

HART ZONE SPORT CHAMPIONSHIPS



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2024/25

A Warm Welcome To All

Welcome ladies and gentlemen, esteemed athletes, dedicated officials, supportive parents and carers, cherished supporters, and distinguished guests. On behalf of the St Georges Basin Athletics Club, it is with great pleasure that I extend a warm welcome to each and every one of you at the 2024/2025 Mid South Coast Zone Championships.

This event promises to be a celebration of athleticism, community spirit, and the pursuit of personal excellence. First and foremost, I would like to express my heartfelt gratitude to all the officials, parents, and volunteers whose tireless efforts have made this Championship possible. Your dedication and commitment to our young athletes does not go unnoticed.

A special thank you goes to those who have worked diligently behind the scenes to bring this weekend's events together. Your support is invaluable and deeply appreciated, making a significant difference in the success of our athletes and the smooth operation of the Championships.

As the host Centre, we sincerely hope that you enjoy your time with us and take advantage of the beautiful surroundings, including our pristine white sand beaches. The Mid South Coast is not only known for its athletic prowess but also for its natural beauty, and we encourage you to explore and relax during your time here.

For your convenience and enjoyment, we have organized a Canteen and BBQ, ensuring that you have access to delicious food and refreshments throughout the weekend. Additionally, we are excited to announce that we have some fabulous prizes in our raffle, which will be drawn on Sunday. We encourage everyone to participate and try their luck!

You are welcome to leave your items overnight; however, we must remind you that St Georges Basin Athletics Club cannot accept liability for any loss or damage incurred by Centres or individuals. We encourage you to take care of your personal belongings to ensure a worry-free experience.

To our generous sponsors, we extend our heartfelt thanks for your continued support. Your contributions play a crucial role in the success of our events and the development of our athletes. We are grateful for your partnership and commitment to fostering young talent in our community.

As we embark on this exciting weekend of competition, I want to take a moment to wish all our athletes the best of luck in their chosen events. May you all strive for personal bests and embrace the spirit of sportsmanship.

Tracy Mandavy
President
St Georges Basin Athletics Club

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 7's events will receive State medals. The first three (3) place getters in age groups up to 15's will receive Zone medals.

The first three (3) place getters in all 8's to 15's finals will progress to the Region 4 Championships at the Bill Jacob Athletics Centre, Wagga Wagga, on Saturday 8th and Sunday 9th February 2025. 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 9's to 15's finals will progress to the State Track And Field Championships at Sydney Olympic Park Athletic Centre, Homebush. In addition, the next best eight (8) performances in each event across all Regions will also qualify for the State Track And Field Championships. For 9's, 10's, 11's, and 12's next best qualifiers will come from results at all Region Championships only. For 13's, 14's, and 15's next best qualifiers will come from performances at Region Championships, Treloar Shield Metropolitan rounds (including the final- excluding Hunter Summer Series) and Country Championships.

No State records, either track or field, are recognised 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

Community Bank Sanctuary Point
F&N Trophy & Engraving Centre
Precision Tyre Shop
St Georges Basin Country Club
Sunlife Solar

Special Guest

Patricia White
(Shoalhaven City Council Mayor)

Live Results

Live Results are available at www.littlearesults.com.
Use the QR Code below to access event results.



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.

Centre Information

Centre	Abbrev.	No.	Uniform	Team Manager
Albion Park	ALB	71	Red, white & navy blue with wave midriff pattern. Navy blue shorts.	Valerie Gorrie Kym Davis
Kiama	KIA	114	Lime green with black & white trim. Black shorts.	Rebecca Quinane
Lake Illawarra	LKI	10	Royal blue, black panels with black and white contoured striping. Royal blue or black shorts.	Ashleigh Graham
Milton Ulladulla	MIL	185	Black with two white diagonal stripes. Black shorts.	Angus Lang
Nowra Athletics	NOW	521	Black with white and yellow horizontal stripes. Black shorts.	Emma Stevens
Shoalhaven	SHO	120	Royal blue with dark blue, white & red pattern on LHS. Matching shorts.	Kirstie Vickery
St Georges Basin	SGB	167	Red & black with white "V" stripe. Black shorts.	Claire Bozikov
Victory Runners	VIR	540	Royal blue transitioning up vertically to orange. Black Shorts.	Kirstie Vickery

Dean Blair Registration Numbers

7's To 15's

Albion Park	153	Milton Ulladulla	44
Kiama	85	Shoalhaven	181
Lake Illawarra	143	St Georges Basin	81

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 Sanctuary Point Oval 7th and 8th December, 2024

Host Centre		St Georges Basin
Carnival Manager	Doonan McLaren	Zone Coordinator
Assist. Carnival Manager	Tracy Mandavy	St Georges Basin
Timing Gates	Youcef Abdi	LANSW
Starting Panel		Shoalhaven
Announcer	Adam Kann	Milton Ulladulla
Information Officer	Adam Kann	Milton Ulladulla
Safety Officer	Matt Percival Katie Dent	Shoalhaven Albion Park
Jury Of Appeal	Youcef Abdi Doonan McLaren Craig Scott	LANSW Zone Coordinator Kiama
Walks Panel	Tracy Mandavy Tsar Mandavy Joanna McGinniskin	St Georges Basin St Georges Basin LANSW
Recording	Tracy Mandavy	St Georges Basin
Computer Coordinator	Craig Scott	Kiama
Medals (7's Only)	Doonan McLaren	Zone Coordinator
Medical Officer	Matthew Willaims	Milton Ulladulla
Dean Blair Trophy Compiler	Craig Scott	Kiama
Track Marshalling		Shoalhaven
Shot Put Chief	Jacque Peace	Shoalhaven
Discus Chief	Ron Cox	Shoalhaven
Long/Triple Jump Chief - 1	Trudy Wheeler	St Georges Basin
Long/TripleJump Chief - 2	Russell Gordon Tsar Mandavy	Shoalhaven 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 must 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 presentation.
2. Dean Blair Trophy - Zone Coordinator to address guests and athletes.
3. Hand over Dean Blair trophy to Zone Coordinator by previous winner.
4. National Anthem
5. Official Opening.

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 9's, 10's, 11's & 12's)

12's may be replaced by 9's, 10's or 11's

11's may be replaced by 9's or 10's

10's may be replaced by 9's

Senior Relay

4 athletes (one athlete from 13's, 14's, 15's, 16's or 17's)

17's may be replaced by 16's, 15's, 14's or 13's

16's may be replaced by 15's, 14's or 13's

15's may be replaced by 14's or 13's

14's may be replaced by 13's

13's may be replaced by 12's (Note: a maximum of 1 x 12's athlete may be used in a senior relay team. If a 12's 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 5th 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 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
2022-23 Albion Park
2023-24 Milton Ulladulla

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 1st
4 points for 2nd
3 points for 3rd
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 7's to 16's 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.

MID SOUTH COAST ZONE TRACK & FIELD CHAMPIONSHIPS

Sanctuary Point Oval

Session: 1 Saturday Track Events

Day 1 - Saturday 07/12/2024 - Starts at 09:15 AM

Event	Description	Round
#1	Girls 500 Metre Pack Start 7's	Finals
#2	Boys 500 Metre Pack Start 7's	Finals
#3	Girls 1500 Metre 11's	Finals
#4	Boys 1500 Metre 11's	Finals
#5	Girls 1500 Metre 12's	Finals
#6	Boys 1500 Metre 12's	Finals
#7	Girls 1500 Metre 13's (U14)	Finals
#8	Boys 1500 Metre 13's (U14)	Finals
#9	Girls 1500 Metre 14's (U15)	Finals
#10	Boys 1500 Metre 14's (U15)	Finals
#11	Boys 1500 Metre PA Under 20	Finals
#12	Girls 1500 Metre 15's (U16)	Finals
#13	Girls 1500 Metre 16's (U17)	Finals
#14	Girls 1500 Metre 17's (U18)	Finals
#15	Girls 200 Metre Hurdles (76cm) 13's (U14)	Finals
#16	Boys 200 Metre Hurdles (76cm) 13's (U14)	Finals
#17	Girls 300 Metre Hurdles (76cm) 14's (U15)	Finals
#18	Girls 300 Metre Hurdles (76cm) 15's (U16)	Finals
#19	Boys 300 Metre Hurdles (76cm) 15's (U16)	Finals
#20	Girls 400 Metre Hurdles (76cm) 17's (U18)	Finals
#21	Girls 60 Metre Hurdles (45cm) 8's	Finals
#22	Boys 60 Metre Hurdles (45cm) 8's	Finals
#23	Girls 60 Metre Hurdles (45cm) 9's	Finals
#24	Boys 60 Metre Hurdles (45cm) 9's	Finals
#25	Girls 60 Metre Hurdles (60cm) 10's	Finals
#26	Boys 60 Metre Hurdles (60cm) 10's	Finals
#27	Girls 100 Metre 8's	Prelims
#28	Girls 100 Metre 9's	Prelims
#29	Boys 100 Metre 10's	Prelims
#30	Girls 100 Metre 12's	Prelims
#31	Boys 100 Metre 13's (U14)	Prelims
#32	Girls 400 Metre 13's (U14)	Finals
#33	Boys 400 Metre 13's (U14)	Finals
#34	Girls 400 Metre 14's (U15)	Finals
#35	Girls 400 Metre Para 13's-14's (U15)	Finals
#36	Boys 400 Metre 14's (U15)	Finals
#37	Girls 400 Metre 15's (U16)	Finals
#38	Boys 400 Metre 15's (U16)	Finals
#39	Boys 400 Metre PA Under 20	Finals
#40	Girls 400 Metre 16's (U17)	Finals
#41	Girls 400 Metre 17's (U18)	Finals
#42	Girls 400 Metre Pack Start 8's	Finals
#43	Boys 400 Metre Pack Start 8's	Finals

*Bracketed events will be combined.

Event	Description	Round
#44	Girls 400 Metre 9's	Finals
#45	Boys 400 Metre 9's	Finals
#46	Girls 400 Metre 10's	Finals
#47	Boys 400 Metre 10's	Finals
#48	Girls 400 Metre 11's	Finals
#49	Boys 400 Metre 11's	Finals
#50	Girls 400 Metre 12's	Finals
#51	Boys 400 Metre 12's	Finals
#52	Girls 100 Metre 7's	Finals
#53	Boys 100 Metre 7's	Finals
#54	Girls 100 Metre 13's (U14)	Finals
#55	Boys 100 Metre 13's (U14)	Finals
#56	Girls 100 Metre 14's (U15)	Finals
#57	Girls 100 Metre Para 13's-14's (U15)	Finals
#58	Boys 100 Metre 14's (U15)	Finals
#59	Girls 100 Metre 15's (U16)	Finals
#60	Boys 100 Metre 15's (U16)	Finals
#61	Boys 100 Metre PA Under 20	Finals
#62	Girls 100 Metre 16's (U17)	Finals
#63	Girls 100 Metre 17's (U18)	Finals
#64	Girls 100 Metre 8's	Finals
#65	Boys 100 Metre 8's	Finals
#66	Girls 100 Metre 9's	Finals
#67	Boys 100 Metre 9's	Finals
#68	Girls 100 Metre 10's	Finals
#69	Boys 100 Metre 10's	Finals
#70	Girls 100 Metre 11's	Finals
#71	Boys 100 Metre 11's	Finals
#72	Girls 100 Metre 12's	Finals
#73	Boys 100 Metre 12's	Finals
#74	Girls 50 Metre 7's	Finals
#75	Boys 50 Metre 7's	Finals
#76	Girls 3000 Metre 13's (U14)	Finals
#77	Boys 3000 Metre 13's (U14)	Finals
#78	Girls 3000 Metre 14's (U15)	Finals
#79	Boys 3000 Metre 14's (U15)	Finals

*Bracketed events will be combined.

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 7/12/2024 to 8/12/2024
Sanctuary Point Oval
Meet Program - Saturday Track

Event 1 Girls 500 Metre Pack Start 7's (2)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	34840 Marli Bish		Lake Illawarra	_____
2	40800 Sahara Hawkins		Shoalhaven	_____

Event 2 Boys 500 Metre Pack Start 7's (5)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

3	25181 Nathaniel Ayoub		Albion Park	_____
4	1535 Will Sproule		Nowra	_____
5	25128 Malakai Peters		Albion Park	_____
6	34882 Leo Thistlewaite		Lake Illawarra	_____
7	25107 Zachary Hazlewood		Albion Park	_____

Event 3 Girls 1500 Metre 11's (6)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	40731 Cleo McArthur		Shoalhaven	_____
2	34845 Rohzi Gillespie		Lake Illawarra	_____
3	40763 Sienna Fryar		Shoalhaven	_____
4	33898 Lilah Kis		Kiama	_____
5	40715 Cailin Burbage		Shoalhaven	_____
6	41976 Charlotte Hooper		St Georges Basin	_____

Event 4 Boys 1500 Metre 11's (5)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

7	40924 Owen Harlor		Shoalhaven	_____
8	25202 Oliver Bennett		Albion Park	_____
9	41957 Declan Bennett		St Georges Basin	_____
10	25262 Bryson McWilliams		Albion Park	_____
11	40919 Finn Goddard		Shoalhaven	_____

Event 5 Girls 1500 Metre 12's (3)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	36232 Grace Greenacre		Milton-Ulladulla	_____
2	25261 Brooklyn McWilliams		Albion Park	_____
3	40869 Annie Dziubinski		Shoalhaven	_____

Event 6 Boys 1500 Metre 12's (3)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

4	1546 Thor Jackson		Nowra	_____
5	42045 Ash Cubbo		St Georges Basin	_____
6	1547 Kai Thirlwall		Nowra	_____

Event 7 Girls 1500 Metre 13's (U14) (2)

Zone: 5:06.10 29/01/1994 T Moxham

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	40839 Emerson Boatswain		Shoalhaven	_____
2	25201 Hayley Bennett		Albion Park	_____

Event 8 Boys 1500 Metre 13's (U14) (8)

Zone: 4:39.10 29/01/1983 Simon Hull

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

3	1552 William Heffill		Nowra	_____
4	25121 Parker Bruce		Albion Park	_____
5	1551 Tom Smart		Nowra	_____
6	40879 Elijah Mercer		Shoalhaven	_____
7	1554 Macarthur Davis		Nowra	_____
8	47408 Morton Ellerington		Victory	_____
9	1557 Orlando Bailie		Nowra	_____
10	40701 Joshua Astin Briggs		Shoalhaven	_____

