

## as at April 2016

Electronic and manual times have been standardised to be in line with LAA ABP's. For distances under 400m, 0.24s has been added to hand held times. For the 400m and 4 x 100m relay, 0.14s has been added to the hand held time. For distances greater than 400m, there is no change to the time. All standardised times are indicated with a [S]. The old State Records have been archived.

### UNDER 7 GIRLS

Event	Date	Name	Centre	Performance
50 Metres	24-Mar-79	Annette Cavanagh	Blacktown	8.24 [S]
	24-Mar-79	Andrea Parker	Hills District	8.24 [S]
70 Metres	11-Mar-78	Karolyn Cassidy	Hills District	11.04 [S]
	16-Mar-80	Jo-anne Swan	Camden	11.04 [S]
100 Metres	7-Mar-82	Belinda Ruiz	Lake Illawarra	16.14 [S]
200 Metres	15-Mar-80	Jo-anne Swan	Camden	33.34 [S]
Long Jump	21-Feb-82	Sally Eggleton	Ku-Ring-Gai	3.60m
	21-Feb-82	Belinda Jones	Hornsby	3.60m
Shot Put (1kg)	20-Mar-83	Kylie Standing	Bankstown	8.01m
	5-Mar-16	Tayla Moore	Cherrybrook	8.01m
Discus (350gm)	3-Mar-07	Mallory Bassett	Hornsby	21.24m

### UNDER 7 BOYS

Event	Date	Name	Centre	Performance
50 Metres	12-Mar-77	Scott Weaver	Scully Park	7.64 [S]
70 Metres	18-Mar-73	Graham Garnett	Hornsby	11.04 [S]
	11-Mar-78	Jonathon Weaver	Scully Park	11.04 [S]
	25-Mar-79	Adam Davis	Greystanes	11.04 [S]
	16-Mar-80	Jeffrey Poulter	Bankstown	11.04 [S]
100 Metres	7-Mar-82	Alan Powderly	Walcha	15.64 [S]
200 Metres	19-Mar-83	Enzo Granata	Holroyd	32.84 [S]
Long Jump	5-Feb-77	Mark Lever	Hornsby	3.71m
	21-Mar-81	Greg Hammond	Hornsby	3.71m
Shot Put (1kg)	5-Mar-16	Oscar Furey	Tuggerah Lakes Mingara	11.52m
Discus (350gm)	5-Mar-16	Oscar Furey	Tuggerah Lakes Mingara	30.97m

### UNDER 8 GIRLS

Event	Date	Name	Centre	Performance
70 Metres	16-Mar-80	Annette Cavanagh	Blacktown	10.54 [S]
100 Metres	23-Mar-79	Helen Clarke	Orange	14.44 [S]
200 Metres	18-Mar-84	Bronwyn Piening	Nepean	31.74 [S]
	16-Feb-97	Emily Pollett	Manly Warringah	31.74 [S]
400 Metres	21-Mar-81	Jo-anne Swan	Camden	1.11.44 [S]
60m Hurdles	30-Jan-16	Tammin Lampret	Port Hacking	10.92 [S]
Long Jump	2-Mar-86	Danya Kerr	Winston Hills	4.17m
Shot Put (1.5kg)	17-Feb-02	Kristy Dingwall	Smithfield	8.52m
Discus (500gm)	23-Nov-03	Taylah Sengul	Winston Hills	24.42m

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### UNDER 8 BOYS

Event	Date	Name	Centre	Performance
70 Metres	11-Mar-78	Tim Harper	Weston Creek	10.34 [S]
	11-Mar-78	Mark Lever	Hornsby	10.34 [S]
100 Metres	12-Mar-78	Tim Harper	Weston Creek	14.24 [S]
200 Metres	22-Feb-87	Greg Pill	Illawong	30.74 [S]
400 Metres	23-Mar-75	David Misson	Randwick Botany	1.07.94 [S]
60m Hurdles	15-Feb-14	Jesse Ingleton	Camden	10.63
Long Jump	22-Feb-87	Steven Grant	Port Hacking	4.24m
Shot Put (1.5kg)	6-Mar-11	Blake Toohey	Sutherland	10.98m
Discus (500gm)	16-Feb-92	Gareth Care	North Rocks Carlingford	31.36m

