



Mid South Coast

HART
SPORT

ZONE CHAMPIONSHIPS
2025/2026

A Warm Welcome To All

On behalf of the Kiama Centre, I warmly welcome all competitors, officials, and guests to the 2025/2026 Mid South Coast Zone Championships. We hope you enjoy your time with us and find the facilities at the Kiama Sporting Complex to your satisfaction.

This event is made possible thanks to the dedication of our officials and helpers, who will be working tirelessly throughout the weekend. We deeply appreciate their commitment and thank these community-minded individuals for volunteering their time to ensure the success of these Championships.

Please be aware that there will be no professional security present at the venue on Friday and Saturday nights. As a result, we cannot accept responsibility for any items left on site overnight.

We encourage you to make the most of your visit to the beautiful Kiama municipality and enjoy all it has to offer. Wishing everyone a fantastic weekend of athletics—may all athletes compete in great spirit, enjoy the competition, and forge new friendships.

Craig Scott
President
Kiama Little Athletics Centre



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 be presented State medals at the carnival. The first three (3) place getters in age groups up to 15's will receive Zone medals after the carnival.

The first three (3) place getters in all 8's to 15's finals will progress to the Region 4 Championships at the Kerryn McCann Athletic Centre, Wollongong, on Saturday 7th and Sunday 8th February 2026. 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 and the 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.

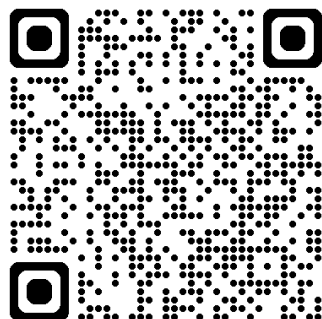
The competition area is only for athletes, officials, and parent helpers. No spectators are permitted inside the area of competition at any time without prior consent from the Carnival Manager.

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.

Live Results

Live Results are available at <https://athleticsnsw.anet.live/meets/59304>.

Use the QR Code below to access event results.



Uniform Requirements

Athletes must compete in correct Centre uniform.

NSW ATHLETICS PATCH PLACEMENTS

The diagram shows a singlet and a pair of shorts. On the singlet, there is a McDonald's logo and the number '1099' in the center. A Coles Age Patch with the number '12' is on the upper right side. Arrows point from text labels to these patches. A note states that Coles Age Patches are no longer placed on shorts.

McDonald's
Rego Number
Centre Front

Coles Age Patch on
either side of the
singlet or crop top

Coles Age Patches
are no longer able
to be placed on the
shorts

Uniform Patch Instructions

- The Coles age patch can now be worn on either side of the singlet or crop top.
- The registration number must be worn by all LANSW registered members, including Tiny Tots, and should be placed on the front of the singlet.

If space is limited on a crop top and both patches cannot fit, the registration number may be resized. While the red border is not a sponsor requirement, sponsor logos, registration number and season date must remain visible. The red border may be folded to reduce the overall size to accommodate both patches.

The logo for NSW Athletics, featuring a stylized figure running and a circular emblem with a sun or gear-like design.

Centre Information

Centre	Abbrev.	No.	Uniform	Team Manager
Albion Park	ALB	71	Red, white & navy blue with wave midriff pattern. Navy blue shorts.	Kalee Goode
Kiama	KIA	114	Lime green with black & white trim. Black shorts.	Julian Pooley Cassie Dove
Lake Illawarra	LKI	10	Royal blue, black panels with black and white contoured striping. Royal blue or black shorts.	Kym Davis
Milton Ulladulla	MIL	185	Black with two white diagonal stripes. Black shorts.	Ben Greenacre
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.	Clare Ellerington

Dean Blair Registration Numbers 7's To 15's

Albion Park	134	Milton Ulladulla	50
Kiama	92	Shoalhaven	142
Lake Illawarra	97	St Georges Basin	69

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 Kiama Sports Complex 6th and 7th December, 2025

