



2018

Trinidad & Tobago Secondary Schools'

**TRACK &
FIELD**

CHAMPIONSHIPS

APRIL 19th & 20th
Hasely Crawford Stadium Port of Spain





Institute of Health and Fitness

Party & Novelty Certification

Register Now!!
Classes Start March 2018
Duration : 8 Weeks

Registration Fee : \$300
Tuition Fee -
2 Payments : \$500

Days: Saturday
Location: Tunapuna,
Pleasantville Secondary, Tabago
Time : 1:00pm-4:00pm

Course Description

Learn to prepare canapés, hord'ourves, appetizers



Introduction To Reflexology Certification

Registration Fee : \$300
Tuition Fee -
2 Payments : \$700

Days: Saturday
Location: Tunapuna
Time : 1:00pm - 3:00pm
Days: Saturday
Location: Pleasantville
Senior Secondary
Time : 9:00am - 11:00am

Register Now!!
Classes Start March 2018
Duration : 8 Weeks

Course Description

An Introduction to Reflexology is a workshop that is ideal for anyone who has an interest in Reflexology and wants to learn more about this ancient holistic therapy. No previous experience is needed and you will be able to use the techniques you learn on family and friends.

An Introduction to Reflexology is a workshop that is ideal for anyone who has an interest in Reflexology and wants to learn more about this ancient holistic therapy. No previous experience is needed and you will be able to use the techniques you learn on family and friends.

This taster workshop is also an ideal introduction for anyone who may be interested in studying Reflexology as a qualification or simply as a fun informative workshop for your own interest.

Personal Trainer Certification

Registration Fee : \$500
Tuition Fee -
3 payments : \$1200
Exam Fee : \$1800

Days: Saturdays
Location: Tunapuna
Time : 1:00pm - 3:30pm
Days: Saturdays
Location : South Only
Time : 5am - 12 pm

Register Now!!
Classes Start March 2018
Duration : 3 Months

Course Description

The Personal Trainer certification provides an international standardized measure of instructor competency. Both theoretical knowledge and the performance of the practical skills are evaluated in the examination.

Course Content

- ✓ Understanding Wellness Exercise
- ✓ Anatomy & Kinesiology
- ✓ Cardiorespiratory Programming
- ✓ Injury Prevention
- ✓ Muscular Strength & Endurance Programming
- ✓ Applied Resistance Training Skills Flexibility Programming

Introduction To Medical Massage Therapy Certification

Register Now!!
Classes Start March 2018
Duration : 8 Weeks

Registration Fee : \$300
Tuition Fee -
2 Payments : \$600

Days: Saturday
Location: Pleasantville Senior Secondary School
Time : 9:00am - 11:00am
Days: Wednesday
Location: Tunapuna
Time : 5:30pm - 7:30pm

Course Description

This course is a practical approach to massage. No previous knowledge is required to study this course

Course Content

- Lesson 1: What is a Massage, its Effects And Benefits.
- Lesson 2 : Basic Anatomy & Physiology
- Lesson 3 : Mixing Of Oils and Creams
- Lesson 4 : 8 Massage Techniques For Arthritis, Fibrositis, Back, Face, Neck etc.

Small Scale Catering Certification

Registration Fee : \$300
Tuition Fee -
2 Payments : \$500

Days: Saturday
Location: Tunapuna
Time : 1:00pm - 4:00pm

Register Now!!
Classes Start March 2018
Duration : 8 Weeks

Course Description

Getting Started in Catering, Banquet Service Fundamental, Portion sizing and Pricing breads, cakes, pastries, Chinese, Italian, East Indian, Caribbean

Fitness Instructor Certification

Registration Fee : \$100
Tuition Fee : 1 payments : \$1000

Days: Thursdays
Location: Tunapuna
Time : 8:30 - 7:30
Days: 1st & 3rd Saturdays
Location : South Only
Time : 1 - 3 pm

Register Now!!
Classes Start March 2018
Duration : 8 Weeks

Course Description

The Fitness Instructor Certification provides an international standardized measure of instructor competency. Both theoretical knowledge and the performance of the practical skills are evaluated in the examination.

Course Content

- ✓ Understanding Wellness Exercise
- ✓ Anatomy & Physiology
- ✓ Nutrition and Dietics
- ✓ Aqua Fitness Circuit & Interval Training
- ✓ Muscular Strength & Endurance Programming
- ✓ Behaviour modification
- ✓ Indoor cycling sport & Injury management

Nursery Child-Care Management Certification

Registration Fee : \$300
Tuition Fee -
2 Payments : \$500

Days: Tuesday
Location: Tunapuna
Time : 5:30pm - 7:30pm

Register Now!!
Classes Start March 2018
Duration : 8 Weeks

Course Description

This Foundation Learning course is designed to give you a solid grounding nursery childcare. You will learn about opening your own childcare business, the physical care of children age 0 - 3, children's learning, and positive attitudes. Creative activities for young children.

Institute of Health & Fitness One Day Courses

Healthy Cooking Course

Days: Sunday
March 4th 2018
Location: Tunapuna
Time : 2:00pm - 5:00pm

Days: Saturday March 17th 2018
Location: Pleasantville Senior Secondary School
Time : 1:00pm - 4:00pm

Herbal Remedy Course

Days: Sunday
March 11th 2018
Location: Tunapuna
Time : 2:00pm - 5:00pm

Days: Saturday March 17th 2018
Location: Pleasantville Senior Secondary School
Time : 1:00pm - 4:00pm

Healthy Baking Course

Days: Sunday
March 18th 2018
Location: Tunapuna
Time : 2:00pm - 5:00pm

Days: Saturday
April 7th 2018
Location: Pleasantville Senior Secondary School
Time : 1:00pm - 4:00pm

Organic Gardening Course

Days: Sunday
March 25th
Location: Tunapuna
Time : 2:00pm - 5:00pm

Days: Saturday April 21st 2018
Location: Pleasantville Senior Secondary School
Time : 1:00pm - 4:00pm

Register Now!!
Classes Start March 2018
Cost : \$300

Signal Secondary School Tobago • Pleasantville Senior Secondary School South
79 St. Vincent Street Tunapuna. Tel: (868) 492-7397 • 336-4935
healthfit.inh@gmail.com • www.instituteofhealthfitness.com



Hello Track Fans

Welcome to our Secondary Schools' Track & Field Championships 2018 Magazine.

Thanks to you, our loyal supporters over the years, who will be with us on this new journey and welcome to all new viewers.

Stay with us as we take you to higher heights.

Enjoy!!

*"If you can't fly
then run, if you
can't run then
walk, if you can't
walk then crawl,
but whatever you
do you have to keep
moving forward."*

Martin Luther King Jr.

Launch of 2018 Championships

The Trinidad and Tobago Secondary Schools Track and Field Association (TTSSTFA) held a press conference to launch the 2018 Secondary Schools' Track and Field Championships. The press conference was held at the Trinidad & Tobago Olympic Committee's House on Abercombry Street, Port of Spain on Wednesday, April 11 2018. Photos and captions below courtesy: Clayton Clarke/TTSSTFA



From left: Arnold Ramlogan (Committee member), Indra Ramsingh-Geoffrey (PRO), Durlly Lucas (NAAA representative), Dr. Philip Allard (President), Shelly Slater (Curriculum Officer, Ministry of Education), Janelle Edwards (Vice President/IAAF-Technical Official) and Phillip Kalloo (Coordinator for St. George East Educational Zone).



