

coles REGIONAL CHAMPIONSHIPS



Little Athletics
NSW

2023/24

Little Athletics New South Wales
Region 5 Championships
Saturday 10 and Sunday 11 February 2024

Welcome to all athletes, their families, friends and Officials to the 2023/2024 season Region 5 Little Athletics Championships. Here we are back at Sydney Olympic Park Athletic Centre (SOPAC) Homebush following the sudden notification of the closure of the Narrabeen facility just seven weeks ago. Our gratitude is extended to Athletics NSW's Matt Whitbread, Christian Renford and Andrew Matthews in collaboration with LANSW's John McFadden for agreeing to move their events this weekend to the warm up track.

1373 athletes from 10 centres – Hornsby, Ku-ring-gai, Northern Districts, Mosman, Manly Warringah, Cherrybrook, Northern Suburbs, North Rocks Carlingford, Parramatta and Ryde will be competing for a qualifying place at the Little Athletics NSW State Track and Field Championships to be held on Friday 22, Saturday 23 and Sunday 24 March 2024 at SOPAC.

If this is your first Region Championships the following information will assist you:

All events will be called twice with the 1st call within 20 minutes of the expected start time. Athletes in the first field event only of each day will go straight to their event locations via either the North (scoreboard end) gate, south gate or the marathon tunnel (see map). For all other events throughout the day athletes are to report to either the Pre-Track or Field marshalling areas. Pre-Track marshalling will be situated in the marathon tunnel (non scoreboard end of the track) whilst Field marshalling will be on top of the hill on the non scoreboard end highlighted by several individual tents for field events and the Field Marshalling Chiefs.

The first three place getters in all events will be awarded a Region 5 Championship medal, with presentations occurring immediately following the event.

If desired medals can be engraved with personal details - name and performance – for \$10 by Ensign Engraving who will be situated on the concourse area near the non scoreboard end canteen.

Progression to State Championships

- 1) The top two placegetters will automatically qualify for the State Championships. Following completion of all Region Carnivals the next best 8 competitors from each event throughout the State will be determined. Subsequent qualifiers will then be listed on the LANSW website as soon as possible.
- 2) Note only the first placed Relay teams progress to the State Championships.
- 3) There are qualifying standards for the 1500m walks, 3000m and high jump events set by LANSW as follows:

1500m Walks

The maximum time for qualifying for boys and girls are:

U12	11 mins 00 secs
U13	10 mins.45 secs
U14	10.mins 30 secs
U15	10 mins 15 secs
U17	10 mins 00 secs

3000m

The maximum time for qualifying for boys and girls are:

U13	13 mins 30 secs
U14	13 mins 00 secs
U15	12 mins 30 secs
U17	12 mins 00 secs

Athletes that cannot complete their 1500m walk or 3000m run within these time limits at the Regional carnival, irrespective of their placings (including 1st and 2nd) will not progress to the state championships. First, second and third placegetters will, however, still receive a Region 5 medal.

Qualifying Standard for High Jump

Athletes that cannot attain the State minimum starting height for their relevant age group at the regional carnival, irrespective of placings (including 1st and 2nd) will not progress to the State championships. These minimum heights are:

	Boys	Girls
U9	0.95	0.90
U10	1.05	1.00
U11	1.15	1.10
U12	1.25	1.20
U13	1.30	1.25
U14	1.35	1.30
U15	1.35	1.30
U17	1.40	1.35

First, second and third placegetters will, however, still receive a Region 5 medal.

Event Clashes

This carnival operates with a clash manager and in accordance with LANSW Rules of Competition athletes must remain at their field event to be collected by the clash manager for their clashing event. Please do not take it upon yourself to remove athletes from any field events.

If you have any concerns regarding any aspect of the carnival, please see your Centre Team Manager in the first instance who will take up any enquiries on your behalf.

If at any stage during the carnival the weather is deemed too hot, proceedings will be delayed until the temperature and humidity return below the maximum allowed for competition. Similarly, should thunder and lightning occur we will pause in line with LANSW requirements.

An enormous amount of coordination, time and effort has gone into the preparation for this carnival, our third in seven years at Homebush. All the officials and organizers are volunteers and I want to warmly thank them for their contribution.

I also wish to thank the Region 5 Committee for their considerable time, energy and effort in ensuring the successful running of our championships. In particular Heather Shepherd (NDLAC) with programme scheduling, John McFadden for carnival operation etc, Belinda McFadden for Meet Manager event preparation, North Metropolitan zone coordinator Ron White and all the centre delegates that provided valuable meeting contributions. Above all a very special thanks to Sally Richardson, region secretary and LANSW Board member for her unparalleled commitment to all facets of our regional endeavours.

Finally, I would like to wish every athlete the best of luck in striving for a new personal best and the opportunity to compete further in the State Championships.

Kind regards

Ken Carter - LANSW Region 5 Coordinator

LANSW REGION 5 CARNIVAL
Saturday 10 and Sunday 11 February 2024

KEY OFFICIALS

Region Coordinator	Ken Carter
North East Met Zone Coordinator	Ken Carter
North Met Zone Coordinator	Ron White
Carnival Manager	John McFadden - Ku-Ring-Gai
Announcer	Ken Carter
Information/Officials & Medals	Heather Shepherd - Northern Districts
	Sally Richardson
	Trish Forsyth - Parramatta
	Mel Chandler - Ryde
	Jess Gocher - Mosman
	Izzy Wicks - Mosman
	Camilla Lovell - Ku-Ring-Gai
Safety and Equipment	Ben Waldron - North Rocks Carlingford
	Ron White - Parramatta
	Joe Perry - North Rocks Carlingford
EDM Set Up	Dave Beck - Ku-Ring-Gai
Photo Finish	Nathan Kuszelyk
	Sue Stephens
	Katie Dunn
	Danny Vaz
	Matt Ralph - Ryde
Data Entry Supervisor	Belinda McFadden - Ku-Ring-Gai
Data Entry Assistants	Robert Ramsay - North Rocks Carlingford
	Michael Horne - Ku-Ring-Gai
	Rachel Morgan
Scoreboard	Kerry O'Loughlin
Clash Manager	Emily Wong - North Rocks Carlingford
Track Marshalling	Andrew Murray - Parramatta
	Claudia Ortolan - Ryde
Track Referee	Michael Halmy - Northern Districts
Track Manager	Chelsea Woodhouse - North Rocks Carlingford
Track Umpire	Ian Dyson
	Matt Ralph - Ryde
	Rodney Woods - Ryde
Place Judge/Finish Line	Fiona McIntosh - Ku-Ring-Gai
	Justine Wallis - Cherrybrook
Start Panel	Peter O'Donohue
	Greg Smart - North Rocks Carlingford
	Mark Sarah - North Rocks Carlingford Saturday
	Rodney Woods - Ryde – Saturday
	Greg Buxton – Ryde - Saturday
	Michael Grinbergs - Manly - Sunday
	Alice Clayton - Hornsby - Sunday am only
	Grant Carlton - Hornsby - Sunday am only
	Keshvar Seale - NSLAC - Sunday pm only

LANSW REGION 5 CARNIVAL
Saturday 10 and Sunday 11 February 2024

KEY OFFICIALS

Manual Timekeeper	Jamie Rendell - NSLAC Hamish Longworth - Mosman
Walks Judging Panel	Jenny Lingley - Parramatta Jennie Rutter - Hornsby Richard Rutter - Hornsby John Nilon - North Rocks Carlingford Isabelle Nilon - North Rocks Carlingford Therese Honess - Manly Mark Wade - NSLAC Mel Chandler - Ryde Manu Sivaraj - Ku-Ring-Gai Olivia Dixon - Manly Clare Donald - Manly Carmel Parker - Manly Andrew Cochrane - Northern Districts Kristin Braendle - Northern Districts
Field Marshalling	Narelle Roberts - Parramatta Fitzgel Spliet - Manly Anne Doring - Parramatta
Field Referee	Elizabeth Jones - Cherrybrook Cheryl Burnett - Northern Districts Matt Gleeson - Northern Districts
Throws	Shelley Allum - Manly Kylie Diamond Dave Beck - Ku-Ring-Gai Kirsten Erni - Hornsby Russell Briggs - Parramatta Isabelle Cruickshank - Northern Districts Fiorella Collins Maala Parameswaran - Manly Mike Christie - Manly Dan Blaxland - Mosman Kris Wilson - Ku-Ring-Gai Wayne Fourie - Ku-Ring-Gai Julie Reynolds - Ryde Dale Bocabella - Ryde Cheryl Burnett - Northern Districts Michael Hampton - Cherrybrook Stuart King - Manly

LANSW REGION 5 CARNIVAL
Saturday 10 and Sunday 11 February 2024

KEY OFFICIALS

Jumps

Lynda Calder - Ryde
Jaiden Confessore - Mosman
Nick Hyde - Mosman
Joe Perry - North Rocks Carlingford
Matthew Kachel - Hornsby
Kyiha Waddell - North Rocks Carlingford
Heather Shepherd - Northern Districts
John Williams - North Rocks Carlingford
Keryn Barker - North Rocks Carlingford
Josephine Ng
Mimi Lee - Mosman
James Lovell - Ku-Ring-Gai
Ron White - Parramatta
Kylie Diamond
Hannah Creelman - Manly
Fran Dorey - Hornsby
Graeme Bond - Ku-Ring-Gai
Nicholas Woodhouse - North Rocks Carlingford

All our wonderful officials are volunteers.

**THANK YOU TO ALL THESE OFFICIALS FOR GIVING UP THEIR TIME TO
ASSIST AT THIS CARNIVAL**

This information is correct at the time of going to print.
Apologies and thanks to any officials who have come forward to assist since the preparation
of this listing.

**Little Athletics New South Wales
Region 5 Championships
Saturday 10 and Sunday 11 February 2024**

PROGRESSION TO FINALS

The following athletes shall progress to the final in their event:

- i. 2 heats: 1st, 2nd, and 3rd in each heat plus the next 2 fastest times
- ii. 3 heats: 1st and 2nd in each heat plus the next two fastest times
- iii. 4 or more heats: 1st in each heat with the remaining lanes filled by the next fastest times.

Where insufficient starters marshal for heats, that event shall be run as a straight final at the time of heats.

CENTRE IDENTIFICATION

North East Metropolitan Zone:

Hornsby	Orange top with black trim
Ku-Ring-Gai	Green top with yellow side panels
Manly Warringah	White top with maroon design
Mosman	White top with black side panels or black top with grey design
Northern Districts	Blue top with white stripe

Northern Metropolitan Zone

Cherrybrook	Red top with grey/black design
Northern Suburbs	Red top with black trim and black design
North Rocks Carlingford	blue top with white side panels
Parramatta	Yellow and blue top
Ryde	Blue top with red and white side panels

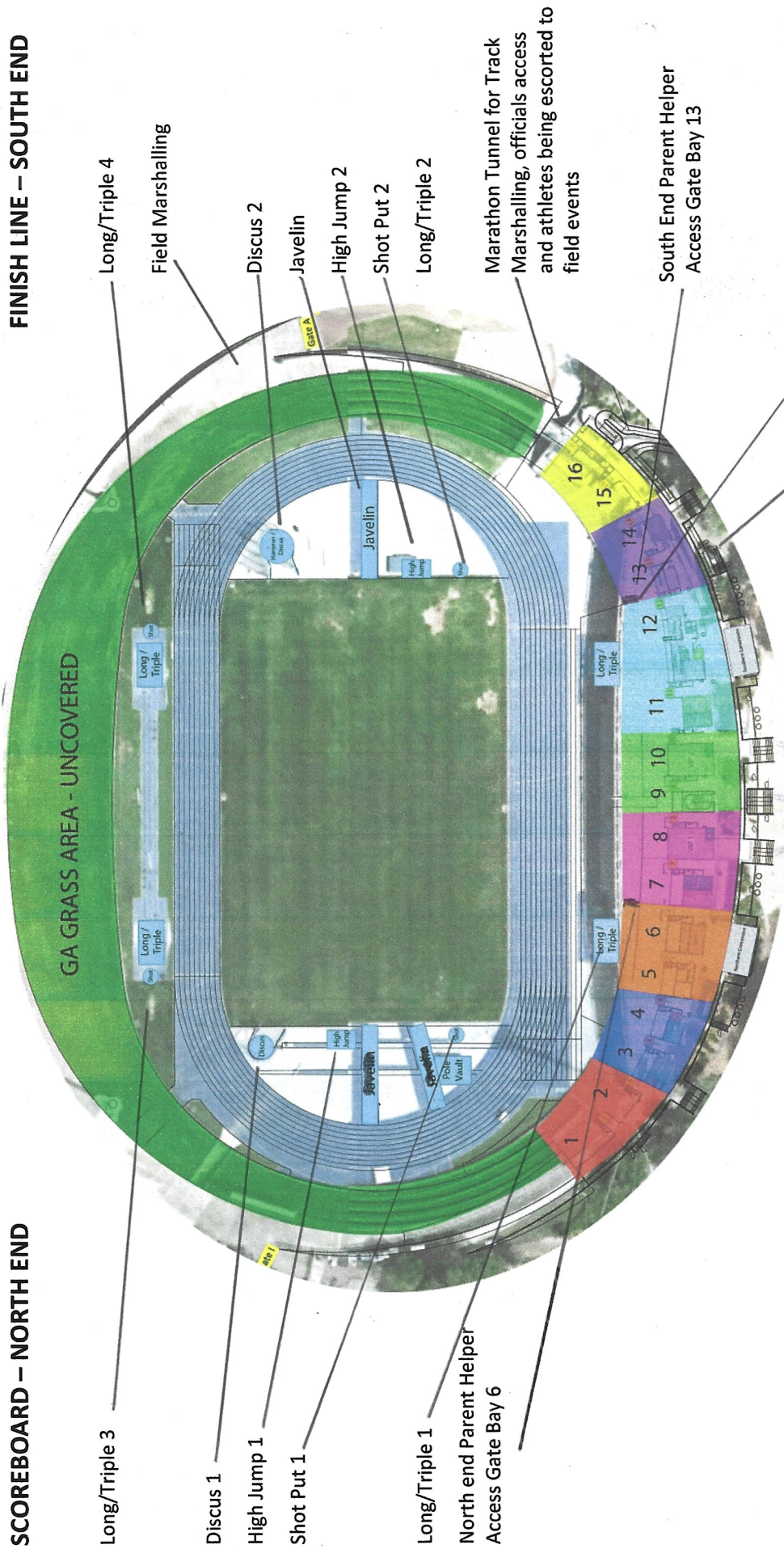
LANSW REGION 5 CHAMPIONSHIP
SYDNEY OLYMPIC PARK ATHLETIC CENTRE
Saturday 10 and Sunday 11 FEBRUARY 2024

LIVE RESULTS HERE



SCOREBOARD – NORTH END

FINISH LINE – SOUTH END



Long/Triple 3

Discus 1

High Jump 1

Shot Put 1

Long/Triple 1

North end Parent Helper
Access Gate Bay 6

Long/Triple 4

Field Marshalling

Discus 2

Javelin

High Jump 2

Shot Put 2

Long/Triple 2

Marathon Tunnel for Track
Marshalling, officials access
and athletes being escorted to
field events

South End Parent Helper
Access Gate Bay 13

Concourse Area – Canteen Facilities x 2, Kings Track & Field and Ensign Engraving for Medals
Forecourt Area – Tensegrity, Free Coles Bananas, coconut water, and Ice Cream/Coffee Van
and access to SOPAC reception for parking ticket validation

INFORMATION – access via
Gate 13.

First Aid' Tunnel for athlete exit from
events.

Exit Stairs – No Entry

Parent Collection point -
athletes will come up from
the track here

SYDNEY OLYMPIC PARK (SOPAC)

VENUE LAYOUT

REGION 5 February 2024

**Little Athletics New South Wales
Region 5 Championships
Saturday 10 and Sunday 11 February 2024**

Jury of Appeal

The Jury of Appeal can be drawn from the following:

- Carnival Manager
- Region 5 Coordinator
 - Track Referee
 - Field Referee
- Walks Chief Judge
- Chief Starter

2023/2024 LANSW Region 5 Athletics Championships

Sydney Olympic Park Athletics Centre (SOPAC)

Final Program

Times listed on the left hand side are **NOT BEFORE** times. Events will not begin before this time, however they may begin later.

Note: Athletes are required to be at the venue 60 minutes prior to the Not Before Time.

ORDER OF EVENTS - TRACK SATURDAY 10th FEBRUARY, 2024

Not Before Time

8:00 AM	T#1	U8	Girls	700m Pack Start	Final
	T#2	U8	Boys	700m Pack Start	Final
	T#3	U11	Girls	1500m	Final
	T#4	U11	Boys	1500m	Final
	T#5	U12	Girls	1500m	Final
	T#6	U12	Boys	1500m	Final
	T#7	U13	Girls	1500m	Final
	T#8	U13	Boys	1500m	Final
8:50 AM	T#9	U14	Girls	1500m	Final
	T#10	U14	Boys	1500m	Final
	T#11	U15	Girls	1500m	Final
	T#12	U15	Boys	1500m	Final
	T#13	U17	Girls	1500m	Final
	T#14	U17	Boys	1500m	Final
9:35 AM	T#15	U8	Girls	60m Hurdles	Heats
	T#16	U8	Boys	60m Hurdles	Heats
	T#17	U9	Girls	60m Hurdles	Heats
	T#18	U9	Boys	60m Hurdles	Heats
	T#19	U10	Girls	60m Hurdles	Heats
	T#20	U10	Boys	60m Hurdles	Heats
10:15 AM	T#21	U11	Girls	80m Hurdles	Heats
	T#22	U11	Boys	80m Hurdles	Heats
	T#23	U12	Girls	80m Hurdles	Heats
	T#24	U12	Boys	80m Hurdles	Heats
10:55 AM	T#25	U8	Girls	60m Hurdles	Final
	T#26	U8	Boys	60m Hurdles	Final
	T#27	U9	Girls	60m Hurdles	Final
	T#28	U9	Boys	60m Hurdles	Final
	T#29	U10	Girls	60m Hurdles	Final
	T#30	U10	Boys	60m Hurdles	Final
11:20 AM	T#31	U11	Girls	80m Hurdles	Final
	T#32	U11	Boys	80m Hurdles	Final
	T#33	U12	Girls	80m Hurdles	Final
	T#34	U12	Boys	80m Hurdles	Final
11:45 AM	T#35	U17	Girls	300m Hurdles	Timed Finals
	T#36	U17	Boys	300m Hurdles	Timed Finals
	T#37	U15	Girls	300m Hurdles	Final
	T#38	U15	Boys	300m Hurdles	Final
	T#39	U14	Girls	200m Hurdles	Timed Finals
	T#40	U14	Boys	200m Hurdles	Final
	T#41	U13	Girls	200m Hurdles	Timed Finals
	T#42	U13	Boys	200m Hurdles	Timed Finals
12:40 PM	T#43	U8	Girls	100m	Heats
	T#44	U8	Boys	100m	Heats
	T#45	U9	Girls	100m	Heats
	T#46	U9	Boys	100m	Heats
	T#47	U10	Girls	100m	Heats
	T#48	U10	Boys	100m	Heats
	T#49	U11	Girls	100m	Heats
	T#50	U11	Boys	100m	Heats
1:05 PM	T#51	U12	Girls	100m	Heats
	T#52	U12	Boys	100m	Heats
	T#53	U13	Girls	100m	Heats
	T#54	U13	Boys	100m	Heats

	T#55	U14	Girls	100m	Heats
	T#56	U14	Boys	100m	Heats
	T#57	U15	Girls	100m	Heats
	T#58	U15	Boys	100m	Heats
	T#59	U17	Girls	100m	Heats
	T#60	U17	Boys	100m	Heats
1:55 PM	T#61	U9	Girls	400m	Timed Finals
	T#62	U9	Boys	400m	Timed Finals
	T#63	U10	Girls	400m	Timed Finals
	T#64	U10	Boys	400m	Timed Finals
	T#65	U11	Girls	400m	Timed Finals
	T#66	U11	Boys	400m	Timed Finals
	T#67	U12	Girls	400m	Timed Finals
	T#68	U12	Boys	400m	Timed Finals
2:45 PM	T#69	U13	Girls	## 400m	Timed Finals
	T#70	U13	Boys	## 400m	Timed Finals
	T#71	U14	Girls	## 400m	Timed Finals
	T#72	U14	Boys	## 400m	Timed Finals
	T#73	U15	Girls	## 400m	Timed Finals
	T#74	U15	Boys	## 400m	Timed Finals
	T#75	U17	Girls	## 400m	Timed Finals
	T#76	U17	Boys	## 400m	Timed Finals
3:35 PM	T#77	U9/10	Girls	Multi-Class 400m	no competitors
	T#78	U9/10	Boys	Multi-Class 400m	no competitors
	T#79	U11/12	Girls	Multi-Class 400m	no competitors
	T#80	U11/12	Boys	Multi-Class 400m	no competitors
	T#81	U13/14	Girls	Multi-Class 400m	no competitors
	T#82	U13/14	Boys	Multi-Class 400m	no competitors
	T#83	U15/17	Girls	Multi-Class 400m	no competitors
	T#84	U15/17	Boys	Multi Class 400m	Timed Final
3:55 PM	T#85	U8	Girls	100m	Final
	T#86	U8	Boys	100m	Final
	T#87	U9	Girls	100m	Final
	T#88	U9	Boys	100m	Final
	T#89	U10	Girls	100m	Final
	T#90	U10	Boys	100m	Final
	T#91	U11	Girls	100m	Final
	T#92	U11	Boys	100m	Final
	T#93	U12	Girls	100m	Final
	T#94	U12	Boys	100m	Final
	T#95	U13	Girls	100m	Final
	T#96	U13	Boys	100m	Final
	T#97	U14	Girls	100m	Final
	T#98	U14	Boys	100m	Final
	T#99	U15	Girls	100m	Final
	T#100	U15	Boys	100m	Final
	T#101	U17	Girls	100m	Final
	T#102	U17	Boys	100m	Final
	T#103	U9/10	Girls	Multi Class 100m	Timed Final
	T#104	U9/10	Boys	Multi-Class 100m	no competitors
	T#105	U11/12	Girls	Multi-Class 100m	no competitors
	T#106	U11/12	Boys	Multi Class 100m	Timed Final
	T#107	U13/14	Girls	Multi Class 100m	Timed Final
	T#108	U13/14	Boys	Multi Class 100m	Timed Final
	T#109	U15/17	Girls	Multi-Class 100m	no competitors
	T#110	U15/17	Boys	Multi Class 100m	Timed Final
5:00 PM	T#111	U13	Girls	## 3000m	Final
	T#112	U13	Boys	## 3000m	Final
	T#113	U14	Girls	## 3000m	Final
	T#114	U14	Boys	## 3000m	Final
	T#115	U15	Girls	## 3000m	Final
	T#116	U15	Boys	## 3000m	Final
	T#117	U17	Girls	## 3000m	Final
	T#118	U17	Boys	## 3000m	Final

At the State Championships in March the following events will be held on the Friday evening;
- All 3000m events
- U13 to U17 400m

**2023/2024 LANSW Region 5 Athletics Championships
Sydney Olympic Park Athletics Centre (SOPAC)
Final Program**

FIELD PROGRAM - Saturday 10th February 2024

PLEASE NOTE: Times shown are 'NOT TO START BEFORE' times (i.e. warm ups may be carried out earlier and events may start later)
MARSHALLING FOR FIRST EVENTS WILL COMMENCE AT **7:40am**

Javelin						Long/Triple Jump					
300	U14	Girls	Javelin (400g)	*8:00	Javelin	305	U12	Boys	Long Jump	*8:00	LJ/TJ Pit1
311	U15	Boys	Javelin (700g)	9:30	Javelin	306	U10	Girls	Long Jump	*8:00	LJ/TJ Pit2
322	MC	Mixed	Javelin	11:00	Javelin	307	U11	Boys	Triple Jump	*8:00	LJ/TJ Pit3
331	U11	Boys	Javelin (400g)	11:45	Javelin	308	U14	Boys	#Triple Jump	*8:00	LJ/TJ Pit4
338	U12	Boys	Javelin (400g)	13:15	Javelin	316	U14	Girls	Long Jump	9:45	LJ/TJ Pit1
348	U12	Girls	Javelin (400g)	14:45	Javelin	317	U13	Girls	#Long Jump	9:45	LJ/TJ Pit2
351	U17	Girls	Javelin (500g)	16:15	Javelin	318	U13	Boys	#Triple Jump	9:45	LJ/TJ Pit3
<hr/>						319	U17	Girls	Triple Jump	9:45	LJ/TJ Pit4
Discus						High Jump					
301	U10	Boys	Discus (500g)	*8:00	Discus 1	327	U8	Girls	Long Jump	11:30	LJ/TJ Pit1
302	U13	Boys	Discus (750g)	*8:00	Discus 2	328	U10	Boys	Long Jump	11:30	LJ/TJ Pit2
312	U12	Girls	Discus (750g)	9:30	Discus 1	329	U11	Girls	Triple Jump	11:30	LJ/TJ Pit3
313	U17	Boys	Discus (1.5kg)	9:30	Discus 2	330	U15	Girls	Triple Jump	11:30	LJ/TJ Pit4
323	U10	Girls	Discus (500g)	11:00	Discus 1	339	U13	Boys	Long Jump	13:15	LJ/TJ Pit1
324	U12	Boys	Discus (750g)	11:00	Discus 2	340	U17	Girls	#Long Jump	13:15	LJ/TJ Pit2
334	U8	Boys	Discus (500g)	12:30	Discus 1	347	UMC	Mixed	Long Jump	14:30	LJ/TJ Pit3
335	U14	Boys	Discus (1kg)	12:30	Discus 2	349	U15	Boys	#Long Jump	15:00	LJ/TJ Pit1
341	U8	Girls	Discus (500g)	14:00	Discus 1	350	U17	Boys	Long Jump	15:00	LJ/TJ Pit2
342	U15	Girls	Discus (1kg)	14:00	Discus 2	<hr/>					
Shot Put						High Jump					
303	U9	Girls	Shot Put (2kg)	*8:00	Shot 1	309	U9	Boys	High Jump Sc	*8:00	High Jump 1 - Scissor
304	U17	Girls	Shot Put (3kg)	*8:00	Shot 2	310	U15	Girls	High Jump	*8:00	High Jump 2
314	U8	Boys	Shot Put (1.5kg)	9:30	Shot 1	320	U9	Girls	High Jump Sc	10:00	High Jump 1 - Scissor
315	U11	Girls	Shot Put (2kg)	9:30	Shot 2	321	U14	Boys	High Jump	10:00	High Jump 2
325	U9	Boys	Shot Put (2kg)	11:00	Shot 1	332	U12	Girls	High Jump	12:00	High Jump 1
326	U15	Boys	#Shot Put (4kg)	11:00	Shot 2	333	U17	Boys	High Jump	12:00	High Jump 2
337	UMC	Mixed	Shot Put	12:30	Shot 1	345	U11	Girls	High Jump	14:00	High Jump 1
336	U13	Girls	Shot Put (3kg)	12:30	Shot 2	346	U13	Girls	High Jump	14:00	High Jump 2
343	U11	Boys	Shot Put (2kg)	14:00	Shot 1	<hr/>					
344	U14	Girls	Shot Put (3kg)	14:00	Shot 2	<hr/>					

* For first event only please go direct to field event area.

For all other events please report to the Field Marshalling Tent.

At the State Championships in March the following events will be held on the Friday evening;

U13 Girls Long Jump, U15 Boys Long Jump, U17 Girls Long Jump, U13Boys Triple Jump, U14Boys Triple Jump and U15 Boys Shot Put

At the State Championships in March the following events will be held on the Sunday;

MultiClass Mixed Javelin

All events marked with * will be the first field event of the day. For these events each day athletes will proceed directly to their event for marshalling at the competition area.

Competitors in all these events should be ready for the first call by 7:40am.

For all other field event marshalling competitors must make their way to the designated field marshalling area.

Athletes need to arrive at the ground at least 60 minutes prior to the "Not Before" Start time listed for their event.

Times listed are NOT BEFORE times - Events will not commence the first trial before this time but may start after this time.

Marshalling and warm ups are not included in this time, and may start beforehand.

ORDER OF EVENTS - TRACK SUNDAY 11th FEBRUARY, 2024

Times listed on the left hand side are **NOT BEFORE** times. Events will not begin before this time, however they may begin later.

Note: Athletes are required to be at the venue 60 minutes prior to the Not Before Time.

Not Before Time

8:00 AM	T#119	U9	Girls	700m Walk	Final
	T#120	U9	Boys	700m Walk	Final
	T#121	U10	Girls	1100m Walk	Final
	T#122	U10	Boys	1100m Walk	Final
	T#123	U11	Girls	1100m Walk	Final
	T#124	U11	Boys	1100m Walk	Final
	T#125	U12	Girls	1500m Walk	Final
	T#126	U12	Boys	1500m Walk	Final
	T#127	U13	Girls	1500m Walk	Final
	T#128	U13	Boys	1500m Walk	Final
	T#129	U14	Girls	1500m Walk	Final
	T#130	U14	Boys	1500m Walk	Final
	T#131	U15	Girls	1500m Walk	Final
	T#132	U15	Boys	1500m Walk	Final
9:20 AM	T#135	U8	Girls	400m Pack Start	Timed Finals
	T#136	U8	Boys	400m Pack Start	Timed Finals
9:30 AM	T#137	U9	Girls	800m	Final
	T#138	U9	Boys	800m	Final
	T#139	U10	Girls	800m	Final
	T#140	U10	Boys	800m	Final
	T#141	U11	Girls	800m	Final
	T#142	U11	Boys	800m	Final
	T#143	U12	Girls	800m	Final
	T#144	U12	Boys	800m	Final
10:15 AM	T#145	U13	Girls	800m	Final
	T#146	U13	Boys	800m	Final
	T#147	U14	Girls	800m	Final
	T#148	U14	Boys	800m	Final
	T#149	U15	Girls	800m	Final
	T#150	U15	Boys	800m	Final
	T#151	U17	Girls	800m	Final
	T#152	U17	Boys	800m	Final
	T#153	U9/10	Girls	Multi-Class 800m	no competitors
	T#154	U9/10	Boys	Multi-Class 800m	no competitors
	T#155	U11/12	Girls	Multi-Class 800m	no competitors
	T#156	U11/12	Boys	Multi-Class 800m	no competitors
10:55 AM	T#157	U13/14	Girls	Multi-Class 800m	no competitors
	T#158	U13/14	Boys	Multi-Class 800m	no competitors
	T#159	U15/17	Girls	Multi-Class 800m	no competitors
	T#160	U15/17	Boys	Multi Class 800m	Final
	T#161	U8	Girls	70m	Heats
	T#162	U8	Boys	70m	Heats
	T#163	U9	Girls	70m	Heats
	T#164	U9	Boys	70m	Heats
11:25 AM	T#165	U10	Girls	70m	Heats
	T#166	U10	Boys	70m	Heats
	T#167	U13	Girls	80m Hurdles	Heats
	T#168	U13	Boys	80m Hurdles	Heats
	T#169	U14	Girls	80m Hurdles	Heats
	T#170	U14	Boys	90m Hurdles	Straight Final to be run at event T#184
	T#171	U15	Girls	90m Hurdles	Straight Final to be run at event T#185
12:20 PM	T#172	U15	Boys	100m Hurdles	Heats
	T#173	U17	Girls	100m Hurdles	Heats
	T#174	U17	Boys	110m Hurdles	Heats
	T#175	U8	Girls	70m	Final
	T#176	U8	Boys	70m	Final

	T#177	U9	Girls	70m	Final
	T#178	U9	Boys	70m	Final
	T#179	U10	Girls	70m	Final
	T#180	U10	Boys	70m	Final
12:40 PM	T#181	U13	Girls	80m Hurdles	Final
	T#182	U13	Boys	80m Hurdles	Final
	T#183	U14	Girls	80m Hurdles	Final
	T#184	U14	Boys	90m Hurdles	Straight Final
	T#185	U15	Girls	90m Hurdles	Straight Final
	T#186	U15	Boys	100m Hurdles	Final
	T#187	U17	Girls	100m Hurdles	Final
	T#188	U17	Boys	110m Hurdles	Final
1:20 PM	T#189	U8	Girls	200m	Heats
	T#190	U8	Boys	200m	Heats
	T#191	U9	Girls	200m	Heats
	T#192	U9	Boys	200m	Heats
	T#193	U10	Girls	200m	Heats
	T#194	U10	Boys	200m	Heats
	T#195	U11	Girls	200m	Heats
	T#196	U11	Boys	200m	Heats
	T#197	U12	Girls	200m	Heats
	T#198	U12	Boys	200m	Heats
2:10 PM	T#199	U13	Girls	200m	Heats
	T#200	U13	Boys	200m	Heats
	T#201	U14	Girls	200m	Heats
	T#202	U14	Boys	200m	Heats
	T#203	U15	Girls	200m	Heats
	T#204	U15	Boys	200m	Heats
	T#205	U17	Girls	200m	Heats
	T#206	U17	Boys	200m	Heats
2:55 PM	T#207	U8	Girls	200m	Final
	T#208	U8	Boys	200m	Final
	T#209	U9	Girls	200m	Final
	T#210	U9	Boys	200m	Final
	T#211	U10	Girls	200m	Final
	T#212	U10	Boys	200m	Final
	T#213	U11	Girls	200m	Final
	T#214	U11	Boys	200m	Final
3:20 PM	T#215	U12	Girls	200m	Final
	T#216	U12	Boys	200m	Final
	T#217	U13	Girls	200m	Final
	T#218	U13	Boys	200m	Final
	T#219	U14	Girls	200m	Final
	T#220	U14	Boys	200m	Final
	T#221	U15	Girls	200m	Final
	T#222	U15	Boys	200m	Final
	T#223	U17	Girls	200m	Final
	T#224	U17	Boys	200m	Final
3:50 PM	T#225	U9/10	Girls	Multi-Class 200m	no competitors
	T#226	U9/10	Boys	Multi-Class 200m	no competitors
	T#227	U11/12	Girls	Multi-Class 200m	no competitors
	T#228	U11/12	Boys	Multi-Class 200m	no competitors
	T#229	U13/14	Girls	Multi Class 200m	Timed Final
	T#230	U13/14	Boys	Multi-Class 200m	no competitors
	T#231	U15/17	Girls	Multi-Class 200m	no competitors
	T#232	U15/17	Boys	Multi Class 200m	Timed Final
4:05 PM	T#233	U9 - U12	Girls	4 x 100m Relay	Final
	T#234	U9 - U12	Boys	4 x 100m Relay	Final
	T#235	U13 - U17	Girls	4 x 100m Relay	Final
	T#236	U13 - U17	Boys	4 x 100m Relay	Final

**2023/2024 LANSW Region 5 Athletics Championships
Sydney Olympic Park Athletics Centre (SOPAC)
Final Program**

FIELD PROGRAM - Sunday 11th February 2024

PLEASE NOTE: Times shown are "NOT TO START BEFORE" times (i.e. warm ups may be carried out earlier and events may start later)
MARSHALLING FOR FIRST EVENTS WILL COMMENCE AT 7:40am

Javelin						Long/Triple Jump					
352	U13	Girls	Javelin (400g)	*8:00	Javelin	357	U9	Boys	Long Jump	*8:00	LJ/TJ Pit1
363	U11	Girls	Javelin (400g)	9:30	Javelin	358	U12	Girls	Long Jump	*8:00	LJ/TJ Pit2
374	U13	Boys	#Javelin (600g)	11:00	Javelin	359	U14	Girls	#Triple Jump	*8:00	LJ/TJ Pit3
385	U14	Boys	##Javelin (600g)	12:30	Javelin	360	U17	Boys	Triple Jump	*8:00	LJ/TJ Pit4
392	U15	Girls	Javelin (500g)	14:00	Javelin	368	U14	Boys	Long Jump	9:45	LJ/TJ Pit1
397	U17	Boys	#Javelin (700g)	15:30	Javelin	369	U11	Boys	Long Jump	9:45	LJ/TJ Pit2
<hr/>						370	U12	Boys	Triple Jump	9:45	LJ/TJ Pit3
Discus						371	U15	Boys	Triple Jump	9:45	LJ/TJ Pit4
353	U11	Boys	Discus (500g)	*8:00	Discus 1	379	U11	Girls	Long Jump	11:30	LJ/TJ Pit1
354	U15	Boys	Discus (1kg)	*8:00	Discus 2	380	U15	Girls	Long Jump	11:30	LJ/TJ Pit2
364	U13	Girls	Discus (750g)	9:30	Discus 1	381	U12	Girls	Triple Jump	11:30	LJ/TJ Pit3
365	U17	Girls	Discus (1kg)	9:30	Discus 2	382	U13	Girls	Triple Jump	11:30	LJ/TJ Pit4
375	U9	Girls	Discus (500g)	11:00	Discus 1	390	U9	Girls	Long Jump	13:15	LJ/TJ Pit1
376	U9	Boys	Discus (500g)	11:00	Discus 2	391	U8	Boys	Long Jump	13:15	LJ/TJ Pit2
386	MC	Mixed	Discus	12:30	Discus 1	<hr/>					
387	U14	Girls	Discus (1kg)	12:30	Discus 2	High Jump					
395	U11	Girls	Discus (500g)	14:00	Discus 2	361	U10	Girls	High Jump Sc	*8:00	High Jump 1 - Scissor
<hr/>						362	U13	Boys	High Jump	*8:00	High Jump 2
Shot Put						372	U10	Boys	High Jump Sc	10:00	High Jump 1 - Scissor
355	U12	Boys	Shot Put (2kg)	*8:00	Shot 1	373	U14	Girls	High Jump	10:00	High Jump 2
356	U14	Boys	Shot Put (3kg)	*8:00	Shot 2	383	U11	Boys	High Jump	12:00	High Jump 1
366	U12	Girls	Shot Put (2kg)	9:30	Shot 1	384	U17	Girls	High Jump	12:00	High Jump 2
367	U15	Girls	#Shot Put (3kg)	9:30	Shot 2	393	U12	Boys	High Jump	14:00	High Jump 1
377	U10	Girls	Shot Put (2kg)	11:00	Shot 1	394	U15	Boys	High Jump	14:00	High Jump 2
378	U17	Boys	Shot Put (5kg)	11:00	Shot 2	<hr/>					
388	U8	Girls	Shot Put (1.5kg)	12:30	Shot 1						
389	U10	Boys	Shot Put (2kg)	12:30	Shot 2						
396	U13	Boys	Shot Put (3kg)	14:00	Shot 2						

* For first event only please go direct to field event area.
For all other events please report to the Field Marshalling Tent.

