



## STATE RECORDS - Standardised times

as at 1 September 2023

*From the 2014/2015 season, 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 The old State Records have been archived.*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]   |
| 100 Metres     | 25-Mar-79 | Adam Davis      | Greystanes             | 11.04 [S]   |
|                | 16-Mar-80 | Jeffrey Poulter | Bankstown              | 11.04 [S]   |
| 200 Metres     | 7-Mar-82  | Alan Powderly   | Walcha                 | 15.64 [S]   |
| Long Jump      | 19-Mar-83 | Enzo Granata    | Holroyd                | 32.84 [S]   |
|                | 5-Feb-77  | Mark Lever      | Hornsby                | 3.71m       |
| Shot Put (1kg) | 21-Mar-81 | Greg Hammond    | Hornsby                | 3.71m       |
|                | 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       | 5-Mar-22  | Harlow Pate      | Wollongong City | 31.6        |
| 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      |

### 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       | 19-Feb-17 | Joseph Ezekiel | Werrington              | 30.64       |
| 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        | 4-Mar-23  | Harlow Pate          | Wollongong City  | 14.07       |     |
| 200 Metres        | 19-Mar-23 | Harlow Pate          | Wollongong City  | 28.58       |     |
| 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      | 2:33.00     |     |
| 700m Walk         | 19-Mar-23 | Stella Wade          | Northern Suburbs | 3:12.50     |     |
| Long Jump         | 16-Mar-85 | Selina Dundas        | Armidale         | 4.42m       |     |
| Scissor High Jump | 18-Feb-17 | Mikaylah Robinson    | Camden           | 1.19m       |     |
|                   | 24-Mar-19 | Mariah Photi         | Illawong         | 1.19m       |     |
| Shot Put (2kg)    | 1-Mar-14  | Maliyah Osbaldiston  | Bankstown Sports | 9.23m       |     |
| Discus (500gm)    | 28-Nov-04 | Filoi Aokuso         | Blacktown        | 31.22m      |     |

Combined ABP  
state ABP

## 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     | 1:04.40     | [S] |
| 800 Metres        | 17-Mar-02 | Alex Pettigrew       | Hornsby          | 2:25.70     |     |
| 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       |     |
| Scissor High Jump | 17-Feb-18 | Joseph Ezekiel       | Werrington       | 1.30m       |     |
| Shot Put (2kg)    | 20-Mar-99 | Jamal Idris          | Bankstown Sports | 11.33m      |     |
| Discus (500gm)    | 22-Nov-98 | Jamal Idris          | Bankstown Sports | 36.68m      |     |

## 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       | 24-Mar-18 | Tammin Lampret   | Port Hacking     | 9.78        |     |
| 1100m Walk        | 21-Mar-04 | Kini Chapple     | Nepean           | 5:21.20     |     |
| Long Jump         | 24-Mar-91 | Rosemary Hayward | Wyong            | 4.75m       |     |
| Scissor High Jump | 18-Feb-19 | Mia Davis        | St Georges Basin | 1.33m       |     |
| 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       | 2:21.60     |     |
| 1500 Metres       | 19-Mar-83 | Richard McCarthy     | Randwick Botany  | 4:44.10     |     |
| 60m Hurdles       | 16-Mar-02 | Sean Potter          | Macquarie Shores | 9.74        | [S] |
| 1100m Walk        | 22-Mar-98 | Luke Fitzgerald      | Nepean           | 5:01.70     |     |
| Long Jump         | 16-Mar-80 | Martin Moore         | Bathurst         | 5.17m       |     |
| Scissor High Jump | 16-Mar-19 | Cadel Holmes         | Northern Suburbs | 1.45m       |     |
| 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      | 19-Mar-17 | Chelsea Ezeoke       | Albion Park      | 26.12       |
| 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         | 2:21.8      |
| 1500 Metres     | 19-Mar-16 | Imogen Stewart       | Illawong         | 4:44.07     |
| 80m Hurdles     | 18-Mar-23 | Marnie Laurence      | Eastern Suburbs  | 12.61       |
| 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 (500gm)  | 7-Feb-21  | Annisha Reader       | Girraween        | 37.74m      |
| Javelin (400gm) | 19-Mar-23 | Ocean Kennedy        | Riverstone       | 29.56       |

## 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  | 4:36.90     |
| 80m Hurdles     | 18-Mar-23 | Victor Ogbonna   | Girraween        | 12.62       |
| 1100m Walk      | 21-Mar-99 | Luke Fitzgerald  | Nepean           | 5:05.80     |
| 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 (500gm)  | 17-Mar-19 | Jozef Cluff      | Smithfield       | 41.51m      |
| Javelin (400gm) | 24-Mar-18 | Liam Sykes       | Port Hacking     | 35.48m      |