Edwards and Ramlogan TTSSTFA Vice President and IAAF-trained official Janelle Edwards (left) with TTSSTFA Committee member Arnold Ramlogan (right) during a site visit of the Hasely Crawford Stadium in Mucurapo



Officials at Stadium
Members of the Trinidad and Tobago Secondary Schools Track and Field Association (TTSSTFA) and representatives of the NAAA and Ministry of Education on a site visit of the Hasely Crawford Stadium in Mucurapo
From left: Arnold Ramlogan, Durlly Lucas, Shelly Slater, Dr. Philip Allard, Janelle Edwards and Andy Joseph.



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Schedule of Events: Day 1
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List of Officials
Previous Winners
Athletes to look out for in 2018

Blue Waters, the official sponsor of water for this championships

**Blue
WATERS**

**NEW LOOK,
SAME GREAT TASTE**



- Environmentally Friendly
- New 410mL • 28% Less Plastic
- Wider Mouth • Easier to Open



OFFICIAL OPENING

Parade of Teams

National Anthem
Invocation

Inspection of Parade

Welcome/ Opening Remarks
Director Curriculum Planning & Development,
John Roopchan

Message
President, Trinidad and Tobago Secondary Schools Track & Field
Association, Philip Allard

Athletes' Oath

Officials' Oath

Official Opening /Address

Dismissal



The Athletes' Oath

We declare that we will take part in the Secondary Schools' National Track and Field Championship In the spirit of true sportsmanship, recognizing the rules which govern it, for the honour of our schools, our Districts, and the glory of sport

The Officials' Oath

We declare that we will officiate in the National Secondary Schools' Track & Field Championship in the spirit of true sportsmanship, recognizing the rules which govern it, and for the honour, and the glory of sport.

 <p>Academic Programs 2018</p> <p>Personal Trainer Fitness Instructor Intro to Medical Massage Therapy Intro to Reflexology Intro to Special Events Nursery Child Care Management Herbal Remedy Healthy Baking Organic Gardening Healthy Cooking</p>	<h3>8 Week Course Listings</h3> <h4>Personal Trainer</h4> <p>The Personal Trainer Certification provides an international standardized measure of instructor competency. Both theoretical knowledge and the performance of the practical skills are evaluated in the examination.</p> <ul style="list-style-type: none"> ✓ Muscular Strength & Endurance Programming ✓ Applied Resistance Training Skills Flexibility Programming ✓ Understanding Wellness Exercise ✓ Anatomy & Kinesiology ✓ Cardiorespiratory Programming ✓ Injury Prevention <p>Registration Fee: \$500 Tuition Fee: 3 Payments of \$1200 Exam Fee: \$1800 Duration: 8 Weeks Days: Saturdays Location: Tunapuna, Pleasantville Secondary</p>	<h3>Intro to Special Events</h3> <p>Prerequisites: None</p> <p>Introduction to Special Event Management, is divided into five modules, with each module further divided into topics</p> <ul style="list-style-type: none"> ✓ Module 1: The World of Event Management ✓ Module 2: The Process of Event Design ✓ Module 3: Roles and Responsibilities of the Event Management Team ✓ Module 4: Tools and Templates for Festival and Event Management ✓ Module 5: What Does the Future of Event Planning Look Like? <p>✓ Income 9: What Does the Future of Event Planning Look Like? ✓ Green Festivals ✓ Corporate Social Responsibility</p> <p>Registration Fee: \$300 Tuition Fee: 2 Payments of \$600 Duration: 8 Weeks Days: Saturdays Location: Tunapuna</p>	<h3>Small Scale Catering</h3> <p>Getting Started in Catering, Banquet Service Fundamental, Portion sizing and Pricing breads, cakes, pastries, Chinese, Mexican, East Indian, Caribbean</p> <p>Registration Fee: \$300 Tuition Fee: 2 Payments of \$500 Duration: 8 Weeks Days: Saturday Location: Tunapuna</p> <p>Effective Counseling Techniques For Health & Wellness Professionals</p> <ul style="list-style-type: none"> ● What is counselling? What it entails ● Listening and bonding ● Reflection ● Questioning ● Interview Techniques ● Changing beliefs and normalising ● Finding Solutions ● Ending the counselling <p>Registration Fee: \$300 Tuition Fee: 2 Payments of \$600 Duration: 8 Weeks Days: Tuesday Location: Tunapuna</p> <p>Days: Saturday Location: Tunapuna, Pleasantville Secondary, Tobago</p>					
	<h4>Fitness Instructor</h4> <p>The Fitness Instructor Certification provides an international standardized measure of instructor competency. Both theoretical knowledge and the performance of the practical skills are evaluated in the examination.</p> <ul style="list-style-type: none"> ✓ Understanding Wellness Exercises ✓ Anatomy & Physiology ✓ Nutrition and Dietetics ✓ Aquatic Fitness Circuit & Interval Training ✓ Behavior modification ✓ Instructor scheduling sport & injury management <p>Registration Fee: \$500 Tuition Fee: 3 Payments of \$1800 Duration: 8 Weeks Days: Saturdays Location: Pleasantville Secondary Days: Thursdays Location: Tunapuna</p>	<h3>Intro to Reflexology</h3> <p>An introduction to Reflexology is a workshop that is ideal for anyone who has an interest in Reflexology and wants to learn more about this ancient holistic therapy. No previous experience is needed and you will be able to use the techniques you learn on family and friends.</p> <p>This taster workshop is also an ideal introduction for anyone who may be interested in studying Reflexology as a qualification or simply as a fun informative workshop for your own interest.</p> <p>Registration Fee: \$300 Tuition Fee: 2 Payments of \$750 Duration: 8 Weeks Days: Saturday Location: Tunapuna</p> <p>Days: Saturdays Location: Pleasantville Secondary</p>	<h3>Party & Novelty</h3> <p>Learn to prepare canapés, hors d'oeuvres, appetizers</p> <p>Registration Fee: \$300 2 Payments of \$50 Duration: 8 Weeks</p>	<h3>1 Day Course Listings</h3> <table border="1"> <tr> <td> <h4>Herbal Remedy</h4> <p>Registration Fee: \$300 Location: Tunapuna Time: 2:00pm - 4:00pm</p> <p>Location: Pleasantville Secondary Time: 10:00am - 12:00pm</p> </td> <td> <h4>Healthy Baking</h4> <p>Registration Fee: \$300 Location: Tunapuna Time: 2:00pm - 4:00pm</p> <p>Location: Pleasantville Secondary Time: 11:00am - 4:00pm</p> </td> </tr> <tr> <td> <h4>Organic Gardening</h4> <p>Registration Fee: \$300 Location: Tunapuna Time: 10:00am - 12:00pm</p> <p>Location: Pleasantville Secondary Time: 1:00pm - 4:00pm</p> </td> <td> <h4>Healthy Cooking</h4> <p>Registration Fee: \$300 Location: Tunapuna Time: 2:00pm - 4:00pm</p> <p>Location: Pleasantville Secondary Time: 10:00am - 12:00pm</p> </td> </tr> </table>	<h4>Herbal Remedy</h4> <p>Registration Fee: \$300 Location: Tunapuna Time: 2:00pm - 4:00pm</p> <p>Location: Pleasantville Secondary Time: 10:00am - 12:00pm</p>	<h4>Healthy Baking</h4> <p>Registration Fee: \$300 Location: Tunapuna Time: 2:00pm - 4:00pm</p> <p>Location: Pleasantville Secondary Time: 11:00am - 4:00pm</p>	<h4>Organic Gardening</h4> <p>Registration Fee: \$300 Location: Tunapuna Time: 10:00am - 12:00pm</p> <p>Location: Pleasantville Secondary Time: 1:00pm - 4:00pm</p>	<h4>Healthy Cooking</h4> <p>Registration Fee: \$300 Location: Tunapuna Time: 2:00pm - 4:00pm</p> <p>Location: Pleasantville Secondary Time: 10:00am - 12:00pm</p>
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<h3>Intro to Medical Massage Therapy</h3> <p>This course is a practical approach to massage. No previous knowledge is required to study this course</p> <ul style="list-style-type: none"> ✓ Lesson 1: What is a Massage? Its Effects ✓ Lesson 2: Basic Anatomy & Physiology ✓ Lesson 3: Massage Techniques For Arthritis ✓ Lesson 4: Massage Techniques For Athletes <p>Registration Fee: \$300 Tuition Fee: 2 Payments of \$500 Duration: 8 Weeks Days: Wednesday Location: Tunapuna Time: 5:30pm - 7:30pm Days: Saturdays Location: Pleasantville Secondary</p>	<h3>Nursery Child Care Management</h3> <p>This Foundation Learning course is designed to give you a solid grounding nursery childcare. You will learn about opening your own childcare business, the physical care of children age 0 - 3, children's learning, and positive attitudes. Creative activities for young children.</p> <p>Registration Fee: \$300 Tuition Fee: 2 Payments of \$600 Duration: 8 Weeks Days: Tuesday Location: Tunapuna</p>							
<p>REGISTER NOW!!!! Call 492-7397/336-4935 for more info</p> <p>#79 St. Vincent Street, Tunapuna healthfit.lhr@gmail.com</p>								

