

# ZONE CHAMPIONSHIPS

# 2022



# A Warm Welcome To All

On behalf of the Albion Park Little Athletics Centre, it's committee and athletes welcome to the John O'Dwyer Oval for the 2022/2023 Mid South Coast Zone Championships. It is with regret that the Kiama Little Athletics Centre was unable to host the event due to atrocious weather conditions which caused track damage.

We wish to acknowledge the traditional owners, past, present, and future of the Dharawal land on which we will compete this weekend. No matter where we are in this great country of Australia, it is a privilege and honour to share it these wonderful people.

To all the athletes competing at this weekend's carnival, I wish you all the best in your chosen events and for all those successful athletes I also wish you all the best at the Region 4 Championships to be held at Griffith in 2023, and hopefully on to state. I hope for good comradeship, company, sportsmanship, conversation, and most of all good weather. It would also be nice to see some records broken as long as they are not ours.

Thanks, from us all to our special guest, Ian Hatfield (founding member, life member and first president of APLAC), who will open the Championships and judge the March Past.

We have a great menu for this weekend's carnival, with our BBQ running hot, a selection of pies, some vegetarian choices, hot dogs, chicken pattie burgers, cold drinks, lollies and more. There will also be a coffee and ice cream van both days. Officials and age managers will be catered for with meal and drink vouchers. A drinks cart will also do a regular lap of the track.

Lastly a huge thank you to all the officials and volunteers that will be on duty for the carnival. We do not say it often enough, however we really do appreciate the time and effort you give. We would not be able to run a Centre night without you let alone a carnival. To the committee of APLAC the biggest thank you of all. You always put your best foot forward when the pressure is on, and this carnival will be no different, great job everyone-GREAT JOB.

On behalf of the APLAC committee have a great weekend.

Robin Harvey  
President  
Albion Park Little Athletics Centre

**KELLY+**  
**PARTNERS**  
CHARTERED ACCOUNTANTS

# Mid South Coast Zone Championships



The Carnival Manager shall have the right to combine events where necessary, but separate results shall be recorded for each event so combined.

All athletes at the Zone Championships will receive certificates. The first three (3) place getters in the Under 7 events will receive State medals. The first three (3) place getters in all other age groups will receive Zone medals. Only the Under 7 medals will be presented at the Zone Championships. The remaining medals and certificates will be distributed to Centres after the Carnival.

The first three (3) place getters in all Under 8 to Under 17 finals will progress to the Region 4 Championships at West End Sports Stadium, Griffith, on Saturday 4<sup>th</sup> and Sunday 5<sup>th</sup> February 2023. In addition, the next best four (4) performances in each event across Region 4 will also qualify for the Region 4 Championships. The first two (2) place getters in the Relays will progress to the Region 4 Championships.

Should an athlete, for any reason, be unable to attend the Region 4 Championships, the Information Officer should be informed immediately. This will be the only opportunity for replacements to be considered. No further withdrawals/replacements will be accepted/designated after the completion of the Zone Championships.

At the Region 4 Championships the first two (2) place getters in all Under 9 to Under 17 finals will progress to the State Track And Field Championships at Sydney Olympic Park Athletic Centre, Homebush on Saturday 18<sup>th</sup> and Sunday 19<sup>th</sup> March 2023. In addition, the next best eight (8) performances in each event across all Regions will also qualify for the State Track And Field Championships.

No State records, either track or field, are recognized at the Zone Championships.

On the track, if insufficient athletes turn up when an event is called for heats to be run, then the final will be run instead of the heats and the final listed later in the program will be cancelled.

During heats all straight lanes will be used. If finals are run where heats should be then all lanes could be used. If finals are run after heats, then only eight (8) lanes will be used.

The competition area is only for athletes, officials, and parent helpers. No spectators are permitted inside the area of competition at any time without prior consent from the Carnival Manager.

Centre Team Managers are recognised as the official representatives for Centres at the Zone Championships. Issues that arise during the Zone Championships must be communicated via Team Managers to the Information Officer for subsequent consideration and/or action.

## SPONSORS

# KELLY+PARTNERS

CHARTERED ACCOUNTANTS



Pinocchio's Pizza proudly sponsors three (3) Little Athletics Centres  
in the Illawarra - Albion Park, Dapto and Lake Illawarra

## SPECIAL GUEST

Ian Hatfield  
(First President Of Albion Park Little Athletics Centre)

## LIVE RESULTS

Live Results are available at [www.littleareults.com](http://www.littleareults.com).  
Use the QR Code below to access event results.



## Centre Information

Centre	Abbrev.	No.	Uniform	Team Manager
Albion Park	ALB	71	Red, white & navy blue with wave midriff pattern. Navy blue shorts.	Rebekah Power
Kiama	KIA	114	Lime green with black & white trim. Black shorts.	Dawn Calvert Kelly Hewitt
Lake Illawarra	LKI	10	Royal blue, black panels with black and white contoured striping. Royal blue or black shorts.	Simone Ivanovski
Milton Ulladulla	MIL	185	Black with two white diagonal stripes. Black shorts.	Lisa Kann
Shoalhaven	SHO	120	Royal blue with dark blue, white & red pattern on LHS. Matching shorts.	Kelly Oke
St Georges Basin	SGB	167	Red & black with white "V" stripe. Black shorts.	Lauren Naylor

## Uniform Requirements

Athletes must compete in correct Centre uniform. The McDonald's registration number **MUST** have the **FULL** red border clearly visible. If this number is too large for the girls' crop top it may be folded at the top **ONLY**. The Coles patch **MUST** be placed on the front right shoulder and the Age patch on the front left-hand side of the uniform. No part of the clothing shall extend beyond the top of the knee for any walk event.

## Dean Blair Registration Numbers Under 7 To Under 17

Albion Park	142	Milton Ulladulla	18
Kiama	102	Shoalhaven	260
Lake Illawarra	117	St Georges Basin	63

## Mid South Coast Zone - Life Members

Howard McGarry - Lake Illawarra (1999)  
 Peter Cotter - St Georges Basin (2000)  
 Sonja Schofield - Shoalhaven (2001)  
 Heather Jimenez - Lake Illawarra (2001)  
 Carol McGarry - Lake Illawarra (2003)  
 Janet Poppett - Kiama (2004)

Gary Poppett - Kiama (2004)  
 Jan Cotter - St Georges Basin (2006)  
 Paul Joines - St Georges Basin (2009)  
 Craig Scott - Kiama (2009)  
 Stacey Scott - Kiama (2009)

# Officials For Mid South Coast Zone Championships

## Held at John O'Dwyer Oval, 3<sup>rd</sup> and 4<sup>th</sup> December, 2022

Host Centre		Albion Park
Carnival Manager	Doonan McLaren	Zone Coordinator
Assist. Carnival Manager	Robin Harvey	Albion Park
Timing Gates	Isaac Wilson	Albion Park
Starting Panel	Howard McGarry Craig Scott Brad Stevens	Lake Illawarra Kiama Shoalhaven
Announcer	Adam Kann	Milton Ulladulla
Information Officer	Carol McGarry	Lake Illawarra
Safety Officer	Keiran Bartle	Albion Park
Jury Of Appeal	Doonan McLaren Simone Ivanovski Craig Scott	Zone Coordinator Lake Illawarra Kiama
Walks Panel	Tracy Mandavy Carol McGarry Howard McGarry	St Georges Basin Lake Illawarra Lake Illawarra
Recording	Tracy Mandavy	St Georges Basin
Computer Coordinator	Craig Scott	Kiama
Medal Presentations (Under 7's Only)	Doonan McLaren	Zone Coordinator
Medical Officer	Scott McLaren	Shoalhaven
Dean Blair Trophy Compiler	Craig Scott	Kiama
Track Marshalling		Milton Ulladulla
Shot Put Chief	Jakki Peace	Shoalhaven
Discus Chief	Ron Cox	Shoalhaven
Long/Triple Jump Chief - 1	TBC (Saturday) Josh Hewitt (Sunday)	Kiama
Long/Triple Jump Chief - 2	Trudy Wheeler	St Georges Basin
High Jump Chief	Craig Scott	Kiama
Javelin Chief	Scott McLaren	Shoalhaven

## Protocol

1. We require assistance to run events. If an official requests assistance at an event, please help. There will be delays if there are insufficient personnel available to run events.
2. Parents are asked to wear enclosed shoes when assisting at events.
3. Parent helpers are not permitted to coach or assist athletes at events.
4. Parent helpers are to refrain from cheering athletes from the inside of the track.
5. The competition area is only for athletes, officials, and parent helpers. No spectators are permitted inside the fence at any time without prior consent from the Carnival Manager.

# Starting Times

## Saturday

- 8:00am First call for Officials
- 8:15am First call for March Past
- 8:30am March Past commences
- 8:45am Official Opening
- 9:00am First call for Events
- 9:15am First Events commence

## Opening Ceremony

1. March Past winner's trophy presented by Ian Hatfield.
2. Dean Blair Trophy - Craig Scott to address guests and athletes.
3. Hand over Dean Blair trophy to Zone Coordinator by previous winner.
4. National Anthem
5. Official Opening by Ian Hatfield.

## Sunday

- 8:30am First call for Officials
- 8:45am First call for Events
- 9:00am First Events commence

# Relay Teams

The first two (2) place getters in the Relays will progress to the Region 4 Championships.

## Team Composition

### **Junior Relay**

4 athletes (one athlete from U9, U10, U11 & U12)

U12 may be replaced by an U9, U10 or U11

U11 may be replaced by an U9 or U10

U10 may be replaced by an U9

### **Senior Relay**

4 athletes (one athlete from U13, U14, U15 & U17)

U17 may be replaced by an U15, U14 or U13

U15 may be replaced by an U14 or U13

U14 may be replaced by an U13

U13 may be replaced by an U12 (Note: a maximum of 1 x U12 athlete may be used in a senior relay team. If an U12 is used in the Senior Relay team the same athlete cannot be a member of the Junior Relay team).

Athletes may compete in any order in Relays.

# Dean Blair Memorial Trophy

Dean Blair was a member of Kiama Little Athletics Centre from September to December 1980. During his short but exceptionally progressive membership he excelled in both track and field events. Having not been coached he was a "natural" little athlete.

Joining at the age of nine (9) he broke fifteen (15) records in three (3) months, a testimony to his natural ability.

Among his achievements were:

100m	14.6 secs	1500m	5 mins 31.3 secs
200m	29.8 secs	60m/h	10.3 secs
400m	1 min 6.8 secs	Discus	23.90m
800m	2 mins 42.1 secs	Long Jump	4.35m

He displayed a great degree of enthusiasm, sportsmanship and co-operation, which is a necessary ingredient to be given in order to gain from athletics. His one aim was to be good enough to compete at the Olympics.

Tragically, Dean died on the 5<sup>th</sup> of December 1980 as a result of a playground accident at school. At the time he had been looking forward to, and preparing for, the Zone Championships and had entered into his four (4) events. He died the day before the Championships were to begin.

As a result of this the idea of a perpetual memorial trophy for these Championships came into being. Exclusively through the thoughtfulness of Mr Bill Young and Mr John May, from Lake Illawarra Little Athletics Centre. Mr John May crafted the original trophy and it was first presented in 1982.

The inscription on the base reads:

***"This trophy is in memory of a little boy who gave so much. May his love of athletics be an inspiration and enjoyment for all young, dedicated athletes to follow. May their efforts fulfil his dreams."***

His parents dedicated this inscription.

He is a little boy now, so sadly missed.

My encouragement goes out to all young athletes competing in the Zone Championships each year. The spirit of team effort and loyalty to each other is quite evident.

Good luck to all,  
Mrs Joan Blair



# Dean Blair Memorial Trophy

## Previous Winners

1982-83 Lake Illawarra  
1983-84 Kiama  
1984-85 Lake Illawarra  
1985-86 Lake Illawarra  
1986-87 Lake Illawarra  
1987-88 Albion Park  
1988-89 Albion Park  
1989-90 Albion Park  
1990-91 Albion Park  
1991-92 Albion Park  
1992-93 Albion Park  
1993-94 Lake Illawarra  
1994-95 Albion Park  
1995-96 St Georges Basin  
1996-97 Kiama  
1997-98 Lake Illawarra  
1998-99 St Georges Basin  
1999-00 Albion Park  
2000-01 Lake Illawarra  
2001-02 St Georges Basin  
2002-03 Lake Illawarra



2003-04 Albion Park  
2004-05 Albion Park  
2005-06 Albion Park  
2006-07 Lake Illawarra  
2007-08 Albion Park  
2008-09 Albion Park  
2009-10 Albion Park  
2010-11 Albion Park  
2011-12 Albion Park  
2012-13 Albion Park  
2013-14 Albion Park  
2014-15 Albion Park  
2015-16 Albion Park  
2016-17 Albion Park  
2017-18 Albion Park  
2018-19 Albion Park  
2019-20 Albion Park  
2020-21 Not Awarded (COVID)  
2021-22 Albion Park

The Dean Blair Memorial Trophy is calculated on a Centre point score system. The system used to determine the winning Centre is set out below.

**Points** : The points for the calculation of the Dean Blair Memorial Trophy are gained in the following manner:

5 points for 1<sup>st</sup>  
4 points for 2<sup>nd</sup>  
3 points for 3<sup>rd</sup>  
1 point for each other place

The above points are awarded to place getters in **ALL** track and field events in finals only except for the relays.

**Registrations** : The number of athletes registered at each Centre from Under 7 to Under 17 as at the cut off date for Zone nominations.

**Calculation** : The following formula is used to calculate the points score for each Centre. The Centre with the highest points score being the winner.

$$\frac{\text{Points} \times 100}{\text{Registrations}}$$

To each Centre - GOOD LUCK!

# Placement of numbers and patches for all Little Athletics NSW Events & Carnivals

*Registration number, age patch and sponsor patch placement for all registered athletes is as per the pictures below*



## REGISTRATION NUMBER

ALL ATHLETES FROM TINY TOTS TO U17 WEAR THE MCDONALD'S REGISTRATION NUMBER WHICH **MUST** HAVE THE **FULL** RED BORDER SHOWING INCLUDING THE YEAR, AND BE PLACED IN THE CENTRE OF THE UNIFORM TOP (SEE ABOVE)

## AGE PATCH

FOR ALL AGES THE AGE PATCH **MUST** BE PLACED ON THE FRONT LEFT HAND SIDE OF THE UNIFORM. THIS CAN BE ON THE SHOULDER OR SHORTS (SEE ABOVE)

## SPONSOR PATCH

COLES SPONSORS PATCH (AS ABOVE) **MUST** BE PLACED ON THE FRONT RIGHT SHOULDER OF ALL UNIFORMS. IT CAN BE PLACED OVER THE CORNER OF THE RED BORDER OF THE NUMBER, BUT MUST NOT COVER THE MCDONALD'S LOGO OR REGISTRATION NUMBER.