### UNDER 9 GIRLS

Event	Date	Name	Centre	Performance
70 Metres	22-Mar-98	Briony Kanard	Port Hacking	10.14 [S]
100 Metres	23-Mar-79	Kate Farrell	Holroyd	14.14 [S]
	15-Mar-80	Helen Clarke	Orange	14.14 [S]
200 Metres	25-Mar-90	Rosemary Hayward	Wyong	28.74 [S]
400 Metres	24-Mar-90	Rosemary Hayward	Wyong	1.06.64 [S]
60m Hurdles	21-Feb-09	Chyna Tavai-Williams	Bankstown Sports	9.84 [S]
800 Metres	20-Mar-11	Abbey Rockliff	Ku-Ring-Gai	2.33.0
700m Walk	21-Mar-99	Natasha Agius	Nepean	3.21.7
Long Jump	16-Mar-85	Selina Dundas	Armidale	4.42m
High Jump	24-Mar-12	Tomysha Clark	Port Hacking	1.39m
Shot Put (2kg)	1-Mar-14	Maliyah Osbaldiston	Bankstown Sports	9.23m
Discus (500gm)	28-Nov-04	Filoi Aokuso	Blacktown	31.22m

### UNDER 9 BOYS

Event	Date	Name	Centre	Performance
70 Metres	22-Mar-98	John Grant	Canowindra	9.94 [S]
	20-Feb-00	Daniel Perkins	Sutherland	9.94 [S]
	19-Mar-00	Michael Oldfield	Manly Warringah	9.94 [S]
	18-Mar-07	Benjamin Alessio	St George	9.94 [S]
100 Metres	21-Feb-98	Christopher Lawrence	Campbelltown	13.64 [S]
200 Metres	22-Mar-75	Glen Murgatroyd	Campbelltown	28.44 [S]
400 Metres	23-Mar-75	Glen Murgatroyd	Campbelltown	1.04.4 [S]
800 Metres	17-Mar-02	Alex Pettigrew	Hornsby	2.25.7
60m Hurdles	21-Feb-99	Joshua Mulligan	Gosford	9.54 [S]
	21-Mar-09	Rory Barkley	Northern Suburbs	9.54 [S]
700m Walk	20-Mar-16	Peter Elliott	Quakers Hill	3.15.36
Long Jump	24-Mar-91	Grant Buchanan	Illawong	4.71m
High Jump	17-Mar-85	Jamie Shortland	Randwick Botany	1.40m
	21-Mar-09	Harrison Brierley	Illawong	1.40m
Shot Put (2kg)	20-Mar-99	Jamal Idris	Bankstown Sports	11.33m
Discus (500gm)	22-Nov-98	Jamal Idris	Bankstown Sports	36.68m

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### UNDER 10 GIRLS

Event	Date	Name	Centre	Performance
70 Metres	19-Mar-00	Grace Naseby	Griffith	9.84 [S]
100 Metres	12-Mar-78	Annette Osborne	Lethbridge Park	13.54 [S]
	23-Mar-91	Rosemary Hayward	Wyong	13.54 [S]
200 Metres	21-Mar-10	Kristie Edwards	Manly Warringah	28.22
400 Metres	15-Mar-03	Paige Fenech	Albion Park	1.03.84 [S]
800 Metres	19-Feb-12	Abbey Rockliff	Ku-Ring-Gai	2.27.3
1500 Metres	18-Feb-12	Abbey Rockliff	Ku-Ring-Gai	4.56.9
60m Hurdles	20-Mar-10	Chyna Tavai-Williams	Bankstown Sports	9.84
1100m Walk	21-Mar-04	Kini Chapple	Nepean	5.21.2
Long Jump	24-Mar-91	Rosemary Hayward	Wyong	4.75m
High Jump	24-Mar-13	Tomysha Clark	Port Hacking	1.47m
Shot Put (2kg)	19-Feb-06	Filoi Aokuso	Blacktown	11.92m
Discus (500gm)	16-Mar-85	Michelle Haage	Bankstown	37.22m