At the State Championships in March the following events will be held on the Friday evening;
U13 Boys Javelin, U17 Boys Javelin, U14 Girls Triple Jump and U15 Girls Shot Put

At the State Championships in March the following events will be held on the Saturday;
U14 Boys Javelin

All events marked with * will be the first field event of the day. For these events each day athletes will proceed directly to their event for marshalling at the competition area.

Competitors in all these events should be ready for the first call by 7:40am.

For all other field event marshalling competitors must make their way to the designated field marshalling area.

Athletes need to arrive at the ground at least 60 minutes prior to the "Not Before" Start time listed for their event.

Times listed are NOT BEFORE times - Events will not commence the first trial before this time but may start after this time.

Marshalling and warm ups are not included in this time, and may start beforehand.

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 1 Girls U 8 - 700 Metre Run Pack Start (16)

Region: 2:20.20 28/02/2010 Abbey Rockliff			
Lane	Name	Age	Centre
Section 1 of 1 Final			
1	17136 April Kim		Parramatta
2	109 Elena Chen		Ku-Ring-Gai
3	17661 Katrina Murphy		Nth Rocks Carlin
4	19255 Eloise Debney		Manly Warringah
5	414 Abigail Morgan		Ku-Ring-Gai
6	19517 Matilda Alexander		Manly Warringah
7	2389 Aliska Reitano		Northern Suburbs
8	7987 Halina Erihe		Mosman
9	2321 Sophie Dong		Northern Suburbs
10	7952 Morgan Jones		Mosman
11	103 Emily Hosie		Ku-Ring-Gai
12	19266 Sophie Hunt		Manly Warringah
13	410 Zoe Marinkovich		Ku-Ring-Gai
14	14370 Parisa Shinde		Ryde
15	14943 Lauren Bennett		Ryde
16	19322 Piper Marshall		Manly Warringah

Event 2 Boys U 8 - 700 Metre Run Pack Start (16)

Region: 2:17.40 2001 Alex Pettigrew			
Lane	Name	Age	Centre
Section 1 of 1 Final			
1	19809 Ryder Moloney		Manly Warringah
2	14450 Joshua Ekers		Ryde
3	14277 Gavin Cellacay		Ryde
4	17429 Jaiden Chahal		Nth Rocks Carlin
5	19377 Harvey Laing		Manly Warringah
6	2385 Tom Moody		Northern Suburbs
7	511 Edward Giles		Ku-Ring-Gai
8	14218 Jai Prados-valerio		Northern Distric
9	534 Lachlan Kandasamy		Ku-Ring-Gai
10	18922 Reuben Herbert		Hornsby
11	19437 Aiden Dunne		Manly Warringah
12	294 Dashiell Arnold		Ku-Ring-Gai
13	2560 Patrick Yeldham		Northern Suburbs
14	2563 Kabir Sido		Northern Suburbs
15	17225 Archer Ng Chok		Parramatta
16	19787 Marcus Hemsworth		Manly Warringah

Event 3 Girls U 11 - 1500 Metre Run (16)

Region: 4:54.70 2005 Jenny Blundell			
State: 4:44.07 19/03/2016 Imogen Stewart			
Lane	Name	Age	Centre
Section 1 of 1 Final			
1	871 Ella Hartwig		Ku-Ring-Gai
2	17057 Lucy C Tazewell		Parramatta
3	19323 Hayley Marshall		Manly Warringah
4	2732 Katherine Saber		Northern Suburbs
5	11514 Zoe Jordan		Cherrybrook
6	14051 Beatrice Mathers		Northern Distric
7	19753 Evelyn Lulli		Manly Warringah
8	19147 Sarah Covich		Manly Warringah
9	14050 Georgie Mathers		Northern Distric
10	14675 Skye Spiden		Ryde
11	2425 Mirabelle Dickson		Northern Suburbs
12	394 Kate McLean		Ku-Ring-Gai
13	19244 Clio Hong		Manly Warringah
14	11723 Sarah Lettice		Cherrybrook
15	19530 Ferial BesodiBoujemac		Manly Warringah
16	13940 Claire Holder		Northern Distric

Event 4 Boys U 11 - 1500 Metre Run (16)

Region: 4:47.70 19/02/2011 Elliot Metcalf			
State: 4:36.90 17/03/1984 Richard McCarthy			
Lane	Name	Age	Centre
Section 1 of 1 Final			
1	19730 Austin Grennan		Manly Warringah
2	366 Nathaniel Gu		Ku-Ring-Gai
3	483 Lachlan Meryment		Ku-Ring-Gai
4	656 Miller Harris		Ku-Ring-Gai
5	2388 Liam Reville		Northern Suburbs
6	14121 Reef Bailey		Northern Distric
7	2349 Oliver Fratini		Northern Suburbs
8	2384 Sam Moody		Northern Suburbs
9	591 Josh Kietzmann		Ku-Ring-Gai
10	8056 Harry Nicholson		Mosman
11	11628 Hugh Giffin		Cherrybrook
12	14674 Flynn Cox-Gallagher		Ryde
13	19643 Harrison Smith		Manly Warringah
14	2453 Cristian Fajardo		Northern Suburbs
15	19419 Oscar Steggles		Manly Warringah
16	155 Brody Johnson		Ku-Ring-Gai

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 5 Girls U 12 - 1500 Metre Run (17)

Region: 4:40.94 15/02/2014 Abbey Rockliff
 State: 4:34.47 22/03/2014 Abbey Rockliff

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	14475 Ayla Baraniak		Ryde	
2	18803 Juliet Erickson		Hornsby	
3	17523 Jolin Wirianata		Nth Rocks Carlin	
4	11481 Ashleigh Mansell		Cherrybrook	
5	39115 Miranda Yu		Ku-Ring-Gai	
6	2490 Meredith Lee		Northern Suburbs	
7	19171 Kyah Ryals		Manly Warringah	
8	39133 Beatrice Garnys		Ku-Ring-Gai	
9	133 Sophie Palmer		Ku-Ring-Gai	
10	14265 Kourtney Holl		Ryde	
11	2529 Zoe Balcombe		Northern Suburbs	
12	19607 Claudia Patfield		Manly Warringah	
13	19312 Coco Blundell		Manly Warringah	
14	19651 Hallie Owers		Manly Warringah	
15	422 Ashley Temple		Ku-Ring-Gai	
16	406 Scout Linton		Ku-Ring-Gai	
17	17404 Hayley Carroll		Nth Rocks Carlin	

Event 6 Boys U 12 - 1500 Metre Run (18)

Region: 4:43.00 2005 Alexander Pettigrew
 State: 4:27.20 19/03/1983 Peter Stellino

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	8026 Xavier Hokins		Mosman	
2	11694 Lachlan Kidd		Cherrybrook	
3	17053 Vinay Menon		Parramatta	
4	19432 Henry Ferguson		Manly Warringah	
5	14472 Lucas Bolt		Ryde	
6	19703 Tasman Vale		Manly Warringah	
7	14311 Jack Le Fevre		Ryde	
8	2894 Henry Grieve		Northern Suburbs	
9	19329 Max Torkington		Manly Warringah	
10	19149 Nathaniel Barrett		Manly Warringah	
11	19293 Isaac Robinson		Manly Warringah	
12	11697 Oliver Halfhide		Cherrybrook	
13	754 William Graham		Ku-Ring-Gai	
14	14294 Raffael Oppedisano		Ryde	
15	2762 John Brivulis		Northern Suburbs	
16	2484 Andrew Lukas		Northern Suburbs	
17	19622 Hugo Condon		Manly Warringah	
18	19616 Connor Matthews		Manly Warringah	

Event 7 Girls U 13 - 1500 Metre Run (17)

Region: 4:37.06 11/02/2017 Nicola Hogg
 State: 4:33.78 24/03/2018 Imogen Stewart

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	19755 Alana Lulli		Manly Warringah	
2	17488 Natalie Tang		Nth Rocks Carlin	
3	8075 Alexandra Bova		Mosman	
4	19180 Josie Perkins		Manly Warringah	
5	17752 Alicia La Vinh		Nth Rocks Carlin	
6	2320 Sienna Wade		Northern Suburbs	
7	17483 Ella Lin		Nth Rocks Carlin	
8	11639 Ella Shannon		Cherrybrook	
9	2572 Olivia Rendall		Northern Suburbs	
10	8076 Alessandra McWilliam		Mosman	
11	19158 Amelia Mandalinic		Manly Warringah	
12	19157 Gemma Dixon		Manly Warringah	
13	14250 Miarose Everson		Ryde	
14	19270 Alexis Tague		Manly Warringah	
15	11584 Makenzi Gartner		Cherrybrook	
16	131 Elsie Clatworthy		Ku-Ring-Gai	
17	7762 Annabelle Cahill		Mosman	

Event 8 Boys U 13 - 1500 Metre Run (16)

Region: 4:33.00 21/02/2004 Cameron Page
 State: 4:21.30 18/03/2006 James Connor

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	11566 James Kwok		Cherrybrook	
2	407 James Ghali		Ku-Ring-Gai	
3	14452 Lachlan Inman		Ryde	
4	19363 Billy Lowe		Manly Warringah	
5	17478 Nathan Sarah		Nth Rocks Carlin	
6	19445 Oliver Trowell		Manly Warringah	
7	13953 Sam Ogier		Northern Distric	
8	14173 Judah Louie		Northern Distric	
9	8085 Samuel Cook		Mosman	
10	17128 James Ryan		Parramatta	
11	19155 Charlie Whelan		Manly Warringah	
12	2822 Beau Snashall		Northern Suburbs	
13	2387 John Reville		Northern Suburbs	
14	19178 Leon Barrie		Manly Warringah	
15	19173 Max Donald		Manly Warringah	
16	14301 Dominic Trigwell		Ryde	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 9 Girls U 14 - 1500 Metre Run (8)

Region: 4:36.10 13/02/2016 Abbey Rockliff
 State: 4:33.92 24/03/2018 Sarah Schiffmann

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	19615 Belinda Matthews		Manly Warringah	
2	134 Charlotte Palmer		Ku-Ring-Gai	
3	2675 Eva Pavlovic		Northern Suburbs	
4	19661 Maddison Ross		Manly Warringah	
5	17494 Sophie Polkinghorne		Nth Rocks Carlin	
6	453 Abigail Soper		Ku-Ring-Gai	
7	19991 Eliza Lawton		Manly Warringah	
8	11556 Aliyah Bennett		Cherrybrook	

Event 10 Boys U 14 - 1500 Metre Run (12)

Region: 4:23.88 15/02/2014 Harrison Wade
 State: 4:11.93 22/03/2014 Harrison Wade

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	11548 Christopher Whiteley		Cherrybrook	
2	14945 Jonathon Bennett		Ryde	
3	19326 Oscar Needham		Manly Warringah	
4	457 Sebastian Linton		Ku-Ring-Gai	
5	19638 Max McDermott		Manly Warringah	
6	43378 Dongjun Jaden Shin		Ryde	
7	17618 Joshua Zimeng Fang		Nth Rocks Carlin	
8	129 William Durer		Ku-Ring-Gai	
9	19250 Nathan Longster		Manly Warringah	
10	14059 Alexander Braendle		Northern Distric	
11	14777 Owen Smith		Ryde	
12	14052 Evan Beasley		Northern Distric	

Event 11 Girls U 15 - 1500 Metre Run (10)

Region: 4:38.31 16/02/2013 Emily Hopper
 State: 4:30.10 19/03/2016 Emily Schneider

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	17018 Jessica Loring		Parramatta	
2	17496 Zoey Loo		Nth Rocks Carlin	
3	19543 Skye Blair		Manly Warringah	
4	13967 Aniela Knight		Northern Distric	
5	17501 Kayla Mason		Nth Rocks Carlin	
6	8230 Annabelle Cigna		Mosman	
7	17212 Stella Stirling		Parramatta	
8	19673 Sophie Hinds		Manly Warringah	
9	19701 Indianna Vale		Manly Warringah	
10	18789 Alice Lyng		Hornsby	

Event 12 Boys U 15 - 1500 Metre Run (13)

Region: 4:10.70 2005 James Kaan
 State: 4:03.70 15/03/2008 James Connor

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	388 Hugo Reynolds		Ku-Ring-Gai	
2	338 Liam Broome		Ku-Ring-Gai	
3	19277 Benjamin Frantz		Manly Warringah	
4	17753 Aiden La Vinh		Nth Rocks Carlin	
5	18897 Matthew Sims		Hornsby	
6	17837 Michael Perry		Nth Rocks Carlin	
7	14157 Matthew Searles		Northern Distric	
8	14158 Braeden Searles		Northern Distric	
9	11572 Brendan Armstrong		Cherrybrook	
10	14435 Luke Moscos		Ryde	
11	18780 Manning Johnson		Hornsby	
12	19117 Dylan Mortimer		Manly Warringah	
13	14198 Ryan Mooney		Northern Distric	

Event 13 Girls U 17 - 1500 Metre Run (10)

Region: 4:34.41 17/02/2018 Imogen Gardner
 State: 4:29.51 24/03/2018 Imogen Gardner

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	13982 Freya Tonkin		Northern Distric	
2	14638 Alicia Leggatt		Ryde	
3	17054 Tahlia Butcher		Parramatta	
4	19028 Ally Maclaine		Hornsby	
5	19602 Ava Gray		Manly Warringah	
6	17023 Kaley Roach		Parramatta	
7	14290 Ella McGregor		Ryde	
8	11608 Amy Timms		Cherrybrook	
9	39132 Ava Garnys		Ku-Ring-Gai	
10	8183 Grace Fisher		Mosman	

Event 14 Boys U 17 - 1500 Metre Run (13)

Region: 4:09.07 4/02/2023 Isaac Brooks
 State: 3:59.64 2/02/2019 Angus Beer

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	14551 Axel Brunsch		Ryde	
2	11599 Harley Grace		Cherrybrook	
3	17637 William Stanger		Nth Rocks Carlin	
4	558 Dylan Allabush		Ku-Ring-Gai	
5	14807 Isaac Siebert		Ryde	
6	18785 Lochlann Neilan		Hornsby	
7	18782 Luke Woods		Hornsby	
8	14644 Julian Smith		Ryde	
9	11613 Idris Burkhardt		Cherrybrook	
10	17426 Cody Burton		Nth Rocks Carlin	
11	17050 Evan Holman		Parramatta	
12	17379 Benjamin Woodhouse		Nth Rocks Carlin	
13	14782 Julian McMillan		Ryde	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 15 Girls U 8 - 60 Metre Hurdles (45cm) (16)

Region: 10.90 1994 Bree Donnelly
State: 10.92 30/01/2016 Tammin Lampret

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	19264 Georgia Atkins		Manly Warringah	
2	14873 Taylor Crumpton		Ryde	
3	18935 Grace Dyson		Hornsby	
4	13970 Molly MooreMulcahy		Northern Distric	
5	19517 Matilda Alexander		Manly Warringah	
6	2389 Aliska Reitano		Northern Suburbs	
7	14697 Rhyleiana Barnett-Paln		Ryde	
8	2777 Indianna Messina		Northern Suburbs	
Heat 2 of 2 Heats				
1	19104 Zoe Olofinsky		Manly Warringah	
2	14943 Lauren Bennett		Ryde	
3	17661 Katrina Murphy		Nth Rocks Carlin	
4	410 Zoe Marinkovich		Ku-Ring-Gai	
5	7952 Morgan Jones		Mosman	
6	17136 April Kim		Parramatta	
7	19612 Tippi Acevedo		Manly Warringah	
8	14295 Lucia Oppedisano		Ryde	

Event 16 Boys U 8 - 60 Metre Hurdles (45cm) (15)

Region: 10.50 2001 Alexander Pettigrew
State: 10.63 15/02/2014 Jesse Ingleton

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1				
2	17111 Levi Curtis		Parramatta	
3	856 Julian Pita		Ku-Ring-Gai	
4	241 Kenneth Huang		Ku-Ring-Gai	
5	14422 Ilya Passmore		Ryde	
6	19437 Aiden Dunne		Manly Warringah	
7	19408 Jack Vukovic		Manly Warringah	
8	2563 Kabir Sido		Northern Suburbs	
Heat 2 of 2 Heats				
1	17088 Kyrie Dibia		Parramatta	
2	2729 Ethan Josa		Northern Suburbs	
3	2385 Tom Moody		Northern Suburbs	
4	644 Stephen Harvey		Ku-Ring-Gai	
5	333 Bailey Vassella		Ku-Ring-Gai	
6	266 John Lukas		Ku-Ring-Gai	
7	14091 Nico Brichta		Northern Distric	
8	14801 Jerry Wang		Ryde	

Event 17 Girls U 9 - 60 Metre Hurdles (45cm) (16)

Region: 10.20 1995 A Hamilton
State: 9.84 21/02/2009 Chyna Tavai-Willams

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	11684 Kiara Liyanage		Cherrybrook	
2	17413 Annabel Dickson		Nth Rocks Carlin	
3	8059 Evie Francis		Mosman	
4	139 Sienna Fourie		Ku-Ring-Gai	
5	2318 Emily Williams		Northern Suburbs	
6	19351 Hannah Dick		Manly Warringah	
7	14864 Georgia Paton		Ryde	
8	14829 Isla McLachlan		Ryde	
Heat 2 of 2 Heats				
1	2401 Alyssa Turton		Northern Suburbs	
2	2470 Calais Durie		Northern Suburbs	
3	479 Edwina Mair		Ku-Ring-Gai	
4	19263 Abigail Maher		Manly Warringah	
5	19592 IslaF Talaese		Manly Warringah	
6	8012 Stefanie Phillipou		Mosman	
7	2426 Goldi Dickson		Northern Suburbs	
8	19177 Lila Louis		Manly Warringah	

Event 18 Boys U 9 - 60 Metre Hurdles (45cm) (16)

Region: 9.30 1999 Joshua Mulligan
State: 9.54 21/02/1999 Joshua Mulligan
State: 9.54 21/03/2009 Rory Barkley

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	17680 Darcy Hazon		Nth Rocks Carlin	
2	2854 Ethan Smith		Northern Suburbs	
3	2455 Jett Garton		Northern Suburbs	
4	19444 Blake Creelman		Manly Warringah	
5	191 Jack Cross		Ku-Ring-Gai	
6	2454 Jaxon Garton		Northern Suburbs	
7	17605 Lincoln Smith		Nth Rocks Carlin	
8	2781 Toby Jefferson		Northern Suburbs	
Heat 2 of 2 Heats				
1	14300 Marcus Trigwell		Ryde	
2	601 Arun Macmillan		Ku-Ring-Gai	
3	19210 Jack Miller		Manly Warringah	
4	19151 AdamMichael Vesely		Manly Warringah	
5	18843 Tyler Holdsworth		Hornsby	
6	19443 Charlie Trowell		Manly Warringah	
7	19767 Jack Houston		Manly Warringah	
8	16988 Elliott Kerr		Parramatta	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 19 Girls U 10 - 60 Metre Hurdles (60cm) (14)

Region: 10.00 27/02/2010 Tiana Jaber			
State: 9.78 24/03/2018 Tammin Lampret			
Lane	Name	Age	Centre
Heat 1 of 2 Heats			
1	2546 Laura Bosly		Northern Suburbs
2	2334 Amelie Germon		Northern Suburbs
3	297 Amelie Ogden		Ku-Ring-Gai
4	19458 Lucy Turner		Manly Warringah
5	521 Anya Keshwara		Ku-Ring-Gai
6	17691 Georgia Gryst		Nth Rocks Carlin
7	14349 Natalie Young		Ryde
8			
Heat 2 of 2 Heats			
1	8223 Sherlyn NaLampoon		Mosman
2	2671 Jacinta Price-Randall		Northern Suburbs
3	19795 Alice Orth		Manly Warringah
4	2500 Sierra Seale		Northern Suburbs
5	14255 Indiana Mitchell		Ryde
6	8049 Isla Cleland		Mosman
7	2747 Sienna Flower		Northern Suburbs
8			

Event 20 Boys U 10 - 60 Metre Hurdles (60cm) (16)

Region: 9.70 2005 Sam Mete			
State: 9.74 16/03/2002 Sean Potter			
Lane	Name	Age	Centre
Heat 1 of 2 Heats			
1	19653 Freddie McVicar		Manly Warringah
2	14481 Enoch Wolfson		Ryde
3	2521 Nicholas Fijan		Northern Suburbs
4	19107 Brody Scott-Faul		Manly Warringah
5	8004 Finn Sorbara		Mosman
6	223 Julian Conway		Ku-Ring-Gai
7	14619 Nathan Pulfer		Ryde
8	19186 Edward Gillett		Manly Warringah
Heat 2 of 2 Heats			
1	2506 Joshua Eaton		Northern Suburbs
2	17569 Matthew El Kadi		Nth Rocks Carlin
3	14680 Ethan Moyo		Ryde
4	19271 Hudson McGregor		Manly Warringah
5	124 Hamish Skeates		Ku-Ring-Gai
6	11534 Harrison Campbell		Cherrybrook
7	239 Maximus Murdoch		Ku-Ring-Gai
8	2840 Aston Perry		Northern Suburbs

Event 21 Girls U 11 - 80 Metre Hurdles (60cm) (18)

Region: 13.64 4/02/2023 Manvi Arabolu			
Lane	Name	Age	Centre
Heat 1 of 3 Heats			
1			
2	11686 Tara North		Cherrybrook
3	19126 Isabella Wang		Manly Warringah
4	19205 Phoebe Dobson		Manly Warringah
5	19240 Eloise Knorr		Manly Warringah
6	565 Audrey Donohoe		Ku-Ring-Gai
7	17180 Sanchi Ladhane		Parramatta
8			
Heat 2 of 3 Heats			
1			
2	17436 Emma Barker		Nth Rocks Carlin
3	19739 Lucy Wilson		Manly Warringah
4	19238 Amity Batchler		Manly Warringah
5	14677 Eliza Bosnic		Ryde
6	515 Havana Gray		Ku-Ring-Gai
7	14429 Tully Davies		Ryde
8			
Heat 3 of 3 Heats			
1			
2	17422 Ivy Allen		Nth Rocks Carlin
3	8051 Lola Francis		Mosman
4	19242 Genevieve Dunnet		Manly Warringah
5	2411 Bree Madigan Wong		Northern Suburbs
6	376 Ava-Capri Rossi		Ku-Ring-Gai
7	2460 Ally Mitry		Northern Suburbs
8			

Event 22 Boys U 11 - 80 Metre Hurdles (60cm) (14)

Region: 12.99 13/02/2022 Taten Rogers			
Lane	Name	Age	Centre
Heat 1 of 2 Heats			
1	14121 Reef Bailey		Northern Distric
2	2317 Michael Williams		Northern Suburbs
3	7941 Hunter Vakili		Mosman
4	14459 Max Williamson		Ryde
5	19717 Zane Romyn		Manly Warringah
6	2384 Sam Moody		Northern Suburbs
7	11554 Lachlan Vercoe		Cherrybrook
8			
Heat 2 of 2 Heats			
1	2453 Cristian Fajardo		Northern Suburbs
2	19274 Ryan Huang		Manly Warringah
3	559 Reuben Hanly		Ku-Ring-Gai
4	19337 Harry Dryden		Manly Warringah
5	14292 Mitchell McGregor		Ryde
6	17710 Jeffrey Chong		Nth Rocks Carlin
7	19152 Jaxon Farrell		Manly Warringah
8			

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 23 Girls U 12 - 80 Metre Hurdles (68cm) (17)

Region: 13.62 16/02/2020 Catherine Mikan			
Lane	Name	Age	Centre
Heat 1 of 3 Heats			
1			
2	17548 Heidi Waddell		Nth Rocks Carlin
3	18796 Grace Carlton		Hornsby
4	19108 Marley Scott-Faul		Manly Warringah
5	19710 Lotte Roessler		Manly Warringah
6	8000 Maisie Yorke		Mosman
7	17209 Lily Aroyan		Parramatta
8			
Heat 2 of 3 Heats			
1			
2	19807 Charlotte Selinas		Manly Warringah
3	17385 Latu Lolomanaia		Nth Rocks Carlin
4	336 Manvi Arabolu		Ku-Ring-Gai
5	2456 Florence Bowden		Northern Suburbs
6	334 Zara Denney		Ku-Ring-Gai
7			
8			
Heat 3 of 3 Heats			
1			
2	480 Sophie Mair		Ku-Ring-Gai
3	2490 Meredith Lee		Northern Suburbs
4	11480 Madison Tabrett		Cherrybrook
5	2381 Maddie Burge		Northern Suburbs
6	19427 Audrey Grether		Manly Warringah
7	17570 Sophie El Kadi		Nth Rocks Carlin
8			

Event 24 Boys U 12 - 80 Metre Hurdles (68cm) (16)

Region: 12.64 4/02/2023 James Atkins			
Lane	Name	Age	Centre
Heat 1 of 2 Heats			
1	17519 Daymon Wong		Nth Rocks Carlin
2	11502 Ryan Maher		Cherrybrook
3	19288 Jaxon Solomon		Manly Warringah
4	19141 Beau Riches		Manly Warringah
5	8081 Charlie Baird-Petroni		Mosman
6	14816 Jack Spencer		Ryde
7	610 Edward Barnsley		Ku-Ring-Gai
8	14525 Roy Wu		Ryde
Heat 2 of 2 Heats			
1	14448 Jackson Chau		Ryde
2	19471 Luca Escribano		Manly Warringah
3	14608 Mitchell Cox		Ryde
4	19999 Toby Creelman		Manly Warringah
5	658 Caclan Drysdale		Ku-Ring-Gai
6	14620 Daniel Pulfer		Ryde
7	168 Andy Zhang		Ku-Ring-Gai
8	17537 Tobias Butler		Nth Rocks Carlin

Event 35 Girls U 17 - 300 Metre Hurdles (76cm) (11)

Region: 44.22 12/02/2022 Talia Kupceric			
State: 42.35 16/03/2019 Tiahna Skelton			
Lane	Name	Age	Centre
Section 1 of 2 Final			
1			
2			
3	18811 Michaela Couper		Hornsby
4	8143 Ajaya Owusu		Mosman
5	13982 Freya Tonkin		Northern Distric
6			
7			
8			
Section 2 of 2 Final			
1	14263 Charlotte Nagle		Ryde
2	13934 Elizabeth Toynbee		Northern Distric
3	14240 Zara Pawsey		Ryde
4	2569 Catherine Mikan		Northern Suburbs
5	19384 Annika Boys		Manly Warringah
6	11627 Sarah-anne Koot		Cherrybrook
7	2543 Sacha Jones		Northern Suburbs
8	14080 Ava Mitchell		Northern Distric

Event 36 Boys U 17 - 300 Metre Hurdles (76cm) (11)

Region: 38.34 9/02/2019 Thomas Hunt			
State: 37.14 18/03/2017 Sebastien Moir			
Lane	Name	Age	Centre
Section 1 of 2 Final			
1			
2			
3	39124 Neil Rawat		Ku-Ring-Gai
4	17017 Zachariah Abood		Parramatta
5	14275 Aaron Pease		Ryde
6			
7			
8			
Section 2 of 2 Final			
1	18759 Ashton Sawtell		Hornsby
2	2551 Andres Hampel		Northern Suburbs
3	17521 Lewis Wong		Nth Rocks Carlin
4	19214 Leo Brown		Manly Warringah
5	17470 Max Byrnes		Nth Rocks Carlin
6	19354 Jannik McErlane		Manly Warringah
7	17046 Oliver Corne		Parramatta
8	11712 Marco Boccaletti		Cherrybrook

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 37 Girls U 15 - 300 Metre Hurdles (76cm) (7)

Region: 45.44 17/02/2018 Isabella Guthrie
State: 44.10 24/03/2018 Isabella Guthrie

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	17806 Evelyn Cheung		Nth Rocks Carlin	
2	19543 Skye Blair		Manly Warringah	
3	2481 Reena Son		Northern Suburbs	
4	18913 Eden Herring		Hornsby	
5	13967 Aniela Knight		Northern Distric	
6	2363 Ainsley Alexander		Northern Suburbs	
7	14380 Mia Million		Ryde	
8				

Event 38 Boys U 15 - 300 Metre Hurdles (76cm) (4)

Region: 40.28 11/02/2017 Thomas Hunt
State: 38.92 18/03/2017 Thomas Hunt

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1				
2				
3	14482 Moses Wolfson		Ryde	
4	2394 Zak Evans		Northern Suburbs	
5	11682 Samuel Price		Cherrybrook	
6	19340 Zac Stante		Manly Warringah	
7				
8				

Event 39 Girls U 14 - 200 Metre Hurdles (76cm) (8)

Region: 27.58 17/02/2018 Annika Lynch
State: 27.04 18/03/2006 Carly Rodger

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	2675 Eva Pavlovic		Northern Suburbs	
2	8025 Millie Morrison		Mosman	
3	18895 Camila Iorio		Hornsby	
4	19504 Avie Russell		Manly Warringah	
5	39109 Lily Hughes		Ku-Ring-Gai	
6	151 Chelsea Forte		Ku-Ring-Gai	
7	18850 Tara Gilkeson		Hornsby	
8	14291 Chloe McGregor		Ryde	

Event 40 Boys U 14 - 200 Metre Hurdles (76cm) (3)

Region: 24.60 16/02/2008 Nicholas Hough
State: 24.64 15/03/2008 Nicholas Hough

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1				
2				
3	17518 Marcus Wong		Nth Rocks Carlin	
4	19305 Sebastian Cech		Manly Warringah	
5	747 Kase Willis-Jansen		Ku-Ring-Gai	
6				
7				
8				

Event 41 Girls U 13 - 200 Metre Hurdles (68cm) (15)

Region: 28.00 1991 B Smith
State: 27.56 24/03/2018 Chantelle Barnard

Lane	Name	Age	Centre	Seed Time
Section 1 of 2 Final				
1	17234 Alana Kokay		Parramatta	
2	14264 Bronte Nagle		Ryde	
3	11474 Sarah Jones		Cherrybrook	
4	19341 Chloe Stante		Manly Warringah	
5	17679 Ella Hazon		Nth Rocks Carlin	
6	7694 Alexandra Davis		Mosman	
7	2341 Collette Lumley		Northern Suburbs	
8				

Section 2 of 2 Final

1	19740 Amelia Wilson		Manly Warringah
2	14246 Bella Fraser		Ryde
3	14085 Sophia Cottrell		Northern Distric
4	17396 Hannah Lambert		Nth Rocks Carlin
5	2405 Lucia Schnell		Northern Suburbs
6	14241 Jacqueline Pawsey		Ryde
7	17226 Naduli Kariyawasam		Parramatta
8	18798 Amy Campbell		Hornsby

Event 42 Boys U 13 - 200 Metre Hurdles (68cm) (15)

Region: 26.40 18/02/2006 Kane Thompson
State: 26.21 19/03/2011 Jarrod Cullen

Lane	Name	Age	Centre	Seed Time
Section 1 of 2 Final				
1	14035 Jordan Dixon		Northern Distric	
2	14841 Ruaidhri Stewart		Ryde	
3	19404 Eamon King		Manly Warringah	
4	14669 Kingsley Yip		Ryde	
5	14254 Xavier Mitchell		Ryde	
6	17615 Michael Kolosakas		Nth Rocks Carlin	
7	14938 Felix McMullan		Ryde	
8				

Section 2 of 2 Final

1	19115 William King		Manly Warringah
2	17456 Alexander Song		Nth Rocks Carlin
3	337 Jacoby Neal		Ku-Ring-Gai
4	2400 Kyan Seale		Northern Suburbs
5	19101 Taten Rogers		Manly Warringah
6	2507 Thomas Eaton		Northern Suburbs
7	2568 James Mikan		Northern Suburbs
8	19309 Jonathan Miles		Manly Warringah

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 43 Girls U 8 - 100 Metre Sprint (16)

Event 43 Girls U 8 - 100 Metre Sprint (16)			
Region:	15.20	2005	Lauren Gilbert
State:	14.44	23/03/1979	Helen Clarke
Lane	Name	Age Centre	Seed Time
Heat 1 of 2 Heats			
1	17150 Abby Spurr	Parramatta	
2	381 Sophia Lizzio	Ku-Ring-Gai	
3	19857 Vida Webber	Manly Warringah	
4	14295 Lucia Oppedisano	Ryde	
5	2435 Siena Tisi	Northern Suburbs	
6	7952 Morgan Jones	Mosman	
7	11585 Maddison Johansen	Cherrybrook	
8	17716 Zana Hevesy	Nth Rocks Carlin	
Heat 2 of 2 Heats			
1	11494 Allegra Gulczynski	Cherrybrook	
2	100 Miranda Benitez	Ku-Ring-Gai	
3	19612 Tippi Acevedo	Manly Warringah	
4	19916 Rahni McNaughtan	Manly Warringah	
5	19634 Chelsea Coleman	Manly Warringah	
6	19423 Elle McDermott	Manly Warringah	
7	14873 Taylor Crumpton	Ryde	
8	14370 Parisa Shinde	Ryde	