Event 9 Girls 1500 Metre 14's (U15) (4)

Zone: 4:54.40 3/12/2022 Jessica Kann

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	1563 Josie Sproule		Nowra	_____
2	34821 Mae Bremner		Lake Illawarra	_____
3	1558 Airlie Stevens		Nowra	_____
4	1560 Madeline Oke		Nowra	_____

Event 10 Boys 1500 Metre 14's (U15) (3)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

5	1564 Hugh Thirlwall		Nowra	_____
6	25309 Jed Fowler		Albion Park	_____
7	1562 Jacob Post		Nowra	_____

Event 11 Boys 1500 Metre PA Under 20 (1)

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

8	1569 Nathan Rose (T/F??)		Nowra	_____
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Event 12 Girls 1500 Metre 15's (U16) (1)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

9	1565 Evie Smart		Nowra	_____
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Event 13 Girls 1500 Metre 16's (U17) (1)

Zone: 10:00.00 7/12/2024 New Event - No Record

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

10	1568 Lily Sproule		Nowra	_____
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MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 7/12/2024 to 8/12/2024
Sanctuary Point Oval
Meet Program - Saturday Track

Event 14 Girls 1500 Metre 17's (U18) (1)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

11	40898 Emily McLaren		Shoalhaven	_____
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Event 15 Girls 200 Metre Hurdles (76cm) 13's (U14) (2)

Zone: 1:00.00 7/12/2024 New Event - No Record

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	40854 Amelia Percival		Shoalhaven	_____
3	40780 Sophie Bull		Shoalhaven	_____

Event 16 Boys 200 Metre Hurdles (76cm) 13's (U14) (3)

Zone: 1:00.00 7/12/2024 New Event - No Record

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

4	42021 Sami Laine		St Georges Basin	_____
5	40896 Taj Blair		Shoalhaven	_____
6	25121 Parker Bruce		Albion Park	_____

Event 17 Girls 300 Metre Hurdles (76cm) 14's (U15) (1)

Zone: 1:30.00 7/12/2024 New Event - No Record

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	25260 Maddison McWilliams		Albion Park	_____
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Event 18 Girls 300 Metre Hurdles (76cm) 15's (U16) (3)

Zone: 45.80 2/12/2023 Maiya Hewitt

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

3	1565 Evie Smart		Nowra	_____
4	25221 Chelsea Nicol		Albion Park	_____
5	1567 Evie Binney		Nowra	_____

Event 19 Boys 300 Metre Hurdles (76cm) 15's (U16) (2)

Zone: 45.90 14/12/2019 Tsar Mandavy

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

6	1566 Harry Thomson		Nowra	_____
7	25200 Lucius Te Ahure-itama		Albion Park	_____

Event 20 Girls 400 Metre Hurdles (76cm) 17's (U18) (1)

Zone: 2:00.00 7/12/2024 New Event - No Record

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	49012 Jasmine Wheeler		St Georges Basin	_____
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Event 21 Girls 60 Metre Hurdles (45cm) 8's (5)

Zone: 11.70 13/12/2008 Shenay Edwards

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	40864 Abigail Waters		Shoalhaven	_____
3	33844 Arlie Matterson		Kiama	_____
4	40799 Charlotte Fragar		Shoalhaven	_____
5	33851 Olive Galloway		Kiama	_____
6	40785 Felicity Houldsworth		Shoalhaven	_____

Event 22 Boys 60 Metre Hurdles (45cm) 8's (8)

Zone: 11.10 28/01/2006 Hayden Moon

Zone: 11.10 13/12/2008 Jarrod Coombly

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	40764 Blake Fryar		Shoalhaven	_____
2	36275 Leo Konrad		Milton-Ulladulla	_____
3	40716 Jai Burbage		Shoalhaven	_____
4	34823 Archie Bremner		Lake Illawarra	_____
5	40777 Jameson Day		Shoalhaven	_____
6	25192 Hayden Sandona		Albion Park	_____
7	40815 Luke Dennett		Shoalhaven	_____
8	46854 Nallah Allison		Lake Illawarra	_____

Event 23 Girls 60 Metre Hurdles (45cm) 9's (8)

Zone: 10.30 13/12/2014 Delta Amidzovski

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	40789 Madison Sandstrom		Shoalhaven	_____
2	34771 Banksii Spencer		Lake Illawarra	_____
3	40747 Macey Dixon		Shoalhaven	_____
4	36252 Arianne Lang		Milton-Ulladulla	_____
5	40702 Hayley Astin Briggs		Shoalhaven	_____
6	34881 Peyton Sartori		Lake Illawarra	_____
7	40744 Emery Piennar		Shoalhaven	_____
8	25127 Willow Peters		Albion Park	_____

Event 24 Boys 60 Metre Hurdles (45cm) 9's (3)

Zone: 10.00 24/01/1998 Kane Linnett

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	40838 Jasper McConville		Shoalhaven	_____
3	25182 Isaiah Ayoub		Albion Park	_____
4	40725 Liam France		Shoalhaven	_____

Event 25 Girls 60 Metre Hurdles (60cm) 10's (8)

Zone: 10.60 12/12/2015 Delta Amidzovski

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	1542 Skylah Reilly		Nowra	_____
2	33899 Lennix Kis		Kiama	_____
3	40853 Claire Sargent		Shoalhaven	_____
4	25164 Skye Smith		Albion Park	_____
5	1540 Addison Galloway		Nowra	_____
6	41973 Mila Bozikov		St Georges Basin	_____
7	40732 Annabelle McArthur		Shoalhaven	_____
8	25223 Tanisha Murray		Albion Park	_____

Event 26 Boys 60 Metre Hurdles (60cm) 10's (5)

Zone: 10.40 12/12/2009 Tristan Brazilaitis

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	33892 Torin Pooley		Kiama	_____
3	40814 Sam Dennett		Shoalhaven	_____
4	25187 Oliver Sandona		Albion Park	_____
5	33884 Billy Winchester		Kiama	_____
6	40870 Thomas Dziubinski		Shoalhaven	_____

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Event 27 Girls 100 Metre 8's (9)

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Zone: 16.00 26/01/1980 K Taylor

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

2	40884 Ivie Ward		Shoalhaven	_____
3	33844 Arlie Matterson		Kiama	_____
4	40954 Willow Horwood		Shoalhaven	_____
5	25132 Zariah Hennen		Albion Park	_____
6	48632 Bayley McInnes		Milton-Ulladulla	_____

Heat 2 of 2 Prelims

2	40864 Abigail Waters		Shoalhaven	_____
3	25203 Aaliyah Hetherington		Albion Park	_____
4	40799 Charlotte Fragar		Shoalhaven	_____
5	33851 Olive Galloway		Kiama	_____

Event 28 Girls 100 Metre 9's (11)

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Zone: 15.10 28/01/1984 Belinda Ruiz

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

2	1537 Isabella Ansah		Nowra	_____
3	25127 Willow Peters		Albion Park	_____
4	40813 Imogen Bertholini		Shoalhaven	_____
5	33905 Ava Houllison		Kiama	_____
6	40744 Emery Piennar		Shoalhaven	_____
7	34771 Banksii Spencer		Lake Illawarra	_____

Heat 2 of 2 Prelims

2	40723 Mia De Ruyter		Shoalhaven	_____
3	1536 Myla Carraro		Nowra	_____
4	34738 Hannah Auld		Lake Illawarra	_____
5	40702 Hayley Astin Briggs		Shoalhaven	_____
6	34881 Peyton Sartori		Lake Illawarra	_____

Event 29 Boys 100 Metre 10's (9)

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Zone: 13.10 26/01/1980 David Carter

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

2	36274 Charlie Konrad		Milton-Ulladulla	_____
3	33884 Billy Winchester		Kiama	_____
4	34862 Ashton Warren		Lake Illawarra	_____
5	25189 Beau Clifford		Albion Park	_____
6	1541 Kiefer Spearpoint		Nowra	_____

Heat 2 of 2 Prelims

2	36237 Hayden McInnes		Milton-Ulladulla	_____
3	33892 Torin Pooley		Kiama	_____
4	34836 Oliver Tebb		Lake Illawarra	_____
5	33845 Koa Matterson		Kiama	_____

Event 30 Girls 100 Metre 12's (9)

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Zone: 13.10 27/01/1979 Kim Wilson

Zone: 13.10 28/01/2006 Abbie Taddeo

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

2	40758 Nevaeh Williams		Shoalhaven	_____
3	40873 Layla McGinn		St Georges Basin	_____
4	40714 Layla Burbage		Shoalhaven	_____
5	33828 Ivy Turano Lyall		Kiama	_____
6	40883 Amarlie Ward		Shoalhaven	_____

Heat 2 of 2 Prelims

2	1548 Willow Dwyer		Nowra	_____
3	40852 Isla Sargent		Shoalhaven	_____
4	25163 Evie Smith		Albion Park	_____
5	40784 Ada Houldsworth		Shoalhaven	_____

Event 31 Boys 100 Metre 13's (U14) (10)

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Zone: 12.50 28/01/1995 Henderson McCue

Zone: 12.50 10/12/2011 Zachary Havadjia

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

2	40811 Jackson Turner		Shoalhaven	_____
3	1556 Phillip Ansah		Nowra	_____
4	33795 Rudy Keane		Kiama	_____
5	1557 Orlando Bailie		Nowra	_____
6	41956 Landon Russell		St Georges Basin	_____

Heat 2 of 2 Prelims

2	25145 Gianni Oiteirinho		Albion Park	_____
3	33796 Henry Keane		Kiama	_____
4	1555 Wyatt Binney		Nowra	_____
5	25253 Samuel Whyte		Albion Park	_____
6	1553 Flynn Kelly		Nowra	_____

Event 32 Girls 400 Metre 13's (U14) (3)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	25276 Kara Condello		Albion Park	_____
3	25216 Sienna Ristovski		Albion Park	_____
4	40749 Layla Dixon		Shoalhaven	_____

Event 33 Boys 400 Metre 13's (U14) (6)

Zone: 59.80 10/12/2011 Zachary Havadjia

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	25145 Gianni Oiteirinho		Albion Park	_____
3	33796 Henry Keane		Kiama	_____
4	42021 Sami Laine		St Georges Basin	_____
5	1557 Orlando Bailie		Nowra	_____
6	25121 Parker Bruce		Albion Park	_____
7	40896 Taj Blair		Shoalhaven	_____

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Event 34 Girls 400 Metre 14's (U15) (5)

Zone: 59.60 14/12/2019 Chelsea Ezeoke

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	34821 Mae Bremner		Lake Illawarra	_____
3	25260 Maddison McWilliams		Albion Park	_____
4	1558 Airlie Stevens		Nowra	_____
5	40956 Brooklyn Horwood		Shoalhaven	_____
6	1563 Josie Sproule		Nowra	_____

Event 35 Girls 400 Metre Para 13's-14's (U15) (1)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
7	1559 Kashava Essex (T/F20)		Nowra	_____

Event 36 Boys 400 Metre 14's (U15) (1)

Zone: 55.50 8/12/2012 Zachary Havadjia

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	1562 Jacob Post		Nowra	_____

Event 37 Girls 400 Metre 15's (U16) (3)

Zone: 59.90 8/12/2012 Susie Seitaridis

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	25235 Ella Power		Albion Park	_____
4	1565 Evie Smart		Nowra	_____
5	25221 Chelsea Nicol		Albion Park	_____

Event 38 Boys 400 Metre 15's (U16) (1)

Zone: 55.10 14/12/2013 Zachary Havadjia

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
6	25188 Deakin Cook		Albion Park	_____

Event 39 Boys 400 Metre PA Under 20 (1)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
7	1569 Nathan Rose (T/F??)		Nowra	_____

Event 40 Girls 400 Metre 16's (U17) (3)

Zone: 3:00.00 7/12/2024 New Event - No Record

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	25281 Darcie Dwyer		Albion Park	_____
3	40837 Tamela Wellington		Shoalhaven	_____
4	1568 Lily Sproule		Nowra	_____

Event 41 Girls 400 Metre 17's (U18) (1)

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

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
5	40898 Emily McLaren		Shoalhaven	_____

Event 42 Girls 400 Metre Pack Start 8's (8)

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

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	40884 Ivie Ward		Shoalhaven	_____
2	25115 Annika Goode		Albion Park	_____
3	40954 Willow Horwood		Shoalhaven	_____
4	33851 Olive Galloway		Kiama	_____
5	40799 Charlotte Fragar		Shoalhaven	_____
6	34748 Rosie Lester		Lake Illawarra	_____
7	48632 Bayley McInnes		Milton-Ulladulla	_____
8	25132 Zariah Hennen		Albion Park	_____

Event 43 Boys 400 Metre Pack Start 8's (3)

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

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
9	34764 Zac Stubbs		Lake Illawarra	_____
10	33893 Rhys Pooley		Kiama	_____
11	25192 Hayden Sandona		Albion Park	_____

Event 44 Girls 400 Metre 9's (6)

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

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	36252 Arianne Lang		Milton-Ulladulla	_____
3	40744 Emery Piennar		Shoalhaven	_____
4	34771 Banksii Spencer		Lake Illawarra	_____
5	25127 Willow Peters		Albion Park	_____
6	40816 Penny Boyle		Shoalhaven	_____
7	34881 Peyton Sartori		Lake Illawarra	_____

Event 45 Boys 400 Metre 9's (6)

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

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	34833 Finn Thistlewaite		Lake Illawarra	_____
3	33880 Gus Astin		Kiama	_____
4	40699 Toby Durell		Shoalhaven	_____
5	34768 Eden Mace		Lake Illawarra	_____
6	40946 Tallan Carley		Shoalhaven	_____
7	25116 Oscar Goode		Albion Park	_____

Event 46 Girls 400 Metre 10's (6)

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

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	25220 Callie Dent		Albion Park	_____
3	40732 Annabelle McArthur		Shoalhaven	_____
4	34797 Isla Finkernagel		Lake Illawarra	_____
5	33899 Lennix Kis		Kiama	_____
6	40738 Rachael Clarke		Shoalhaven	_____
7	1539 Ivy Donougher		Nowra	_____

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Event 47 Boys 400 Metre 10's (8)

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

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	36237 Hayden McInnes		Milton-Ulladulla	_____
2	34836 Oliver Tebb		Lake Illawarra	_____
3	33892 Torin Pooley		Kiama	_____
4	34862 Ashton Warren		Lake Illawarra	_____
5	40870 Thomas Dziubinski		Shoalhaven	_____
6	25189 Beau Clifford		Albion Park	_____
7	33884 Billy Winchester		Kiama	_____
8	25194 Aiden Elphick		Albion Park	_____