### UNDER 10 BOYS

Event	Date	Name	Centre	Performance
70 Metres	20-Mar-99	Christopher Lawrence	Campbelltown	9.54 [S]
	19-Mar-00	Josh Mulligan	Gosford	9.54 [S]
100 Metres	12-Mar-78	Philip Provenzano	Randwick Botany	12.94 [S]
200 Metres	11-Mar-78	Chris Newman	Queanbeyan	26.94 [S]
400 Metres	16-Mar-03	Alex Pettigrew	Parramatta	1.01.34 [S]
800 Metres	25-Mar-79	Paul Kelly	Greystanes	2.21.6
1500 Metres	19-Mar-83	Richard McCarthy	Randwick Botany	4.44.1
60m Hurdles	16-Mar-02	Sean Potter	Macquarie Shores	9.74 [S]
1100m Walk	22-Mar-98	Luke Fitzgerald	Nepean	5.01.7
Long Jump	16-Mar-80	Martin Moore	Bathurst	5.17m
High Jump	21-Mar-04	Jake Stein	Warradale	1.51m
Shot Put (2kg)	20-Feb-11	EJ Brown-Vaelua	Nepean	13.22m
Discus (500gm)	19-Mar-83	Jason Arnberger	Nepean	43.20m

### UNDER 11 GIRLS

Event	Date	Name	Centre	Performance
100 Metres	12-Mar-78	Michelle Moroney	Bankstown	12.94 [S]
200 Metres	11-Mar-78	Michelle Moroney	Bankstown	26.44 [S]
400 Metres	12-Mar-78	Michelle Moroney	Bankstown	1.01.34 [S]
	17-Mar-01	Jacinta Doyle	Port Hacking	1.01.34 [S]
800 Metres	20-Mar-16	Imogen Stewart	Illawong	2.21.80
1500 Metres	19-Mar-16	Imogen Stewart	Illawong	4.44.07
60m Hurdles	20-Mar-04	Annaliese Gardiner	Ku-Ring-Gai	9.34 [S]
1100m Walk	20-Mar-05	Kini Chapple	Nepean	5.01.3
Long Jump	20-Mar-11	Chyna Tavai-Williams	Bankstown Sports	4.97m
High Jump	22-Mar-14	Tomysha Clark	Port Hacking	1.55m
Triple Jump	21-Mar-04	Rebecca Mounsey	Albion Park	10.38m
Shot Put (2kg)	18-Mar-07	Filoi Aokuso	Blacktown	14.07m
Discus (750gm)	7-Mar-10	Grace Robinson	St George	39.03m
Javelin (400gm)	20-Mar-16	Amelia McIlwaine	Hills District	27.17m

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### UNDER 11 BOYS

Event	Date	Name	Centre	Performance
100 Metres	12-Mar-78	Robert Stanford	Nepean	12.64 [S]
200 Metres	11-Mar-78	Robert Stanford	Nepean	25.84 [S]
400 Metres	23-Mar-79	Chris Newman	Queanbeyan	57.64 [S]
800 Metres	24-Mar-13	Luke Young	Macquarie Hunter	2.17.37
1500 Metres	17-Mar-84	Richard McCarthy	Randwick Botany	4.36.9
60m Hurdles	19-Feb-00	William Mataka	Revesby Workers	9.24 [S]
1100m Walk	21-Mar-99	Luke Fitzgerald	Nepean	5.05.8
Long Jump	7-Feb-87	Craig Woodroff	Manly Warringah	5.34m
High Jump	17-Mar-96	John Thornell	Green Valley	1.63m
Triple Jump	27-Mar-93	David Geddes	Manly Warringah	11.06m
Shot Put (2kg)	19-Mar-11	Payne Haas	Macquarie Hunter	14.42m
Discus (750gm)	17-Feb-12	EJ Brown-Vaelua	Nepean	40.45m
Javelin (400gm)	19-Mar-16	Baxter Kitteringham	Port Hacking	34.27m

### UNDER 12 GIRLS

Event	Date	Name	Centre	Performance
100 Metres	24-Mar-79	Michelle Moroney	Bankstown	12.64 [S]
	16-Mar-02	Jacinta Doyle	Port Hacking	12.64 [S]
	19-Feb-05	Annaliese Gardiner	Ku-Ring-Gai	12.64 [S]
200 Metres	21-Feb-79	Nicole Leistenschneider	Manly Warringah	25.84 [S]
400 Metres	21-Feb-79	Nicole Leistenschneider	Manly Warringah	57.74 [S]
800 Metres	23-Mar-14	Abbey Rockliff	Ku-Ring-Gai	2.16.34
1500 Metres	22-Mar-14	Abbey Rockliff	Ku-Ring-Gai	4.34.47
60m Hurdles	19-Mar-05	Annaliese Gardiner	Ku-Ring-Gai	9.34 [S]
1500m Walk	20-Mar-94	Renee McAskill	Nepean	6.38.7
Long Jump	16-Mar-86	Tracy Blackburn	Kurri Kurri	5.42m
High Jump	20-Mar-15	Tomysha Clark	Port Hacking	1.65m
Triple Jump	20-Mar-94	Amy Carpenter	Tuggerah Lakes	10.94m
Shot Put (2kg)	20-Mar-88	Kylie Standing	Bankstown	16.19m
Discus (750gm)	15-Mar-08	Filoi Aokuso	Blacktown	46.19m
Javelin (400gm)	21-Mar-15	Lianna Davidson	Kurrajong/Bilpin	34.42m