## PROGRESSION FROM ZONE TO REGION AND REGION TO STATE

Region	What zones are in this region?	What places automatically progress to region from zone? <b>Please note that any places not filled by automatic progression will not be filled by additional next best performances</b>	What is <b>maximum</b> number of next best qualifiers that will progress to region from across all zone results in the region?	What places automatically progress to state from region? <b>Please note that any places not filled by automatic progression will not be filled by additional next best performances</b>	What is maximum number of next best qualifiers that will progress to state from across all region results?	What number of relays progress from zone to region?	What number of relays progress from region to state?
1	New England, Northern Rivers and Mid North Coast	First 4 Places	4	First 2 Places	8	First 2 Places	First Place
2	Central Coast, Lake Macquarie, Hunter, and Port Hunter	First 3 Places	4	First 2 Places	8	First 2 Places	First Place
3	Western Plains and Western Ranges	First 6 Places	4	First 2 Places	8	First 3 Places	First Place
4	Eastern Riverina, Western Riverina, Mid South Coast and South Coast Highlands	First 3 Places	4	First 2 Places	8	First 2 Places	First Place
5	Northern Metropolitan and North East Metropolitan	First 6 Places	4	First 2 Places	8	First 3 Places	First Place
6	West Metropolitan, Outer West Metropolitan and North West Metropolitan	First 4 Places	4	First 2 Places	8	First 2 Places	First Place
7	Central West Metropolitan, South West Metropolitan and Mid West Metropolitan	First 4 Places	4	First 2 Places	8	First 2 Places	First Place
8	Inner City and Southern Metropolitan	First 6 Places	4	First 2 Places	8	First 3 Places	First Place

### NOTE:

- If only 9 athletes arrive at the call room from entries to heats then the heats may be collapsed to a final of a maximum of 9 athletes
- If after resolving a protest in an earlier heat an additional athlete is added to the final, then this can result in 9 athletes being in the final, Only the top 8 will be considered for progression, so that all zones have the same number of athletes qualifying to the next level).

### Selection of next best performances

- Performances in heats cannot be considered in selection of next best performances unless event is run as a Timed Final.
- Performances from all competitors in a field event will be assessed for next best performances. This means that an athlete who does not reach the second round (or final 3 trials) may still perform a next best performance.
- Performances from all competitors in all pack events (eg. 800 metres) will be assessed for next best performances.

# MID SOUTH COAST ZONE TRACK & FIELD CHAMPIONSHIPS

John O'Dwyer Oval - 03/12/2022 To 04/12/2022

Session: 1 Saturday Track Events

Day 1 - Saturday 03/12/2022 - Starts at 09:15 AM

Event	Description	Round	
#1	Girls U 7 - 500 Metre Run Pack Start	Final	} *
#2	Boys U 7 - 500 Metre Run Pack Start	Final	
#3	Girls U 11 - 1500 Metre Run	Final	}
#4	Girls U 12 - 1500 Metre Run	Final	
#5	Boys U 11 - 1500 Metre Run	Final	}
#6	Boys U 12 - 1500 Metre Run	Final	
#7	Girls U 14 - 1500 Metre Run	Final	}
#8	Girls U 15 - 1500 Metre Run	Final	
#9	Girls U 17 - 1500 Metre Run	Final	}
#10	Boys U 14 - 1500 Metre Run	Final	
#11	Boys U 17 - 1500 Metre Run	Final	}
#12	Girls U 13 - 200 Metre Hurdles (68cm)	Final	
#13	Girls U 14 - 200 Metre Hurdles (76cm)	Final	}
#14	Boys U 13 - 200 Metre Hurdles (68cm)	Final	
#15	Boys U 14 - 200 Metre Hurdles (76cm)	Final	}
#16	Girls U 15 - 300 Metre Hurdles (76cm)	Final	
#17	Girls U 17 - 300 Metre Hurdles (76cm)	Final	}
#18	Boys U 15 - 300 Metre Hurdles (76cm)	Final	
#19	Boys U 17 - 300 Metre Hurdles (76cm)	Final	}
#20	Girls U 8 - 60 Metre Hurdles (45cm)	Final	
#21	Boys U 8 - 60 Metre Hurdles (45cm)	Final	}
#22	Girls U 9 - 60 Metre Hurdles (45cm)	Final	
#23	Boys U 9 - 60 Metre Hurdles (45cm)	Final	}
#24	Girls U 10 - 60 Metre Hurdles (60cm)	Final	
#25	Boys U 10 - 60 Metre Hurdles (60cm)	Final	}
#26	Girls U 13 - 100 Metre Sprint	Heats	
#27	Girls U 10 - 100 Metre Sprint	Heats	}
#28	Boys U 11 - 100 Metre Sprint	Heats	
#29	Girls U 13 - 400 Metre Sprint	Final	}
#30	Boys U 13 - 400 Metre Sprint	Final	
#31	Boys U 14 - 400 Metre Sprint	Final	}
#32	Boys U 15 - 400 Metre Sprint	Final	
#33	Girls U 14 - 400 Metre Sprint	Final	}
#34	Girls U 15 - 400 Metre Sprint	Final	
#35	Girls U 17 - 400 Metre Sprint	Final	}
#36	Boys U 17 - 400 Metre Sprint	Final	
#37	Girls U 8 - 400 Metre Run Pack Start	Final	}
#38	Boys U 8 - 400 Metre Run Pack Start	Final	
#39	Girls U 9 - 400 Metre Sprint	Final	}
#40	Boys U 9 - 400 Metre Sprint	Final	
#41	Girls U 10 - 400 Metre Sprint	Final	}
#42	Girls U 11 - 400 Metre Sprint	Final	
#43	Boys U 10 - 400 Metre Sprint	Final	

\*Bracketed events will be combined.

Event	Description	Round
#44	Boys U 11 - 400 Metre Sprint	Final
#45	Boys U 12 - 400 Metre Sprint	Final
#46	Girls U 12 - 400 Metre Sprint	Final
#47	Girls U 7 - 100 Metre Sprint	Final
#48	Boys U 7 - 100 Metre Sprint	Final
#49	Girls U 13 - 100 Metre Sprint	Final
#50	Boys U 13 - 100 Metre Sprint	Final
#51	Girls U 14 - 100 Metre Sprint	Final
#52	Boys U 14 - 100 Metre Sprint	Final
#53	Boys U 15-17 100 Metre Multi Class Run	Final
#54	Boys U 15 - 100 Metre Sprint	Final
#55	Girls U 15 - 100 Metre Sprint	Final
#56	Girls U 15-17 100 Metre Multi Class Run	Final
#57	Girls U 17 - 100 Metre Sprint	Final
#58	Boys U 17 - 100 Metre Sprint	Final
#59	Girls U 8 - 100 Metre Sprint	Final
#60	Boys U 8 - 100 Metre Sprint	Final
#61	Girls U 9 - 100 Metre Sprint	Final
#62	Boys U 9 - 100 Metre Sprint	Final
#63	Girls U 10 - 100 Metre Sprint	Final
#64	Boys U 10 - 100 Metre Sprint	Final
#65	Girls U 11 - 100 Metre Sprint	Final
#66	Boys U 11 - 100 Metre Sprint	Final
#67	Girls U 12 - 100 Metre Sprint	Final
#68	Boys U 12 - 100 Metre Sprint	Final
#69	Girls U 7 - 50 Metre Sprint	Final
#70	Boys U 7 - 50 Metre Sprint	Final
#71	Girls U 14 - 3000 Metre Run	Final
#72	Girls U 15 - 3000 Metre Run	Final
#73	Girls U 17 - 3000 Metre Run	Final
#74	Boys U 14 - 3000 Metre Run	Final
#75	Boys U 17 - 3000 Metre Run	Final

\*Bracketed events will be combined.

**MID SOUTH COAST ZONE**  
**TRACK & FIELD CHAMPIONSHIPS**  
**John O'Dwyer Oval - 3/12/2022 to 4/12/2022**  
**Meet Program - Saturday Track Events**

**Event 1 Girls U 7 - 500 Metre Run Pack Start (2)**

Zone: 1:49.10 30/01/2000 Paige Fenech

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

1	18475 Lucy Kann		Milton-Ulladulla	
2	4829 Madison Sandstrom		Shoalhaven	

**Event 2 Boys U 7 - 500 Metre Run Pack Start (1)**

Zone: 1:46.70 27/01/2008 Mitchell Potts

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

3	17893 Jude Bish		Lake Illawarra	
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**Event 3 Girls U 11 - 1500 Metre Run (3)**

Zone: 4:54.00 29/01/2000 Cian Maciejewski

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

1	11745 Aliyah Holland-Kamar		Albion Park	
2	37099 Lena Flore-Quirk		Milton-Ulladulla	
3	11649 Madelynne Dowel		Albion Park	

**Event 4 Girls U 12 - 1500 Metre Run (4)**

Zone: 5:01.10 29/01/1983 K Tieck

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

4	11648 Ella-Rae McGregor		Albion Park	
5	18479 Tayla Murray		Milton-Ulladulla	
6	4958 Madeline Oke		Shoalhaven	
7	4941 Lana Crawford		Shoalhaven	

**Event 5 Boys U 11 - 1500 Metre Run (3)**

Zone: 4:56.10 24/01/1981 Simon Hull

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

1	37541 Harley Garvan		Kiama	
2	33581 Macarthur Davis		Shoalhaven	
3	11704 Xavier Wilson		Albion Park	

**Event 6 Boys U 12 - 1500 Metre Run (2)**

Zone: 4:46.10 30/01/1982 Simon Hull

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

4	11647 Jed Fowler		Albion Park	
5	17904 Aaron Maghaireh		Lake Illawarra	

**Event 7 Girls U 14 - 1500 Metre Run (2)**

Zone: 5:06.50 29/01/2011 Jessica Hull

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

1	4957 Olivia Oke		Shoalhaven	
2	18485 Jessica Kann		Milton-Ulladulla	

**Event 8 Girls U 15 - 1500 Metre Run (3)**

Zone: 4:50.70 10/12/2011 Jessica Hull

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

3	30973 Emily McLaren		Shoalhaven	
4	11656 Zoe Meyers		Albion Park	
5	18474 Gypsy Waterson		Milton-Ulladulla	

**Event 9 Girls U 17 - 1500 Metre Run (2)**

Zone: 4:37.40 14/12/2013 Jessica Hull

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

6	37540 Indiana Garvan		Kiama	
7	17905 Jacinta Rogers		Lake Illawarra	

**Event 10 Boys U 14 - 1500 Metre Run (1)**

Zone: 4:46.80 28/01/2006 Jason Invernon

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

1	18476 Valentino Lopresti		Milton-Ulladulla	
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**Event 11 Boys U 17 - 1500 Metre Run (4)**

Zone: 4:21.10 12/12/2015 Kade Szakacs

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	30971 Hamish McLaren		Shoalhaven	
3	17917 Reef Rogers		Lake Illawarra	
4	11620 Macleay Kesby		Albion Park	
5	11644 Moses Fowler		Albion Park	

**Event 12 Girls U 13 - 200 Metre Hurdles (68cm) (3)**

Zone: 29.70 12/12/2015 Zoe Chater

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	11586 Ruby Kerr		Albion Park	
3	11718 Ella Power		Albion Park	
4	17966 Isabella Clowes		Lake Illawarra	

**Event 13 Girls U 14 - 200 Metre Hurdles (76cm) (2)**

Zone: 28.50 28/01/2006 Janaya Zivkovic

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

5	16967 Maiya Hewitt		Kiama	
6	23003 Kadance Naylor		St Georges Basin	

**Event 14 Boys U 13 - 200 Metre Hurdles (68cm) (1)**

Zone: 28.50 12/12/2009 Jye Brooker

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	11739 Santiago Garcia		Albion Park	
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**Event 15 Boys U 14 - 200 Metre Hurdles (76cm) (1)**

Zone: 27.10 29/01/2011 Jye Brooker

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

3	11720 Tyler Campbell		Albion Park	
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**MID SOUTH COAST ZONE**  
**TRACK & FIELD CHAMPIONSHIPS**  
**John O'Dwyer Oval - 3/12/2022 to 4/12/2022**  
**Meet Program - Saturday Track Events**

**Event 16 Girls U 15 - 300 Metre Hurdles (76cm) (1)**

Zone: 51.20 10/12/2016 Teagan Berry			
Lane	Name	Age	Centre
2	23036 Jamine Wheeler		St Georges Basin

**Section 1 of 1 Final****Event 17 Girls U 17 - 300 Metre Hurdles (76cm) (4)**

Zone: 50.70 1/12/2018 Georgia Richards			
Lane	Name	Age	Centre
3	16894 Zoe Haylen		Kiama
4	16968 Ella Hewitt		Kiama
5	16880 Amelia Weatherlake		Kiama
6	37540 Indiana Garvan		Kiama

**Section 1 of 1 Final****Event 18 Boys U 15 - 300 Metre Hurdles (76cm) (1)**

Zone: 45.90 14/12/2019 Tsar Mandavy			
Lane	Name	Age	Centre
2	11657 Joshua Lakeman		Albion Park

**Section 1 of 1 Final****Event 19 Boys U 17 - 300 Metre Hurdles (76cm) (1)**

Zone: 43.10 10/12/2016 Luke Hunter			
Lane	Name	Age	Centre
3	11624 Mackay Jones		Albion Park

**Section 1 of 1 Final****Event 20 Girls U 8 - 60 Metre Hurdles (45cm) (5)**

Zone: 11.70 13/12/2008 Shenay Edwards			
Lane	Name	Age	Centre
2	11654 Amarli Braddick		Albion Park
3	11710 Elyse Bongiorno		Albion Park
4	23011 Mila Bozиков		St Georges Basin
5	39347 Emily Branchi		Lake Illawarra
6	11674 Hazel Richardson		Albion Park

**Section 1 of 1 Final****Event 21 Boys U 8 - 60 Metre Hurdles (45cm) (5)**

Zone: 11.10 28/01/2006 Hayden Moon			
Zone: 11.10 13/12/2008 Jarrod Coomby			
Lane	Name	Age	Centre
2	11652 Oliver Sandona		Albion Park
3	4826 Thomas Dziubinski		Shoalhaven
4	11653 Nate Thomas		Albion Park
5	11708 Aidan Elphick		Albion Park
6	18020 Bailey Wooster-Apiata		Lake Illawarra

**Section 1 of 1 Final****Event 22 Girls U 9 - 60 Metre Hurdles (45cm) (2)**

Zone: 10.30 13/12/2014 Delta Amidzovski			
Lane	Name	Age	Centre
2	4929 Cailin Burbage		Shoalhaven
3	17900 Olivia Brown		Lake Illawarra

**Section 1 of 1 Final****Event 23 Boys U 9 - 60 Metre Hurdles (45cm) (5)**

Zone: 10.00 24/01/1998 Kane Linnett			
Lane	Name	Age	Centre
2	17954 Harly Kelleher		Lake Illawarra
3	11632 Scout Kopara		Albion Park
4	18489 Chase Murray		Milton-Ulladulla
5	37083 Teddy Braddick		Milton-Ulladulla
6	16942 Elijah Hole		Kiama

**Section 1 of 1 Final****Event 24 Girls U 10 - 60 Metre Hurdles (60cm) (7)**

Zone: 10.60 12/12/2015 Delta Amidzovski			
Lane	Name	Age	Centre
2	17903 Tamara Maghaireh		Lake Illawarra
3	39353 Millicent Wooster-Apiata		Lake Illawarra
4	16979 Archie Turano Lyall		Kiama
5	4930 Layla Burbage		Shoalhaven
6	4831 Annie Dziubinski		Shoalhaven
7	11712 Amelia Elphick		Albion Park
8	17979 Rori Harvey		Lake Illawarra

**Section 1 of 1 Final****Event 25 Boys U 10 - 60 Metre Hurdles (60cm) (6)**

Zone: 10.40 12/12/2009 Tristan Brazillaitis			
Lane	Name	Age	Centre
2	11595 Lucas Gill-Gomes		Albion Park
3	4874 Tyler Dixon		Shoalhaven
4	11660 Justin Lakeman		Albion Park
5	16872 Isaac Winchester		Kiama
6	4844 Riley Bertholini		Shoalhaven
7	11676 Ky Jesus		Albion Park

