



STATE RECORDS - Standardised times

as at 4 March 2024

From the 2014/2015 season, electronic and manual times have been standardised to be in line with LAA ABP's. For distances under 400m, 0.24s has been added to hand held times. For the 400m and 4 x 100m relay, 0.14s has been added to the hand held time. For distances greater than 400m, there is no change to the time. All standardised times are indicated with a [S]. The old State Records have been archived.

UNDER 7 GIRLS

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

UNDER 7 BOYS

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

UNDER 8 GIRLS

Event	Date	Name	Centre	Performance
70 Metres	16-Mar-80	Annette Cavanagh	Blacktown	10.54 [S]
100 Metres	23-Mar-79	Helen Clarke	Orange	14.44 [S]
200 Metres	5-Mar-22	Harlow Pate	Wollongong City	31.6
400 Metres	21-Mar-81	Jo-anne Swan	Camden	1:11.44 [S]
60m Hurdles	30-Jan-16	Tammin Lampret	Port Hacking	10.92 [S]
Long Jump	2-Mar-86	Danya Kerr	Winston Hills	4.17m
Shot Put (1.5kg)	17-Feb-02	Kristy Dingwall	Smithfield	8.52m
Discus (500gm)	23-Nov-03	Taylah Sengul	Winston Hills	24.42m

UNDER 8 BOYS

Event	Date	Name	Centre	Performance
70 Metres	11-Mar-78	Tim Harper	Weston Creek	10.34 [S]
	11-Mar-78	Mark Lever	Hornsby	10.34 [S]
100 Metres	12-Mar-78	Tim Harper	Weston Creek	14.24 [S]
200 Metres	19-Feb-17	Joseph Ezekiel	Werrington	30.64
400 Metres	23-Mar-75	David Misson	Randwick Botany	1:07.94 [S]
60m Hurdles	15-Feb-14	Jesse Ingleton	Camden	10.63
Long Jump	22-Feb-87	Steven Grant	Port Hacking	4.24m
Shot Put (1.5kg)	6-Mar-11	Blake Toohey	Sutherland	10.98m
Discus (500gm)	16-Feb-92	Gareth Care	North Rocks Carlingford	31.36m

UNDER 9 GIRLS

Event	Date	Name	Centre	Performance	
70 Metres	22-Mar-98	Briony Kanard	Port Hacking	10.14	[S]
100 Metres	4-Mar-23	Harlow Pate	Wollongong City	14.07	Combined ABP
200 Metres	19-Mar-23	Harlow Pate	Wollongong City	28.58	state ABP
400 Metres	24-Mar-90	Rosemary Hayward	Wyong	1:06.64	[S]
60m Hurdles	21-Feb-09	Chyna Tavai-Williams	Bankstown Sports	9.84	[S]
800 Metres	20-Mar-11	Abbey Rockliff	Ku-Ring-Gai	2:33.00	
700m Walk	19-Mar-23	Stella Wade	Northern Suburbs	3:12.50	
Long Jump	16-Mar-85	Selina Dundas	Armidale	4.42m	
Scissor High Jump	18-Feb-17	Mikaylah Robinson	Camden	1.19m	
	24-Mar-19	Mariah Photi	Illawong	1.19m	
Shot Put (2kg)	1-Mar-14	Maliyah Osbaldiston	Bankstown Sports	9.23m	
Discus (500gm)	28-Nov-04	Filoi Aokuso	Blacktown	31.22m	

UNDER 9 BOYS

Event	Date	Name	Centre	Performance	
70 Metres	22-Mar-98	John Grant	Canowindra	9.94	[S]
	20-Feb-00	Daniel Perkins	Sutherland	9.94	[S]
	19-Mar-00	Michael Oldfield	Manly Warringah	9.94	[S]
	18-Mar-07	Benjamin Alessio	St George	9.94	[S]
100 Metres	21-Feb-98	Christopher Lawrence	Campbelltown	13.64	[S]
200 Metres	22-Mar-75	Glen Murgatroyd	Campbelltown	28.44	[S]
400 Metres	23-Mar-75	Glen Murgatroyd	Campbelltown	1:04.40	[S]
800 Metres	17-Mar-02	Alex Pettigrew	Hornsby	2:25.70	
60m Hurdles	21-Feb-99	Joshua Mulligan	Gosford	9.54	[S]
	21-Mar-09	Rory Barkley	Northern Suburbs	9.54	[S]
700m Walk	20-Mar-16	Peter Elliott	Quakers Hill	3:15.36	
Long Jump	24-Mar-91	Grant Buchanan	Illawong	4.71m	
Scissor High Jump	17-Feb-18	Joseph Ezekiel	Werrington	1.30m	
Shot Put (2kg)	20-Mar-99	Jamal Idris	Bankstown Sports	11.33m	
Discus (500gm)	22-Nov-98	Jamal Idris	Bankstown Sports	36.68m	

