify coaches of hosts before leaving tournament/convention sites. Exploration of the local environment will not be permitted without the knowledge and consent of the host parent/guardian.
  2. Under no circumstances may housing assignments be changed
  3. All visiting students must return to the host families' house before curfew-as set by the host school. Telephone calls will be made to each student every night to ensure that all students have returned safely and on time. Once a student is in and has answered the curfew call he/she may not leave the house. Note, however, that should an event finishes so late that students have less than one hour to make curfew, the curfew will be extended so that they have at least one hour to make curfew.
  4. All laws of the host country must be observed. Guidelines are to be provided by host schools as required.
  5. No disciplinary action will be taken by the Tournament/Convention Director without direct communication with the respective coach/sponsor or trip Administrator.
  6. The host school will arrange transport to and from the airport as well as the tournament/convention site.
  7. Any problems arising during the convention should be reported immediately to the host school for corrective measures.
  8. Student medical release forms will be available at the convention site each day of the event.
  9. All students must carry their Tournament/Convention Identification Cards with them.

## HOST FAMILIES

1. All host families will be provided with complete Tournament/Convention details (schedules, curfews, policies, procedures, emergency phone numbers for coaches and important tournament personnel, etc.
2. Host parents/guardians will not offer housing unless one of the parents/guardians is present for the duration of the tournament/convention.
3. Hosts are expected to cooperate with Tournament/Convention Director in ensuring student compliance with all IASAS policies relating to participation.
4. Any student who shows reluctance to fully comply with the above rules and regulations shall be reported to the Tournament/Convention Director who will report the matter to the student's coach and Administrator in charge with the expectation that action will be taken.

*Arrival Times*  
*Wednesday, April 6, 2016*

<u>School</u>	<u>Arrival</u>	<u>TAS</u>
<i>International School Manila</i>	<i>PR896 09:40</i>	<i>11:40</i>
<i>Jakarta International School</i>	<i>CI680 15:05</i>	<i>17:05</i>
<i>International School Bangkok</i>	<i>CI834 15:55</i>	<i>17:55</i>
<i>Intl. School of Kuala Lumpur</i>	<i>CI722 17:30</i>	<i>19:30</i>
<i>Singapore American School</i>	<i>BR226 17:45</i>	<i>19:45</i>

*Departure Times*  
*Sunday, April 10, 2016*

<u>School</u>	<u>Departure</u>	<u>TAS</u>
<i>Singapore American School</i>	<i>BR225 07:40</i>	<i>05:00</i>
<i>Jakarta International School</i>	<i>CI761 08:45</i>	<i>05:45</i>
<i>Intl. School of Kuala Lumpur</i>	<i>CI721 08:50</i>	<i>05:50</i>
<i>International School Manila</i>	<i>PR899 18:35</i>	<i>09:00</i>
<i>International School Bangkok</i>	<i>CI835 13:20</i>	<i>10:20</i>



***IASAS TRACK & FIELD  
PREVIOUS CHAMPIONS***

<b>YEAR</b>	<b>BOYS</b>	<b>GIRLS</b>
1983	SAS	SAS
1984	ISKL	SAS
1985	ISB	JIS
1986	ISB/JIS	JIS
1987	JIS	JIS
1988	JIS	JIS
1989	JIS	JIS
1990	JIS	JIS
1991	JIS	JIS
1992	JIS/SAS	SAS
1993	JIS	JIS
1994	JIS	JIS
1995	ISKL	JIS
1996	ISKL	JIS
1997	JIS	SAS
1998	SAS	SAS
1999	SAS	SAS
2000	SAS	SAS
2001	SAS	SAS
2002	SAS	SAS
2003	**SARS	*SARS
2004	SAS	SAS
2005	SAS	SAS
2006	SAS	SAS
2007	SAS	JIS
2008	SAS	TAS
2009	SAS	SAS
2010	SAS	SAS
2011	TAS	SAS
2012	SAS	SAS
2013	ISM	ISB
2014	ISM	SAS
2015	JIS	SAS

## Track & Field

### I. RULES

#### A. Rule Book:

IAAF Competition Rules (latest edition).

#### B. Meet Rules:

##### 1 Scratches:

If an athlete scratches from an event after the meet begins, the athlete may not participate further in the meet and they may not be replaced by a substitute. (5/98)  
In the case of extenuating circumstances and in the interest of safety, the Tournament Director and the AIC's from each school will have the right to override this rule. (05/05)

##### 2 Reporting for An Event:

Competitors must report to the marshals at least 15 minutes before the start of the event. If there is a time conflict between a running event and a field event, the track event will take precedence. Athletes are reminded that they must check in with both events on time. When moving from a field event to a running event, the athlete must report back to field event within 15 minutes of the conclusion of the race.

##### 3 Specifications:

- a) \*110m Hurdles 10 at 3' [0.914m]  
\*100m Hurdles 10 at 2'6" [0.762m]  
\*400m Hurdles 10 at 2'9" [0.838m]  
(Boys)  
\*400m Hurdles 10 at 2'6" [0.762m]  
(Girls) (10/11)
- b) \*Shot Put 5kg (Boys) and 4kg (Girls)  
\*Discus 1.5kg (Boys) and 1kg (Girls)  
\*Javelin 700gm (Boys) and 600gm  
(Girls)

- 4 Race time will be called or clock will be available near the finish line for all races 800m and above. (5/95)

- 5 Triple jump starting distance from the pit will be 7.5m for girls and 10.0m for boys.