### UNDER 12 BOYS

Event	Date	Name	Centre	Performance
100 Metres	20-Mar-99	Todd Shanahan	Macquarie Shores	12.04 [S]
	23-Mar-13	James Roach	Randwick Botany	12.04
200 Metres	24-Mar-13	James Roach	Randwick Botany	24.59
400 Metres	18-Mar-16	Donovan Bradshaw	Cherrybrook	56.88
800 Metres	20-Mar-05	James Connor	Campbelltown UWS Coll.	2.13.2
1500 Metres	19-Mar-83	Peter Stellino	Hills District	4.27.2
60m Hurdles	19-Feb-05	Kane Thompson	Manly Warringah	9.14 [S]
1500m Walk	19-Mar-00	Luke Fitzgerald	Nepean	6.45.2
Long Jump	17-Mar-96	Michael Doggett	Lithgow	5.86m
High Jump	21-Mar-09	Thibaut Potin	Illawong	1.72m
Triple Jump	19-Mar-95	Gima Keimelo	Randwick Botany	12.78m
Shot Put (3kg)	17-Mar-02	Emanuele Fuamatu	Fairfield	15.66m
Discus (750gm)	16-Mar-02	Emanuele Fuamatu	Fairfield	52.43m
Javelin (400gm)	21-Mar-15	Daniel Menin	Parramatta	40.48m

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### UNDER 13 GIRLS

Event	Date	Name	Centre	Performance
100 Metres	15-Mar-86	Jo-anne Swan	Camden	12.34 [S]
	7-Mar-87	Rebecca Vormister	Wollongong	12.34 [S]
	17-Mar-96	Haylee Mathieson	Wollongong	12.34 [S]
	19-Feb-05	Laura Turner	Port Hacking	12.34 [S]
200 Metres	16-Mar-08	Maddie Pirie	Revesby Workers	25.04 [S]
400 Metres	16-Mar-86	Jo-anne Swan	Camden	57.24 [S]
800 Metres	22-Feb-87	Suzy Walsham	Ku-Ring-Gai	2.15.2
1500 Metres	21-Feb-87	Suzy Walsham	Ku-Ring-Gai	4.36.1
3000 Metres	15-Feb-15	Abbey Rockliff	Ku-Ring-Gai	9.58.99
80m Hurdles	15-Feb-15	Mia Hemsworth	Ku-Ring-Gai	12.26
200m Hurdles	19-Feb-00	Tahlia Gray	Canterbury	28.24 [S]
1500m Walk	19-Mar-06	Shannon Jennings	Nepean	6.35.3
Long Jump	24-Mar-91	Leanne Richardson	Dubbo	5.51m
High Jump	22-Mar-87	Sonja Wennekes	Sutherland	1.80m
Triple Jump	20-Mar-16	Tomysha Clark	Port Hacking	11.27m
Shot Put (3kg)	24-Mar-12	Grace Robinson	St George	14.95m
Discus (750g)	20-Mar-09	Taylah Sengul	Winston Hills	49.57m
Javelin (400gm)	22-Mar-09	Taylah Sengul	Winston Hills	45.91m