UNDER 10 GIRLS

Event	Date	Name	Centre	Performance	
70 Metres	19-Mar-00	Grace Naseby	Griffith	9.84	[S]
100 Metres	12-Mar-78	Annette Osborne	Lethbridge Park	13.54	[S]
	23-Mar-91	Rosemary Hayward	Wyong	13.54	[S]
200 Metres	3-Mar-24	Harlow Pate	Wollongong City	28.08	Combined
400 Metres	15-Mar-03	Paige Fenech	Albion Park	1:03.84	[S]
800 Metres	19-Feb-12	Abbey Rockliff	Ku-Ring-Gai	2:27.3	
1500 Metres	18-Feb-12	Abbey Rockliff	Ku-Ring-Gai	4:56.9	
60m Hurdles	24-Mar-18	Tammin Lampret	Port Hacking	9.78	
1100m Walk	21-Mar-04	Kini Chapple	Nepean	5:21.20	
Long Jump	24-Mar-91	Rosemary Hayward	Wyong	4.75m	
Scissor High Jump	18-Feb-19	Mia Davis	St Georges Basin	1.33m	
Shot Put (2kg)	19-Feb-06	Filoi Aokuso	Blacktown	11.92m	
Discus (500gm)	16-Mar-85	Michelle Haage	Bankstown	37.22m	

UNDER 10 BOYS

Event	Date	Name	Centre	Performance	
70 Metres	20-Mar-99	Christopher Lawrence	Campbelltown	9.54	[S]
	19-Mar-00	Josh Mulligan	Gosford	9.54	[S]
100 Metres	12-Mar-78	Philip Provenzano	Randwick Botany	12.94	[S]
200 Metres	11-Mar-78	Chris Newman	Queanbeyan	26.94	[S]
400 Metres	16-Mar-03	Alex Pettigrew	Parramatta	1:01.34	[S]
800 Metres	25-Mar-79	Paul Kelly	Greystanes	2:21.60	
1500 Metres	19-Mar-83	Richard McCarthy	Randwick Botany	4:44.10	
60m Hurdles	16-Mar-02	Sean Potter	Macquarie Shores	9.74	[S]
1100m Walk	22-Mar-98	Luke Fitzgerald	Nepean	5:01.70	
Long Jump	16-Mar-80	Martin Moore	Bathurst	5.17m	
Scissor High Jump	16-Mar-19	Cadel Holmes	Northern Suburbs	1.45m	
Shot Put (2kg)	20-Feb-11	EJ Brown-Vaelua	Nepean	13.22m	
Discus (500gm)	19-Mar-83	Jason Arnberger	Nepean	43.20m	

UNDER 11 GIRLS

Event	Date	Name	Centre	Performance
100 Metres	12-Mar-78	Michelle Moroney	Bankstown	12.94 [S]
200 Metres	19-Mar-17	Chelsea Ezeoke	Albion Park	26.12
400 Metres	12-Mar-78	Michelle Moroney	Bankstown	1:01.34 [S]
	17-Mar-01	Jacinta Doyle	Port Hacking	1:01.34 [S]
800 Metres	20-Mar-16	Imogen Stewart	Illawong	2:21.8
1500 Metres	19-Mar-16	Imogen Stewart	Illawong	4:44.07
80m Hurdles	18-Mar-23	Marnie Laurence	Eastern Suburbs	12.61
1100m Walk	20-Mar-05	Kini Chapple	Nepean	5:01.3
Long Jump	20-Mar-11	Chyna Tavai-Williams	Bankstown Sports	4.97m
High Jump	22-Mar-14	Tomysha Clark	Port Hacking	1.55m
Triple Jump	21-Mar-04	Rebecca Mounsey	Albion Park	10.38m
Shot Put (2kg)	18-Mar-07	Filoi Aokuso	Blacktown	14.07m
Discus (500gm)	7-Feb-21	Annisha Reader	Girraween	37.74m
Javelin (400gm)	19-Mar-23	Ocean Kennedy	Riverstone	29.56