## UNDER 12 GIRLS

| Event           | Date      | Name                    | Centre           | Performance |
|-----------------|-----------|-------------------------|------------------|-------------|
| 100 Metres      | 24-Mar-18 | Chelsea Ezeoke          | Wollongong City  | 12.53       |
| 200 Metres      | 25-Mar-18 | Chelsea Ezeoke          | Wollongong City  | 25.69       |
| 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     |
| 80m Hurdles     | 18-Mar-23 | Sophie Howson           | Port Hacking     | 12.28       |
| 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     | 25-Mar-18 | Raphaila Idris          | Blacktown        | 11.05m      |
| 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      | 25-Mar-18 | Rashid Kabba     | Holroyd          | 24.43       |
| 400 Metres      | 18-Mar-16 | Donovan Bradshaw | Cherrybrook      | 56.88       |
| 800 Metres      | 19-Mar-23 | Zwi Ratajczak    | Sutherland       | 2:12.46     |
| 1500 Metres     | 19-Mar-83 | Peter Stellino   | Hills District   | 4:27.20     |
| 80m Hurdles     | 18-Mar-23 | James Atkins     | Manly Warringah  | 12.28       |
| 1500m Walk      | 19-Mar-00 | Luke Fitzgerald  | Nepean           | 6:45.20     |
| 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 (2kg)  | 3-Mar-19  | Benjamin Kasozi  | Hills District   | 15.69m      |
| Discus (750gm)  | 16-Mar-02 | Emanuele Fuamatu | Fairfield        | 52.43m      |
| Javelin (400gm) | 21-Mar-15 | Daniel Menin     | Parramatta       | 40.48m      |

### 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      | 19-Mar-17 | Alice Dixon       | Northern Suburbs        | 24.96       |
| 400 Metres      | 16-Mar-86 | Jo-anne Swan      | Camden                  | 57.24 [S]   |
| 800 Metres      | 25-Mar-18 | Imogen Stewart    | Illawong                | 2:14.30     |
| 1500 Metres     | 18-Mar-23 | Eliza Lawton      | Manly Warringah         | 4:31.08     |
| 3000 Metres     | 4-Feb-18  | Imogen Stewart    | Illawong                | 9:53.44     |
| 80m Hurdles     | 15-Feb-15 | Mia Hemsworth     | Ku-Ring-Gai             | 12.26       |
| 200m Hurdles    | 24-Mar-18 | Chantelle Barnard | Campbelltown Collegians | 27.56       |
| 1500m Walk      | 19-Mar-06 | Shannon Jennings  | Nepean                  | 6:35.30     |
| Long Jump       | 16-Mar-19 | Delta Amidovski   | Wollongong              | 5.58m       |
| High Jump       | 22-Mar-87 | Sonja Wennekes    | Sutherland              | 1.80m       |
| Triple Jump     | 25-Mar-18 | Clara Noudine     | The Ponds               | 11.66m      |
| 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      | 17-Mar-17 | Donovan Bradshaw   | Cherrybrook            | 53.33       |
| 800 Metres      | 19-Mar-23 | Harry Keats        | Bowral                 | 2:05.23     |
| 1500 Metres     | 18-Mar-06 | James Connor       | Campbelltown UWS Coll. | 4:21.30     |
| 3000 Metres     | 2-Feb-20  | Harry Halleen      | Balmain                | 9:31.40     |
| 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 | Jarrod Cullen      | Canterbury             | 26.21       |
| 1500m Walk      | 28-Mar-93 | David Beacroft     | Blacktown              | 6:30.40     |
| 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 (750gm)  | 2-Feb-19  | Angus Clues        | Springwood             | 60.74m      |
| Javelin (600gm) | 18-Mar-07 | Shane Nicholls     | Kurrajong/Bilpin       | 48.80m      |

### 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      | 28-Mar-21 | Ivy Boothroyd    | Sutherland       | 2:12.29     |
| 1500 Metres     | 24-Mar-18 | Sarah Schiffmann | Myall Coast      | 4:33.92     |
| 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           | 6:15.40     |
| Long Jump       | 18-Mar-17 | Tomysa Clark     | Port Hacking     | 5.87m       |
| High Jump       | 19-Mar-06 | Mia McKinnon     | Port Hacking     | 1.75m       |
|                 | 18-Mar-07 | Amy Pejovic      | Cherrybrook      | 1.75m       |
| Triple Jump     | 16-Mar-03 | Alyisha House    | Koorngal 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) | 18-Mar-17 | Lianna Davidson  | Kurrajong/Bilpin | 52.23m      |