Host Centre		Kiama
Carnival Manager	Doonan McLaren	Zone Coordinator
Assist. Carnival Manager	Craig Scott	Kiama
Timing Gates	Greg Gillet	Albion Park
Starting Panel		Albion Park
Announcer	Stacey Scott	Kiama
Information Officer	Darren Wensor	LANSW
Safety Officer	Scott McLaren	Shoalhaven
Jury Of Appeal	Doonan McLaren Craig Scott Darren Wensor	Zone Coordinator Kiama LANSW
Walks Panel	Tracy Mandavy Darren Wensor	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	Scott McLaren	Shoalhaven
Dean Blair Trophy Compiler	Craig Scott	Kiama
Track Marshalling		Albion Park
Shot Put Chief	Jacquie Peace	Shoalhaven
Discus Chief	Ron Cox	Shoalhaven
Long/Triple Jump Chief - 1	Brad Stevens	Nowra
Long/Triple Jump Chief - 2	Scott McLaren Irwin Burbage	Shoalhaven Shoalhaven
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

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

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
2024-25 Shoalhaven

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 15'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!

MID SOUTH COAST ZONE TRACK & FIELD CHAMPIONSHIPS

Kiama Sports Complex

Session: 1 Saturday Track Events

Day 1 - Saturday 06/12/2025 - Starts at 09:00 AM

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

*Bracketed events will be combined.

Event	Description	Round
#44	Boys 400 Metre 12s	Finals
#45	Girls 100 Metre 7s	Finals
#46	Boys 100 Metre 7s	Finals
#47	Girls 100 Metre 13s	Finals
#48	Boys 100 Metre 13s	Finals
#49	Girls 100 Metre 14s	Finals
#50	Girls 100 Metre Para 13s-14s	Finals
#51	Boys 100 Metre 14s	Finals
#52	Girls 100 Metre 15s	Finals
#53	Boys 100 Metre 15s	Finals
#54	Girls 100 Metre 16s	Finals
#55	Girls 100 Metre 17s	Finals
#56	Girls 100 Metre Under 20	Finals
#57	Girls 100 Metre 8s	Finals
#58	Girls 100 Metre 9s	Finals
#59	Boys 100 Metre 9s	Finals
#60	Girls 100 Metre 10s	Finals
#61	Boys 100 Metre 10s	Finals
#62	Girls 100 Metre 11s	Finals
#63	Boys 100 Metre 11s	Finals
#64	Girls 100 Metre 12s	Finals
#65	Boys 100 Metre 12s	Finals
#66	Girls 50 Metre 7s	Finals
#67	Boys 50 Metre 7s	Finals
#68	Boys 3000 Metre 13s	Finals
#69	Girls 3000 Metre 14s	Finals
#70	Boys 3000 Metre 14s	Finals
#71	Girls 3000 Metre 15s	Finals
#72	Boys 3000 Metre Under 20	Finals

*Bracketed events will be combined.

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 6/12/2025 to 7/12/2025
Kiama Sports Complex
Meet Program - Saturday Track Events

Event 1 Girls 500 Metre Pack Start 7s (3)

Zone: 1:49.10 30/01/2000 Paige Fenech				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	36220 Ivy Hennen	7	Albion Park	
2	41016 Ellie Kis	7	Kiama	
3	29962 Molly Mackechnie	7	Shoalhaven	

Event 2 Boys 500 Metre Pack Start 7s (3)

Zone: 1:46.70 27/01/2008 Mitchell Potts				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
4	30081 Owen Boyle	7	Shoalhaven	
5	35530 Emerson Mace	7	Lake Illawarra	
6	36150 Ky'ree Holland-Hines	7	Albion Park	

Event 3 Girls 1500 Metre 11s (1)

Zone: 4:54.00 29/01/2000 Cian Maciejewski				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	41015 Lennix Kis	11	Kiama	

Event 4 Boys 1500 Metre 11s (3)

Zone: 4:56.10 24/01/1981 Simon Hull				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	41040 Jake Grant	11	Kiama	
3	35621 Oliver Tebb	11	Lake Illawarra	
4	41071 Torin Pooley	11	Kiama	

Event 5 Girls 1500 Metre 12s (7)

Zone: 5:01.10 29/01/1983 K Tieck				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
5	41014 Lilah Kis	12	Kiama	
6	35588 Rohzi Gillespie	12	Lake Illawarra	
7	41554 Ruby Chapman	12	St Georges Basin	
8	30035 Lara Gordon	12	Shoalhaven	
9	41591 Charlotte Hooper	12	St Georges Basin	
10	41013 Lena van Alphen	12	Kiama	
11	30046 Cailin Burbage	12	Shoalhaven	

Event 6 Boys 1500 Metre 12s (4)

