
RECORDS - WEST RECORDS - Outdoor

Girls

	Event	Mark	Date Set	Record Holder	Team Affiliation
U10	100m Dash	14.40	Nov-12-16	Mere Vocevoce	Navosa
	Long Jump	3.90m			
	Long Jump	4.11m	Nov-12-16	Virisita Kauniloloma	Lautoka
	Wght Thr	43.72m			
	4x100m Relay	58.39			
	4x100m Relay	57.65	Nov-11-16	Nadi Adi V Turagarua,K Ranamu,V Nabusa,T Turuva	Nadi
U11	75m Dash	10.56			
	100m Dash	13.87			
	200m Dash	28.75			
	Long Jump	4.22m			
	Super Wght	43.00m			
	4x100m Relay	55.82			
U12	400m Dash	1:05.94	Nov-12-16	Saivora Naireba	Nadroga
	400m Dash	1:03.77	Nov-12-16	Melania Turaga	Lautoka
	400m Dash	1:06.03			
	1500m Dash	5:27.00			
	Long Jump	4.60m			
	Super Wght	51.25m			
	4x100m Relay	54.44			
	4x100m Relay	54.22	Nov-11-16	Nadi O Lagonilakeba,R Nayavulevu,P Toga,K Navula	Nadi
U13	400m Dash	1:02.77	Nov-12-16	Amele Navabale	Navosa
	800m Dash	2:32.00			
	1500m Dash	5:19.00			
	High Jump	1.35m			
	Long Jump	4.95m			
	Shot Put	12.55m			
	4x100m Relay	53.32	Nov-11-16	Nadroga K Nava,T Yamuna,M Nacewa,U Tagabale	Nadroga
	4x100m Relay	52.43	Nov-12-16	Nadroga K Nava,T Yamuna,M Nacewa,U Tagabale	Nadroga
	4x100m Relay	53.92	Nov-14-14	Team Nadi S Delasau,B Yee,S Raloga,O Tanivanuakula	
U14	400m Dash	1:04.16	Nov-12-16	Amelia Lewamono	Navosa
	800m Dash	2:33.00			
	1500m Dash	5:23.00			
	High Jump	1.42m	Nov-14-14	Koleta Maramanitavuto at FPSAA WESTERN	Ba
	Long Jump	4.50m			
	Long Jump	4.61m	Nov-11-16	Mereseini Kata	Navosa

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U14	Shot Put	11.58m			
.	Shot Put	12.00m	Dec-11-16	Loata Nabulagi	Lautoka
.	4x100m Relay	53.47			
.	4x400m Relay	4:28.03	Nov-15-14		
U9	Long Jump	3.81m			
.	Wght Thr	39.09m			
.	4x100m Relay	1:00.85			
.	4x100m Relay	1:00.19	Nov-12-16	Nadroga V Kele,I Lewanikaba,R Batimala,L Vuda	Nadroga
.	4x100m Relay	1:00.62	Nov-11-16	Lautoka Timaima Drua, Mereani Batiki, Vani Moreyawa, Katea Ravouvou	Lautoka

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Boys

	Event	Mark	Date Set	Record Holder	Team Affiliation
U10	50m Dash	7.37			
	75m Dash	10.63			
	100m Dash	14.31			
	Long Jump	4.23m	Nov-14-14	Joape Nabure at FPSAA WESTERN CHOW GAM	RA DISTRICT
	Wght Thr	53.48m			
U11	4x100m Relay	55.56			
	200m Dash	28.09 *	Nov-11-16	Aliposo Hicks	Nadroga
	200m Dash	28.09 *	Nov-12-16	Samuela Vunivalu	Nadi
	Long Jump	4.79m	Nov-12-16		
	Long Jump	4.17m			
U12	Super Wght	51.60m			
	4x100m Relay	53.68	Nov-14-14	Team Nadroga J Nakuita,S Kaliloo,T Waqainakrotubu,E Raidaveta	
	1500m Dash	5:01.24			
	Long Jump	4.82m			
	Long Jump	4.92m	Nov-11-16	Solomoni Naba	Nadroga
U13	Super Wght	54.64m			
	Super Wght	55.21m	Nov-12-16	Tevita Vakawaci	Nadroga
	4x100m Relay	52.16			
	4x100m Relay	52.08	Nov-12-16	Lautoka I Ratabuli,A Cocharane,A Robanakadavu,S Uluilakeba	Lautoka
	800m Dash	2:19.11	Nov-12-16	Viliame Rokocika	Ra
U14	1500m Dash	4:52.00	Nov-14-14	Mae Viliame at FPSAA WESTERN CHOW GAM	NADROGA DISTRICT
	High Jump	1.58m *	Nov-12-16	Trivet Lockington	Ba
	High Jump	1.58m *	Nov-12-16	Trivet Lockington	Ba
	High Jump	1.52m	Nov-14-14	Esava Botitu at FPSAA WESTERN CHOW GAM	BA
	Long Jump	5.76m	Nov-14-14	Paula Nasara at FPSAA WESTERN CHOW GAM	NADROGA DISTRICT
	Shot Put	12.70m			
	4x100m Relay	49.70			
	4x100m Relay	49.20	Nov-12-16	Lautoka J Halafi,O Semese,J Dewan,J Rasoi	Lautoka
	400m Dash	57.21	Nov-14-14	Osea Sivo at FPSAA WESTERN CHOW GAMES	NADROGA DISTRICT
	800m Dash	2:20.35	Nov-12-16	Ilaisa Matakaca	Ra
U15	800m Dash	2:22.00			
	1500m Dash	4:40.00	Nov-14-14	Vunisa Ravuama at FPSAA WESTERN CHOW G	RA DISTRICT
	High Jump	1.56m			
	Long Jump	5.53m			
	Shot Put	12.47m	Nov-12-16	Adriu Naiyaga	Nadroga
	Shot Put	11.83m			
	4x100m Relay	48.25			
	4x400m Relay	4:02.28	Nov-15-14	Tem Nadroga	
	400m Run	55.17	Nov-12-16	Standard	

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U9	75m Dash	10.66		
.	Long Jump	4.12m	Nov-14-14	Ropate Vueti at FPSAA WESTERN CHOW GAM RA DISTRICT
.	Wght Thr	47.70m *	Nov-11-16	Amodi Nalolo Nadroga
.	Wght Thr	47.70m *		
.	4x100m Relay	57.97		