## UNDER 14 BOYS

| Event           | Date      | Name            | Centre          | Performance |
|-----------------|-----------|-----------------|-----------------|-------------|
| 100 Metres      | 18-Mar-23 | Epeosi Ugbomhe  | Werrington      | 11.08       |
| 200 Metres      | 19-Feb-06 | Luke Hamer      | St George       | 22.64 [S]   |
| 400 Metres      | 23-Mar-12 | Jarrod Cullen   | Canterbury      | 50.97       |
| 800 Metres      | 19-Mar-17 | Joshua Atkinson | Hills District  | 2:01.40     |
| 1500 Metres     | 22-Mar-14 | Harrison Wade   | Ryde            | 4:11.93     |
| 3000 Metres     | 21-Mar-14 | Harrison Wade   | Ryde            | 9:13.83     |
| 90m Hurdles     | 28-Mar-21 | Billy Blair     | Balmain         | 11.96       |
| 200m Hurdles    | 15-Mar-08 | Nicholas Hough  | Hills District  | 24.64 [S]   |
| 1500m Walk      | 19-Mar-95 | Troy Sundstrom  | Highlanders     | 6:13.40     |
| 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      |

## 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]   |
| 300m Hurdles    | 24-Mar-18 | Isabella Guthrie | Northern Districts | 44.10       |
| 1500m Walk      | 16-Mar-97 | Renee McAskill   | Doonside           | 6:24.20     |
| Long Jump       | 19-Mar-05 | Jacinta Doyle    | Port Hacking       | 5.80m       |
| High Jump       | 16-Mar-08 | Amy Pejovic      | Cherrybrook        | 1.80m       |
| Triple Jump     | 21-Mar-04 | Alysha House     | Koorinal 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-18 | Lianna Davidson  | Kurrajong Bilpin   | 45.81m      |

## 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         | 1:57.20     |
|                 | 16-Mar-08 | James Connor     | Campbelltown UWS Coll. | 1:57.20     |
| 1500 Metres     | 15-Mar-08 | James Connor     | Campbelltown UWS Coll. | 4:03.70     |
| 3000 Metres     | 18-Mar-06 | Cameron Page     | Gosford                | 8:50.60     |
| 100m Hurdles    | 19-Mar-23 | Oliver Facer     | Inner West             | 12.41       |
|                 | 22-Mar-09 | Nicholas Hough   | Hills District         | 12.64 [S]   |
| 300m Hurdles    | 18-Mar-17 | Thomas Hunt      | Northern Suburbs       | 38.92       |
| 1500m Walk      | 22-Mar-98 | Douglas Connolly | Mt Druitt              | 5:48.10     |
| 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               | 19.62m      |
| Discus (1kg)    | 15-Feb-15 | Nicholas Frost   | Parramatta             | 64.26m      |
| Javelin (700gm) | 15-Feb-14 | Cameron McEntyre | Ku-Ring-Gai            | 59.69m      |

## UNDER 17 GIRLS

| Event           | Date      | Name                 | Centre              | Performance |
|-----------------|-----------|----------------------|---------------------|-------------|
| 100 Metres      | 28-Jan-17 | Maisie Stevens       | Eastern Suburbs     | 11.89       |
| 200 Metres      | 25-Mar-18 | Caitlin Ferrier      | Kurrajong Bilpin    | 24.08       |
| 400 Metres      | 24-Mar-18 | Caitlin Ferrier      | Kurrajong Bilpin    | 55.25       |
| 800 Metres      | 28-Mar-21 | Montana Monk         | Macquarie Hunter    | 2:09.22     |
| 1500 Metres     | 28-Mar-21 | Imogen Stewart       | Bankstown Athletics | 4:27.21     |
| 3000 Metres     | 2-Feb-19  | Lauren Carey         | St George           | 9:45.64     |
| 100m Hurdles    | 19-Mar-23 | Jasynta Lampret      | Port Hacking        | 13.51       |
| 300m Hurdles    | 16-Mar-19 | Tiahna Skelton       | Wallsend            | 42.35       |
| 1500m Walk      | 19-Mar-23 | Zoe Wood             | Ku-Ring-Gai         | 6:22.80     |
| Long Jump       | 27-Mar-21 | Sienna Bond          | Ku-Ring-Gai         | 6.03m       |
| High Jump       | 21-Mar-10 | Emily Crutcher       | Grenfell            | 1.84m       |
| Triple Jump     | 18-Mar-23 | Izobelle Louison-Roe | Port Hacking        | 12.84m      |
| Shot Put (3kg)  | 18-Feb-12 | Taylah Sengul        | Nepean              | 16.29m      |
| Discus (1kg)    | 19-Mar-23 | Chelsy Wayne         | Wollongong City     | 49.42m      |
| Javelin (500gm) | 16-Mar-19 | Lianna Davidson      | Kurrajong Bilpin    | 52.66m      |