Event 48 Girls 400 Metre 11's (5)

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

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	40703 Ashleigh Astin Briggs		Shoalhaven	_____
3	33898 Lilah Kis		Kiama	_____
4	40719 Emma Jones		Shoalhaven	_____
5	34845 Rohzi Gillespie		Lake Illawarra	_____
6	40936 Matilda Hellyer		Shoalhaven	_____

Event 49 Boys 400 Metre 11's (2)

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

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
7	34894 Braxton Carlaw		Lake Illawarra	_____
8	36255 Magnus Peden		Milton-Ulladulla	_____

Event 50 Girls 400 Metre 12's (8)

Zone: 1:03.20 3/12/2022 Maddison McWilliams

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	40784 Ada Houldsworth		Shoalhaven	_____
2	36232 Grace Greenacre		Milton-Ulladulla	_____
3	40852 Isla Sargent		Shoalhaven	_____
4	25193 Amelia Elphick		Albion Park	_____
5	40883 Amarlie Ward		Shoalhaven	_____
6	40873 Layla McGinn		St Georges Basin	_____
7	40787 Evealyn Norris		Shoalhaven	_____
8	25261 Brooklyn McWilliams		Albion Park	_____

Event 51 Boys 400 Metre 12's (7)

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

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	36288 Jacob McCabe		Milton-Ulladulla	_____
3	25106 Lucas Gill-Gomes		Albion Park	_____
4	42045 Ash Cubbo		St Georges Basin	_____
5	1546 Thor Jackson		Nowra	_____
6	41953 Connor Henry		St Georges Basin	_____
7	25166 Ky Jesus		Albion Park	_____
8	40812 Riley Bertholini		Shoalhaven	_____

Event 52 Girls 100 Metre 7's (5)

Zone: 16.10 30/01/1982 Belinda Ruiz

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	40953 Zoe Galloway		Shoalhaven	_____
3	25211 Mia Waddel		Albion Park	_____
4	33906 Molly Houlison		Kiama	_____
5	25243 Bella East		Albion Park	_____
6	40800 Sahara Hawkins		Shoalhaven	_____

Event 53 Boys 100 Metre 7's (4)

Zone: 15.60 12/12/2015 Germaine Wright

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	42046 Louis McGinn		St Georges Basin	_____
3	25128 Malakai Peters		Albion Park	_____
4	1535 Will Sproule		Nowra	_____
5	25198 Loki Flecknoe		Albion Park	_____

Event 54 Girls 100 Metre 13's (U14) (7)

Zone: 12.90 12/12/2015 Zoe Chater

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	41955 Jaylah Russell		St Georges Basin	_____
3	1549 Isla Bailie		Nowra	_____
4	25222 Kaylie Murray		Albion Park	_____
5	40780 Sophie Bull		Shoalhaven	_____
6	25216 Sienna Ristovski		Albion Park	_____
7	1550 Maiya Donougher		Nowra	_____
8	40749 Layla Dixon		Shoalhaven	_____

Event 56 Girls 100 Metre 14's (U15) (3)

Zone: 12.90 10/12/2016 Zoe Chater

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	25260 Maddison McWilliams		Albion Park	_____
3	1563 Josie Sproule		Nowra	_____
4	40956 Brooklyn Horwood		Shoalhaven	_____

Event 57 Girls 100 Metre Para 13's-14's (U15) (2)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
5	1559 Kashava Essex (T/F20)		Nowra	_____
6	40825 Ruby Claddingbowl (T)		Shoalhaven	_____

Event 58 Boys 100 Metre 14's (U15) (3)

Zone: 11.80 29/01/2011 Jye Brooker

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	34863 Beau Lidbetter		Lake Illawarra	_____
3	1562 Jacob Post		Nowra	_____
4	34861 Morgan Vagg		Lake Illawarra	_____

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Event 59 Girls 100 Metre 15's (U16) (2)

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

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	34818 Isabella Clowes		Lake Illawarra	_____
3	25235 Ella Power		Albion Park	_____

Event 60 Boys 100 Metre 15's (U16) (1)

Zone: 11.50 12/12/2009 Brodie Leeson

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
4	25200 Lucius Te Ahure-itama		Albion Park	_____

Event 61 Boys 100 Metre PA Under 20 (1)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
5	1569 Nathan Rose (T/F??)		Nowra	_____

Event 62 Girls 100 Metre 16's (U17) (4)

Zone: 30.00 7/12/2024 New Event - No Record

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	25281 Darcie Dwyer		Albion Park	_____
3	1568 Lily Sproule		Nowra	_____
4	40837 Tamela Wellington		Shoalhaven	_____
5	41968 Kadance Naylor		St Georges Basin	_____

Event 63 Girls 100 Metre 17's (U18) (2)

Zone: 12.00 12/12/2009 Talissa Scott

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
6	49012 Jasmine Wheeler		St Georges Basin	_____
7	41945 Natarsha Mandavy		St Georges Basin	_____

Event 65 Boys 100 Metre 8's (5)

Zone: 15.10 30/01/1982 Matthew Dalby

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	33893 Rhys Pooley		Kiama	_____
3	40819 Nullah Brandon		Shoalhaven	_____
4	46854 Nallah Allison		Lake Illawarra	_____
5	36275 Leo Konrad		Milton-Ulladulla	_____
6	40777 Jameson Day		Shoalhaven	_____

Event 67 Boys 100 Metre 9's (7)

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

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	40946 Tallan Carley		Shoalhaven	_____
3	33880 Gus Astin		Kiama	_____
4	40720 Keagan Jones		Shoalhaven	_____
5	34768 Eden Mace		Lake Illawarra	_____
6	41985 Liam Davison		St Georges Basin	_____
7	40699 Toby Durell		Shoalhaven	_____
8	25255 Benjamin Whyte		Albion Park	_____

Event 68 Girls 100 Metre 10's (8)

Zone: 14.10 25/01/1986 S Gown
 Zone: 14.10 28/01/2006 Shayna Wilson

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	1540 Addison Galloway		Nowra	_____
2	41990 Tilly O'Connor		Shoalhaven	_____
3	34880 Avery Sartori		Lake Illawarra	_____
4	1542 Skylah Reilly		Nowra	_____
5	25223 Tanisha Murray		Albion Park	_____
6	40738 Rachael Clarke		Shoalhaven	_____
7	1539 Ivy Donougher		Nowra	_____
8	34797 Isla Finkernagel		Lake Illawarra	_____

Event 70 Girls 100 Metre 11's (8)

Zone: 13.10 26/01/1980 Kerry Reko

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	40936 Matilda Hellyer		Shoalhaven	_____
2	34805 Darcy Kite		Lake Illawarra	_____
3	33804 Lena van Alphen		Kiama	_____
4	40703 Ashleigh Astin Briggs		Shoalhaven	_____
5	25254 Emma Whyte		Albion Park	_____
6	34808 Zoe Gregory		Lake Illawarra	_____
7	40719 Emma Jones		Shoalhaven	_____
8	34845 Rohzi Gillespie		Lake Illawarra	_____

Event 71 Boys 100 Metre 11's (7)

Zone: 13.00 29/01/2000 Kane Linnett

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	34894 Braxton Carlaw		Lake Illawarra	_____
3	40947 Tristan Carley		Shoalhaven	_____
4	36255 Magnus Peden		Milton-Ulladulla	_____
5	40951 Alakai Brandon		Shoalhaven	_____
6	41948 Jaison Fuller		St Georges Basin	_____
7	1543 Darcy Binney		Nowra	_____
8	41984 Callan Davison		St Georges Basin	_____

Event 73 Boys 100 Metre 12's (8)

Zone: 12.70 28/01/2006 Caine Trindall

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	36288 Jacob McCabe		Milton-Ulladulla	_____
2	41953 Connor Henry		St Georges Basin	_____
3	1545 Chase Carraro		Nowra	_____
4	25166 Ky Jesus		Albion Park	_____
5	42045 Ash Cubbo		St Georges Basin	_____
6	40748 Tyler Dixon		Shoalhaven	_____
7	25139 Jackson Hutchinson		Albion Park	_____
8	40788 Riley Sandstrom		Shoalhaven	_____

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Event 74 Girls 50 Metre 7's (2)

Zone: 9.00 12/12/2015 Lily Bell

Zone: 9.00 9/12/2017 Ginger Siasat

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	33846 Evie Franklin		Kiama	_____
3	42004 Mackenzie Allen		St Georges Basin	_____

Event 75 Boys 50 Metre 7's (3)

Zone: 8.60 12/12/2015 Asher Chapman

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

4	25197 Rusta Flecknoe		Albion Park	_____
5	1535 Will Sproule		Nowra	_____
6	25128 Malakai Peters		Albion Park	_____

Event 76 Girls 3000 Metre 13's (U14) (2)

Zone: 10:58.30 12/12/2009 Jessica Hull

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	25201 Hayley Bennett		Albion Park	_____
2	40839 Emerson Boatswain		Shoalhaven	_____

Event 77 Boys 3000 Metre 13's (U14) (7)

Zone: 10:28.20 8/12/2012 Troy Whittington

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

3	1554 Macarthur Davis		Nowra	_____
4	25121 Parker Bruce		Albion Park	_____
5	1552 William Heffill		Nowra	_____
6	40879 Elijah Mercer		Shoalhaven	_____
7	1551 Tom Smart		Nowra	_____
8	40701 Joshua Astin Briggs		Shoalhaven	_____
9	42021 Sami Laine		St Georges Basin	_____

Event 78 Girls 3000 Metre 14's (U15) (1)

Zone: 10:28.20 3/12/2022 Jessica Kann

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

10	1560 Madeline Oke		Nowra	_____
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Event 79 Boys 3000 Metre 14's (U15) (1)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

11	25309 Jed Fowler		Albion Park	_____
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**MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS**

Sanctuary Point Oval

Session: 2 Saturday Field Events

Day 1 - Saturday 07/12/2024 - Starts at 09:15 AM

Event	Description	Round
#80	Girls High Jump (S/H 0.80m) 9's	Finals
#81	Girls High Jump (S/H 1.20m) 15's (U16)	Finals
#82	Boys Long Jump 15's (U16)	Finals
#83	Girls Long Jump 14's (U15)	Finals
#84	Girls Triple Jump 17's (U18)	Finals
#85	Boys Discus Throw (500 Gram) 9's	Finals
#86	Boys Discus Throw (1.0 Kg) 14's (U15)	Finals
#87	Girls Shot Put (2.0 Kg) 11's	Finals
#88	Girls Long Jump 10's	Finals
#89	Boys Long Jump 11's	Finals
#90	Girls Triple Jump 12's	Finals
#91	Girls Discus Throw (500 Gram) 8's	Finals
#92	Boys Discus Throw (750 Gram) 12's	Finals
#93	Boys Javelin Throw (600 Gram) 13's (U14)	Finals
#94	Girls Shot Put (1.0 Kg) 7's	Finals
#95	Boys High Jump (S/H 0.95m) 10's	Finals
#96	Girls High Jump (S/H 1.15m) 13's (U14)	Finals
#97	Boys Long Jump 9's	Finals
#98	Boys Triple Jump 14's (U15)	Finals
#99	Girls Discus Throw (500 Gram) 10's	Finals
#100	Boys Discus Throw (350 Gram) 7's	Finals
#101	Girls Javelin Throw (500 Gram) 14's (U15)	Finals
#102	Girls Javelin Throw Para 13's-14's (U15)	Finals
#103	Girls Shot Put (2.0 Kg) 9's	Finals
#104	Girls High Jump (S/H 1.00m) 11's	Finals
#105	Girls High Jump (S/H 1.25m) 17's (U18)	Finals
#106	Girls Long Jump 8's	Finals
#107	Boys Long Jump 12's	Finals
#108	Boys Triple Jump 13's (U14)	Finals
#109	Girls Discus Throw (1.0 Kg) 15's (U16)	Finals
#110	Girls Discus Throw (1.0 Kg) 16's (U17)	Finals
#111	Boys Javelin Throw (400 Gram) 11's	Finals
#112	Boys Shot Put (2.0 Kg) 10's	Finals
#113	Girls Shot Put (3.0 Kg) 13's (U14)	Finals
#114	Girls High Jump (S/H 1.10m) 12's	Finals
#115	Boys High Jump (S/H 1.25m) 14's (U15)	Finals
#116	Boys Long Jump 8's	Finals
#117	Girls Triple Jump 15's (U16)	Finals
#118	Girls Triple Jump 16's (U17)	Finals
#119	Boys Shot Put (1.5 Kg) 8's	Finals
#120	Girls Shot Put (3.0 Kg) 14's (U15)	Finals
#121	Girls Shot Put Para 13's-14's (U15)	Finals
#122	Girls Long Jump 13's (U14)	Finals
#123	Girls Triple Jump 11's	Finals
#124	Boys Discus Throw (500 Gram) 11's	Finals
#125	Girls Shot Put (2.0 Kg) 12's	Finals
#126	Boys Discus Throw (750 Gram) 13's (U14)	Finals
#127	Boys Javelin Throw (400 Gram) 12's	Finals

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*Bracketed events will be combined.