Zone: 4:46.10 30/01/1982 Simon Hull				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
12	41076 Owen Harlor	12	Kiama	
13	30094 Finn Goddard	12	Shoalhaven	
14	36318 Dane Stirling	12	Albion Park	
15	41538 Declan Bennett	12	St Georges Basin	

Event 7 Girls 1500 Metre 13s (4)

Zone: 5:06.10 29/01/1994 T Moxham				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	41059 Mackenzie Massey	13	Kiama	
2	36260 Annie Dziubinski	13	Albion Park	
3	1332 Amarlie Ward	13	Nowra	
4	36267 Brooklyn McWilliams	13	Albion Park	

Event 8 Boys 1500 Metre 13s (4)

Zone: 4:39.10 29/01/1983 Simon Hull				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
5	1326 Thor Jackson	13	Nowra	
6	41111 Lewis Brown	13	Kiama	
7	1331 Kai Thirlwall	13	Nowra	
8	42653 Hugo McKean	13	Milton-Ulladulla	

Event 9 Girls 1500 Metre 14s (2)

Zone: 4:54.40 3/12/2022 Jessica Kann				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
9	30053 Emerson Boatswain	14	Shoalhaven	
10	35592 Zara O'Leary	14	Lake Illawarra	

Event 10 Boys 1500 Metre 14s (5)

Zone: 4:46.80 28/01/2006 Jason Invernon				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
11	1320 Morten Ellerington	14	Victory	
12	41074 Joshua Astin-Briggs	14	Kiama	
13	1324 Macarthur Davis	14	Nowra	
14	41032 Elijah Mercer	14	Kiama	
15	1325 William Heffill	14	Nowra	

Event 11 Girls 1500 Metre 15s (3)

Zone: 4:50.70 10/12/2011 Jessica Hull				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	1323 Lana Crawford	15	Nowra	
2	1329 Airlie Stevens	15	Nowra	
3	1328 Madeline Oke	15	Nowra	

Event 12 Boys 1500 Metre 15s (2)

Zone: 4:36.60 29/01/2000 Jared Poppett				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
4	35571 Morgan Vagg	15	Lake Illawarra	
5	1330 Hugh Thirlwall	15	Nowra	

Event 13 Girls 1500 Metre Under 20 (1)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
6	30141 Emily McLaren	18	Shoalhaven	

MID SOUTH COAST ZONE

TRACK & FIELD CHAMPIONSHIPS - 6/12/2025 to 7/12/2025

Kiama Sports Complex

Meet Program - Saturday Track Events

Event 14 Boys 1500 Metre Under 20 (1)			
Lane	Name	Age	Team
Section 1 of 1 Finals			
7	30140 Hamish McLaren	19	Shoalhaven
Event 15 Girls 200 Metre Hurdles (76cm) 13s (1)			
Zone: 34.04 7/12/2024 Sophie Bull			
Lane	Name	Age	Team
Section 1 of 1 Finals			
3	36179 Layla Burbage	13	Albion Park
Event 16 Boys 200 Metre Hurdles (76cm) 13s (3)			
Zone: 37.89 7/12/2024 Sami Laine			
Lane	Name	Age	Team
Section 1 of 1 Finals			
4	36192 Lucas Gill-Gomes	13	Albion Park
5	41085 Jack Green	13	Kiama
6	36189 Ky Jesus	13	Albion Park
Event 17 Girls 300 Metre Hurdles (76cm) 14s (2)			
Zone: 51.39 7/12/2024 Maddison McWilliams			
Lane	Name	Age	Team
Section 1 of 1 Finals			
3	41587 Sophie Bull	14	St Georges Basin
4	30053 Emerson Boatswain	14	Shoalhaven
Event 18 Boys 300 Metre Hurdles (76cm) 14s (1)			
Zone: 1:30.00 7/12/2024 New Event - No Record			
Lane	Name	Age	Team
Section 1 of 1 Finals			
5	41074 Joshua Astin-Briggs	14	Kiama
Event 19 Girls 400 Metre Hurdles (76cm) Under 20 (1)			
Lane	Name	Age	Team
Section 1 of 1 Finals			
4	41584 Jasmine Wheeler	18	St Georges Basin
Event 20 Girls 60 Metre Hurdles (45cm) 8s (5)			
Zone: 11.70 13/12/2008 Shenay Edwards			
Lane	Name	Age	Team
Section 1 of 1 Finals			
2	41047 Georgia Murray	8	Kiama
3	36196 Bella East	8	Albion Park
4	35666 Marli Bish	8	Lake Illawarra
5	35663 Willow McKay	8	Lake Illawarra
6	41060 Emilia Massey	8	Kiama
Event 21 Boys 60 Metre Hurdles (45cm) 8s (1)			
Zone: 11.10 28/01/2006 Hayden Moon			
Zone: 11.10 13/12/2008 Jarrod Coomby			
Lane	Name	Age	Team
Section 1 of 1 Finals			
7	35519 Xavier Boyd	8	Lake Illawarra