**Section 1 of 1 Final****Event 26 Girls U 13 - 100 Metre Sprint (10)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Zone: 12.90 12/12/2015 Zoe Chater			
Lane	Name	Age	Centre
<b>Heat 1 of 2 Heats</b>			
2	30988 Honour Grout		Shoalhaven
3	11737 Mackenzie Hutchinson		Albion Park
4	37098 Sivi Flore-Quirk		Milton-Ulladulla
5	11718 Ella Power		Albion Park
6	17924 Ellie King		Lake Illawarra
<b>Heat 2 of 2 Heats</b>			
2	16889 Maeve Keane		Kiama
3	18487 Eva Yorke		Milton-Ulladulla
4	11586 Ruby Kerr		Albion Park
5	33930 Laci Hodge		Shoalhaven
6	17969 Noemi Branchi		Lake Illawarra

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**Event 27 Girls U 10 - 100 Metre Sprint (11)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Zone: 14.10 25/01/1986 S Gown

Zone: 14.10 28/01/2006 Shayna Wilson

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

2	37576 Layla McGinn		Shoalhaven	
3	17978 Skye Davies-Gietzelt		Lake Illawarra	
4	16979 Archie Turano Lyall		Kiama	
5	18477 Lily-Rose Boyle		Milton-Ulladulla	
6	4865 Ella Dolphin		Shoalhaven	
7	17903 Tamara Maghaireh		Lake Illawarra	

**Heat 2 of 2 Heats**

2	4904 Isla Sargent		Shoalhaven	
3	18004 Hannah Lidbetter		Lake Illawarra	
4	11712 Amelia Elphick		Albion Park	
5	39353 Millicent Wooster-Api		Lake Illawarra	
6	4866 Evalyn Norris		Shoalhaven	

**Event 28 Boys U 11 - 100 Metre Sprint (10)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Zone: 13.00 29/01/2000 Kane Linnett

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

2	37092 Tamati Gately		Milton-Ulladulla	
3	30972 Aidan McLaren		Shoalhaven	
4	16888 Rudy Keane		Kiama	
5	11735 Gianni Oiteirinho		Albion Park	
6	16887 Henry Keane		Kiama	

**Heat 2 of 2 Heats**

2	8453 Adam Wisniewski		Shoalhaven	
3	11611 Lincoln O'Connor		Albion Park	
4	16943 Samson Hole		Kiama	
5	39346 Wyatt Last-Scott		Lake Illawarra	
6	16958 Tristan Harding		Kiama	

**Event 29 Girls U 13 - 400 Metre Sprint (5)**

Zone: 1:01.30 1/12/2018 Chelsea Ezeoke

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	11718 Ella Power		Albion Park	
3	16889 Maeve Keane		Kiama	
4	18487 Eva Yorke		Milton-Ulladulla	
5	11642 Chelsea Nicol		Albion Park	
6	11586 Ruby Kerr		Albion Park	

**Event 30 Boys U 13 - 400 Metre Sprint (1)**

Zone: 59.80 10/12/2011 Zachary Havadjia

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	11669 Ryder Haines		Albion Park	
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**Event 31 Boys U 14 - 400 Metre Sprint (2)**

Zone: 55.50 8/12/2012 Zachary Havadjia

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

3	8452 Matthew Wisniewski		Shoalhaven	
4	11720 Tyler Campbell		Albion Park	

**Event 32 Boys U 15 - 400 Metre Sprint (2)**

Zone: 55.10 14/12/2013 Zachary Havadjia

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

5	38061 Kim Adenlyl		Albion Park	
6	11657 Joshua Lakeman		Albion Park	

**Event 33 Girls U 14 - 400 Metre Sprint (3)**

Zone: 59.60 14/12/2019 Chelsea Ezeoke

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	4970 Haylee Connelly		Shoalhaven	
3	18491 Annabelle Yorke		Milton-Ulladulla	
4	18480 Paige Murray		Milton-Ulladulla	

**Event 34 Girls U 15 - 400 Metre Sprint (4)**

Zone: 59.90 8/12/2012 Susie Seitaridis

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	11656 Zoe Meyers		Albion Park	
3	17910 Abby Quick		Lake Illawarra	
4	18488 Cheyenne Murray		Milton-Ulladulla	
5	4849 Grace Gibson		Shoalhaven	

**Event 35 Girls U 17 - 400 Metre Sprint (4)**

Zone: 1:00.30 12/12/2015 Kiara White

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	17905 Jacinta Rogers		Lake Illawarra	
3	4971 Laylah Connelly		Shoalhaven	
4	37540 Indiana Garvan		Kiama	
5	11590 Ava Power		Albion Park	

**Event 36 Boys U 17 - 400 Metre Sprint (5)**

Zone: 52.70 8/12/2012 Billy Wallington

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	17917 Reef Rogers		Lake Illawarra	
3	11666 Lucas Campbell		Albion Park	
4	30971 Hamish McLaren		Shoalhaven	
5	11624 Mackay Jones		Albion Park	
6	33578 Darcy Davis		Shoalhaven	



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**Event 37 Girls U 8 - 400 Metre Run Pack Start (5)**

Zone: 1:17.40 27/01/2001 Paige Fenech

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	16867 Neela Maris		Kiama	
3	23011 Mila Bozikov		St Georges Basin	
4	23046 Tilly O'Connor		St Georges Basin	
5	39347 Emily Branchi		Lake Illawarra	
6	11674 Hazel Richardson		Albion Park	

**Event 38 Boys U 8 - 400 Metre Run Pack Start (4)**

Zone: 1:16.10 13/12/2008 Mitchell Potts

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	11680 Lincoln Gorrie		Albion Park	
3	17986 Oliver Tebb		Lake Illawarra	
4	11653 Nate Thomas		Albion Park	
5	11708 Aidan Elphick		Albion Park	

**Event 39 Girls U 9 - 400 Metre Sprint (1)**

Zone: 1:12.10 29/01/1983 Lisa Baldwin

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	11744 Ava Sowerby		Albion Park	
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**Event 40 Boys U 9 - 400 Metre Sprint (5)**

Zone: 1:12.00 24/01/1984 Brett Stumbles

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

3	4987 Owen Harlor		Shoalhaven	
4	30987 Oden Grout		Shoalhaven	
5	11615 Bryson McWilliams		Albion Park	
6	18489 Chase Murray		Milton-Ulladulla	
7	4873 Finn Goddard		Shoalhaven	

**Event 41 Girls U 10 - 400 Metre Sprint (5)**

Zone: 1:09.90 14/12/2019 Ruby Kerr

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	11705 Ada Houldsworth		Albion Park	
3	17979 Rori Harvey		Lake Illawarra	
4	4831 Annie Dziubinski		Shoalhaven	
5	11616 Brooklyn McWilliams		Albion Park	
6	18477 Lily-Rose Boyle		Milton-Ulladulla	

**Event 42 Girls U 11 - 400 Metre Sprint (1)**

Zone: 1:04.10 31/01/2004 Paige Fenech

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

7	11745 Aliyah Holland-Kamar		Albion Park	
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**Event 43 Boys U 10 - 400 Metre Sprint (6)**

Zone: 1:06.10 24/01/1987 Steven Pusso

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	18486 Jonah Kann		Milton-Ulladulla	
3	16872 Isaac Winchester		Kiama	
4	17902 Ryan Maghairh		Lake Illawarra	
5	4844 Riley Bertholini		Shoalhaven	
6	11595 Lucas Gill-Gomes		Albion Park	
7	37542 Tane Searle		Kiama	

**Event 44 Boys U 11 - 400 Metre Sprint (4)**

Zone: 1:04.10 24/01/1981 Simon Hull

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	33581 Macarthur Davis		Shoalhaven	
3	11611 Lincoln O'Connor		Albion Park	
4	8453 Adam Wisniewski		Shoalhaven	
5	37092 Tamati Gately		Milton-Ulladulla	

**Event 45 Boys U 12 - 400 Metre Sprint (2)**

Zone: 1:03.10 30/01/1982 Simon Hull

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

6	11647 Jed Fowler		Albion Park	
7	17904 Aaron Maghairh		Lake Illawarra	

**Event 46 Girls U 12 - 400 Metre Sprint (6)**

Zone: 1:04.80 30/01/1993 Kelly Hannett

Zone: 1:04.80 29/01/2005 Paige Fenech

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	4833 Airlie Stevens		Shoalhaven	
3	11648 Ella-Rae McGregor		Albion Park	
4	4958 Madeline Oke		Shoalhaven	
5	11617 Maddison McWilliams		Albion Park	
6	11700 Sidney Bartle		Albion Park	
7	4941 Lana Crawford		Shoalhaven	

**Event 47 Girls U 7 - 100 Metre Sprint (6)**

Zone: 16.10 30/01/1982 Belinda Ruiz

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	16941 Matilda Hole		Kiama	
3	18475 Lucy Kann		Milton-Ulladulla	
4	16959 McKenzie Harding		Kiama	
5	4829 Madison Sandstrom		Shoalhaven	
6	4875 Macey Dixon		Shoalhaven	
7	30960 Aurora Grout		Shoalhaven	

**Event 48 Boys U 7 - 100 Metre Sprint (1)**

Zone: 15.60 12/12/2015 Germaine Wright

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

8	4817 Harrison Withyman		Shoalhaven	
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**Event 50 Boys U 13 - 100 Metre Sprint (4)**

<b>Zone:</b>	12.50	28/01/1995	Henderson McCue
<b>Zone:</b>	12.50	10/12/2011	Zachary Havadjia

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	16948 Stephen Alfano		Kiama	
3	11739 Santiago Garcia		Albion Park	
4	11669 Ryder Haines		Albion Park	
5	16900 Rafael Murray		Kiama	

**Event 51 Girls U 14 - 100 Metre Sprint (3)**

<b>Zone:</b>	12.90	10/12/2016	Zoe Chater
<b>Zone:</b>			

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	37536 Lula Patu		Kiama	
3	18491 Annabelle Yorke		Milton-Ulladulla	
4	16967 Maiya Hewitt		Kiama	

**Event 52 Boys U 14 - 100 Metre Sprint (2)**

<b>Zone:</b>	11.80	29/01/2011	Jye Brooker
<b>Zone:</b>			

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	4842 Riley Moore		Shoalhaven	
3	8452 Matthew Wisniewski		Shoalhaven	

**Event 53 Boys U 15-17 100 Metre Multi Class Run (1)**

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

4	4848 Kynan Miller (T/F44)		Shoalhaven	
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**Event 54 Boys U 15 - 100 Metre Sprint (2)**

<b>Zone:</b>	11.50	12/12/2009	Brodie Leeson
<b>Zone:</b>			

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

5	38061 Kim Adenlyl		Albion Park	
6	11731 Waldo Pretorius		Albion Park	

**Event 55 Girls U 15 - 100 Metre Sprint (4)**

<b>Zone:</b>	12.50	28/01/1995	Skye Richardson
<b>Zone:</b>	12.50	29/01/2000	Lianna Braithwaite

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	11585 Charlotte Kerr		Albion Park	
3	4849 Grace Gibson		Shoalhaven	
4	11645 Jessica Kable		Albion Park	
5	23036 Jamine Wheeler		St Georges Basin	

**Event 56 Girls U 15-17 100 Metre Multi Class Run (1)**

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	17928 Kelly Ryan (T/F20)		Lake Illawarra	
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**Event 57 Girls U 17 - 100 Metre Sprint (5)**

<b>Zone:</b>	12.00	12/12/2009	Talissa Scott
<b>Zone:</b>			

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

3	16880 Amelia Weatherlake		Kiama	
4	17905 Jacinta Rogers		Lake Illawarra	
5	16968 Ella Hewitt		Kiama	
6	11590 Ava Power		Albion Park	
7	4928 Stella Maxted		Shoalhaven	

**Event 58 Boys U 17 - 100 Metre Sprint (4)**

<b>Zone:</b>	11.10	12/12/2015	Emerson Brian
<b>Zone:</b>	11.10	29/01/2011	Brodie Leeson

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	11666 Lucas Campbell		Albion Park	
3	18478 Zack Yorke		Milton-Ulladulla	
4	17917 Reef Rogers		Lake Illawarra	
5	22925 Caleb Saunders		St Georges Basin	

**Event 59 Girls U 8 - 100 Metre Sprint (5)**

<b>Zone:</b>	16.00	26/01/1980	K Taylor
<b>Zone:</b>			

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	11654 Amarli Braddick		Albion Park	
3	23011 Mila Bozikov		St Georges Basin	
4	11674 Hazel Richardson		Albion Park	
5	4903 Claire Sargent		Shoalhaven	
6	23046 Tilly O'Connor		St Georges Basin	

**Event 60 Boys U 8 - 100 Metre Sprint (6)**

<b>Zone:</b>	15.10	30/01/1982	Matthew Dalby
<b>Zone:</b>			

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	11652 Oliver Sandona		Albion Park	
3	4826 Thomas Dziubinski		Shoalhaven	
4	17986 Oliver Tebb		Lake Illawarra	
5	18020 Bailey Wooster-Apiata		Lake Illawarra	
6	11653 Nate Thomas		Albion Park	
7	30989 Zemene Greste		Shoalhaven	

**Event 61 Girls U 9 - 100 Metre Sprint (5)**

<b>Zone:</b>	15.10	28/01/1984	Belinda Ruiz
<b>Zone:</b>			

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	17995 Alora Last-Scott		Lake Illawarra	
3	16961 Elsey Chapman		Kiama	
4	4901 Lara Gordon		Shoalhaven	
5	18018 Zoe Gregory		Lake Illawarra	
6	17900 Olivia Brown		Lake Illawarra	

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**Event 62 Boys U 9 - 100 Metre Sprint (6)**

Zone: 14.10 30/01/1982 David Gillis  
 Zone: 14.10 25/01/1986 Steven Russo

Lane	Name	Age	Centre	Seed Time
<b>Section 1 of 1 Final</b>				
2	16942 Elijah Hole		Kiama	
3	11721 Braxton Bell		Albion Park	
4	37083 Teddy Braddick		Milton-Ulladulla	
5	30987 Oden Grout		Shoalhaven	
6	17954 Harly Kelleher		Lake Illawarra	
7	16897 Felix Patu		Kiama	

**Event 64 Boys U 10 - 100 Metre Sprint (6)**

Zone: 13.10 26/01/1980 David Carter

Lane	Name	Age	Centre	Seed Time
<b>Section 1 of 1 Final</b>				
2	11738 Jackson Hutchinson		Albion Park	
3	17902 Ryan Maghaireh		Lake Illawarra	
4	4874 Tyler Dixon		Shoalhaven	
5	16936 Blake Longford		Kiama	
6	4827 Riley Sandstrom		Shoalhaven	
7	11676 Ky Jesus		Albion Park	

**Event 65 Girls U 11 - 100 Metre Sprint (4)**

Zone: 13.10 26/01/1980 Kerry Reko

Lane	Name	Age	Centre	Seed Time
<b>Section 1 of 1 Final</b>				
2	4828 Sophie Bull		Shoalhaven	
3	37085 Hollie Braddick		Milton-Ulladulla	
4	37099 Lena Flore-Quirk		Milton-Ulladulla	
5	33939 Amelia Percival		Shoalhaven	