2017 Track & Field Championships Highlights - April 27th & 28th 2017



John Thatcher, Physical Education Curriculum Officer, presents the Championship Trophy to Champions, Toco Secondary.



Cross Country Highlights - October 15th 2017



4K winners: Joanna Rogers of St. Francois Girls College (left) and Matthew Pulchan of Pt. Fortin West Secondary (right)



Toco Secondary's Physical Education teacher Avianne Tobias (right) collects the champion trophy from president of the TTSTSTA Dr. Phillip Allard (left) after Toco Secondary won the top school award



Overall winner: Toco Secondary



6K winners: Shania Le Maitre of Holy Name Convent (left) and Toco Secondary's Otis Barker (right)

5K Highlights- November 5th 2017



Male Winner - Otis Barker,
Toco Secondary



Female Winner - Casandra
Joseph, Toco Secondary





Message from the President of TTSSTFA, Dr. Philip Allard

Welcome to the Trinidad and Tobago Secondary Schools' Track and Field Championships 2018. Following the rigours of zonal qualifiers, the best athletes have qualified, are prepped and are ready to distinguish themselves and their schools. We wish them success as they challenge for gold.

Arriving at this juncture has not been an easy journey due to financial constraints.

However, the commitment of teachers and zonal coordinators must be applauded as they rose to the challenge and completed their zonal qualifiers with minimal funds. Their dedicated actions attest to our resolve of seeking the athletic interests and ambitions of our students. Indeed, I also commend the physical education curriculum officers of the Ministry of Education officers and their director for their resolve and actions that allowed this championship to take place.

We commend the coaches of our athletes for their efforts which continue to bear fruit with creditable performances of our students at international track and field events. However, we are mindful that there is room for improvement and while the remit of the Trinidad and Tobago Secondary Schools' Track and Field Association (TTSSTFA) is to develop and hone track and field talent, I believe that a conscientious approach by principals to better develop track and field in their schools will bring this improvement. Indeed, TTSSTFA will be exploring workshops for our physical education teachers in track and field officiating and coaching with the hope that schools will develop the capacity to start their own track and field programs.

Additionally TTSSTFA will continue to work with all stakeholders to improve student athletic outcomes. Our association with the NAAA and the Officials Association of Trinidad and Tobago is essential for hosting professional sanctioned games, and our liaison with athletic clubs will better serve to recognize and develop the athletic talents of our students.

I thank the members of the TTSSTFA executive for their commitment and dedication to secondary school track and field, and also congratulate our partners and sponsors – Blue Water and Sunshine Snacks, for investing in Trinidad and Tobago's athletic future.

Two days of exhilarating track and field activities await us and I anticipate that a number of records will be broken. Let's enjoy this treat of athletic excellence.

T.T.S.S.T.F.A. EXECUTIVE COMMITTEE

President	- Philip Allard
1st Vice President	- Barrington Richardson
2nd Vice President	- Janelle Edwards
Secretary	- Andy Joseph
Assistant Secretary	- Candice Barrow
Treasurer	- Ryan Pereira
P.R.O.	- Indra Ramsingh-Geoffroy
Trustees	- Joseph Brewster
	- Jillian Huggins
	- Bernadine Hazard

DISTRICT COORDINATORS

Port of Spain	- Hayes Jones
St. George East	- Philip Kalloo
North East	- Verona Davis-Modeste
Tobago	- Dale Peters
Caroni	- George Dottin
Victoria	- Aravind Ramgoolam
St. Patrick	- Dexter Sakal
South East	- Robert Warner

TROPHIES AT STAKE

1. Champion School Overall
2. Champion School Boys
3. Champion School Girls
4. Victor and Victrix Ludorum
5. Champion athlete male U13, U15, U17, O17
6. Champion athlete female U13, U15, U17, O17

The Importance of Good Nutrition for Athletes

*By Terry Ann George BSc, MA, Dip.
Nutritionist At the institute of Health & Fitness*

Nutrition can help enhance athletic performance. An active lifestyle and exercise routine, along with eating well, is the best way to stay healthy. Eating a good diet can help provide the energy you need to finish a race, or just enjoy a casual sport or activity. You are more likely to be tired and perform poorly during sports when you do not get enough Calories, Carbohydrates, Fluids, Protein, Iron, vitamins, and other minerals.

Recommendations

The ideal diet for an athlete is not very different from the diet recommended for any healthy person. However, the amount of each food group you need will depend on:

- The type of sport
- The amount of training you do
- The amount of time you spend doing the activity or exercise



People tend to overestimate the amount of calories they burn per workout so it is important to avoid taking in more energy than you expend exercising. To help you perform better, avoid exercising on an empty stomach. Everyone is different, so you will need to learn how long before exercising is best for you to eat and how much food is the right amount for you.