Event 44 Boys U 8 - 100 Metre Sprint (15)

Event 44 Boys U 8 - 100 Metre Sprint (15)			
Region:	13.90	1995	J DeSilva
State:	14.24	12/03/1978	Tim Harper
Lane	Name	Age Centre	Seed Time
Heat 1 of 2 Heats			
1	137 Reuben Achike	Ku-Ring-Gai	
2	19516 Jacob Alexander	Manly Warringah	
3	241 Kenneth Huang	Ku-Ring-Gai	
4	14091 Nico Brichta	Northern Distric	
5	2396 Elliot Hall	Northern Suburbs	
6	14422 Ilya Passmore	Ryde	
7	11577 Ryan Rann	Cherrybrook	
8	17111 Levi Curtis	Parramatta	
Heat 2 of 2 Heats			
1			
2	333 Bailey Vassella	Ku-Ring-Gai	
3	17586 Thomas Garland	Nth Rocks Carlin	
4	19437 Aiden Dunne	Manly Warringah	
5	644 Stephen Harvey	Ku-Ring-Gai	
6	2729 Ethan Josa	Northern Suburbs	
7	19605 Lachlan Creighton	Manly Warringah	
8	17648 William Kucharski	Nth Rocks Carlin	

Event 45 Girls U 9 - 100 Metre Sprint (15)

Event 45 Girls U 9 - 100 Metre Sprint (15)			
Region:	14.70	1998	Emily Pollett
State:	14.14	23/03/1979	Kate Farrell
State:	14.14	15/03/1980	Helen Clarke
Lane	Name	Age Centre	Seed Time
Heat 1 of 2 Heats			
1	17413 Annabel Dickson	Nth Rocks Carlin	
2	14544 Yichen Wu	Ryde	
3	19120 Brooke Debney	Manly Warringah	
4	19110 Abbie Weir	Manly Warringah	
5	18704 Juliet Allan	Hornsby	
6	139 Sienna Fourie	Ku-Ring-Gai	
7	2318 Emily Williams	Northern Suburbs	
8			
Heat 2 of 2 Heats			
1	16975 Aria Smith	Parramatta	
2	14274 Izabel Ljubicic	Ryde	
3	19592 IslaF Talaese	Manly Warringah	
4	19282 Ruby Losurdo	Manly Warringah	
5	19177 Lila Louis	Manly Warringah	
6	13927 Emma Hales	Northern Distric	
7	11579 Emily Wigham	Cherrybrook	
8	14935 Emma Mo	Ryde	

Event 46 Boys U 9 - 100 Metre Sprint (16)

Event 46 Boys U 9 - 100 Metre Sprint (16)			
Region:	13.90	2000	Michael Oldfield
State:	13.64	21/02/1998	Christopher Lawrence
Lane	Name	Age Centre	Seed Time
Heat 1 of 2 Heats			
1	17680 Darcy Hazon	Nth Rocks Carlin	
2	19920 Daniel McNaughtan	Manly Warringah	
3	14650 Thoma Bolla-Nozawa	Ryde	
4	19151 AdamMichael Vesely	Manly Warringah	
5	19444 Blake Creelman	Manly Warringah	
6	16928 Riyansh Thorat	Parramatta	
7	14259 Anthony Simonian	Ryde	
8	17550 Garvik Venkatesh	Nth Rocks Carlin	
Heat 2 of 2 Heats			
1	320 Rene Barkhuysen	Ku-Ring-Gai	
2	18843 Tyler Holdsworth	Hornsby	
3	2455 Jett Garton	Northern Suburbs	
4	578 Edmund Chen	Ku-Ring-Gai	
5	191 Jack Cross	Ku-Ring-Gai	
6	11473 Brendan Jones	Cherrybrook	
7	19016 Andreas DePasquale	Hornsby	
8	17813 Ethan Mikhael	Nth Rocks Carlin	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 47 Girls U 10 - 100 Metre Sprint (14)

Region: 13.70 1991 Rosemary Hayward
 State: 13.54 12/03/1978 Annette Osborne
 State: 13.54 23/03/1991 Rosemary Hayward

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	14599 Grace Edwards		Ryde	
2	2671 Jacinta Price-Randall		Northern Suburbs	
3	19699 Frankie Jones		Manly Warringah	
4	8061 April Abboud		Mosman	
5	792 Nicole Shih		Ku-Ring-Gai	
6	19136 Aria Broadhurst		Manly Warringah	
7	16961 Nadia Gasparini		Parramatta	
8				

Heat 2 of 2 Heats

1	2334 Amelie Germon		Northern Suburbs	
2	14255 Indiana Mitchell		Ryde	
3	19779 Lexie Beesley		Manly Warringah	
4	766 Evie Rophail		Ku-Ring-Gai	
5	8223 Sherlyn NaLampoon		Mosman	
6	229 Chloe Huang		Ku-Ring-Gai	
7	11469 Leona Huang		Cherrybrook	
8				

Event 48 Boys U 10 - 100 Metre Sprint (16)

Region: 13.30 2000 Joshua Mulligan
 State: 12.94 12/03/1978 Philip Provenzano

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	19376 Eli Conning		Manly Warringah	
2	14819 Marco Dessanti		Ryde	
3	8065 Kingston Davis		Mosman	
4	19107 Brody Scott-Faul		Manly Warringah	
5	18921 Tadhg Crowley		Hornsby	
6	2755 Flynn Scrivener		Northern Suburbs	
7	11495 Archie Gulezynski		Cherrybrook	
8	171 Euan Smith		Ku-Ring-Gai	

Heat 2 of 2 Heats

1	2516 Henry Wilkin-Smith		Northern Suburbs	
2	11534 Harrison Campbell		Cherrybrook	
3	2489 Liam Baird		Northern Suburbs	
4	19271 Hudson McGregor		Manly Warringah	
5	124 Hamish Skeates		Ku-Ring-Gai	
6	8004 Finn Sorbara		Mosman	
7	2530 Matthew Balcombe		Northern Suburbs	
8	2526 Roneil Nair		Northern Suburbs	

Event 49 Girls U 11 - 100 Metre Sprint (17)

Region: 13.40 1992 Rossemary Hayward
 State: 12.94 12/03/1978 Michelle Moroney

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 3 Heats

1				
2	2411 Bree Madigan Wong		Northern Suburbs	
3	19739 Lucy Wilson		Manly Warringah	
4	515 Havana Gray		Ku-Ring-Gai	
5	17201 Claire Fetrie		Parramatta	
6	261 Claudia Birrell		Ku-Ring-Gai	
7				
8				

Heat 2 of 3 Heats

1				
2	8067 Eloise Eslick		Mosman	
3	19295 Anieke Coetsee		Manly Warringah	
4	19251 Leanne Barayuga		Manly Warringah	
5	19242 Genevieve Dunnet		Manly Warringah	
6	14677 Eliza Bosnic		Ryde	
7	14429 Tully Davies		Ryde	
8				

Heat 3 of 3 Heats

1				
2	2408 Alexandra Frielingsdorf		Northern Suburbs	
3	17436 Emma Barker		Nth Rocks Carlin	
4	19205 Phoebe Dobson		Manly Warringah	
5	586 Camilla Roderick		Ku-Ring-Gai	
6	14526 Madeleine Lynch		Ryde	
7	16965 Jessy Yong		Parramatta	
8				

Event 50 Boys U 11 - 100 Metre Sprint (16)

Region: 13.04 17/02/2018 Dylan Hall
 State: 12.64 12/03/1978 Robert Stanford

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	116 Matthew McCullough		Ku-Ring-Gai	
2	14459 Max Williamson		Ryde	
3	19709 Heath Towers		Manly Warringah	
4	14065 Jensen Barrett		Northern Distric	
5	7889 Orlando Clarke		Mosman	
6	19626 Callum Yates		Manly Warringah	
7	14584 Enzo Cheung (Yc)		Ryde	
8	2317 Michael Williams		Northern Suburbs	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Heat 2 of 2 Heats...(Event 50 Boys U 11 - 100 Metre Sprint (16))

1	11683 Andre Liyanage	Cherrybrook
2	14347 Alexander Economides	Ryde
3	507 Oska Koch	Ku-Ring-Gai
4	8084 Edward Sharp	Mosman
5	19337 Harry Dryden	Manly Warringah
6	11483 Finn Leivesley	Cherrybrook
7	2834 Roberto Devine	Northern Suburbs
8	17710 Jeffrey Chong	Nth Rocks Carlin

Event 51 Girls U 12 - 100 Metre Sprint (15)

Region:	12.40	2005	Annaliese Gardiner
State:	12.53	24/03/2018	Chelsea Ezeoke
State:	12.64	16/03/2002	Jacinta Doyle
State:	12.64	19/02/2005	Annaliese Gardiner

Lane Name Age Centre Seed Time**Heat 1 of 2 Heats**

1	17647 Emilie Kucharski	Nth Rocks Carlin
2	18796 Grace Carlton	Hornsby
3	2381 Maddie Burge	Northern Suburbs
4	2851 Olivia Toshack	Northern Suburbs
5	19744 Valerie Pickup	Manly Warringah
6	19108 Marley Scott-Faul	Manly Warringah
7	19342 Milla Kacilala	Manly Warringah
8	19607 Claudia Patfield	Manly Warringah

Heat 2 of 2 Heats

1	17416 Emily Ng	Nth Rocks Carlin
2	11505 Hannah Dawson	Cherrybrook
3	336 Manvi Arabolu	Ku-Ring-Gai
4	730 Ella Achike	Ku-Ring-Gai
5	11480 Madison Tabrett	Cherrybrook
6	2456 Florence Bowden	Northern Suburbs
7	11580 Abigail Wigham	Cherrybrook
8		

Event 52 Boys U 12 - 100 Metre Sprint (16)

Region:	12.30	2005	Kane Thompson
State:	12.04	20/03/1999	Todd Shanahan
State:	12.04	23/03/2013	James Roach

Lane Name Age Centre Seed Time**Heat 1 of 2 Heats**

1	14608 Mitchell Cox	Ryde
2	17418 Cohen Keeping	Nth Rocks Carlin
3	111 William Saputra	Ku-Ring-Gai
4	14816 Jack Spencer	Ryde
5	14598 Zachary Leung	Ryde
6	8142 Tyrese-Lloyd Owusu	Mosman
7	168 Andy Zhang	Ku-Ring-Gai
8	14311 Jack Le Fevre	Ryde

Heat 2 of 2 Heats

1	14772 Joseph Wehbe	Ryde
2	19471 Luca Escribano	Manly Warringah
3	19721 Taj Biddlecombe	Manly Warringah
4	19150 Ethan Warner	Manly Warringah
5	627 Finn Wilson	Ku-Ring-Gai
6	658 Caelan Drysdale	Ku-Ring-Gai
7	14553 Louis Baddeley	Ryde
8	19999 Toby Creelman	Manly Warringah

Event 53 Girls U 13 - 100 Metre Sprint (17)

Region:	12.30	2005	Jordan Lumley
State:	12.34	15/03/1986	Jo-anne Swan
State:	12.34	7/03/1987	Rebecca Vormister
State:	12.34	17/03/1996	Haylee Mathieson
State:	12.34	19/02/2005	Laura Turner

Lane Name Age Centre Seed Time**Heat 1 of 3 Heats**

1		
2	11497 Pippa Burke	Cherrybrook
3	19511 Emma Kramer	Manly Warringah
4	19386 Louisa Mehta	Manly Warringah
5	19981 Jemma Wilsher	Manly Warringah
6	11507 Michiko Paul	Cherrybrook
7		
8		

Heat 2 of 3 Heats

1		
2	14246 Bella Fraser	Ryde
3	14085 Sophia Cottrell	Northern Distric
4	332 Sienna Vassella	Ku-Ring-Gai
5	8057 Lexi Hartigan	Mosman
6	17226 Naduli Kariyawasam	Parramatta
7	17019 Olivia Loring	Parramatta
8		

Heat 3 of 3 Heats

1		
2	2405 Lucia Schnell	Northern Suburbs
3	19001 Ava Beattie	Hornsby
4	19387 Sarah Mehta	Manly Warringah
5	19241 Pilard Shephard	Manly Warringah
6	17740 Madison Dellas	Nth Rocks Carlin
7	17679 Ella Hazon	Nth Rocks Carlin
8		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 54 Boys U 13 - 100 Metre Sprint (16)

Region: 11.70 17/02/2007 Nicholas Hough
State: 11.72 22/03/2014 James Roach

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	11601 Andrew Kim		Cherrybrook	
2	2568 James Mikan		Northern Suburbs	
3	19101 Taten Rogers		Manly Warringah	
4	19212 Jake Wood		Manly Warringah	
5	707 Kourosh Rad		Ku-Ring-Gai	
6	8120 Jake Osullivan		Mosman	
7	17456 Alexander Song		Nth Rocks Carlin	
8	17302 Malachi Mataele		Parramatta	

Heat 2 of 2 Heats

1	14669 Kingsley Yip		Ryde	
2	853 Maximillian Kyle		Ku-Ring-Gai	
3	19609 Parker Ball		Manly Warringah	
4	14937 Jun min Yap		Ryde	
5	17290 Ji Yong Kim		Parramatta	
6	19544 Kornchawal Benoliel		Manly Warringah	
7	11486 Callum Gilchrist		Cherrybrook	
8	541 Rhys Duncan		Ku-Ring-Gai	

Event 55 Girls U 14 - 100 Metre Sprint (12)

Region: 12.10 2005 Sarah Thompson
State: 12.14 23/03/1991 Shelley Peattie

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1				
2	14084 Annalise Cottrell		Northern Distric	
3	14547 Ivy Vella		Ryde	
4	19504 Avie Russell		Manly Warringah	
5	17199 Clara Fetrie		Parramatta	
6	2794 Tanya Graham		Northern Suburbs	
7	17051 Alanah O'Donovan		Parramatta	
8				

Heat 2 of 2 Heats

1				
2	19359 Isla Scoular		Manly Warringah	
3	39109 Lily Hughes		Ku-Ring-Gai	
4	19339 Naomi Krajanic		Manly Warringah	
5	159 Amalia Bond		Ku-Ring-Gai	
6	14133 Alannah Pryor		Northern Distric	
7	11478 Nisini Rajapaksha Mud		Cherrybrook	
8				

Event 56 Boys U 14 - 100 Metre Sprint (16)

Region: 11.20 1995 Scott Fraser
State: 11.34 17/03/1996 Matthew Manns
State: 11.34 15/03/2008 Nicholas Hough

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	17532 Nicholas Smart		Nth Rocks Carlin	
2	14622 Thomas Cheung		Ryde	
3	14812 Cameron Leung		Ryde	
4	17065 Manuel Lacson		Parramatta	
5	19731 Harvey Glanville		Manly Warringah	
6	11578 Harry Wigham		Cherrybrook	
7	19760 Ed Hammond		Manly Warringah	
8	19758 Andrew Guerin		Manly Warringah	

Heat 2 of 2 Heats

1	747 Kase Willis-Jansen		Ku-Ring-Gai	
2	39101 Kye Kearney		Ku-Ring-Gai	
3	19390 Lucas Nuttall		Manly Warringah	
4	14796 Owen Trinh		Ryde	
5	7824 Sam Hewit		Mosman	
6	17301 Jacob Semaan		Parramatta	
7	17406 Jamie Kastelan		Nth Rocks Carlin	
8	19133 Ethan Jauncey		Manly Warringah	

Event 57 Girls U 15 - 100 Metre Sprint (12)

Region: 12.10 1991 R Massey
State: 12.04 21/03/1992 Sonia Willis
State: 12.04 20/03/1999 Preya Carey

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1				
2	2646 Tanna Kotulic		Northern Suburbs	
3	14101 Kyras McMahon		Northern Distric	
4	731 Olivia Achike		Ku-Ring-Gai	
5	19436 Kaitlenn Dunne		Manly Warringah	
6	17769 Princess Obi		Nth Rocks Carlin	
7	17062 Chiara Ewing		Parramatta	
8				

Heat 2 of 2 Heats

1				
2	14425 Emilia Webb		Ryde	
3	11564 Sophie Durheim		Cherrybrook	
4	659 Arabella Lewis		Ku-Ring-Gai	
5	19334 Tayah Rubes		Manly Warringah	
6	19506 Sofia Ehnbon		Manly Warringah	
7	17678 Kara Hazon		Nth Rocks Carlin	
8				

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 58 Boys U 15 - 100 Metre Sprint (16)

Region: 10.70 21/02/2009 Nicholas Hough
 State: 10.84 21/03/2009 Nicholas Hough

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	2552 Oliver Pereira de Jesus		Northern Suburbs	
2	10753 Ratu Viliame Lewanav		Nth Rocks Carlin	
3	19476 Harry Nixon		Manly Warringah	
4	17060 Kyros Ghadiali		Parramatta	
5	140 Jake Fourie		Ku-Ring-Gai	
6	19313 Jack Mcmillan		Manly Warringah	
7	2711 Jesse Fieramosca		Northern Suburbs	
8	19424 Reese Francis		Manly Warringah	
Heat 2 of 2 Heats				
1	2520 Alexander Fijan		Northern Suburbs	
2	8078 Daniel Benoliel		Mosman	
3	18741 Shiva Rajesh		Hornsby	
4	17208 Thomas Aroyan		Parramatta	
5	2394 Zak Evans		Northern Suburbs	
6	18831 Aiden McDaid		Hornsby	
7	17838 Benjamin Perry		Nth Rocks Carlin	
8	19475 Jack Nixon		Manly Warringah	

Event 59 Girls U 17 - 100 Metre Sprint (13)

Region: 12.08 9/02/2019 Greta Andrews
 State: 11.89 28/01/2017 Maisie Stevens

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	14263 Charlotte Nagle		Ryde	
2	330 Gemma McIntosh		Ku-Ring-Gai	
3	17256 Amelia Steventon		Parramatta	
4	19631 Tara Hollyoak		Manly Warringah	
5	158 Samara Bond		Ku-Ring-Gai	
6	14442 Amelie Gomez-Niewol		Ryde	
7	11492 Caitlin Russell		Cherrybrook	
8				
Heat 2 of 2 Heats				
1				
2	2543 Sacha Jones		Northern Suburbs	
3	11627 Sarah-anne Koot		Cherrybrook	
4	39119 Maia MaddenKhan		Ku-Ring-Gai	
5	19396 sienna kupceric		Manly Warringah	
6	2569 Catherine Mikan		Northern Suburbs	
7	18974 Leila Broadley		Hornsby	
8				

Event 60 Boys U 17 - 100 Metre Sprint (16)

Region: 11.06 9/02/2019 Connor Bond
 State: 10.80 17/02/2018 Godfrey Okerenyang

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	14374 Aiden Wright		Ryde	
2	19354 Jannik McErlane		Manly Warringah	
3	2551 Andres Hampel		Northern Suburbs	
4	518 Lars Ackland		Ku-Ring-Gai	
5	8028 Xavier Frost		Mosman	
6	2876 Llewyn Morrison		Northern Suburbs	
7	14521 Owen Chandler		Ryde	
8	17046 Oliver Corne		Parramatta	
Heat 2 of 2 Heats				
1	17521 Lewis Wong		Nth Rocks Carlin	
2	13944 Kalan Harding		Northern Distric	
3	19574 Liam Downs		Manly Warringah	
4	18872 Wol Albino		Hornsby	
5	19880 Joshua Bowry		Manly Warringah	
6	14640 James Woods		Ryde	
7	19169 Michael Godden		Manly Warringah	
8	11552 Xavier Hennessey		Cherrybrook	

Event 61 Girls U 9 - 400 Metre Sprint (16)

Region: 1:09.29 4/02/2023 Josephine Han
 State: 1:06.64 24/03/1990 Rosemary Hayward

Lane	Name	Age	Centre	Seed Time
Section 1 of 2 Final				
1	2535 Philippa Stewart		Northern Suburbs	
2	2557 Tabitha Williams		Northern Suburbs	
3	19120 Brooke Debney		Manly Warringah	
4	14544 Yichen Wu		Ryde	
5	17394 Isabella Dobe		Nth Rocks Carlin	
6	7975 Millar Hicks		Mosman	
7	11579 Emily Wigham		Cherrybrook	
8	14373 Isla Gudmunson		Ryde	
Section 2 of 2 Final				
1	198 Kinsley Harvey		Ku-Ring-Gai	
2	19160 Amelia Esser		Manly Warringah	
3	19263 Abigail Maher		Manly Warringah	
4	19134 Ella Harding		Manly Warringah	
5	19282 Ruby Losurdo		Manly Warringah	
6	128 Scarlett Docherty		Ku-Ring-Gai	
7	167 Harlow Campbell		Ku-Ring-Gai	
8	540 Morgan Duncan		Ku-Ring-Gai	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 62 Boys U 9 - 400 Metre Sprint (16)

Region: 1:05.30 2002 Alexander Pettigrew
 State: 1:04.40 23/03/1975 Glen Murgatroyd

Lane Name Age Centre Seed Time

Section 1 of 2 Final

1	2350 Edward Longley	Northern Suburbs
2	17813 Ethan Mikhael	Nth Rocks Carlin
3	280 Michael Omar	Ku-Ring-Gai
4	17522 Flynn Wirianata	Nth Rocks Carlin
5	7966 Frederick Bangs	Mosman
6	207 Ian Liang	Ku-Ring-Gai
7	17139 Elliott McQuillan	Parramatta
8	14832 Elliott Alexander	Ryde

Section 2 of 2 Final

1	19181 Liam Tysoe	Manly Warringah
2	19285 Zachary Cooke	Manly Warringah
3	14650 Thoma Bolla-Nozawa	Ryde
4	19210 Jack Miller	Manly Warringah
5	578 Edmund Chen	Ku-Ring-Gai
6	19268 Max Miller	Manly Warringah
7	19665 Archie Cole	Manly Warringah
8	13998 Lachlan Ross	Northern Distric

Event 63 Girls U 10 - 400 Metre Sprint (16)

Region: 1:05.60 1991 Rosemary Hayward
 State: 1:03.84 15/03/2003 Paige Fenech

Lane Name Age Centre Seed Time

Section 1 of 2 Final

1	14349 Natalie Young	Ryde
2	2873 Emmanuelle Julliard	Northern Suburbs
3	374 Ellie Boers	Ku-Ring-Gai
4	19828 Amelia Berry	Manly Warringah
5	864 Evelyn Finley	Ku-Ring-Gai
6	8027 Sabella Sewell	Mosman
7	17022 Casey Fowler	Parramatta
8	17207 Savannah Aroyan	Parramatta

Section 2 of 2 Final

1	19779 Lexie Beesley	Manly Warringah
2	8060 Aurelia Stewart	Mosman
3	2319 Stella Wade	Northern Suburbs
4	19425 Josephine Han	Manly Warringah
5	19702 evelyn vale	Manly Warringah
6	19633 Grace Coleman	Manly Warringah
7	13997 Stephanie Ross	Northern Distric
8	11469 Leona Huang	Cherrybrook

Event 64 Boys U 10 - 400 Metre Sprint (16)

Region: 1:02.50 27/02/2010 Tyler Gunn
 State: 1:01.34 16/03/2003 Alex Pettigrew

Lane Name Age Centre Seed Time

Section 1 of 2 Final

1	17452 Ryan Song	Nth Rocks Carlin
2	8065 Kingston Davis	Mosman
3	11495 Archie Gulczynski	Cherrybrook
4	19304 Samson Cech	Manly Warringah
5	8033 Max Madar	Mosman
6	19492 Hugo Gledhill	Manly Warringah
7	14946 Harrison Bennett	Ryde
8	11536 Alastair Brill	Cherrybrook

Section 2 of 2 Final

1	7982 angus Morrison	Mosman
2	19308 Caden Symons	Manly Warringah
3	234 Nicolas James-Taylor	Ku-Ring-Gai
4	19103 Ryder Lane-Brown	Manly Warringah
5	2530 Matthew Balcombe	Northern Suburbs
6	2516 Henry Wilkin-Smith	Northern Suburbs
7	14128 Riley Daley	Northern Distric
8	615 Tommy Kay	Ku-Ring-Gai

Event 65 Girls U 11 - 400 Metre Sprint (17)

Region: 1:01.90 17/02/2008 Sara Marshall
 State: 1:01.34 12/03/1978 Michelle Moroney
 State: 1:01.34 17/03/2001 Jacinta Doyle

Lane Name Age Centre Seed Time

Section 1 of 3 Final

1		
2		
3	349 Matilda Corbett	Ku-Ring-Gai
4	11686 Tara North	Cherrybrook
5	813 Kara McEwan	Ku-Ring-Gai
6		
7		
8		

Section 2 of 3 Final

1		
2	14449 Kira Ekers	Ryde
3	14944 Katherine Bennett	Ryde
4	16965 Jessie Yong	Parramatta
5	19323 Hayley Marshall	Manly Warringah
6	2408 Alexandra Frielingsdorf	Northern Suburbs
7	11514 Zoe Jordan	Cherrybrook
8		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Section 3 of 3 Final...(Event 65 Girls U 11 - 400 Metre Sprint (17))

1	586 Camilla Roderick	Ku-Ring-Gai
2	19753 Evelyn Lulli	Manly Warringah
3	19238 Amity Batchler	Manly Warringah
4	13971 Evie MooreMulcahy	Northern Distric
5	19530 Feriel BesodiBoujemac	Manly Warringah
6	8115 Mia Rich	Mosman
7	19207 Chloe Peaper	Manly Warringah
8	270 Katelyn ThorinDembo	Ku-Ring-Gai

Event 66 Boys U 11 - 400 Metre Sprint (16)

Region: 1:00.50 22/02/2004 Alexander Pettigrew
State: 57.64 23/03/1979 Chris Newman

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 2 Final

1	11554 Lachlan Vercoe	Cherrybrook
2	17129 Ethan Ryan	Parramatta
3	116 Matthew McCullough	Ku-Ring-Gai
4	18923 James Bissaker	Hornsby
5	8010 Peter Phillipou	Mosman
6	19597 Thomas Wilson	Manly Warringah
7	2317 Michael Williams	Northern Suburbs
8	2349 Oliver Fratini	Northern Suburbs

Section 2 of 2 Final

1	17572 Riley Johnson	Nth Rocks Carlin
2	19922 Lewis McNaughtan	Manly Warringah
3	7940 Harrison Vakili	Mosman
4	155 Brody Johnson	Ku-Ring-Gai
5	19717 Zane Romyn	Manly Warringah
6	19730 Austin Grennan	Manly Warringah
7	2384 Sam Moody	Northern Suburbs
8	507 Oska Koch	Ku-Ring-Gai

Event 67 Girls U 12 - 400 Metre Sprint (15)

Region: 59.87 17/02/2018 Lara Williams
State: 57.74 21/02/1979 Nicole Leistenschneider

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 2 Final

1	14318 Zara Cox	Ryde
2	2850 Madison Gatfield-Davis	Northern Suburbs
3	19254 Kenzie Wark	Manly Warringah
4	17416 Emily Ng	Nth Rocks Carlin
5	11480 Madison Tabrett	Cherrybrook
6	334 Zara Denney	Ku-Ring-Gai
7	11481 Ashleigh Mansell	Cherrybrook
8		

Section 2 of 2 Final

1	18803 Juliet Erickson	Hornsby
2	8086 Emily PereiradeJesus	Mosman
3	2490 Meredith Lee	Northern Suburbs
4	19744 Valerie Pickup	Manly Warringah
5	19607 Claudia Patfield	Manly Warringah
6	19171 Kyah Ryals	Manly Warringah
7	19716 Isabella Ross	Manly Warringah
8	19710 Lotte Roessler	Manly Warringah

Event 68 Boys U 12 - 400 Metre Sprint (16)

Region: 58.60 18/02/2006 Adam Harding
State: 56.88 18/03/2016 Donovan Bradshaw

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 2 Final

1	2894 Henry Grieve	Northern Suburbs
2	8081 Charlie Baird-Petroni	Mosman
3	401 Alexander Nosek	Ku-Ring-Gai
4	19347 Freddie Atkinson	Manly Warringah
5	11697 Oliver Halfhide	Cherrybrook
6	19616 Connor Matthews	Manly Warringah
7	111 William Saputra	Ku-Ring-Gai
8	17053 Vinay Menon	Parramatta

Section 2 of 2 Final

1	14311 Jack Le Fevre	Ryde
2	19703 Tasman Vale	Manly Warringah
3	19482 Alex Kinner	Manly Warringah
4	19293 Isaac Robinson	Manly Warringah
5	11694 Lachlan Kidd	Cherrybrook
6	2762 John Brivulis	Northern Suburbs
7	19426 Isaac Han	Manly Warringah
8	19471 Luca Escribano	Manly Warringah

Event 69 Girls U 13 - 400 Metre Sprint (16)

Region: 58.60 1994 Rosemary Hayward
State: 57.24 16/03/1986 Jo-anne Swan

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 3 Final

1		
2		
3	170 Isla Smith	Ku-Ring-Gai
4	17019 Olivia Loring	Parramatta
5		
6		
7		
8		

Section 2 of 3 Final

1		
2	17740 Madison Dellas	Nth Rocks Carlin
3	19904 Eden McNaughtan	Manly Warringah
4	7902 Billie Fallows	Mosman
5	11551 Ridhi Jasrotia	Cherrybrook
6	7967 Sayah Weeding	Mosman
7	14044 Lucy Edgar	Northern Distric
8		

Section 3 of 3 Final

1	19270 Alexis Tague	Manly Warringah
2	8076 Alessandra McWilliam	Mosman
3	19756 Anais Biasi	Manly Warringah
4	8075 Alexandra Bova	Mosman
5	2320 Sienna Wade	Northern Suburbs
6	19241 Pilard Shephard	Manly Warringah
7	17226 Naduli Kariyawasam	Parramatta
8	19180 Josie Perkins	Manly Warringah

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 70 Boys U 13 - 400 Metre Sprint (17)

Region: 55.67 11/02/2017 Donovan Bradshaw
 State: 53.33 17/03/2017 Donovan Bradshaw

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 3 Final

1				
2				
3	17292 Christopher Wilson		Parramatta	
4	14254 Xavier Mitchell		Ryde	
5	614 Archie Kay		Ku-Ring-Gai	
6				
7				
8				

Section 2 of 3 Final

1				
2	11573 Rohan Sharma		Cherrybrook	
3	17313 Benjamin Bowrey		Parramatta	
4	19286 Deacon Pallpratt		Manly Warringah	
5	8120 Jake Osullivan		Mosman	
6	407 James Ghali		Ku-Ring-Gai	
7	18786 Joel Ramsay		Hornsby	
8				

Section 3 of 3 Final

1	11601 Andrew Kim		Cherrybrook	
2	541 Rhys Duncan		Ku-Ring-Gai	
3	19445 Oliver Trowell		Manly Warringah	
4	19212 Jake Wood		Manly Warringah	
5	253 Thomas Vedris		Ku-Ring-Gai	
6	2507 Thomas Eaton		Northern Suburbs	
7	19609 Parker Ball		Manly Warringah	
8	11500 Charithu De mel		Cherrybrook	

Event 71 Girls U 14 - 400 Metre Sprint (14)

Region: 56.20 1995 Rosemary Hayward
 State: 56.02 23/03/2012 Molly Blakey

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 2 Final

1				
2	2675 Eva Pavlovic		Northern Suburbs	
3	134 Charlotte Palmer		Ku-Ring-Gai	
4	18895 Camila Iorio		Hornsby	
5	2421 Erin Campbell		Northern Suburbs	
6	17467 Scarlett Richards		Nth Rocks Carlin	
7	2473 Alicia Connell		Northern Suburbs	
8				

Section 2 of 2 Final

1	19450 Sophie Irvine		Manly Warringah	
2	18850 Tara Gilkeson		Hornsby	
3	19291 Eliza Williams		Manly Warringah	
4	19339 Naomi Krajancic		Manly Warringah	
5	316 Mia Hooton		Ku-Ring-Gai	
6	19615 Belinda Matthews		Manly Warringah	
7	19395 emily kupceric		Manly Warringah	
8	8025 Millie Morrison		Mosman	

Event 72 Boys U 14 - 400 Metre Sprint (13)

Region: 52.37 11/02/2017 Ewan Burns
 State: 50.97 23/03/2012 Jarrod Cullen

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 2 Final

1				
2	377 Alessandro Rossi		Ku-Ring-Gai	
3	19758 Andrew Guerin		Manly Warringah	
4	14945 Jonathon Bennett		Ryde	
5	14195 Jake Sefton		Northern Distric	
6	17240 Phoenix Deng		Parramatta	
7				
8				

Section 2 of 2 Final

1	11548 Christopher Whiteley		Cherrybrook	
2	14059 Alexander Braendle		Northern Distric	
3	17406 Jamie Kastelan		Nth Rocks Carlin	
4	19731 Harvey Glanville		Manly Warringah	
5	19390 Lucas Nuttall		Manly Warringah	
6	14520 Rhys Chandler		Ryde	
7	14756 Harry Beer		Ryde	
8	19326 Oscar Needham		Manly Warringah	

Event 73 Girls U 15 - 400 Metre Sprint (12)

Region: 55.60 1996 Rosemary Hayward
 State: 55.74 18/02/1996 Rosemary Hayward

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 2 Final

1				
2				
3	14380 Mia Million		Ryde	
4	2481 Reena Son		Northern Suburbs	
5	19701 Indianna Vale		Manly Warringah	
6	17806 Evelyn Cheung		Nth Rocks Carlin	
7				
8				

Section 2 of 2 Final

1	17062 Chiara Ewing		Parramatta	
2	19508 Emma Garden		Manly Warringah	
3	11560 Hannah Storey		Cherrybrook	
4	18913 Eden Herring		Hornsby	
5	13967 Aniela Knight		Northern Distric	
6	8230 Annabelle Cigna		Mosman	
7	17018 Jessica Loring		Parramatta	
8	17212 Stella Stirling		Parramatta	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 74 Boys U 15 - 400 Metre Sprint (15)

Region: 50.73 4/02/2023 Aiden Wright
State: 49.64 15/03/1997 David Geddes

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 2 Final

1	17751 Tomasi Waqabaca		Nth Rocks Carlin	
2	2520 Alexander Fijan		Northern Suburbs	
3	19475 Jack Nixon		Manly Warringah	
4	2552 Oliver Pereira de Jesus		Northern Suburbs	
5	19277 Benjamin Frantz		Manly Warringah	
6	388 Hugo Reynolds		Ku-Ring-Gai	
7	17753 Aiden La Vinh		Nth Rocks Carlin	
8				

Section 2 of 2 Final

1	322 Rian Conners		Ku-Ring-Gai	
2	18741 Shiva Rajesh		Hornsby	
3	14488 Calan Hahlos		Ryde	
4	17208 Thomas Aroyan		Parramatta	
5	18831 Aiden McDaid		Hornsby	
6	2799 Matteo Shipman		Northern Suburbs	
7	19476 Harry Nixon		Manly Warringah	
8	8052 Hugo Stewart		Mosman	

Event 75 Girls U 17 - 400 Metre Sprint (14)

Region: 57.54 13/02/2016 Rowena Craker
State: 55.25 24/03/2018 Caitlin Ferrier

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 2 Final

1				
2	13934 Elizabeth Toynbee		Northern Distric	
3	14263 Charlotte Nagle		Ryde	
4	820 Eliza Heys		Ku-Ring-Gai	
5	14392 Ellie van der Poorten		Ryde	
6	2543 Sacha Jones		Northern Suburbs	
7	17068 Amia Tan		Parramatta	
8				