**Event 67 Girls U 12 - 100 Metre Sprint (3)**

Zone: 13.10 27/01/1979 Kim Wilson  
 Zone: 13.10 28/01/2006 Abbie Taddeo

Lane	Name	Age	Centre	Seed Time
<b>Section 1 of 1 Final</b>				
2	18024 Millie Harvey		Lake Illawarra	
3	11617 Maddison McWilliams		Albion Park	
4	11740 Loren Garcia		Albion Park	

**Event 68 Boys U 12 - 100 Metre Sprint (7)**

Zone: 12.70 28/01/2006 Caine Trindall

Lane	Name	Age	Centre	Seed Time
<b>Section 1 of 1 Final</b>				
2	16915 Finn Behl		Kiama	
3	30990 Talis Greste		Shoalhaven	
4	11589 Jake Witt		Albion Park	
5	37543 Temana Searle		Kiama	
6	17904 Aaron Maghaireh		Lake Illawarra	
7	18003 Beau Lidbetter		Lake Illawarra	
8	17951 Morgan Vagg		Lake Illawarra	

**Event 69 Girls U 7 - 50 Metre Sprint (4)**

Zone: 9.00 12/12/2015 Lily Bell  
 Zone: 9.00 9/12/2017 Ginger Siasat

Lane	Name	Age	Centre	Seed Time
<b>Section 1 of 1 Final</b>				
2	4875 Macey Dixon		Shoalhaven	
3	30960 Aurora Grout		Shoalhaven	
4	16941 Matilda Hole		Kiama	
5	16959 McKenzie Harding		Kiama	

**Event 70 Boys U 7 - 50 Metre Sprint (2)**

Zone: 8.60 12/12/2015 Asher Chapman

Lane	Name	Age	Centre	Seed Time
<b>Section 1 of 1 Final</b>				
6	17934 Cameron Wright		Lake Illawarra	
7	4817 Harrison Withyman		Shoalhaven	

**Event 71 Girls U 14 - 3000 Metre Run (2)**

Zone: 11:02.20 28/01/1995 T Moxham

Lane	Name	Age	Centre	Seed Time
<b>Section 1 of 1 Final</b>				
1	18485 Jessica Kann		Milton-Ulladulla	
2	4957 Olivia Oke		Shoalhaven	

**Event 72 Girls U 15 - 3000 Metre Run (3)**

Zone: 10:31.00 10/12/2011 Jessica Hull

Lane	Name	Age	Centre	Seed Time
<b>Section 1 of 1 Final</b>				
3	11656 Zoe Meyers		Albion Park	
4	30973 Emily McLaren		Shoalhaven	
5	18474 Gypsy Waterson		Milton-Ulladulla	

**Event 73 Girls U 17 - 3000 Metre Run (1)**

Zone: 10:01.50 14/12/2013 Jessica Hull

Lane	Name	Age	Centre	Seed Time
<b>Section 1 of 1 Final</b>				
6	17905 Jacinta Rogers		Lake Illawarra	

**Event 74 Boys U 14 - 3000 Metre Run (1)**

Zone: 10:00.80 31/01/2004 Ryan Gregson

Lane	Name	Age	Centre	Seed Time
<b>Section 1 of 1 Final</b>				
1	18476 Valentino Lopresti		Milton-Ulladulla	

**Event 75 Boys U 17 - 3000 Metre Run (4)**

Zone: 9:33.50 12/12/2015 James Seal

Lane	Name	Age	Centre	Seed Time
<b>Section 1 of 1 Final</b>				
2	30971 Hamish McLaren		Shoalhaven	
3	11620 Macleay Kesby		Albion Park	
4	17917 Reef Rogers		Lake Illawarra	
5	11644 Moses Fowler		Albion Park	

**MID SOUTH COAST ZONE**  
**TRACK & FIELD CHAMPIONSHIPS**  
**John O'Dwyer Oval - 03/12/2022 To 04/12/2022**  
**Session: 2 Saturday Field Events**  
**Day 1 - Saturday 03/12/2022 - Starts at 09:15 AM**

Event	Description	Round
#76	Girls U 9 - High Jump (S/H 0.80m)	Final
#77	Girls U 15 - High Jump (S/H 1.20m)	Final
#78	Boys U 15 - Long Jump	Final
#79	Boys U 15-17 Multi Class Long Jump	Final
#80	Girls U 14 - Long Jump	Final
#81	Girls U 17 - Triple Jump	Final
#82	Boys U 9 - Discus (500 Gram)	Final
#83	Boys U 14 - Discus (1.0 Kg)	Final
#84	Boys U 17 - Shot Put (5.0 Kg)	Final
#85	Girls U 11 - Shot Put (2.0 Kg)	Final
#86	Girls U 10 - Long Jump	Final
#87	Boys U 11 - Long Jump	Final
#88	Girls U 12 - Triple Jump	Final
#89	Girls U 8 - Discus (500 Gram)	Final
#90	Boys U 12 - Discus (750 Gram)	Final
#91	Boys U 13 - Javelin (600 Gram)	Final
#92	Girls U 7 - Shot Put (1.0 Kg)	Final
#93	Boys U 10 - High Jump (S/H 0.95m)	Final
#94	Girls U 13 - High Jump (S/H 1.15m)	Final
#95	Boys U 9 - Long Jump	Final
#96	Boys U 17 - Long Jump	Final
#97	Girls U 10 - Discus (500 Gram)	Final
#98	Boys U 7 - Discus (350 Gram)	Final
#99	Girls U 14 - Javelin (400 Gram)	Final
#100	Girls U 9 - Shot Put (2.0 Kg)	Final
#101	Boys U 15 - Shot Put (4.0 Kg)	Final
#102	Boys U 15-17 Multi Class Shot Put	Final
#103	Girls U 11 - High Jump (S/H 1.00m)	Final
#104	Girls U 17 - High Jump (S/H 1.25m)	Final
#105	Girls U 8 - Long Jump	Final
#106	Boys U 12 - Long Jump	Final
#107	Boys U 13 - Triple Jump	Final
#108	Girls U 15 - Discus (1.0 Kg)	Final
#109	Boys U 11 - Javelin (400 Gram)	Final
#110	Boys U 10 - Shot Put (2.0 Kg)	Final
#111	Girls U 13 - Shot Put (3.0 Kg)	Final
#112	Girls U 12 - High Jump (S/H 1.10m)	Final
#113	Boys U 8 - Long Jump	Final
#114	Girls U 15 - Triple Jump	Final
#115	Girls U 17 - Discus (1.0 Kg)	Final
#116	Girls U 15-17 Multi Class Discus	Final
#117	Boys U 15 - Javelin (700 Gram)	Final
#118	Boys U 8 - Shot Put (1.5 Kg)	Final
#119	Girls U 14 - Shot Put (3.0 Kg)	Final
#120	Girls U 13 - Long Jump	Final
#121	Girls U 11 - Triple Jump	Final
#122	Boys U 11 - Discus 500 Gram)	Final
#123	Boys U 17 - Javelin (700 Gram)	Final
#124	Girls U 12 - Shot Put (2.0 Kg)	Final
#125	Boys U 13 - Discus (750 Gram)	Final
#126	Boys U 12 - Javelin (400 Gram)	Final

\*Bracketed events will be combined.

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**Meet Program - Saturday Field Events**

**Event 76 Girls U 9 - High Jump (S/H 0.80m) (4)**

Zone: 1.14m 30/01/1982 Raylene Mullaney  
 Zone: 1.14m 1/12/2018 Chelsea Nicol

Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	18018 Zoe Gregory		Lake Illawarra	
2	4901 Lara Gordon		Shoalhaven	
3	16961 Elsey Chapman		Kiama	
4	17995 Alora Last-Scott		Lake Illawarra	

**Event 77 Girls U 15 - High Jump (S/H 1.20m) (4)**

Zone: 1.65m 13/12/2008 Tayla King  
 Zone: 1.65m 14/12/2013 Celeste Sulerzyski

Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	4849 Grace Gibson		Shoalhaven	
2	17910 Abby Quick		Lake Illawarra	
3	23000 Natarsha Mandavy		St Georges Basin	
4	11645 Jessica Kable		Albion Park	

**Event 78 Boys U 15 - Long Jump (3)**

Zone: 6.11m 27/01/2007 Kevin Orgaz

Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	17888 Parker Ivanovski		Lake Illawarra	
2	11731 Waldo Pretorius		Albion Park	
3	17945 Riley Gilroy		Lake Illawarra	

**Event 79 Boys U 15-17 Multi Class Long Jump (1)**

Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	4848 Kynan Miller (T/F44)		Shoalhaven	

**Event 80 Girls U 14 - Long Jump (4)**

Zone: 5.39m 26/01/2008 Tayla King

Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	4970 Haylee Connelly		Shoalhaven	
2	37536 Lula Patu		Kiama	
3	4957 Olivia Oke		Shoalhaven	
4	16967 Maiya Hewitt		Kiama	

**Event 81 Girls U 17 - Triple Jump (2)**

Zone: 11.39m 14/12/2008 Talissa Scott

Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	16894 Zoe Haylen		Kiama	
2	16968 Ella Hewitt		Kiama	

**Event 82 Boys U 9 - Discus (500 Gram) (4)**

Zone: 29.67m 14/12/2014 Ryan Keen

Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	11615 Bryson McWilliams		Albion Park	
2	11721 Braxton Bell		Albion Park	
3	4873 Finn Goddard		Shoalhaven	
4	11632 Scout Kopara		Albion Park	

**Event 83 Boys U 14 - Discus (1.0 Kg) (1)**

Zone: 45.23m 8/12/2012 Connar Grozde

Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	4842 Riley Moore		Shoalhaven	

**Event 84 Boys U 17 - Shot Put (5.0 Kg) (2)**

Zone: 13.18m 8/12/2012 Joshua Fernandes

Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	18478 Zack Yorke		Milton-Ulladulla	
2	3885 Max Beck		Shoalhaven	

**Event 85 Girls U 11 - Shot Put (2.0 Kg) (4)**

Zone: 11.47m 10/12/2016 Chelsea Ezeoke

Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	33939 Amelia Percival		Shoalhaven	
2	17956 Imogen Gilroy		Lake Illawarra	
3	17925 Paige King		Lake Illawarra	
4	11650 Annabelle Dowel		Albion Park	

**Event 86 Girls U 10 - Long Jump (3)**

Zone: 4.31m 12/12/2015 Delta Amidzovski

Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	4865 Ella Dolphin		Shoalhaven	
2	11705 Ada Houldsworth		Albion Park	
3	4866 Evalyn Norris		Shoalhaven	

**Event 87 Boys U 11 - Long Jump (8)**

Zone: 4.89m 25/01/2003 Kevin Orgaz

Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	16888 Rudy Keane		Kiama	
2	16887 Henry Keane		Kiama	
3	8453 Adam Wisniewski		Shoalhaven	
4	39346 Wyatt Last-Scott		Lake Illawarra	
5	16958 Tristan Harding		Kiama	
6	37092 Tamati Gately		Milton-Ulladulla	
7	17933 Rory Brownlee		Lake Illawarra	
8	11658 Jacob Lakeman		Albion Park	

**Event 88 Girls U 12 - Triple Jump (6)**

Zone: 10.52m 13/12/2009 Chloe Docker

Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	18024 Millie Harvey		Lake Illawarra	
2	11700 Sidney Bartle		Albion Park	
3	17972 Calai Dach		Lake Illawarra	
4	11617 Maddison McWilliams		Albion Park	
5	4958 Madeline Oke		Shoalhaven	
6	11732 Ane Pretorius		Albion Park	

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**Event 89 Girls U 8 - Discus (500 Gram) (5)**

Zone: 20.00m 27/01/2001 Talissa Scott			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	23046 Tilly O'Connor	St Georges Basin	
2	39347 Emily Branchi	Lake Illawarra	
3	4903 Claire Sargent	Shoalhaven	
4	11641 Callie Dent	Albion Park	
5	11674 Hazel Richardson	Albion Park	

**Event 90 Boys U 12 - Discus (750 Gram) (4)**

Zone: 40.39m 13/12/2014 Trey Barlow			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	18003 Beau Lidbetter	Lake Illawarra	
2	17904 Aaron Maghaireh	Lake Illawarra	
3	11589 Jake Witt	Albion Park	
4	17946 Thomas Gowans	Lake Illawarra	

**Event 91 Boys U 13 - Javelin (600 Gram) (2)**

Zone: 40.44m 28/01/2006 Justin Webb			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	4872 Taj Goddard	Shoalhaven	
2	16900 Rafael Murray	Kiama	

**Event 92 Girls U 7 - Shot Put (1.0 Kg) (1)**

Zone: 6.97m 27/01/1991 Belinda Jackson			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	16941 Matilda Hole	Kiama	

**Event 93 Boys U 10 - High Jump (S/H 0.95m) (3)**

Zone: 1.42m 31/01/1982 Glen Morante			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	16872 Isaac Winchester	Kiama	
2	11676 Ky Jesus	Albion Park	
3	4827 Riley Sandstrom	Shoalhaven	

**Event 94 Girls U 13 - High Jump (S/H 1.15m) (2)**

Zone: 1.56m 27/01/2007 Tayla King			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	17966 Isabella Clowes	Lake Illawarra	
2	16889 Maeve Keane	Kiama	

**Event 95 Boys U 9 - Long Jump (3)**

Zone: 4.33m 14/12/2008 Aron Cox			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	17954 Harly Kelleher	Lake Illawarra	
2	4987 Owen Harlor	Shoalhaven	
3	16897 Felix Patu	Kiama	

**Event 96 Boys U 17 - Long Jump (2)**

Zone: 6.32m 18/12/2021 Lucas Campbell			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	22925 Caleb Saunders	St Georges Basin	
2	11666 Lucas Campbell	Albion Park	

**Event 97 Girls U 10 - Discus (500 Gram) (12)**

Zone: 26.05m 29/01/2000 Emma Cooke			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	11616 Brooklyn McWilliams	Albion Park	
2	37576 Layla McGinn	Shoalhaven	
3	4865 Ella Dolphin	Shoalhaven	
4	39353 Millicent Wooster-Apie	Lake Illawarra	
5	4904 Isla Sargent	Shoalhaven	
6	4930 Layla Burbage	Shoalhaven	
7	16980 Ivy Turano Lyall	Kiama	
8	4887 Abby Beck	Shoalhaven	
9	17903 Tamara Maghaireh	Lake Illawarra	
10	16979 Archie Turano Lyall	Kiama	
11	11705 Ada Houldsworth	Albion Park	
12	18004 Hannah Lidbetter	Lake Illawarra	

**Event 98 Boys U 7 - Discus (350 Gram) (3)**

Zone: 22.41m 30/01/2000 Joel Fitness			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	17893 Jude Bish	Lake Illawarra	
2	4817 Harrison Withyman	Shoalhaven	
3	17934 Cameron Wright	Lake Illawarra	

**Event 99 Girls U 14 - Javelin (400 Gram) (1)**

Zone: 36.38m 10/12/2011 Susie Seitaridis			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	23003 Kadance Naylor	St Georges Basin	

**Event 100 Girls U 9 - Shot Put (2.0 Kg) (5)**

Zone: 7.18m 27/01/2001 Kendall Vaughan			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	17995 Alora Last-Scott	Lake Illawarra	
2	11744 Ava Sowerby	Albion Park	
3	4901 Lara Gordon	Shoalhaven	
4	17900 Olivia Brown	Lake Illawarra	
5	4929 Cailin Burbage	Shoalhaven	

**Event 101 Boys U 15 - Shot Put (4.0 Kg) (4)**

Zone: 13.75m 24/01/1998 Luke Singleton			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	11731 Waldo Pretorius	Albion Park	
2	17888 Parker Ivanovski	Lake Illawarra	
3	11657 Joshua Lakeman	Albion Park	
4	17945 Riley Gilroy	Lake Illawarra	