## UNDER 17 BOYS

| Event           | Date      | Name            | Centre                     | Performance |
|-----------------|-----------|-----------------|----------------------------|-------------|
| 100 Metres      | 18-Mar-23 | Cody Hasler     | Camden                     | 10.77       |
| 200 Metres      | 19-Mar-17 | Yadin Ngeng     | Bankstown Sports           | 21.32       |
| 400 Metres      | 17-Mar-17 | Tyler Gunn      | Gosford                    | 48.09       |
| 800 Metres      | 10-Feb-19 | Joshua Atkinson | Hills District             | 1:53.49     |
| 1500 Metres     | 2-Feb-19  | Angus Beer      | Balmain                    | 3:59.64     |
| 3000 Metres     | 17-Feb-20 | Daniel Kelly    | Emu Plains                 | 8:47.39     |
| 110m Hurdles    | 19-Mar-23 | Billy Blair     | Balmain                    | 13.29       |
| 300m Hurdles    | 18-Mar-23 | Matthew Hunt    | Northern Suburbs           | 36.86       |
| 1500m Walk      | 19-Mar-23 | Isaac Beacroft  | Quakers Hill               | 5:43.22     |
| Long Jump       | 18-Mar-17 | Alex Willett    | Manly Warringah            | 7.28m       |
| High Jump       | 20-Mar-10 | Brandon Starc   | Parramatta                 | 2.10m       |
| Triple Jump     | 3-Feb-19  | Connor Murphy   | Illawong                   | 14.93m      |
| Shot Put (5kg)  | 19-Feb-22 | Amosia Soatini  | Nepean                     | 18.25m      |
| Discus (1.5kg)  | 18-Mar-23 | George Wells    | Mingara Regional Athletics | 59.65       |
| 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  | 20-Mar-22 | 4 x 100m | Hills District   | 44.61       |
| Junior Girls | 25-Mar-12 | 4 x 100m | Manly Warringah  | 54.62       |
| Senior Girls | 19-Mar-23 | 4 x 100m | Port Hacking     | 48.02       |

## STATE RELAYS - SENIOR TRACK EVENTS

| Event                | Year | Centre                  | Performance |
|----------------------|------|-------------------------|-------------|
| U12 Boys 4 x 100m    | 2002 | Manly Warringah         | 51.24 [S]   |
| U12 Girls 4 x 100m   | 2017 | Balmain                 | 52.74       |
| U12 Mixed 4 x 100m   | 1983 | Ku-Ring-Gai             | 52.54 [S]   |
| U12 Mixed 4 x 400m   | 1987 | St George               | 4:10.90     |
| U13 Boys 4 x 100m    | 2018 | Bankstown Sports        | 48.47       |
| U13 Girls 4 x 100m   | 2016 | Northern Suburbs        | 50.48       |
| 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    | 2016 | Campbelltown Collegians | 46.30       |
| U14 Girls 4 x 100m   | 2018 | Campbelltown Collegians | 48.86       |
| U14 Mixed 4 x 100m   | 2000 | Northern Suburbs        | 50.04 [S]   |
| U14 Mixed 4 x 400m   | 2016 | Manly Warringah         | 3:53.38     |
| U15 Boys 4 x 100m    | 2011 | Manly Warringah         | 44.82       |
| U15 Girls 4 x 100m   | 2019 | Campbelltown Collegians | 48.31       |
| 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 Girls 4 x 100m   | 2017 | Sutherland              | 48.37       |
| U17 Mixed 4 x 100m   | 2009 | Cherrybrook             | 46.03       |
| U17 Mixed 4 x 400m   | 2017 | Macquarie Hunter        | 3:42.08     |
| Snr Girls M Distance | 2016 | Macquarie Hunter        | 9:29.50     |
| Snr Boys M Distance  | 2019 | Balmain                 | 8:46.76     |
| Snr Mixed 4 x 100m   | 2018 | Liverpool City          | 50.04       |