### UNDER 13 BOYS

Event	Date	Name	Centre	Performance
100 Metres	22-Mar-14	James Roach	Randwick Botany	11.72
200 Metres	18-Mar-07	Nicholas Hough	Hills District	23.34 [S]
400 Metres	21-Mar-14	James Roach	Randwick Botany	53.65
800 Metres	17-Mar-85	Robert Wunder	Northern Suburbs	2.06.1
1500 Metres	18-Mar-06	James Connor	Campbelltown UWS Coll.	4.21.3
3000 Metres	20-Mar-04	Cameron Page	Gosford	9.39.6
80m Hurdles	16-Mar-97	Ahmed Abou-Mahmoud	Winston Hills	12.04 [S]
	19-Mar-00	Ross Roberts	Gosford	12.04 [S]
200m Hurdles	19-Mar-11	Jarrold Cullen	Canterbury	26.21
1500m Walk	28-Mar-93	David Beacraft	Blacktown	6.30.4
Long Jump	19-Mar-06	Kurt Jenner	Mt Pritchard	6.11m
High Jump	21-Mar-10	Thibaut Potin	Illawong	1.81m
Triple Jump	18-Mar-07	Nicholas Hough	Hills District	12.72m
Shot Put (3kg)	20-Mar-09	Tepai Moeroa	Doonside	19.11m
Discus (1kg)	16-Mar-03	Emanuele Fuamatu	Fairfield City	53.78m
Javelin (600gm)	18-Mar-07	Shane Nicholls	Kurrajong Bilpin	48.80m

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### UNDER 14 GIRLS

Event	Date	Name	Centre	Performance	
100 Metres	23-Mar-91	Shelley Peattie	Macquarie Shores	12.14	[S]
200 Metres	16-Mar-08	Ella Nelson	Sutherland	24.54	[S]
400 Metres	23-Mar-12	Molly Blakey	South Eastern	56.02	
800 Metres	20-Mar-88	Suzy Walsham	Ku-Ring-Gai	2.13.2	
1500 Metres	15-Mar-03	Lexy Gilmour	Helensburgh	4.35.3	
3000 Metres	20-Mar-15	Emily Schneider	Sutherland	9.59.16	
80m Hurdles	19-Mar-06	Carly Rodger	Port Hacking	11.94	[S]
200m Hurdles	18-Mar-06	Carly Rodger	Port Hacking	27.04	[S]
1500m Walk	17-Mar-96	Renee McAskill	Nepean	6.15.4	
Long Jump	10-Mar-91	Belinda Scott	Northern Districts	5.64m	
High Jump	19-Mar-06	Mia McKinnon	Port Hacking	1.75m	
	18-Mar-07	Amy Pejkoivic	Cherrybrook	1.75m	
Triple Jump	16-Mar-03	Alyisha House	Koorringal Wagga	12.15m	
Shot Put (3kg)	22-Mar-13	Grace Robinson	St George	15.94m	
Discus (1kg)	20-Mar-16	Sally Shokry	Hills District	45.39m	
Javelin (400gm)	23-Mar-13	Madeline Warburton	Leeton	41.78m	

### UNDER 14 BOYS

Event	Date	Name	Centre	Performance	
100 Metres	17-Mar-96	Matthew Manns	Ingleburn RSL	11.34	[S]
	15-Mar-08	Nicholas Hough	Hills District	11.34	[S]
200 Metres	19-Feb-06	Luke Hamer	St George	22.64	[S]
400 Metres	23-Mar-12	Jarrold Cullen	Canterbury	50.97	
800 Metres	22-Mar-15	Bryn Lynch	Manly Warringah	2.02.30	
1500 Metres	22-Mar-14	Harrison Wade	Ryde	4.11.93	
3000 Metres	21-Mar-14	Harrison Wade	Ryde	9.13.83	
90m Hurdles	16-Mar-08	Nicholas Hough	Hills District	12.04	[S]
200m Hurdles	15-Mar-08	Nicholas Hough	Hills District	24.64	[S]
1500m Walk	19-Mar-95	Troy Sundstrom	Highlanders	6.13.4	
Long Jump	17-Mar-96	Stephen Jacenko	Balmain	6.52m	
High Jump	20-Mar-94	Justin Hathway	Tamworth	1.95m	
Triple Jump	17-Mar-96	David Geddes	Manly Warringah	13.48m	
Shot Put (3kg)	16-Feb-13	Tyrone Taukamo	Randwick Botany	18.51m	
Discus (1kg)	20-Mar-10	Tepai Moeroa	Doonside	57.71m	
Javelin (600gm)	18-Mar-01	Jonathon Wynn	Camden Haven	56.87m	