- 6 The host school must provide all approved throwing implements to be used in competition. They must be clearly marked, and no other implements should be at the competitions site. (5/00)

##### 7 Lane Assignments:

All lane assignments will be made according to Hy-Tek Meet Manager. Heats will be circle-seeded while the seeding for the finals in any event will be done using the I.A.A.F. rules: (04/14)

##### 8 Lane tracks

Fastest Draw From	3 4 5 6
Slowest Draw From	1 2 7 8

##### 6 Lane tracks

Seeded	4-3-5-2-6-1 (05/08)
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A double waterfall start shall be used for the boys/girls 800m, and the boys/girls 3,000m. The first group of runners will line up in lane 1-4 and the next group of runners will line up in lanes 5-8 at the first turn stagger mark. A runner in the waterfall lanes 1-4 cannot start in Lane 5 (5/98). A line of cones will be set up along the inside of lane 5, all the way around until the point where the outside group of runners may cut in.

On a 6-lane track: a double waterfall start shall be used for the boys/girls 800m. The first group of runners (maximum #6) will line up from lanes 1-3 with 3 runners from 3 schools lining up immediately behind this group. The next group of runners (maximum #6) will line up in lanes 4-6 with the remaining 3 runners from 3 schools lining up behind them. The #3 ranked runner from each school must take up a position behind their own teammate on the waterfall. A line of cones will be set

up along the inside of lane 3, all the way around until the point where the outside group of runners may cut in. (04/13)

**8 Field Events:**

Competitors will compete in three flights: 1<sup>st</sup> flight will consist of 3<sup>rd</sup> seeds from each school. 2<sup>nd</sup> flight will include 2<sup>nd</sup> seeds from each school. 3<sup>rd</sup> flight will include 1<sup>st</sup> seeds from each school. The IASAS matrix will determine the order of individuals within each flight. A participant also entered in a running event may be placed in an alternative flight in order to facilitate competing in the running event. (5/02)

In the finals, the highest qualifier throws or jumps last. The first to jump or throw is the lowest qualifier. (5/98) Finals in the applicable field events should not start until all preliminary attempts are finished. (5/00)

Warm-ups

25 minutes prior to the start of the field event there is a 15 minute warm up for all then a 10min. warm-up prior to the event for all flights and finals if requested, each getting 2 practice jump/ throws if they wish. (04/09)

An athlete returning from a track event may have 2 warm-up jumps or throws before competing. (5/98)

High Jump

A jumper may have to leave in the middle of the competition to compete in another event. If the bar is raised in their absence they can have up to 2 warm—up jumps and then return to the height at which they were due to jump. (5/98)

	Boys	Girls
Starting Height	150 cm	115 cm
Increases by	5 cm	5 cm
Above	160	135
Increases by	3 cm	3 cm

(05/05)

**9 Relays:**

Medley

Run in lanes for three turns. Third runner breaks after 1<sup>st</sup> bend.

1<sup>st</sup> runner in lanes 2-8 run less than 200 meters.

2<sup>nd</sup> runner must receive baton in exchange box which is marked 10 meters before and 10 meters after the star for the 200m. The runner can use a 10m acceleration zone.

3<sup>rd</sup> runner must not utilize an acceleration zone. A 20m exchange box must be used and must stand at the back of the exchange box at the start of the race.

4<sup>th</sup> runner uses 20m exchange box. The officials will determine stacking order.

4x800

One turn stagger. Runner must not utilize an acceleration zone. A 20m exchange box must be used.

**10 False Starts:**

Only one false start per race will be allowed without the disqualification of an athlete. The first false start in a race is charged to the field. Any athlete making further false starts in the race shall be disqualified from the race. (04/10)

II. ROSTERS

Rosters (up to 15 boys and 15 girls) must be submitted two weeks prior to the meet and include the following information:

- A. Name;
- B. Grade;
- C. Passport nationality;
- D. Birth date;
- E. Uniform number; and
- F. Housing preference.

III. ENTRIES

- A. Entries will be limited to three (3) entries per school for individual events and one (1) entry per school for relays.
- B. Athletes may enter a maximum of six (6) events.

C. Entry Protocol

- 1) Entries must be sent to the host school no later than 6pm on the Monday of the IASAS Week (two days prior to the team arrival).
  - 2) Confirmation of entries will be made by email to each school by 12pm on that same Tuesday (the next day).
  - 3) Any changes must be sent to the host school by 12:00am (midnight) on that evening.
  - 4) Coaches will confirm by signature all entries upon arrival at the host school. The host school must confirm their entries before the last school arrives. No changes to entries can be made after this point in time. (04/14)
- D. All entries must be made with an accompanying time or distance. No entries will be entered as "no time (NT)" or "no distance (ND)." Please note that all seeding for preliminaries will be done using the entry times provided and that these marks must have been set during the Varsity season for that year. (04/14)
- E. Relay entries: coaches may submit six names on relays. If the name is submitted it counts as an event whether the runner participates or not. If a substitute is not named and a runner is replaced, then the relay team is disqualified. (04/12) The relay entries must be submitted on the relay entry form no later than 30 minutes prior to the published start of the race. Schools may use alternates up to 15 minutes prior to race time. (04/14)
- F. When electronic timing is used, the first place finisher in each heat is entered plus the next fastest times. When electronic timing is not used, the two fastest times from each heat will advance in the finals, and the next fastest times will also advance. (5/96)

IV. FACILITIES

- A 400m track that can be "on" or "off" campus.
- Automatic or semi-automatic timing equipment is preferred for all IASAS track meets. (5/92)  
Shade shall be provided as stated in rule book.
- ~~Water: A water station must be provided for the 3,000 and 5,000 meter events. (04/14)~~

V. UNIFORMS

- A. Each school will be assigned permanent 3-digit numbers. The numbers are to be worn on the front and may be worn on the back (optional). Each school will provide its own numbers.
- |          |          |           |
|----------|----------|-----------|
| •ISB 100 | •JIS 200 | •ISKL 300 |
| •ISM 400 | •SAS 500 | •TAS 600  |
- B. All participants must be in the same uniform. All runners in relays must be dressed exactly the same and must be screened by the Marshall of the Course before they are allowed to compete. (5/93)
- C. IAAF says:  
"The Height of the numbers on the bibs shall be no less than 6cm and no more than 10cm. The identifications shall be easily visible."  
(10/06)

