

				MEN
	POHNPEI FSM			
	September 10, 11, 2016			
	Events	Place	Name	MEN
1	100m	Gold	Jr Mendiola	10.88
		Silver	Tj Apis	10.94
		Bronze	Mitchell Marino	11.22
2	200m	Gold	jr Mendiola	22.19
		Silver	Tj Apis	22.22
		Bronze	Mitchell Marino	23.09
3	400m	Gold	Kasey Henry	52.04
		Silver	Ryan Elias	52.19
		Bronze	Promson Selesteen	53.08
4	800m	Gold	Casey Henry	2.02.34
		Silver	Laynord Etse	2.07.40
		Bronze	Elias Paul	2.27.11
5	1500m	Gold	Redley Paul	4.53.12
		Silver	Elias Paul	5.07.40
		Bronze	Mj Ioanis	5.10.60
6	110m Hurdles	Gold	Dennis Pedrus	16.47
		Silver	Braien Kapiriel	17.25
		Bronze	Daniel Hadley	17.46
7	4x100m Relay	Gold	NETT Team	42.56
		Silver	KIITI Team	43.17
		Bronze	Mwokiloh Team	44.09
9	Long Jump	Gold	Ryan Elias	6.12m
		Silver	Jr Nakasune	5.54m
		Bronze	Alex Alexanter	4.49m
10	Triple Jump	Gold	Ryan Elias	9.17m
		Silver	Redley Paul	9.04m
		Bronze	Inocensio Elias	8.47m
11	Javelin	Gold	Daniel Ekiek	50.09m
		Silver	Ringlen Ringlen	49.25m
		Bronze	Erney Ringlen	48.12m
12	Shot Put	Gold	Daison Soimei	6.44m
		Silver	Petrus Ringlen	6.29m
		Bronze	Paterson Anson	5.47m

13	5000m	Gold	Redley Paul	17.11
		Silver	Elias Paul	18.12
		Bronze	Mj Ioanis	19.29
14	Half Marathon	Gold	Redley Paul	1.29.20
		Silver	Mj Ioanis	1.30.34
		Bronze	Elias Paul	1.41.22
15	4x400m	Gold	Mwedelenomw Team	3.23
	Relay	Silver	NETT Team	3.35.10
		Bronze	KITTI Team	3.40.60