Energy and Performance

Carbohydrates, protein and healthy fats provide the fuel needed to maintain energy. Carbohydrates are involved in regulating your blood sugar and glycogen level in your muscles, which is vital for preventing muscle fatigue. While watching fat intake is important, severely restricting it from your diet is unwise. Fat provides essential fatty acids, and your body uses it as an energy source, particularly if your activity lasts longer than an hour. In fact, it can provide up to 75 percent of the energy endurance athletes need for long-term aerobic performance, according to Dr. Jennifer Anderson, a registered dietician and professor at Colorado State University. Protein helps build new tissue and is also used as an energy source. Your need for protein is higher if you're involved in resistance training.

You need to eat carbohydrates before you exercise if you will be exercising for more than 1 hour. You might have a glass of fruit juice, a cup (245 grams) of yogurt, or an English muffin with jelly. Limit the amount of fat you consume in the hour before an athletic event.

You also need carbohydrates during exercise if you will be doing more than an hour of intense aerobic exercise. You can satisfy this need by having 5 to 10 ounces (150 to 300 milliliters) of a sports drink every 15 to 20 minutes, Two to three handfuls of pretzels or One-half to two-thirds cup (40 to 55 grams) of low-fat granola.



After exercise, you need to eat carbohydrates to rebuild the stores of energy in your muscles if you are working out heavily. People who exercise or train for more than 90 minutes should eat or drink more carbohydrates, possibly with protein, 2 hours later. Try a sports bar, trail mix with nuts, or yogurt and granola. For workouts lasting less than 60 minute, water is most often all that is needed.

Protein

Protein is important for muscle growth and to repair body tissues. Protein can also be used by the body for energy, but only after carbohydrate stores have been used up. It is also a myth that a high-protein diet will promote muscle growth. Only strength training and exercise will change muscle. Athletes, even body builders, need only a little bit of extra protein to support muscle growth. Athletes can easily meet this increased need by eating more total calories (eating more food).



Most Americans already eat almost twice as much protein as they need for muscle development.

Too much protein in the diet:

- Will be stored as increased body fat
- Can increase the chance for dehydration (not enough fluids in the body)
- Can lead to loss of calcium
- Can put an added burden on the kidneys

Often, people who focus on eating extra protein may not get enough carbohydrates, which are the most important source of energy during exercise.

Amino acid supplements and eating a lot of protein are not recommended.

Water & Other Fluids

Water is the most important, yet overlooked, nutrient for athletes. Water and fluids are essential to keep the body hydrated and at the right temperature.

Your body can lose several liters of sweat in an hour of vigorous exercise.

Clear urine is a good sign that you have fully rehydrated.



Some ideas for keeping enough fluids in the body include:

- Drink plenty of fluids with every meal, whether or not you will be exercising.
- Drink about 16 ounces (2 cups) or 480 milliliters of water 2 hours before a workout. It is important to start exercising with enough water in your body.
- Continue to sip water during and after you exercise, about 1/2 to 1 cup (120 to 240 milliliters) of fluid every 15 to 20 minutes. Water is best for the first hour. Switching to an energy drink after the first hour will help you get enough electrolytes.
- Drink even when you no longer feel thirsty.
- Pouring water over your head might feel good, but it will not get fluids into your body.

Offer children water often during sports activities. They do not respond to thirst as well as adults. Teenagers and adults should replace any body weight lost during exercise with an equal amount of fluids. For every pound (450 grams) you lose while exercising, you should drink 16 to 24 ounces (480 to 720 milliliters) or 3 cups (720 milliliters) of fluid within the next 6 hours.

Want to learn more about sports nutrition join our up-coming certificate class.

For further information and booking of an appointment please contact us:

Whats app or call 336-4935 or 4927397

Venues Pleasantville, Tobago and Tunapuna

PARTICIPATING SCHOOLS

Port of Spain

Bishops Anstey High School - 101
Diego Martin Central - 103
Diego Martin North Secondary - 104
Fatima College - 105
Mucurapo West Secondary - 106
East Mucurapo Secondary - 107
Queen's Royal College - 108
Sixth Form Secondary - 109
St Anthony's College - 110
St James Secondary - 111
St Joseph Convent - 112
St Mary's College - 113
Trinity College - 115
Woodbrook Secondary - 116
Bishop's Centenary - 117
Belmont Boys Secondary - 118
Belmont Secondary - 119
Holy Name Convent - 121
St Francois Girls' Secondary - 127
Providence Girls' Secondary - 129

South East

Mayaro Secondary - 804
Moruga Secondary - 805
Princes Town West Sec - 806
St Stephens College - 809
Williamsville Sec - 811
Barrackpore ASJA - 815

St George East

St Joseph Secondary - 232
Mt Hope Secondary - 235
San Juan South Secondary - 237
North Gate Secondary - 242
Tunapuna Secondary - 253
St Charles Secondary - 254
Asja Girls - Tunapuna - 255
St Joseph's Secondary - 259
Bishop Anstey East - 262
Blanchisseuse Secondary - 263
Bon Air Secondary - 264
El Dorado East Secondary - 265
El Dorado West Secondary - 266
Five Rivers Secondary - 267

North East

Arima Central Secondary - 300
Arima North Secondary - 301
Holy Cross College - 306
North Eastern College - 309
Sangre Grande Secondary - 310
Guaico Secondary - 312
Toco Secondary - 317
Matelot Community College - 320
Valencia Secondary - 322
Coryal Secondary - 326
Matura Secondary - 327
Adonis Academy - 334



PARTICIPATING SCHOOLS

Caroni

Carapichaima East Secondary - 501
Chaguanas South Secondary - 502
Chaguanas North Secondary - 503
Couva East Secondary - 504
Couva West Secondary - 505
Holy Faith Convent - 506
Presentation College - 507
Cunupia Secondary - 509
Waterloo Secondary - 511
Miracle Ministries Pentecostal High - 516
Asja Boys College - 518
Preysal Secondary - 524
Barataria North Secondary - 526
Barataria South Sec. - 527
St Georges College - 528

St. Patrick

Cedros Secondary - 726
Fyzabad Ac Secondary - 727
Fyzabad Secondary - 728
Holy Faith Convent (Penal) - 729
Iere High School - 730
Palo Seco Secondary - 731
Penal Secondary - 732
Point Fortin East Secondary - 733
Point Fortin West Secondary - 734
Siparia East Secondary - 735
Siparia West Secondary - 736
Vessigny Secondary - 737
Holy Name Convent - 738
Shiva Boys Hindu College - 739