VI. OFFICIALS

- A. The number and source of officials is to be determined by the host school. Whenever possible, the host school should utilize host country international sporting organizations to officiate the meet. Any coach of any IASAS team may not serve as an official during the competition. (5/00)
- B. If possible, the host school will designate areas for access for one designated photographer from each IASAS school. This photographer may not be a coach and must wear the photo vest provided by the host school (coaches may not wear the photo vest). Please note that there is to be no interaction between photographers and competing athletes in the competition area. (05/07)

- C. If a full complement (see IAAF rules) of judges and officials is not available, then a strategy will be circulated as to how infractions and or problems be handled. (5/99)

### VII. PROTESTS

All protests are to go through the Tournament Director to the Meet Manager. The Meet Manager will make inquiries on the protest and give his or her decision. If there is unhappiness over the decision, the protest can be appealed to the Meet Referee in writing through the Tournament Director. The decision of the Meet Referee will be final. At no time are athletes, coaches, accompanying administrators or parents to approach or question Meet Officials of decisions.

### VIII. ORDER OF EVENTS

The schedule must be distributed to all schools three weeks prior to the meet. (5/98)

See the three-day meet schedule located in the Forms section of the IASAS Handbook.

### IX. SCORING

All boys' and girls' events will be scored separately. The point style for scoring will: (04/14)

	Individual Events	Relay Events
First Place	9	12
Second Place	7	10
Third Place	6	8
Fourth Place	5	6
Fifth Place	4	4
Sixth Place	3	2
Seventh Place	2	
Eighth Place	1	

### IX. AWARDS

#### A. Championship Team:

- 1 IASAS Traveling Plaque
- 2 IASAS Championship Plaque
- 3 Team Members-Champion Chevrans (20)  
Gold medals to each team member (20)

#### B. Runner-up Team:

- 1 Team Members-Runner-up Chevrans (20)  
Silver medals to each team member (20)

#### C. Third Place Team:

- 1 Bronze medals to each team member (20)

#### D. Record Breaker Patches:

- 1 All individual record breakers.
- 2 All members of record breaker relay team.

#### E. Medals:

Individual Place Medals are awarded to the top three finishers in each individual event. All six finalists in individual events will be recognized at the dais during the medal presentation ceremonies. (04/2012)

Champion – Gold Medal

Second Place – Silver Medal

Third Place – Bronze Medal

NOTE: When ties occur in an individual medal event, the medal award for a position will be made based on the number of places above the awardee. E.g. If two tie for first, the next award would be the third place award; if two tie for second, the next award will be for fourth place. This will apply to all events, both athletic and non-athletic. (5/97)

#### F. Total Awards Needed:

- Traveling Trophy (1-boys, 1-girls)
- Team Plaque (1-boys, 1-girls)
- Team Medals (Gold-20 boys, 20 girls)  
(Silver-20 boys, 20 girls)  
(Bronze-20 boys, 20 girls)
- Champion Chevrans (20 boys, 20 girls)
- Runner-up Chevrans (20 boys, 20 girls)
- Individual Medals (Individual Events)  
(Places 1-3 boys, Places 1-3 girls)
- Individual Medals (Relay Events)  
(Places 1-3 boys, Places 1-3 girls)

## *International School Bangkok Panthers*

### Girls Roster

First Name	Last Name	Gr.	Home Country	Uniform #	Captain	4-Year
Rebecca (Becky)	Bradley	12	UK	142	*	*
Kadia	Garabadian	11	USA	106		
Hinako	Inomata	11	Japan	149	*	
Varisa	Limpijankit	11	USA	159		
Grace	O'Connell	11	USA	135		
Madison	Warta	11	USA	163	*	
Rebecca	Burnett	10	USA	155		
Sabrina	Kwenda	10	USA	156		
Madelyn (Maddy)	Nelson	10	USA	134		
Alaina	Pinvies	10	USA	152		
Johanna (Margo)	Pottebaum	10	USA	136		
Divanie	Vincent	10	France	118		
Lily	Bates	9	Australia	108		
Emily	Doss	9	USA	130		
Kelly	Rutherford	9	USA	150		

Head Coach: Ms. Lee O'Rourke  
 Coach: Mr. Chris Bell  
 Coach: Mr. Ryan Haynes  
 Coach: Mr. Dan Bentley  
 Coach: Mr. James Butterfield  
 AIC: Mr. Philip Bradley

### Boys Roster

First Name	Last Name	Gr.	Home Country	Uniform #	Captain	4-Year
Afi	Blackshear	12	USA	195		*
Michael	Kaiya	10	Kenya	170		
Jackson	Carroll	10	USA	179		
Rohit	Pal	10	India	131		
Leo	Karlsson	12	Japan	177	*	
James	Pratt	11	UK	165		
Charlie	McCracken	11	New Zealand	194		
David	Hessouh	10	Canada	196		
Hantz	Hessouh	11	Canada	197	*	
Andrew	Thornton	11	USA	198	*	
Patrick	Rivera	11	Philippines	167		
Haruki	Tanaka	11	Japan	186		
Jens	Hauggaard	10	Denmark	178		
Nicolai	Phocas	10	USA	171		
Tomoki	Tanaka	9	Japan	189		