## STATE RELAYS - SENIOR FIELD EVENTS

| Event                   | Year | Centre                  | Performance |
|-------------------------|------|-------------------------|-------------|
| U12 Boys Jumps          | 2016 | Randwick Botany         | 2455 pts    |
| U12 Boys Throws         | 2019 | Sutherland              | 2000 pts    |
| U12 Girls Jumps         | 2016 | Hills District          | 2547 pts    |
| U12 Girls Throws        | 2016 | Bankstown Sports        | 2210 pts    |
| U13 Boys Jumps          | 2016 | Northern Suburbs        | 2517 pts    |
| U13 Boys Throws         | 2019 | Hills District          | 2190 pts    |
| U13 Girls Jumps         | 2022 | Hills District          | 2514 pts    |
| U13 Girls Throws        | 2018 | Bankstown Sports        | 2290 pts    |
| U14 Boys Jumps          | 2017 | Parramatta              | 2519 pts    |
| U14 Boys Throws         | 2016 | Northern Suburbs        | 2180 pts    |
| U14 Girls Jumps         | 2019 | Hills District          | 2724 pts    |
| U14 Girls Throws        | 2019 | Winston Hills           | 2386 pts    |
| U15 Boys Jumps          | 2016 | Illawong                | 2588 pts    |
| U15 Boys Throws         | 2017 | Northern Suburbs        | 2119 pts    |
| U15 Girls Jumps         | 2019 | Sutherland              | 2573 pts    |
| U15 Girls Throws        | 2019 | Port Hacking            | 2287 pts    |
| U17 Boys Jumps          | 2016 | Manly Warringah         | 2403 pts    |
| U17 Boys Throws         | 2017 | Bankstown Sports        | 2123 pts    |
| U17 Girls Jumps         | 2019 | Northern Suburbs        | 2457 pts    |
| U17 Girls Throws        | 2017 | Campbelltown Collegians | 2348 pts    |
| Snr Mixed 4 x Long Jump | 2017 | Prospect                | 2905 pts    |

## STATE RELAYS - JUNIOR TRACK EVENTS

| Event                | Year | Centre                  | Performance |
|----------------------|------|-------------------------|-------------|
| U 8 Boys 4 x 100m    | 1984 | Randwick Botany         | 1:00.44 [S] |
| U 8 Girls 4 x 100m   | 1982 | Bankstown               | 1:03.84 [S] |
| 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   | 2017 | Port Hacking            | 2:13.30     |
| U 9 Boys 4 x 100m    | 1990 | Ku-Ring-Gai             | 58.44 [S]   |
| U 9 Girls 4 x 100m   | 1979 | Hills District          | 1:00.54 [S] |
| 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 Girls 4 x 100m   | 2014 | Manly Warringah         | 57.50       |
| 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 Girls 4 x 100m   | 2015 | Manly Warringah         | 55.01       |
| U11 Mixed 4 x 100m   | 2016 | Albion Park             | 54.18       |
| U11 Mixed 4 x 400m   | 2016 | Ku-Ring-Gai             | 4:25.82     |
| Jnr Mixed 4 x 100m   | 2017 | Liverpool City          | 1:01.26     |
| Jnr Girls M Distance | 2016 | Sutherland              | 10:53.17    |
| Jnr Boys M Distance  | 2017 | Balmain                 | 10:25.15    |

## STATE RELAYS - JUNIOR FIELD EVENTS

| Event                   | Year | Centre                  | Performance |
|-------------------------|------|-------------------------|-------------|
| U8 Boys Jumps           | 2017 | Manly Warringah         | 2165 pts    |
| U8 Boys Throws          | 2017 | Revesby Workers         | 1710 pts    |
| U8 Girls Jumps          | 2017 | Parramatta              | 2067 pts    |
| U8 Girls Throws         | 2017 | Manly Warringah         | 1652 pts    |
| U9 Boys Jumps           | 2018 | Manly Warringah         | 2225 pts    |
| U9 Boys Throws          | 2018 | Winston Hills           | 1827 pts    |
| U9 Girls Jumps          | 2018 | Bankstown Sports        | 2259 pts    |
| U9 Girls Throws         | 2017 | Cherrybrook             | 1900 pts    |
| U10 Boys Jumps          | 2019 | Port Hacking            | 2260 pts    |
| U10 Boys Throws         | 2019 | Campbelltown Collegians | 1912 pts    |
| U10 Girls Jumps         | 2017 | Northern Suburbs        | 2289 pts    |
| U10 Girls Throws        | 2017 | Bankstown Sports        | 1878 pts    |
| U11 Boys Jumps          | 2018 | Manly Warringah         | 2471 pts    |
| U11 Boys Throws         | 2018 | Parramatta              | 2186 pts    |
| U11 Girls Jumps         | 2017 | Manly Warringah         | 2482 pts    |
| U11 Girls Throws        | 2019 | Hills District          | 1842 pts    |
| Jnr Mixed 4 x Long Jump | 2018 | Bowral                  | 2907 pts    |