UNDER 11 BOYS

Event	Date	Name	Centre	Performance
100 Metres	12-Mar-78	Robert Stanford	Nepean	12.64 [S]
200 Metres	11-Mar-78	Robert Stanford	Nepean	25.84 [S]
400 Metres	23-Mar-79	Chris Newman	Queanbeyan	57.64 [S]
800 Metres	24-Mar-13	Luke Young	Macquarie Hunter	2:17.37
1500 Metres	17-Mar-84	Richard McCarthy	Randwick Botany	4:36.90
80m Hurdles	18-Mar-23	Victor Ogbonna	Girraween	12.62
1100m Walk	21-Mar-99	Luke Fitzgerald	Nepean	5:05.80
Long Jump	7-Feb-87	Craig Woodroff	Manly Warringah	5.34m
High Jump	17-Mar-96	John Thornell	Green Valley	1.63m
Triple Jump	27-Mar-93	David Geddes	Manly Warringah	11.06m
Shot Put (2kg)	19-Mar-11	Payne Haas	Macquarie Hunter	14.42m
Discus (500gm)	17-Mar-19	Jozef Cluff	Smithfield	41.51m
Javelin (400gm)	24-Mar-18	Liam Sykes	Port Hacking	35.48m

UNDER 12 GIRLS

Event	Date	Name	Centre	Performance
100 Metres	24-Mar-18	Chelsea Ezeoke	Wollongong City	12.53
200 Metres	25-Mar-18	Chelsea Ezeoke	Wollongong City	25.69
400 Metres	21-Feb-79	Nicole Leistenschneider	Manly Warringah	57.74 [S]
800 Metres	23-Mar-14	Abbey Rockliff	Ku-Ring-Gai	2:16.34
1500 Metres	22-Mar-14	Abbey Rockliff	Ku-Ring-Gai	4:34.47
80m Hurdles	18-Mar-23	Sophie Howson	Port Hacking	12.28
1500m Walk	20-Mar-94	Renee McAskill	Nepean	6:38.7
Long Jump	16-Mar-86	Tracy Blackburn	Kurri Kurri	5.42m
High Jump	20-Mar-15	Tomysha Clark	Port Hacking	1.65m
Triple Jump	25-Mar-18	Raphaila Idris	Blacktown	11.05m
Shot Put (2kg)	20-Mar-88	Kylie Standing	Bankstown	16.19m
Discus (750gm)	15-Mar-08	Filoi Aokuso	Blacktown	46.19m
Javelin (400gm)	21-Mar-15	Lianna Davidson	Kurrajong/Bilpin	34.42m

UNDER 12 BOYS

Event	Date	Name	Centre	Performance
100 Metres	20-Mar-99	Todd Shanahan	Macquarie Shores	12.04 [S]
	23-Mar-13	James Roach	Randwick Botany	12.04
200 Metres	25-Mar-18	Rashid Kabba	Holroyd	24.43
400 Metres	18-Mar-16	Donovan Bradshaw	Cherrybrook	56.88
800 Metres	19-Mar-23	Zwi Ratajczak	Sutherland	2:12.46
1500 Metres	19-Mar-83	Peter Stellino	Hills District	4:27.20
80m Hurdles	18-Mar-23	James Atkins	Manly Warringah	12.28
1500m Walk	19-Mar-00	Luke Fitzgerald	Nepean	6:45.20
Long Jump	17-Mar-96	Michael Doggett	Lithgow	5.86m
High Jump	21-Mar-09	Thibaut Potin	Illawong	1.72m
Triple Jump	19-Mar-95	Gima Keimelo	Randwick Botany	12.78m
Shot Put (2kg)	3-Mar-19	Benjamin Kasozi	Hills District	15.69m
Discus (750gm)	16-Mar-02	Emanuele Fuamatu	Fairfield	52.43m
Javelin (400gm)	21-Mar-15	Daniel Menin	Parramatta	40.48m