Section 2 of 2 Final

1	19460 Kristina Prizmic		Manly Warringah	
2	19384 Annika Boys		Manly Warringah	
3	19836 Estelle Walsh		Manly Warringah	
4	158 Samara Bond		Ku-Ring-Gai	
5	19533 Jasmine Rintel		Manly Warringah	
6	19689 Eve Simpson		Manly Warringah	
7	13982 Freya Tonkin		Northern Distric	
8	14240 Zara Pawsey		Ryde	

Event 76 Boys U 17 - 400 Metre Sprint (12)

Region: 49.45 4/02/2023 Lachlan Herbert
State: 48.09 17/03/2017 Tyler Gunn

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 2 Final

1				
2				
3	17236 Declan Bragg		Parramatta	
4	19169 Michael Godden		Manly Warringah	
5	39123 Bede Hogard		Ku-Ring-Gai	
6	11619 Shaurya Chopra		Cherrybrook	
7				
8				

Section 2 of 2 Final

1	17017 Zachariah Abood		Parramatta	
2	14315 Lucas Low		Ryde	
3	14640 James Woods		Ryde	
4	18776 Nathanael Ramsay		Hornsby	
5	18872 Wol Albino		Hornsby	
6	19214 Leo Brown		Manly Warringah	
7	17046 Oliver Corne		Parramatta	
8	18759 Ashton Sawtell		Hornsby	

Event 84 Boys U 15-17 400 Metre Multi Class Run (1)

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 1 Final

1				
2				
3	17194 Cooper Robb-Jackson (Parramatta	
4				
5				
6				
7				
8				

Event 103 Girls U 9-10 100 Metre Multi Class Run (1)

Region: 17.81 15/02/2020 Gemma Sellick TF 46

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 1 Final

1	17759 Alia Metani (Rr1/F35)		Nth Rocks Carlin	
2				
3				
4				
5				
6				
7				
8				

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 106 Boys U 11-12 100 Metre Multi Class Run (1)

Region: 20.09 15/02/2020 Alexander Evans TF 13			
Lane	Name	Age	Centre
Section 1 of 1 Final			
1			
2	17654 Hugo Kasprzak (T/F37)		Nth Rocks Carlin
3			
4			
5			
6			
7			
8			

Event 107 Girls U 13-14 100 Metre Multi Class Run (1)

Region: 14.62 5/02/2023 Gemma Sellick T46			
Lane	Name	Age	Centre
Section 1 of 1 Final			
1			
2			
3	19483 Gemma Sellick (T/F46)		Manly Warringah
4			
5			
6			
7			
8			

Event 108 Boys U 13-14 100 Metre Multi Class Run (1)

Region: 14.75 12/02/2022 Cooper Robb-Jackson T/F38			
Lane	Name	Age	Centre
Section 1 of 1 Final			
1			
2			
3			
4	17803 Michael Sitaramayya (Nth Rocks Carlin
5			
6			
7			
8			

Event 110 Boys U 15-17 100 Metre Multi Class Run (3)

Region: 13.55 5/02/2023 Cooper Robb-Jackson T38			
Lane	Name	Age	Centre
Section 1 of 1 Final			
1			
2			
3			
4			
5			
6	17194 Cooper Robb-Jackson (Parramatta
7	17507 Jacob Thurston (T/F37)		Nth Rocks Carlin
8	17709 Alexander Evans (T/F1		Nth Rocks Carlin

Event 111 Girls U 13 - 3000 Metre Run (12)

Region: 9:58.99 14/02/2015 Abbey Rockliff			
State: 9:53.44 4/02/2018 Imogen Stewart			
Lane	Name	Age	Centre
Section 1 of 1 Final			
1	16925 Ella-Rae Mcgregor		Parramatta
2	19158 Amelia Mandalinic		Manly Warringah
3	2433 Isla Bealby		Northern Suburbs
4	19755 Alana Lulli		Manly Warringah
5	11584 Makenzi Gartner		Cherrybrook
6	19157 Gemma Dixon		Manly Warringah
7	7762 Annabelle Cahill		Mosman
8	2320 Sienna Wade		Northern Suburbs
9	11639 Ella Shannon		Cherrybrook
10	17752 Alicia La Vinh		Nth Rocks Carlin
11	19135 Aanya Findlay		Manly Warringah
12	14250 Miarose Everson		Ryde

Event 112 Boys U 13 - 3000 Metre Run (14)

Region: 9:47.60 21/02/2004 Cameron Page			
State: 9:39.60 20/03/2004 Cameron Page			
Lane	Name	Age	Centre
Section 1 of 1 Final			
1	2430 Max Bealby		Northern Suburbs
2	11476 Isaac Wegener		Cherrybrook
3	14301 Dominic Trigwell		Ryde
4	17128 James Ryan		Parramatta
5	440 Liam Barnes		Ku-Ring-Gai
6	19173 Max Donald		Manly Warringah
7	2387 John Reville		Northern Suburbs
8	17478 Nathan Sarah		Nth Rocks Carlin
9	2822 Beau Snashall		Northern Suburbs
10	14239 Mitchell McCarthy		Ryde
11	331 Max McIntosh		Ku-Ring-Gai
12	19445 Oliver Trowell		Manly Warringah
13	19155 Charlie Whelan		Manly Warringah
14	16945 Zane El Sayed Ahmad		Parramatta

Event 113 Girls U 14 - 3000 Metre Run (6)

Region: 10:35.60 2001 Bree Crawford			
State: 9:59.16 20/03/2015 Emily Schneider			
Lane	Name	Age	Centre
Section 1 of 1 Final			
1	19661 Maddison Ross		Manly Warringah
2	19991 Eliza Lawton		Manly Warringah
3	2675 Eva Pavlovic		Northern Suburbs
4	11556 Aliyah Bennett		Cherrybrook
5	17494 Sophie Polkinghorne		Nth Rocks Carlin
6	11592 Claudia Wyatt		Cherrybrook

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 114 Boys U 14 - 3000 Metre Run (8)

Region: 9:19.00 2005 Cameron Page
 State: 9:13.83 21/03/2014 Harrison Wade

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	129 William Durer		Ku-Ring-Gai	
2	17002 Ryan Koshy		Parramatta	
3	19638 Max McDermott		Manly Warringah	
4	457 Sebastian Linton		Ku-Ring-Gai	
5	11548 Christopher Whiteley		Cherrybrook	
6	14059 Alexander Braendle		Northern Distric	
7	8034 Toby Ward		Mosman	
8	14179 Riley Waddingham		Northern Distric	

Event 115 Girls U 15 - 3000 Metre Run (3)

Region: 10:26.94 12/02/2022 Rebecca Solomon
 State: 9:43.02 18/03/2016 Emily Schneider

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	19543 Skye Blair		Manly Warringah	
2	17018 Jessica Loring		Parramatta	
3	18789 Alice Lyng		Hornsby	

Event 116 Boys U 15 - 3000 Metre Run (6)

Region: 9:12.70 18/02/2006 Cameron Page
 State: 8:50.60 18/03/2006 Cameron Page

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	17753 Aiden La Vinh		Nth Rocks Carlin	
2	39105 Henry Stuart		Ku-Ring-Gai	
3	8052 Hugo Stewart		Mosman	
4	14297 Benjamin Proszenko		Ryde	
5	14435 Luke Moscos		Ryde	
6	11572 Brendan Armstrong		Cherrybrook	

Event 117 Girls U 17 - 3000 Metre Run (9)

Region: 10:19.10 18/02/2012 Kate Spencer
 State: 9:45.64 2/02/2019 Lauren Carey

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	11608 Amy Timms		Cherrybrook	
2	39132 Ava Garnys		Ku-Ring-Gai	
3	14290 Ella McGregor		Ryde	
4	17431 Isabella Primrose		Nth Rocks Carlin	
5	8183 Grace Fisher		Mosman	
6	17023 Kaley Roach		Parramatta	
7	11640 Caitlin Shannon		Cherrybrook	
8	8074 Alexandra Pearson		Mosman	
9	14638 Alicia Leggatt		Ryde	

Event 118 Boys U 17 - 3000 Metre Run (8)

Region: 9:12.75 4/02/2023 Idris Burkhardt
 State: 8:55.17 16/03/2019 Kai Hammond

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	11613 Idris Burkhardt		Cherrybrook	
2	558 Dylan Allabush		Ku-Ring-Gai	
3	18785 Lochlann Neilan		Hornsby	
4	14644 Julian Smith		Ryde	
5	17050 Evan Holman		Parramatta	
6	14097 Conor Collins		Northern Distric	
7	17379 Benjamin Woodhouse		Nth Rocks Carlin	
8	18782 Luke Woods		Hornsby	

Event 119 Girls U 9 - 700 Metre Walk (14)

Region: 3:16.68 5/02/2023 Stella Wade
 State: 3:21.70 21/03/1999 Natasha Agius

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	198 Kinsley Harvey		Ku-Ring-Gai	
2	19596 Jade Wilson		Manly Warringah	
3	736 Georgia Rouse		Ku-Ring-Gai	
4	354 Jade Lynas		Ku-Ring-Gai	
5	17413 Annabel Dickson		Nth Rocks Carlin	
6	19190 Indiana AllanCrocker		Manly Warringah	
7				
8	16974 Victoria Hanington		Parramatta	
9	17631 Sofia Lam		Nth Rocks Carlin	
10	2656 Sara Hudson		Northern Suburbs	
11	19464 Ava Trapps		Manly Warringah	
12	342 Xanthe Sarkodee		Ku-Ring-Gai	
13	7975 Millar Hicks		Mosman	
14	19121 Arelie Doria		Manly Warringah	
15	17601 Sarah Anwar		Nth Rocks Carlin	

Event 120 Boys U 9 - 700 Metre Walk (13)

Region: 3:34.60 1998 Christopher Bassett
 State: 3:15.36 20/03/2016 Peter Elliott

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	11471 Ryan Tian		Cherrybrook	
2	19222 Lachlan deBree		Manly Warringah	
3	393 James McLean		Ku-Ring-Gai	
4	19393 Archer Lane		Manly Warringah	
5	17533 Daniel Smart		Nth Rocks Carlin	
6	11475 Tyler Tabrett		Cherrybrook	
7	2376 Martin Zipaquira Romer		Northern Suburbs	
8	19175 Harley Donald		Manly Warringah	
9	19268 Max Miller		Manly Warringah	
10	19285 Zachary Cooke		Manly Warringah	
11	18801 Eric Colgan		Hornsby	
12	319 Ryan Rudolph		Ku-Ring-Gai	
13	17039 Ben Fisk-Batho		Parramatta	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 121 Girls U 10 - 1100 Metre Walk (15)

Region: 5:42.80 18/02/2007 Tayla-Paige Billington
 State: 5:21.20 21/03/2004 Kini Chapple

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1				
2	19269 Grace Tague		Manly Warringah	
3	11636 Francesca Perkins		Cherrybrook	
4	19525 Sadie Tyler		Manly Warringah	
5	317 Maxwell Verney		Ku-Ring-Gai	
6	14596 Eloise Moran		Ryde	
7	297 Amelie Ogden		Ku-Ring-Gai	
8	17022 Casey Fowler		Parramatta	
9	776 Anabelle Bocska		Ku-Ring-Gai	
10	13978 Beth Cochrane		Northern Distric	
11	14249 LilyEve Everson		Ryde	
12	11553 Milena Mok		Cherrybrook	
13	2319 Stella Wade		Northern Suburbs	
14	374 Ellie Boers		Ku-Ring-Gai	
15	19754 Annaliese Lulli		Manly Warringah	
16	506 Carly Veasey		Ku-Ring-Gai	

Event 122 Boys U 10 - 1100 Metre Walk (9)

Region: 5:45.20 1998 K Tansley
 State: 5:01.70 22/03/1998 Luke Fitzgerald

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	14356 William Qu		Ryde	
2	18800 Ethan Carlton		Hornsby	
3	19492 Hugo Gledhill		Manly Warringah	
4	14481 Enoch Wolfson		Ryde	
5	17434 Kaixin Xia		Nth Rocks Carlin	
6	19112 Mitchell Cohen		Manly Warringah	
7	641 Dylan Zhou		Ku-Ring-Gai	
8	19874 Asher Stevens		Manly Warringah	
9	14789 Lewis Megarrity		Ryde	

Event 123 Girls U 11 - 1100 Metre Walk (14)

Region: 5:23.40 28/02/2010 Jasmyn McDonald
 State: 5:01.30 20/03/2005 Kini Chapple

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	19105 Emma Olofinsky		Manly Warringah	
2	14518 Melina Michaels		Ryde	
3	14013 Annika Owers		Northern Distric	
4	19257 Amy Bright		Manly Warringah	
5	14675 Skye Spiden		Ryde	
6	17215 Sophia Davis		Parramatta	
7	17422 Ivy Allen		Nth Rocks Carlin	
8	14449 Kira Ekers		Ryde	
9	394 Kate McLean		Ku-Ring-Gai	
10	19176 Madeleine Louis		Manly Warringah	
11	11582 Olivia Lalor		Cherrybrook	
12	623 Madeline Ivey		Ku-Ring-Gai	
13	380 Eloise Bradfield		Ku-Ring-Gai	
14				
15	19333 Caitlin Allum		Manly Warringah	

Event 124 Boys U 11 - 1100 Metre Walk (14)

Region: 5:19.18 19/02/2012 Dylan Richardson
 State: 5:05.80 21/03/1999 Luke Fitzgerald

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	284 Sachin Agnew		Ku-Ring-Gai	
2	17850 Ayden Hewitt		Nth Rocks Carlin	
3	14733 John Stewart		Ryde	
4	17630 Sebastian Lam		Nth Rocks Carlin	
5	11576 Jack Hilgendorf		Cherrybrook	
6	870 Jack Kirby		Ku-Ring-Gai	
7	429 Ethan Lally		Ku-Ring-Gai	
8	2388 Liam Reville		Northern Suburbs	
9	17020 Jaxen Moloney		Parramatta	
10				
11	11628 Hugh Giffin		Cherrybrook	
12	19759 Cian Guerin		Manly Warringah	
13	19179 Kyahn Hyde		Manly Warringah	
14	19477 Archer Hailstone		Manly Warringah	
15	19174 Lachlan Donald		Manly Warringah	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 125 Girls U 12 - 1500 Metre Walk (11)

Region: 7:19.05 17/02/2013 Eliza De Laine
 State: 6:38.70 20/03/1994 Renee McAskill

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	17529 Aria Bibring		Nth Rocks Carlin	
2	17404 Hayley Carroll		Nth Rocks Carlin	
3	17598 Jasmin Collier		Nth Rocks Carlin	
4	19733 Gemma Hunt		Manly Warringah	
5	17539 Ronika Mirzaei		Nth Rocks Carlin	
6	17523 Jolin Wirianata		Nth Rocks Carlin	
7	406 Scout Linton		Ku-Ring-Gai	
8	19640 Maja Benedick		Manly Warringah	
9	19371 Grace Mercer		Manly Warringah	
10	11481 Ashleigh Mansell		Cherrybrook	
11	19267 Molly Miller		Manly Warringah	

Event 126 Boys U 12 - 1500 Metre Walk (10)

Region: 7:06.59 17/02/2013 Harrison Mavin
 State: 6:45.20 19/03/2000 Luke Fitzgerald

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	14319 Charlie Shiel		Ryde	
2	19426 Isaac Han		Manly Warringah	
3	11591 Maxwell Penn		Cherrybrook	
4	17155 Liam Forsyth		Parramatta	
5	19347 Freddie Atkinson		Manly Warringah	
6	14038 Samuel Hart		Northern Distric	
7	18819 Sebastian Hutchens		Hornsby	
8	11590 Oliver Penn		Cherrybrook	
9	18818 Mathias Hutchens		Hornsby	
10	658 Caelan Drysdale		Ku-Ring-Gai	

Event 127 Girls U 13 - 1500 Metre Walk (5)

Region: 6:47.52 5/02/2023 Sophie Polkinghorne
 State: 6:35.30 19/03/2006 Shannon Jennings

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	19157 Gemma Dixon		Manly Warringah	
2	2320 Sienna Wade		Northern Suburbs	
3	14250 Miarose Everson		Ryde	
4	11561 Mia Graham		Cherrybrook	
5	16925 Ella-Rae Mcgregor		Parramatta	

Event 128 Boys U 13 - 1500 Metre Walk (6)

Region: 7:04.60 19/02/2006 Jordan Mulhearn
 State: 6:30.40 28/03/1993 David Beacroft

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	2387 John Reville		Northern Suburbs	
2	19027 Aston Maclaine		Hornsby	
3	14239 Mitchell McCarthy		Ryde	
4	597 Lachlan Harris		Ku-Ring-Gai	
5	19155 Charlie Whelan		Manly Warringah	
6	19565 Harrison Kyme		Manly Warringah	

Event 129 Girls U 14 - 1500 Metre Walk (4)

Region: 6:52.04 17/02/2013 Jasmyrn McDonald
 State: 6:15.40 17/03/1996 Renee McAskill

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	11589 Ruby Penn		Cherrybrook	
2	17494 Sophie Polkinghorne		Nth Rocks Carlin	
3	14291 Chloe McGregor		Ryde	
4	687 Lily Horne		Ku-Ring-Gai	

Event 130 Boys U 14 - 1500 Metre Walk (4)

Region: 6:28.16 19/02/2012 Tyler Jones
 State: 6:13.40 19/03/1995 Troy Sundstrom

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	14520 Rhys Chandler		Ryde	
2	14059 Alexander Braendle		Northern Distric	
3	14519 Lucas Michaels		Ryde	
4	457 Sebastian Linton		Ku-Ring-Gai	

Event 131 Girls U 15 - 1500 Metre Walk (2)

Region: 6:53.10 19/02/2006 Melissa Hayes
 State: 6:24.20 16/03/1997 Renee McAskill

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	13979 Imogen Cochrane		Northern Distric	
2	17018 Jessica Loring		Parramatta	

Event 132 Boys U 15 - 1500 Metre Walk (3)

Region: 6:35.20 1995 Andrew Nappin
 State: 5:48.10 22/03/1998 Douglas Connolly

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	17510 Christopher Nilon		Nth Rocks Carlin	
2	19561 Alexander Wenzel		Manly Warringah	
3	14482 Moses Wolfson		Ryde	

Event 133 Girls U 17 - 1500 Metre Walk (5)

Region: 6:42.51 5/02/2023 Zoe Woods
 State: 6:38.80 17/03/2019 Allannah Pitcher

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	442 Grace Beck		Ku-Ring-Gai	
2	143 Summer Sivaraj		Ku-Ring-Gai	
3	17431 Isabella Primrose		Nth Rocks Carlin	
4	19028 Ally Maclaine		Hornsby	
5	14290 Ella McGregor		Ryde	

Event 134 Boys U 17 - 1500 Metre Walk (2)

Region: 6:15.10 28/02/2010 Jordan Mulhearn
 State: 5:56.11 23/03/2014 Tyler Jones

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	17734 Hugo Matthews		Nth Rocks Carlin	
2	558 Dylan Allabush		Ku-Ring-Gai	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 135 Girls U 8 - 400 Metre Run Pack Start (14)

Region: 1:13.90 2002 Courtney Cross
 State: 1:11.44 21/03/1981 Jo-anne Swan

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	2389 Aliska Reitano		Northern Suburbs	
2	19916 Rahni McNaughtan		Manly Warringah	
3	100 Miranda Benitez		Ku-Ring-Gai	
4	2321 Sophie Dong		Northern Suburbs	
5	14943 Lauren Bennett		Ryde	
6	19266 Sophie Hunt		Manly Warringah	
7	19634 Chelsea Coleman		Manly Warringah	
8	109 Elena Chen		Ku-Ring-Gai	
9	14370 Parisa Shinde		Ryde	
10	410 Zoe Marinkovich		Ku-Ring-Gai	
11	11585 Maddison Johansen		Cherrybrook	
12	19322 Piper Marshall		Manly Warringah	
13	18935 Grace Dyson		Hornsby	
14	19255 Eloise Debney		Manly Warringah	
15				
16				

Event 136 Boys U 8 - 400 Metre Run Pack Start (15)

Region: 1:09.70 Alexander Pettigrew
 State: 1:07.94 23/03/1975 David Misson

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	461 Harrison Chiang		Ku-Ring-Gai	
2	534 Lachlan Kandasamy		Ku-Ring-Gai	
3	2385 Tom Moody		Northern Suburbs	
4	11577 Ryan Rann		Cherrybrook	
5	19153 Sonny Farrell		Manly Warringah	
6	19146 Coby James		Manly Warringah	
7	19787 Marcus Hemsworth		Manly Warringah	
8	14450 Joshua Ekers		Ryde	
9	14793 Ivri Sat		Ryde	
10	14422 Ilya Passmore		Ryde	
11	19605 Lachlan Creighton		Manly Warringah	
12	2396 Elliot Hall		Northern Suburbs	
13	14218 Jai Prados-valerio		Northern Distric	
14	14368 Noah Smith		Ryde	
15	266 John Lukas		Ku-Ring-Gai	
16				

Event 137 Girls U 9 - 800 Metre Run (16)

Region: 2:34.80 20/02/2011 Abbey Rockliff
 State: 2:33.00 20/03/2011 Abbey Rockliff

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	2557 Tabitha Williams		Northern Suburbs	
2	18682 Ashleigh dewhurst		Hornsby	
3	19230 Mila Ward		Manly Warringah	
4	540 Morgan Duncan		Ku-Ring-Gai	
5	17631 Sofia Lam		Nth Rocks Carlin	
6	14712 Lucy Armstrong		Ryde	
7	17394 Isabella Dobe		Nth Rocks Carlin	
8	167 Harlow Campbell		Ku-Ring-Gai	
9	17546 Eden De Pomeroy		Nth Rocks Carlin	
10	2535 Philippa Stewart		Northern Suburbs	
11	7975 Millar Hicks		Mosman	
12	198 Kinsley Harvey		Ku-Ring-Gai	
13	251 Rose Benson		Ku-Ring-Gai	
14	19134 Ella Harding		Manly Warringah	
15	19121 Arelie Doria		Manly Warringah	
16	19263 Abigail Maher		Manly Warringah	

Event 138 Boys U 9 - 800 Metre Run (16)

Region: 2:27.80 2002 Alexander Pettigrew
 State: 2:25.70 17/03/2002 Alex Pettigrew

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	13998 Lachlan Ross		Northern Distric	
2	19285 Zachary Cooke		Manly Warringah	
3	19210 Jack Miller		Manly Warringah	
4	319 Ryan Rudolph		Ku-Ring-Gai	
5	17139 Elliott McQuillan		Parramatta	
6	19268 Max Miller		Manly Warringah	
7	19665 Archie Cole		Manly Warringah	
8	7966 Frederick Bangs		Mosman	
9	17533 Daniel Smart		Nth Rocks Carlin	
10	2665 Andrew Edrick Lau		Northern Suburbs	
11	14555 Ari Newman		Ryde	
12	14300 Marcus Trigwell		Ryde	
13	2348 Charles Lukas (Yc)		Northern Suburbs	
14	19181 Liam Tysoe		Manly Warringah	
15	17522 Flynn Wirianata		Nth Rocks Carlin	
16	600 Neil Macmillan		Ku-Ring-Gai	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 139 Girls U 10 - 800 Metre Run (16)

Region: 2:27.26 19/02/2012 Abbey Rockliff
 State: 2:27.30 19/02/2012 Abbey Rockliff

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	374 Ellie Boers		Ku-Ring-Gai	
2	19702 evelyn vale		Manly Warringah	
3	11553 Milena Mok		Cherrybrook	
4	19828 Amelia Berry		Manly Warringah	
5	11469 Leona Huang		Cherrybrook	
6	8060 Aurelia Stewart		Mosman	
7	19754 Annaliese Lulli		Manly Warringah	
8	2747 Sienna Flower		Northern Suburbs	
9	18779 Elodie Mcinnes		Hornsby	
10	13997 Stephanie Ross		Northern Distric	
11	14349 Natalie Young		Ryde	
12	19633 Grace Coleman		Manly Warringah	
13	119 Chella Shields		Ku-Ring-Gai	
14	17022 Casey Fowler		Parramatta	
15	2873 Emmanuelle Julliard		Northern Suburbs	
16	19425 Josephine Han		Manly Warringah	

Event 140 Boys U 10 - 800 Metre Run (16)

Region: 2:27.30 16/02/2003 Alexander Pettigrew
 State: 2:21.60 25/03/1979 Paul Kelly

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	11515 Morgan Dagg		Cherrybrook	
2	14267 Ashton Holl		Ryde	
3	19492 Hugo Gledhill		Manly Warringah	
4	19226 Lequintin Nicholson		Manly Warringah	
5	257 Sam Annesley		Ku-Ring-Gai	
6	14509 Rio Muthuri		Ryde	
7	19103 Ryder Lane-Brown		Manly Warringah	
8	8065 Kingston Davis		Mosman	
9	2530 Matthew Balcombe		Northern Suburbs	
10	14128 Riley Daley		Northern Distric	
11	615 Tommy Kay		Ku-Ring-Gai	
12	19764 Owen Snell		Manly Warringah	
13	18792 Huxley Richardson		Hornsby	
14	17158 Jaidyn Shehadie		Parramatta	
15	8033 Max Madar		Mosman	
16	14946 Harrison Bennett		Ryde	

Event 141 Girls U 11 - 800 Metre Run (16)

Region: 2:26.06 17/02/2013 Abbey Rockliff
 State: 2:21.80 20/03/2016 Imogen Stewart

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	14034 Arya Dixon		Northern Distric	
2	19438 Lily Dunne		Manly Warringah	
3	11514 Zoe Jordan		Cherrybrook	
4	14051 Beatrice Mathers		Northern Distric	
5	11482 Anna Wegener		Cherrybrook	
6	2664 Olivia Felicity Lau		Northern Suburbs	
7	19323 Hayley Marshall		Manly Warringah	
8	675 Annabel Lew		Ku-Ring-Gai	
9	19147 Sarah Covich		Manly Warringah	
10	19530 Ferial BesodiBoujemac		Manly Warringah	
11	19753 Evelyn Lulli		Manly Warringah	
12	17057 Lucy C Tazewell		Parramatta	
13	14944 Katherine Bennett		Ryde	
14	270 Katelyn ThorinDembo		Ku-Ring-Gai	
15	2732 Katherine Saber		Northern Suburbs	
16	14050 Georgie Mathers		Northern Distric	

Event 142 Boys U 11 - 800 Metre Run (16)

Region: 2:21.80 22/02/2004 Alexander Pettigrew
 State: 2:17.37 24/03/2013 Luke Young

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	591 Josh Kietzmann		Ku-Ring-Gai	
2	155 Brody Johnson		Ku-Ring-Gai	
3	2349 Oliver Fratini		Northern Suburbs	
4	19643 Harrison Smith		Manly Warringah	
5	483 Lachlan Meryment		Ku-Ring-Gai	
6	2384 Sam Moody		Northern Suburbs	
7	19730 Austin Grennan		Manly Warringah	
8	324 Nick Bennett		Ku-Ring-Gai	
9	18999 Alistair Kinsey		Hornsby	
10	14121 Reef Bailey		Northern Distric	
11	11628 Hugh Giffin		Cherrybrook	
12	8056 Harry Nicholson		Mosman	
13	19717 Zane Romyn		Manly Warringah	
14	2388 Liam Reville		Northern Suburbs	
15	14852 Louis Caldwell		Ryde	
16	14674 Flynn Cox-Gallagher		Ryde	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 143 Girls U 12 - 800 Metre Run (17)

Region: 2:20.46 13/02/2022 Eliza Lawton
 State: 2:16.34 23/03/2014 Abbey Rockliff

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	19171 Kyah Ryals		Manly Warringah	
2	8047 Hana Horii		Mosman	
3	39115 Miranda Yu		Ku-Ring-Gai	
4	11481 Ashleigh Mansell		Cherrybrook	
5	19744 Valerie Pickup		Manly Warringah	
6	14366 Emma Lim		Ryde	
7	39133 Beatrice Garnys		Ku-Ring-Gai	
8	11540 Eve Bodley		Cherrybrook	
9	14324 Yazmyn Buonocore		Ryde	
10	2490 Meredith Lee		Northern Suburbs	
11	19607 Claudia Patfield		Manly Warringah	
12	14475 Ayla Baraniak		Ryde	
13	11531 Chantelle Huang		Cherrybrook	
14	18803 Juliet Erickson		Hornsby	
15	422 Ashley Temple		Ku-Ring-Gai	
16	8022 Natalie Rice		Mosman	
17	8063 Emma Jones		Mosman	

Event 144 Boys U 12 - 800 Metre Run (18)

Region: 2:16.20 2005 Alexander Pettigrew
 State: 2:12.80 17/03/2019 Joshua O'Connell

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	19432 Henry Ferguson		Manly Warringah	
2	2894 Henry Grieve		Northern Suburbs	
3	11697 Oliver Halfhide		Cherrybrook	
4	19616 Connor Matthews		Manly Warringah	
5	19149 Nathaniel Barrett		Manly Warringah	
6	19622 Hugo Condon		Manly Warringah	
7	2762 John Brivulis		Northern Suburbs	
8	11694 Lachlan Kidd		Cherrybrook	
9	19329 Max Torkington		Manly Warringah	
10	8026 Xavier Hokins		Mosman	
11	19703 Tasman Vale		Manly Warringah	
12	14294 Raffael Oppedisano		Ryde	
13	2867 Nicholas Hudson		Northern Suburbs	
14	19471 Luca Escribano		Manly Warringah	
15	14311 Jack Le Fevre		Ryde	
16	14024 Tyler Cosier		Northern Distric	
17	2484 Andrew Lukas		Northern Suburbs	
18	19293 Isaac Robinson		Manly Warringah	

Event 145 Girls U 13 - 800 Metre Run (17)

Region: 2:15.60 12/02/2017 Jessica Bird
 State: 2:14.30 25/03/2018 Imogen Stewart

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	11551 Ridhi Jasrotia		Cherrybrook	
2	11584 Makenzi Gartner		Cherrybrook	
3	18960 Olivia Gouws		Hornsby	
4	2433 Isla Bealby		Northern Suburbs	
5	7967 Sayah Weeding		Mosman	
6	19270 Alexis Tague		Manly Warringah	
7	8076 Alessandra McWilliam		Mosman	
8	8075 Alexandra Bova		Mosman	
9	17485 Arpita Cherian		Nth Rocks Carlin	
10	131 Elsie Clatworthy		Ku-Ring-Gai	
11	2572 Olivia Rendall		Northern Suburbs	
12	19756 Anais Biasi		Manly Warringah	
13	2320 Sienna Wade		Northern Suburbs	
14	14250 Miarose Everson		Ryde	
15	19755 Alana Lulli		Manly Warringah	
16	19180 Josie Perkins		Manly Warringah	
17	7902 Billie Fallows		Mosman	

Event 146 Boys U 13 - 800 Metre Run (17)

Region: 2:11.20 2005 Michael Todd
 State: 2:06.10 17/03/1985 Robert Wunder

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	13953 Sam Ogier		Northern Distric	
2	407 James Ghali		Ku-Ring-Gai	
3	11573 Rohan Sharma		Cherrybrook	
4	2822 Beau Snashall		Northern Suburbs	
5	17478 Nathan Sarah		Nth Rocks Carlin	
6	8085 Samuel Cook		Mosman	
7	253 Thomas Vedris		Ku-Ring-Gai	
8	19173 Max Donald		Manly Warringah	
9	614 Archie Kay		Ku-Ring-Gai	
10	17687 Brian Kim		Nth Rocks Carlin	
11	19363 Billy Lowe		Manly Warringah	
12	18898 Daniel Sims		Hornsby	
13	2507 Thomas Eaton		Northern Suburbs	
14	14173 Judah Louie		Northern Distric	
15	11476 Isaac Wegener		Cherrybrook	
16	2387 John Reville		Northern Suburbs	
17	19445 Oliver Trowell		Manly Warringah	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 147 Girls U 14 - 800 Metre Run (11)

Region: 2:14.69 14/02/2016 Abbey Rockliff
State: 2:13.20 20/03/1988 Suzy Walsham

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	316 Mia Hooton		Ku-Ring-Gai	
2	17467 Scarlett Richards		Nth Rocks Carlin	
3	749 Harriet Barnett		Ku-Ring-Gai	
4	11556 Aliyah Bennett		Cherrybrook	
5	19291 Eliza Williams		Manly Warringah	
6	17494 Sophie Polkinghorne		Nth Rocks Carlin	
7	19615 Belinda Matthews		Manly Warringah	
8	453 Abigail Soper		Ku-Ring-Gai	
9	17844 Alison Hubbard		Nth Rocks Carlin	
10	2421 Erin Campbell		Northern Suburbs	
11	134 Charlotte Palmer		Ku-Ring-Gai	

Event 148 Boys U 14 - 800 Metre Run (11)

Region: 2:06.83 18/02/2018 Jacob Leon
State: 2:01.40 19/03/2017 Joshua Atkinson

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	14059 Alexander Braendle		Northern Distric	
2	129 William Durer		Ku-Ring-Gai	
3	8034 Toby Ward		Mosman	
4	19638 Max McDermott		Manly Warringah	
5	14052 Evan Beasley		Northern Distric	
6	11548 Christopher Whiteley		Cherrybrook	
7	377 Alessandro Rossi		Ku-Ring-Gai	
8	19326 Oscar Needham		Manly Warringah	
9	457 Sebastian Linton		Ku-Ring-Gai	
10	17406 Jamie Kastelan		Nth Rocks Carlin	
11	19250 Nathan Longster		Manly Warringah	

Event 149 Girls U 15 - 800 Metre Run (8)

Region: 2:10.90 22/02/2009 Jenny Blundell
State: 2:09.57 20/03/2016 Carley Thomas

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	19701 Indianna Vale		Manly Warringah	
2	11560 Hannah Storey		Cherrybrook	
3	8230 Annabelle Cigna		Mosman	
4	13967 Aniela Knight		Northern Distric	
5	19543 Skye Blair		Manly Warringah	
6	18789 Alice Lyng		Hornsby	
7	17018 Jessica Loring		Parramatta	
8	19673 Sophie Hinds		Manly Warringah	

Event 150 Boys U 15 - 800 Metre Run (14)

Region: 1:58.88 19/02/2012 Jack Collett
State: 1:57.20 20/02/2005 James Kaan
State: 1:57.20 16/03/2008 James Connor

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	18831 Aiden McDaid		Hornsby	
2	11572 Brendan Armstrong		Cherrybrook	
3	338 Liam Broome		Ku-Ring-Gai	
4	18780 Manning Johnson		Hornsby	
5	2799 Matteo Shipman		Northern Suburbs	
6	17837 Michael Perry		Nth Rocks Carlin	
7	8052 Hugo Stewart		Mosman	
8	19277 Benjamin Frantz		Manly Warringah	
9	17510 Christopher Nilon		Nth Rocks Carlin	
10	18897 Matthew Sims		Hornsby	
11	388 Hugo Reynolds		Ku-Ring-Gai	
12	19117 Dylan Mortimer		Manly Warringah	
13	19551 Saxon Lund		Manly Warringah	
14	17751 Tomasi Waqabaca		Nth Rocks Carlin	

Event 151 Girls U 17 - 800 Metre Run (13)

Region: 2:12.75 18/02/2018 Imogen Gardner
State: 2:12.59 25/03/2012 Kate Spencer

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	18804 Charlotte Clayton		Hornsby	
2	19460 Kristina Prizmic		Manly Warringah	
3	39132 Ava Garnys		Ku-Ring-Gai	
4	17431 Isabella Primrose		Nth Rocks Carlin	
5	19602 Ava Gray		Manly Warringah	
6	17096 Jeslyn Kaur		Parramatta	
7	11608 Amy Timms		Cherrybrook	
8	17023 Kaley Roach		Parramatta	
9	14638 Alicia Leggatt		Ryde	
10	17054 Tahlia Butcher		Parramatta	
11	14290 Ella McGregor		Ryde	
12	19028 Ally Maclaine		Hornsby	
13	19447 Matilda Bridge		Manly Warringah	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 152 Boys U 17 - 800 Metre Run (12)