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**Event 102 Boys U 15-17 Multi Class Shot Put (1)**

Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	4848 Kynan Miller (T/F44)		Shoalhaven	

**Event 103 Girls U 11 - High Jump (S/H 1.00m) (1)**

Zone: 1.42m 29/01/2005 Tayla King				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	11649 Madelynn Dowel		Albion Park	

**Event 104 Girls U 17 - High Jump (S/H 1.25m) (1)**

Zone: 1.56m 14/12/2014 Celeste Sulerzyski				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	11590 Ava Power		Albion Park	

**Event 105 Girls U 8 - Long Jump (4)**

Zone: 3.80m 26/01/1985 Karen Dean				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	11710 Elyse Bongiorno		Albion Park	
2	11641 Callie Dent		Albion Park	
3	23046 Tilly O'Connor		St Georges Basin	
4	23011 Mila Bozиков		St Georges Basin	

**Event 106 Boys U 12 - Long Jump (6)**

Zone: 5.31m 30/01/1982 David Carter				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	17951 Morgan Vagg		Lake Illawarra	
2	16915 Finn Behl		Kiama	
3	17904 Aaron Maghaireh		Lake Illawarra	
4	37543 Temana Searle		Kiama	
5	17946 Thomas Gowans		Lake Illawarra	
6	30990 Talis Greste		Shoalhaven	

**Event 107 Boys U 13 - Triple Jump (2)**

Zone: 11.07m 25/01/1997 C Costello				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	16948 Stephen Alfano		Kiama	
2	16900 Rafael Murray		Kiama	

**Event 108 Girls U 15 - Discus (1.0 Kg) (6)**

Zone: 39.07m 14/12/2013 Samantha Peace				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	11701 Sabellah Nankivell		Albion Park	
2	11585 Charlotte Kerr		Albion Park	
3	23000 Natarsha Mandavy		St Georges Basin	
4	30973 Emily McLaren		Shoalhaven	
5	17885 Aleisha McGarry		Lake Illawarra	
6	11656 Zoe Meyers		Albion Park	

**Event 109 Boys U 11 - Javelin (400 Gram) (4)**

Zone: 26.40m 11/12/2016 Drew Langdon				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	30972 Aidan McLaren		Shoalhaven	
2	39346 Wyatt Last-Scott		Lake Illawarra	
3	11735 Gianni Oiteirinho		Albion Park	
4	17933 Rory Brownlee		Lake Illawarra	

**Event 110 Boys U 10 - Shot Put (2.0 Kg) (6)**

Zone: 10.44m 27/01/1991 Bradley Jackson				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	11660 Justin Lakeman		Albion Park	
2	4844 Riley Bertholini		Shoalhaven	
3	11595 Lucas Gill-Gomes		Albion Park	
4	11738 Jackson Hutchinson		Albion Park	
5	17935 Hugh Wright		Lake Illawarra	
6	37542 Tane Searle		Kiama	

**Event 111 Girls U 13 - Shot Put (3.0 Kg) (5)**

Zone: 11.84m 1/12/2018 Chelsea Ezeoke				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	17924 Ellie King		Lake Illawarra	
2	11718 Ella Power		Albion Park	
3	11711 Amelia Bongiorno		Albion Park	
4	11642 Chelsea Nicol		Albion Park	
5	11737 Mackenzie Hutchinson		Albion Park	

**Event 112 Girls U 12 - High Jump (S/H 1.10m) (2)**

Zone: 1.57m 10/12/2017 Delta Amidzovski				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	11648 Ella-Rae McGregor		Albion Park	
2	11732 Ane Pretorius		Albion Park	

**Event 113 Boys U 8 - Long Jump (4)**

Zone: 4.19m 26/01/1985 Steven Russo				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	30989 Zemene Greste		Shoalhaven	
2	11653 Nate Thomas		Albion Park	
3	23002 Braxton Naylor		St Georges Basin	
4	11680 Lincoln Gorrie		Albion Park	

**Event 114 Girls U 15 - Triple Jump (5)**

Zone: 11.23m 14/12/2008 Tayla King				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	17910 Abby Quick		Lake Illawarra	
2	17885 Aleisha McGarry		Lake Illawarra	
3	23000 Natarsha Mandavy		St Georges Basin	
4	11645 Jessica Kable		Albion Park	
5	23036 Jamine Wheeler		St Georges Basin	

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**Event 115 Girls U 17 - Discus (1.0 Kg) (2)**

Zone: 48.42m 12/12/2015 Samantha Peace			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	4847 Talea Miller	Shoalhaven	
2	4928 Stella Maxted	Shoalhaven	

**Event 116 Girls U 15-17 Multi Class Discus (1)**

Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	17928 Kelly Ryan (T/F20)	Lake Illawarra	

**Event 117 Boys U 15 - Javelin (700 Gram) (2)**

Zone: 42.03m 14/12/2013 Connar Grozde			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	11731 Waldo Pretorius	Albion Park	
2	17888 Parker Ivanovski	Lake Illawarra	

**Event 118 Boys U 8 - Shot Put (1.5 Kg) (6)**

Zone: 8.98m 27/01/2001 Joel Fitness			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	18020 Bailey Wooster-Apiata	Lake Illawarra	
2	30989 Zemene Greste	Shoalhaven	
3	4884 Mason Beck	Shoalhaven	
4	11680 Lincoln Gorrie	Albion Park	
5	23002 Braxton Naylor	St Georges Basin	
6	4826 Thomas Dziubinski	Shoalhaven	

**Event 119 Girls U 14 - Shot Put (3.0 Kg) (1)**

Zone: 12.77m 13/12/2008 Rachelle Grozde			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	23003 Kadance Naylor	St Georges Basin	

**Event 120 Girls U 13 - Long Jump (10)**

Zone: 5.20m 18/12/2021 Maiya Hewitt			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	11711 Amelia Bongiorno	Albion Park	
2	11642 Chelsea Nicol	Albion Park	
3	33930 Laci Hodge	Shoalhaven	
4	11586 Ruby Kerr	Albion Park	
5	37098 Suvu Flore-Quirk	Milton-Ulladulla	
6	17969 Noemi Branchi	Lake Illawarra	
7	16889 Maeve Keane	Kiama	
8	17966 Isabella Clowes	Lake Illawarra	
9	30988 Honour Grout	Shoalhaven	
10	11718 Ella Power	Albion Park	

**Event 121 Girls U 11 - Triple Jump (3)**

Zone: 8.99m 27/01/1996 Katie Wagner			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	17925 Paige King	Lake Illawarra	
2	11734 Lucy Schofield	Albion Park	
3	33939 Amelia Percival	Shoalhaven	

**Event 122 Boys U 11 - Discus 500 Gram) (8)**

Zone: 36.24m 18/12/2021 Beau Lidbetter			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	11658 Jacob Lakeman	Albion Park	
2	17933 Rory Brownlee	Lake Illawarra	
3	37541 Harley Garvan	Kiama	
4	4846 Jackson Turner	Shoalhaven	
5	11704 Xavier Wilson	Albion Park	
6	30972 Aidan McLaren	Shoalhaven	
7	37092 Tamati Gately	Milton-Ulladulla	
8	39346 Wyatt Last-Scott	Lake Illawarra	

**Event 123 Boys U 17 - Javelin (700 Gram) (3)**

Zone: 47.57m 13/12/2008 Chris Joines			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	30971 Hamish McLaren	Shoalhaven	
2	11624 Mackay Jones	Albion Park	
3	3885 Max Beck	Shoalhaven	

**Event 124 Girls U 12 - Shot Put (2.0 Kg) (8)**

Zone: 12.48m 28/01/2007 Rachelle Grozde			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	18024 Millie Harvey	Lake Illawarra	
2	11740 Loren Garcia	Albion Park	
3	11732 Ane Pretorius	Albion Park	
4	4886 Layla Beck	Shoalhaven	
5	11700 Sidney Bartle	Albion Park	
6	11617 Maddison McWilliams	Albion Park	
7	17972 Calai Dach	Lake Illawarra	
8	4841 Lily Moore	Shoalhaven	

**Event 125 Boys U 13 - Discus (750 Gram) (2)**

Zone: 34.35m 1/12/2018 Isaac Walchli			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	16900 Rafael Murray	Kiama	
2	4872 Taj Goddard	Shoalhaven	

**Event 126 Boys U 12 - Javelin (400 Gram) (2)**

Zone: 33.10m 10/12/2017 Ryan Keen			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	17951 Morgan Vagg	Lake Illawarra	
2	11589 Jake Witt	Albion Park	



# Bill Young - A Man Who Loved Kids

Bill Young had a simple philosophy.

*"If kids are interested in sport, they will not be walking the streets, and getting into trouble."*

Bill maintained this philosophy throughout his long association with Little Athletics. The love of children and athletics lasted for more than twenty (20) years. During this time he came into contact with thousands of children from all over the state.

Bill learnt to be a Starter when he first became associated with Little Athletics in Cowra. Lake Illawarra's association with Bill and his family started when they moved from Cowra to the Illawarra.

During his years with Lake Illawarra he helped out in many ways. He became Head Starter of Lake Illawarra Little Athletics Centre in 1979. This position he held until he hung up his gun in 1990.

Besides being Head Starter for Lake Illawarra he was the official Starter for the Mid South Coast Zone and Monaro region. He was often called upon to start at School Carnivals held at King Memorial Oval.

Over the years he became affectionately known as Pop, Grand Pop, Uncle Bill or Mr Young. This affection was well deserved by a man who encouraged all athletes. His aim was to bring Little Athletics to as many children as possible.

Bill was an unassuming man who gave freely of himself whilst striving to uphold his philosophy. He touched the hearts of so many people during his time with Lake Illawarra Little Athletics. He gave so much to the sport he loved.

## Previous March Past Winners

1990-91 Kiama

1991-92 Lake Illawarra

1992-93 St Georges Basin

1993-94 St Georges Basin

1994-95 Shoalhaven

1995-96 St Georges Basin

1996-97 Milton Ulladulla

1997-98 Huskisson

1998-99 Lake Illawarra

1999-00 St Georges Basin

2000-01 Kiama

2001-02 Lake Illawarra

2002-03 Milton Ulladulla

2003-04 St Georges Basin

2004-05 Kiama

2005-06 Milton Ulladulla

2006-07 Kiama



2007-08 Lake Illawarra

2008-09 Kiama

2009-10 Milton Ulladulla

2010-11 Shoalhaven

2011-12 Shoalhaven

2012-13 Kiama

2013-14 Lake Illawarra

2014-15 Milton Ulladulla

2015-16 St Georges Basin

2016-17 Kiama

2017-18 St Georges Basin

2018-19 Albion Park

2019-20 St Georges

2020-21 Not Awarded (COVID)

2021-22 Albion Park

**"ON YOUR MARKS! ..... SET! ..... GO!"**

# MID SOUTH COAST ZONE

## TRACK & FIELD CHAMPIONSHIPS

John O'Dwyer Oval - 03/12/2022 To 04/12/2022

Session: 3 Sunday Track Events

Day 2 - Sunday 04/12/2022 - Starts at 09:00 AM

Event	Description	Round
#127	Girls U 11 - 1100 Metre Walk	Final
#128	Boys U 11 - 1100 Metre Walk	Final
#129	Girls U 10 - 1100 Metre Walk	Final
#130	Boys U 10 - 1100 Metre Walk	Final
#131	Girls U 9 - 700 Metre Walk	Final
#132	Girls U 8 - 700 Metre Run Pack Start	Final
#133	Boys U 8 - 700 Metre Run Pack Start	Final
#134	Girls U 12 - 1500 Metre Walk	Final
#135	Boys U 12 - 1500 Metre Walk	Final
#136	Girls U 13 - 1500 Metre Walk	Final
#137	Girls U 15 - 1500 Metre Walk	Final
#138	Boys U 15 - 1500 Metre Walk	Final
#139	Girls U 17 - 1500 Metre Walk	Final
#140	Girls U 11 - 80 Metre Hurdles (60cm)	Final
#141	Boys U 11 - 80 Metre Hurdles (60cm)	Final
#142	Girls U 12 - 80 Metre Hurdles (68cm)	Final
#143	Boys U 12 - 80 Metre Hurdles (68cm)	Final
#144	Girls U 13 - 80 Metre Hurdles (76cm)	Final
#145	Boys U 13 - 80 Metre Hurdles (76cm)	Final
#146	Girls U 14 - 80 Metre Hurdles (76cm)	Final
#147	Girls U 15 - 90 Metre Hurdles (76cm)	Final
#148	Girls U 17 - 100 Metre Hurdles (76cm)	Final
#149	Girls U 10 - 70 Metre Sprint	Heats
#150	Girls U 13 - 200 Metre Sprint	Heats
#151	Girls U 9 - 70 Metre Sprint	Final
#152	Boys U 9 - 70 Metre Sprint	Final
#153	Girls U 8 - 70 Metre Sprint	Final
#154	Boys U 8 - 70 Metre Sprint	Final
#155	Girls U 7 - 70 Metre Sprint	Final
#156	Boys U 7 - 70 Metre Sprint	Final
#157	Girls U 10 - 70 Metre Sprint	Final
#158	Boys U 10 - 70 Metre Sprint	Final
#159	Girls U 11 - 800 Metre Run	Final
#160	Girls U 12 - 800 Metre Run	Final
#161	Boys U 11 - 800 Metre Run	Final
#162	Boys U 12 - 800 Metre Run	Final
#163	Girls U 13 - 800 Metre Run	Final
#164	Girls U 14 - 800 Metre Run	Final
#165	Boys U 13 - 800 Metre Run	Final
#166	Boys U 15 - 800 Metre Run	Final
#167	Boys U 17 - 800 Metre Run	Final

\*Bracketed events will be combined.

<b>Event</b>	<b>Description</b>	<b>Round</b>
#168	Girls U 15 - 800 Metre Run	Final
#169	Girls U 15-17 800 Metre Multi Class Run	Final
#170	Girls U 17 - 800 Metre Run	Final
#171	Girls U 10 - 800 Metre Run	Final
#172	Girls U 9 - 800 Metre Run	Final
#173	Boys U 10 - 800 Metre Run	Final
#174	Boys U 9 - 800 Metre Run	Final
#175	Girls U 8 - 200 Metre Sprint	Final
#176	Boys U 8 - 200 Metre Sprint	Final
#177	Girls U 7 - 200 Metre Sprint	Final
#178	Boys U 7 - 200 Metre Sprint	Final
#179	Girls U 11 - 200 Metre Sprint	Final
#180	Boys U 11 - 200 Metre Sprint	Final
#181	Girls U 12 - 200 Metre Sprint	Final
#182	Boys U 12 - 200 Metre Sprint	Final
#183	Boys U 13 - 200 Metre Sprint	Final
#184	Girls U 13 - 200 Metre Sprint	Final
#185	Girls U 14 - 200 Metre Sprint	Final
#186	Boys U 14 - 200 Metre Sprint	Final
#187	Boys U 15 - 200 Metre Sprint	Final
#188	Girls U 15 - 200 Metre Sprint	Final
#189	Girls U 15-17 200 Metre Multi Class Run	Final
#190	Girls U 17 - 200 Metre Sprint	Final
#191	Boys U 17 - 200 Metre Sprint	Final
#192	Girls U 10 - 200 Metre Sprint	Final
#193	Boys U 10 - 200 Metre Sprint	Final
#194	Girls U 9 - 200 Metre Sprint	Final
#195	Boys U 9 - 200 Metre Sprint	Final
#196	Girls U 12-17 4x100 Metre Relay (Snr)	Final
#197	Boys U 12-17 4x100 Metre Relay (Snr)	Final
#198	Girls U 9-12 4x100 Metre Relay (Jnr)	Final
#199	Boys U 9-12 4x100 Metre Relay (Jnr)	Final

\*Bracketed events will be combined.