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 7/12/2024 to 8/12/2024
Sanctuary Point Oval
Meet Program - Saturday Field

Event 80 Girls High Jump (S/H 0.80m) 9's (6)

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

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40789 Madison Sandstrom		Shoalhaven	_____
2	40747 Macey Dixon		Shoalhaven	_____
3	25127 Willow Peters		Albion Park	_____
4	34771 Banksii Spencer		Lake Illawarra	_____
5	1536 Myla Carraro		Nowra	_____
6	40744 Emery Piennar		Shoalhaven	_____

Event 81 Girls High Jump (S/H 1.20m) 15's (U16) (3)

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

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40899 Heidi McLaren		Shoalhaven	_____
2	34818 Isabella Clowes		Lake Illawarra	_____
3	25235 Ella Power		Albion Park	_____

Event 82 Boys Long Jump 15's (U16) (1)

Zone: 6.11m 27/01/2007 Kevin Orgaz

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	25200 Lucius Te Ahure-itama		Albion Park	_____

Event 83 Girls Long Jump 14's (U15) (5)

Zone: 5.39m 26/01/2008 Tayla King

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40956 Brooklyn Horwood		Shoalhaven	_____
2	34821 Mae Bremner		Lake Illawarra	_____
3	1558 Airlie Stevens		Nowra	_____
4	1560 Madeline Oke		Nowra	_____
5	25260 Maddison McWilliams		Albion Park	_____

Event 84 Girls Triple Jump 17's (U18) (2)

Zone: 11.39m 14/12/2008 Talissa Scott

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41945 Natarsha Mandavy		St Georges Basin	_____
2	49012 Jasmine Wheeler		St Georges Basin	_____

Event 85 Boys Discus Throw (500 Gram) 9's (8)

Zone: 29.67m 14/12/2014 Ryan Keen

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34768 Eden Mace		Lake Illawarra	_____
2	40838 Jasper McConville		Shoalhaven	_____
3	41985 Liam Davison		St Georges Basin	_____
4	41983 Braxton Earlam		St Georges Basin	_____
5	34839 Jude Bish		Lake Illawarra	_____
6	40946 Tallan Carley		Shoalhaven	_____
7	34833 Finn Thistlewaite		Lake Illawarra	_____
8	25182 Isaiah Ayoub		Albion Park	_____

Event 86 Boys Discus Throw (1.0 Kg) 14's (U15) (1)

Zone: 45.23m 8/12/2012 Connor Grozde

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34863 Beau Lidbetter		Lake Illawarra	_____

Event 87 Girls Shot Put (2.0 Kg) 11's (4)

Zone: 11.47m 10/12/2016 Chelsea Ezeoke

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34845 Rohzi Gillespie		Lake Illawarra	_____
2	41976 Charlotte Hooper		St Georges Basin	_____
3	40726 Lara Gordon		Shoalhaven	_____
4	25218 Ava Morrison		Albion Park	_____

Event 88 Girls Long Jump 10's (8)

Zone: 4.31m 12/12/2015 Delta Amidzovski

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34880 Avery Sartori		Lake Illawarra	_____
2	41990 Tilly O'Connor		Shoalhaven	_____
3	34797 Isla Finkernagel		Lake Illawarra	_____
4	41973 Mila Bozikov		St Georges Basin	_____
5	34822 Mollie Bremner		Lake Illawarra	_____
6	1539 Ivy Donougher		Nowra	_____
7	1540 Addison Galloway		Nowra	_____
8	25164 Skye Smith		Albion Park	_____

Event 89 Boys Long Jump 11's (5)

Zone: 4.89m 25/01/2003 Kevin Orgaz

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34894 Braxton Carlaw		Lake Illawarra	_____
2	36255 Magnus Peden		Milton-Ulladulla	_____
3	25262 Bryson McWilliams		Albion Park	_____
4	25202 Oliver Bennett		Albion Park	_____
5	1543 Darcy Binney		Nowra	_____

Event 90 Girls Triple Jump 12's (8)

Zone: 10.52m 13/12/2009 Chloe Docker

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	33829 Archie Turano Lyall		Kiama	_____
2	25163 Evie Smith		Albion Park	_____
3	40758 Nevaeh Williams		Shoalhaven	_____
4	33826 Mackenzie Massey		Kiama	_____
5	40852 Isla Sargent		Shoalhaven	_____
6	33828 Ivy Turano Lyall		Kiama	_____
7	40714 Layla Burbage		Shoalhaven	_____
8	25261 Brooklyn McWilliams		Albion Park	_____

MID SOUTH COAST ZONE
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Meet Program - Saturday Field

Event 91 Girls Discus Throw (500 Gram) 8's (4)

Zone: 20.00m 27/01/2001 Talissa Scott				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	25203 Aaliyah Hetherington		Albion Park	_____
2	40793 Chelsea James		Shoalhaven	_____
3	40785 Felicity Houldsworth		Shoalhaven	_____
4	40772 Evelyn Vickery		Shoalhaven	_____

Event 92 Boys Discus Throw (750 Gram) 12's (7)

Zone: 40.39m 13/12/2014 Trey Barlow				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40895 Brooklyn Kelly		Shoalhaven	_____
2	40812 Riley Bertholini		Shoalhaven	_____
3	34857 Hugh Wright		Lake Illawarra	_____
4	25106 Lucas Gill-Gomes		Albion Park	_____
5	40788 Riley Sandstrom		Shoalhaven	_____
6	25139 Jackson Hutchinson		Albion Park	_____
7	40748 Tyler Dixon		Shoalhaven	_____

Event 93 Boys Javelin Throw (600 Gram) 13's (U14) (5)

Zone: 40.44m 28/01/2006 Justin Webb				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40900 Aidan McLaren		Shoalhaven	_____
2	42021 Sami Laine		St Georges Basin	_____
3	25121 Parker Bruce		Albion Park	_____
4	40811 Jackson Turner		Shoalhaven	_____
5	25145 Gianni Oiteirinho		Albion Park	_____

Event 94 Girls Shot Put (1.0 Kg) 7's (5)

Zone: 6.97m 27/01/1991 Belinda Jackson				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40800 Sahara Hawkins		Shoalhaven	_____
2	34739 Emily Auld		Lake Illawarra	_____
3	25243 Bella East		Albion Park	_____
4	25211 Mia Waddel		Albion Park	_____
5	42004 Mackenzie Allen		St Georges Basin	_____

Event 95 Boys High Jump (S/H 0.95m) 10's (4)

Zone: 1.42m 31/01/1982 Glen Morante				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	25194 Aiden Elphick		Albion Park	_____
2	40814 Sam Dennett		Shoalhaven	_____
3	36237 Hayden McInnes		Milton-Ulladulla	_____
4	34862 Ashton Warren		Lake Illawarra	_____

Event 96 Girls High Jump (S/H 1.15m) 13's (U14) (2)

Zone: 1.56m 27/01/2007 Tayla King				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34875 Charlotte Lester		Lake Illawarra	_____
2	40780 Sophie Bull		Shoalhaven	_____

Event 97 Boys Long Jump 9's (5)

Zone: 4.33m 14/12/2008 Aron Cox				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40725 Liam France		Shoalhaven	_____
2	25116 Oscar Goode		Albion Park	_____
3	34768 Eden Mace		Lake Illawarra	_____
4	40720 Keagan Jones		Shoalhaven	_____
5	25255 Benjamin Whyte		Albion Park	_____

Event 98 Boys Triple Jump 14's (U15) (1)

Zone: 12.80m 28/01/2006 Kevin Orgaz				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34861 Morgan Vagg		Lake Illawarra	_____

Event 99 Girls Discus Throw (500 Gram) 10's (5)

Zone: 26.05m 29/01/2000 Emma Cooke				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40853 Claire Sargent		Shoalhaven	_____
2	34822 Mollie Bremner		Lake Illawarra	_____
3	25223 Tanisha Murray		Albion Park	_____
4	34880 Avery Sartori		Lake Illawarra	_____
5	25220 Callie Dent		Albion Park	_____

Event 100 Boys Discus Throw (350 Gram) 7's (6)

Zone: 22.41m 30/01/2000 Joel Fitness				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	25198 Loki Flecknoe		Albion Park	_____
2	42046 Louis McGinn		St Georges Basin	_____
3	25107 Zachary Hazlewood		Albion Park	_____
4	34882 Leo Thistlewaite		Lake Illawarra	_____
5	25181 Nathaniel Ayoub		Albion Park	_____
6	25128 Malakai Peters		Albion Park	_____

Event 101 Girls Javelin Throw (500 Gram) 14's (U15) (1)

Zone: 1.00m 7/12/2024 New Event - No Record				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40759 Layla Beck		Shoalhaven	_____

Event 102 Girls Javelin Throw Para 13's-14's (U15) (1)

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40825 Ruby Claddingbowl (T		Shoalhaven	_____

Event 103 Girls Shot Put (2.0 Kg) 9's (4)

Zone: 7.18m 27/01/2001 Kendall Vaughan				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	1537 Isabella Ansah		Nowra	_____
2	40813 Imogen Bertholini		Shoalhaven	_____
3	34738 Hannah Auld		Lake Illawarra	_____
4	25147 Stevie Hedges		Albion Park	_____

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 7/12/2024 to 8/12/2024
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Event 104 Girls High Jump (S/H 1.00m) 11's (9)

Zone: 1.42m 29/01/2005 Tayla King				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40763 Sienna Fryar		Shoalhaven	_____
2	42009 Allison Johnson		St Georges Basin	_____
3	40936 Matilda Hellyer		Shoalhaven	_____
4	40726 Lara Gordon		Shoalhaven	_____
5	33804 Lena van Alphen		Kiama	_____
6	41982 Matilda Earlam		St Georges Basin	_____
7	34808 Zoe Gregory		Lake Illawarra	_____
8	41965 Ruby Chapman		St Georges Basin	_____
9	34805 Darcy Kite		Lake Illawarra	_____

Event 105 Girls High Jump (S/H 1.25m) 17's (U18) (1)

Zone: 1.56m 14/12/2014 Celeste Sulerzyski				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41945 Natarsha Mandavy		St Georges Basin	_____

Event 106 Girls Long Jump 8's (8)

Zone: 3.80m 26/01/1985 Karen Dean				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	48632 Bayley McInnes		Milton-Ulladulla	_____
2	25115 Annika Goode		Albion Park	_____
3	33851 Olive Galloway		Kiama	_____
4	34748 Rosie Lester		Lake Illawarra	_____
5	40799 Charlotte Fragar		Shoalhaven	_____
6	40772 Evelyn Vickery		Shoalhaven	_____
7	40785 Felicity Houldsworth		Shoalhaven	_____
8	33844 Arlie Matterson		Kiama	_____

Event 107 Boys Long Jump 12's (10)

Zone: 5.31m 30/01/1982 David Carter				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40788 Riley Sandstrom		Shoalhaven	_____
2	40798 Isaac Fragar		Shoalhaven	_____
3	42045 Ash Cubbo		St Georges Basin	_____
4	36288 Jacob McCabe		Milton-Ulladulla	_____
5	25139 Jackson Hutchinson		Albion Park	_____
6	25106 Lucas Gill-Gomes		Albion Park	_____
7	40748 Tyler Dixon		Shoalhaven	_____
8	1545 Chase Carraro		Nowra	_____
9	25166 Ky Jesus		Albion Park	_____
10	1547 Kai Thirlwall		Nowra	_____

Event 108 Boys Triple Jump 13's (U14) (6)

Zone: 11.07m 25/01/1997 C Costello				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	33795 Rudy Keane		Kiama	_____
2	33796 Henry Keane		Kiama	_____
3	41956 Landon Russell		St Georges Basin	_____
4	40701 Joshua Astin Briggs		Shoalhaven	_____
5	42021 Sami Laine		St Georges Basin	_____
6	40896 Taj Blair		Shoalhaven	_____

Event 109 Girls Discus Throw (1.0 Kg) 15's (U16) (2)

Zone: 39.07m 14/12/2013 Samantha Peace				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	25138 Mackenzie Hutchinson		Albion Park	_____
2	40899 Heidi McLaren		Shoalhaven	_____

Event 110 Girls Discus Throw (1.0 Kg) 16's (U17) (1)

Zone: 1.00m 7/12/2024 New Event - No Record				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41968 Kadance Naylor		St Georges Basin	_____

Event 111 Boys Javelin Throw (400 Gram) 11's (5)

Zone: 26.75m 2/12/2023 Lucas Gill-Gomes				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40951 Alakai Brandon		Shoalhaven	_____
2	34894 Braxton Carlaw		Lake Illawarra	_____
3	41948 Jaison Fuller		St Georges Basin	_____
4	40947 Tristan Carley		Shoalhaven	_____
5	41957 Declan Bennett		St Georges Basin	_____

Event 112 Boys Shot Put (2.0 Kg) 10's (7)

Zone: 10.44m 27/01/1991 Bradley Jackson				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	25110 Lincoln Gorrie		Albion Park	_____
2	36274 Charlie Konrad		Milton-Ulladulla	_____
3	34862 Ashton Warren		Lake Illawarra	_____
4	25187 Oliver Sandona		Albion Park	_____
5	33845 Koa Matterson		Kiama	_____
6	40761 Mason Beck		Shoalhaven	_____
7	41969 Braxton Naylor		St Georges Basin	_____

Event 113 Girls Shot Put (3.0 Kg) 13's (U14) (4)

Zone: 11.84m 1/12/2018 Chelsea Ezeoke				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	25222 Kaylie Murray		Albion Park	_____
2	34875 Charlotte Lester		Lake Illawarra	_____
3	25201 Hayley Bennett		Albion Park	_____
4	40854 Amelia Percival		Shoalhaven	_____

Event 114 Girls High Jump (S/H 1.10m) 12's (5)

Zone: 1.57m 10/12/2017 Delta Amidzovski				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34864 Hannah Lidbetter		Lake Illawarra	_____
2	25193 Amelia Elphick		Albion Park	_____
3	33829 Archie Turano Lyall		Kiama	_____
4	25163 Evie Smith		Albion Park	_____
5	33826 Mackenzie Massey		Kiama	_____

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Event 115 Boys High Jump (S/H 1.25m) 14's (U15) (2)

Zone: 1.75m 30/01/2000 Steven Cluff

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34863 Beau Lidbetter		Lake Illawarra	_____
2	34861 Morgan Vagg		Lake Illawarra	_____

Event 116 Boys Long Jump 8's (6)

Zone: 4.19m 26/01/1985 Steven Russo

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	25192 Hayden Sandona		Albion Park	_____
2	40716 Jai Burbage		Shoalhaven	_____
3	34823 Archie Bremner		Lake Illawarra	_____
4	46854 Nallah Allison		Lake Illawarra	_____
5	40819 Nullah Brandon		Shoalhaven	_____
6	40815 Luke Dennett		Shoalhaven	_____

Event 117 Girls Triple Jump 15's (U16) (3)

Zone: 11.73m 2/12/2023 Maiya Hewitt

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40899 Heidi McLaren		Shoalhaven	_____
2	25221 Chelsea Nicol		Albion Park	_____
3	34818 Isabella Clowes		Lake Illawarra	_____

Event 118 Girls Triple Jump 16's (U17) (2)

Zone: 1.00m 7/12/2024 New Event - No Record

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41968 Kadance Naylor		St Georges Basin	_____
2	25281 Darcie Dwyer		Albion Park	_____

Event 119 Boys Shot Put (1.5 Kg) 8's (3)

Zone: 8.98m 27/01/2001 Joel Fitness

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34823 Archie Bremner		Lake Illawarra	_____
2	40777 Jameson Day		Shoalhaven	_____
3	40764 Blake Fryar		Shoalhaven	_____