Region: 1:58.90 28/02/2010 Craig Cameron
 State: 1:54.00 5/03/2017 Tyler Gunn

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	17426 Cody Burton		Nth Rocks Carlin	
2	17379 Benjamin Woodhouse		Nth Rocks Carlin	
3	14644 Julian Smith		Ryde	
4	18782 Luke Woods		Hornsby	
5	14807 Isaac Siebert		Ryde	
6	2872 Liam Renshaw		Northern Suburbs	
7	11599 Harley Grace		Cherrybrook	
8	14551 Axel Bruntsch		Ryde	
9	18776 Nathanael Ramsay		Hornsby	
10	14782 Julian McMillan		Ryde	
11	19440 Orlando Grinbergs		Manly Warringah	
12	17017 Zachariah Abood		Parramatta	

Event 160 Boys U 15-17 800 Metre Multi Class Run (1)

Region: 2:20.50 5/02/2023 Cooper Robb-Jackson T38

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	17194 Cooper Robb-Jackson (Parramatta	

Event 161 Girls U 8 - 70 Metre Sprint (16)

Region: 10.90 1997 Natasha Finlay
 State: 10.54 16/03/1980 Annette Cavanagh

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	17150 Abby Spurr		Parramatta	
2	17661 Katrina Murphy		Nth Rocks Carlin	
3	7968 Emily Cawthorne		Mosman	
4	19916 Rahni McNaughtan		Manly Warringah	
5	19423 Elle McDermott		Manly Warringah	
6	503 Anna Wang		Ku-Ring-Gai	
7	17716 Zana Hevesy		Nth Rocks Carlin	
8	17786 Karina Wu		Nth Rocks Carlin	
Heat 2 of 2 Heats				
1	2514 Olivia Price		Northern Suburbs	
2	17808 Joelle Truong		Nth Rocks Carlin	
3	19612 Tippi Acevedo		Manly Warringah	
4	109 Elena Chen		Ku-Ring-Gai	
5	19634 Chelsea Coleman		Manly Warringah	
6	19527 Eliza Pennings		Manly Warringah	
7	11494 Allegra Gulczynski		Cherrybrook	
8	16967 Meenakshi Jyothish		Parramatta	

Event 162 Boys U 8 - 70 Metre Sprint (16)

Region: 10.60 19/02/2006 Jordan Shelley
 State: 10.34 11/03/1978 Tim Harper
 State: 10.34 11/03/1978 Mark Lever

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	19153 Sonny Farrell		Manly Warringah	
2	19146 Coby James		Manly Warringah	
3	2649 Zach Haycraft		Northern Suburbs	
4	14091 Nico Brichta		Northern Distric	
5	19516 Jacob Alexander		Manly Warringah	
6	2729 Ethan Josa		Northern Suburbs	
7	286 Riley Hwang		Ku-Ring-Gai	
8	11518 Hiroki Keene		Cherrybrook	
Heat 2 of 2 Heats				
1	11588 Kanav Pragadeesh		Cherrybrook	
2	137 Reuben Achike		Ku-Ring-Gai	
3	14368 Noah Smith		Ryde	
4	241 Kenneth Huang		Ku-Ring-Gai	
5	2396 Elliot Hall		Northern Suburbs	
6	17586 Thomas Garland		Nth Rocks Carlin	
7	19408 Jack Vukovic		Manly Warringah	
8	17517 Oliver Hohmann		Nth Rocks Carlin	

Event 163 Girls U 9 - 70 Metre Sprint (16)

Region: 10.20 1998 Emily Pollett
 State: 10.14 22/03/1998 Briony Kanard

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	2457 Amba Bowden		Northern Suburbs	
2	2318 Emily Williams		Northern Suburbs	
3	479 Edwina Mair		Ku-Ring-Gai	
4	19177 Lila Louis		Manly Warringah	
5	19160 Amelia Esser		Manly Warringah	
6	689 Amelia Scott		Ku-Ring-Gai	
7	16975 Aria Smith		Parramatta	
8	14864 Georgia Paton		Ryde	
Heat 2 of 2 Heats				
1	14935 Emma Mo		Ryde	
2	8059 Evie Francis		Mosman	
3	19120 Brooke Debney		Manly Warringah	
4	19110 Abbie Weir		Manly Warringah	
5	19592 IslaF Talaese		Manly Warringah	
6	17413 Annabel Dickson		Nth Rocks Carlin	
7	17800 Amiya Pokharel		Nth Rocks Carlin	
8	2549 Maddison Lin		Northern Suburbs	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 164 Boys U 9 - 70 Metre Sprint (14)

Region: 10.00 2000 Michael Oldfield
 State: 9.94 22/03/1998 John Grant
 State: 9.94 20/02/2000 Daniel Perkins
 State: 9.94 19/03/2000 Michael Oldfield
 State: 9.94 18/03/2007 Benjamin Alessio

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	17680 Darcy Hazon		Nth Rocks Carlin	
2	600 Neil Macmillan		Ku-Ring-Gai	
3	19210 Jack Miller		Manly Warringah	
4	19444 Blake Creelman		Manly Warringah	
5	320 Rene Barkhuysen		Ku-Ring-Gai	
6	16928 Riyansh Thorat		Parramatta	
7	17184 Maximilian Elder		Parramatta	
8				

Heat 2 of 2 Heats

1	2333 Nathan Wechsler		Northern Suburbs	
2	2454 Jaxon Garton		Northern Suburbs	
3	18843 Tyler Holdsworth		Hornsby	
4	191 Jack Cross		Ku-Ring-Gai	
5	19920 Daniel McNaughtan		Manly Warringah	
6	146 Charl Price		Ku-Ring-Gai	
7	14555 Ari Newman		Ryde	
8				

Event 165 Girls U 10 - 70 Metre Sprint (14)

Region: 9.80 2000 Alice Wilson
 State: 9.84 19/03/2000 Grace Naseby

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	17580 Serah Silva		Nth Rocks Carlin	
2	2500 Sierra Seale		Northern Suburbs	
3	19779 Lexie Beesley		Manly Warringah	
4	19136 Aria Broadhurst		Manly Warringah	
5	8061 April Abboud		Mosman	
6	19633 Grace Coleman		Manly Warringah	
7	2334 Amelie Germon		Northern Suburbs	
8				

Heat 2 of 2 Heats

1	14387 Elody Gibson		Ryde	
2	16961 Nadia Gasparini		Parramatta	
3	792 Nicole Shih		Ku-Ring-Gai	
4	766 Evie Rophail		Ku-Ring-Gai	
5	19699 Frankie Jones		Manly Warringah	
6	8049 Isla Cleland		Mosman	
7	2908 Charlize June		Northern Suburbs	
8				

Event 166 Boys U 10 - 70 Metre Sprint (16)

Region: 9.50 2000 Joshua Mulligan
 State: 9.54 20/03/1999 Christopher Lawrence
 State: 9.54 19/03/2000 Josh Mulligan

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	2811 Ezra Ko		Northern Suburbs	
2	2521 Nicholas Fijan		Northern Suburbs	
3	819 Bethan Compion		Ku-Ring-Gai	
4	19107 Brody Scott-Faul		Manly Warringah	
5	18921 Tadhg Crowley		Hornsby	
6	121 Alexander Conner		Ku-Ring-Gai	
7	17569 Matthew El Kadi		Nth Rocks Carlin	
8	14680 Ethan Moyo		Ryde	

Heat 2 of 2 Heats

1	14819 Marco Dessanti		Ryde	
2	19718 Solomon Romyn		Manly Warringah	
3	11534 Harrison Campbell		Cherrybrook	
4	19271 Hudson McGregor		Manly Warringah	
5	8004 Finn Sorbara		Mosman	
6	19226 Lequintin Nicholson		Manly Warringah	
7	14458 Archer Griffiths (1)		Ryde	
8	14455 Ethan Bourne		Ryde	

Event 167 Girls U 13 - 80 Metre Hurdles (76cm) (14)

Region: 12.26 15/02/2015 Mia Hemsworth
 State: 12.26 15/02/2015 Mia Hemsworth

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	19540 Isabel Jordan		Manly Warringah	
2	8071 Aliya Meehan		Mosman	
3				
4	19279 Willow Toll		Manly Warringah	
5	332 Sienna Vassella		Ku-Ring-Gai	
6	170 Isla Smith		Ku-Ring-Gai	
7	17400 Alice Truong		Nth Rocks Carlin	
8				

Heat 2 of 2 Heats

1	2341 Collette Lumley		Northern Suburbs	
2	11618 Ivy Yang		Cherrybrook	
3	19740 Amelia Wilson		Manly Warringah	
4	2405 Lucia Schnell		Northern Suburbs	
5	14241 Jacqueline Pawsey		Ryde	
6	18798 Amy Campbell		Hornsby	
7	7694 Alexandra Davis		Mosman	
8	14264 Bronte Nagle		Ryde	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 168 Boys U 13 - 80 Metre Hurdles (76cm) (16)

Region: 12.00 5/02/2006 Kane Thompson
 State: 12.04 16/03/1997 Ahmed Abou-Mahmoud
 State: 12.04 19/03/2000 Ross Roberts

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	17456 Alexander Song		Nth Rocks Carlin	
2	19309 Jonathan Miles		Manly Warringah	
3	2507 Thomas Eaton		Northern Suburbs	
4	19101 Taten Rogers		Manly Warringah	
5	2400 Kyan Seale		Northern Suburbs	
6	2568 James Mikan		Northern Suburbs	
7	853 Maximillian Kyle		Ku-Ring-Gai	
8	17653 Nixon Kasprzak		Nth Rocks Carlin	

Heat 2 of 2 Heats

1	19705 Zachary Morgan		Manly Warringah	
2	11601 Andrew Kim		Cherrybrook	
3	19286 Deacon Pallpratt		Manly Warringah	
4	19265 James Atkins		Manly Warringah	
5	337 Jacoby Neal		Ku-Ring-Gai	
6	17313 Benjamin Bowrey		Parramatta	
7	14678 Marcus Bosnic		Ryde	
8	18898 Daniel Sims		Hornsby	

Event 169 Girls U 14 - 80 Metre Hurdles (76cm) (11)

Region: 12.20 2002 Marissa Ward
 State: 11.94 19/03/2006 Carly Rodger

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1				
2	14291 Chloe McGregor		Ryde	
3	18895 Camila Iorio		Hornsby	
4	19195 Isla Maris		Manly Warringah	
5	19395 emily kupceric		Manly Warringah	
6	11614 Laila Burkhardt		Cherrybrook	
7				
8				

Heat 2 of 2 Heats

1				
2	17844 Alison Hubbard		Nth Rocks Carlin	
3	8025 Millie Morrison		Mosman	
4	39109 Lily Hughes		Ku-Ring-Gai	
5	612 Ava Grant		Ku-Ring-Gai	
6	19359 Isla Scoular		Manly Warringah	
7	17386 Lu'isa Lolomanaia		Nth Rocks Carlin	
8				

Event 172 Boys U 15 - 100 Metre Hurdles (76cm) (10)

Region: 12.70 22/02/2009 Nicholas Hough
 State: 12.64 22/03/2009 Nicholas Hough

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1				
2	2342 Jude Lumley		Northern Suburbs	
3	14609 Daniel Cox		Ryde	
4	11682 Samuel Price		Cherrybrook	
5	10753 Ratu Viliame Lewanav:		Nth Rocks Carlin	
6	11693 Evan Semaganda		Cherrybrook	
7				
8				

Heat 2 of 2 Heats

1				
2	14482 Moses Wolfson		Ryde	
3	19424 Reese Francis		Manly Warringah	
4	2394 Zak Evans		Northern Suburbs	
5	140 Jake Fourie		Ku-Ring-Gai	
6	18783 Luke Photios		Hornsby	
7				
8				

Event 173 Girls U 17 - 100 Metre Hurdles (76cm) (15)

Region: 14.00 19/02/2012 Melissa Farrington
 State: 13.87 21/03/2010 Michelle Jenneke

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	8182 Jojo Pike		Mosman	
2	14263 Charlotte Nagle		Ryde	
3	545 Louise Lovell		Ku-Ring-Gai	
4	19384 Annika Boys		Manly Warringah	
5	2569 Catherine Mikan		Northern Suburbs	
6	18974 Leila Broadley		Hornsby	
7	143 Summer Sivaraj		Ku-Ring-Gai	
8				

Heat 2 of 2 Heats

1	14080 Ava Mitchell		Northern Distric	
2	18811 Michaela Couper		Hornsby	
3	14240 Zara Pawsey		Ryde	
4	546 Sarah Lovell		Ku-Ring-Gai	
5	11627 Sarah-anne Koot		Cherrybrook	
6	17703 Lani Khiroya		Nth Rocks Carlin	
7	17695 Diana Attinger		Nth Rocks Carlin	
8	18810 Eleanor Schwarz		Hornsby	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 173 Boys U 17 - 110 Metre Hurdles (76cm) (10)

Region: 13.79 5/02/2023 Matthew Hunt
 State: 13.60 25/03/2018 William Humberstone

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1				
2	11552 Xavier Hennessey		Cherrybrook	
3	18759 Ashton Sawtell		Hornsby	
4	19214 Leo Brown		Manly Warringah	
5	2551 Andres Hampel		Northern Suburbs	
6	11712 Marco Boccaletti		Cherrybrook	
7				
8				

Heat 2 of 2 Heats

1				
2	13944 Kalan Harding		Northern Distric	
3	17470 Max Byrnes		Nth Rocks Carlin	
4	19354 Jannik McErlane		Manly Warringah	
5	17521 Lewis Wong		Nth Rocks Carlin	
6	17043 Tyler E Mitchell		Parramatta	
7				
8				

Event 184 Boys U 14 - 90 Metre Hurdles (76cm) (7)

Region: 11.90 17/02/2008 Nicholas Hough
 State: 12.04 16/03/2008 Nicholas Hough

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 1 Final

1	17736 Matthew Lawrence		Nth Rocks Carlin	
2	17518 Marcus Wong		Nth Rocks Carlin	
3	17652 Henry O'Neil		Nth Rocks Carlin	
4	19287 Davin Yap		Manly Warringah	
5	19305 Sebastian Cech		Manly Warringah	
6	831 Tyler Stead		Ku-Ring-Gai	
7	17055 Luke Butcher		Parramatta	
8				

Event 185 Girls U 15 - 90 Metre Hurdles (76cm) (6)

Region: 12.90 28/02/2010 Melissa Farrington
 State: 12.44 3/03/2007 Carly Rodger

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 1 Final

1				
2	19673 Sophie Hinds		Manly Warringah	
3	2481 Reena Son		Northern Suburbs	
4	18913 Eden Herring		Hornsby	
5	17471 Carys Byrnes		Nth Rocks Carlin	
6	2363 Ainsley Alexander		Northern Suburbs	
7	19543 Skye Blair		Manly Warringah	
8				

Event 189 Girls U 8 - 200 Metre Sprint (13)

Region: 31.50 1997 Emily Pollett
 State: 31.74 18/03/1984 Bronwyn Piening
 State: 31.74 16/02/1997 Emily Pollett

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	17808 Joelle Truong		Nth Rocks Carlin	
2	19612 Tippi Acevedo		Manly Warringah	
3	19634 Chelsea Coleman		Manly Warringah	
4	19255 Eloise Debney		Manly Warringah	
5	14295 Lucia Oppedisano		Ryde	
6	19322 Piper Marshall		Manly Warringah	
7	17136 April Kim		Parramatta	
8				

Heat 2 of 2 Heats

1	14370 Parisa Shinde		Ryde	
2				
3	13970 Molly MooreMulcahy		Northern Distric	
4	109 Elena Chen		Ku-Ring-Gai	
5	2435 Siena Tisi		Northern Suburbs	
6	19264 Georgia Atkins		Manly Warringah	
7	14697 Rhyleiana Barnett-Paln		Ryde	
8				

Event 190 Boys U 8 - 200 Metre Sprint (16)

Region: 30.86 18/02/2018 Rian Conners
 State: 30.64 19/02/2017 Joseph Ezekiel

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	569 Hugo Ruff		Ku-Ring-Gai	
2	2729 Ethan Josa		Northern Suburbs	
3	11577 Ryan Rann		Cherrybrook	
4	644 Stephen Harvey		Ku-Ring-Gai	
5	19516 Jacob Alexander		Manly Warringah	
6	19146 Coby James		Manly Warringah	
7	856 Julian Pita		Ku-Ring-Gai	
8	2691 haotian hu		Northern Suburbs	

Heat 2 of 2 Heats

1	17648 William Kucharski		Nth Rocks Carlin	
2	19787 Marcus Hemsworth		Manly Warringah	
3	2649 Zach Haycraft		Northern Suburbs	
4	2396 Elliot Hall		Northern Suburbs	
5	2512 Max Byrne		Northern Suburbs	
6	19153 Sonny Farrell		Manly Warringah	
7	19408 Jack Vukovic		Manly Warringah	
8	16997 Joey Perri		Parramatta	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 191 Girls U 9 - 200 Metre Sprint (16)

Event 191 Girls U 9 - 200 Metre Sprint (16)			
Region:	30.30	22/02/2009	Mikayla Mestoussis
State:	28.74	25/03/1990	Rosemary Hayward
Lane	Name	Age Centre	Seed Time
Heat 1 of 2 Heats			
1	11684 Kiara Liyanage	Cherrybrook	
2	17546 Eden De Pomeroy	Nth Rocks Carlin	
3	19177 Lila Louis	Manly Warringah	
4	19282 Ruby Losurdo	Manly Warringah	
5	19134 Ella Harding	Manly Warringah	
6	128 Scarlett Docherty	Ku-Ring-Gai	
7	17394 Isabella Dobe	Nth Rocks Carlin	
8	16975 Aria Smith	Parramatta	
Heat 2 of 2 Heats			
1	17800 Amiya Pokharel	Nth Rocks Carlin	
2	18704 Juliet Allan	Hornsby	
3	19263 Abigail Maher	Manly Warringah	
4	19110 Abbie Weir	Manly Warringah	
5	18873 Nalinga Albino	Hornsby	
6	11579 Emily Wigham	Cherrybrook	
7	2557 Tabitha Williams	Northern Suburbs	
8	17499 Teara O'Brien	Nth Rocks Carlin	

Event 192 Boys U 9 - 200 Metre Sprint (16)

Event 192 Boys U 9 - 200 Metre Sprint (16)			
Region:	29.10	2002	Alexander Pettigrew
State:	28.44	22/03/1975	Glen Murgatroyd
Lane	Name	Age Centre	Seed Time
Heat 1 of 2 Heats			
1	19166 Van Jordan	Manly Warringah	
2	2348 Charles Lukas (Yc)	Northern Suburbs	
3	17533 Daniel Smart	Nth Rocks Carlin	
4	578 Edmund Chen	Ku-Ring-Gai	
5	11473 Brendan Jones	Cherrybrook	
6	16928 Riyansh Thorat	Parramatta	
7	2333 Nathan Wechsler	Northern Suburbs	
8	11508 Kenji Paul	Cherrybrook	
Heat 2 of 2 Heats			
1	14116 William Taylor	Northern Distric	
2	13998 Lachlan Ross	Northern Distric	
3	19193 LucaMatteo Ferri	Manly Warringah	
4	320 Rene Barkhuysen	Ku-Ring-Gai	
5	19920 Daniel McNaughtan	Manly Warringah	
6	771 Cooper Nguyen	Ku-Ring-Gai	
7	2665 Andrew Edrick Lau	Northern Suburbs	
8	17550 Garvik Venkatesh	Nth Rocks Carlin	

Event 193 Girls U 10 - 200 Metre Sprint (14)

Event 193 Girls U 10 - 200 Metre Sprint (14)			
Region:	28.40	1991	Rosemary Hayward
State:	28.22	21/03/2010	Kristie Edwards
Lane	Name	Age Centre	Seed Time
Heat 1 of 2 Heats			
1	2469 Ananshi Chopra	Northern Suburbs	
2	19795 Alice Orth	Manly Warringah	
3	11617 Jude Alkhateeb	Cherrybrook	
4	2319 Stella Wade	Northern Suburbs	
5	19458 Lucy Turner	Manly Warringah	
6	19699 Frankie Jones	Manly Warringah	
7	8061 April Abboud	Mosman	
8			
Heat 2 of 2 Heats			
1	2334 Amelie Germon	Northern Suburbs	
2	864 Evelyn Finley	Ku-Ring-Gai	
3	766 Evie Rophail	Ku-Ring-Gai	
4	19425 Josephine Han	Manly Warringah	
5	14255 Indiana Mitchell	Ryde	
6	19779 Lexie Beesley	Manly Warringah	
7	2386 Ajabu Gebhard	Northern Suburbs	
8			

Event 194 Boys U 10 - 200 Metre Sprint (16)

Event 194 Boys U 10 - 200 Metre Sprint (16)			
Region:	27.50	2001	Justin Hayward
State:	26.94	11/03/1978	Chris Newman
Lane	Name	Age Centre	Seed Time
Heat 1 of 2 Heats			
1	19718 Solomon Romyn	Manly Warringah	
2	8065 Kingston Davis	Mosman	
3	17395 Jake Lambert	Nth Rocks Carlin	
4	19271 Hudson McGregor	Manly Warringah	
5	19107 Brody Scott-Faul	Manly Warringah	
6	19103 Ryder Lane-Brown	Manly Warringah	
7	2489 Liam Baird	Northern Suburbs	
8	19304 Samson Cech	Manly Warringah	
Heat 2 of 2 Heats			
1	14819 Marco Dessanti	Ryde	
2	234 Nicolas James-Taylor	Ku-Ring-Gai	
3	11534 Harrison Campbell	Cherrybrook	
4	14306 Dara Curley	Ryde	
5	2755 Flynn Scrivener	Northern Suburbs	
6	2516 Henry Wilkin-Smith	Northern Suburbs	
7	11495 Archie Gulczynski	Cherrybrook	
8	7982 angus Morrison	Mosman	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 195 Girls U 11 - 200 Metre Sprint (19)

Region: 27.50 1992 Rosemary Hayward
State: 26.12 19/03/2017 Chelsea Ezeoke

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 3 Heats

1	18739 Willow Hickey		Hornsby	
2	225 Safina Burgess		Ku-Ring-Gai	
3	515 Havana Gray		Ku-Ring-Gai	
4	19251 Leanne Barayuga		Manly Warringah	
5	19587 Liv Havenstein		Manly Warringah	
6	19438 Lily Dunne		Manly Warringah	
7	17057 Lucy C Tazewell		Parramatta	
8				

Heat 2 of 3 Heats

1				
2	11514 Zoe Jordan		Cherrybrook	
3	17201 Claire Fetrie		Parramatta	
4	13971 Evie MooreMulcahy		Northern Distric	
5	19295 Anieke Coetsee		Manly Warringah	
6	19739 Lucy Wilson		Manly Warringah	
7	14429 Tully Davies		Ryde	
8				

Heat 3 of 3 Heats

1				
2	387 Imogen Newey		Ku-Ring-Gai	
3	11482 Anna Wegener		Cherrybrook	
4	19242 Genevieve Dunnet		Manly Warringah	
5	14526 Madeleine Lynch		Ryde	
6	14677 Eliza Bosnic		Ryde	
7	16965 Jessy Yong		Parramatta	
8				

Event 196 Boys U 11 - 200 Metre Sprint (16)

Region: 27.10 22/02/2004 Alexander Pettigrew
State: 25.84 11/03/1978 Robert Stanford

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	2887 Zachary Radzim		Northern Suburbs	
2	14584 Enzo Cheung (Yc)		Ryde	
3	18923 James Bissaker		Hornsby	
4	8084 Edward Sharp		Mosman	
5	19709 Heath Towers		Manly Warringah	
6	2834 Roberto Devine		Northern Suburbs	
7	14347 Alexander Economides		Ryde	
8	2317 Michael Williams		Northern Suburbs	

Heat 2 of 2 Heats

1	11554 Lachlan Vercoe		Cherrybrook	
2	155 Brody Johnson		Ku-Ring-Gai	
3	7889 Orlando Clarke		Mosman	
4	14065 Jensen Barrett		Northern Distric	
5	11483 Finn Leivesley		Cherrybrook	
6	507 Oska Koch		Ku-Ring-Gai	
7	17572 Riley Johnson		Nth Rocks Carlin	
8	18790 Alexander Sorensen		Hornsby	

Event 197 Girls U 12 - 200 Metre Sprint (17)

Region: 26.30 2005 Karlie Morton
State: 25.69 25/03/2018 Chelsea Ezeoke

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 3 Heats

1				
2	14153 Estelle Creek		Northern Distric	
3	336 Manvi Arabolu		Ku-Ring-Gai	
4	19710 Lotte Roessler		Manly Warringah	
5	11505 Hannah Dawson		Cherrybrook	
6	18796 Grace Carlton		Hornsby	
7	19807 Charlotte Selinas		Manly Warringah	
8				

Heat 2 of 3 Heats

1				
2	19607 Claudia Patfield		Manly Warringah	
3	39115 Miranda Yu		Ku-Ring-Gai	
4	19744 Valerie Pickup		Manly Warringah	
5	14278 Arabella Cellacay		Ryde	
6	17058 Sophie Tazewell		Parramatta	
7				
8				

Heat 3 of 3 Heats

1				
2	17582 Julia Perry		Nth Rocks Carlin	
3	17416 Emily Ng		Nth Rocks Carlin	
4	11480 Madison Tabrett		Cherrybrook	
5	19108 Marley Scott-Faul		Manly Warringah	
6	11580 Abigail Wigham		Cherrybrook	
7	17523 Jolin Wirianata		Nth Rocks Carlin	
8				

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 198 Boys U 12 - 200 Metre Sprint (17)

Region: 25.80 2005 Kane Thompson
State: 24.43 25/03/2018 Rashid Kabba

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 3 Heats

1				
2	168 Andy Zhang		Ku-Ring-Gai	
3	17418 Cohen Keeping		Nth Rocks Carlin	
4	14598 Zachary Leung		Ryde	
5	11612 Liam Steel		Cherrybrook	
6	504 Nuoyi Wang		Ku-Ring-Gai	
7	14553 Louis Baddeley		Ryde	
8				

Heat 2 of 3 Heats

1				
2	14772 Joseph Wehbe		Ryde	
3	19471 Luca Escribano		Manly Warringah	
4	14816 Jack Spencer		Ryde	
5	658 Caelan Drysdale		Ku-Ring-Gai	
6	19980 Jacob Pieper		Manly Warringah	
7	19426 Isaac Han		Manly Warringah	
8				

Heat 3 of 3 Heats

1				
2	14386 Bayley Gibson		Ryde	
3	8081 Charlie Baird-Petroni		Mosman	
4	19150 Ethan Warner		Manly Warringah	
5	19141 Beau Riches		Manly Warringah	
6	14311 Jack Le Fevre		Ryde	
7				
8				

Event 199 Girls U 13 - 200 Metre Sprint (17)

Region: 25.80 1994 Rosemary Hayward
State: 24.96 19/03/2017 Alice Dixon

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 3 Heats

1				
2	18798 Amy Campbell		Hornsby	
3	2405 Lucia Schnell		Northern Suburbs	
4	19387 Sarah Mehta		Manly Warringah	
5	19241 Pilard Shephard		Manly Warringah	
6	14241 Jacqueline Pawsey		Ryde	
7	17400 Alice Truong		Nth Rocks Carlin	
8				

Heat 2 of 3 Heats

1				
2	19302 Sophie Rogerson		Manly Warringah	
3	17226 Naduli Kariyawasam		Parramatta	
4	19386 Louisa Mehta		Manly Warringah	
5	8057 Lexi Hartigan		Mosman	
6	17740 Madison Dellas		Nth Rocks Carlin	
7				
8				

Heat 3 of 3 Heats

1				
2	19904 Eden McNaughtan		Manly Warringah	
3	11507 Michiko Paul		Cherrybrook	
4	332 Sienna Vassella		Ku-Ring-Gai	
5	2320 Sienna Wade		Northern Suburbs	
6	19981 Jemma Wilsher		Manly Warringah	
7	17488 Natalie Tang		Nth Rocks Carlin	
8				

Event 200 Boys U 13 - 200 Metre Sprint (15)

Region: 24.00 18/02/2007 Nicholas Hough
State: 23.34 18/03/2007 Nicholas Hough

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	14254 Xavier Mitchell		Ryde	
2	14669 Kingsley Yip		Ryde	
3	253 Thomas Vedris		Ku-Ring-Gai	
4	11486 Callum Gilchrist		Cherrybrook	
5	14937 Jun min Yap		Ryde	
6	17290 Ji Yong Kim		Parramatta	
7	19609 Parker Ball		Manly Warringah	
8	19048 Sebastian Duddle		Hornsby	

Heat 2 of 2 Heats

1	2507 Thomas Eaton		Northern Suburbs	
2	541 Rhys Duncan		Ku-Ring-Gai	
3	707 Kourosh Rad		Ku-Ring-Gai	
4	19212 Jake Wood		Manly Warringah	
5	11601 Andrew Kim		Cherrybrook	
6	19286 Deacon Pallpratt		Manly Warringah	
7	11500 Charithu De mel		Cherrybrook	
8				

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 201 Girls U 14 - 200 Metre Sprint (12)

Region:	24.60	1995	Rosemary Hayward
State:	24.54	16/03/2008	Ella Nelson

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1				
2	19359 Isla Scoular		Manly Warringah	
3	14547 Ivy Vella		Ryde	
4	17199 Clara Fetrie		Parramatta	
5	159 Amalia Bond		Ku-Ring-Gai	
6	19450 Sophie Irvine		Manly Warringah	
7	17051 Alanah O'Donovan		Parramatta	
8				

Heat 2 of 2 Heats

1				
2	18895 Camila Iorio		Hornsby	
3	14133 Alannah Pryor		Northern Distric	
4	19339 Naomi Krajancic		Manly Warringah	
5	2794 Tanya Graham		Northern Suburbs	
6	19743 Olivia Pickup		Manly Warringah	
7	17196 Pranaya Prasath		Parramatta	
8				

Event 202 Boys U 14 - 200 Metre Sprint (14)

Region:	22.90	17/02/2008	Nicholas Hough
State:	22.64	19/02/2006	Luke Hamer

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	14195 Jake Sefton		Northern Distric	
2	14622 Thomas Cheung		Ryde	
3	7824 Sam Hewit		Mosman	
4	14796 Owen Trinh		Ryde	
5	17065 Manuel Lacson		Parramatta	
6	17301 Jacob Semaan		Parramatta	
7	428 Fergus Keogh		Ku-Ring-Gai	
8				

Heat 2 of 2 Heats

1	39101 Kye Kearney		Ku-Ring-Gai	
2	17406 Jamie Kastelan		Nth Rocks Carlin	
3	11578 Harry Wigham		Cherrybrook	
4	14812 Cameron Leung		Ryde	
5	19731 Harvey Glanville		Manly Warringah	
6	19390 Lucas Nuttall		Manly Warringah	
7	17532 Nicholas Smart		Nth Rocks Carlin	
8				

Event 203 Girls U 15 - 200 Metre Sprint (13)

Region:	25.20	1998	Jana Pittman
State:	24.24	20/03/2005	Olivia Tauro

State:	24.24	22/02/2009	Ella Nelson
---------------	--------------	-------------------	--------------------

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1				
2	17062 Chiara Ewing		Parramatta	
3	19506 Sofia Ehnбом		Manly Warringah	
4	19334 Tayah Rubes		Manly Warringah	
5	18913 Eden Herring		Hornsby	
6	11564 Sophie Durheim		Cherrybrook	
7	16920 Lisara Seneviratne		Parramatta	
8				

Heat 2 of 2 Heats

1	18820 Tiffany Fong		Hornsby	
2	18781 Josie Clayton		Hornsby	
3	19436 Kaitlenn Dunne		Manly Warringah	
4	659 Arabella Lewis		Ku-Ring-Gai	
5	14101 Kyrah McMahan		Northern Distric	
6	17769 Princess Obi		Nth Rocks Carlin	
7	2481 Reena Son		Northern Suburbs	
8				

Event 204 Boys U 15 - 200 Metre Sprint (14)

Region:	21.50	22/02/2009	Nicholas Hough
State:	21.74	22/02/2009	Nicholas Hough

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	322 Rian Conners		Ku-Ring-Gai	
2	490 Jimmy Thebridge		Ku-Ring-Gai	
3	2520 Alexander Fijan		Northern Suburbs	
4	17208 Thomas Aroyan		Parramatta	
5	18741 Shiva Rajesh		Hornsby	
6	19313 Jack Mcmillan		Manly Warringah	
7	18831 Aiden McDaid		Hornsby	
8				

Heat 2 of 2 Heats

1	8078 Daniel Benoliel		Mosman	
2	19424 Reese Francis		Manly Warringah	
3	19476 Harry Nixon		Manly Warringah	
4	17060 Kyros Ghadiali		Parramatta	
5	14488 Calan Hahlos		Ryde	
6	17838 Benjamin Perry		Nth Rocks Carlin	
7	2552 Oliver Pereira de Jesus		Northern Suburbs	
8				

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 205 Girls U 17 - 200 Metre Sprint (15)

Region:	24.95	5/02/2023	Maia Madden Khan
State:	24.08	25/03/2018	Caitlin Ferrier

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	17023 Kaley Roach		Parramatta	
2	19509 Ashlee O'Reilly		Manly Warringah	
3	19533 Jasmine Rintel		Manly Warringah	
4	39119 Maia MaddenKhan		Ku-Ring-Gai	
5	158 Samara Bond		Ku-Ring-Gai	
6	17256 Amelia Steventon		Parramatta	
7	11642 Olivia Moresi		Cherrybrook	
8	11657 Leela Ingram		Cherrybrook	

Heat 2 of 2 Heats

1	2543 Sacha Jones		Northern Suburbs	
2	14442 Amelie Gomez-Niewol		Ryde	
3	19836 Estelle Walsh		Manly Warringah	
4	19631 Tara Hollyoak		Manly Warringah	
5	19396 sienna kupceric		Manly Warringah	
6	14240 Zara Pawsey		Ryde	
7	14211 Elise Oliver		Northern Distric	
8				

Event 206 Boys U 17 - 200 Metre Sprint (16)

Region:	22.64	17/02/2013	Joshua Swan
State:	21.32	19/03/2017	Yadin Ngeng

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Heat 1 of 2 Heats

1	17046 Oliver Corne		Parramatta	
2	19880 Joshua Bowry		Manly Warringah	
3	18776 Nathanael Ramsay		Hornsby	
4	518 Lars Ackland		Ku-Ring-Gai	
5	14374 Aiden Wright		Ryde	
6	8028 Xavier Frost		Mosman	
7	17043 Tyler E Mitchell		Parramatta	
8	18933 Lachlan Blackwell		Hornsby	

Heat 2 of 2 Heats

1	17722 Lachlan Waldron		Nth Rocks Carlin	
2	14504 Joshua Smith		Ryde	
3	2551 Andres Hampel		Northern Suburbs	
4	18872 Wol Albino		Hornsby	
5	14640 James Woods		Ryde	
6	19574 Liam Downs		Manly Warringah	
7	17521 Lewis Wong		Nth Rocks Carlin	
8	18759 Ashton Sawtell		Hornsby	

Event 229 Girls U 13-14 200 Metre Multi Class Run (1)

Region:	30.17	4/02/2023	Gemma Sellick T46
----------------	-------	-----------	-------------------