UNDER 13 GIRLS

Event	Date	Name	Centre	Performance
100 Metres	15-Mar-86	Jo-anne Swan	Camden	12.34 [S]
	7-Mar-87	Rebecca Vormister	Wollongong	12.34 [S]
	17-Mar-96	Haylee Mathieson	Wollongong	12.34 [S]
	19-Feb-05	Laura Turner	Port Hacking	12.34 [S]
200 Metres	19-Mar-17	Alice Dixon	Northern Suburbs	24.96
400 Metres	16-Mar-86	Jo-anne Swan	Camden	57.24 [S]
800 Metres	25-Mar-18	Imogen Stewart	Illawong	2:14.30
1500 Metres	18-Mar-23	Eliza Lawton	Manly Warringah	4:31.08
3000 Metres	4-Feb-18	Imogen Stewart	Illawong	9:53.44
80m Hurdles	15-Feb-15	Mia Hemsworth	Ku-Ring-Gai	12.26
200m Hurdles	24-Mar-18	Chantelle Barnard	Campbelltown Collegians	27.56
1500m Walk	19-Mar-06	Shannon Jennings	Nepean	6:35.30
Long Jump	16-Mar-19	Delta Amidovski	Wollongong	5.58m
High Jump	22-Mar-87	Sonja Wennekes	Sutherland	1.80m
Triple Jump	25-Mar-18	Clara Noudine	The Ponds	11.66m
Shot Put (3kg)	24-Mar-12	Grace Robinson	St George	14.95m
Discus (750g)	20-Mar-09	Taylah Sengul	Winston Hills	49.57m
Javelin (400gm)	22-Mar-09	Taylah Sengul	Winston Hills	45.91m

UNDER 13 BOYS

Event	Date	Name	Centre	Performance
100 Metres	22-Mar-14	James Roach	Randwick Botany	11.72
200 Metres	18-Mar-07	Nicholas Hough	Hills District	23.34 [S]
400 Metres	17-Mar-17	Donovan Bradshaw	Cherrybrook	53.33
800 Metres	19-Mar-23	Harry Keats	Bowral	2:05.23
1500 Metres	18-Mar-06	James Connor	Campbelltown UWS Coll.	4:21.30
3000 Metres	2-Feb-20	Harry Halleen	Balmain	9:31.40
80m Hurdles	16-Mar-97	Ahmed Abou-Mahmoud	Winston Hills	12.04 [S]
	19-Mar-00	Ross Roberts	Gosford	12.04 [S]
200m Hurdles	19-Mar-11	Jarrod Cullen	Canterbury	26.21
1500m Walk	28-Mar-93	David Beacroft	Blacktown	6:30.40
Long Jump	19-Mar-06	Kurt Jenner	Mt Pritchard	6.11m
High Jump	21-Mar-10	Thibaut Potin	Illawong	1.81m
Triple Jump	18-Mar-07	Nicholas Hough	Hills District	12.72m
Shot Put (3kg)	20-Mar-09	Tepai Moeroa	Doonside	19.11m
Discus (750gm)	2-Feb-19	Angus Clues	Springwood	60.74m
Javelin (600gm)	18-Mar-07	Shane Nicholls	Kurrajong/Bilpin	48.80m