**MID SOUTH COAST ZONE  
TRACK & FIELD CHAMPIONSHIPS  
John O'Dwyer Oval - 3/12/2022 to 4/12/2022  
Meet Program - Sunday Track Events**

**Event 127 Girls U 11 - 1100 Metre Walk (2)**

Zone: 6:12.40 25/01/1998 Chantelle Corish

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

1	17956 Imogen Gilroy		Lake Illawarra	
2	4850 Emerson Boatswain		Shoalhaven	

**Event 128 Boys U 11 - 1100 Metre Walk (1)**

Zone: 6:03.50 1/02/2004 Nathan Mackinnon

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

3	4846 Jackson Turner		Shoalhaven	
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**Event 129 Girls U 10 - 1100 Metre Walk (1)**

Zone: 6:43.20 15/12/2013 Madison Callaway

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

4	17979 Rori Harvey		Lake Illawarra	
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**Event 130 Boys U 10 - 1100 Metre Walk (1)**

Zone: 6:44.40 15/12/2013 Joshua Jackson

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

5	17902 Ryan Maghaireh		Lake Illawarra	
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**Event 131 Girls U 9 - 700 Metre Walk (2)**

Zone: 4:23.30 25/01/1998 Jacinta Kelly

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

1	17995 Alora Last-Scott		Lake Illawarra	
2	18018 Zoe Gregory		Lake Illawarra	

**Event 132 Girls U 8 - 700 Metre Run Pack Start (1)**

Zone: 2:31.10 26/01/2003 Caitlin Foord

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

1	11710 Elyse Bongiorno		Albion Park	
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**Event 133 Boys U 8 - 700 Metre Run Pack Start (5)**

Zone: 2:23.80 14/12/2008 Mitchell Potts

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	23013 Sam Dennett		St Georges Basin	
3	17986 Oliver Tebb		Lake Illawarra	
4	17923 Harry Lester		Lake Illawarra	
5	16871 Billy Winchester		Kiama	
6	11708 Aidan Elphick		Albion Park	

**Event 134 Girls U 12 - 1500 Metre Walk (3)**

Zone: 8:09.10 26/01/1986 Leanne Wilford

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

1	11648 Ella-Rae McGregor		Albion Park	
2	17972 Calai Dach		Lake Illawarra	
3	11700 Sidney Bartle		Albion Park	

**Event 135 Boys U 12 - 1500 Metre Walk (3)**

Zone: 8:29.10 30/01/1983 B Hall

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

4	17951 Morgan Vagg		Lake Illawarra	
5	17904 Aaron Maghaireh		Lake Illawarra	
6	17946 Thomas Gowans		Lake Illawarra	

**Event 136 Girls U 13 - 1500 Metre Walk (2)**

Zone: 8:22.10 25/01/1987 Leanne Wilford

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

7	17924 Ellie King		Lake Illawarra	
8	11711 Amelia Bongiorno		Albion Park	

**Event 137 Girls U 15 - 1500 Metre Walk (2)**

Zone: 7:25.70 28/01/2007 Tanya Poppett

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

9	17885 Aleisha McGarry		Lake Illawarra	
10	23000 Natarsha Mandavy		St Georges Basin	

**Event 138 Boys U 15 - 1500 Metre Walk (1)**

Zone: 7:22.30 28/01/2007 John Tilden

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

11	17888 Parker Ivanovski		Lake Illawarra	
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**Event 139 Girls U 17 - 1500 Metre Walk (1)**

Zone: 8:21.70 11/12/2011 Emily Warden

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

12	17905 Jacinta Rogers		Lake Illawarra	
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**Event 140 Girls U 11 - 80 Metre Hurdles (60cm) (3)**

Zone: 16.00 15/12/2019 Claire Vogelaar

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	11734 Lucy Schofield		Albion Park	
3	37085 Hollie Braddick		Milton-Ulladulla	
4	4828 Sophie Bull		Shoalhaven	

**Event 141 Boys U 11 - 80 Metre Hurdles (60cm) (4)**

Zone: 15.10 15/12/2019 Asher Chapman

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

2	11658 Jacob Lakeman		Albion Park	
3	16887 Henry Keane		Kiama	
4	4846 Jackson Turner		Shoalhaven	
5	11611 Lincoln O'Connor		Albion Park	

**MID SOUTH COAST ZONE**  
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**Meet Program - Sunday Track Events**

**Event 142 Girls U 12 - 80 Metre Hurdles (68cm) (4)**

Zone: 14.90 19/12/2021 Myra Betts			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	11732 Ane Pretorius		Albion Park
3	18479 Tayla Murray		Milton-Ulladulla
4	18024 Millie Harvey		Lake Illawarra
5	17972 Calai Dach		Lake Illawarra

**Event 143 Boys U 12 - 80 Metre Hurdles (68cm) (2)**

Zone: 14.50 15/12/2019 Germaine Wright			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	37543 Temana Searle		Kiama
3	17951 Morgan Vagg		Lake Illawarra

**Event 144 Girls U 13 - 80 Metre Hurdles (76cm) (4)**

Zone: 12.60 30/01/2011 Susie Seitaridis			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	17966 Isabella Clowes		Lake Illawarra
3	17969 Noemi Branchi		Lake Illawarra
4	16889 Maeve Keane		Kiama
5	33930 Laci Hodge		Shoalhaven

**Event 145 Boys U 13 - 80 Metre Hurdles (76cm) (2)**

Zone: 12.90 29/01/2006 Jack Doyle			
Zone: 12.90 13/12/2009 Jye Brooker			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	11739 Santiago Garcia		Albion Park
3	16948 Stephen Alfano		Kiama

**Event 146 Girls U 14 - 80 Metre Hurdles (76cm) (2)**

Zone: 12.50 11/12/2011 Susie Seitaridis			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	23003 Kadance Naylor		St Georges Basin
3	18480 Paige Murray		Milton-Ulladulla

**Event 147 Girls U 15 - 90 Metre Hurdles (76cm) (2)**

Zone: 13.60 9/12/2012 Susie Seitaridis			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	23036 Jamine Wheeler		St Georges Basin
3	30973 Emily McLaren		Shoalhaven

**Event 148 Girls U 17 - 100 Metre Hurdles (76cm) (2)**

Zone: 14.40 13/12/2009 Talissa Scott			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	16894 Zoe Haylen		Kiama
3	16880 Amelia Weatherlake		Kiama

**Event 149 Girls U 10 - 70 Metre Sprint (9)**

8 Advance: Top 3 Each Heat plus Next 2 Best Times			
Zone: 10.20 29/01/2006 Shayna Wilson			
Lane	Name	Age	Centre
<b>Heat 1 of 2 Heats</b>			
2	39353 Millicent Wooster-Api		Lake Illawarra
3	37576 Layla McGinn		Shoalhaven
4	17978 Skye Davies-Gietzelt		Lake Illawarra
5	11712 Amelia Elphick		Albion Park
6	17903 Tamara Maghaireh		Lake Illawarra
<b>Heat 2 of 2 Heats</b>			
2	4865 Ella Dolphin		Shoalhaven
3	17979 Rori Harvey		Lake Illawarra
4	4866 Evalyn Norris		Shoalhaven
5	18004 Hannah Lidbetter		Lake Illawarra

**Event 150 Girls U 13 - 200 Metre Sprint (9)**

8 Advance: Top 3 Each Heat plus Next 2 Best Times			
Zone: 26.30 2/12/2018 Chelsea Ezeoke			
Lane	Name	Age	Centre
<b>Heat 1 of 2 Heats</b>			
2	17969 Noemi Branchi		Lake Illawarra
3	11718 Ella Power		Albion Park
4	33930 Laci Hodge		Shoalhaven
5	11586 Ruby Kerr		Albion Park
6	37098 Sivi Flore-Quirk		Milton-Ulladulla
<b>Heat 2 of 2 Heats</b>			
2	11737 Mackenzie Hutchinson		Albion Park
3	17924 Ellie King		Lake Illawarra
4	18487 Eva Yorke		Milton-Ulladulla
5	30988 Honour Grout		Shoalhaven

**Event 151 Girls U 9 - 70 Metre Sprint (2)**

Zone: 10.80 14/12/2014 Delta Amidzovski			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	18018 Zoe Gregory		Lake Illawarra
3	16961 Elsey Chapman		Kiama

**Event 152 Boys U 9 - 70 Metre Sprint (4)**

Zone: 10.40 13/12/2015 Riley Moran			
Zone: 10.40 13/12/2009 Connor Ruse-Kent			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	17954 Harly Kelleher		Lake Illawarra
3	30987 Oden Grout		Shoalhaven
4	11632 Scout Kopara		Albion Park
5	11721 Braxton Bell		Albion Park

**Event 153 Girls U 8 - 70 Metre Sprint (4)**

Zone: 11.10 31/01/1982 Rachel Dean			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	11641 Callie Dent		Albion Park
3	4903 Claire Sargent		Shoalhaven
4	39347 Emily Branchi		Lake Illawarra
5	11654 Amarli Braddick		Albion Park

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**Event 154 Boys U 8 - 70 Metre Sprint (5)**

Zone: 10.10 30/01/1983 P Giobbi			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	23002 Braxton Naylor		St Georges Basin
3	16871 Billy Winchester		Kiama
4	11652 Oliver Sandona		Albion Park
5	23013 Sam Dennett		St Georges Basin
6	17923 Harry Lester		Lake Illawarra

**Event 155 Girls U 7 - 70 Metre Sprint (6)**

Zone: 11.10 31/01/1982 Belinda Ruiz			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	17997 Rylee Timpano		Lake Illawarra
3	30960 Aurora Grout		Shoalhaven
4	17926 Holly Smyth		Lake Illawarra
5	17987 Kalea Begley		Lake Illawarra
6	4875 Macey Dixon		Shoalhaven
7	16959 McKenzie Harding		Kiama

**Event 156 Boys U 7 - 70 Metre Sprint (1)**

Zone: 11.10 30/01/1983 L O'Connor			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
8	4817 Harrison Withyman		Shoalhaven

**Event 158 Boys U 10 - 70 Metre Sprint (6)**

Zone: 9.40 13/12/2009 Tristan Brazulaitis			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	37542 Tane Searle		Kiama
3	17935 Hugh Wright		Lake Illawarra
4	4992 Jessie Moss		Shoalhaven
5	4874 Tyler Dixon		Shoalhaven
6	16936 Blake Longford		Kiama
7	11738 Jackson Hutchinson		Albion Park

**Event 159 Girls U 11 - 800 Metre Run (4)**

Zone: 2:29.10 31/01/1982 K Tieck			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
1	11649 Madelynn Dowel		Albion Park
2	4850 Emerson Boatwain		Shoalhaven
3	37099 Lena Flore-Quirk		Milton-Ulladulla
4	11745 Aliyah Holland-Kamar		Albion Park

**Event 160 Girls U 12 - 800 Metre Run (6)**

Zone: 2:29.10 30/01/1983 K Tieck			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
5	4941 Lana Crawford		Shoalhaven
6	18024 Millie Harvey		Lake Illawarra
7	4958 Madeline Oke		Shoalhaven
8	18479 Tayla Murray		Milton-Ulladulla
9	4833 Airlie Stevens		Shoalhaven
10	11648 Ella-Rae McGregor		Albion Park

**Event 161 Boys U 11 - 800 Metre Run (3)**

Zone: 2:29.00 25/01/1981 Simon Hull			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
1	11704 Xavier Wilson		Albion Park
2	37541 Harley Garvan		Kiama
3	33581 Macarthur Davis		Shoalhaven

**Event 162 Boys U 12 - 800 Metre Run (2)**

Zone: 2:23.00 31/01/1982 Simon Hull			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
4	37543 Temana Searle		Kiama
5	11647 Jed Fowler		Albion Park

**Event 163 Girls U 13 - 800 Metre Run (2)**

Zone: 2:24.40 30/01/2000 Cian Maciejewski			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
1	30988 Honour Grout		Shoalhaven
2	11642 Chelsea Nicol		Albion Park

**Event 164 Girls U 14 - 800 Metre Run (5)**

Zone: 2:21.50 15/12/2019 Tayissa Buchanan			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
3	18480 Paige Murray		Milton-Ulladulla
4	4970 Haylee Connelly		Shoalhaven
5	18485 Jessica Kann		Milton-Ulladulla
6	4957 Olivia Oke		Shoalhaven
7	18491 Annabelle Yorke		Milton-Ulladulla

**Event 165 Boys U 13 - 800 Metre Run (2)**

Zone: 2:16.50 9/12/2012 Troy Whittington			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
1	11669 Ryder Haines		Albion Park
2	4872 Taj Goddard		Shoalhaven

**Event 166 Boys U 15 - 800 Metre Run (1)**

Zone: 2:10.10 27/01/1991 Chris Russell			
Zone: 2:10.10 15/12/2013 Kade Szakacs			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
3	11657 Joshua Lakeman		Albion Park

**Event 167 Boys U 17 - 800 Metre Run (5)**

Zone: 2:01.70 13/12/2015 Kade Szakacs			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
1	11620 Macleay Kesby		Albion Park
2	17917 Reef Rogers		Lake Illawarra
3	11644 Moses Fowler		Albion Park
4	30971 Hamish McLaren		Shoalhaven
5	33578 Darcy Davis		Shoalhaven

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**Event 168 Girls U 15 - 800 Metre Run (5)**

Zone: 2:19.50 9/12/2012 Susie Seitaridis			
Lane	Name	Age Centre	Seed Time
<b>Section 1 of 1 Final</b>			
1	17910 Abby Quick	Lake Illawarra	
2	30973 Emily McLaren	Shoalhaven	
3	18488 Cheyenne Murray	Milton-Ulladulla	
4	11656 Zoe Meyers	Albion Park	
5	4849 Grace Gibson	Shoalhaven	

**Event 169 Girls U 15-17 800 Metre Multi Class Run (1)**

Lane	Name	Age Centre	Seed Time
<b>Section 1 of 1 Final</b>			
6	17928 Kelly Ryan (T/F20)	Lake Illawarra	

**Event 170 Girls U 17 - 800 Metre Run (2)**

Zone: 2:15.30 9/12/2012 Jessica Hull			
Lane	Name	Age Centre	Seed Time
<b>Section 1 of 1 Final</b>			
7	17905 Jacinta Rogers	Lake Illawarra	
8	37540 Indiana Garvan	Kiama	

**Event 171 Girls U 10 - 800 Metre Run (4)**

Zone: 2:42.10 26/01/1986 Kylie Watkins			
Lane	Name	Age Centre	Seed Time
<b>Section 1 of 1 Final</b>			
1	18477 Lily-Rose Boyle	Milton-Ulladulla	
2	11705 Ada Houldsworth	Albion Park	
3	11616 Brooklyn McWilliams	Albion Park	
4	4831 Annie Dziubinski	Shoalhaven	

**Event 172 Girls U 9 - 800 Metre Run (2)**

Zone: 2:43.00 30/01/1983 Lisa Baldwin			
Lane	Name	Age Centre	Seed Time
<b>Section 1 of 1 Final</b>			
5	4929 Cailin Burbage	Shoalhaven	
6	11744 Ava Sowerby	Albion Park	