ISB GIRLS TRACK & FIELD RECORDS			
Event	Time	Date	Name
100m	12.32	1994	Tanaisha Fraser
200m	25.48	1994	Tanaisha Fraser
400m	56.80	2012	Amalie Iuel
800m	2:24.64	2012	Amanda Giles
1500m	5:03.50	2004	Jessy Tang
3000m	11:23.51	2015	Rebecca Bradley
100m Hurdles	14.69	2012	Amalie Iuel
400m Hurdles	1:01.63	2012	Amalie Iuel
High Jump	1.70m	2012	Amalie Iuel
Long Jump	5.31m	2012	Amalie Iuel
Triple Jump	10.23m	1993	Hansje Gold
Shot Put	9.26m	2013	Rebecca McReynolds
Discus	28.08m	2015	Grace O'Connell
Javelin	37.89m	2013	Amanda Giles
4X100m Relay	50.48	2012	C. Patra-Yanan, A. Giles, A. Iuel, K. Henderson
4X400m Relay	4:14.20	2002	M. Hanson, E. Rock, C. Tokunaga, M. Tananone
4X800m Relay	10:24.47	2014	M. Awamura, M. Warta, K. Ichimura, R. Bradley
Medley Relay	4:21.60	2012	C. Patra-Yanan, A. Giles, A. Iuel, K. Henderson
ISB BOYS TRACK & FIELD RECORDS			
Event	Time	Date	Name
100m	10.80	2000	Harold Manning
200m	21.87	2000	Harold Manning
400m	49.34	2000	Harold Manning
800m	2:01.20	2015	Zachary McVey
1500m	4:11.80	2003	Dan Holligan
3000m	9:23.26	2015	Zachary McVey
110m Hurdles	15.58	1986	Hajime Kawano
400m Hurdles	58.25	2008	Martijn Fleuren
High Jump	1.85m	2015	Andrew Thornton
Long Jump	6.51m	1986	Gary Matticks
Triple Jump	13.21m	1986	Hajime Kawano
Shot Put	13.13m	2002	Rick Reynolds
Discus	38.45m	2005	Paul McGowan
Javelin	61.20m	1997	Bryce Berkompas
4X100m Relay	44.49	2008	P. Brougham, E. Engebretsen, K. Sakamoto, M. Fleuren
4X400m Relay	3:29.60	2015	Z. McVey, M. Shin, D. Harvey, A. Wongpaison
4X800m Relay	8:19.30	2015	Z. McVey, R. Melhorn, R. Pal, M. Shin
Medley Relay	3:39.43	2015	A. Wongpaison, J.P. Rivera, R. Melhorn, Z. McVey

# Jakarta Intercultural School

## Dragons

### Girls Roster

First Name	Last Name	Gr.	Home Country	Uniform #	Captain	4-Year
Emma	Fukar	12	Austria	203		
Vanessa	Goldschmidt	12	Austria	222		
Tian Yeu	Lee	12	Malaysia	220	*	*
Rhode	Thijssen	12	Netherlands	232	*	
Nora	Trapp	12	Germany	228		
Shannon	Stewart	11	Canada	205		
Milagros	Lecuona	10	Argentina	218		
Vivian	Ng	10	Indonesia	213		
Agathe	Pech	10	France	224		
Riley	Proudfoot	10	Australia	206		
Nadya	Rauch	10	Germany	221		
Eleni	Takvorian	10	Greece	235		
Riwa	Tamai	10	Japan	223		
Katherine	Wardhana	10	Indonesia	249		
Ria	Gokarn	9	England	214		

Head Coach: Steve Clark

Head Coach: Anthony Dickinson

Assistant Coach: Shiheim Wilson-Lee

Assistant Coach: Brian Longbotham

Assistant Coach: Scott Burns

### Boys Roster

First Name	Last Name	Gr.	Home Country	Uniform #	Captain	4-Year
Ernest	Bethe IV	12	USA	264	*	
Darry	Lim	12	Singapore	288		
Angus	Proudfoot	12	Australia	260	*	*
Ridwan	Saharyunma	12	Indonesia	285		
Alejandro	Septien Moyano	12	Mexico	291		
Jarrod	Barber	11	Australia	277		
Jun Ki (Alex)	Hong	11	South Korea	272		
Justin	Pejman	11	USA	269		
Rickard	Stureborg	11	Sweden	284		
Timo	Fukar	10	Austria	251		
Diego	Garcia	10	Spain	267		
SP Jonathan	Hjelmstrom	10	Denmark	266		
Riley	Lane	10	USA	274		
Edward	Tinnemeyer	10	USA	255		
Alexandr	Almakayev	9	Canada	259		



## *IASAS Boys' Records*

EVENT	MARK	NAME	YEAR	SCHOOL
100 m Dash	10.93	Harold Manning	1999	ISB
200 m Dash	21.87	Harold Manning	2000	ISB
400 m Dash	49.34	Harold Manning	2000	ISB
800 m Run	1:58.09	Robert Koehlmoos	2012	JIS
1500 m Run	4:09.51	Aiden Kinney	2014	JIS
3000 m Run	9:17.60	Ernest Bethe	2015	JIS
110 m High Hurdles	14.89	Barron Witherspoon	2008	TAS
400 m Hurdles	56.00	Angus Proudfoot	2015	JIS
High Jump	1.95m	Mike Dixon	1996	ISKL
Long Jump	7.05m	Mike Dixon	1997	ISKL
Triple Jump	13.66m	Mike Dixon	1997	ISKL
Shot Put	16.34m	Nando Dobroke	1984	ISM
Discus	45.22m	Steve Porter	1995	TAS
Javelin	61.20m	Bryce Berkompas	1997	ISB
4 x 100 m Relay	43.70	Kobayashi, Woldring, Theuer, McIntyre	2013	SISM
4 x 400 m Relay	3:27.14	Grundy, McMillan, Womack, Lonergan	1999	SAS
4 x 800 m Relay	8:13.55	Fiero, Nealon, Nealon, Hanson	1991	SAS
Medley Relay	3:34.84	Hasagawa, Donohue, Hanson, G. Nealon	1991	SAS