Event 120 Girls Shot Put (3.0 Kg) 14's (U15) (3)

Zone: 12.77m 13/12/2008 Rachelle Grozde

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40759 Layla Beck		Shoalhaven	_____
2	1561 Ayeisha Ansah		Nowra	_____
3	34821 Mae Bremner		Lake Illawarra	_____

Event 121 Girls Shot Put Para 13's-14's (U15) (1)

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40825 Ruby Claddingbowl (T)		Shoalhaven	_____

Event 122 Girls Long Jump 13's (U14) (9)

Zone: 5.20m 18/12/2021 Maiya Hewitt

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40854 Amelia Percival		Shoalhaven	_____
2	1549 Isla Bailie		Nowra	_____
3	41955 Jaylah Russell		St Georges Basin	_____
4	40749 Layla Dixon		Shoalhaven	_____
5	40780 Sophie Bull		Shoalhaven	_____
6	1550 Maiya Donougher		Nowra	_____
7	25201 Hayley Bennett		Albion Park	_____
8	34875 Charlotte Lester		Lake Illawarra	_____
9	25222 Kaylie Murray		Albion Park	_____

Event 123 Girls Triple Jump 11's (3)

Zone: 9.03m 2/12/2023 Layla Burbage

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34808 Zoe Gregory		Lake Illawarra	_____
2	41965 Ruby Chapman		St Georges Basin	_____
3	25218 Ava Morrison		Albion Park	_____

Event 124 Boys Discus Throw (500 Gram) 11's (4)

Zone: 36.66m 2/12/2023 Riley Sandstrom

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	1543 Darcy Binney		Nowra	_____
2	40947 Tristan Carley		Shoalhaven	_____
3	41957 Declan Bennett		St Georges Basin	_____
4	41948 Jaison Fuller		St Georges Basin	_____

Event 125 Girls Shot Put (2.0 Kg) 12's (9)

Zone: 12.48m 28/01/2007 Rachelle Grozde

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40852 Isla Sargent		Shoalhaven	_____
2	25261 Brooklyn McWilliams		Albion Park	_____
3	33828 Ivy Turano Lyall		Kiama	_____
4	40760 Abby Beck		Shoalhaven	_____
5	25193 Amelia Elphick		Albion Park	_____
6	33829 Archie Turano Lyall		Kiama	_____
7	40784 Ada Houldsworth		Shoalhaven	_____
8	34864 Hannah Lidbetter		Lake Illawarra	_____
9	33826 Mackenzie Massey		Kiama	_____

Event 126 Boys Discus Throw (750 Gram) 13's (U14) (6)

Zone: 34.35m 1/12/2018 Isaac Walchli

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40900 Aidan McLaren		Shoalhaven	_____
2	41956 Landon Russell		St Georges Basin	_____
3	40701 Joshua Astin Briggs		Shoalhaven	_____
4	42021 Sami Laine		St Georges Basin	_____
5	40811 Jackson Turner		Shoalhaven	_____
6	1555 Wyatt Binney		Nowra	_____

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 7/12/2024 to 8/12/2024
Sanctuary Point Oval
Meet Program - Saturday Field

Event 127 Boys Javelin Throw (400 Gram) 12's (4)

Zone: 33.10m 10/12/2017 Ryan Keen

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	40798 Isaac Fragar		Shoalhaven	_____
2	25166 Ky Jesus		Albion Park	_____
3	40812 Riley Bertholini		Shoalhaven	_____
4	34857 Hugh Wright		Lake Illawarra	_____

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
2022-23 Shoalhaven

"ON YOUR MARKS! SET! GO!"

MID SOUTH COAST ZONE TRACK & FIELD CHAMPIONSHIPS

Sanctuary Point Oval

Session: 3 Sunday Track Events

Day 2 - Sunday 08/12/2024 - Starts at 09:00 AM

Event	Description	Round
#128	Girls 1100 Metre Race Walk 11's	Finals
#129	Boys 1100 Metre Race Walk 11's	Finals
#130	Girls 1100 Metre Race Walk 10's	Finals
#131	Boys 1100 Metre Race Walk 10's	Finals
#132	Girls 700 Metre Race Walk 9's	Finals
#133	Boys 700 Metre Race Walk 9's	Finals
#134	Girls 700 Metre Pack Start 8's	Finals
#135	Boys 700 Metre Pack Start 8's	Finals
#136	Girls 1500 Metre Race Walk 12's	Finals
#137	Girls 1500 Metre Race Walk 13's (U14)	Finals
#138	Boys 1500 Metre Race Walk 13's (U14)	Finals
#139	Girls 1500 Metre Race Walk 14's (U15)	Finals
#140	Boys 1500 Metre Race Walk 14's (U15)	Finals
#141	Girls 1500 Metre Race Walk 15's (U16)	Finals
#142	Girls 80 Metre Hurdles (60cm) 11's	Finals
#143	Boys 80 Metre Hurdles (60cm) 11's	Finals
#144	Girls 80 Metre Hurdles (68cm) 12's	Finals
#145	Boys 80 Metre Hurdles (68cm) 12's	Finals
#146	Girls 80 Metre Hurdles (76cm) 13's (U14)	Finals
#147	Boys 90 Metre Hurdles (76cm) 13's (U14)	Finals
#148	Boys 100 Metre Hurdles (76cm) 14's (U15)	Finals
#149	Boys 100 Metre Hurdles (76cm) 15's (U16)	Finals
#150	Girls 100 Metre Hurdles (76cm) 17's (U18)	Finals
#151	Girls 70 Metre 8's	Prelims
#152	Girls 200 Metre 12's	Prelims
#153	Girls 200 Metre 10's	Prelims
#154	Girls 70 Metre 10's	Finals
#155	Boys 70 Metre 10's	Finals
#156	Girls 70 Metre 9's	Finals
#157	Boys 70 Metre 9's	Finals
#158	Girls 70 Metre 8's	Finals
#159	Boys 70 Metre 8's	Finals
#160	Girls 70 Metre 7's	Finals
#161	Boys 70 Metre 7's	Finals
#162	Girls 4x100 Metre Relay (Snr) Senior	Finals
#163	Boys 4x100 Metre Relay (Snr) Senior	Finals
#164	Girls 4x100 Metre Relay (Jnr) Junior	Finals
#165	Boys 4x100 Metre Relay (Jnr) Junior	Finals
#166	Girls 800 Metre 11's	Finals
#167	Boys 800 Metre 11's	Finals
#168	Girls 800 Metre 12's	Finals
#169	Boys 800 Metre 12's	Finals

*Bracketed events will be combined.

Event	Description	Round
#170	Girls 800 Metre 13's (U14)	Finals
#171	Boys 800 Metre 13's (U14)	Finals
#172	Girls 800 Metre 14's (U15)	Finals
#173	Girls 800 Metre Para 13's-14's (U15)	Finals
#174	Boys 800 Metre 14's (U15)	Finals
#175	Girls 800 Metre 15's (U16)	Finals
#176	Boys 800 Metre 15's (U16)	Finals
#177	Boys 800 Metre PA Under 20	Finals
#178	Girls 800 Metre 17's (U18)	Finals
#179	Girls 800 Metre 10's	Finals
#180	Boys 800 Metre 10's	Finals
#181	Girls 800 Metre 9's	Finals
#182	Boys 800 Metre 9's	Finals
#183	Girls 200 Metre 8's	Finals
#184	Boys 200 Metre 8's	Finals
#185	Girls 200 Metre 7's	Finals
#186	Boys 200 Metre 7's	Finals
#187	Girls 200 Metre 11's	Finals
#188	Boys 200 Metre 11's	Finals
#189	Girls 200 Metre 12's	Finals
#190	Boys 200 Metre 12's	Finals
#191	Girls 200 Metre 13's (U14)	Finals
#192	Boys 200 Metre 13's (U14)	Finals
#193	Girls 200 Metre 14's (U15)	Finals
#194	Girls 200 Metre Para 13's-14's (U15)	Finals
#195	Boys 200 Metre 14's (U15)	Finals
#196	Girls 200 Metre 15's (U16)	Finals
#197	Boys 200 Metre 15's (U16)	Finals
#198	Boys 200 Metre PA Under 20	Finals
#199	Girls 200 Metre 16's (U17)	Finals
#200	Girls 200 Metre 17's (U18)	Finals
#201	Girls 200 Metre 10's	Finals
#202	Boys 200 Metre 10's	Finals
#203	Girls 200 Metre 9's	Finals
#204	Boys 200 Metre 9's	Finals

*Bracketed events will be combined.

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 7/12/2024 to 8/12/2024
Sanctuary Point Oval
Meet Program - Sunday Track

Event 128 Girls 1100 Metre Race Walk 11's (2)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	41976 Charlotte Hooper		St Georges Basin	_____
2	41965 Ruby Chapman		St Georges Basin	_____

Event 129 Boys 1100 Metre Race Walk 11's (1)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

3	41957 Declan Bennett		St Georges Basin	_____
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Event 130 Girls 1100 Metre Race Walk 10's (2)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

4	1542 Skylah Reilly		Nowra	_____
5	33798 Neela Maris		Kiama	_____

Event 131 Boys 1100 Metre Race Walk 10's (1)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

6	41969 Braxton Naylor		St Georges Basin	_____
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Event 132 Girls 700 Metre Race Walk 9's (2)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	25147 Stevie Hedges		Albion Park	_____
2	34872 Holly Smyth		Lake Illawarra	_____

Event 133 Boys 700 Metre Race Walk 9's (4)

Zone: 4:29.40 1/02/2004 Timothy Adams

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

3	25182 Isaiah Ayoub		Albion Park	_____
4	40838 Jasper McConville		Shoalhaven	_____
5	34839 Jude Bish		Lake Illawarra	_____
6	40725 Liam France		Shoalhaven	_____

Event 134 Girls 700 Metre Pack Start 8's (5)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	40785 Felicity Houldsworth		Shoalhaven	_____
2	34748 Rosie Lester		Lake Illawarra	_____
3	25115 Annika Goode		Albion Park	_____
4	25132 Zariah Hennen		Albion Park	_____
5	25275 Kyla Condello		Albion Park	_____

Event 135 Boys 700 Metre Pack Start 8's (4)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

6	33799 Saxon Maris		Kiama	_____
7	40716 Jai Burbage		Shoalhaven	_____
8	40764 Blake Fryar		Shoalhaven	_____
9	34764 Zac Stubbs		Lake Illawarra	_____

Event 136 Girls 1500 Metre Race Walk 12's (1)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	34864 Hannah Lidbetter		Lake Illawarra	_____
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Event 137 Girls 1500 Metre Race Walk 13's (U14) (3)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	40839 Emerson Boatswain		Shoalhaven	_____
3	25276 Kara Condello		Albion Park	_____
4	40825 Ruby Claddingbowl (T)		Shoalhaven	_____

Event 138 Boys 1500 Metre Race Walk 13's (U14) (3)

Zone: 8:16.10 29/01/1984 B Hall

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

5	40896 Taj Blair		Shoalhaven	_____
6	40811 Jackson Turner		Shoalhaven	_____
7	25253 Samuel Whyte		Albion Park	_____

Event 139 Girls 1500 Metre Race Walk 14's (U15) (1)

Zone: 7:37.50 29/01/2006 Tanya Poppett

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

8	34821 Mae Bremner		Lake Illawarra	_____
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Event 140 Boys 1500 Metre Race Walk 14's (U15) (1)

Zone: 7:34.40 29/01/2006 John Tilden

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

9	34861 Morgan Vagg		Lake Illawarra	_____
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Event 141 Girls 1500 Metre Race Walk 15's (U16) (1)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

10	40899 Heidi McLaren		Shoalhaven	_____
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MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 7/12/2024 to 8/12/2024
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Meet Program - Sunday Track

Event 142 Girls 80 Metre Hurdles (60cm) 11's (6)

Zone: 14.40 3/12/2023 Archie Turano-Lyall			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
2	33804 Lena van Alphen	Kiama	_____
3	25254 Emma Whyte	Albion Park	_____
4	40703 Ashleigh Astin Briggs	Shoalhaven	_____
5	42009 Allison Johnson	St Georges Basin	_____
6	34896 Aleaha Talbot	Lake Illawarra	_____
7	40719 Emma Jones	Shoalhaven	_____

Event 143 Boys 80 Metre Hurdles (60cm) 11's (1)

Zone: 14.10 3/12/2023 Lucas Gill-Gomes			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
8	40823 Elijah Junor-Cook	Shoalhaven	_____

Event 144 Girls 80 Metre Hurdles (68cm) 12's (6)

Zone: 14.90 19/12/2021 Myra Betts			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
2	33826 Mackenzie Massey	Kiama	_____
3	1548 Willow Dwyer	Nowra	_____
4	40714 Layla Burbage	Shoalhaven	_____
5	25163 Evie Smith	Albion Park	_____
6	33829 Archie Turano Lyall	Kiama	_____
7	40873 Layla McGinn	St Georges Basin	_____

Event 145 Boys 80 Metre Hurdles (68cm) 12's (6)

Zone: 14.10 4/12/2022 Temana Searle			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
2	25166 Ky Jesus	Albion Park	_____
3	40895 Brooklyn Kelly	Shoalhaven	_____
4	25106 Lucas Gill-Gomes	Albion Park	_____
5	40748 Tyler Dixon	Shoalhaven	_____
6	36288 Jacob McCabe	Milton-Ulladulla	_____
7	40812 Riley Bertholini	Shoalhaven	_____

Event 146 Girls 80 Metre Hurdles (76cm) 13's (U14) (4)

Zone: 12.60 30/01/2011 Susie Seitaridis			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
2	40749 Layla Dixon	Shoalhaven	_____
3	25222 Kaylie Murray	Albion Park	_____
4	40780 Sophie Bull	Shoalhaven	_____
5	41955 Jaylah Russell	St Georges Basin	_____

Event 147 Boys 90 Metre Hurdles (76cm) 13's (U14) (5)

Zone: 30.00 7/12/2024 New Event - No Record			
Zone: 12.90 13/12/2009 Jye Brooker			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
2	40811 Jackson Turner	Shoalhaven	_____
3	41956 Landon Russell	St Georges Basin	_____
4	40701 Joshua Astin Briggs	Shoalhaven	_____
5	25253 Samuel Whyte	Albion Park	_____
6	40896 Taj Blair	Shoalhaven	_____