Victoria

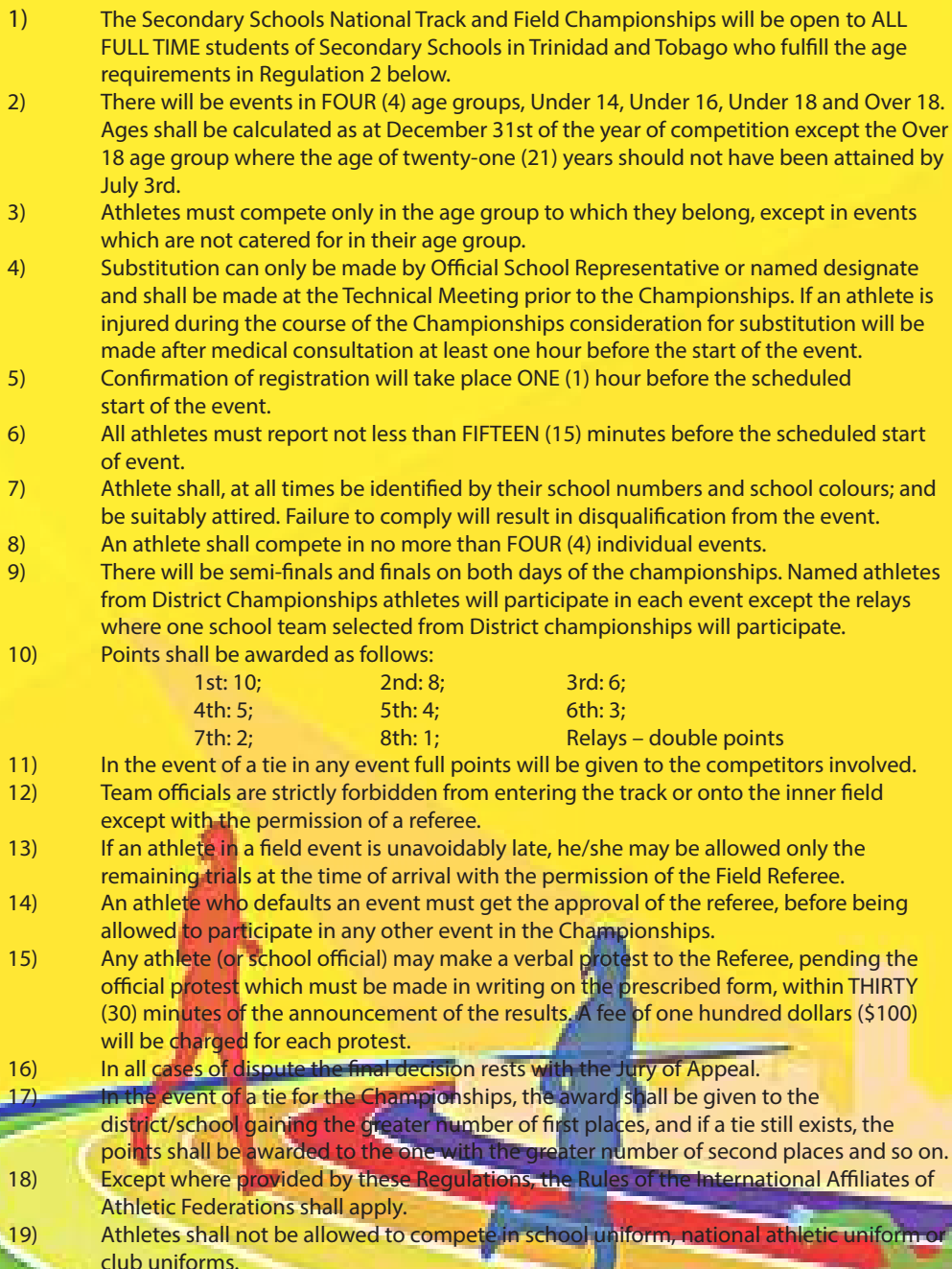
Asja Boys College - 601
Asja Girls' College San F'do - 602
Gasparillo Secondary - 603
Marabella North Sec. - 604
Marabella South Sec. - 605
Naparima College - 606
St. Joseph's Convent San F'do - 607
Open Bible High - 608
Naparima Girls High School - 609
San Fernando East Sec. - 610
Pleasantville Secondary - 611
Presentation College - 612
St. Benedict's College - 613
San Fernando Central Sec. - 614
San Fernando West Sec. - 615
St. Madeleine Secondary - 617
Debe Secondary School - 623
La Romaine Secondary - 624

Tobago

Signal Hill Secondary - 400
Carborough Sec - 401
Roxborough Sec. - 402
Bishop's Tobago - 403
Mason Hall Sec. - 409
Speyside High Sch. - 410
Goodwood Sec - 411
P.L.L.F. - 412
U.W.I Sixth Form - 413

RULES OF THE CHAMPIONSHIPS

- 1) The Secondary Schools National Track and Field Championships will be open to ALL FULL TIME students of Secondary Schools in Trinidad and Tobago who fulfill the age requirements in Regulation 2 below.
 - 2) There will be events in FOUR (4) age groups, Under 14, Under 16, Under 18 and Over 18. Ages shall be calculated as at December 31st of the year of competition except the Over 18 age group where the age of twenty-one (21) years should not have been attained by July 3rd.
 - 3) Athletes must compete only in the age group to which they belong, except in events which are not catered for in their age group.
 - 4) Substitution can only be made by Official School Representative or named designate and shall be made at the Technical Meeting prior to the Championships. If an athlete is injured during the course of the Championships consideration for substitution will be made after medical consultation at least one hour before the start of the event.
 - 5) Confirmation of registration will take place ONE (1) hour before the scheduled start of the event.
 - 6) All athletes must report not less than FIFTEEN (15) minutes before the scheduled start of event.
 - 7) Athlete shall, at all times be identified by their school numbers and school colours; and be suitably attired. Failure to comply will result in disqualification from the event.
 - 8) An athlete shall compete in no more than FOUR (4) individual events.
 - 9) There will be semi-finals and finals on both days of the championships. Named athletes from District Championships athletes will participate in each event except the relays where one school team selected from District championships will participate.
 - 10) Points shall be awarded as follows:

1st: 10;	2nd: 8;	3rd: 6;
4th: 5;	5th: 4;	6th: 3;
7th: 2;	8th: 1;	Relays – double points
 - 11) In the event of a tie in any event full points will be given to the competitors involved.
 - 12) Team officials are strictly forbidden from entering the track or onto the inner field except with the permission of a referee.
 - 13) If an athlete in a field event is unavoidably late, he/she may be allowed only the remaining trials at the time of arrival with the permission of the Field Referee.
 - 14) An athlete who defaults an event must get the approval of the referee, before being allowed to participate in any other event in the Championships.
 - 15) Any athlete (or school official) may make a verbal protest to the Referee, pending the official protest which must be made in writing on the prescribed form, within THIRTY (30) minutes of the announcement of the results. A fee of one hundred dollars (\$100) will be charged for each protest.
 - 16) In all cases of dispute the final decision rests with the Jury of Appeal.
 - 17) In the event of a tie for the Championships, the award shall be given to the district/school gaining the greater number of first places, and if a tie still exists, the points shall be awarded to the one with the greater number of second places and so on.
 - 18) Except where provided by these Regulations, the Rules of the International Affiliates of Athletic Federations shall apply.
 - 19) Athletes shall not be allowed to compete in school uniform, national athletic uniform or club uniforms.
- 

TECHNICAL DATA

BOYS

Hurdle height	U14	U16	U18	O18
80m		76cm		
100m			91cm	
110m				99 cm
300m				
400m			84cm	91cm
Discus		1.00kg	1.50kg	1.75kg
Javelin		600g	700g	800g
Shot	3.00kg	4.00kg	5.00kg	6.00kg