**Event 173 Boys U 10 - 800 Metre Run (6)**

Zone: 2:32.10 27/01/1980 Simon Hull			
Lane	Name	Age Centre	Seed Time
<b>Section 1 of 1 Final</b>			
1	4844 Riley Bertholini	Shoalhaven	
2	4992 Jessie Moss	Shoalhaven	
3	11595 Lucas Gill-Gomes	Albion Park	
4	11676 Ky Jesus	Albion Park	
5	18486 Jonah Kann	Milton-Ulladulla	
6	17902 Ryan Maghaireh	Lake Illawarra	

**Event 174 Boys U 9 - 800 Metre Run (4)**

Zone: 2:42.10 25/01/1998 Guy Cuttill			
Lane	Name	Age Centre	Seed Time
<b>Section 1 of 1 Final</b>			
1	4873 Finn Goddard	Shoalhaven	
2	4987 Owen Harlor	Shoalhaven	
3	11615 Bryson McWilliams	Albion Park	
4	18489 Chase Murray	Milton-Ulladulla	

**Event 175 Girls U 8 - 200 Metre Sprint (2)**

Zone: 33.10 29/01/1984 S Gown			
Lane	Name	Age Centre	Seed Time
<b>Section 1 of 1 Final</b>			
2	16867 Neela Maris	Kiama	
3	11710 Elyse Bongiorno	Albion Park	

**Event 176 Boys U 8 - 200 Metre Sprint (7)**

Zone: 32.10 31/01/1982 Matthew Dalby			
Lane	Name	Age Centre	Seed Time
<b>Section 1 of 1 Final</b>			
2	23013 Sam Dennett	St Georges Basin	
3	30989 Zemene Greste	Shoalhaven	
4	17986 Oliver Tebb	Lake Illawarra	
5	17923 Harry Lester	Lake Illawarra	
6	11652 Oliver Sandona	Albion Park	
7	11708 Aidan Elphick	Albion Park	
8	16871 Billy Winchester	Kiama	

**Event 177 Girls U 7 - 200 Metre Sprint (7)**

Zone: 34.10 30/01/1982 Belinda Ruiz			
Lane	Name	Age Centre	Seed Time
<b>Section 1 of 1 Final</b>			
1	4829 Madison Sandstrom	Shoalhaven	
2	17997 Rylee Timpano	Lake Illawarra	
3	16959 McKenzie Harding	Kiama	
4	30960 Aurora Grout	Shoalhaven	
5	17926 Holly Smyth	Lake Illawarra	
6	18475 Lucy Kann	Milton-Ulladulla	
7	17987 Kalea Begley	Lake Illawarra	

**Event 178 Boys U 7 - 200 Metre Sprint (1)**

Zone: 33.10 13/12/2015 Gabriel Lombardi			
Lane	Name	Age Centre	Seed Time
<b>Section 1 of 1 Final</b>			
8	17893 Jude Bish	Lake Illawarra	

**Event 179 Girls U 11 - 200 Metre Sprint (3)**

Zone: 29.10 27/01/1991 Skye Richardson			
Lane	Name	Age Centre	Seed Time
<b>Section 1 of 1 Final</b>			
2	11745 Aliyah Holland-Kamar	Albion Park	
3	4828 Sophie Bull	Shoalhaven	
4	37085 Hollie Braddick	Milton-Ulladulla	

**Event 180 Boys U 11 - 200 Metre Sprint (6)**

Zone: 28.00 30/01/2000 Kane Linnett			
Lane	Name	Age Centre	Seed Time
<b>Section 1 of 1 Final</b>			
2	8453 Adam Wisniewski	Shoalhaven	
3	11704 Xavier Wilson	Albion Park	
4	16888 Rudy Keane	Kiama	
5	11735 Gianni Oiteirinho	Albion Park	
6	16887 Henry Keane	Kiama	
7	11611 Lincoln O'Connor	Albion Park	

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**Event 181 Girls U 12 - 200 Metre Sprint (6)**

Zone: 26.10 28/01/1979 Kim Wilson			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	4833 Airlie Stevens		Shoalhaven
3	11648 Ella-Rae McGregor		Albion Park
4	4941 Lana Crawford		Shoalhaven
5	11617 Maddison McWilliams		Albion Park
6	4958 Madeline Oke		Shoalhaven
7	11740 Loren Garcia		Albion Park

**Event 182 Boys U 12 - 200 Metre Sprint (2)**

Zone: 26.60 29/01/2006 Caine Trindall			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	30990 Talis Greste		Shoalhaven
3	11589 Jake Witt		Albion Park

**Event 183 Boys U 13 - 200 Metre Sprint (2)**

Zone: 25.40 28/01/2007 Caine Trindall			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
4	11739 Santiago Garcia		Albion Park
5	11669 Ryder Haines		Albion Park

**Event 185 Girls U 14 - 200 Metre Sprint (3)**

Zone: 26.40 14/12/2014 Jenna Bentley			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
3	16967 Maiya Hewitt		Kiama
4	4970 Haylee Connelly		Shoalhaven
5	18491 Annabelle Yorke		Milton-Ulladulla

**Event 186 Boys U 14 - 200 Metre Sprint (1)**

Zone: 24.20 30/01/2000 Johnny Finkernagel			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	8452 Matthew Wisniewski		Shoalhaven

**Event 187 Boys U 15 - 200 Metre Sprint (4)**

Zone: 23.30 13/12/2009 Brodie Leeson			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
3	17945 Riley Gilroy		Lake Illawarra
4	11731 Waldo Pretorius		Albion Park
5	38061 Kim Adenlyl		Albion Park
6	11657 Joshua Lakeman		Albion Park

**Event 188 Girls U 15 - 200 Metre Sprint (5)**

Zone: 26.30 13/12/2009 Skye Ryan			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	11585 Charlotte Kerr		Albion Park
3	23036 Jamine Wheeler		St Georges Basin
4	17910 Abby Quick		Lake Illawarra
5	11645 Jessica Kable		Albion Park
6	4849 Grace Gibson		Shoalhaven

**Event 189 Girls U 15-17 200 Metre Multi Class Run (1)**

Lane	Name	Age	Centre	Seed Time
<b>Section 1 of 1 Final</b>				
2	17928 Kelly Ryan (T/F20)		Lake Illawarra	

**Event 190 Girls U 17 - 200 Metre Sprint (6)**

Zone: 25.30 13/12/2009 Talissa Scott			
Zone: 25.30 13/12/2015 Kiara White			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
3	4928 Stella Maxted		Shoalhaven
4	16968 Ella Hewitt		Kiama
5	16880 Amelia Weatherlake		Kiama
6	16894 Zoe Haylen		Kiama
7	11590 Ava Power		Albion Park
8	4971 Laylah Connelly		Shoalhaven

**Event 191 Boys U 17 - 200 Metre Sprint (4)**

Zone: 22.60 11/12/2011 Brodie Leeson			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	11666 Lucas Campbell		Albion Park
3	22925 Caleb Saunders		St Georges Basin
4	33578 Darcy Davis		Shoalhaven
5	17917 Reef Rogers		Lake Illawarra

**Event 192 Girls U 10 - 200 Metre Sprint (6)**

Zone: 29.10 26/01/1986 S Gown			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	17978 Skye Davies-Gietzelt		Lake Illawarra
3	4904 Isla Sargent		Shoalhaven
4	11712 Amelia Elphick		Albion Park
5	18477 Lily-Rose Boyle		Milton-Ulladulla
6	4866 Evalyn Norris		Shoalhaven
7	37576 Layla McGinn		Shoalhaven

**Event 193 Boys U 10 - 200 Metre Sprint (4)**

Zone: 28.20 28/01/2007 Luke Watts			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	16872 Isaac Winchester		Kiama
3	18486 Jonah Kann		Milton-Ulladulla
4	4992 Jessie Moss		Shoalhaven
5	16936 Blake Longford		Kiama

**Event 194 Girls U 9 - 200 Metre Sprint (1)**

Zone: 31.80 27/01/2002 Paige Fenech			
Lane	Name	Age	Centre
<b>Section 1 of 1 Final</b>			
2	16961 Elsey Chapman		Kiama



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**Event 195 Boys U 9 - 200 Metre Sprint (4)**

Zone: 30.10 26/01/1986 Steven Russo

Lane	Name	Age	Centre	Seed Time
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**Section 1 of 1 Final**

3	30987 Oden Grout		Shoalhaven	
4	16897 Felix Patu		Kiama	
5	4873 Finn Goddard		Shoalhaven	
6	37083 Teddy Braddick		Milton-Ulladulla	

**Event 196 Girls U 12-17 4x100 Metre Relay (Snr) (6)**

Zone: 52.10 14/12/2008 Albion Park

Lane	Centre	Relay	Seed Time
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**Section 1 of 1 Final**

2	Kiama		
3	Lake Illawarra		
4	Shoalhaven		
5	Albion Park		
6	Milton-Ulladulla		
7	St Georges Basin		

**Event 197 Boys U 12-17 4x100 Metre Relay (Snr) (6)**

Zone: 48.50 14/12/2008 Albion Park

Lane	Centre	Relay	Seed Time
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**Section 1 of 1 Final**

2	Albion Park		
3	St Georges Basin		
4	Lake Illawarra		
5	Kiama		
6	Shoalhaven		
7	Milton-Ulladulla		

**Event 198 Girls U 9-12 4x100 Metre Relay (Jnr) (6)**

Zone: 57.90 13/12/2009 Lake Illawarra

Lane	Centre	Relay	Seed Time
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**Section 1 of 1 Final**

2	Milton-Ulladulla		
3	Shoalhaven		
4	Albion Park		
5	Lake Illawarra		
6	St Georges Basin		
7	Kiama		

**Event 199 Boys U 9-12 4x100 Metre Relay (Jnr) (6)**

Zone: 57.20 14/12/2008 Albion Park

Lane	Centre	Relay	Seed Time
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**Section 1 of 1 Final**

2	Shoalhaven		
3	Albion Park		
4	Kiama		
5	St Georges Basin		
6	Milton-Ulladulla		
7	Lake Illawarra		

# MID SOUTH COAST ZONE

## TRACK & FIELD CHAMPIONSHIPS

John O'Dwyer Oval - 03/12/2022 To 04/12/2022

Session: 4 Sunday Field Events

Day 2 - Sunday 04/12/2022 - Starts at 09:00 AM

Event	Description	Round
#200	Boys U 14 - Long Jump	Final
#201	Girls U 15 - Long Jump	Final
#202	Boys U 17 - Triple Jump	Final
#203	Girls U 13 - Discus (750 Gram)	Final
#204	Girls U 14 - Discus (1.0 Kg)	Final
#205	Boys U 13 - Shot Put (3.0 Kg)	Final
#206	Girls U 17 - Shot Put (3.0 Kg)	Final
#207	Girls U 15-17 Multi Class Shot Put	Final
#208	Boys U 9 - High Jump (S/H 0.85m)	Final
#209	Boys U 10 - Long Jump	Final
#210	Girls U 12 - Long Jump	Final
#211	Boys U 11 - Triple Jump	Final
#212	Girls U 7 - Discus (350 Gram)	Final
#213	Girls U 11 - Discus (500 Gram)	Final
#214	Girls U 17 - Javelin (500 Gram)	Final
#215	Girls U 8 - Shot Put (1.5 Kg)	Final
#216	Boys U 14 - Shot Put (3.0 Kg)	Final
#217	Girls U 10 - High Jump (S/H 0.90m)	Final
#218	Boys U 12 - High Jump (S/H 1.15m)	Final
#219	Boys U 13 - Long Jump	Final
#220	Girls U 13 - Triple Jump	Final
#221	Boys U 8 - Discus (500 Gram)	Final
#222	Girls U 12 - Javelin (400 Gram)	Final
#223	Boys U 7 - Shot Put (1.0 Kg)	Final
#224	Girls U 15 - Shot Put (3.0 Kg)	Final
#225	Boys U 17 - High Jump (S/H 1.30m)	Final
#226	Girls U 11 - Long Jump	Final
#227	Girls U 17 - Long Jump	Final
#228	Girls U 15-17 Multi Class Long Jump	Final
#229	Boys U 15 - Triple Jump	Final
#230	Girls U 9 - Discus (500 Gram)	Final
#231	Boys U 10 - Discus (500 Gram)	Final
#232	Girls U 15 - Javelin (500 Gram)	Final
#233	Boys U 9 - Shot Put (2.0 Kg)	Final
#234	Boys U 12 - Shot Put (2.0 Kg)	Final
#235	Boys U 11 - High Jump (S/H 1.05m)	Final
#236	Boys U 13 - High Jump (S/H 1.20m)	Final
#237	Girls U 7 - Long Jump	Final
#238	Boys U 7 - Long Jump	Final
#239	Girls U 14 - Triple Jump	Final
#240	Girls U 12 - Discus (750 Gram)	Final
#241	Boys U 14 - Javelin (600 Gram)	Final
#242	Boys U 11 - Shot Put (2.0 Kg)	Final
#243	Girls U 10 - Shot Put (2.0 Kg)	Final
#244	Boys U 12 - Triple Jump	Final
#245	Boys U 17 - Discus (1.5 Kg)	Final
#246	Girls U 13 - Javelin (400 Gram)	Final
#247	Boys U 15 - Discus (1.0 Kg)	Final
#248	Boys U 15-17 Multi Class Discus	Final
#249	Girls U 11 - Javelin (400 Gram)	Final

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\*Bracketed events will be combined.