Event 148 Boys 100 Metre Hurdles (76cm) 14's (U15) (1)

Zone: 12.60 30/01/2011 Jye Brooker			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
2	34861 Morgan Vagg	Lake Illawarra	_____

Event 149 Boys 100 Metre Hurdles (76cm) 15's (U16) (1)

Zone: 14.00 25/01/1997 Henderson McCue			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
3	1566 Harry Thomson	Nowra	_____

Event 150 Girls 100 Metre Hurdles (76cm) 17's (U18) (3)

Zone: 14.40 13/12/2009 Talissa Scott			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
4	49012 Jasmine Wheeler	St Georges Basin	_____
5	40898 Emily McLaren	Shoalhaven	_____
6	41945 Natarsha Mandavy	St Georges Basin	_____

Event 151 Girls 70 Metre 8's (9)

8 Advance: Top 3 Each Heat plus Next 2 Best Times			
Zone: 11.10 31/01/1982 Rachel Dean			
Lane	Name	Age Team	Seed Time
Heat 1 of 2 Prelims			
2	40772 Evelyn Vickery	Shoalhaven	_____
3	25203 Aaliyah Hetherington	Albion Park	_____
4	40954 Willow Horwood	Shoalhaven	_____
5	25275 Kyla Condello	Albion Park	_____
6	40884 Ivie Ward	Shoalhaven	_____
Heat 2 of 2 Prelims			
2	40793 Chelsea James	Shoalhaven	_____
3	33844 Arlie Matterson	Kiama	_____
4	40864 Abigail Waters	Shoalhaven	_____
5	25115 Annika Goode	Albion Park	_____

Event 152 Girls 200 Metre 12's (10)

8 Advance: Top 3 Each Heat plus Next 2 Best Times			
Zone: 26.10 28/01/1979 Kim Wilson			
Lane	Name	Age Team	Seed Time
Heat 1 of 2 Prelims			
2	40883 Amarlie Ward	Shoalhaven	_____
3	34799 Ayla York	Lake Illawarra	_____
4	40784 Ada Houldsworth	Shoalhaven	_____
5	36232 Grace Greenacre	Milton-Ulladulla	_____
6	40873 Layla McGinn	St Georges Basin	_____
Heat 2 of 2 Prelims			
2	40758 Nevach Williams	Shoalhaven	_____
3	1548 Willow Dwyer	Nowra	_____
4	40852 Isla Sargent	Shoalhaven	_____
5	25193 Amelia Elphick	Albion Park	_____
6	40787 Evealyn Norris	Shoalhaven	_____

MID SOUTH COAST ZONE
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Meet Program - Sunday Track

Event 153 Girls 200 Metre 10's (10)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Zone: 29.10 26/01/1986 S Gown**

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

2	25220 Callie Dent		Albion Park	_____
3	40738 Rachael Clarke		Shoalhaven	_____
4	33798 Neela Maris		Kiama	_____
5	34800 Sienna York		Lake Illawarra	_____
6	25164 Skye Smith		Albion Park	_____

Heat 2 of 2 Prelims

2	33899 Lennix Kis		Kiama	_____
3	41990 Tilly O'Connor		Shoalhaven	_____
4	1540 Addison Galloway		Nowra	_____
5	34797 Isla Finkernagel		Lake Illawarra	_____
6	25274 Kaylee Condello		Albion Park	_____

Event 154 Girls 70 Metre 10's (7)**Zone: 10.20 29/01/2006 Shayna Wilson**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	25164 Skye Smith		Albion Park	_____
3	33798 Neela Maris		Kiama	_____
4	34822 Mollie Bremner		Lake Illawarra	_____
5	25274 Kaylee Condello		Albion Park	_____
6	41973 Mila Bozikov		St Georges Basin	_____
7	34800 Sienna York		Lake Illawarra	_____
8	41990 Tilly O'Connor		Shoalhaven	_____

Event 155 Boys 70 Metre 10's (7)**Zone: 9.40 13/12/2009 Tristan Brazulaitis**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	33892 Torin Pooley		Kiama	_____
3	25189 Beau Clifford		Albion Park	_____
4	41969 Braxton Naylor		St Georges Basin	_____
5	33845 Koa Matterson		Kiama	_____
6	36274 Charlie Konrad		Milton-Ulladulla	_____
7	34836 Oliver Tebb		Lake Illawarra	_____
8	1541 Kiefer Spearpoint		Nowra	_____

Event 156 Girls 70 Metre 9's (6)**Zone: 10.80 14/12/2014 Delta Amidzovski**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	40747 Macey Dixon		Shoalhaven	_____
3	1536 Myla Carraro		Nowra	_____
4	40723 Mia De Ruyter		Shoalhaven	_____
5	34738 Hannah Auld		Lake Illawarra	_____
6	40702 Hayley Astin Briggs		Shoalhaven	_____
7	40813 Imogen Bertholini		Shoalhaven	_____

Event 157 Boys 70 Metre 9's (3)**Zone: 10.40 13/12/2015 Riley Moran****Zone: 10.40 13/12/2009 Connor Ruse-Kent**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	40720 Keagan Jones		Shoalhaven	_____
3	25255 Benjamin Whyte		Albion Park	_____
4	40838 Jasper McConville		Shoalhaven	_____

Event 159 Boys 70 Metre 8's (8)**Zone: 10.10 30/01/1983 P Giobbi**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	40777 Jameson Day		Shoalhaven	_____
2	46854 Nallah Allison		Lake Illawarra	_____
3	33799 Saxon Maris		Kiama	_____
4	40819 Nullah Brandon		Shoalhaven	_____
5	33893 Rhys Pooley		Kiama	_____
6	36275 Leo Konrad		Milton-Ulladulla	_____
7	40815 Luke Dennett		Shoalhaven	_____
8	34823 Archie Bremner		Lake Illawarra	_____

Event 160 Girls 70 Metre 7's (4)**Zone: 11.10 31/01/1982 Belinda Ruiz**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	33846 Evie Franklin		Kiama	_____
3	25211 Mia Waddel		Albion Park	_____
4	40953 Zoe Galloway		Shoalhaven	_____
5	25243 Bella East		Albion Park	_____

Event 161 Boys 70 Metre 7's (4)**Zone: 11.10 30/01/1983 L O'Connor**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	34882 Leo Thistlewaite		Lake Illawarra	_____
3	25107 Zachary Hazlewood		Albion Park	_____
4	42046 Louis McGinn		St Georges Basin	_____
5	25198 Loki Flecknoe		Albion Park	_____

Event 162 Girls 4x100 Metre Relay (Snr) Senior (8)**Zone: 52.10 14/12/2008 Albion Park**

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Shoalhaven		_____
2	Albion Park		_____
3	Kembla Joggers		_____
4	Milton-Ulladulla		_____
5	Kiama		_____
6	Nowra		_____
7	Lake Illawarra		_____
8	St Georges Basin		_____

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Event 163 Boys 4x100 Metre Relay (Snr) Senior (8)

Zone: 48.50 14/12/2008 Albion Park

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Albion Park		_____
2	Kiama		_____
3	St Georges Basin		_____
4	Kembla Joggers		_____
5	Nowra		_____
6	Lake Illawarra		_____
7	Milton-Ulladulla		_____
8	Shoalhaven		_____

Event 164 Girls 4x100 Metre Relay (Jnr) Junior (8)

Zone: 57.90 13/12/2009 Lake Illawarra

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Nowra		_____
2	St Georges Basin		_____
3	Shoalhaven		_____
4	Lake Illawarra		_____
5	Milton-Ulladulla		_____
6	Albion Park		_____
7	Kiama		_____
8	Kembla Joggers		_____

Event 165 Boys 4x100 Metre Relay (Jnr) Junior (8)

Zone: 57.20 14/12/2008 Albion Park

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	St Georges Basin		_____
2	Milton-Ulladulla		_____
3	Kiama		_____
4	Nowra		_____
5	Lake Illawarra		_____
6	Kembla Joggers		_____
7	Shoalhaven		_____
8	Albion Park		_____

Event 166 Girls 800 Metre 11's (6)

Zone: 2:29.10 31/01/1982 K Tieck

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	40731 Cleo McArthur		Shoalhaven	_____
2	33898 Lilah Kis		Kiama	_____
3	41976 Charlotte Hooper		St Georges Basin	_____
4	40715 Cailin Burbage		Shoalhaven	_____
5	34896 Aleaha Talbot		Lake Illawarra	_____
6	40763 Sienna Fryar		Shoalhaven	_____

Event 167 Boys 800 Metre 11's (3)

Zone: 2:29.00 25/01/1981 Simon Hull

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
7	40919 Finn Goddard		Shoalhaven	_____
8	25262 Bryson McWilliams		Albion Park	_____
9	40924 Owen Harlor		Shoalhaven	_____

Event 168 Girls 800 Metre 12's (8)

Zone: 2:29.10 30/01/1983 K Tieck

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	40787 Evealyn Norris		Shoalhaven	_____
2	36232 Grace Greenacre		Milton-Ulladulla	_____
3	40883 Amarlie Ward		Shoalhaven	_____
4	40873 Layla McGinn		St Georges Basin	_____
5	25193 Amelia Elphick		Albion Park	_____
6	40869 Annie Dziubinski		Shoalhaven	_____
7	34799 Ayla York		Lake Illawarra	_____
8	25261 Brooklyn McWilliams		Albion Park	_____

Event 169 Boys 800 Metre 12's (6)

Zone: 2:23.00 31/01/1982 Simon Hull

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	36288 Jacob McCabe		Milton-Ulladulla	_____
2	42045 Ash Cubbo		St Georges Basin	_____
3	1547 Kai Thirlwall		Nowra	_____
4	40812 Riley Bertholini		Shoalhaven	_____
5	41953 Connor Henry		St Georges Basin	_____
6	1546 Thor Jackson		Nowra	_____

Event 170 Girls 800 Metre 13's (U14) (3)

Zone: 2:24.40 30/01/2000 Cian Maciejewski

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	25201 Hayley Bennett		Albion Park	_____
2	40839 Emerson Boatswain		Shoalhaven	_____
3	25216 Sienna Ristovski		Albion Park	_____

Event 171 Boys 800 Metre 13's (U14) (7)

Zone: 2:16.50 9/12/2012 Troy Whittington

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
4	33795 Rudy Keane		Kiama	_____
5	1552 William Heffill		Nowra	_____
6	25121 Parker Bruce		Albion Park	_____
7	40879 Elijah Mercer		Shoalhaven	_____
8	1551 Tom Smart		Nowra	_____
9	47408 Morton Ellerington		Victory	_____
10	1554 Macarthur Davis		Nowra	_____

Event 172 Girls 800 Metre 14's (U15) (3)

Zone: 2:21.50 15/12/2019 Tayissa Buchanan

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	1558 Airlie Stevens		Nowra	_____
2	34821 Mae Bremner		Lake Illawarra	_____
3	1560 Madeline Oke		Nowra	_____

Event 173 Girls 800 Metre Para 13's-14's (U15) (1)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
4	1559 Kashava Essex (T/F20)		Nowra	_____

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Event 174 Boys 800 Metre 14's (U15) (4)

Zone: 2:16.80 9/12/2012 Kade Szakacs			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
5	18275 Noah Field	Milton-Ulladulla	_____
6	1562 Jacob Post	Nowra	_____
7	25309 Jed Fowler	Albion Park	_____
8	1564 Hugh Thirlwall	Nowra	_____

Event 175 Girls 800 Metre 15's (U16) (3)

Zone: 2:19.50 9/12/2012 Susie Seitaridis			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
1	1567 Evie Binney	Nowra	_____
2	25221 Chelsea Nicol	Albion Park	_____
3	1565 Evie Smart	Nowra	_____

Event 176 Boys 800 Metre 15's (U16) (1)

Zone: 2:10.10 27/01/1991 Chris Russell			
Zone: 2:10.10 15/12/2013 Kade Szakacs			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
4	25188 Deakin Cook	Albion Park	_____

Event 177 Boys 800 Metre PA Under 20 (1)

Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
5	1569 Nathan Rose (T/F??)	Nowra	_____

Event 178 Girls 800 Metre 17's (U18) (1)

Zone: 2:15.30 9/12/2012 Jessica Hull			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
6	40898 Emily McLaren	Shoalhaven	_____

Event 179 Girls 800 Metre 10's (7)

Zone: 2:41.30 4/12/2022 Brooklyn McWilliams			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
1	40732 Annabelle McArthur	Shoalhaven	_____
2	33798 Neela Maris	Kiama	_____
3	40738 Rachael Clarke	Shoalhaven	_____
4	1539 Ivy Donougher	Nowra	_____
5	34800 Sienna York	Lake Illawarra	_____
6	25274 Kaylee Condello	Albion Park	_____
7	33899 Lennix Kis	Kiama	_____

Event 180 Boys 800 Metre 10's (6)

Zone: 2:32.10 27/01/1980 Simon Hull			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
1	25194 Aiden Elphick	Albion Park	_____
2	1538 Atlas Bailie	Nowra	_____
3	25189 Beau Clifford	Albion Park	_____
4	40814 Sam Dennett	Shoalhaven	_____
5	25110 Lincoln Gorrie	Albion Park	_____
6	40870 Thomas Dziubinski	Shoalhaven	_____

Event 181 Girls 800 Metre 9's (5)

Zone: 2:43.00 30/01/1983 Lisa Baldwin			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
1	40789 Madison Sandstrom	Shoalhaven	_____
2	34872 Holly Smyth	Lake Illawarra	_____
3	40816 Penny Boyle	Shoalhaven	_____
4	34826 Avenue-Sage Filiposki	Lake Illawarra	_____
5	36252 Arianne Lang	Milton-Ulladulla	_____

Event 182 Boys 800 Metre 9's (5)

Zone: 2:42.10 25/01/1998 Guy Cuttill			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
6	25116 Oscar Goode	Albion Park	_____
7	40699 Toby Durell	Shoalhaven	_____
8	33880 Gus Astin	Kiama	_____
9	34833 Finn Thistlewaite	Lake Illawarra	_____
10	41985 Liam Davison	St Georges Basin	_____

Event 183 Girls 200 Metre 8's (6)

Zone: 33.10 29/01/1984 S Gown			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
2	40793 Chelsea James	Shoalhaven	_____
3	25132 Zariah Hennen	Albion Park	_____
4	40954 Willow Horwood	Shoalhaven	_____
5	25275 Kyla Condello	Albion Park	_____
6	40884 Ivie Ward	Shoalhaven	_____
7	40864 Abigail Waters	Shoalhaven	_____