UNDER 14 GIRLS

Event	Date	Name	Centre	Performance
100 Metres	23-Mar-91	Shelley Peattie	Macquarie Shores	12.14 [S]
200 Metres	16-Mar-08	Ella Nelson	Sutherland	24.54 [S]
400 Metres	23-Mar-12	Molly Blakey	South Eastern	56.02
800 Metres	28-Mar-21	Ivy Boothroyd	Sutherland	2:12.29
1500 Metres	24-Mar-18	Sarah Schiffmann	Myall Coast	4:33.92
3000 Metres	20-Mar-15	Emily Schneider	Sutherland	9:59.16
80m Hurdles	19-Mar-06	Carly Rodger	Port Hacking	11.94 [S]
200m Hurdles	18-Mar-06	Carly Rodger	Port Hacking	27.04 [S]
1500m Walk	17-Mar-96	Renee McAskill	Nepean	6:15.40
Long Jump	18-Mar-17	Tomysa Clark	Port Hacking	5.87m
High Jump	19-Mar-06	Mia McKinnon	Port Hacking	1.75m
	18-Mar-07	Amy Pejovic	Cherrybrook	1.75m
Triple Jump	16-Mar-03	Alysha House	Koorngal Wagga	12.15m
Shot Put (3kg)	22-Mar-13	Grace Robinson	St George	15.94m
Discus (1kg)	20-Mar-16	Sally Shokry	Hills District	45.39m
Javelin (400gm)	18-Mar-17	Lianna Davidson	Kurrajong/Bilpin	52.23m

UNDER 14 BOYS

Event	Date	Name	Centre	Performance
100 Metres	18-Mar-23	Epeosi Ugbomhe	Werrington	11.08
200 Metres	19-Feb-06	Luke Hamer	St George	22.64 [S]
400 Metres	23-Mar-12	Jarrod Cullen	Canterbury	50.97
800 Metres	19-Mar-17	Joshua Atkinson	Hills District	2:01.40
1500 Metres	22-Mar-14	Harrison Wade	Ryde	4:11.93
3000 Metres	21-Mar-14	Harrison Wade	Ryde	9:13.83
90m Hurdles	28-Mar-21	Billy Blair	Balmain	11.96
200m Hurdles	15-Mar-08	Nicholas Hough	Hills District	24.64 [S]
1500m Walk	19-Mar-95	Troy Sundstrom	Highlanders	6:13.40
Long Jump	17-Mar-96	Stephen Jacenko	Balmain	6.52m
High Jump	20-Mar-94	Justin Hathway	Tamworth	1.95m
Triple Jump	17-Mar-96	David Geddes	Manly Warringah	13.48m
Shot Put (3kg)	16-Feb-13	Tyrone Taukamo	Randwick Botany	18.51m
Discus (1kg)	20-Mar-10	Tepai Moeroa	Doonside	57.71m
Javelin (600gm)	18-Mar-01	Jonathon Wynn	Camden Haven	56.87m

UNDER 15 GIRLS

Event	Date	Name	Centre	Performance
100 Metres	21-Mar-92	Sonia Willis	Wagga PCYC	12.04 [S]
	20-Mar-99	Preya Carey	Hills District	12.04 [S]
200 Metres	20-Mar-05	Olivia Tauro	Kurri Kurri	24.24 [S]
	22-Feb-09	Ella Nelson	Sutherland	24.24 [S]
400 Metres	18-Feb-96	Rosemary Hayward	Toukley	55.74 [S]
800 Metres	20-Mar-16	Carley Thomas	Hills District	2:09.57
1500 Metres	19-Mar-16	Emily Schneider	Sutherland	4:30.10
3000 Metres	18-Mar-16	Emily Schneider	Sutherland	9:43.02
90m Hurdles	3-Mar-07	Carly Rodger	Port Hacking	12.44 [S]
300m Hurdles	24-Mar-18	Isabella Guthrie	Northern Districts	44.10
1500m Walk	16-Mar-97	Renee McAskill	Doonside	6:24.20
Long Jump	19-Mar-05	Jacinta Doyle	Port Hacking	5.80m
High Jump	16-Mar-08	Amy Pejovic	Cherrybrook	1.80m
Triple Jump	21-Mar-04	Alysha House	Koorinal Wagga	12.42m
Shot Put (3kg)	16-Feb-14	Grace Robinson	St George	15.25m
Discus (1kg)	29-Nov-95	Katrina Steele	Springwood	48.18m
Javelin (500gm)	25-Mar-18	Lianna Davidson	Kurrajong Bilpin	45.81m