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### UNDER 15 GIRLS

Event	Date	Name	Centre	Performance	
100 Metres	21-Mar-92	Sonia Willis	Wagga PCYC	12.04	[S]
	20-Mar-99	Preya Carey	Hills District	12.04	[S]
200 Metres	20-Mar-05	Olivia Tauro	Kurri Kurri	24.24	[S]
	22-Feb-09	Ella Nelson	Sutherland	24.24	[S]
400 Metres	18-Feb-96	Rosemary Hayward	Toukley	55.74	[S]
800 Metres	20-Mar-16	Carley Thomas	Hills District	2.09.57	
1500 Metres	19-Mar-16	Emily Schneider	Sutherland	4.30.10	
3000 Metres	18-Mar-16	Emily Schneider	Sutherland	9.43.02	
90m Hurdles	3-Mar-07	Carly Rodger	Port Hacking	12.44	[S]
200m Hurdles	17-Mar-07	Carly Rodger	Port Hacking	26.44	[S]
1500m Walk	16-Mar-97	Renee McAskill	Doonside	6.24.2	
Long Jump	19-Mar-05	Jacinta Doyle	Port Hacking	5.80m	
High Jump	16-Mar-08	Amy PejkoVIC	Cherrybrook	1.80m	
Triple Jump	21-Mar-04	Alysha House	Koorringal Wagga	12.42m	
Shot Put (3kg)	16-Feb-14	Grace Robinson	St George	15.25m	
Discus (1kg)	29-Nov-95	Katrina Steele	Springwood	48.18m	
Javelin (500gm)	25-Mar-12	Alysha Burnett	Northern Districts	42.18m	

### UNDER 15 BOYS

Event	Date	Name	Centre	Performance	
100 Metres	21-Mar-09	Nicholas Hough	Hills District	10.84	[S]
200 Metres	22-Feb-09	Nicholas Hough	Hills District	21.74	[S]
400 Metres	15-Mar-97	David Geddes	Manly Warringah	49.64	[S]
800 Metres	20-Feb-05	James Kaan	Hills District	1.57.2	
	16-Mar-08	James Connor	Campbelltown UWS Coll.	1.57.2	
1500 Metres	15-Mar-08	James Connor	Campbelltown UWS Coll.	4.03.7	
3000 Metres	18-Mar-06	Cameron Page	Gosford	8.50.6	
100m Hurdles	22-Mar-09	Nicholas Hough	Hills District	12.64	[S]
200m Hurdles	15-Mar-08	Cameron Hyde	Campbelltown UWS Coll.	24.34	[S]
1500m Walk	22-Mar-98	Douglas Connolly	Mt Druitt	5.48.1	
Long Jump	20-Mar-09	Thomas Soliman	Blacktown	7.12m	
High Jump	18-Mar-00	James Watson	Manly Warringah	2.06m	
Triple Jump	21-Mar-99	Fabrice Lapierre	Blacktown	14.35m	
Shot Put (4kg)	18-Mar-11	Tepai Moeroa	Doonside	19.62	
Discus (1kg)	15-Feb-15	Nicholas Frost	Parramatta	64.26m	
Javelin (700gm)	15-Feb-14	Cameron McEntyre	Ku-Ring-Gai	59.69m	



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### UNDER 17 GIRLS

Event	Date	Name	Centre	Performance
100 Metres	20-Mar-10	Michelle Jenneke	Cherrybrook	12.17
200 Metres	23-Mar-14	Ruby Ritchie	Manly Warringah	24.33
400 Metres	21-Mar-14	Ruby Ritchie	Manly Warringah	56.41
800 Metres	25-Mar-12	Kate Spencer	Ryde	2.12.59
1500 Metres	20-Mar-10	Jenny Blundell	Cherrybrook	4.33.13
3000 Metres	15-Feb-14	Jessica Hull	Albion Park	9.57.22
100m Hurdles	21-Mar-10	Michelle Jenneke	Cherrybrook	13.87
200m Hurdles	20-Mar-10	Michelle Jenneke	Cherrybrook	26.43
1500m Walk	23-Mar-14	Jasmine Dighton	Lethbridge Park	6.41.91
Long Jump	22-Mar-13	Audrey Kyriacou	Randwick Botany	5.84m
High Jump	21-Mar-10	Emily Crutcher	Grenfell	1.84m
Triple Jump	31-Jan-16	Jasmine Fountas	Randwick Botany	12.52m
Shot Put (3kg)	18-Feb-12	Taylah Sengul	Nepean	16.29m
Discus (1kg)	17-Feb-12	Taylah Sengul	Nepean	48.65m
Javelin (500gm)	19-Mar-16	Madeline Warburton	Leeton	43.09m