## *IASAS Girls' Records*

EVENT	MARK	NAME	YEAR	SCHOOL
100 m Dash	12.32	Tanaisha Fraser	1994	ISB
200 m Dash	25.75	Tanaisha Fraser	1994	ISB
400 m Dash	57.20	Jenny Melsom	2001	SAS
800 m Run	2:19.30	Gracie Georgie	2015	SAS
1500 m Run	4:54.38	Gracie Georgie	2015	SAS
3000 m Run	10:24.80	Molly Bailey	2015	ISM
100 m High Hurdles	15.50	Amalie Iuel	2012	ISB
400 m Hurdles	1:03.09	Amalie Iuel	2012	ISB
High Jump	1.70m	Amalie Iuel	2012	ISB
Long Jump	5.42m	Amelia Clark	2006	JIS
Triple Jump	11.05m	Amelia Clark	2007	JIS
Shot Put	10.75m	Emma Graddy	2011	SAS
Discus	33.02m	Moana Kiwala	2001	JIS
Javelin	37.89m	Amanda Giles	2013	JISB
4 x 100 m Relay	50.48	Patra-Yanan, Giles, Iuel, Henderson	2012	ISB
4 x 400 m Relay	4:11.51	Malmberg, Koncki, Juliano, Subramanian	20013	SAS
4 x 800 m Relay	9:48.00	Hohensee, Alberts, Kim, Lydens	2009	SAS
Medley Relay	4:21.60	Patra-Yanan, Giles, Iuel, Henderson	2012	ISB

## **International School Manila**

### **Bearcats**

#### **Girls Roster**

First Name	Last Name	Gr.	Home Country	Uniform #	Captain
Meagan	Martin	12	USA	430	
Marielle	Olejniczak	12	Germany	416	
Sophia	De Dios	12	Philippines	435	
McKenzie	Kinsella	11	USA	415	
Lauren	Schluter	11	USA	434	
Trinity	McPherson	11	USA	405	
Ayaka	Sugiyama	11	Japan	425	*
Shin Yee	Tan	11	Singapore	427	
Sasha	Karlsson	10	Sweden	412	
Jamiyah	Bryant	10	USA	409	
Patrice	Yam	9	Singapore	421	
Shanthi	Ashley	9	USA	404	
Daniela	van den Brink	9	Netherlands	419	
Alessandra	Allado	9	Philippines	414	
Estefania	Fernandez	9	Spain	410	

Head Coach:	Chrisanne Roseleip
Assistant Coach/AIC:	Sam Cook
Assistant Coach:	Mark Cooling
Assistant Coach	Steven Dodd
Assistant Coach	Dennis Respecki
Assistant Coach	Patrick Unso
AIC/Team Athletic Trainer	Charlie Lee

#### **Boys Roster**

First Name	Last Name	Gr.	Home Country	Uniform #	Captain
Ali	Alobaidli	12	Qatar	451	
Jorgen Jay	Lorentzen	12	Norway	468	
Kahlil	McDavid	11	USA	453	
Dirk	Staal	11	USA	467	*
Arjun	Chakraborty	11	India	458	
Daniel	Lockett	11	Australia	464	
Max	Hobbins	11	UK	476	
Ryan	Santos	10	USA	474	
Sean	Burke	10	Canada	455	
Noud	van Dijk	10	Netherlands	482	
Matthew	Donaway	10	USA	457	
Ranbir	Mahtani	10	India	470	
Chase	Kluck	9	USA	484	
Samuel	Hobbins	9	UK	483	
Johnathan	Hilliard	9	USA	481	

ISM GIRLS TRACK & FIELD RECORDS			
Event	Result	Year	Athlete Name
100 Meter Dash	12	2016	Trinity McPherson
200 Meter Dash	24.86	2016	Trinity McPherson
400 Meter Dash	59.87	2010	Smriti Sridhar
800 Meter Run	2:24.62	2011	Prema Bhargava
1500 Meter Run	4:45.95	2015	Molly Bailey
3000 Meter Run	10:24.80	2015	Molly Bailey
100 Meter Hurdles	15.53	2014	Amy Mes
400 Meter Hurdles	1:06.04	2007	Kelly McLaughlin
High Jump	1.55m	2012	Maya Seneviratne
Long Jump	5.42m	2010	Smriti Sridhar
Triple Jump	10.57m	2007	Anna Johnson
Shot Put	9.24m	2000	Kirsteen Mack
Discus	30.28m	2016	Ayaka Sugiyama
Javelin	32.69m	2014	Emily Kobayashi
4 X 100 Meter Relay	51.08	2009	Allen, Sridhar, van Klaveren, Olondriz
4 X 400 Meter Relay	4:13.39	2009	Chamberlain, Reynolds, Ahmed, Limcaoco
4 X 800 Meter Relay	10:11.81	2007	Chamberlain, Reynolds, Ahmed, Limcaoco
1600 Sprint Medley	4:25.17	2011	Swee, Morris, Sridhar, Bhargava
ISM BOYS TRACK & FIELD RECORDS			
Event	Result	Year	Athlete Name
100 Meter Dash	10.78	2014	Kento Kobayashi
200 Meter Dash	22.43	2013	James Woldring
400 Meter Dash	51.01	2013	Kento Kobayashi
800 Meter Run	2:02.09	2014	Andres Limcaoco
1500 Meter Run	4:20.64	2009	Red Giuliano
3000 Meter Run	9:26.48	2008	Hisashi Yoshida
100 Meter Hurdles	15.13	1994	B. Scheizig
400 Meter Hurdles	56.51	1994	B. Scheizig
High Jump	1.89m	2009	Ali Majied
Long Jump	6.50m	2009	Brendan Andoseh
Triple Jump	13.18m	2009	Oskar Jamtander
Shot Put	16.34m	1984/2002	Dubrocki/Nando
Discus	41.74m	2014	Callum Gregori
Javelin	56.89m	2007	Fahad Karim
4 X 100 Meter Relay	43.7	2013	Kobayashi, Theuer, McIntyre, Woldring
4 X 400 Meter Relay	3:31.52	1994	Scheizig, Nielson, Heflink, Bernard
4 X 800 Meter Relay	8:35.34	2014	Blomquist, Giuliano, Staal, Limcaoco
1600 Sprint Medley	3:46.63	2008	Go, Jamtander, Payne, Yoshida