GIRLS

Hurdle height	U14	U16	U18	O18
80m		76cm		
100m			76cm	84cm
110m				
300m			76cm	
400m				76cm
Discus		1.00kg	1.00kg	1.00kg
Javelin		500g	500g	600g
Shot	3.00kg	3.00kg	3.00kg	4.00kg

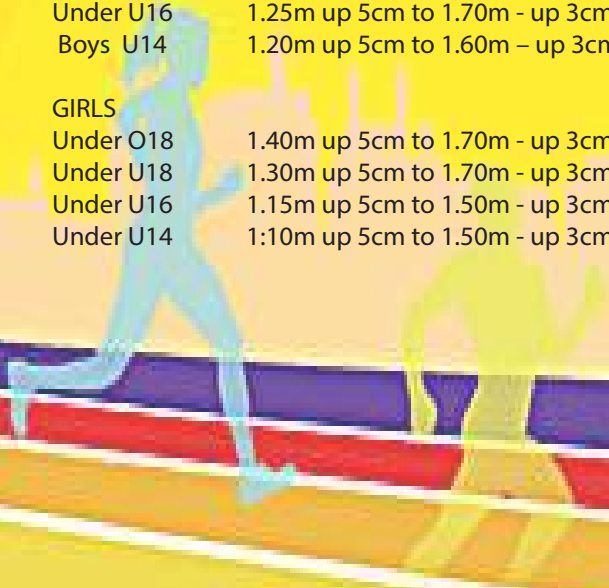
STARTING HEIGHTS FOR HIGH JUMP

BOYS START HEIGHT

Under O18	1.50m up 5cm to 1.90m - up 3cm
Under U18	1.40m up 5cm to 1.80m - up 3cm
Under U16	1.25m up 5cm to 1.70m - up 3cm
Boys U14	1.20m up 5cm to 1.60m - up 3cm

GIRLS

Under O18	1.40m up 5cm to 1.70m - up 3cm
Under U18	1.30m up 5cm to 1.70m - up 3cm
Under U16	1.15m up 5cm to 1.50m - up 3cm
Under U14	1:10m up 5cm to 1.50m - up 3cm



Order of EVENTS

Thursday April 19th 2018

OPENING CEREMONY				
10:00 AM				
10:20 AM	1	Hammer Throw	Girls Open	Exhibition
10:20 AM	2	Hammer Throw	Boys Open	Exhibition
10:32 AM	3	Long Jump	Girls U17	Final
10:41 AM	4	Long Jump	Boys U17	Final
10:50 AM	5	High Jump	Girls O17	Final
10:50 AM	6	High Jump	Boys O17	Final
10:57 AM	7	Discus	Girls U17	Final
11:00 AM	8	100m Hurdles	Girls U15	Final
11:03 AM	9	Shot	Girls U13	Final
11:05 AM	10	100m Hurdles	Boys U15	Final
11:10 AM	11	100m Hurdles	Girls U17	Final
11:10 AM	12	Javelin	Girls U15	Final
11:15 AM	13	100m Hurdles	Girls O17	Final
11:20 AM	14	110m Hurdles	Boys U17	Final
11:25 AM	15	110m Hurdles	Boys O17	Final

MEDAL PRESENTATION				
11:40 AM	16	100m	Girls U13	Prelims
11:42 AM	17	Long Jump	Girls O17	Final
11:45 AM	18	100m	Boys U13	Prelims
11:49 AM	19	Long Jump	Boys O17	Final
11:51 AM	20	100m	Girls U15	Prelims
11:55 AM	21	High Jump	Girls U15	Final
11:57 AM	22	100m	Boys U15	Prelims
12:03 PM	23	Discus	Girls O17	Final
12:03 PM	24	100m	Girls U17	Prelims
12:09 PM	25	100m	Boys U17	Prelims
12:15 PM	26	100m	Girls O17	Prelims
12:15 PM	27	Shot	Boys O17	Final
12:18 PM	28	Javelin	Girls U17	Final
12:21 PM	29	100m	Boys O17	Prelims

Order of EVENTS

12:32 PM	30	400m	Girls U13	Prelims
12:39 PM	31	400m	Boys U13	Prelims
12:49 PM	32	Long Jump	Girls U13	Final
12:49 PM	33	400m	Girls U15	Prelims
12:56 PM	34	Long Jump	Boys U13	Final
12:57 PM	35	400m	Boys U15	Prelims

MEDAL PRESENTATION

1:04 PM	36	High Jump	Boys U15	Final
1:05 PM	37	400m	Girls U17	Prelims
1:08 PM	38	Discus	Girls U15	Final
1:19 PM	39	400m	Boys U17	Prelims
1:20 PM	40	Shot	Boys U17	Final
1:25 PM	41	Javelin	Boys U15	Final
1:33 PM	42	400m	Girls O17	Prelims
1:47 PM	43	400m	Boys O17	Prelims

MEDAL PRESENTATION

1:54 PM	44	1500m	Girls U15	Final
2:04 PM	45	1500m	Boys U15	Final
2:10 PM	46	High Jump	Boys U17	Final
2:14 PM	47	Discus	Boys O17	Final
2:14 PM	49	1500m	Girls U17	Final
2:24 PM	49	1500m	Boys U17	Final
2:34 PM	50	1500m	Girls O17	Final
2:44 PM	51	1500m	Boys O17	Final

MEDAL PRESENTATION

2:54 PM	52	Shot	Girls O17	Final
3:01 PM	16a	100m	Girls U13	Final
3:08 PM	18a	100m	Boys U13	Final
3:15 PM	20a	100m	Girls U15	Final
3:22 PM	22a	100m	Boys U15	Final
3:29 PM	24a	100m	Girls U17	Final

Thursday April 19th 2018

Order of EVENTS

Friday April 20th 2018

11:00 AM	61	Shot	Boys U15	Finals
11:00 AM	62	400m Hurdles	Girls U17	Timed Final
11:05 AM	63	400m Hurdles	Girls O17	Timed Final
11:10 AM	64	400m Hurdles	Boys U17	Timed Final
11:15 AM	65	400m Hurdles	Boys O17	Timed Final

MEDAL PRESENTATION

11:30 AM	66	200m	Girls U13	Prelims
11:40 AM	67	200m	Boys U13	Prelims
11:42 AM	68	Long Jump	Girls U15	Final
11:49 AM	69	Long Jump	Boys U15	Final
11:50 AM	70	200m	Girls U15	Prelims
11:55 AM	71	High Jump	Girls U13	Final
11:55 AM	72	High Jump	Boys U13	Final
12:00 AM	73	200m	Boys U15	Prelims
12:10 PM	74	200m	Girls U17	Prelims
12:18 PM	75	Discus	Boys U17	Final
12:03 PM	76	Shot	Girls U17	Final
12:15 PM	77	Javelin	Girls O17	Final
12:20 PM	78	200m	Boys U17	Prelims
12:30 PM	79	200m	Girls O17	Prelims
12:40 PM	80	200m	Boys O17	Prelims

12:45 PM	81	1500m WALK	Girls Open	Final
12:49 PM	82	Triple Jump	Boys U17	Final
12:56 PM	83	Triple Jump	Boys O17	Final
1:04 PM	84	High Jump	Girls U17	Final
1:05 PM	85	1500m WALK	Boys Open	Final
1:08 PM	86	Discus	Boys U15	Final
1:20 PM	87	Shot	Girls U15	Final
1:25 PM	88	Javelin	Boys O17	Final
1:25 PM	89	3000m	Girls Open	Final



Put A Little Sunshine In Your Day!