### UNDER 17 BOYS

Event	Date	Name	Centre	Performance
100 Metres	20-Mar-10	Ben Jaworski	Cherrybrook	10.84
200 Metres	23-Mar-14	Teri Fragiadakis	Sutherland	21.80
400 Metres	18-Mar-16	Alexander Thompson	Quakers Hill	49.44
800 Metres	22-Mar-15	Jye Edwards	Albion Park	1.55.75
1500 Metres	19-Mar-16	Harrison Wade	Ryde	4.02.95
3000 Metres	18-Mar-16	Connor Whiteley	Orange	8.55.90
110m Hurdles	24-Mar-13	Ivor Metcalf	Randwick Botany	13.64
200m Hurdles	23-Mar-13	Bryce Collins	Northern Suburbs	23.86
1500m Walk	23-Mar-14	Tyler Jones	Wyong	5.56.11
Long Jump	19-Mar-16	Josh Baddock	Cherrybrook	7.17m
High Jump	20-Mar-10	Brandon Starc	Parramatta	2.10m
Triple Jump	24-Mar-13	Emmanuel Fakiye	Nth Rocks/Carlingford	14.80m
Shot Put (5kg)	24-Mar-12	Tepai Moeroa	Doonside	17.89m
Discus (1.5kg)	22-Mar-09	Liam Speers	Macquarie Hunter	56.17m
Javelin (700gm)	24-Mar-13	Rhys Stein	Warradale	68.40m

### MIXED AGE RELAYS

Age Group	Date	Event	Centre	Performance
Junior Boys	17-Mar-96	4 x 100m	Bankstown Sports	53.84 [S]
	20-Mar-16	4 x 100m	Ku-Ring-Gai	53.84
Senior Boys	21-Mar-10	4 x 100m	Cherrybrook	45.63
Junior Girls	25-Mar-12	4 x 100m	Manly Warringah	54.62
Senior Girls	24-Mar-13	4 x 100m	Manly Warringah	48.69



as at April 2016

## STATE RELAYS - SENIOR EVENTS

Event	Year	Centre	Performance	
U12 Boys 4 x 100m	2002	Manly Warringah	51.24	[S]
U12 Boys Long/High	2016	Wollongong City	3264	
U12 Boys Shot/Discus	2011	Parramatta	2510	
U12 Girls 4 x 100m	2001	Hills District	53.44	[S]
U12 Girls Long/High	2008	Cherrybrook	3159	
U12 Girls Shot/Discus	2014	Parramatta	2374	
U12 Mixed 4 x 100m	1983	Ku-Ring-Gai	52.54	[S]
U12 Mixed 4 x 400m	1987	St George	4.10.9	
U13 Boys 4 x 100m	2001	Campbelltown	49.74	[S]
U13 Boys Long/High	2012	Manly Warringah	3241	
U13 Boys Shot/Discus	2012	Parramatta	2942	
U13 Girls 4 x 100m	2014	Balmain	50.80	[S]
U13 Girls Long/High	2010	Manly Warringah	2909	
U13 Girls Shot/Discus	2008	Winston Hills	3215	
U13 Mixed 4 x 100m	1984	Randwick Botany	51.44	[S]
U13 Mixed 4 x 400m	2013	Manly Warringah	4.04.56	
U14 Boys 4 x 100m	2002	Campbelltown	47.14	[S]
U14 Boys Long/High	2009	Nth Suburbs	3126	
U14 Boys Shot/Discus	2013	Parramatta	2836	
U14 Girls 4 x 100m	2010	Nth Suburbs	49.83	
U14 Girls Long/High	2012	Manly Warringah	3245	
U14 Girls Shot/Discus	2009	Winston Hills	3359	
U14 Mixed 4 x 100m	2000	Northern Suburbs	50.04	[S]
U14 Mixed 4 x 400m	2002	Maitland	3.55.0	
U15 Boys 4 x 100m	2011	Manly Warringah	44.82	
U15 Boys Long/High	2009	Kurrajong/Bilpin	3234	
U15 Boys Shot/Discus	2014	Parramatta	3041	
U15 Girls 4 x 100m	2011	Northern Suburbs	48.62	
U15 Girls Long/High	2011	Northern Suburbs	3245	
U15 Girls Shot/Discus	2010	Winston Hills	2944	
U15 Mixed 4 x 100m	1996	Balmain	48.44	[S]
U15 Mixed 4 x 400m	2014	Manly Warringah	3.43.57	
U17 Boys 4 x 100m	2014	Northern Suburbs	43.23	
U17 Boys Long/High	2013	Bankstown Sports	3042	
U17 Boys Shot/Discus	2016	Parramatta	2946	
U17 Girls 4 x 100m	2016	Manly Warringah	48.48	
U17 Girls Long/High	2011	Northern Suburbs	3078	
U17 Girls Shot/Discus	2016	Campbelltown Collegians	2556	
U17 Mixed 4 x 100m	2008	Kurrajong Bilpin	47.8	
U17 Mixed 4 x 100m	2009	Cherrybrook	46.03	
U17 Mixed 4 x 400m	2012	Northern Suburbs	3.43.02	
Snr Girls M Distance	2015	Mosman	9.48.00	
Snr Girls M Distance	2010	Mosman	10.03.07	
Snr Boys M Distance	2007	Parramatta	9.48.6	
Snr Boys M Distance	2010	Randwick/Botany	9.14.65	
Snr Mixed 4 x 100m	2015	Prospect	53.57	
Snr Mixed 4 x Long Jump	2011	Mt Druitt	2470	