UNDER 15 BOYS

Event	Date	Name	Centre	Performance
100 Metres	21-Mar-09	Nicholas Hough	Hills District	10.84 [S]
200 Metres	22-Feb-09	Nicholas Hough	Hills District	21.74 [S]
400 Metres	15-Mar-97	David Geddes	Manly Warringah	49.64 [S]
800 Metres	20-Feb-05	James Kaan	Hills District	1:57.20
	16-Mar-08	James Connor	Campbelltown UWS Coll.	1:57.20
1500 Metres	15-Mar-08	James Connor	Campbelltown UWS Coll.	4:03.70
3000 Metres	18-Mar-06	Cameron Page	Gosford	8:50.60
100m Hurdles	19-Mar-23	Oliver Facer	Inner West	12.41
300m Hurdles	18-Mar-17	Thomas Hunt	Northern Suburbs	38.92
1500m Walk	22-Mar-98	Douglas Connolly	Mt Druitt	5:48.10
Long Jump	20-Mar-09	Thomas Soliman	Blacktown	7.12m
High Jump	18-Mar-00	James Watson	Manly Warringah	2.06m
Triple Jump	21-Mar-99	Fabrice Lapierre	Blacktown	14.35m
Shot Put (4kg)	18-Mar-11	Tepai Moeroa	Doonside	19.62m
Discus (1kg)	15-Feb-15	Nicholas Frost	Parramatta	64.26m
Javelin (700gm)	15-Feb-14	Cameron McEntyre	Ku-Ring-Gai	59.69m

UNDER 17 GIRLS

Event	Date	Name	Centre	Performance
100 Metres	28-Jan-17	Maisie Stevens	Eastern Suburbs	11.89
200 Metres	25-Mar-18	Caitlin Ferrier	Kurrajong Bilpin	24.08
400 Metres	24-Mar-18	Caitlin Ferrier	Kurrajong Bilpin	55.25
800 Metres	28-Mar-21	Montana Monk	Macquarie Hunter	2:09.22
1500 Metres	28-Mar-21	Imogen Stewart	Bankstown Athletics	4:27.21
3000 Metres	2-Feb-19	Lauren Carey	St George	9:45.64
100m Hurdles	19-Mar-23	Jasynta Lampret	Port Hacking	13.51
300m Hurdles	16-Mar-19	Tiahna Skelton	Wallsend	42.35
1500m Walk	19-Mar-23	Zoe Wood	Ku-Ring-Gai	6:22.80
Long Jump	27-Mar-21	Sienna Bond	Ku-Ring-Gai	6.03m
High Jump	21-Mar-10	Emily Crutcher	Grenfell	1.84m
Triple Jump	22-Nov-23	Izobelle Louison-Roe	Port Hacking	12.86m
Shot Put (3kg)	18-Feb-12	Taylah Sengul	Nepean	16.29m
Discus (1kg)	19-Mar-23	Chelsy Wayne	Wollongong City	49.42m
Javelin (500gm)	16-Mar-19	Lianna Davidson	Kurrajong Bilpin	52.66m

UNDER 17 BOYS

Event	Date	Name	Centre	Performance
100 Metres	18-Mar-23	Cody Hasler	Camden	10.77
200 Metres	19-Mar-17	Yadin Ngeng	Bankstown Sports	21.32
400 Metres	17-Mar-17	Tyler Gunn	Gosford	48.09
800 Metres	10-Feb-19	Joshua Atkinson	Hills District	1:53.49
1500 Metres	2-Feb-19	Angus Beer	Balmain	3:59.64
3000 Metres	17-Feb-20	Daniel Kelly	Emu Plains	8:47.39
110m Hurdles	19-Mar-23	Billy Blair	Balmain	13.29
300m Hurdles	18-Mar-23	Matthew Hunt	Northern Suburbs	36.86
1500m Walk	19-Mar-23	Isaac Beacroft	Quakers Hill	5:43.22
Long Jump	18-Mar-17	Alex Willett	Manly Warringah	7.28m
High Jump	20-Mar-10	Brandon Starc	Parramatta	2.10m
Triple Jump	3-Feb-19	Connor Murphy	Illawong	14.93m
Shot Put (5kg)	19-Feb-22	Amosia Soatini	Nepean	18.25m
Discus (1.5kg)	18-Mar-23	George Wells	Mingara Regional Athletics	59.65
Javelin (700gm)	24-Mar-13	Rhys Stein	Warradale	68.40m