Order of EVENTS

MEDAL PRESENTATION

1:45 PM	66a	200m	Girls U13	Final
1:49 PM	90	Triple Jump	Girls Open	Final
1:52 PM	67a	200m	Boys U13	Final
1:59 PM	70a	200m	Girls U15	Final
2:04 PM	91	Pole Vault	Girls Open	Final
2:04 PM	92	Pole Vault	Boys Open	Final
2:06 PM	73a	200m	Boys U15	Final
2:13 PM	74a	200m	Girls U17	Final
2:20 PM	78a	200m	Boys U17	Final
2:20 PM	93	Shot	Boys U13	Final
2:25 PM	94	Javelin	Boys U17	Final
2:27 PM	79a	200m	Girls O17	Final
2:34 PM	80a	200m	Boys O17	Final

MEDAL PRESENTATION

2:44 PM	95	800m	Girls U15	Final
2:51 PM	96	800m	Boys U15	Final
2:58 PM	97	800m	Girls U17	Final
3:05 PM	98	800m	Boys U17	Final
3:12 PM	99	800m	Girls O17	Final
3:19 PM	100	800m	Boys O17	Final
3:26 PM	101	5000m	Boys Open	Final

MEDAL PRESENTATION

4:06 PM	102	4 x 400m Relay	Girls U15	Final
4:16 PM	103	4 x 400m Relay	Boys U15	Final
4:26 PM	104	4 x 400m Relay	Girls U17	Final
4:36 PM	105	4 x 400m Relay	Boys U17	Final
4:46 PM	106	4 x 400m Relay	Girls O17	Final
4:56 PM	107	4 x 400m Relay	Boys O17	Final

CLOSING CEREMONY

Friday April 20th 2018

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Officials

Chairman Organising Committee - Philip Allard
Chairman of the Games - John Roopchand
Event Presentation Manager - Indra Ramsingh-Geoffroy
Technical Delegate - Durlly Lucas
Competition Director - John Andalcio
Meet Manager - Michelle Penny
Technical Manager - Reynold Porter Lee
Equipment Manager - Kelly Kerr
Jury of Appeal - T.B.A.
Photo Finish & Electronic Meet Management - NAAA Officials

Referees

Jumps - Earl Bourne, Davina Washington & Clayton Walkes
Track - Gary Jupiter & Judy Ann Harewood
Start - Remy Nicome
Call Room - Dawn Washington

Security - Arnold Rampersad & Aravind Ramgoolam
Gates - Ryan Pereira
Walk Past - Joseph Brewster
Technical Support Crew - Robert Stevenson, Nicole Barbour & Arthur Campbell

Announcers - Garvin Joseph & Merere Gonzales
Wind Gauge Operators - Gabriella Nero & Petra Jerry
Start Team - Rick Francis & Remy Nicome & Jerry Antoine

Starter's Assistants - Kelly Kerr, Carl Wyatt & Nigel Matthew

Track Events Referee - Irwin Henry

Chief Umpire - Cheryl Reyes

Umpires - Alana Nero, Alson Plante, Anderson Alder, Chrysostom Lockhart, Curtis Breton, David Thomas, Esrol Peters, Garrick Marcelin, Jill Sampson, Judy Ann Harewood, L Ramroop, M. Thomas, Michelle Lynche, Noel Serapio, Tricia John & Vivica Boswell



Officials



Call Room Referee -	Dawn Washington
Call Room Chief Judge -	Claudette Willoughby
Call Room Judges -	Janet Cumberbatch, Winston Rudder & Eileen Collette
Athletes' Ushers -	Denzil Walker, Shauna Downey, Chad Mathura & Dernelle Castellano
Walk Judges -	Collin Mark & Matthew Guelmo
Field Events Referee -Throws	- Earl Bourne
Field Events Referee - Jumps	- Irma Riley
Chief Judges – Long Jump -	Michael Pierre & Gemma Chee Wah Bass
Chief Judge – High Jump	Clayton Williams
Chief Judges - Throws -	Elsa Porter Lee (Shot Put) Irma Riley (Javelin) Joyce Thomas (Discus)
Field Technical Officials -	Ruby Jackson, Irma Thomas, Gerard Elliott, Kenrick Russell, Suzan Garcia, Sherry Ann Edwards, Michelle Campbell, Marilyn Bradley, Garrick Marcelin, Matthew Guelmo, Nicole Lynch, Curtis Bruce, Cicely Holder, Jennifer Jackson, Susannah Joefield, Camille Superville, Marcia John, Althea Bushby, Kirk Williams, Irwin Henry, Lucretia Burns, Shakira Crosby & Garth Nicholls
Lap Scorer -	Kelly Kerr
Chief Time Keeper -	Annaz Mohammed
Security -	Dexter Sakal, Hayes Jones, Robert Warner Security Company Officials
Hospitality -	Shelly Slater & Bernadine Hazard - Charles
Prizes -	Jillian Huggins, Stephanie Power & Debbie Ann Lamorel
Runners -	Students - St. Joseph Secondary, Pleasantville Secondary, Sangre Grande Secondary
Chief Announcer -	Merere Gonzalez
PR & Marketing -	Philip Allard
Media Liaison-	Clayton Clarke
First Aid -	Red Cross

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- ✓ Salt free
- ✓ Dairy free
- ✓ Gluten free
- ✓ Milk free
- ✓ Cholesterol free
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HealthyO! Lemon Muffins

Perfect For

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- ✓ Salt free
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- ✓ Gluten free
- ✓ Milk free
- ✓ Cholesterol free
- ✓ Heart Patients
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- ✓ Cholesterol free
- ✓ Heart Patients
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- ✓ Milk free
- ✓ Cholesterol free
- ✓ Heart Patients
- ✓ Diabetic
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HealthyO! Cornbread Muffins

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- ✓ Salt free
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- ✓ Gluten free
- ✓ Milk free
- ✓ Cholesterol free
- ✓ Heart Patients
- ✓ Diabetic
- ✓ Kidney Disease
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- ✓ Salt free
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- ✓ Milk free
- ✓ Cholesterol free
- ✓ Heart Patients
- ✓ Diabetic
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HealthyO! Multigrain Lemon Bread

Perfect For

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- ✓ Salt free
- ✓ Dairy free
- ✓ Gluten free
- ✓ Milk free
- ✓ Cholesterol free
- ✓ Heart Patients
- ✓ Diabetic
- ✓ Kidney Disease
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HealthyO! Multigrain Cornbread

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- ✓ Salt free
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- ✓ Heart Patients
- ✓ Diabetic
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HealthyO! Multigrain Banana Bread

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PREVIOUS WINNERS

Year	Champion School	Victor	Victrix
2017	Toco Secondary	Troy Richards, Toco Secondary	Patrice Richards, Holy Faith Convent
			Xea Bruce, Toco Secondary
			Camille Lewis, Sangre Grande Secondary
2016	Toco Secondary	Shakeem Mc Kay , Queen's Royal College	Anya Akili, Bishops High
2015	Toco Secondary	Avindale Smith, Arima Central Secondary	Ayana Glasgow, Toco Secondary
2014	Toco Secondary		

Featured Athlete

Shaniqua Bascombe

St James Secondary School

Shaniqua is one of the fastest fourteen year-olds in the world. She attends St James Secondary School and has been a champion in the making for some time now.