as at April 2016

## STATE RELAYS - JUNIOR EVENTS

Event	Year	Centre	Performance	
U 8 Boys 4 x 100m	1984	Randwick Botany	1.00.44	[S]
U 8 Boys 4 x Long Jump	2012	Ku-Ring-Gai	3102	
U 8 Boys Shot/Discus	2010	Sutherland	2773	
U 8 Girls 4 x 100m	1982	Bankstown	1.03.84	[S]
U 8 Girls 4 x Long Jump	2012	Ku-Ring-Gai	2858	
U 8 Girls Shot/Discus	2015	Bankstown Sports	2503	
U 8 Mixed 4 x 100m	1982	Blacktown	1.03.94	[S]
	1984	North Rocks/Carlingford	1.03.94	[S]
U 8 Mixed 4 x 200m	2013	Ku-Ring-Gai	2.17.41	
U 9 Boys 4 x 100m	1990	Ku-Ring-Gai	58.44	[S]
U 9 Boys 4 x Long Jump	2009	Manly Warringah	3053	
U 9 Boys Shot/Discus	2009	Ku-Ring-Gai	2621	
U 9 Girls 4 x 100m	1979	Hills District	1.00.54	[S]
U 9 Girls 4 x Long Jump	2013	Ku-Ring-Gai	3074	
U 9 Girls Shot/Discus	2012	Ku-Ring-Gai	2481	
U 9 Mixed 4 x 100m	1985	North Rocks/Carlingford	1.00.04	[S]
U 9 Mixed 4 x 200m	2013	Manly Warringah	2.07.11	
U10 Boys 4 x 100m	1980	Bankstown	55.74	[S]
U10 Boys Long/High	2014	Manly Warringah	3308	
U10 Boys Shot/Discus	2010	Ku-Ring-Gai	2735	
U10 Girls 4 x 100m	2014	Manly Warringah	57.50	
U10 Girls Long/High	2014	Manly Warringah	3200	
U10 Girls Shot/Discus	2016	Bankstown Sports	2548	
U10 Mixed 4 x 100m	1984	Blacktown	58.04	[S]
U10 Mixed 4 x 400m	1983	Sutherland	4.36.4	
U11 Boys 4 x 100m	1978	Bankstown	53.54	[S]
U11 Boys Long/High	2008	Manly Warringah	3358	
U11 Boys Shot/Discus	2011	Ku-Ring-Gai	2941	
U11 Girls 4 x 100m	2016	Manly Warringah	55.01	
U11 Girls Long/High	2010	Western Suburbs	3280	
U11 Girls Shot/Discus	2016	Bankstown Sports	2692	
U11 Mixed 4 x 100m	2000	Tiger Wests	55.84	[S]
U11 Mixed 4 x 400m	1984	Sutherland	4.28.7	
Jnr Mixed 4 x 100m	2011	Mt Druitt	1.05.01	
Jnr Girls M Distance	2013	St George	11.02.55	
Jnr Boys M Distance	2016	Mosman	10.33.41	
Jnr Mixed 4 x Long Jump	2010	Preston Robins	2572	