MIXED AGE RELAYS

Age Group	Date	Event	Centre	Performance
Junior Boys	17-Mar-96	4 x 100m	Bankstown Sports	53.84 [S]
	20-Mar-16	4 x 100m	Ku-Ring-Gai	53.84
Senior Boys	20-Mar-22	4 x 100m	Hills District	44.61
Junior Girls	25-Mar-12	4 x 100m	Manly Warringah	54.62
Senior Girls	19-Mar-23	4 x 100m	Port Hacking	48.02

STATE RELAYS - SENIOR TRACK EVENTS

Event	Year	Centre	Performance
U12 Boys 4 x 100m	2002	Manly Warringah	51.24 [S]
U12 Girls 4 x 100m	2017	Balmain	52.74
U12 Mixed 4 x 100m	1983	Ku-Ring-Gai	52.54 [S]
U12 Mixed 4 x 400m	1987	St George	4:10.90
U13 Boys 4 x 100m	2018	Bankstown Sports	48.47
U13 Girls 4 x 100m	2016	Northern Suburbs	50.48
U13 Mixed 4 x 100m	1984	Randwick Botany	51.44 [S]
U13 Mixed 4 x 400m	2013	Manly Warringah	4:04.56
U14 Boys 4 x 100m	2016	Campbelltown Collegians	46.30
U14 Girls 4 x 100m	2018	Campbelltown Collegians	48.86
U14 Mixed 4 x 100m	2000	Northern Suburbs	50.04 [S]
U14 Mixed 4 x 400m	2016	Manly Warringah	3:53.38
U15 Boys 4 x 100m	2011	Manly Warringah	44.82
U15 Girls 4 x 100m	2019	Campbelltown Collegians	48.31
U15 Mixed 4 x 100m	1996	Balmain	48.44 [S]
U15 Mixed 4 x 400m	2014	Manly Warringah	3:43.57
U17 Boys 4 x 100m	2014	Northern Suburbs	43.23
U17 Girls 4 x 100m	2017	Sutherland	48.37
U17 Mixed 4 x 100m	2009	Cherrybrook	46.03
U17 Mixed 4 x 400m	2017	Macquarie Hunter	3:42.08
Snr Girls M Distance	2016	Macquarie Hunter	9:29.50
Snr Boys M Distance	2019	Balmain	8:46.76
Snr Mixed 4 x 100m	2018	Liverpool City	50.04

STATE RELAYS - SENIOR FIELD EVENTS

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

STATE RELAYS - JUNIOR TRACK EVENTS

Event	Year	Centre	Performance
U 8 Boys 4 x 100m	1984	Randwick Botany	1:00.44 [S]
U 8 Girls 4 x 100m	1982	Bankstown	1:03.84 [S]
U 8 Mixed 4 x 100m	1982	Blacktown	1:03.94 [S]
	1984	North Rocks/Carlingford	1:03.94 [S]
U 8 Mixed 4 x 200m	2017	Port Hacking	2:13.30
U 9 Boys 4 x 100m	1990	Ku-Ring-Gai	58.44 [S]
U 9 Girls 4 x 100m	1979	Hills District	1:00.54 [S]
U 9 Mixed 4 x 100m	1985	North Rocks/Carlingford	1:00.04 [S]
U 9 Mixed 4 x 200m	2013	Manly Warringah	2:07.11
U10 Boys 4 x 100m	1980	Bankstown	55.74 [S]
U10 Girls 4 x 100m	2014	Manly Warringah	57.50
U10 Mixed 4 x 100m	1984	Blacktown	58.04 [S]
U10 Mixed 4 x 400m	1983	Sutherland	4:36.4
U11 Boys 4 x 100m	2023	Balmain	53.52
U11 Girls 4 x 100m	2015	Manly Warringah	55.01
U11 Mixed 4 x 100m	2016	Albion Park	54.18
U11 Mixed 4 x 400m	2016	Ku-Ring-Gai	4:25.82
Jnr Mixed 4 x 100m	2017	Liverpool City	1:01.26
Jnr Girls M Distance	2016	Sutherland	10:53.17
Jnr Boys M Distance	2017	Balmain	10:25.15

STATE RELAYS - JUNIOR FIELD EVENTS

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