**MID SOUTH COAST ZONE  
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Meet Program - Sunday Field Events**

**Event 200 Boys U 14 - Long Jump (1)**

Zone: 5.83m 30/01/2011 Jye Brooker			
Pos	Name	Age	Centre
<b>Flight 1 of 1 Final</b>			
1	8452 Matthew Wisniewski		Shoalhaven

**Event 201 Girls U 15 - Long Jump (7)**

Zone: 5.72m 13/12/2008 Tayla King			
Pos	Name	Age	Centre
<b>Flight 1 of 1 Final</b>			
1	11585 Charlotte Kerr		Albion Park
2	17910 Abby Quick		Lake Illawarra
3	4849 Grace Gibson		Shoalhaven
4	23036 Jamine Wheeler		St Georges Basin
5	23000 Natarsha Mandavy		St Georges Basin
6	17885 Aleisha McGarry		Lake Illawarra
7	11701 Sabellah Nankivell		Albion Park

**Event 202 Boys U 17 - Triple Jump (1)**

Zone: 12.47m 19/12/2021 Tsar Mandavy			
Pos	Name	Age	Centre
<b>Flight 1 of 1 Final</b>			
1	11624 Mackay Jones		Albion Park

**Event 203 Girls U 13 - Discus (750 Gram) (6)**

Zone: 39.35m 2/12/2018 Chelsea Ezeoke			
Pos	Name	Age	Centre
<b>Flight 1 of 1 Final</b>			
1	11711 Amelia Bongiorno		Albion Park
2	30974 Heidi McLaren		Shoalhaven
3	17924 Ellie King		Lake Illawarra
4	11737 Mackenzie Hutchinson		Albion Park
5	30988 Honour Grout		Shoalhaven
6	17969 Noemi Branchi		Lake Illawarra

**Event 204 Girls U 14 - Discus (1.0 Kg) (2)**

Zone: 42.03m 9/12/2012 Samantha Peace			
Pos	Name	Age	Centre
<b>Flight 1 of 1 Final</b>			
1	23003 Kadance Naylor		St Georges Basin
2	4957 Olivia Oke		Shoalhaven

**Event 205 Boys U 13 - Shot Put (3.0 Kg) (1)**

Zone: 14.29m 30/01/1983 Paul Kaiserfield			
Pos	Name	Age	Centre
<b>Flight 1 of 1 Final</b>			
1	11739 Santiago Garcia		Albion Park

**Event 206 Girls U 17 - Shot Put (3.0 Kg) (3)**

Zone: 13.12m 11/12/2011 Rachelle Grozde			
Pos	Name	Age	Centre
<b>Flight 1 of 1 Final</b>			
1	16894 Zoe Haylen		Kiama
2	4928 Stella Maxted		Shoalhaven
3	4847 Talea Miller		Shoalhaven

**Event 207 Girls U 15-17 Multi Class Shot Put (1)**

Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	17928 Kelly Ryan (T/F20)		Lake Illawarra	

**Event 208 Boys U 9 - High Jump (S/H 0.85m) (2)**

Zone: 1.25m 29/01/1983 Matthew Dalby			
Pos	Name	Age	Centre
<b>Flight 1 of 1 Final</b>			
1	4987 Owen Harlor		Shoalhaven
2	11615 Bryson McWilliams		Albion Park

**Event 209 Boys U 10 - Long Jump (5)**

Zone: 4.75m 26/01/1980 David Carter			
Pos	Name	Age	Centre
<b>Flight 1 of 1 Final</b>			
1	11660 Justin Lakeman		Albion Park
2	18486 Jonah Kann		Milton-Ulladulla
3	4874 Tyler Dixon		Shoalhaven
4	4827 Riley Sandstrom		Shoalhaven
5	17935 Hugh Wright		Lake Illawarra

**Event 210 Girls U 12 - Long Jump (4)**

Zone: 4.93m 12/12/2009 Chloe Docker			
Pos	Name	Age	Centre
<b>Flight 1 of 1 Final</b>			
1	4958 Madeline Oke		Shoalhaven
2	11740 Loren Garcia		Albion Park
3	11732 Ane Pretorius		Albion Park
4	11617 Maddison McWilliams		Albion Park

**Event 211 Boys U 11 - Triple Jump (1)**

Zone: 9.96m 26/01/2003 Kevin Orgaz			
Zone: 9.96m 28/01/2006 Joshua Bingham			
Pos	Name	Age	Centre
<b>Flight 1 of 1 Final</b>			
1	16943 Samson Hole		Kiama

**Event 212 Girls U 7 - Discus (350 Gram) (4)**

Zone: 14.83m 29/01/2000 Talissa Scott			
Pos	Name	Age	Centre
<b>Flight 1 of 1 Final</b>			
1	17926 Holly Smyth		Lake Illawarra
2	17997 Rylee Timpano		Lake Illawarra
3	17987 Kalea Begley		Lake Illawarra
4	4829 Madison Sandstrom		Shoalhaven

**Event 213 Girls U 11 - Discus (500 Gram) (5)**

Zone: 21.84m 19/12/2021 Calai Dach			
Pos	Name	Age	Centre
<b>Flight 1 of 1 Final</b>			
1	11650 Annabelle Dowel		Albion Park
2	11734 Lucy Schofiled		Albion Park
3	17956 Imogen Gilroy		Lake Illawarra
4	17925 Paige King		Lake Illawarra
5	4850 Emerson Boatswain		Shoalhaven

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**Event 214 Girls U 17 - Javelin (500 Gram) (4)**

Zone: 34.11m 10/12/2011 Rachelle Grozde				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	4928 Stella Maxted		Shoalhaven	
2	4847 Talea Miller		Shoalhaven	
3	16894 Zoe Haylen		Kiama	
4	16880 Amelia Weatherlake		Kiama	

**Event 215 Girls U 8 - Shot Put (1.5 Kg) (3)**

Zone: 6.39m 30/01/2000 Kendall Vaughan				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	11641 Callie Dent		Albion Park	
2	11654 Amarli Braddick		Albion Park	
3	4903 Claire Sargent		Shoalhaven	

**Event 216 Boys U 14 - Shot Put (3.0 Kg) (1)**

Zone: 14.07m 2/12/2018 Ryan Keen				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	4842 Riley Moore		Shoalhaven	

**Event 217 Girls U 10 - High Jump (S/H 0.90m) (4)**

Zone: 1.32m 2/12/2018 Mia Davis				
Zone: 1.25m 14/12/2014 Ella Hendrick				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	4831 Annie Dziubinski		Shoalhaven	
2	16979 Archie Turano Lyall		Kiama	
3	17978 Skye Davies-Gietzelt		Lake Illawarra	
4	4930 Layla Burbage		Shoalhaven	

**Event 218 Boys U 12 - High Jump (S/H 1.15m) (4)**

Zone: 1.67m 31/01/1982 Mineo Bonetig				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	37543 Temana Searle		Kiama	
2	30990 Talis Greste		Shoalhaven	
3	17946 Thomas Gowans		Lake Illawarra	
4	17951 Morgan Vagg		Lake Illawarra	

**Event 219 Boys U 13 - Long Jump (4)**

Zone: 5.41m 29/01/1989 Che Wicks				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	16948 Stephen Alfano		Kiama	
2	11669 Ryder Haines		Albion Park	
3	16900 Rafael Murray		Kiama	
4	11739 Santiago Garcia		Albion Park	

**Event 220 Girls U 13 - Triple Jump (8)**

Zone: 10.56m 2/12/2018 Chelsea Ezeoke				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	17969 Noemi Branchi		Lake Illawarra	
2	30974 Heidi McLaren		Shoalhaven	
3	17966 Isabella Clowes		Lake Illawarra	
4	11586 Ruby Kerr		Albion Park	
5	30988 Honour Grout		Shoalhaven	
6	16889 Maeve Keane		Kiama	
7	11642 Chelsea Nicol		Albion Park	
8	11711 Amelia Bongiorno		Albion Park	

**Event 221 Boys U 8 - Discus (500 Gram) (6)**

Zone: 25.34m 30/01/2000 S Harris				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	4826 Thomas Dziubinski		Shoalhaven	
2	17923 Harry Lester		Lake Illawarra	
3	11680 Lincoln Gorrie		Albion Park	
4	4884 Mason Beck		Shoalhaven	
5	23002 Braxton Naylor		St Georges Basin	
6	23013 Sam Dennett		St Georges Basin	

**Event 222 Girls U 12 - Javelin (400 Gram) (6)**

Zone: 27.93m 10/12/2011 Shaye-Lee Frier				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	18024 Millie Harvey		Lake Illawarra	
2	11732 Ane Pretorius		Albion Park	
3	4886 Layla Beck		Shoalhaven	
4	11700 Sidney Bartle		Albion Park	
5	17972 Calai Dach		Lake Illawarra	
6	4841 Lily Moore		Shoalhaven	

**Event 223 Boys U 7 - Shot Put (1.0 Kg) (2)**

Zone: 7.52m 13/12/2014 Noah Jackson				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	17934 Cameron Wright		Lake Illawarra	
2	17893 Jude Bish		Lake Illawarra	

**Event 224 Girls U 15 - Shot Put (3.0 Kg) (3)**

Zone: 13.02m 13/12/2009 Rachelle Grozde				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	23000 Natarsha Mandavy		St Georges Basin	
2	17885 Aleisha McGarry		Lake Illawarra	
3	11701 Sabellah Nankivell		Albion Park	

**Event 225 Boys U 17 - High Jump (S/H 1.30m) (3)**

Zone: 1.90m 10/12/2016 Jye Shumack				
Pos	Name	Age	Centre	Seed Mark
<b>Flight 1 of 1 Final</b>				
1	22925 Caleb Saunders		St Georges Basin	
2	18478 Zack Yorke		Milton-Ulladulla	
3	11624 Mackay Jones		Albion Park	

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**Event 226 Girls U 11 - Long Jump (4)**

Zone: 4.78m 26/01/2002 Teresa Garcia			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	11649 Madelynne Dowel	Albion Park	
2	17956 Imogen Gilroy	Lake Illawarra	
3	11650 Annabelle Dowel	Albion Park	
4	4828 Sophie Bull	Shoalhaven	

**Event 227 Girls U 17 - Long Jump (4)**

Zone: 5.75m 13/12/2008 Talissa Scott			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	16880 Amelia Weatherlake	Kiama	
2	16968 Ella Hewitt	Kiama	
3	11590 Ava Power	Albion Park	
4	37540 Indiana Garvan	Kiama	

**Event 228 Girls U 15-17 Multi Class Long Jump (1)**

Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	17928 Kelly Ryan (T/F20)	Lake Illawarra	

**Event 229 Boys U 15 - Triple Jump (2)**

Zone: 12.54m 28/01/2007 Kevin Orgaz			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	17888 Parker Ivanovski	Lake Illawarra	
2	11731 Waldo Pretorius	Albion Park	

**Event 230 Girls U 9 - Discus (500 Gram) (4)**

Zone: 24.07m 27/01/2002 Talissa Scott			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	4901 Lara Gordon	Shoalhaven	
2	4929 Cailin Burbage	Shoalhaven	
3	11744 Ava Sowerby	Albion Park	
4	17900 Olivia Brown	Lake Illawarra	

**Event 231 Boys U 10 - Discus (500 Gram) (5)**

Zone: 34.09m 12/12/2015 Ryan Keen			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	37542 Tane Searle	Kiama	
2	11660 Justin Lakeman	Albion Park	
3	11738 Jackson Hutchinson	Albion Park	
4	4827 Riley Sandstrom	Shoalhaven	
5	17935 Hugh Wright	Lake Illawarra	

**Event 232 Girls U 15 - Javelin (500 Gram) (5)**

Zone: 33.03m 9/12/2012 Susie Seitaridis			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	11645 Jessica Kable	Albion Park	
2	11701 Sabellah Nankivell	Albion Park	
3	11656 Zoe Meyers	Albion Park	
4	30973 Emily McLaren	Shoalhaven	
5	17885 Aleisha McGarry	Lake Illawarra	

**Event 233 Boys U 9 - Shot Put (2.0 Kg) (4)**

Zone: 8.79m 26/01/1991 Bradley Jackson			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	16942 Elijah Hole	Kiama	
2	11721 Braxton Bell	Albion Park	
3	11632 Scout Kopara	Albion Park	
4	16897 Felix Patu	Kiama	

**Event 234 Boys U 12 - Shot Put (2.0 Kg) (5)**

Zone: 9.86m 2/12/2018 Jordan Poole			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	18003 Beau Lidbetter	Lake Illawarra	
2	30990 Talis Greste	Shoalhaven	
3	11589 Jake Witt	Albion Park	
4	17946 Thomas Gowans	Lake Illawarra	
5	37543 Temana Searle	Kiama	

**Event 235 Boys U 11 - High Jump (S/H 1.05m) (5)**

Zone: 1.50m 24/01/1981 Mineo Bonetig			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	16888 Rudy Keane	Kiama	
2	17933 Rory Brownlee	Lake Illawarra	
3	16943 Samson Hole	Kiama	
4	37541 Harley Garvan	Kiama	
5	11735 Gianni Oiteirinho	Albion Park	

**Event 236 Boys U 13 - High Jump (S/H 1.20m) (3)**

Zone: 1.66m 11/12/2011 Jake Rallings			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	4872 Taj Goddard	Shoalhaven	
2	16948 Stephen Alfano	Kiama	
3	16900 Rafael Murray	Kiama	

**Event 237 Girls U 7 - Long Jump (4)**

Zone: 3.33m 26/01/2001 Tayla King			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	17997 Rylee Timpano	Lake Illawarra	
2	17926 Holly Smyth	Lake Illawarra	
3	17987 Kalea Begley	Lake Illawarra	
4	4875 Macey Dixon	Shoalhaven	

**Event 238 Boys U 7 - Long Jump (1)**

Zone: 3.50m 13/12/2015 Germaine Wright			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	17934 Cameron Wright	Lake Illawarra	

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**Event 239 Girls U 14 - Triple Jump (4)**

Zone: 11.20m 27/01/2008 Tayla King			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	4970 Haylee Connelly	Shoalhaven	
2	23003 Kadance Naylor	St Georges Basin	
3	4957 Olivia Oke	Shoalhaven	
4	16967 Maiya Hewitt	Kiama	

**Event 240 Girls U 12 - Discus (750 Gram) (4)**

Zone: 33.96m 29/01/2011 Samantha Peace			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	4841 Lily Moore	Shoalhaven	
2	4886 Layla Beck	Shoalhaven	
3	17972 Calai Dach	Lake Illawarra	
4	11700 Sidney Bartle	Albion Park	

**Event 241 Boys U 14 - Javelin (600 Gram) (2)**

Zone: 41.08m 29/01/2005 Michael Baillie			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	4842 Riley Moore	Shoalhaven	
2	11720 Tyler Campbell	Albion Park	

**Event 242 Boys U 11 - Shot Put (2.0 Kg) (5)**

Zone: 12.08m 27/01/1996 Alex Cabanas			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	16943 Samson Hole	Kiama	
2	16958 Tristan Harding	Kiama	
3	11658 Jacob Lakeman	Albion Park	
4	30972 Aidan McLaren	Shoalhaven	
5	4846 Jackson Turner	Shoalhaven	

**Event 243 Girls U 10 - Shot Put (2.0 Kg) (6)**

Zone: 8.90m 13/12/2015 Chelsea Ezeoke			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	11616 Brooklyn McWilliams	Albion Park	
2	4930 Layla Burbage	Shoalhaven	
3	18004 Hannah Lidbetter	Lake Illawarra	
4	16980 Ivy Turano Lyall	Kiama	
5	4887 Abby Beck	Shoalhaven	
6	4904 Isla Sargent	Shoalhaven	

**Event 244 Boys U 12 - Triple Jump (2)**

Zone: 10.68m 30/01/2011 Jake Rallings			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	11589 Jake Witt	Albion Park	
2	17946 Thomas Gowans	Lake Illawarra	

**Event 245 Boys U 17 - Discus (1.5 Kg) (2)**

Zone: 41.00m 19/12/2021 Ryan Keen			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	30971 Hamish McLaren	Shoalhaven	
2	3885 Max Beck	Shoalhaven	

**Event 246 Girls U 13 - Javelin (400 Gram) (6)**

Zone: 31.62m 9/12/2012 Shaye-Lee Frier			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	11642 Chelsea Nicol	Albion Park	
2	17966 Isabella Clowes	Lake Illawarra	
3	11737 Mackenzie Hutchinson	Albion Park	
4	30974 Heidi McLaren	Shoalhaven	
5	11711 Amelia Bongiorno	Albion Park	
6	17924 Ellie King	Lake Illawarra	

**Event 247 Boys U 15 - Discus (1.0 Kg) (2)**

Zone: 56.56m 15/12/2019 Ryan Keen			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	17945 Riley Gilroy	Lake Illawarra	
2	17888 Parker Ivanovski	Lake Illawarra	

**Event 248 Boys U 15-17 Multi Class Discus (1)**

Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	4848 Kynan Miller (T/F44)	Shoalhaven	

**Event 249 Girls U 11 - Javelin (400 Gram) (4)**

Zone: 16.87m 9/12/2017 Olivia Davis			
Pos	Name	Age Centre	Seed Mark
<b>Flight 1 of 1 Final</b>			
1	4850 Emerson Boatwain	Shoalhaven	
2	11650 Annabelle Dowel	Albion Park	
3	11734 Lucy Schofield	Albion Park	
4	17925 Paige King	Lake Illawarra	

# Ground Layout