# Singapore American School Eagles

## Girls Roster

First Name	Last Name	Gr.	Home Country	Uniform #	Captain
Kristina	Clark	12	USA	512	
Chloe	Ferguson	12	USA	515	*
Emma	Gordon	12	USA	513	*
Emma	Hilarides	12	Netherlands	521	
Mina	Lee	12	USA	514	
Sydney	Ostrom	12	USA	527	*
Claire	Berggren	11	USA	520	
Vanessa	Smiley	11	USA	506	
Meagan	Clark	10	USA	516	
Renne	Goh	10	Singapore	505	
Andrea	Horn	10	USA	503	
Margi	Antonio	10	Philippines	511	
Kate	Callon	9	USA	508	
Yasmin	Subawalla	9	USA	522	
Morgan	Werner	9	USA	504	

Head Coach: Ian Coppell  
 Assistant Coach: David Bond  
 Assistant Coach: Philippe Moineau  
 Assistant Coach: Chuck Shriner  
 Assistant Coach: Frans Grimbergen  
 AIC: Laura Mohl

## Boys Roster

First Name	Last Name	Gr.	Home Country	Uniform #	Captain
Zack	Atlas	12	USA	592	
Cole	Derksen	12	USA	590	
Liam	Dunn	12	USA	572	*
Robert	Moritz	12	USA	562	*
Liam	Stanton	12	USA	570	
Aadiraj	Batlaw	11	USA	560	
Andrew	Edds	11	USA	575	
Travis	Eden	11	USA	566	
Jack	Luba	11	USA	586	
Matt	Meehan	11	USA	580	
Paul	Olsen	11	USA	569	*
Brandon	Zitur	11	Singapore	581	
Liam	Clark	10	USA	566	
Tom	Grant	10	UK	555	
Eric	Silva	10	Angola	564	

## SAS GIRLS TRACK & FIELD RECORDS

EVENT	TIME	DATE	NAME
100m	12.75	2006	Brianna Witherspoon
200m	26.64	2004	Meaghan Dwyer
400m	57.20	2001	Jenny Melsom
800m	2:19.30	2015	Gracie Georgie
1500m	4:52.21	2015	Gracie Georgie
3000m	10:45.57	2015	Gracie Georgie
100m Hurdles	15.62	2005	Brianna Witherspoon
400m Hurdles	1:05.50	2007	Sam Tierney
High Jump	1.69m	1995	Erin Bailey
Long Jump	5.04m	1977	Ellen Grant
Triple Jump	10.69m	2014	Justice Hewlett
Shot Put	10.75m	2011	Emma Graddy
Discus	32.86m	1998	April Fuller
Javelin	36.6m	1989	Karina Nilsen
4X100m Relay	51.72	2014	E. Gordon, J. Hewlett, Z. Bonnette, C. Scott
4X400m Relay	4:11.51	2013	A. Malmberg, J. Juliano, E. Koncki, A. Subrahmanian
4X800m Relay	9:48.00	2009	R. Hohensee, J. Alberts, L. Kim, A. Lydens
Medley Relay	4:23.22	2015	Z. Bonette, C. Ferguson, A. Horn, G. Georgie

## SAS BOYS TRACK & FIELD RECORDS

EVENT	TIME	DATE	NAME
100m	10.70	1982	Mike Bushman
200m	21.70	1982	Mike Bushman
400m	49.47	2000	Jamad Womack
800m	1:58.03	1993	Jose Fierro
1500m	4:05.20	1991	Greg Nealon
3000m	9:26.04	2012	Michael James
110m Hurdles	14.87	2007	Barron Witherspoon
400m Hurdles	56.20	1999	Chris Lonergan
High Jump	1.89m	1980	Sharon Walters
Long Jump	6.8m	1979	Kurt Kneip
Triple Jump	13.31m	1990	Fabio Pintori
Shot Put	16.5m	1968	Mark Kulisek
Discus	43.25m	2002	Jeremy Hodges
Javelin	55.48m	1989	Rich Staggs
4X100m Relay	43.52	2016	T. Eden, R. Moritz, J. Luba, L. Dunn
4X400m Relay	3:26.20	2003	M. Hammer, J. Lam, J. Fukuda, K. Rosche
4X800m Relay	8:04.63	1991	M. Nealon, G. Nealon, J. Fierro, J. Hanson
Medley Relay	3:34.84	1991	T. Hasagawa, A. Donohue, J. Hanson, G. Nealon

# Taipei American School Tigers

## Girls Roster

First Name	Last Name	Gr.	Home Country	Uniform #	Captain	4-Year
Emily	Kao	9	USA	616		
Samantha	Koo	9	USA	605		
Sharon	Kuo	9	USA	619		
Georgia	Van Dooren	9	USA	625		
Kayleigh	Chen	10	USA	608		
Annabel	Uhlman	10	Australia	606		
Shantih	Whiteford	10	USA	612		
April	Chu	11	USA	604	*	
Patricia	Pi	11	Australia	615		
Victoria	Pi	11	USA	614		
Kate	Weddle	11	USA	616		
Nancy	Zuniga	11	USA	607		
Jessica	Lin	12	USA	611		
Shizuka	Tei	12	Canada	610	*	*
Ashley	Yao	12	Mexico	609		

Head Coach: Melissa Vicars  
 Coach: Shaun O'Rourke  
 Coach: Stephen Anderson  
 Coach: Terry Lagerquist  
 Coach: Marcus Wolak  
 Coach: Julian Thornbury