The Cougars Track and Field athlete Shaniqua Bascombe has been exemplary over the past two years and was a President's Award Recipient at the NAAA function earlier this year, 2018. She is unbeaten in the 100m and 200m events in her age group locally and only two weeks ago finished second in the Under 17 Girls 200m event at the Carifta Games in Bahamas. Earlier at the Carifta Games, she finished second and fourth in the 100m event, and won a bronze medal in the girls 4x400m relay.

Her emphasis is on lowering her times at the Secondary School Games as she gets set for bigger and brighter things.

She will prove very difficult if not impossible to beat at this Championships where she will be participating in the 100m and 200m events.



Featured Athlete

Atiya Croal

ASJA Girl's College, Tunapuna

Atiya soared as the Under 14 Female Champion Athlete at our 2017 Championships by placing 1st in the 200m event, and 3rd in both the 400m event and shot put.

Her performance at the 2017 Championships was no surprise as she placed 1st in the 100m, 200m, 400m, shot put and long jump at the 2017 St. George East Zonal Qualifier.

At this year's Zonal Qualifier, Atiya placed 1st in the 100m, 200m, 400m and shot put. She is definitely a 'girl on fire' and we look forward to what she'll bring at this year's Championships.

Look out for Atiya in the 400m and discus.



Featured Athlete

Joanna Rogers

St Francois Girl's College

Joanna is one of the top Under 20, 400m and 800m athlete in Trinidad and Tobago. She attends the St Francois Girl's College where she is presently a Form 4 Student.

Only two weeks ago, Joanna represented this country at the Carifta Games in Bahamas where she finished fourth in the Under 20 Girls 800m event with a time of 2:13.00.

Joanna has represented her Club Cougars Track and Field Club at the Barbados Relay Fair for the past three years where the club has won the Championship honours.

She has represented Trinidad and Tobago for the past three years at the Carifta Games winning two bronze medals. At the last Secondary School's Championship Joanna placed 1st in the 400m event and also won a gold medal in the 4x100m relay.

She will be very difficult to beat at this year's Secondary School Championships where she participates in the 400m and 800m events.

Joana will also be representing her school at the Penn Relays later this year.



Featured Athletes

Natasha Fox

Pt Fortin West Secondary

Natasha is a young and promising athlete who won a bronze medal in the 4x400m relay event at the 2018 Carifta Games in Bahamas.

She will be participating in the 200m, 400m, high jump and 4x100m relay at this year's Secondary Schools' Championships.



Malika Coutain

Vessigny Secondary



Malika is also a member of the third placed 4x400m T&T relay team that competed at the 2018 Carifta games.

She will be participating in the 200m, 400m, high jump and shot put at this year's Championships.

Look out for Malika as she aims to bring glory to Vessigny Secondary

Featured Athletes

Jaycel Bailey:

Pt Fortin West Secondary

Jaycel is looking to regain her first place position in the 100m dash at this Championships. Last year she placed first in this event in the U14 category and also helped her team to first position in the U14 4x100m event.

Point Fortin is backing this young champion to bring glory to the borough. Look out for her.



Onal Mitchell

Pt Fortin East Secondary



Onal represented Trinidad and Tobago at the 2018 Carifta games in the Bahamas and won a bronze medal in the U20 4x400m relay event.

Onal is a strong contender in the 400m event and has indicated that the gold medal is his at this year's championships.

Featured Athletes

Timothy Fredricks: **Vessigny Secondary**

Timothy is last year's joint u18 individual age group winner and he continues to deliver the goods being a member of the silver medal U20 4x100m relay team at the Carifta games 2018.

At this championships, Timothy will be defending his first place in the 100m and 200m events. This is one athlete to look out for in the future.



Onil Mitchell

Pt Fortin East Secondary



Onil was a member of the silver medal U20 4x100m Carifta 2018 relay team. He is yet another athlete that is expected to bring gold for his school at this year's championships where he will be competing in the 100m, 200m and 4x100m events.

At last year's championships he placed second in the O18 100m event and promises to raise the notch to gold this year.

Featured Athletes

Diane Hamilton

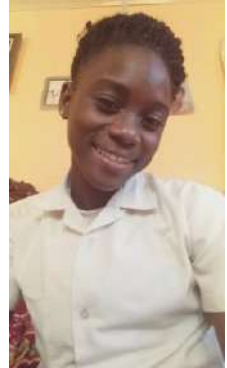
Moruga Secondary School

Diane, an athlete attached to Club Palo Seco, is expected to bring gold for her school Moruga Secondary.

At last year's championships, she placed second in the U18 400m and 800m events.

She competes in the same events this year.

Look out for Diane!



Patrice Richards

Holy Faith Convent, Couva

Patrice is a Carita 2018 bronze medalist in the U17 400m hurdles. She has been a top performer at the Secondary Schools' Championships over the years and is expected to continue this success.

Last year she won gold in the U16 100m and 400m hurdles and also placed first in the 400m.

We look forward to great things from Patrice, last year's joint victrix ludorum.



Featured Athlete

Tyrell Edwards

Toco Secondary

Tyrell is a talented sprint athlete, a member of the silver medal u20 4x100m relay team at Carifta games 2018.

At last year's championships Tyrell dominated his races placing first in the 100m, and 200m, and helped his team to first place in the 4x100m relay event and to third place in the 4x400m relay event.

Tyrell will be participating in the 100m, 200m, 4x100m and 4x400m events. Toco Secondary has high hopes for this young athlete and expects that this year he will bring home the victor ludorum trophy to add to the school's many trophies.



Put A Little Sunshine In Your Day!

Overall Results 2017

T&T Secondary Schools' Track and Field Championships

Top School Overall

- 1 Toco Secondary
- 2 Bishops High School
- 3 Sangre Grande Secondary
- 4 Scarborough Secondary
- 5 Signal Hill Secondary
- 6 St Francois Girls' College
- 7 Fatima College
- 8 Cedros Secondary
- 9 Holy Cross College
- 10 Mason Hall Secondary



Top Male Schools

- 1 Bishops High School
- 2 Toco Secondary
- 3 Sangre Grande Secondary
- 4 Fatima College
- 5 Mason Hall Secondary
- 6 Holy Cross College
- 7 Belmont Boys' Secondary
- 8 Carapichima East Secondary
- 9 EL Dorado East Secondary
- 10 Signal Hill Secondary

Top Female Schools

- 1 Toco Secondary
- 2 Bishops High School
- 3 Scarborough Secondary
- 4 St Francois Girls' College
- 5 Cedros Secondary
- 6 Signal Hill Secondary
- 7 Roxborough Secondary
- 8 Bishop Anstey High East
- 8 Bishops Anstey High
- 10 Arima Central Secondary





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