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 1 Final

1				
2				
3	19483 Gemma Sellick (T/F46)		Manly Warringah	
4				
5				
6				
7				
8				

Event 232 Boys U 15-17 200 Metre Multi Class Run (3)

Region:	28.26	4/02/2023	Cooper Robb-Jackson T38
----------------	-------	-----------	-------------------------

Lane	Name	Age	Centre	Seed Time
------	------	-----	--------	-----------

Section 1 of 1 Final

1				
2				
3				
4				
5	17507 Jacob Thurston (T/F37)		Nth Rocks Carlin	
6	17194 Cooper Robb-Jackson (Parramatta	
7	17709 Alexander Evans (T/F1		Nth Rocks Carlin	
8				

Event 233 Girls U 9-12 4x100 Metre Relay (Jnr) (6)

Region:	55.41	19/02/2012	Manly Warringah
----------------	-------	------------	-----------------

A Jeremy, O Wrightson, S Stanley, K Edwards			
State:	54.62	25/03/2012	Manly Warringah

Lane	Centre	Relay	Seed Time
------	--------	-------	-----------

Section 1 of 1 Final

1			
2	Cherrybrook		
3	Ku-Ring-Gai		
4	Hornsby		
5	Northern Suburbs		
6	Ryde		
7	Manly Warringah		
8			

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 234 Boys U 9-12 4x100 Metre Relay (Jnr) (6)

Region: 54.70 14/02/2016 Ku-Ring-Gai

D Hall, L Herbert, A Jones, R Hemsworth

State: 53.84 17/03/1996 Bankstown Sports

State: 53.84 20/03/2016 Ku-Ring-Gai

Lane	Centre	Relay	Seed Time
------	--------	-------	-----------

Section 1 of 1 Final

- | | | | |
|---|------------------|--|--|
| 1 | | | |
| 2 | Ku-Ring-Gai | | |
| 3 | Nth Rocks Carlin | | |
| 4 | Cherrybrook | | |
| 5 | Mosman | | |
| 6 | Manly Warringah | | |
| 7 | Northern Suburbs | | |
| 8 | | | |

Event 235 Girls U 12-17 4x100 Metre Relay (Snr) (6)

Region: 50.08 12/02/2017 Northern Suburbs

A Dixon, E Cramer, N D'Onofrio, A Fisher

State: 48.69 24/03/2013 Manly Warringah

Lane	Centre	Relay	Seed Time
------	--------	-------	-----------

Section 1 of 1 Final

- | | | | |
|---|-----------------|--|--|
| 1 | | | |
| 2 | Hornsby | | |
| 3 | Manly Warringah | | |
| 4 | Ku-Ring-Gai | | |
| 5 | Cherrybrook | | |
| 6 | Parramatta | | |
| 7 | Ryde | | |
| 8 | | | |

Event 236 Boys U 12-17 4x100 Metre Relay (Snr) (6)

Region: 46.09 16/02/2020 Ku-Ring-Gai

D Hall, A Jones, L Herbert, C Bond

State: 45.63 21/03/2010 Cherrybrook

Lane	Centre	Relay	Seed Time
------	--------	-------	-----------

Section 1 of 1 Final

- | | | | |
|---|------------------|--|--|
| 1 | | | |
| 2 | Mosman | | |
| 3 | Parramatta | | |
| 4 | Nth Rocks Carlin | | |
| 5 | Manly Warringah | | |
| 6 | Ku-Ring-Gai | | |
| 7 | Northern Suburbs | | |
| 8 | | | |

Event 300 Girls U 14 - Javelin (400 Gram) (15)

Region: 38.01m 13/02/2016 Amie Bowrey

State: 52.23m 18/03/2017 Lianna Davidson

Pos	Name	Age	Centre	Seed Mark
-----	------	-----	--------	-----------

Flight 1 of 1 Final

- | | | | | |
|----|-------------------------|--|------------------|--|
| 1 | 11589 Ruby Penn | | Cherrybrook | |
| 2 | 17386 Lu'isa Lolomanaia | | Nth Rocks Carlin | |
| 3 | 17006 Charlotte Butler | | Parramatta | |
| 4 | 14291 Chloe McGregor | | Ryde | |
| 5 | 18917 Sophia Tsaousidis | | Hornsby | |
| 6 | 18850 Tara Gilkeson | | Hornsby | |
| 7 | 151 Chelsea Forte | | Ku-Ring-Gai | |
| 8 | 17146 Summer Aiken | | Parramatta | |
| 9 | 17538 Evana Butler | | Nth Rocks Carlin | |
| 10 | 2473 Alicia Connell | | Northern Suburbs | |
| 11 | 11565 Cheyenne Sinteur | | Cherrybrook | |
| 12 | 16962 Sofia Gasparini | | Parramatta | |
| 13 | 626 Sophie Farrell | | Ku-Ring-Gai | |
| 14 | 14431 Erin Armstrong | | Ryde | |
| 15 | 14084 Annalise Cottrell | | Northern Distric | |

Event 301 Boys U 10 - Discus (500 Gram) (16)

Region: 39.76m 1999 Christopher Bassett

State: 43.20m 19/03/1983 Jason Amberger

Pos	Name	Age	Centre	Seed Mark
-----	------	-----	--------	-----------

Flight 1 of 1 Final

- | | | | | |
|----|----------------------------|--|------------------|--|
| 1 | 14025 Liam Cosier | | Northern Distric | |
| 2 | 17084 James Nanni | | Parramatta | |
| 3 | 615 Tommy Kay | | Ku-Ring-Gai | |
| 4 | 124 Hamish Skeates | | Ku-Ring-Gai | |
| 5 | 239 Maximus Murdoch | | Ku-Ring-Gai | |
| 6 | 11604 Alexander M Reid | | Cherrybrook | |
| 7 | 19186 Edward Gillett | | Manly Warringah | |
| 8 | 14455 Ethan Bourne | | Ryde | |
| 9 | 18792 Huxley Richardson | | Hornsby | |
| 10 | 14458 Archer Griffiths (1) | | Ryde | |
| 11 | 2324 Xavier Dunne | | Northern Suburbs | |
| 12 | 19114 Samuel King | | Manly Warringah | |
| 13 | 563 Oliver Kok | | Ku-Ring-Gai | |
| 14 | 147 Liam Carter | | Ku-Ring-Gai | |
| 15 | 14619 Nathan Pulfer | | Ryde | |
| 16 | 13958 Max Pullin | | Northern Distric | |

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 302 Boys U 13 - Discus (750 Gram) (17)

Region: 48.10m 1994 S Novkovic
 State: 60.74m 2/02/2019 Angus Clues

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	14701 Daniel Kang		Ryde	
2	8014 Orlando Stewart		Mosman	
3	337 Jacoby Neal		Ku-Ring-Gai	
4	14416 Kieran Webb		Ryde	
5	597 Lachlan Harris		Ku-Ring-Gai	
6	18898 Daniel Sims		Hornsby	
7	19286 Deacon Pallpratt		Manly Warringah	
8	19363 Billy Lowe		Manly Warringah	
9	17687 Brian Kim		Nth Rocks Carlin	
10	19111 Luke Cohen		Manly Warringah	
11	24410 Aryan Bharati		Cherrybrook	
12	17308 Daniel Semaan		Parramatta	
13	614 Archie Kay		Ku-Ring-Gai	
14	19156 Lucas Figueira		Manly Warringah	
15	2463 Alfa Tai		Northern Suburbs	
16	2848 Liam O'Leary		Northern Suburbs	
17	11601 Andrew Kim		Cherrybrook	

Event 303 Girls U 9 - Shot Put (2.0 Kg) (17)

Region: 8.59m 17/02/2018 Tayla Moore
 State: 9.23m 1/03/2014 Maliyah Osbaldiston

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	14436 Hazel Care-Unger		Ryde	
2	2470 Calais Durie		Northern Suburbs	
3	14515 Naomi Jones		Ryde	
4	18924 Alexandra Bissaker		Hornsby	
5	17029 Amelia Wensor		Parramatta	
6	17768 Vanessa Obi		Nth Rocks Carlin	
7	342 Xanthe Sarkodee		Ku-Ring-Gai	
8	17849 Ruby Hewitt		Nth Rocks Carlin	
9	18754 Riley Lloyd-Owen		Hornsby	
10	18755 Lucy Keevy		Hornsby	
11	2480 Audrey Kerkham		Northern Suburbs	
12	17224 Isabelle Ng Chok		Parramatta	
13	19552 Ellie Turmanis		Manly Warringah	
14	19118 Isabel Middleton		Manly Warringah	
15	18805 Alexa Erickson		Hornsby	
16	19190 Indiana AllanCrocker		Manly Warringah	
17	251 Rose Benson		Ku-Ring-Gai	

Event 304 Girls U 17 - Shot Put (3.0 Kg) (16)

Region: 15.00m 13/02/2022 Emma Polikowski
 State: 16.29m 18/02/2012 Taylah Sengul

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	14721 Isabella Barbara		Ryde	
2	16978 Maddison Kernaghan		Parramatta	
3	14730 Jessica Johnston		Ryde	
4	14304 Claudia Barlow		Ryde	
5	2883 Ruby Perkins		Northern Suburbs	
6	17476 Amelia Nagy		Nth Rocks Carlin	
7	546 Sarah Lovell		Ku-Ring-Gai	
8	18863 Annabelle Stewart		Hornsby	
9	39119 Maia MaddenKhan		Ku-Ring-Gai	
10	14263 Charlotte Nagle		Ryde	
11	545 Louise Lovell		Ku-Ring-Gai	
12	14211 Elise Oliver		Northern Distric	
13	8150 Fenella Burns		Mosman	
14	2830 Emily Govers		Northern Suburbs	
15	19631 Tara Hollyoak		Manly Warringah	
16	330 Gemma McIntosh		Ku-Ring-Gai	

Event 305 Boys U 12 - Long Jump (16)

Region: 5.66m 21/02/2004 Martin Stonis
 State: 5.86m 17/03/1996 Michael Doggett

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	2580 Jayden Chong		Northern Suburbs	
2	8081 Charlie Baird-Petroni		Mosman	
3	627 Finn Wilson		Ku-Ring-Gai	
4	287 Harrison Nicholls		Ku-Ring-Gai	
5	2531 Cooper Wilson		Northern Suburbs	
6	17053 Vinay Menon		Parramatta	
7	17418 Cohen Keeping		Nth Rocks Carlin	
8	17147 Jackson Aiken		Parramatta	
9	17037 Aharshan Sivaniruban		Parramatta	
10	197 James Xin		Ku-Ring-Gai	
11	11502 Ryan Maher		Cherrybrook	
12	19141 Beau Riches		Manly Warringah	
13	168 Andy Zhang		Ku-Ring-Gai	
14	2438 Justin Jung		Northern Suburbs	
15	19721 Taj Biddlecombe		Manly Warringah	
16	14620 Daniel Pulfer		Ryde	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 306 Girls U 10 - Long Jump (16)

Region: 4.54m 21/02/2004 Courtney Cross

State: 4.75m 24/03/1991 Rosemary Hayward

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	11553 Milena Mok		Cherrybrook	
2	19310 Isobel Miles		Manly Warringah	
3	17691 Georgia Gryst		Nth Rocks Carlin	
4	19458 Lucy Turner		Manly Warringah	
5	14076 Matilda Haggarty		Northern Distric	
6	14255 Indiana Mitchell		Ryde	
7	864 Evelyn Finley		Ku-Ring-Gai	
8	2500 Sierra Seale		Northern Suburbs	
9	14334 Zoey Marando		Ryde	
10	19795 Alice Orth		Manly Warringah	
11	2747 Sienna Flower		Northern Suburbs	
12	16961 Nadia Gasparini		Parramatta	
13	19828 Amelia Berry		Manly Warringah	
14	792 Nicole Shih		Ku-Ring-Gai	
15	521 Anya Keshwara		Ku-Ring-Gai	
16	2546 Laura Bosly		Northern Suburbs	

Event 307 Boys U 11 - Triple Jump (16)

Region: 10.29m 1993 D Geddes

State: 11.06m 27/03/1993 David Geddes

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	11554 Lachlan Vercoe		Cherrybrook	
2	19337 Harry Dryden		Manly Warringah	
3	11661 Dhulain Fernando		Cherrybrook	
4	17710 Jeffrey Chong		Nth Rocks Carlin	
5	465 Charlie Toth		Ku-Ring-Gai	
6	14347 Alexander Economides		Ryde	
7	2614 Ryan Mallawa Arachchi		Northern Suburbs	
8	19922 Lewis McNaughtan		Manly Warringah	
9	14674 Flynn Cox-Gallagher		Ryde	
10	2556 Rory Duffy		Northern Suburbs	
11	19831 Ashton Forrester		Manly Warringah	
12	7940 Harrison Vakili		Mosman	
13	221 Emmett Snape		Ku-Ring-Gai	
14	19709 Heath Towers		Manly Warringah	
15	17833 Oliver Gross		Nth Rocks Carlin	
16	19306 Alex Fraser		Manly Warringah	

Event 308 Boys U 14 - Triple Jump (12)

Region: 13.27m 1996 D Geddes

State: 13.48m 17/03/1996 David Geddes

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	17055 Luke Butcher		Parramatta	
2	19355 Ethan McErlane		Manly Warringah	
3	14519 Lucas Michaels		Ryde	
4	19287 Davin Yap		Manly Warringah	
5	17532 Nicholas Smart		Nth Rocks Carlin	
6	19133 Ethan Jauncey		Manly Warringah	
7	11578 Harry Wigham		Cherrybrook	
8	747 Kase Willis-Jansen		Ku-Ring-Gai	
9	17419 Hudson Keeping		Nth Rocks Carlin	
10	17518 Marcus Wong		Nth Rocks Carlin	
11	651 Max McPherson		Ku-Ring-Gai	
12	17406 Jamie Kastelan		Nth Rocks Carlin	

Event 309 Girls U 9 - High Jump (S/H 0.85m) (15)

Region: 1.25m 15/02/2014 Cayla Phillips

State: 1.39m 24/03/2012 Tomysha Clark

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19351 Hannah Dick		Manly Warringah	
2	2480 Audrey Kerkham		Northern Suburbs	
3	17499 Teara O'Brien		Nth Rocks Carlin	
4	18704 Juliet Allan		Hornsby	
5	19552 Ellie Turmanis		Manly Warringah	
6	736 Georgia Rouse		Ku-Ring-Gai	
7	167 Harlow Campbell		Ku-Ring-Gai	
8	11684 Kiara Liyanage		Cherrybrook	
9	18755 Lucy Keevy		Hornsby	
10	19535 Aliya Howe		Manly Warringah	
11	17029 Amelia Wensor		Parramatta	
12	19160 Amelia Esser		Manly Warringah	
13	17546 Eden De Pomeroy		Nth Rocks Carlin	
14	2470 Calais Durie		Northern Suburbs	
15	19230 Mila Ward		Manly Warringah	

Event 310 Girls U 15 - High Jump (S/H 1.25m) (8)

Region: 1.75m 16/02/2008 Amy Pejkoivic

State: 1.80m 16/03/2008 Amy Pejkoivic

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	14786 Giselle Olymbios		Ryde	
2	11479 Zoe Connell		Cherrybrook	
3	2646 Tanna Kotulic		Northern Suburbs	
4	11564 Sophie Durheim		Cherrybrook	
5	14425 Emilia Webb		Ryde	
6	17212 Stella Stirling		Parramatta	
7	19673 Sophie Hinds		Manly Warringah	
8	17806 Evelyn Cheung		Nth Rocks Carlin	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 311 Boys U 15 - Javelin (700 Gram) (13)

Region: 59.69m 15/02/2014 Cameron McEntyre
 State: 59.69m 15/02/2014 Cameron McEntyre

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19541 Alberto Jordan		Manly Warringah	
2	19461 Luka Prizmic		Manly Warringah	
3	17688 Brenden Kim		Nth Rocks Carlin	
4	11688 Edward Darby		Cherrybrook	
5	17737 Benjamin Lawrence		Nth Rocks Carlin	
6	18852 Ronan Pattie		Hornsby	
7	17072 Cooper Shanahan		Parramatta	
8	19846 Luka Simmons		Manly Warringah	
9	8037 Jeffrey Benoliel		Mosman	
10	11499 Ryan Redhead		Cherrybrook	
11	19687 Max Figueira		Manly Warringah	
12	19340 Zac Stante		Manly Warringah	
13	14482 Moses Wolfson		Ryde	

Event 312 Girls U 12 - Discus (750 Gram) (16)

Region: 43.10m 16/02/2008 Taylah Sengul
 State: 46.19m 15/03/2008 Filoi Aokuso

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	18821 Samantha Fong		Hornsby	
2	14398 Claire Wang		Ryde	
3	611 Charlotte Barnsley		Ku-Ring-Gai	
4	8000 Maisie Yorke		Mosman	
5	13968 Clara Knight		Northern Distric	
6	18731 Ada Riddle		Hornsby	
7	14012 Scarlett Owers		Northern Distric	
8	19652 Milly McVicar		Manly Warringah	
9	2472 Holly Connell		Northern Suburbs	
10	19428 Alice Larbey		Manly Warringah	
11	14318 Zara Cox		Ryde	
12	17385 Latu Lolomanaia		Nth Rocks Carlin	
13	14340 Gillian Bedford		Ryde	
14	17523 Jolin Wirianata		Nth Rocks Carlin	
15	570 Jeorgia Bowden		Ku-Ring-Gai	
16	512 Hayley Laslett		Ku-Ring-Gai	

Event 313 Boys U 17 - Discus (1.5 Kg) (10)

Region: 54.30m 14/02/2016 Nicholas Frost
 State: 56.17m 22/03/2009 Liam Speers

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	8058 Finn Pereira		Mosman	
2	17154 Simon Forsyth		Parramatta	
3	17540 Rebeen Mirzaei		Nth Rocks Carlin	
4	13945 Joshua Harding		Northern Distric	
5	13944 Kalan Harding		Northern Distric	
6	17516 Thomas Schneider		Nth Rocks Carlin	
7	18759 Ashton Sawtell		Hornsby	
8	19300 Freddie BensonSparkes		Manly Warringah	
9	11652 Justin Billingsley		Cherrybrook	
10	17722 Lachlan Waldron		Nth Rocks Carlin	

Event 314 Boys U 8 - Shot Put (1.5 Kg) (16)

Region: 9.58m 19/02/2011 Daniel Menin
 State: 10.98m 6/03/2011 Blake Toohey

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	18841 Elliot Sumpton		Hornsby	
2	2325 Jordan Dunne		Northern Suburbs	
3	14560 Mason Bakla		Ryde	
4	17225 Archer Ng Chok		Parramatta	
5	19560 Max Severino		Manly Warringah	
6	182 Zachary Philips		Ku-Ring-Gai	
7	19377 Harvey Laing		Manly Warringah	
8	18948 Jack Clementson		Hornsby	
9	17502 Aaren Deepak		Nth Rocks Carlin	
10	11575 Tomas Hilgendorf		Cherrybrook	
11	695 Lucas Ng		Ku-Ring-Gai	
12	14450 Joshua Ekers		Ryde	
13	11687 Laurence Darby		Cherrybrook	
14	17586 Thomas Garland		Nth Rocks Carlin	
15	569 Hugo Ruff		Ku-Ring-Gai	
16	14109 Cooper Young		Northern Distric	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 315 Girls U 11 - Shot Put (2.0 Kg) (16)

Region: 12.71m 17/02/2007 Samantha Farrant
 State: 14.07m 18/03/2007 Filoi Aokuso

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	2414 Gracie O'Leary		Northern Suburbs	
2	17201 Claire Fetrie		Parramatta	
3	343 Anna Sarkodee		Ku-Ring-Gai	
4	19799 Sophie Griffiths		Manly Warringah	
5	14518 Melina Michaels		Ryde	
6	18775 Samantha Campbell		Hornsby	
7	19559 Caitlin Willacy		Manly Warringah	
8	14424 Florence Webb		Ryde	
9	14042 Dulcie Thompson		Northern Distric	
10	10754 Selina Lewanavanua		Nth Rocks Carlin	
11	14675 Skye Spiden		Ryde	
12	19203 Louisa Olofinsky		Manly Warringah	
13	2344 Abigail Johnstone		Northern Suburbs	
14	11477 Imogen Connell		Cherrybrook	
15	17750 Myesha Yip		Nth Rocks Carlin	
16	17770 Angel Obi		Nth Rocks Carlin	

Event 316 Girls U 14 - Long Jump (16)

Region: 5.47m 9/02/2019 Sienna Bond
 State: 5.87m 18/03/2017 Tomysha Clark

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	159 Amalia Bond		Ku-Ring-Gai	
2	14084 Annalise Cottrell		Northern Distric	
3	151 Chelsea Forte		Ku-Ring-Gai	
4	19504 Avie Russell		Manly Warringah	
5	19232 Zara Parslow		Manly Warringah	
6	14133 Alannah Pryor		Northern Distric	
7	17538 Evana Butler		Nth Rocks Carlin	
8	11614 Laila Burkhardt		Cherrybrook	
9	2794 Tanya Graham		Northern Suburbs	
10	17834 Mia Gross		Nth Rocks Carlin	
11	39109 Lily Hughes		Ku-Ring-Gai	
12	14432 April Bateman		Ryde	
13	539 Alicia Endicott		Ku-Ring-Gai	
14	11478 Nisini Rajapaksha Mud		Cherrybrook	
15	612 Ava Grant		Ku-Ring-Gai	
16	19359 Isla Scoular		Manly Warringah	

Event 317 Girls U 13 - Long Jump (19)

Region: 5.22m 4/02/2023 Amalia Bond
 State: 5.58m 16/03/2019 Delta Amidzovski

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	11497 Pippa Burke		Cherrybrook	
2	11507 Michiko Paul		Cherrybrook	
3	11551 Ridhi Jasrotia		Cherrybrook	
4	13984 Maddison Barratt		Northern Distric	
5	17396 Hannah Lambert		Nth Rocks Carlin	
6	19740 Amelia Wilson		Manly Warringah	
7	11618 Ivy Yang		Cherrybrook	
8	14241 Jacqueline Pawsey		Ryde	
9	14085 Sophia Cottrell		Northern Distric	
10	14044 Lucy Edgar		Northern Distric	
11	332 Sienna Vassella		Ku-Ring-Gai	
12	17019 Olivia Loring		Parramatta	
13	17679 Ella Hazon		Nth Rocks Carlin	
14	8071 Aliya Meehan		Mosman	
15	19467 Ellie Briggs		Manly Warringah	
16	13935 Jennifer Toynbee		Northern Distric	
17	14246 Bella Fraser		Ryde	
18	17226 Naduli Kariyawasam		Parramatta	
19	19341 Chloe Stante		Manly Warringah	

Event 318 Boys U 13 - Triple Jump (17)

Region: 12.03m 17/02/2007 Nicholas Hough
 State: 12.72m 18/03/2007 Nicholas Hough

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19101 Taten Rogers		Manly Warringah	
2	2568 James Mikan		Northern Suburbs	
3	17456 Alexander Song		Nth Rocks Carlin	
4	17044 Aeden Campling		Parramatta	
5	17489 Mitchell Fleming		Nth Rocks Carlin	
6	19265 James Atkins		Manly Warringah	
7	2400 Kyan Seale		Northern Suburbs	
8	597 Lachlan Harris		Ku-Ring-Gai	
9	17302 Malachi Mataele		Parramatta	
10	2332 Lewis Wechsler		Northern Suburbs	
11	19594 Sebastian Tizzard		Manly Warringah	
12	541 Rhys Duncan		Ku-Ring-Gai	
13	19609 Parker Ball		Manly Warringah	
14	19544 Kornchawal Benoliel		Manly Warringah	
15	17687 Brian Kim		Nth Rocks Carlin	
16	18898 Daniel Sims		Hornsby	
17	14913 Tyler Gilbertson		Ryde	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 319 Girls U 17 - Triple Jump (16)

Region: 11.88m 13/02/2016 Maya Leverett
 State: 12.52m 31/01/2016 Jasmine Fountas

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	14304 Claudia Barlow		Ryde		
2	17459 Anesha Busingye		Nth Rocks Carlin		
3	13982 Freya Tonkin		Northern Distric		
4	19460 Kristina Prizmic		Manly Warringah		
5	14442 Amelie Gomez-Niewol		Ryde		
6	17431 Isabella Primrose		Nth Rocks Carlin		
7	14730 Jessica Johnston		Ryde		
8	2585 Vivian Lowe		Northern Suburbs		
9	14468 Miah Oshea		Ryde		
10	17703 Lani Khiroya		Nth Rocks Carlin		
11	19509 Ashlee O'Reilly		Manly Warringah		
12	8143 Ajaya Owusu		Mosman		
13	19462 Catrine Atherton		Manly Warringah		
14	13934 Elizabeth Toynbee		Northern Distric		
15	2883 Ruby Perkins		Northern Suburbs		
16	13933 Charlotte Toynbee		Northern Distric		

Event 320 Boys U 9 - High Jump (S/H 0.90m) (16)

Region: 1.31m 21/02/2004 Joel Edwards
 State: 1.40m 17/03/1985 Jamie Shortland
 State: 1.40m 21/03/2009 Harrison Brierley

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	404 Matthew Clarke		Ku-Ring-Gai		
2	2455 Jett Garton		Northern Suburbs		
3	18998 Henry Kinsey		Hornsby		
4	146 Charl Price		Ku-Ring-Gai		
5	19766 nathaniel kei		Manly Warringah		
6	19151 AdamMichael Vesely		Manly Warringah		
7	14555 Ari Newman		Ryde		
8	348 Henry Corbett		Ku-Ring-Gai		
9	17522 Flynn Wirianata		Nth Rocks Carlin		
10	19268 Max Miller		Manly Warringah		
11	17605 Lincoln Smith		Nth Rocks Carlin		
12	2412 Isaac O'Leary		Northern Suburbs		
13	600 Neil Macmillan		Ku-Ring-Gai		
14	7966 Frederick Bangs		Mosman		
15	2454 Jaxon Garton		Northern Suburbs		
16	19767 Jack Houston		Manly Warringah		

Event 321 Boys U 14 - High Jump (S/H 1.30m) (12)

Region: 1.85m 1999 J Watson
 State: 1.95m 20/03/1994 Justin Hathway

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	428 Fergus Keogh		Ku-Ring-Gai		
2	392 Xavier Kalinin		Ku-Ring-Gai		
3	19760 Ed Hammond		Manly Warringah		
4	17652 Henry O'Neil		Nth Rocks Carlin		
5	651 Max McPherson		Ku-Ring-Gai		
6	17055 Luke Butcher		Parramatta		
7	19287 Davin Yap		Manly Warringah		
8	17736 Matthew Lawrence		Nth Rocks Carlin		
9	17301 Jacob Semaan		Parramatta		
10	14520 Rhys Chandler		Ryde		
11	14052 Evan Beasley		Northern Distric		
12	831 Tyler Stead		Ku-Ring-Gai		

Event 322 Boys U 13-14 Multi Class Javelin (1)

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	17803 Michael Sitaramayya (Nth Rocks Carlin		

Event 322 Boys U 15-17 Multi Class Javelin (1)

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	17709 Alexander Evans (T/F1		Nth Rocks Carlin		

Event 322 Boys U 11-12 Multi Class Javelin (1)

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	17654 Hugo Kasprzak (T/F37		Nth Rocks Carlin		

Event 323 Girls U 10 - Discus (500 Gram) (16)

Region: 34.57m 18/02/2006 Taylah Sengul
 State: 37.22m 16/03/1985 Michelle Haage

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	2319 Stella Wade		Northern Suburbs		
2	14303 Nancy Barlow		Ryde		
3	19261 Ayla Davis		Manly Warringah		
4	513 Mackenzie Laslett		Ku-Ring-Gai		
5	2469 Ananshi Chopra		Northern Suburbs		
6	8001 Gabriella Fainga'anuku		Mosman		
7	14007 Matilda Brookes		Northern Distric		
8	229 Chloe Huang		Ku-Ring-Gai		
9	307 Jasmine Gong		Ku-Ring-Gai		
10	17326 Venba Bagath		Parramatta		
11	14596 Eloise Moran		Ryde		
12	14249 LilyEve Everson		Ryde		
13	13978 Beth Cochrane		Northern Distric		
14	19458 Lucy Turner		Manly Warringah		
15	11521 Saanvi Saravana		Cherrybrook		
16	14505 Audrey Smith		Ryde		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 324 Boys U 12 - Discus (750 Gram) (17)

Region: 44.04m 1993 S Novkovic
 State: 52.43m 16/03/2002 Emanuele Fuamatu

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	17537 Tobias Butler		Nth Rocks Carlin	
2	14060 Christopher Braendle		Northern Distric	
3	2893 Nicolas Pedrosa		Northern Suburbs	
4	18918 Alexandros Tsaousidis		Hornsby	
5	14319 Charlie Shiel		Ryde	
6	627 Finn Wilson		Ku-Ring-Gai	
7	19616 Connor Matthews		Manly Warringah	
8	14608 Mitchell Cox		Ryde	
9	306 Dylan SarenasAsnicar		Ku-Ring-Gai	
10	14201 Harry Mooney		Northern Distric	
11	17037 Aharshan Sivaniurban		Parramatta	
12	14525 Roy Wu		Ryde	
13	14053 Joah Beasley		Northern Distric	
14	2580 Jayden Chong		Northern Suburbs	
15	610 Edward Barnsley		Ku-Ring-Gai	
16	14620 Daniel Pulfer		Ryde	
17	19367 Jordy Plummer		Manly Warringah	

Event 325 Boys U 9 - Shot Put (2.0 Kg) (16)

Region: 10.46m 16/02/2020 Ludvig Persson
 State: 11.33m 20/03/1999 Jamal Idris

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	146 Charl Price		Ku-Ring-Gai	
2	2412 Isaac O'Leary		Northern Suburbs	
3	572 Zac Gerrand		Ku-Ring-Gai	
4	18998 Henry Kinsey		Hornsby	
5	14552 Joey Baddeley		Ryde	
6	858 Daniel Owili		Ku-Ring-Gai	
7	19166 Van Jordan		Manly Warringah	
8	2376 Martin Zepaquirra Romer		Northern Suburbs	
9	17008 Dylan Jowett		Parramatta	
10	19222 Lachlan deBree		Manly Warringah	
11	19175 Harley Donald		Manly Warringah	
12	19151 AdamMichael Vesely		Manly Warringah	
13	2333 Nathan Wechsler		Northern Suburbs	
14	17184 Maximilian Elder		Parramatta	
15	2511 Santiago Verissimo		Northern Suburbs	
16	896 Luca Hage		Ku-Ring-Gai	

Event 326 Boys U 15 - Shot Put (4.0 Kg) (10)

Region: 17.44m 1995 P Elvy
 State: 19.62m 18/03/2011 Tepai Moeroa

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	17688 Brenden Kim		Nth Rocks Carlin	
2	17711 Thomas Lawler		Nth Rocks Carlin	
3	11682 Samuel Price		Cherrybrook	
4	19541 Alberto Jordan		Manly Warringah	
5	140 Jake Fourie		Ku-Ring-Gai	
6	18897 Matthew Sims		Hornsby	
7	19129 Thomas Greenaway		Manly Warringah	
8	11688 Edward Darby		Cherrybrook	
9	17737 Benjamin Lawrence		Nth Rocks Carlin	
10	2888 Hugh Fairbairn		Northern Suburbs	

Event 327 Girls U 8 - Long Jump (15)

Region: 3.65m 1995 A Kerr
 State: 4.17m 2/03/1986 Danya Kerr

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	410 Zoe Marinkovich		Ku-Ring-Gai	
2	14295 Lucia Oppedisano		Ryde	
3	19264 Georgia Atkins		Manly Warringah	
4	19255 Eloise Debney		Manly Warringah	
5	2389 Aliska Reitano		Northern Suburbs	
6	17136 April Kim		Parramatta	
7	19916 Rahni McNaughtan		Manly Warringah	
8	17595 Alice Huang		Nth Rocks Carlin	
9	19449 Alyssa Goslin		Manly Warringah	
10	2435 Siena Tisi		Northern Suburbs	
11	14697 Rhyleiana Barnett-Paln		Ryde	
12	17661 Katrina Murphy		Nth Rocks Carlin	
13	103 Emily Hosie		Ku-Ring-Gai	
14	13970 Molly MooreMulcahy		Northern Distric	
15	2777 Indianna Messina		Northern Suburbs	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 328 Boys U 10 - Long Jump (15)

Region: 4.84m 11/02/2017 Dylan Hall
 State: 5.17m 16/03/1980 Martin Moore

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	868 Lucas Yik		Ku-Ring-Gai		
2	17395 Jake Lambert		Nth Rocks Carlin		
3	124 Hamish Skeates		Ku-Ring-Gai		
4	17084 James Nanni		Parramatta		
5	14306 Dara Curley		Ryde		
6	19186 Edward Gillett		Manly Warringah		
7	14037 William Hart		Northern Distric		
8	19653 Freddie McVicar		Manly Warringah		
9	19718 Solomon Romyn		Manly Warringah		
10	14458 Archer Griffiths (1)		Ryde		
11	11536 Alastair Brill		Cherrybrook		
12	14680 Ethan Moyo		Ryde		
13	18792 Huxley Richardson		Hornsby		
14	234 Nicolas James-Taylor		Ku-Ring-Gai		
15	13958 Max Pullin		Northern Distric		

Event 329 Girls U 11 - Triple Jump (18)

Region: 10.18m 19/02/2011 Tiana Jaber
 State: 10.38m 21/03/2004 Rebecca Mounsey

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	14526 Madeleine Lynch		Ryde		
2	19430 Caitlin Butler		Manly Warringah		
3	19238 Amity Batchler		Manly Warringah		
4	14424 Florence Webb		Ryde		
5	11477 Imogen Connell		Cherrybrook		
6	19240 Eloise Knorr		Manly Warringah		
7	318 Zoe Rudolph		Ku-Ring-Gai		
8	14449 Kira Ekers		Ryde		
9	590 Elodie Barnes		Ku-Ring-Gai		
10	19205 Phoebe Dobson		Manly Warringah		
11	14396 Pippa Wang		Ryde		
12	225 Safina Burgess		Ku-Ring-Gai		
13	14293 Talia Oppedisano		Ryde		
14	2411 Bree Madigan Wong		Northern Suburbs		
15	17436 Emma Barker		Nth Rocks Carlin		
16	14245 Charlotte Fraser		Ryde		
17	13971 Evie MooreMulcahy		Northern Distric		
18	19873 Zalia Stevens		Manly Warringah		

Event 330 Girls U 15 - Triple Jump (10)

Region: 11.67m 17/02/2018 Alexandra York
 State: 12.42m 21/03/2004 Alyisha House

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	11564 Sophie Durheim		Cherrybrook		
2	13967 Aniela Knight		Northern Distric		
3	17328 Alice Boorman-Franks		Parramatta		
4	2646 Tanna Kotulic		Northern Suburbs		
5	16920 Lisara Seneviratne		Parramatta		
6	14786 Giselle Olymbios		Ryde		
7	19543 Skye Blair		Manly Warringah		
8	14425 Emilia Webb		Ryde		
9	731 Olivia Achike		Ku-Ring-Gai		
10	19506 Sofia Ehnбом		Manly Warringah		

Event 331 Boys U 11 - Javelin (400 Gram) (16)