## Boys Roster

First Name	Last Name	Gr.	Home Country	Uniform #	Captain	4-Year
Thibault	Binier	12	France	660		
Jason	Dong	12	USA	673		
Andrew	Hu	11	USA	674		
Garett	Huang	10	USA	669		
Austin	Huang	12	Canada	666	*	*
James	Hung	12	USA	667		
Keanu	Leibowitz	10	USA	659		
Brian	Liang	12	USA	663		
Li-An	Pan	11	South Africa	668		
Luke	Pettigrew	12	New Zealand	650		
Maarten	Tan	12	USA	679		
Jester	Yang	11	USA	665	*	
Ivan	Yang	12	Canada	666		*
Leon	Yim	12	USA	661		
Jeffrey	Yu	11	USA	652	*	*

**TAS GIRLS TRACK & FIELD RECORDS**

Event	Record	Date	Name
100m	12.66	2008	Ashley Chang
200m	26.30	1989	Debbie Kreiger
400m	59.50	2001	Angel Tsao
800m	2:22.14	2007	Cindi Yin
1500m	5:00.13	2008	Cindi Yin
3000m	11:09.12	2012	Victoria Chi
100m Hurdles	16.65	2014	Lorraine Lin
400m Hurdles	1:08.25	2014	Sheridan Harris
High Jump	1.54m	2016	Georgia Van Dooren
Long Jump	5.04m	1999	Taylor McCarthy
Triple Jump	10.49m	2011	Lorraine Lin
Shot Put	9.91m	2000	Tricia O'Konek
Discus	28.13m	2009	Justine Lowe
Javelin	31.68m	2000	Tricia O'Konek
4X100m Relay	51.44	1999	J. Hou, Z. Malik, M. Cheong, T. McCarthy
4X400m Relay	4:11.77	2007	A. Auger, L. Balducci, C. Yin, A. Chang
4X800m Relay	10:07.22	2007	A. Auger, S. Liu, A. Freska, C. Yin
Medley Relay	4:24.47	2008	A.Chang, C. Yin, C. Bovis, S. Tiftmann

**TAS BOYS TRACK & FIELD RECORDS**

Event	Record	Date	Name
100m	11.20	2004	John Lin
200m	23.03	2006	John Lin
400m	50.52	1999	Beau Crawford
800m	1:58.98	2012	Gary Huang
1500m	4:10.49	1994	Collin Webster
3000m	9:21.00	2008	Joseph Lu
110m Hurdles	16.01	1981	Jimmy Tsung
400m Hurdles	57.56	1999	Ricky Lee
High Jump	1.83m	1993	Eddie Allegaert
Long Jump	6.18m	1999	Ricky Lee
Triple Jump	13.63m	2014	Kevin Lin
Shot Put	15.38m	2013	Ray Heberer
Discus	45.66m	2013	Ray Heberer
Javelin	54.06m	1995	Steve Porter
4X100m Relay	44.76	2014	J. Xu, J. Dong, D.Wang, K. Lin
4X400m Relay	3:30.92	2013	K. Lin, G. Huang, R. Retana, P. Harris
4X800m Relay	8:22.81	1997	N. Meier, B. Crawford, B. Powell, R. Lee
Medley Relay	3:40.93	2013	D. Cho, R. Retana, P. Harris, G. Huang

## IASAS TRACK & FIELD MEET OFFICIALS

Meet Director - Kim Kawamoto

Meet Secretary – Jason Kiang

Head Track Referee/Site Director – Rock Hudson

Head Field Referee/Site Director – Peter Kimball

Meet Marshal – Carl Lochrin

Announcer – Julian Thornbury

Championship Officials – Taipei Main Municipal Track & Field Association

Electronic Timing System – Lightsome Enterprise Co., Ltd. David Tsai

Field Event Officials – Dave Montgomery, Andrew Lowman, Ray Heberer

Field Crew – Steve Tsao, Paul Hsueh, Phil Tsai

Athletic Trainer/Nurses – Crystal Sullivan / Victoria Tsai, Cinzia Bibb, Jennifer Nicholas

Student Workers – Athletics Council

Website Design – Evan Peng

Streaming – TAS IT Department and Mr. Xiao Yang Kao

IASAS Logo Design – Daniel Lin



## ***ACKNOWLEDGEMENTS***

Our Sincere thanks to the following people and organizations that generously donated their time and service to make this event successful!

Dr. Sharon Hennessy

All TAS host families for hosting our guests and for their gracious hospitality

Ms. Sherry Liang for going above and beyond as the Athletics Office Secretary

Ms. Kally Sheng for designing/organizing banners and signage

Site Directors – Peter Kimball, Rock Hudson

Meet Marshal - Carl Lochrin

Meet Announcer – Julian Thornbury

Field Event Directors – Dave Montgomery, Andrew Lowman, Ray Heberer

All PTA Boosters volunteers for their support; special mention to Mrs. Laura Dong and Mrs. Susan Chen

Mr. Steve Tsao, Mr. Paul Hsueh, Mr. Phil Tsai – TAS Operations Field Crew

Ms. Chia-Chi Huang – Championship Officials Coordinator

Championship Officials - Taipei Main Municipal Track & Field Association

Mr. David Sinclair and the TAS IT team

Athletics Council – working the event, food and spirit

Daniel Lin (Gr. 10) - IASAS Logo Design

Evan Peng (Gr. 11) – Website design

Mr. Xiao Yang Kao – Streaming

Athletic Trainer – Crystal Sullivan

Activities Nurses – Cinzia Bibb, Victoria Tsai, Jennifer Nicholas

Mr. William Wang – TAS Transportation Office

Ms. Marina Chang and the Facilities Operations Staff

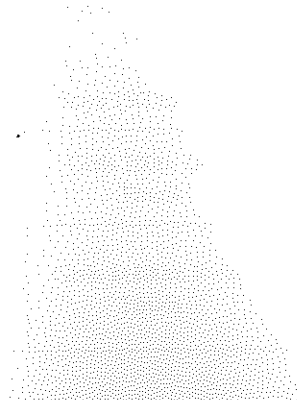
Mr. Hsiang-Li Chen and the TAS Facilities Maintenance Staff

The Physical Education Department

TAS Administration and Faculty

Costco Wholesale – Mr. Richard Chang

We could not host IASAS without you, Thanks Again!!