Event 184 Boys 200 Metre 8's (4)

Zone: 32.10 31/01/1982 Matthew Dalby			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
2	36275 Leo Konrad	Milton-Ulladulla	_____
3	33893 Rhys Pooley	Kiama	_____
4	34764 Zac Stubbs	Lake Illawarra	_____
5	33799 Saxon Maris	Kiama	_____

Event 185 Girls 200 Metre 7's (4)

Zone: 34.10 30/01/1982 Belinda Ruiz			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
2	40953 Zoe Galloway	Shoalhaven	_____
3	34840 Marli Bish	Lake Illawarra	_____
4	25243 Bella East	Albion Park	_____
5	40800 Sahara Hawkins	Shoalhaven	_____

Event 186 Boys 200 Metre 7's (3)

Zone: 33.10 13/12/2015 Gabriel Lombardi			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
6	25197 Rusta Flecknoe	Albion Park	_____
7	42046 Louis McGinn	St Georges Basin	_____
8	25181 Nathaniel Ayoub	Albion Park	_____

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Event 187 Girls 200 Metre 11's (8)

Zone: 29.10 27/01/1991 Skye Richardson			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
1	34896 Aleaha Talbot	Lake Illawarra	_____
2	40703 Ashleigh Astin Briggs	Shoalhaven	_____
3	34805 Darcy Kite	Lake Illawarra	_____
4	40731 Cleo McArthur	Shoalhaven	_____
5	33898 Lilah Kis	Kiama	_____
6	42009 Allison Johnson	St Georges Basin	_____
7	25254 Emma Whyte	Albion Park	_____
8	34835 Olivia Brown	Lake Illawarra	_____

Event 188 Boys 200 Metre 11's (4)

Zone: 28.00 30/01/2000 Kane Linnett			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
2	36255 Magnus Peden	Milton-Ulladulla	_____
3	46868 Saxon Rogers	Lake Illawarra	_____
4	40823 Elijah Junor-Cook	Shoalhaven	_____
5	41984 Callan Davison	St Georges Basin	_____

Event 190 Boys 200 Metre 12's (7)

Zone: 26.60 29/01/2006 Caine Trindall			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
2	40788 Riley Sandstrom	Shoalhaven	_____
3	41953 Connor Henry	St Georges Basin	_____
4	1545 Chase Carraro	Nowra	_____
5	25106 Lucas Gill-Gomes	Albion Park	_____
6	42045 Ash Cubbo	St Georges Basin	_____
7	36288 Jacob McCabe	Milton-Ulladulla	_____
8	40895 Brooklyn Kelly	Shoalhaven	_____

Event 191 Girls 200 Metre 13's (U14) (8)

Zone: 26.30 2/12/2018 Chelsea Ezeoke			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
1	25216 Sienna Ristovski	Albion Park	_____
2	41955 Jaylah Russell	St Georges Basin	_____
3	40749 Layla Dixon	Shoalhaven	_____
4	25201 Hayley Bennett	Albion Park	_____
5	1550 Maiya Donougher	Nowra	_____
6	25276 Kara Condello	Albion Park	_____
7	40780 Sophie Bull	Shoalhaven	_____
8	1549 Isla Bailie	Nowra	_____

Event 192 Boys 200 Metre 13's (U14) (6)

Zone: 25.40 28/01/2007 Caine Trindall			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
2	1553 Flynn Kelly	Nowra	_____
3	33795 Rudy Keane	Kiama	_____
4	1557 Orlando Bailie	Nowra	_____
5	40896 Taj Blair	Shoalhaven	_____
6	33796 Henry Keane	Kiama	_____
7	25145 Gianni Oiteirinho	Albion Park	_____

Event 193 Girls 200 Metre 14's (U15) (3)

Zone: 26.40 14/12/2014 Jenna Bentley			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
2	25260 Maddison McWilliams	Albion Park	_____
3	1563 Josie Sproule	Nowra	_____
4	40956 Brooklyn Horwood	Shoalhaven	_____

Event 194 Girls 200 Metre Para 13's-14's (U15) (2)

Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
5	40825 Ruby Claddingbowl (T)	Shoalhaven	_____
6	1559 Kashava Essex (T/F20)	Nowra	_____

Event 195 Boys 200 Metre 14's (U15) (2)

Zone: 24.20 30/01/2000 Johnny Finkernagel			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
7	1562 Jacob Post	Nowra	_____
8	34863 Beau Lidbetter	Lake Illawarra	_____

Event 196 Girls 200 Metre 15's (U16) (2)

Zone: 26.30 3/12/2023 Maiya Hewitt			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
1	25235 Ella Power	Albion Park	_____
2	1565 Evie Smart	Nowra	_____

Event 197 Boys 200 Metre 15's (U16) (2)

Zone: 23.30 13/12/2009 Brodie Leeson			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
3	25200 Lucius Te Ahure-itama	Albion Park	_____
4	25188 Deakin Cook	Albion Park	_____

Event 198 Boys 200 Metre PA Under 20 (1)

Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
5	1569 Nathan Rose (T/F??)	Nowra	_____

Event 199 Girls 200 Metre 16's (U17) (2)

Zone: 1:00.00 7/12/2024 New Event - No Record			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
6	25281 Darcie Dwyer	Albion Park	_____
7	40837 Tamela Wellington	Shoalhaven	_____

Event 200 Girls 200 Metre 17's (U18) (1)

Zone: 25.30 13/12/2009 Talissa Scott			
Zone: 25.30 13/12/2015 Kiara White			
Lane	Name	Age Team	Seed Time
Section 1 of 1 Finals			
8	49012 Jasmine Wheeler	St Georges Basin	_____

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Event 202 Boys 200 Metre 10's (5)

Zone: 28.20 28/01/2007 Luke Watts

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	36274 Charlie Konrad		Milton-Ulladulla	_____
3	1541 Kiefer Spearpoint		Nowra	_____
4	25187 Oliver Sandona		Albion Park	_____
5	33884 Billy Winchester		Kiama	_____
6	25194 Aiden Elphick		Albion Park	_____

Event 203 Girls 200 Metre 9's (5)

Zone: 31.80 27/01/2002 Paige Fenech

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	34881 Peyton Sartori		Lake Illawarra	_____
3	40816 Penny Boyle		Shoalhaven	_____
4	36252 Arianne Lang		Milton-Ulladulla	_____
5	40723 Mia De Ruyter		Shoalhaven	_____
6	34826 Avenue-Sage Filiposki		Lake Illawarra	_____

Event 204 Boys 200 Metre 9's (6)

Zone: 30.10 26/01/1986 Steven Russo

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	40725 Liam France		Shoalhaven	_____
3	25255 Benjamin Whyte		Albion Park	_____
4	40699 Toby Durell		Shoalhaven	_____
5	41985 Liam Davison		St Georges Basin	_____
6	33880 Gus Astin		Kiama	_____
7	34839 Jude Bish		Lake Illawarra	_____

**MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS**

Sanctuary Point Oval

Session: 4 Sunday Field Events

Day 2 - Sunday 08/12/2024 - Starts at 09:00 AM

Event	Description	Round
#205	Boys Long Jump 14's (U15)	Finals
#206	Girls Long Jump 15's (U16)	Finals
#207	Girls Long Jump 16's (U17)	Finals
#208	Girls Discus Throw (750 Gram) 13's (U14)	Finals
#209	Girls Discus Throw (1.0 Kg) 14's (U15)	Finals
#210	Girls Discus Throw Para 13's-14's (U15)	Finals
#211	Boys Shot Put (3.0 Kg) 13's (U14)	Finals
#212	Girls Shot Put (3.0 Kg) 17's (U18)	Finals
#213	Boys High Jump (S/H 0.85m) 9's	Finals
#214	Boys High Jump (S/H 1.25m) 15's (U16)	Finals
#215	Boys Long Jump 10's	Finals
#216	Girls Long Jump 12's	Finals
#217	Boys Triple Jump 11's	Finals
#218	Girls Discus Throw (350 Gram) 7's	Finals
#219	Girls Discus Throw (500 Gram) 11's	Finals
#220	Girls Javelin Throw (500 Gram) 17's (U18)	Finals
#221	Girls Shot Put (1.5 Kg) 8's	Finals
#222	Boys Shot Put (4.0 Kg) 14's (U15)	Finals
#223	Girls High Jump (S/H 0.90m) 10's	Finals
#224	Boys High Jump (S/H 1.15m) 12's	Finals
#225	Girls Long Jump 9's	Finals
#226	Boys Long Jump 13's (U14)	Finals
#227	Girls Triple Jump 13's (U14)	Finals
#228	Boys Discus Throw (500 Gram) 8's	Finals
#229	Girls Javelin Throw (400 Gram) 12's	Finals
#230	Boys Shot Put (1.0 Kg) 7's	Finals
#231	Girls Shot Put (3.0 Kg) 15's (U16)	Finals
#232	Girls Shot Put (3.0 Kg) 16's (U17)	Finals
#233	Girls High Jump (S/H 1.20m) 14's (U15)	Finals
#234	Girls Long Jump 11's	Finals
#235	Girls Long Jump 17's (U18)	Finals
#236	Girls Discus Throw (500 Gram) 9's	Finals
#237	Boys Discus Throw (500 Gram) 10's	Finals
#238	Girls Javelin Throw (500 Gram) 15's (U16)	Finals
#239	Girls Javelin Throw (500 Gram) 16's (U17)	Finals
#240	Boys Shot Put (2.0 Kg) 9's	Finals
#241	Boys Shot Put (2.0 Kg) 12's	Finals
#242	Boys High Jump (S/H 1.05m) 11's	Finals
#243	Boys High Jump (S/H 1.20m) 13's (U14)	Finals
#244	Girls Long Jump 7's	Finals
#245	Boys Long Jump 7's	Finals
#246	Girls Triple Jump 14's (U15)	Finals
#247	Girls Discus Throw (750 Gram) 12's	Finals
#248	Boys Javelin Throw (700 Gram) 14's (U15)	Finals
#249	Boys Javelin Throw PA Under 20	Finals
#250	Boys Shot Put (2.0 Kg) 11's	Finals
#251	Girls Shot Put (2.0 Kg) 10's	Finals
#252	Boys Triple Jump 12's	Finals
#253	Girls Javelin Throw (400 Gram) 13's (U14)	Finals
#254	Girls Javelin Throw (400 Gram) 11's	Finals

*Bracketed events will be combined.

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Event 205 Boys Long Jump 14's (U15) (1)

Zone: 5.83m 30/01/2011 Jye Brooker

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	34861 Morgan Vagg		Lake Illawarra		

Event 206 Girls Long Jump 15's (U16) (3)

Zone: 5.72m 13/12/2008 Tayla King

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	25235 Ella Power		Albion Park		
2	25221 Chelsea Nicol		Albion Park		
3	34818 Isabella Clowes		Lake Illawarra		

Event 207 Girls Long Jump 16's (U17) (2)

Zone: 1.00m 7/12/2024 New Event - No Record

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	41968 Kadance Naylor		St Georges Basin		
2	25281 Darcie Dwyer		Albion Park		

Event 208 Girls Discus Throw (750 Gram) 13's (U14) (5)

Zone: 39.35m 2/12/2018 Chelsea Ezeoke

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	25276 Kara Condello		Albion Park		
2	40839 Emerson Boatswain		Shoalhaven		
3	40749 Layla Dixon		Shoalhaven		
4	34875 Charlotte Lester		Lake Illawarra		
5	40854 Amelia Percival		Shoalhaven		

Event 209 Girls Discus Throw (1.0 Kg) 14's (U15) (1)

Zone: 42.03m 9/12/2012 Samantha Peace

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	40759 Layla Beck		Shoalhaven		

Event 210 Girls Discus Throw Para 13's-14's (U15) (1)

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	40825 Ruby Claddingbowl (T)		Shoalhaven		

Event 211 Boys Shot Put (3.0 Kg) 13's (U14) (3)

Zone: 14.29m 30/01/1983 Paul Kaiserfield

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	40900 Aidan McLaren		Shoalhaven		
2	40811 Jackson Turner		Shoalhaven		
3	25145 Gianni Oiteirinho		Albion Park		

Event 212 Girls Shot Put (3.0 Kg) 17's (U18) (1)

Zone: 13.12m 11/12/2011 Rachelle Grozde

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	41945 Natarsha Mandavy		St Georges Basin		

Event 213 Boys High Jump (S/H 0.85m) 9's (4)

Zone: 1.25m 29/01/1983 Matthew Dalby

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	40720 Keagan Jones		Shoalhaven		
2	25116 Oscar Goode		Albion Park		
3	34839 Jude Bish		Lake Illawarra		
4	34833 Finn Thistlewaite		Lake Illawarra		

Event 214 Boys High Jump (S/H 1.25m) 15's (U16) (3)

Zone: 1.77m 15/12/2019 Tsar Mandavy

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	33864 Stephen Alfano		Kiama		
2	25200 Lucius Te Ahure-itama		Albion Park		
3	25188 Deakin Cook		Albion Park		

Event 215 Boys Long Jump 10's (6)

Zone: 4.75m 26/01/1980 David Carter

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	25110 Lincoln Gorrie		Albion Park		
2	1538 Atlas Bailie		Nowra		
3	25187 Oliver Sandona		Albion Park		
4	1541 Kiefer Spearpoint		Nowra		
5	40814 Sam Dennett		Shoalhaven		
6	34836 Oliver Tebb		Lake Illawarra		

Event 216 Girls Long Jump 12's (10)

Zone: 4.93m 12/12/2009 Chloe Docker

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	40758 Nevaeh Williams		Shoalhaven		
2	25261 Brooklyn McWilliams		Albion Park		
3	33828 Ivy Turano Lyall		Kiama		
4	34799 Ayla York		Lake Illawarra		
5	34864 Hannah Lidbetter		Lake Illawarra		
6	33829 Archie Turano Lyall		Kiama		
7	40714 Layla Burbage		Shoalhaven		
8	33826 Mackenzie Massey		Kiama		
9	25163 Evie Smith		Albion Park		
10	1548 Willow Dwyer		Nowra		

Event 217 Boys Triple Jump 11's (5)

Zone: 9.96m 26/01/2003 Kevin Orgaz

Zone: 9.96m 28/01/2006 Joshua Bingham

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	25202 Oliver Bennett		Albion Park		
2	25262 Bryson McWilliams		Albion Park		
3	40951 Alakai Brandon		Shoalhaven		
4	46868 Saxon Rogers		Lake Illawarra		
5	41984 Callan Davison		St Georges Basin		