Region: 32.74m 14/02/2016 Ethan Oliver
 State: 35.48m 24/03/2018 Liam Sykes

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	2388 Liam Reville		Northern Suburbs		
2	16950 Hayden Dixon		Parramatta		
3	19410 William Barnett		Manly Warringah		
4	7940 Harrison Vakili		Mosman		
5	11683 Andre Liyanage		Cherrybrook		
6	19577 Edward Brennan		Manly Warringah		
7	713 Jackson Teede		Ku-Ring-Gai		
8	17481 Luke Sarah		Nth Rocks Carlin		
9	19132 Flynn Jauncey		Manly Warringah		
10	14459 Max Williamson		Ryde		
11	19626 Callum Yates		Manly Warringah		
12	696 Liam Ng		Ku-Ring-Gai		
13	19402 Lucas Fischer		Manly Warringah		
14	2834 Roberto Devine		Northern Suburbs		
15	602 Alexander Macmillan		Ku-Ring-Gai		
16	7941 Hunter Vakili		Mosman		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 332 Girls U 12 - High Jump (S/H 1.15m) (17)

Region: 1.58m 2002 T Thompson
 State: 1.65m 20/03/2015 Tomysha Clark

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	17416 Emily Ng		Nth Rocks Carlin	
2	14282 Gia Greig		Ryde	
3	2522 Maia Fijan		Northern Suburbs	
4	2472 Holly Connell		Northern Suburbs	
5	19346 Maeve Heldt		Manly Warringah	
6	336 Manvi Arabolu		Ku-Ring-Gai	
7	17385 Latu Lolomanaia		Nth Rocks Carlin	
8	19385 Roxanne Parkes		Manly Warringah	
9	19267 Molly Miller		Manly Warringah	
10	11480 Madison Tabrett		Cherrybrook	
11	19128 Mackenzie Couchman		Manly Warringah	
12	8019 Nina Parkinson		Mosman	
13	19607 Claudia Patfield		Manly Warringah	
14	14763 Amelia Mclachlan		Ryde	
15	14153 Estelle Creek		Northern Distric	
16	19651 Hallie Owers		Manly Warringah	
17	19352 Rhiannon Dick		Manly Warringah	

Event 333 Boys U 17 - High Jump (S/H 1.35m) (12)

Region: 2.05m 27/02/2010 Brandon Starc
 State: 2.10m 20/03/2010 Brandon Starc

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	2491 Cadel Holmes		Northern Suburbs	
2	19888 Sam Hildebrandt		Manly Warringah	
3	18933 Lachlan Blackwell		Hornsby	
4	19574 Liam Downs		Manly Warringah	
5	14521 Owen Chandler		Ryde	
6	17017 Zachariah Abood		Parramatta	
7	14323 Oliver Tsang		Ryde	
8	11652 Justin Billingsley		Cherrybrook	
9	11712 Marco Boccaletti		Cherrybrook	
10	17421 Oliver Mcnicol		Nth Rocks Carlin	
11	17050 Evan Holman		Parramatta	
12	19595 Cameron Tizzard		Manly Warringah	

Event 334 Boys U 8 - Discus (500 Gram) (16)

Region: 31.36m 1992 Gareth Care
 State: 31.36m 16/02/1992 Gareth Care

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	11687 Laurence Darby		Cherrybrook	
2	17429 Jaiden Chahal		Nth Rocks Carlin	
3	18948 Jack Clementson		Hornsby	
4	17225 Archer Ng Chok		Parramatta	
5	2691 haotian hu		Northern Suburbs	
6	17586 Thomas Garland		Nth Rocks Carlin	
7	14450 Joshua Ekers		Ryde	
8	494 Taj Gove		Ku-Ring-Gai	
9	266 John Lukas		Ku-Ring-Gai	
10	14109 Cooper Young		Northern Distric	
11	2325 Jordan Dunne		Northern Suburbs	
12	493 Louis Jeloscek		Ku-Ring-Gai	
13	333 Bailey Vassella		Ku-Ring-Gai	
14	18887 Flynn Hickey		Hornsby	
15	17502 Aaren Deepak		Nth Rocks Carlin	
16	744 Hamish McGill		Ku-Ring-Gai	

Event 335 Boys U 14 - Discus (1.0 Kg) (11)

Region: 55.22m 1995 S Novkovic
 State: 57.71m 20/03/2010 Tepai Moeroa

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19133 Ethan Jauncey		Manly Warringah	
2	17736 Matthew Lawrence		Nth Rocks Carlin	
3	43378 Dongjun Jaden Shin		Ryde	
4	8219 Nicolas Chaseling		Mosman	
5	11650 James de Sacadura		Cherrybrook	
6	651 Max McPherson		Ku-Ring-Gai	
7	14519 Lucas Michaels		Ryde	
8	17828 Vinuka Kankanige		Nth Rocks Carlin	
9	17532 Nicholas Smart		Nth Rocks Carlin	
10	11653 Blake Billingsley		Cherrybrook	
11	17829 Senuka Kankanige		Nth Rocks Carlin	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 336 Girls U 13 - Shot Put (3.0 Kg) (19)

Region: 14.23m 22/02/2009 Taylah Sengul
 State: 14.95m 24/03/2012 Grace Robinson

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	14264 Bronte Nagle		Ryde	
2	17226 Naduli Kariyawasam		Parramatta	
3	11561 Mia Graham		Cherrybrook	
4	19511 Emma Kramer		Manly Warringah	
5	14196 Sasha Sefton		Northern Distric	
6	19540 Isabel Jordan		Manly Warringah	
7	17620 Abigail Virgona		Nth Rocks Carlin	
8	13935 Jennifer Toynbee		Northern Distric	
9	8073 Elana Smith		Mosman	
10	14568 Chloe Yam		Ryde	
11	2341 Collette Lumley		Northern Suburbs	
12	415 Anika Henry		Ku-Ring-Gai	
13	8072 Elizabeth Fainga'anuku		Mosman	
14	19180 Josie Perkins		Manly Warringah	
15	17234 Alana Kokay		Parramatta	
16	19202 Karina Olofinsky		Manly Warringah	
17	332 Sienna Vassella		Ku-Ring-Gai	
18	14702 Chiara Utichi		Ryde	
19	11659 Tvisha Roy		Cherrybrook	

Event 337 Boys U 11-12 Multi Class Shot Put (1)

Region: 4.61m 4/02/2023 Aaron Palmer T/F 20

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	17654 Hugo Kasprzak (T/F37)		Nth Rocks Carlin	

Event 337 Boys U 13-14 Multi Class Shot Put (1)

Region: 6.76m 12/02/2022 Cooper Robb-Jackson T/F38

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	17803 Michael Sitaramayya (Nth Rocks Carlin	

Event 337 Boys U 15-17 Multi Class Shot Put (3)

Region: 5.55m 12/02/2022 Nathan Barbara (T/F61)

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	14720 Nathan Barbara (T/F61)		Ryde	
2	17507 Jacob Thurston (T/F37)		Nth Rocks Carlin	
3	17709 Alexander Evans (T/F1)		Nth Rocks Carlin	

Event 338 Boys U 12 - Javelin (400 Gram) (16)

Region: 36.96m 15/02/2015 Daniel Menin
 State: 40.48m 21/03/2015 Daniel Menin

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	306 Dylan SarenasAsnicar		Ku-Ring-Gai	
2	14244 Dexter Shorten		Ryde	
3	14038 Samuel Hart		Northern Distric	
4	17537 Tobias Butler		Nth Rocks Carlin	
5	19141 Beau Riches		Manly Warringah	
6	610 Edward Barnsley		Ku-Ring-Gai	
7	445 Ethan Louttit		Ku-Ring-Gai	
8	14319 Charlie Shiel		Ryde	
9	14060 Christopher Braendle		Northern Distric	
10	17415 Bailey Williams		Nth Rocks Carlin	
11	19347 Freddie Atkinson		Manly Warringah	
12	11591 Maxwell Penn		Cherrybrook	
13	14294 Raffael Oppedisano		Ryde	
14	19367 Jordy Plummer		Manly Warringah	
15	14722 Harlen Danks		Ryde	
16	2439 Leon Hoang		Northern Suburbs	

Event 339 Boys U 13 - Long Jump (16)

Region: 5.77m 16/02/2020 Dylan Hall
 State: 6.11m 19/03/2006 Kurt Jenner

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	712 Kai Hutchinson		Ku-Ring-Gai	
2	11601 Andrew Kim		Cherrybrook	
3	19609 Parker Ball		Manly Warringah	
4	17456 Alexander Song		Nth Rocks Carlin	
5	2568 James Mikan		Northern Suburbs	
6	14669 Kingsley Yip		Ryde	
7	17302 Malachi Mataele		Parramatta	
8	18786 Joel Ramsay		Hornsby	
9	19544 Kornchawal Benoliel		Manly Warringah	
10	17044 Aeden Campling		Parramatta	
11	2331 John Wechsler		Northern Suburbs	
12	541 Rhys Duncan		Ku-Ring-Gai	
13	2400 Kyan Seale		Northern Suburbs	
14	853 Maximillian Kyle		Ku-Ring-Gai	
15	19265 James Atkins		Manly Warringah	
16	17687 Brian Kim		Nth Rocks Carlin	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 340 Girls U 17 - Long Jump (16)

Region: 5.87m 13/02/2022 Sienna Bond
 State: 5.87m 10/02/2019 Katie Gunn

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	39119 Maia MaddenKhan		Ku-Ring-Gai	
2	17846 mila burdett		Nth Rocks Carlin	
3	14240 Zara Pawsey		Ryde	
4	19631 Tara Hollyoak		Manly Warringah	
5	17459 Anesha Busingye		Nth Rocks Carlin	
6	17703 Lani Khiroya		Nth Rocks Carlin	
7	14442 Amelie Gomez-Niewol		Ryde	
8	2569 Catherine Mikan		Northern Suburbs	
9	14468 Miah Oshea		Ryde	
10	19239 Poppy Day		Manly Warringah	
11	11627 Sarah-anne Koot		Cherrybrook	
12	18974 Leila Broadley		Hornsby	
13	13933 Charlotte Toynbee		Northern Distric	
14	13934 Elizabeth Toynbee		Northern Distric	
15	14730 Jessica Johnston		Ryde	
16	18810 Eleanor Schwarz		Hornsby	

Event 341 Girls U 8 - Discus (500 Gram) (16)

Region: 24.09m 21/02/2004 Taylah Sengul
 State: 24.42m 23/11/2003 Taylah Sengul

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19517 Matilda Alexander		Manly Warringah	
2	17109 Shanaya Dixit		Parramatta	
3	14873 Taylor Crumpton		Ryde	
4	13938 Hope Wales		Northern Distric	
5	2321 Sophie Dong		Northern Suburbs	
6	19322 Piper Marshall		Manly Warringah	
7	17443 Evelyn Liu		Nth Rocks Carlin	
8	14943 Lauren Bennett		Ryde	
9	414 Abigail Morgan		Ku-Ring-Gai	
10	13970 Molly MooreMulcahy		Northern Distric	
11	16992 Piper Henebery		Parramatta	
12	282 Anjali Agnew		Ku-Ring-Gai	
13	18919 Iliana Tsaousidis		Hornsby	
14	18994 Peyton Schooling		Hornsby	
15	19379 Alena Andrijic		Manly Warringah	
16	17441 Shasha Allanki		Nth Rocks Carlin	

Event 342 Girls U 15 - Discus (1.0 Kg) (12)

Region: 46.12m 14/02/2015 Kristina Moore
 State: 48.18m 29/11/1995 Katrina Steele

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	584 Nehara DeMel		Ku-Ring-Gai	
2	17193 Stella White		Parramatta	
3	14546 Mikayla Duncombe		Ryde	
4	14101 Kyrrah McMahan		Northern Distric	
5	13979 Imogen Cochrane		Northern Distric	
6	17839 Claire Yang		Nth Rocks Carlin	
7	18820 Tiffany Fong		Hornsby	
8	8002 Sally Fainga'anuku		Mosman	
9	11479 Zoe Connell		Cherrybrook	
10	11583 Layla Tawbe		Cherrybrook	
11	19508 Emma Garden		Manly Warringah	
12	13967 Aniela Knight		Northern Distric	

Event 343 Boys U 11 - Shot Put (2.0 Kg) (16)

Region: 13.37m 15/02/2014 Daniel Menin
 State: 14.42m 19/03/2011 Payne Haas

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	366 Nathaniel Gu		Ku-Ring-Gai	
2	8035 Toby Uys		Mosman	
3	17804 Kaiden Moir		Nth Rocks Carlin	
4	14292 Mitchell McGregor		Ryde	
5	19364 Tomasi Lowe		Manly Warringah	
6	17850 Ayden Hewitt		Nth Rocks Carlin	
7	43115 Timothy Zhu		Hornsby	
8	19626 Callum Yates		Manly Warringah	
9	324 Nick Bennett		Ku-Ring-Gai	
10	465 Charlie Toth		Ku-Ring-Gai	
11	17604 Josiah Smith		Nth Rocks Carlin	
12	19220 Will Turi		Manly Warringah	
13	596 Mitchell Harris		Ku-Ring-Gai	
14	11576 Jack Hilgendorf		Cherrybrook	
15	2548 Donovan Lin		Northern Suburbs	
16	713 Jackson Teede		Ku-Ring-Gai	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 344 Girls U 14 - Shot Put (3.0 Kg) (15)

Region: 14.67m 27/02/2010 Taylah Sengul
 State: 15.94m 22/03/2013 Grace Robinson

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	14684 Charlotte Megarrity		Ryde	
2	17538 Evana Butler		Nth Rocks Carlin	
3	7932 Charlie Goodare		Mosman	
4	18917 Sophia Tsaousidis		Hornsby	
5	17235 Grace Kokay		Parramatta	
6	39109 Lily Hughes		Ku-Ring-Gai	
7	17146 Summer Aiken		Parramatta	
8	2473 Alicia Connell		Northern Suburbs	
9	626 Sophie Farrell		Ku-Ring-Gai	
10	17196 Pranaya Prasath		Parramatta	
11	18850 Tara Gilkeson		Hornsby	
12	14802 Marcella Dunn		Ryde	
13	11478 Nisini Rajapaksha Mud		Cherrybrook	
14	151 Chelsea Forte		Ku-Ring-Gai	
15	16947 Alesha El Sayed Ahma		Parramatta	

Event 345 Girls U 11 - High Jump (S/H 1.05m) (15)

Region: 1.48m 1995 S Lingard
 State: 1.55m 22/03/2014 Tomyscha Clark

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	18739 Willow Hickey		Hornsby	
2	2408 Alexandra Frielingsdorf		Northern Suburbs	
3	318 Zoe Rudolph		Ku-Ring-Gai	
4	14396 Pippa Wang		Ryde	
5	17436 Emma Barker		Nth Rocks Carlin	
6	11477 Imogen Connell		Cherrybrook	
7	19242 Genevieve Dunnet		Manly Warringah	
8	19873 Zalia Stevens		Manly Warringah	
9	17045 Ava Campling		Parramatta	
10	14677 Eliza Bosnic		Ryde	
11	261 Claudia Birrell		Ku-Ring-Gai	
12	19203 Louisa Olofinsky		Manly Warringah	
13	19320 Anastasia Morgan		Manly Warringah	
14	14451 Amelie Dean		Ryde	
15	349 Matilda Corbett		Ku-Ring-Gai	

Event 346 Girls U 13 - High Jump (S/H 1.20m) (15)

Region: 1.67m 9/02/2019 Viktorija Calusic
 State: 1.80m 22/03/1987 Sonja Wenekes

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	7910 Sienna Ballantyne		Mosman	
2	14235 Eden Suduk		Northern Distric	
3	11551 Ridhi Jasrotia		Cherrybrook	
4	14241 Jacqueline Pawsey		Ryde	
5	19904 Eden McNaughtan		Manly Warringah	
6	14264 Bronte Nagle		Ryde	
7	14563 Isabella Koussas		Ryde	
8	14246 Bella Fraser		Ryde	
9	19341 Chloe Stante		Manly Warringah	
10	14585 Beatrix Cheung		Ryde	
11	19467 Ellie Briggs		Manly Warringah	
12	14085 Sophia Cottrell		Northern Distric	
13	11641 Anna Moresi		Cherrybrook	
14	17740 Madison Dellas		Nth Rocks Carlin	
15	17396 Hannah Lambert		Nth Rocks Carlin	

Event 347 Boys U 15-17 Multi Class Long Jump (2)

Region: 1.54m 4/02/2023 Nathan Barbara T/F61

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	17709 Alexander Evans (T/F1		Nth Rocks Carlin	
2	17507 Jacob Thurston (T/F37		Nth Rocks Carlin	

Event 347 Boys U 11-12 Multi Class Long Jump (1)

Region: 2.55m 4/02/2023 Aaron Palmer T/F 20

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	17654 Hugo Kasprzak (T/F37		Nth Rocks Carlin	

Event 347 Girls U 13-14 Multi Class Long Jump (1)

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19483 Gemma Sellick (T/F46		Manly Warringah	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 348 Girls U 12 - Javelin (400 Gram) (16)

Region: 30.70m 15/02/2014 Amie Bowrey
 State: 34.42m 21/03/2015 Lianna Davidson

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19428 Alice Larbey		Manly Warringah	
2	14340 Gillian Bedford		Ryde	
3	18821 Samantha Fong		Hornsby	
4	14012 Scarlett Owers		Northern Distric	
5	17058 Sophie Tazewall		Parramatta	
6	14130 Jade Hawes		Northern Distric	
7	19236 Mikaila Semmens		Manly Warringah	
8	512 Hayley Laslett		Ku-Ring-Gai	
9	17598 Jasmin Collier		Nth Rocks Carlin	
10	19652 Milly McVicar		Manly Warringah	
11	2472 Holly Connell		Northern Suburbs	
12	17529 Aria Bibring		Nth Rocks Carlin	
13	19385 Roxanne Parkes		Manly Warringah	
14	14310 Charlotte Le Fevre		Ryde	
15	18803 Juliet Erickson		Hornsby	
16	308 Evaleigh Gong		Ku-Ring-Gai	

Event 349 Boys U 15 - Long Jump (16)

Region: 6.47m 1991 J Robinson
 State: 7.12m 20/03/2009 Thomas Soliman

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	14062 Sam Wu		Northern Distric	
2	17688 Brenden Kim		Nth Rocks Carlin	
3	490 Jimmy Thebridge		Ku-Ring-Gai	
4	2552 Oliver Pereira de Jesus		Northern Suburbs	
5	19313 Jack Mcmillan		Manly Warringah	
6	19340 Zac Stante		Manly Warringah	
7	17510 Christopher Nilon		Nth Rocks Carlin	
8	11682 Samuel Price		Cherrybrook	
9	8078 Daniel Benoliel		Mosman	
10	19687 Max Figueira		Manly Warringah	
11	17060 Kyros Ghadiali		Parramatta	
12	2342 Jude Lumley		Northern Suburbs	
13	11693 Evan Semaganda		Cherrybrook	
14	10753 Ratu Viliame Lewanav:		Nth Rocks Carlin	
15	18741 Shiva Rajesh		Hornsby	
16	2843 Thayu Runo		Northern Suburbs	

Event 350 Boys U 17 - Long Jump (13)

Region: 6.68m 13/02/2016 Willson Lowe
 State: 7.28m 18/03/2017 Alex Willett

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	8154 Chase Burrows		Mosman	
2	8028 Xavier Frost		Mosman	
3	14521 Owen Chandler		Ryde	
4	39123 Bede Hogard		Ku-Ring-Gai	
5	17236 Declan Bragg		Parramatta	
6	19595 Cameron Tizzard		Manly Warringah	
7	18933 Lachlan Blackwell		Hornsby	
8	19888 Sam Hildebrandt		Manly Warringah	
9	18776 Nathanael Ramsay		Hornsby	
10	17581 William Perry		Nth Rocks Carlin	
11	17521 Lewis Wong		Nth Rocks Carlin	
12	19574 Liam Downs		Manly Warringah	
13	11552 Xavier Hennessey		Cherrybrook	

Event 351 Girls U 17 - Javelin (500 Gram) (16)

Region: 40.34m 17/02/2018 Brooke East
 State: 52.66m 16/03/2019 Lianna Davidson

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	17812 Rithaja Sankaran		Nth Rocks Carlin	
2	2883 Ruby Perkins		Northern Suburbs	
3	545 Louise Lovell		Ku-Ring-Gai	
4	16978 Maddison Kernaghan		Parramatta	
5	14730 Jessica Johnston		Ryde	
6	16916 Elise Murray		Parramatta	
7	2579 Sophie Quinnell		Northern Suburbs	
8	19462 Catrine Atherton		Manly Warringah	
9	18863 Annabelle Stewart		Hornsby	
10	19459 Adriana Prizmic		Manly Warringah	
11	19239 Poppy Day		Manly Warringah	
12	14304 Claudia Barlow		Ryde	
13	546 Sarah Lovell		Ku-Ring-Gai	
14	17476 Amelia Nagy		Nth Rocks Carlin	
15	14211 Elise Oliver		Northern Distric	
16	14562 Jessica Koussas		Ryde	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 352 Girls U 13 - Javelin (400 Gram) (15)

Region: 44.37m 21/02/2009 Taylah Sengul
 State: 45.91m 22/03/2009 Taylah Sengul

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	2572 Olivia Rendall		Northern Suburbs	
2	2341 Collette Lumley		Northern Suburbs	
3	19511 Emma Kramer		Manly Warringah	
4	11641 Anna Moresi		Cherrybrook	
5	19755 Alana Lulli		Manly Warringah	
6	19157 Gemma Dixon		Manly Warringah	
7	17396 Hannah Lambert		Nth Rocks Carlin	
8	18960 Olivia Gouws		Hornsby	
9	13935 Jennifer Toynbee		Northern Distric	
10	13984 Maddison Barratt		Northern Distric	
11	17679 Ella Hazon		Nth Rocks Carlin	
12	18798 Amy Campbell		Hornsby	
13	17234 Alana Kokay		Parramatta	
14	8072 Elizabeth Fainga'anuku		Mosman	
15	14264 Bronte Nagle		Ryde	

Event 353 Boys U 11 - Discus (500 Gram) (16)

Region: 37.09m 20/02/2011 Nicholas Frost
 State: 41.51m 17/03/2019 Jozef Cluff

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19577 Edward Brennan		Manly Warringah	
2	17604 Josiah Smith		Nth Rocks Carlin	
3	19922 Lewis McNaughtan		Manly Warringah	
4	11683 Andre Liyanage		Cherrybrook	
5	14292 Mitchell McGregor		Ryde	
6	591 Josh Kietzmann		Ku-Ring-Gai	
7	43115 Timothy Zhu		Hornsby	
8	19364 Tomasi Lowe		Manly Warringah	
9	465 Charlie Toth		Ku-Ring-Gai	
10	2349 Oliver Fratini		Northern Suburbs	
11	14584 Enzo Cheung (Yc)		Ryde	
12	366 Nathaniel Gu		Ku-Ring-Gai	
13	324 Nick Bennett		Ku-Ring-Gai	
14	19179 Kyahn Hyde		Manly Warringah	
15	19220 Will Turi		Manly Warringah	
16	2548 Donovan Lin		Northern Suburbs	

Event 354 Boys U 15 - Discus (1.0 Kg) (16)

Region: 64.26m 15/02/2015 Nicholas Frost
 State: 64.26m 15/02/2015 Nicholas Frost

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19846 Luka Simmons		Manly Warringah	
2	19541 Alberto Jordan		Manly Warringah	
3	11682 Samuel Price		Cherrybrook	
4	2342 Jude Lumley		Northern Suburbs	
5	18897 Matthew Sims		Hornsby	
6	19424 Reese Francis		Manly Warringah	
7	11499 Ryan Redhead		Cherrybrook	
8	19129 Thomas Greenaway		Manly Warringah	
9	14719 Leon Danks		Ryde	
10	140 Jake Fourie		Ku-Ring-Gai	
11	322 Rian Conners		Ku-Ring-Gai	
12	2394 Zak Evans		Northern Suburbs	
13	17737 Benjamin Lawrence		Nth Rocks Carlin	
14	490 Jimmy Thebridge		Ku-Ring-Gai	
15	19687 Max Figueira		Manly Warringah	
16	11688 Edward Darby		Cherrybrook	

Event 355 Boys U 12 - Shot Put (2.0 Kg) (17)

Region: 14.75m 10/02/2019 Michael Ajaka
 State: 15.69m 2/03/2019 Benjamin Kasozi

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	18918 Alexandros Tsaousidis		Hornsby	
2	497 Bento Gove		Ku-Ring-Gai	
3	249 William Geldenhuys		Ku-Ring-Gai	
4	19980 Jacob Pieper		Manly Warringah	
5	627 Finn Wilson		Ku-Ring-Gai	
6	19721 Taj Biddlecombe		Manly Warringah	
7	14472 Lucas Bolt		Ryde	
8	17415 Bailey Williams		Nth Rocks Carlin	
9	17537 Tobias Butler		Nth Rocks Carlin	
10	2439 Leon Hoang		Northern Suburbs	
11	19471 Luca Escribano		Manly Warringah	
12	14319 Charlie Shiel		Ryde	
13	14722 Harlen Danks		Ryde	
14	14201 Harry Mooney		Northern Distric	
15	504 Nuoyi Wang		Ku-Ring-Gai	
16	13994 Bradlee Taylor		Northern Distric	
17	18955 Zachary Lawrence		Hornsby	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 356 Boys U 14 - Shot Put (3.0 Kg) (13)

Region: 16.85m 16/02/2014 Kieren Briggs
 State: 18.51m 16/02/2013 Tyrone Taukamo

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	19133 Ethan Jauncey		Manly Warringah		
2	11653 Blake Billingsley		Cherrybrook		
3	138 Zach Fourie		Ku-Ring-Gai		
4	17532 Nicholas Smart		Nth Rocks Carlin		
5	8219 Nicolas Chaseling		Mosman		
6	17736 Matthew Lawrence		Nth Rocks Carlin		
7	2825 Benjamin Govers		Northern Suburbs		
8	17829 Senuka Kankanige		Nth Rocks Carlin		
9	14761 Lincoln Griffiths		Ryde		
10	14519 Lucas Michaels		Ryde		
11	14195 Jake Sefton		Northern Distric		
12	17828 Vinuka Kankanige		Nth Rocks Carlin		
13	17301 Jacob Semaan		Parramatta		

Event 357 Boys U 9 - Long Jump (16)

Region: 4.48m 2000 Michael Oldfield
 State: 4.71m 24/03/1991 Grant Buchanan

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	771 Cooper Nguyen		Ku-Ring-Gai		
2	17680 Darcy Hazon		Nth Rocks Carlin		
3	191 Jack Cross		Ku-Ring-Gai		
4	18843 Tyler Holdsworth		Hornsby		
5	19920 Daniel McNaughtan		Manly Warringah		
6	17605 Lincoln Smith		Nth Rocks Carlin		
7	11471 Ryan Tian		Cherrybrook		
8	11473 Brendan Jones		Cherrybrook		
9	14300 Marcus Trigwell		Ryde		
10	450 William Prichard		Ku-Ring-Gai		
11	19444 Blake Creelman		Manly Warringah		
12	19767 Jack Houston		Manly Warringah		
13	13998 Lachlan Ross		Northern Distric		
14	16928 Riyansh Thorat		Parramatta		
15	18690 Ranbir Ian Duneja		Hornsby		
16	17522 Flynn Wirianata		Nth Rocks Carlin		

Event 358 Girls U 12 - Long Jump (17)

Region: 5.02m 1994 D Kearney
 State: 5.42m 16/03/1986 Tracy Blackburn

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	2381 Maddie Burge		Northern Suburbs		
2	11580 Abigail Wigham		Cherrybrook		
3	2851 Olivia Toshack		Northern Suburbs		
4	18886 Jayda Mode		Hornsby		
5	19526 Ruby Tyler		Manly Warringah		
6	19427 Audrey Grether		Manly Warringah		
7	14289 Alessandra Lombardi		Ryde		
8	126 Zara Conner		Ku-Ring-Gai		
9	19171 Kyah Ryals		Manly Warringah		
10	11481 Ashleigh Mansell		Cherrybrook		
11	19352 Rhiannon Dick		Manly Warringah		
12	19652 Milly McVicar		Manly Warringah		
13	11480 Madison Tabrett		Cherrybrook		
14	336 Manvi Arabolu		Ku-Ring-Gai		
15	17416 Emily Ng		Nth Rocks Carlin		
16	19385 Roxanne Parkes		Manly Warringah		
17	14324 Yazmyn Buonocore		Ryde		

Event 359 Girls U 14 - Triple Jump (14)

Region: 11.63m 20/02/2011 Mercy Agbeze
 State: 12.15m 16/03/2003 Alyisha House

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	17834 Mia Gross		Nth Rocks Carlin		
2	17463 Annabel Cullen		Nth Rocks Carlin		
3	17844 Alison Hubbard		Nth Rocks Carlin		
4	14291 Chloe McGregor		Ryde		
5	11478 Nisini Rajapaksha Mud		Cherrybrook		
6	16962 Sofia Gasparini		Parramatta		
7	19232 Zara Parslow		Manly Warringah		
8	11614 Laila Burkhardt		Cherrybrook		
9	14133 Alannah Pryor		Northern Distric		
10	19359 Isla Scoular		Manly Warringah		
11	17196 Pranaya Prasath		Parramatta		
12	17799 Zara Palfrey		Nth Rocks Carlin		
13	159 Amalia Bond		Ku-Ring-Gai		
14	2794 Tanya Graham		Northern Suburbs		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 360 Boys U 17 - Triple Jump (16)

Region: 14.75m 10/02/2019 Ryan Marshall
 State: 14.93m 3/02/2019 Connor Murphy

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	11712 Marco Boccaletti		Cherrybrook	
2	17581 William Perry		Nth Rocks Carlin	
3	19574 Liam Downs		Manly Warringah	
4	11658 Kennedy Feldman		Cherrybrook	
5	17017 Zachariah Abood		Parramatta	
6	17046 Oliver Corne		Parramatta	
7	17704 John Lawson		Nth Rocks Carlin	
8	19595 Cameron Tizzard		Manly Warringah	
9	18933 Lachlan Blackwell		Hornsby	
10	39124 Neil Rawat		Ku-Ring-Gai	
11	17050 Evan Holman		Parramatta	
12	19888 Sam Hildebrandt		Manly Warringah	
13	17521 Lewis Wong		Nth Rocks Carlin	
14	19169 Michael Godden		Manly Warringah	
15	2831 Jude Belson		Northern Suburbs	
16	14521 Owen Chandler		Ryde	

Event 361 Girls U 10 - High Jump (S/H 0.95m) (13)

Region: 1.36m 2002 F Sombroek
 State: 1.47m 24/03/2013 Tomysha Clark

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	8027 Sabella Sewell		Mosman	
2	864 Evelyn Finley		Ku-Ring-Gai	
3	297 Amelie Ogden		Ku-Ring-Gai	
4	2747 Sienna Flower		Northern Suburbs	
5	14288 Valentina Lombardi		Ryde	
6	14384 Sophie Friend		Ryde	
7	19269 Grace Tague		Manly Warringah	
8	11521 Saanvi Saravana		Cherrybrook	
9	17479 Abigail Sarah		Nth Rocks Carlin	
10	2500 Sierra Seale		Northern Suburbs	
11	19183 Sienna Milotic		Manly Warringah	
12	8139 Zara Rogers		Mosman	
13	19493 Rosemary Pilgrim		Manly Warringah	

Event 362 Boys U 13 - High Jump (S/H 1.25m) (16)

Region: 1.71m 19/02/2006 Tom Evans
 State: 1.81m 21/03/2010 Thibaut Potin

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19705 Zachary Morgan		Manly Warringah	
2	2430 Max Bealby		Northern Suburbs	
3	17302 Malachi Mataele		Parramatta	
4	17489 Mitchell Fleming		Nth Rocks Carlin	
5	19113 Henry Smith		Manly Warringah	
6	2400 Kyan Seale		Northern Suburbs	
7	16945 Zane El Sayed Ahmad		Parramatta	
8	337 Jacoby Neal		Ku-Ring-Gai	
9	860 Finn MacBeth		Ku-Ring-Gai	
10	597 Lachlan Harris		Ku-Ring-Gai	
11	8032 Maximilian Nemeth		Mosman	
12	19173 Max Donald		Manly Warringah	
13	19309 Jonathan Miles		Manly Warringah	
14	17290 Ji Yong Kim		Parramatta	
15	712 Kai Hutchinson		Ku-Ring-Gai	
16	19544 Kornchawal Benoliel		Manly Warringah	

Event 363 Girls U 11 - Javelin (400 Gram) (16)

Region: 23.70m 17/02/2018 Isabelle Cruickshank
 State: 28.94m 19/03/2017 Rachel Bardney

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	11582 Olivia Lalor		Cherrybrook	
2	2460 Ally Mitry		Northern Suburbs	
3	2315 Darcie Dalle Nogare		Northern Suburbs	
4	14755 Mila Bomba		Ryde	
5	11482 Anna Wegener		Cherrybrook	
6	650 Chloe McPherson		Ku-Ring-Gai	
7	19333 Caitlin Allum		Manly Warringah	
8	2414 Gracie O'Leary		Northern Suburbs	
9	18775 Samantha Campbell		Hornsby	
10	19240 Eloise Knorr		Manly Warringah	
11	14396 Pippa Wang		Ryde	
12	19624 Serafina Volpe		Manly Warringah	
13	19753 Evelyn Lulli		Manly Warringah	
14	14013 Annika Owers		Northern Distric	
15	14518 Melina Michaels		Ryde	
16	19207 Chloe Peaper		Manly Warringah	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 364 Girls U 13 - Discus (750 Gram) (17)

Region: 46.71m 21/02/2009 Taylah Sengul
 State: 49.57m 20/03/2009 Taylah Sengul

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	8071 Aliya Meehan		Mosman	
2	19540 Isabel Jordan		Manly Warringah	
3	14246 Bella Fraser		Ryde	
4	14196 Sasha Sefton		Northern Distric	
5	8072 Elizabeth Fainga'anuku		Mosman	
6	17679 Ella Hazon		Nth Rocks Carlin	
7	13984 Maddison Barratt		Northern Distric	
8	19202 Karina Olofinsky		Manly Warringah	
9	154 Olivia Johnson		Ku-Ring-Gai	
10	13935 Jennifer Toynbee		Northern Distric	
11	19341 Chloe Stante		Manly Warringah	
12	332 Sienna Vassella		Ku-Ring-Gai	
13	17234 Alana Kokay		Parramatta	
14	2341 Collette Lumley		Northern Suburbs	
15	11641 Anna Moresi		Cherrybrook	
16	14702 Chiara Utichi		Ryde	
17	18798 Amy Campbell		Hornsby	

Event 365 Girls U 17 - Discus (1.0 Kg) (16)

Region: 39.96m 12/02/2022 Emma Polikowski
 State: 48.65m 17/02/2012 Taylah Sengul

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	330 Gemma McIntosh		Ku-Ring-Gai	
2	16978 Maddison Kernaghan		Parramatta	
3	8182 Jojo Pike		Mosman	
4	14721 Isabella Barbara		Ryde	
5	39119 Maia MaddenKhan		Ku-Ring-Gai	
6	16916 Elise Murray		Parramatta	
7	14730 Jessica Johnston		Ryde	
8	17812 Rithaja Sankaran		Nth Rocks Carlin	
9	17476 Amelia Nagy		Nth Rocks Carlin	
10	8149 Grace Carden		Mosman	
11	19473 Elisabeth Pulis		Manly Warringah	
12	8150 Fenella Burns		Mosman	
13	14304 Claudia Barlow		Ryde	
14	18863 Annabelle Stewart		Hornsby	
15	143 Summer Sivaraj		Ku-Ring-Gai	
16	14080 Ava Mitchell		Northern Distric	

Event 366 Girls U 12 - Shot Put (2.0 Kg) (16)