# IASAS Track Medals Presentation Schedule 2016

THURSDAY, APRIL 7			
Approx Time	After Event	Award	Presented By
9:00am	Team Photos	Boys 3000m Girls 3000m	ISB JIS
11:15am	Girls 400m Hurdles Prelims	Boys Triple Jump Girls Javelin	ISKL ISM
3:45pm	Girls 4x800m Relay Finals	Boys 4x800 Relay Girls High Jump	SAS TAS
4:15pm	Boys 4x100m Relay Finals	Boys Shot Put Girls 4x800 Relay	ISB JIS
4:45pm	Girls 4x100m Relay Finals	Boys 4x100 Relay Girls 4x100 Relay	ISKL ISM
FRIDAY, APRIL 8			
Approx Time	After Event	Award	Presented By
11:45am	Girls 200m Dash Finals	Boys Long Jump Girls Discus	SAS TAS
2:15pm	Boys 400m Hurdles Finals	Boys 200m Girls 200m	ISB JIS
3:15pm	Boys 800m Finals	Boys 400 Hurdles Girls 400 Hurdles	ISKL ISM
4:15pm	Boys 1600m Medley Relay Finals	Boys Discus Girls Triple Jump	SAS TAS
4:45pm	Girls 1600m Medley Relay Finals	Boys 800m Girls 800m Boys 1600 M Relay Girls 1600 M Relay	ISB JIS ISKL ISM
SATURDAY, APRIL 9			
Approx Time	After Event	Award	Presented By
10:15am	Boys 400m Dash Finals	Boys 110 Hurdles Girls 100 Hurdles	SAS TAS
10:45am	Girls 400m Dash Finals	Boys High Jump Girls Shot Put Girls Long Jump	ISB JIS ISKL
2:15pm	Boys 1500m Finals	Boys 400m Girls 400m	ISM SAS
3:45pm	Girls 100m Dash Finals	Boys Javelin Girls 1500m Boys 1500m	TAS ISB JIS
4:45pm	Girls 4x400m Relay Finals	Girls 100m Boys 100m Boys 4x400 Relay Girls 4x400 Relay	ISKL ISM SAS TAS

## IASAS TRACK FIELD CHAMPIONSHIP SCHEDULE 2016

Thursday, 7 April 2016				
Time	Event #	Event	Gender	Final /Prelims
7:30am	1	3000 m	Boys	Finals
8:00am	2	3000 m	Girls	Finals
8:30am	<b>Opening Ceremony – Lower Field</b>			
8:45am	<b>Team Photos</b>			
9:00am	3	Javelin	Girls	Finals
9:00am	4	Triple Jump	Boys	Finals
9:30am	5	100 m	Boys	Prelims
10:00am	6	100 m	Girls	Prelims
10:30am	7	400 m Hurdles	Boys	Prelims
11:00pm	8	400 m Hurdles	Girls	Prelims
<b>BREAK</b>				
2:00pm	9	200 m	Boys	Prelims
2:00pm	10	High Jump	Girls	Finals
2:00pm	11	Shot Put	Boys	Finals
2:30pm	12	200 m	Girls	Prelims
3:00pm	13	4 x 800 m	Boys	Finals
3:30pm	14	4 x 800 m	Girls	Finals
4:00pm	15	4 x 100 m	Boys	Finals
4:30pm	16	4 x 100 m	Girls	Finals
<b>Friday, 8 April 2016</b>				
9:00am	17	110 m Hurdles	Boys	Prelims
9:00am	18	Discus	Girls	Finals
9:00am	19	Long Jump	Boys	Finals
9:30am	20	100 m Hurdles	Girls	Prelims
10:00am	21	400 m	Boys	Prelims
10:30am	22	400 m	Girls	Prelims
11:00am	9	200 m	Boys	Finals
11:30am	11	200 m	Girls	Finals
<b>BREAK</b>				
2:00pm	7	400 m Hurdles	Boys	Finals
2:00pm	23	Triple Jump	Girls	Finals
2:00pm	24	Discus	Boys	Finals
2:30pm	8	400 m Hurdles	Girls	Finals
3:00pm	25	800 m	Boys	Finals
3:30pm	26	800 m	Girls	Finals
4:00pm	27	1600 Medley Relay	Boys	Finals
4:30pm	28	1600 Medley Relay	Girls	Finals
<b>Saturday, 9 April 2016</b>				
9:00am	17	110 m Hurdles	Boys	Finals
9:00am	29	High Jump	Boys	Finals
9:00am	30	Shot Put	Girls	Finals
9:00am	32	Long Jump	Girls	Finals
9:30am	19	100 m Hurdles	Girls	Finals
10:00am	21	400 m	Boys	Finals
10:30am	22	400 m	Girls	Finals
<b>BREAK</b>				
2:00pm	31	Javelin	Boys	Finals
2:00pm	33	1500 m	Boys	Finals
2:30pm	34	1500 m	Girls	Finals
3:00pm	5	100 m	Boys	Finals
3:30pm	6	100 m	Girls	Finals
4:00pm	35	4 x 400 m Relay	Boys	Finals
4:30pm	36	4 x 400 m Relay	Girls	Finals
5:00pm	<b>Participant Dinner - Cafeteria</b>			
6:00pm	<b>Closing Ceremony - Auditorium</b>			