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Event 218 Girls Discus Throw (350 Gram) 7's (3)

Zone: 14.83m 29/01/2000 Talissa Scott

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34739 Emily Auld		Lake Illawarra	_____
2	42004 Mackenzie Allen		St Georges Basin	_____
3	34840 Marli Bish		Lake Illawarra	_____

Event 219 Girls Discus Throw (500 Gram) 11's (6)

Zone: 23.15m 3/12/2023 Abby Beck

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40731 Cleo McArthur		Shoalhaven	_____
2	40763 Sienna Fryar		Shoalhaven	_____
3	34835 Olivia Brown		Lake Illawarra	_____
4	40726 Lara Gordon		Shoalhaven	_____
5	40715 Cailin Burbage		Shoalhaven	_____
6	25218 Ava Morrison		Albion Park	_____

Event 220 Girls Javelin Throw (500 Gram) 17's (U18) (1)

Zone: 34.11m 10/12/2011 Rachele Grozde

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40898 Emily McLaren		Shoalhaven	_____

Event 221 Girls Shot Put (1.5 Kg) 8's (5)

Zone: 6.39m 30/01/2000 Kendall Vaughan

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40793 Chelsea James		Shoalhaven	_____
2	34748 Rosie Lester		Lake Illawarra	_____
3	25275 Kyla Condello		Albion Park	_____
4	25203 Aaliyah Hetherington		Albion Park	_____
5	40772 Evelyn Vickery		Shoalhaven	_____

Event 222 Boys Shot Put (4.0 Kg) 14's (U15) (1)

Zone: 1.00m 7/12/2024 No Record - New Event

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34863 Beau Lidbetter		Lake Illawarra	_____

Event 223 Girls High Jump (S/H 0.90m) 10's (6)

Zone: 1.32m 2/12/2018 Mia Davis

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40732 Annabelle McArthur		Shoalhaven	_____
2	41973 Mila Bozikov		St Georges Basin	_____
3	25274 Kaylee Condello		Albion Park	_____
4	1542 Skylah Reilly		Nowra	_____
5	40853 Claire Sargent		Shoalhaven	_____
6	34800 Sienna York		Lake Illawarra	_____

Event 224 Boys High Jump (S/H 1.15m) 12's (4)

Zone: 1.67m 31/01/1982 Mineo Bonetig

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41953 Connor Henry		St Georges Basin	_____
2	25139 Jackson Hutchinson		Albion Park	_____
3	40748 Tyler Dixon		Shoalhaven	_____
4	1545 Chase Carraro		Nowra	_____

Event 225 Girls Long Jump 9's (8)

Zone: 4.22m 27/01/1985 S Gown

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34872 Holly Smyth		Lake Illawarra	_____
2	34826 Avenue-Sage Filiposki		Lake Illawarra	_____
3	25147 Stevie Hedges		Albion Park	_____
4	1536 Myla Carraro		Nowra	_____
5	40723 Mia De Ruyter		Shoalhaven	_____
6	40789 Madison Sandstrom		Shoalhaven	_____
7	1537 Isabella Ansah		Nowra	_____
8	40816 Penny Boyle		Shoalhaven	_____

Event 226 Boys Long Jump 13's (U14) (6)

Zone: 5.41m 29/01/1989 Che Wicks

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	1553 Flynn Kelly		Nowra	_____
2	1556 Phillip Ansah		Nowra	_____
3	33796 Henry Keane		Kiama	_____
4	33795 Rudy Keane		Kiama	_____
5	25253 Samuel Whyte		Albion Park	_____
6	41956 Landon Russell		St Georges Basin	_____

Event 227 Girls Triple Jump 13's (U14) (5)

Zone: 10.56m 2/12/2018 Chelsea Ezeoke

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34875 Charlotte Lester		Lake Illawarra	_____
2	25276 Kara Condello		Albion Park	_____
3	25222 Kaylie Murray		Albion Park	_____
4	41955 Jaylah Russell		St Georges Basin	_____
5	40854 Amelia Percival		Shoalhaven	_____

Event 228 Boys Discus Throw (500 Gram) 8's (7)

Zone: 25.34m 30/01/2000 S Harris

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40764 Blake Fryar		Shoalhaven	_____
2	40815 Luke Dennett		Shoalhaven	_____
3	40716 Jai Burbage		Shoalhaven	_____
4	25192 Hayden Sandona		Albion Park	_____
5	34764 Zac Stubbs		Lake Illawarra	_____
6	40819 Nullah Brandon		Shoalhaven	_____
7	33799 Saxon Maris		Kiama	_____

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Meet Program - Sunday Field

Event 229 Girls Javelin Throw (400 Gram) 12's (6)

Zone: 27.93m 10/12/2011 Shaye-Lee Frier

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	33828 Ivy Turano Lyall		Kiama		_____
2	34864 Hannah Lidbetter		Lake Illawarra		_____
3	33829 Archie Turano Lyall		Kiama		_____
4	25163 Evie Smith		Albion Park		_____
5	40714 Layla Burbage		Shoalhaven		_____
6	40760 Abby Beck		Shoalhaven		_____

Event 230 Boys Shot Put (1.0 Kg) 7's (4)

Zone: 7.52m 13/12/2014 Noah Jackson

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	25197 Rusta Flecknoe		Albion Park		_____
2	25107 Zachary Hazlewood		Albion Park		_____
3	25181 Nathaniel Ayoub		Albion Park		_____
4	34882 Leo Thistlewaite		Lake Illawarra		_____

Event 231 Girls Shot Put (3.0 Kg) 15's (U16) (2)

Zone: 13.02m 13/12/2009 Rachelle Grozde

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	25138 Mackenzie Hutchinson		Albion Park		_____
2	34818 Isabella Clowes		Lake Illawarra		_____

Event 232 Girls Shot Put (3.0 Kg) 16's (U17) (1)

Zone: 1.00m 7/12/2024 New Event - No Record

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	41968 Kadance Naylor		St Georges Basin		_____

Event 233 Girls High Jump (S/H 1.20m) 14's (U15) (1)

Zone: 1.61m 27/01/2008 Tayla King

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	40956 Brooklyn Horwood		Shoalhaven		_____

Event 234 Girls Long Jump 11's (10)

Zone: 4.78m 26/01/2002 Teresa Garcia

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	42009 Allison Johnson		St Georges Basin		_____
2	40715 Cailin Burbage		Shoalhaven		_____
3	34835 Olivia Brown		Lake Illawarra		_____
4	41965 Ruby Chapman		St Georges Basin		_____
5	34808 Zoe Gregory		Lake Illawarra		_____
6	25218 Ava Morrison		Albion Park		_____
7	34896 Aleaha Talbot		Lake Illawarra		_____
8	33804 Lena van Alphen		Kiama		_____
9	25254 Emma Whyte		Albion Park		_____
10	34805 Darcy Kite		Lake Illawarra		_____

Event 235 Girls Long Jump 17's (U18) (3)

Zone: 5.75m 13/12/2008 Talissa Scott

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	40898 Emily McLaren		Shoalhaven		_____
2	41945 Natarsha Mandavy		St Georges Basin		_____
3	49012 Jasmine Wheeler		St Georges Basin		_____

Event 236 Girls Discus Throw (500 Gram) 9's (8)

Zone: 24.07m 27/01/2002 Talissa Scott

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	40813 Imogen Bertholini		Shoalhaven		_____
2	1537 Isabella Ansah		Nowra		_____
3	25147 Stevie Hedges		Albion Park		_____
4	40747 Macey Dixon		Shoalhaven		_____
5	34738 Hannah Auld		Lake Illawarra		_____
6	40702 Hayley Astin Briggs		Shoalhaven		_____
7	34872 Holly Smyth		Lake Illawarra		_____
8	34826 Avenue-Sage Filiposki		Lake Illawarra		_____

Event 237 Boys Discus Throw (500 Gram) 10's (5)

Zone: 34.09m 12/12/2015 Ryan Keen

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	25110 Lincoln Gorrie		Albion Park		_____
2	40761 Mason Beck		Shoalhaven		_____
3	33845 Koa Matterson		Kiama		_____
4	41969 Braxton Naylor		St Georges Basin		_____
5	40870 Thomas Dziubinski		Shoalhaven		_____

Event 238 Girls Javelin Throw (500 Gram) 15's (U16) (3)

Zone: 33.43m 3/12/2023 Kadance Naylor

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	34818 Isabella Clowes		Lake Illawarra		_____
2	40899 Heidi McLaren		Shoalhaven		_____
3	25221 Chelsea Nicol		Albion Park		_____

Event 239 Girls Javelin Throw (500 Gram) 16's (U17) (1)

Zone: 1.00m 7/12/2024 New Event - No Record

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	41968 Kadance Naylor		St Georges Basin		_____

Event 240 Boys Shot Put (2.0 Kg) 9's (2)

Zone: 8.79m 26/01/1991 Bradley Jackson

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	40946 Tallan Carley		Shoalhaven		_____
2	25182 Isaiah Ayoub		Albion Park		_____

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Event 241 Boys Shot Put (2.0 Kg) 12's (6)

Zone: 11.70m 4/12/2022 Beau Lidbetter				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40895 Brooklyn Kelly		Shoalhaven	_____
2	25106 Lucas Gill-Gomes		Albion Park	_____
3	40812 Riley Bertholini		Shoalhaven	_____
4	1546 Thor Jackson		Nowra	_____
5	25139 Jackson Hutchinson		Albion Park	_____
6	40788 Riley Sandstrom		Shoalhaven	_____

Event 242 Boys High Jump (S/H 1.05m) 11's (5)

Zone: 1.50m 24/01/1981 Mineo Bonetig				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40951 Alakai Brandon		Shoalhaven	_____
2	46868 Saxon Rogers		Lake Illawarra	_____
3	25202 Oliver Bennett		Albion Park	_____
4	40823 Elijah Junor-Cook		Shoalhaven	_____
5	41984 Callan Davison		St Georges Basin	_____

Event 243 Boys High Jump (S/H 1.20m) 13's (U14) (3)

Zone: 1.66m 11/12/2011 Jake Rallings				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	25145 Gianni Oiteirinho		Albion Park	_____
2	1553 Flynn Kelly		Nowra	_____
3	41956 Landon Russell		St Georges Basin	_____

Event 244 Girls Long Jump 7's (4)

Zone: 3.33m 26/01/2001 Tayla King				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40953 Zoe Galloway		Shoalhaven	_____
2	25211 Mia Waddel		Albion Park	_____
3	34840 Marli Bish		Lake Illawarra	_____
4	42004 Mackenzie Allen		St Georges Basin	_____

Event 245 Boys Long Jump 7's (2)

Zone: 3.50m 13/12/2015 Germaine Wright				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	25198 Loki Flecknoe		Albion Park	_____
2	25197 Rusta Flecknoe		Albion Park	_____

Event 246 Girls Triple Jump 14's (U15) (4)

Zone: 11.20m 27/01/2008 Tayla King				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40956 Brooklyn Horwood		Shoalhaven	_____
2	1560 Madeline Oke		Nowra	_____
3	1558 Airlie Stevens		Nowra	_____
4	25260 Maddison McWilliams		Albion Park	_____

Event 247 Girls Discus Throw (750 Gram) 12's (8)

Zone: 33.96m 29/01/2011 Samantha Peace				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	33828 Ivy Turano Lyall		Kiama	_____
2	34864 Hannah Lidbetter		Lake Illawarra	_____
3	40760 Abby Beck		Shoalhaven	_____
4	40852 Isla Sargent		Shoalhaven	_____
5	34799 Ayla York		Lake Illawarra	_____
6	40714 Layla Burbage		Shoalhaven	_____
7	33826 Mackenzie Massey		Kiama	_____
8	25193 Amelia Elphick		Albion Park	_____

Event 248 Boys Javelin Throw (700 Gram) 14's (U15) (1)

Zone: 1.00m 7/12/2024 New Event - No Record				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	34863 Beau Lidbetter		Lake Illawarra	_____

Event 249 Boys Javelin Throw PA Under 20 (1)

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	1569 Nathan Rose (T/F??)		Nowra	_____

Event 250 Boys Shot Put (2.0 Kg) 11's (4)

Zone: 12.08m 27/01/1996 Alex Cabanas				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40823 Elijah Junor-Cook		Shoalhaven	_____
2	41948 Jaison Fuller		St Georges Basin	_____
3	46868 Saxon Rogers		Lake Illawarra	_____
4	40947 Tristan Carley		Shoalhaven	_____

Event 251 Girls Shot Put (2.0 Kg) 10's (5)

Zone: 8.90m 13/12/2015 Chelsea Ezeoke				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	25223 Tanisha Murray		Albion Park	_____
2	25220 Callie Dent		Albion Park	_____
3	34880 Avery Sartori		Lake Illawarra	_____
4	40853 Claire Sargent		Shoalhaven	_____
5	34822 Mollie Bremner		Lake Illawarra	_____

Event 252 Boys Triple Jump 12's (4)

Zone: 10.68m 30/01/2011 Jake Rallings				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	40788 Riley Sandstrom		Shoalhaven	_____
2	40748 Tyler Dixon		Shoalhaven	_____
3	25166 Ky Jesus		Albion Park	_____
4	41953 Connor Henry		St Georges Basin	_____

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Meet Program - Sunday Field

Event 253 Girls Javelin Throw (400 Gram) 13's (U14) (6)

Zone: 31.62m 9/12/2012 Shaye-Lee Frier

Pos	Name	Age	Team	Seed	Mark
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Flight 1 of 1 Finals

1	34875 Charlotte Lester		Lake Illawarra		_____
2	40839 Emerson Boatswain		Shoalhaven		_____
3	25222 Kaylie Murray		Albion Park		_____
4	41955 Jaylah Russell		St Georges Basin		_____
5	40854 Amelia Percival		Shoalhaven		_____
6	25276 Kara Condello		Albion Park		_____

Event 254 Girls Javelin Throw (400 Gram) 11's (3)

Zone: 18.47m 3/12/2023 Layla Burbage

Pos	Name	Age	Team	Seed	Mark
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Flight 1 of 1 Finals

1	40726 Lara Gordon		Shoalhaven		_____
2	34835 Olivia Brown		Lake Illawarra		_____
3	40719 Emma Jones		Shoalhaven		_____

Ground Layout

(Please Note This Is A 350m Track)