Region: 16.12m 17/02/2008 Taylah Sengul
 State: 16.19m 20/03/1988 Kylie Standing

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	14298 Lesieli Moala		Ryde	
2	7983 Sasha Grant		Mosman	
3	18731 Ada Riddle		Hornsby	
4	14398 Claire Wang		Ryde	
5	512 Hayley Laslett		Ku-Ring-Gai	
6	13968 Clara Knight		Northern Distric	
7	18886 Jayda Mode		Hornsby	
8	19652 Milly McVicar		Manly Warringah	
9	17209 Lily Aroyan		Parramatta	
10	14763 Amelia Mclachlan		Ryde	
11	611 Charlotte Barnsley		Ku-Ring-Gai	
12	19428 Alice Larbey		Manly Warringah	
13	2472 Holly Connell		Northern Suburbs	
14	18821 Samantha Fong		Hornsby	
15	730 Ella Achike		Ku-Ring-Gai	
16	14453 Sophie Yeomans		Ryde	

Event 367 Girls U 15 - Shot Put (3.0 Kg) (10)

Region: 14.00m 2000 B Johnson
 State: 15.25m 16/02/2014 Grace Robinson

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	13979 Imogen Cochrane		Northern Distric	
2	18820 Tiffany Fong		Hornsby	
3	17328 Alice Boorman-Franks		Parramatta	
4	17193 Stella White		Parramatta	
5	14786 Giselle Olymbios		Ryde	
6	14546 Mikayla Duncombe		Ryde	
7	11583 Layla Tawbe		Cherrybrook	
8	11479 Zoe Connell		Cherrybrook	
9	584 Nehara DeMel		Ku-Ring-Gai	
10	8002 Sally Fainga'anuku		Mosman	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 368 Boys U 14 - Long Jump (16)

Event 368 Boys U 14 - Long Jump (16)				
Region:		6.22m	18/02/2018	Donovan Bradshaw
State:		6.52m	17/03/1996	Stephen Jacenko
Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19760 Ed Hammond		Manly Warringah	
2	17055 Luke Butcher		Parramatta	
3	11578 Harry Wigham		Cherrybrook	
4	19287 Davin Yap		Manly Warringah	
5	17419 Hudson Keeping		Nth Rocks Carlin	
6	18784 Lucas Beven		Hornsby	
7	17518 Marcus Wong		Nth Rocks Carlin	
8	19133 Ethan Jauncey		Manly Warringah	
9	17532 Nicholas Smart		Nth Rocks Carlin	
10	14052 Evan Beasley		Northern Distric	
11	747 Kase Willis-Jansen		Ku-Ring-Gai	
12	7824 Sam Hewit		Mosman	
13	14179 Riley Waddingham		Northern Distric	
14	831 Tyler Stead		Ku-Ring-Gai	
15	17652 Henry O'Neil		Nth Rocks Carlin	
16	17406 Jamie Kastelan		Nth Rocks Carlin	

Event 369 Boys U 11 - Long Jump (16)

Event 369 Boys U 11 - Long Jump (16)				
Region:		5.14m	22/02/2002	Alexander Pettigrew
State:		5.34m	7/02/1987	Craig Woodroff
Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	17705 Liam Lawson		Nth Rocks Carlin	
2	14065 Jensen Barrett		Northern Distric	
3	7889 Orlando Clarke		Mosman	
4	14347 Alexander Economides		Ryde	
5	14674 Flynn Cox-Gallagher		Ryde	
6	602 Alexander Macmillan		Ku-Ring-Gai	
7	19179 Kyahn Hyde		Manly Warringah	
8	19152 Jaxon Farrell		Manly Warringah	
9	17710 Jeffrey Chong		Nth Rocks Carlin	
10	11661 Dhulain Fernando		Cherrybrook	
11	11483 Finn Leivesley		Cherrybrook	
12	7940 Harrison Vakili		Mosman	
13	7941 Hunter Vakili		Mosman	
14	19709 Heath Towers		Manly Warringah	
15	18790 Alexander Sorensen		Hornsby	
16	19337 Harry Dryden		Manly Warringah	

Event 370 Boys U 12 - Triple Jump (16)

Event 370 Boys U 12 - Triple Jump (16)				
Region:		11.54m	22/02/2004	Martin Stonis
State:		12.78m	19/03/1995	Gima Keimelo
Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	2531 Cooper Wilson		Northern Suburbs	
2	14053 Joah Beasley		Northern Distric	
3	14881 Stanley Hebert		Ryde	
4	17037 Aharshan Sivaniruban		Parramatta	
5	2580 Jayden Chong		Northern Suburbs	
6	19141 Beau Riches		Manly Warringah	
7	287 Harrison Nicholls		Ku-Ring-Gai	
8	13932 Orson List		Northern Distric	
9	17296 Jett Soulyeone Mckeev		Parramatta	
10	17418 Cohen Keeping		Nth Rocks Carlin	
11	19622 Hugo Condon		Manly Warringah	
12	14620 Daniel Pulfer		Ryde	
13	497 Bento Gove		Ku-Ring-Gai	
14	18993 Ethan Orr		Hornsby	
15	17391 Benji Hill		Nth Rocks Carlin	
16	19721 Taj Biddlecombe		Manly Warringah	

Event 371 Boys U 15 - Triple Jump (16)

Event 371 Boys U 15 - Triple Jump (16)				
Region:		13.54m	12/02/2017	Ryan Marshall
State:		14.35m	21/03/1999	Fabrice Lapierre
Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	14834 Ambrose Feng		Ryde	
2	8037 Jeffrey Benoliel		Mosman	
3	322 Rian Conners		Ku-Ring-Gai	
4	2799 Matteo Shipman		Northern Suburbs	
5	17060 Kyros Ghadiali		Parramatta	
6	19313 Jack Mcmillan		Manly Warringah	
7	490 Jimmy Thebridge		Ku-Ring-Gai	
8	17737 Benjamin Lawrence		Nth Rocks Carlin	
9	17688 Brenden Kim		Nth Rocks Carlin	
10	11693 Evan Semaganda		Cherrybrook	
11	14062 Sam Wu		Northern Distric	
12	10753 Ratu Viliame Lewanav:		Nth Rocks Carlin	
13	19129 Thomas Greenaway		Manly Warringah	
14	19687 Max Figueira		Manly Warringah	
15	2342 Jude Lumley		Northern Suburbs	
16	18741 Shiva Rajesh		Hornsby	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 372 Boys U 10 - High Jump (S/H 1.00m) (16)

Region: 1.42m 17/02/2008 Lachlan Behagg
 State: 1.51m 21/03/2004 Jake Stein

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19103 Ryder Lane-Brown		Manly Warringah	
2	18792 Huxley Richardson		Hornsby	
3	2840 Aston Perry		Northern Suburbs	
4	17158 Jaidyn Shehadie		Parramatta	
5	8004 Finn Sorbara		Mosman	
6	17395 Jake Lambert		Nth Rocks Carlin	
7	234 Nicolas James-Taylor		Ku-Ring-Gai	
8	14262 Pranay Mahesh		Ryde	
9	14481 Enoch Wolfson		Ryde	
10	19226 Lequintin Nicholson		Manly Warringah	
11	2530 Matthew Balcombe		Northern Suburbs	
12	14680 Ethan Moyo		Ryde	
13	657 Woody Harris		Ku-Ring-Gai	
14	121 Alexander Conner		Ku-Ring-Gai	
15	14306 Dara Curley		Ryde	
16	19718 Solomon Romyn		Manly Warringah	

Event 373 Girls U 14 - High Jump (S/H 1.25m) (7)

Region: 1.71m 1991 M Harris
 State: 1.75m 19/03/2006 Mia McKinnon
 State: 1.75m 18/03/2007 Amy Pejkoivic

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19515 Sienna Evans		Manly Warringah	
2	17467 Scarlett Richards		Nth Rocks Carlin	
3	17463 Annabel Cullen		Nth Rocks Carlin	
4	11478 Nisini Rajapaksha Mud		Cherrybrook	
5	19359 Isla Scoular		Manly Warringah	
6	151 Chelsea Forte		Ku-Ring-Gai	
7	11614 Laila Burkhardt		Cherrybrook	

Event 374 Boys U 13 - Javelin (600 Gram) (17)

Region: 42.98m 17/02/2007 Elliot Lang
 State: 48.80m 18/03/2007 Shane Nicholls

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19156 Lucas Figueira		Manly Warringah	
2	17308 Daniel Semaan		Parramatta	
3	726 Cameron Green		Ku-Ring-Gai	
4	19111 Luke Cohen		Manly Warringah	
5	19705 Zachary Morgan		Manly Warringah	
6	19544 Kornchawal Benoliel		Manly Warringah	
7	17687 Brian Kim		Nth Rocks Carlin	
8	337 Jacoby Neal		Ku-Ring-Gai	
9	614 Archie Kay		Ku-Ring-Gai	
10	18898 Daniel Sims		Hornsby	
11	11654 Wade Billingsley		Cherrybrook	
12	2848 Liam O'Leary		Northern Suburbs	
13	19115 William King		Manly Warringah	
14	24410 Aryan Bharati		Cherrybrook	
15	8014 Orlando Stewart		Mosman	
16	18786 Joel Ramsay		Hornsby	
17	14247 Tom Roberts		Ryde	

Event 375 Girls U 9 - Discus (500 Gram) (16)

Region: 27.23m 15/02/2005 Taylah Sengul
 State: 31.22m 28/11/2004 Filoi Aokuso

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	17499 Teara O'Brien		Nth Rocks Carlin	
2	19160 Amelia Esser		Manly Warringah	
3	14008 Lillian Brookes		Northern Distric	
4	19658 Erica Fenner		Manly Warringah	
5	18754 Riley Lloyd-Owen		Hornsby	
6	2401 Alyssa Turton		Northern Suburbs	
7	802 Zoe Schulz		Ku-Ring-Gai	
8	251 Rose Benson		Ku-Ring-Gai	
9	14613 Asha Tsen-Braddock		Ryde	
10	342 Xanthe Sarkodee		Ku-Ring-Gai	
11	19592 IslaF Talaese		Manly Warringah	
12	17224 Isabelle Ng Chok		Parramatta	
13	2480 Audrey Kerkham		Northern Suburbs	
14	18924 Alexandra Bissaker		Hornsby	
15	17768 Vanessa Obi		Nth Rocks Carlin	
16	14436 Hazel Care-Unger		Ryde	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 376 Boys U 9 - Discus (500 Gram) (16)

Region: 32.96m 1998 Christopher Bassett
 State: 36.68m 22/11/1998 Jamal Idris

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	19143 Lachlan Riches	Manly Warringah	
2	11563 Aaryaveer Tangri	Cherrybrook	
3	18998 Henry Kinsey	Hornsby	
4	17677 Sean Fitzpatrick	Nth Rocks Carlin	
5	17533 Daniel Smart	Nth Rocks Carlin	
6	2348 Charles Lukas (Yc)	Northern Suburbs	
7	19175 Harley Donald	Manly Warringah	
8	2376 Martin Zipaquiria Romer	Northern Suburbs	
9	19281 Benjamin Thompson	Manly Warringah	
10	7746 Edward Cambridge	Mosman	
11	14832 Elliott Alexander	Ryde	
12	896 Luca Hage	Ku-Ring-Gai	
13	600 Neil Macmillan	Ku-Ring-Gai	
14	19166 Van Jordan	Manly Warringah	
15	2454 Jaxon Garton	Northern Suburbs	
16	572 Zac Gerrand	Ku-Ring-Gai	

Event 377 Girls U 10 - Shot Put (2.0 Kg) (16)

Region: 10.90m 19/02/2006 Taylah Sengul
 State: 11.92m 19/02/2006 Filoi Aokuso

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	14299 Olivia Moala	Ryde	
2	19116 Alyra Rogers	Manly Warringah	
3	18961 Isabelle Gouws	Hornsby	
4	397 Elise Montgomery	Ku-Ring-Gai	
5	776 Anabelle Bocska	Ku-Ring-Gai	
6	513 Mackenzie Laslett	Ku-Ring-Gai	
7	19261 Ayla Davis	Manly Warringah	
8	14732 Addison Yu	Ryde	
9	11521 Saanvi Saravana	Cherrybrook	
10	13978 Beth Cochrane	Northern Distric	
11	183 Sienna Phillips	Ku-Ring-Gai	
12	2386 Ajabu Gebhard	Northern Suburbs	
13	14007 Matilda Brookes	Northern Distric	
14	14596 Eloise Moran	Ryde	
15	19704 Florence Morgan	Manly Warringah	
16	16961 Nadia Gasparini	Parramatta	

Event 378 Boys U 17 - Shot Put (5.0 Kg) (10)

Region: 17.65m 12/02/2022 Benjamin Stevens
 State: 17.89m 24/03/2012 Tepai Moeroa

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	13944 Kalan Harding	Northern Distric	
2	19300 Freddie BensonSparkes	Manly Warringah	
3	18872 Wol Albino	Hornsby	
4	8058 Finn Pereira	Mosman	
5	17516 Thomas Schneider	Nth Rocks Carlin	
6	39124 Neil Rawat	Ku-Ring-Gai	
7	17540 Rebeen Mirzaei	Nth Rocks Carlin	
8	13945 Joshua Harding	Northern Distric	
9	11652 Justin Billingsley	Cherrybrook	
10	17722 Lachlan Waldron	Nth Rocks Carlin	

Event 379 Girls U 11 - Long Jump (18)

Region: 4.76m 1998 A Kerr
 State: 4.97m 20/03/2011 Chyna Tavai-Williams

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	8051 Lola Francis	Mosman	
2	13971 Evie MooreMulcahy	Northern Distric	
3	14526 Madeleine Lynch	Ryde	
4	14429 Tully Davies	Ryde	
5	376 Ava-Capri Rossi	Ku-Ring-Gai	
6	19203 Louisa Olofinsky	Manly Warringah	
7	8067 Eloise Eslick	Mosman	
8	17045 Ava Campling	Parramatta	
9	19438 Lily Dunne	Manly Warringah	
10	10745 Layla Tauaisili	Nth Rocks Carlin	
11	14245 Charlotte Fraser	Ryde	
12	261 Claudia Birrell	Ku-Ring-Gai	
13	19238 Amity Batchler	Manly Warringah	
14	387 Imogen Newey	Ku-Ring-Gai	
15	19430 Caitlin Butler	Manly Warringah	
16	19205 Phoebe Dobson	Manly Warringah	
17	318 Zoe Rudolph	Ku-Ring-Gai	
18	2411 Bree Madigan Wong	Northern Suburbs	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 380 Girls U 15 - Long Jump (11)

Region: 5.88m 19/02/2012 Katrina Hunt
 State: 5.80m 19/03/2005 Jacinta Doyle

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	17328 Alice Boorman-Franks		Parramatta		
2	19506 Sofia Ehnbon		Manly Warringah		
3	16920 Lisara Seneviratne		Parramatta		
4	17678 Kara Hazon		Nth Rocks Carlin		
5	2646 Tanna Kotulic		Northern Suburbs		
6	731 Olivia Achike		Ku-Ring-Gai		
7	14425 Emilia Webb		Ryde		
8	14101 Kyrah McMahon		Northern Distric		
9	11564 Sophie Durheim		Cherrybrook		
10	11479 Zoe Connell		Cherrybrook		
11	18913 Eden Herring		Hornsby		

Event 381 Girls U 12 - Triple Jump (17)

Region: 10.55m 14/02/2016 Danielle Osifo
 State: 11.05m 25/03/2018 Raphaila Idris

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	17548 Heidi Waddell		Nth Rocks Carlin		
2	11481 Ashleigh Mansell		Cherrybrook		
3	2456 Florence Bowden		Northern Suburbs		
4	2851 Olivia Toshack		Northern Suburbs		
5	17385 Latu Lolomanaia		Nth Rocks Carlin		
6	18796 Grace Carlton		Hornsby		
7	19352 Rhiannon Dick		Manly Warringah		
8	19171 Kyah Ryals		Manly Warringah		
9	11580 Abigail Wigham		Cherrybrook		
10	19385 Roxanne Parkes		Manly Warringah		
11	126 Zara Conner		Ku-Ring-Gai		
12	2522 Maia Fijan		Northern Suburbs		
13	17523 Jolin Wirianata		Nth Rocks Carlin		
14	336 Manvi Arabolu		Ku-Ring-Gai		
15	19427 Audrey Grether		Manly Warringah		
16	11540 Eve Bodley		Cherrybrook		
17	17582 Julia Perry		Nth Rocks Carlin		

Event 382 Girls U 13 - Triple Jump (18)

Region: 11.04m 5/02/2023 Amalia Bond
 State: 11.66m 25/03/2018 Clara Nourdine

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	18960 Olivia Gouws		Hornsby		
2	13935 Jennifer Toynbee		Northern Distric		
3	19341 Chloe Stante		Manly Warringah		
4	18798 Amy Campbell		Hornsby		
5	19369 Piper O'Sullivan		Manly Warringah		
6	11507 Michiko Paul		Cherrybrook		
7	14250 Miarose Everson		Ryde		
8	19904 Eden McNaughtan		Manly Warringah		
9	13984 Maddison Barratt		Northern Distric		
10	17740 Madison Dellas		Nth Rocks Carlin		
11	17396 Hannah Lambert		Nth Rocks Carlin		
12	11618 Ivy Yang		Cherrybrook		
13	8071 Aliya Meehan		Mosman		
14	19467 Ellie Briggs		Manly Warringah		
15	14241 Jacqueline Pawsey		Ryde		
16	17019 Olivia Loring		Parramatta		
17	19202 Karina Olofinsky		Manly Warringah		
18	19740 Amelia Wilson		Manly Warringah		

Event 383 Boys U 11 - High Jump (S/H 1.10m) (16)

Region: 1.59m 16/02/2008 Thomas Cheel
 State: 1.63m 17/03/1996 John Thornell

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	17572 Riley Johnson		Nth Rocks Carlin		
2	19922 Lewis McNaughtan		Manly Warringah		
3	19643 Harrison Smith		Manly Warringah		
4	18790 Alexander Sorensen		Hornsby		
5	559 Reuben Hanly		Ku-Ring-Gai		
6	2834 Roberto Devine		Northern Suburbs		
7	17140 Aiden McQuillan		Parramatta		
8	596 Mitchell Harris		Ku-Ring-Gai		
9	19831 Ashton Forrester		Manly Warringah		
10	14459 Max Williamson		Ryde		
11	2548 Donovan Lin		Northern Suburbs		
12	11483 Finn Leivesley		Cherrybrook		
13	14121 Reef Bailey		Northern Distric		
14	298 Daniel Hanuska		Ku-Ring-Gai		
15	19370 Hunter O'Sullivan		Manly Warringah		
16	8084 Edward Sharp		Mosman		

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 384 Girls U 17 - High Jump (S/H 1.30m) (14)

Region: 1.70m 15/02/2015 Karina Brown
 State: 1.84m 21/03/2010 Emily Crutcher

Pos	Name	Age	Centre	Seed Mark
-----	------	-----	--------	-----------

Flight 1 of 1 Final

1	19460 Kristina Prizmic		Manly Warringah	
2	13982 Freya Tonkin		Northern Distric	
3	14240 Zara Pawsey		Ryde	
4	2569 Catherine Mikan		Northern Suburbs	
5	545 Louise Lovell		Ku-Ring-Gai	
6	14211 Elise Oliver		Northern Distric	
7	11642 Olivia Moresi		Cherrybrook	
8	19398 Erin Heraghty		Manly Warringah	
9	19462 Catrine Atherton		Manly Warringah	
10	19384 Annika Boys		Manly Warringah	
11	546 Sarah Lovell		Ku-Ring-Gai	
12	14180 Lana Waddingham		Northern Distric	
13	19631 Tara Hollyoak		Manly Warringah	
14	2883 Ruby Perkins		Northern Suburbs	

Event 385 Boys U 14 - Javelin (600 Gram) (11)

Region: 53.00m 17/02/2013 Cameron McEntyre
 State: 56.87m 18/03/2001 Jonathon Wynn

Pos	Name	Age	Centre	Seed Mark
-----	------	-----	--------	-----------

Flight 1 of 1 Final

1	2825 Benjamin Govers		Northern Suburbs	
2	11650 James de Sacadura		Cherrybrook	
3	11653 Blake Billingsley		Cherrybrook	
4	17736 Matthew Lawrence		Nth Rocks Carlin	
5	8219 Nicolas Chaseling		Mosman	
6	14519 Lucas Michaels		Ryde	
7	19133 Ethan Jauncey		Manly Warringah	
8	19760 Ed Hammond		Manly Warringah	
9	17828 Vinuka Kankanige		Nth Rocks Carlin	
10	17829 Senuka Kankanige		Nth Rocks Carlin	
11	651 Max McPherson		Ku-Ring-Gai	

Event 386 Girls U 9-10 Multi Class Discus (1)

Pos	Name	Age	Centre	Seed Mark
-----	------	-----	--------	-----------

Flight 1 of 1 Final

1	17759 Alia Metani (Rr1/F35)		Nth Rocks Carlin	
---	-----------------------------	--	------------------	--

Event 386 Boys U 13-14 Multi Class Discus (1)

Region: 16.69m 16/02/2020 Matthew Engesser TF 37

Pos	Name	Age	Centre	Seed Mark
-----	------	-----	--------	-----------

Flight 1 of 1 Final

1	17803 Michael Sitaramayya (Nth Rocks Carlin	
---	-----------------------------	--	------------------	--

Event 386 Boys U 15-17 Multi Class Discus (3)

Region: 18.47m 5/02/2023 Nathan Barbara T/F61

Pos	Name	Age	Centre	Seed Mark
-----	------	-----	--------	-----------

Flight 1 of 1 Final

1	14720 Nathan Barbara (T/F61)		Ryde	
2	17709 Alexander Evans (T/F1)		Nth Rocks Carlin	
3	17507 Jacob Thurston (T/F37)		Nth Rocks Carlin	

Event 386 Boys U 11-12 Multi Class Discus (1)

Region: 9.77m 5/02/2023 Aaron Palmer T/F 20

Pos	Name	Age	Centre	Seed Mark
-----	------	-----	--------	-----------

Flight 1 of 1 Final

1	17654 Hugo Kasprzak (T/F37)		Nth Rocks Carlin	
---	-----------------------------	--	------------------	--

Event 387 Girls U 14 - Discus (1.0 Kg) (14)

Region: 42.86m 27/02/2010 Taylah Sengul

State: 45.39m 20/03/2016 Sally Shokry

Pos	Name	Age	Centre	Seed Mark
-----	------	-----	--------	-----------

Flight 1 of 1 Final

1	17386 Lu'isa Lolomanaia		Nth Rocks Carlin	
2	626 Sophie Farrell		Ku-Ring-Gai	
3	539 Alicia Endicott		Ku-Ring-Gai	
4	11478 Nisini Rajapaksha Mud		Cherrybrook	
5	17196 Pranaya Prasath		Parramatta	
6	18917 Sophia Tsaousidis		Hornsby	
7	151 Chelsea Forte		Ku-Ring-Gai	
8	19414 Millie Buxton		Manly Warringah	
9	14684 Charlotte Megarrity		Ryde	
10	11565 Cheyenne Sinteur		Cherrybrook	
11	16962 Sofia Gasparini		Parramatta	
12	39109 Lily Hughes		Ku-Ring-Gai	
13	7932 Charlie Goodare		Mosman	
14	19515 Sienna Evans		Manly Warringah	

Event 388 Girls U 8 - Shot Put (1.5 Kg) (16)

Region: 7.85m 22/02/2004 Taylah Sengul

State: 8.52m 17/02/2002 Kristy Dingwall

Pos	Name	Age	Centre	Seed Mark
-----	------	-----	--------	-----------

Flight 1 of 1 Final

1	100 Miranda Benitez		Ku-Ring-Gai	
2	13938 Hope Wales		Northern Distric	
3	19833 Bernadette Bowes		Manly Warringah	
4	19264 Georgia Atkins		Manly Warringah	
5	17441 Shasha Allanki		Nth Rocks Carlin	
6	19517 Matilda Alexander		Manly Warringah	
7	14697 Rhyleana Barnett-Paln		Ryde	
8	17443 Evelyn Liu		Nth Rocks Carlin	
9	17204 Leesa Watterson		Parramatta	
10	17176 Annalise Knight		Parramatta	
11	19260 Zara Davis		Manly Warringah	
12	381 Sophia Lizzio		Ku-Ring-Gai	
13	17285 Liara Zammit		Parramatta	
14	16992 Piper Henebery		Parramatta	
15	275 Chloe Mason		Ku-Ring-Gai	
16	103 Emily Hosie		Ku-Ring-Gai	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 389 Boys U 10 - Shot Put (2.0 Kg) (16)

Region: 11.70m 17/02/2013 Daniel Menin
 State: 13.22m 20/02/2011 EJ Brown-Vaelua

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	8232 Nick Bradshaw		Mosman	
2	14267 Ashton Holl		Ryde	
3	17506 Austin Wu		Nth Rocks Carlin	
4	563 Oliver Kok		Ku-Ring-Gai	
5	2516 Henry Wilkin-Smith		Northern Suburbs	
6	14619 Nathan Pulfer		Ryde	
7	14458 Archer Griffiths (1)		Ryde	
8	147 Liam Carter		Ku-Ring-Gai	
9	17384 Samiuella Lolomanaia		Nth Rocks Carlin	
10	239 Maximus Murdoch		Ku-Ring-Gai	
11	615 Tommy Kay		Ku-Ring-Gai	
12	19186 Edward Gillett		Manly Warringah	
13	19653 Freddie McVicar		Manly Warringah	
14	11604 Alexander M Reid		Cherrybrook	
15	2324 Xavier Dunne		Northern Suburbs	
16	19114 Samuel King		Manly Warringah	

Event 390 Girls U 9 - Long Jump (16)

Region: 4.20m 1998 Emily Pollett
 State: 4.42m 16/03/1985 Selina Dundas

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	2401 Alyssa Turton		Northern Suburbs	
2	479 Edwina Mair		Ku-Ring-Gai	
3	19282 Ruby Losurdo		Manly Warringah	
4	689 Amelia Scott		Ku-Ring-Gai	
5	19552 Ellie Turmanis		Manly Warringah	
6	13927 Emma Hales		Northern Distric	
7	18958 Phoebe deCarvalho		Hornsby	
8	19120 Brooke Debney		Manly Warringah	
9	8059 Evie Francis		Mosman	
10	2318 Emily Williams		Northern Suburbs	
11	2480 Audrey Kerkham		Northern Suburbs	
12	19134 Ella Harding		Manly Warringah	
13	11579 Emily Wigham		Cherrybrook	
14	17394 Isabella Dobe		Nth Rocks Carlin	
15	139 Sienna Fourie		Ku-Ring-Gai	
16	17546 Eden De Pomeroy		Nth Rocks Carlin	

Event 391 Boys U 8 - Long Jump (16)

Region: 4.01m 1999 Michael Oldfield
 State: 4.24m 22/02/1987 Steven Grant

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	644 Stephen Harvey		Ku-Ring-Gai	
2	17502 Aaren Deepak		Nth Rocks Carlin	
3	19146 Coby James		Manly Warringah	
4	18887 Flynn Hickey		Hornsby	
5	14560 Mason Bakla		Ryde	
6	19437 Aiden Dunne		Manly Warringah	
7	14368 Noah Smith		Ryde	
8	2385 Tom Moody		Northern Suburbs	
9	396 Thomas Montgomery		Ku-Ring-Gai	
10	17429 Jaiden Chahal		Nth Rocks Carlin	
11	241 Kenneth Huang		Ku-Ring-Gai	
12	19516 Jacob Alexander		Manly Warringah	
13	11577 Ryan Rann		Cherrybrook	
14	14602 Apollo Frazier		Ryde	
15	19787 Marcus Hemsworth		Manly Warringah	
16	14422 Ilya Passmore		Ryde	

Event 392 Girls U 15 - Javelin (500 Gram) (13)

Region: 42.06m 14/02/2016 Brooke East
 State: 45.81m 25/03/2018 Lianna Davidson

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	17193 Stella White		Parramatta	
2	2646 Tanna Kotulic		Northern Suburbs	
3	11583 Layla Tawbe		Cherrybrook	
4	17328 Alice Boorman-Franks		Parramatta	
5	14546 Mikayla Duncombe		Ryde	
6	18913 Eden Herring		Hornsby	
7	13979 Imogen Cochrane		Northern Distric	
8	11479 Zoe Connell		Cherrybrook	
9	786 Lily Greig		Ku-Ring-Gai	
10	8002 Sally Fainga'anuku		Mosman	
11	18820 Tiffany Fong		Hornsby	
12	18781 Josie Clayton		Hornsby	
13	17471 Carys Byrnes		Nth Rocks Carlin	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 393 Boys U 12 - High Jump (S/H 1.20m) (16)

Region: 1.60m 16/02/2020 Cadel Holmes
 State: 1.72m 21/03/2009 Thibaut Potin

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19432 Henry Ferguson		Manly Warringah	
2	19141 Beau Riches		Manly Warringah	
3	2762 John Brivulis		Northern Suburbs	
4	17053 Vinay Menon		Parramatta	
5	11502 Ryan Maher		Cherrybrook	
6	14053 Joah Beasley		Northern Distric	
7	17391 Benji Hill		Nth Rocks Carlin	
8	2438 Justin Jung		Northern Suburbs	
9	8081 Charlie Baird-Petroni		Mosman	
10	19721 Taj Biddlecombe		Manly Warringah	
11	14722 Harlen Danks		Ryde	
12	2531 Cooper Wilson		Northern Suburbs	
13	14620 Daniel Pulfer		Ryde	
14	19149 Nathaniel Barrett		Manly Warringah	
15	8142 Tyrese-Lloyd Owusu		Mosman	
16	14881 Stanley Hebert		Ryde	

Event 394 Boys U 15 - High Jump (S/H 1.30m) (16)

Region: 1.91m 10/02/2019 Darcy Holmes
 State: 2.06m 18/03/2000 James Watson

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	11682 Samuel Price		Cherrybrook	
2	11693 Evan Semaganda		Cherrybrook	
3	2394 Zak Evans		Northern Suburbs	
4	19313 Jack Mcmillan		Manly Warringah	
5	2552 Oliver Pereira de Jesus		Northern Suburbs	
6	19541 Alberto Jordan		Manly Warringah	
7	19129 Thomas Greenaway		Manly Warringah	
8	19846 Luka Simmons		Manly Warringah	
9	14834 Ambrose Feng		Ryde	
10	10753 Ratu Viliame Lewanav:		Nth Rocks Carlin	
11	14719 Leon Danks		Ryde	
12	2843 Thayu Runo		Northern Suburbs	
13	18831 Aiden McDaid		Hornsby	
14	8078 Daniel Benoliel		Mosman	
15	17737 Benjamin Lawrence		Nth Rocks Carlin	
16	14609 Daniel Cox		Ryde	

Event 395 Girls U 11 - Discus (500 Gram) (16)

Region: 35.18m 18/02/2007 Taylah Sengul
 State: 33.35m 10/02/2019 Tayla Moore

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	18775 Samantha Campbell		Hornsby	
2	2344 Abigail Johnstone		Northern Suburbs	
3	193 Grace Patterson		Ku-Ring-Gai	
4	2408 Alexandra Frielingsdorf		Northern Suburbs	
5	2414 Gracie O'Leary		Northern Suburbs	
6	14013 Annika Owers		Northern Distric	
7	19333 Caitlin Allum		Manly Warringah	
8	18794 Avery Johnston		Hornsby	
9	11477 Imogen Connell		Cherrybrook	
10	14675 Skye Spiden		Ryde	
11	14042 Dulcie Thompson		Northern Distric	
12	19240 Eloise Knorr		Manly Warringah	
13	343 Anna Sarkodee		Ku-Ring-Gai	
14	19343 Olive Kacilala		Manly Warringah	
15	14755 Mila Bomba		Ryde	
16	14396 Pippa Wang		Ryde	

Event 396 Boys U 13 - Shot Put (3.0 Kg) (17)

Region: 15.66m 1994 S Novkovic
 State: 19.11m 20/03/2009 Tepai Moeroa

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	8014 Orlando Stewart		Mosman	
2	2463 Alfa Tai		Northern Suburbs	
3	19111 Luke Cohen		Manly Warringah	
4	2848 Liam O'Leary		Northern Suburbs	
5	17308 Daniel Semaan		Parramatta	
6	614 Archie Kay		Ku-Ring-Gai	
7	19705 Zachary Morgan		Manly Warringah	
8	14416 Kieran Webb		Ryde	
9	17403 Noah Collier		Nth Rocks Carlin	
10	17292 Christopher Wilson		Parramatta	
11	597 Lachlan Harris		Ku-Ring-Gai	
12	19156 Lucas Figueira		Manly Warringah	
13	18898 Daniel Sims		Hornsby	
14	43391 Kian Kheirollahpoor		Ryde	
15	17456 Alexander Song		Nth Rocks Carlin	
16	337 Jacoby Neal		Ku-Ring-Gai	
17	14913 Tyler Gilbertson		Ryde	

REGION 5 TRACK & FIELD CHAMPIONSHIPS

Meet Program

Event 397 Boys U 17 - Javelin (700 Gram) (16)

Region: 62.32m 17/02/2013 Tyson Davis

State: 68.40m 24/03/2013 Rhys Stein

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19574 Liam Downs		Manly Warringah	
2	11655 Teddy Hampton		Cherrybrook	
3	17722 Lachlan Waldron		Nth Rocks Carlin	
4	19300 Freddie BensonSparkes		Manly Warringah	
5	8058 Finn Pereira		Mosman	
6	11652 Justin Billingsley		Cherrybrook	
7	17516 Thomas Schneider		Nth Rocks Carlin	
8	18872 Wol Albino		Hornsby	
9	14760 Andrew Kalos		Ryde	
10	8154 Chase Burrows		Mosman	
11	2831 Jude Belson		Northern Suburbs	
12	18776 Nathanael Ramsay		Hornsby	
13	8028 Xavier Frost		Mosman	
14	17236 Declan Bragg		Parramatta	
15	19442 Ruann Eksteen		Manly Warringah	
16	2431 Jude Bealby		Northern Suburbs	



EXCLUSIVE 30% OFF
FROM TENSEGRITY SPORTS CLINICS

ABOUT TENSEGRITY

Tensegrity Sports Clinics' team of chiropractors, remedial massage therapists and exercise physiologists exist to provide accessible treatment for improving the wellbeing and performance of their community.

With more than 10 years of experience working alongside specialists, surgeons, Sydney's best gyms, our team are well equipped to help your young athlete achieve their performance goals while avoiding injury.



 ADMIN@TENSEGRITY.COM.AU

 **1300 903 929**

 WWW.TENSEGRITY.COM.AU



LITTLE ATHLETICS EXCLUSIVE OFFER

INITIAL CHIROPRACTIC TREATMENT ~~\$130~~ \$90
1 HOUR REMEDIAL MASSAGE ~~\$120~~ \$85
TO REDEEM SIMPLY ADD 'LA30' IN THE
BOOKING NOTES

BELLA VISTA|CBD|DEE WHY| EASTWOOD|ST LEONARDS|WAHROONGA



ANTHONY KHOURY PHOTOGRAPHY

Anthony Khoury
Managing Director
PO Box 1464, Lane Cove NSW 2066

Orders/Enquiries: 02 9420 4685
Mobile: 0418 207 235

Website: www.akphotos.com.au
Email: enquiries@akphotos.com.au

Ensign Engraving

ABN: 85 367 211 455

PROFESSIONAL HAND ENGRAVING
KEY CUTTING, WAR MEDAL MOUNTING
PEWTER & GIFTWARE



Cherie Ireland

P: 9981 4412

M: 0412 614 970

E: ensnengraving1@gmail.com

Shop 4a Howard Avenue
Dee Why NSW 2099