Event 22 Girls 60 Metre Hurdles (45cm) 9s (6)			
Zone: 10.30 13/12/2014 Delta Amidzovski			
Lane	Name	Age	Team
Section 1 of 1 Finals			
2	41025 Makenzi Rooke	9	Kiama
3	36147 Ella Wheeler	9	Albion Park
4	29987 Chelsea James	9	Shoalhaven
5	36197 Arlie Matterson	9	Albion Park
6	41012 Olive Galloway	9	Kiama
7	30073 Abigail Waters	9	Shoalhaven
Event 23 Boys 60 Metre Hurdles (45cm) 9s (5)			
Zone: 10.00 24/01/1998 Kane Linnett			
Lane	Name	Age	Team
Section 1 of 1 Finals			
3	41024 Mason Rooke	9	Kiama
4	30047 Jai Burbage	9	Shoalhaven
5	35578 Archie Bremner	9	Lake Illawarra
6	41005 Oliver Blackwell	9	Kiama
7	36163 Charlie Denison	9	Albion Park
Event 24 Girls 60 Metre Hurdles (60cm) 10s (8)			
Zone: 10.60 12/12/2015 Delta Amidzovski			
Lane	Name	Age	Team
Section 1 of 1 Finals			
1	36206 Zaeli Talbot	10	Albion Park
2	35540 Banksii Spencer	10	Lake Illawarra
3	36187 Stella Denyer	10	Albion Park
4	41011 Hayley Astin-Briggs	10	Kiama
5	41545 Imogen Bertholini	10	St Georges Basin
6	30145 Bethany Storey	10	Shoalhaven
7	35629 Maggie Herbert	10	Lake Illawarra
8	30087 Penny Boyle	10	Shoalhaven
Event 25 Boys 60 Metre Hurdles (60cm) 10s (4)			
Zone: 10.40 12/12/2009 Tristan Brazilaitis			
Lane	Name	Age	Team
Section 1 of 1 Finals			
3	30099 Liam France	10	Shoalhaven
4	41044 Gus Astin	10	Kiama
5	30078 Zachary Waters	10	Shoalhaven
6	30093 Logan Smith	10	Shoalhaven
Event 26 Girls 400 Metre 13s (3)			
Zone: 1:01.30 1/12/2018 Chelsea Ezeoke			
Lane	Name	Age	Team
Section 1 of 1 Finals			
1	36184 Evalyn Norris	13	Albion Park
2	36267 Brooklyn McWilliams	13	Albion Park
3	1332 Amarlie Ward	13	Nowra

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 6/12/2025 to 7/12/2025
Kiama Sports Complex
Meet Program - Saturday Track Events

Event 27 Boys 400 Metre 13s (5)

Zone: 59.80 10/12/2011 Zachary Havadjia				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
4	36192 Lucas Gill-Gomes	13	Albion Park	
5	42653 Hugo McKean	13	Milton-Ulladulla	
6	35560 James Williams	13	Lake Illawarra	
7	30024 Brooklyn Kelly	13	Shoalhaven	
8	41544 Riley Bertholini	13	St Georges Basin	

Event 28 Girls 400 Metre 14s (3)

Zone: 59.60 14/12/2019 Chelsea Ezeoke				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	1321 Isla Bailie	14	Nowra	
2	29968 Layla Dixon	14	Shoalhaven	
3	36324 Sienna Ristovski	14	Albion Park	

Event 29 Girls 400 Metre Para 13s-14s (1)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
4	30064 Ruby Cladingbowl (T/I)	14	Shoalhaven	

Event 30 Boys 400 Metre 14s (4)

Zone: 55.50 8/12/2012 Zachary Havadjia				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
5	1322 Orlando Bailie	14	Nowra	
6	41074 Joshua Astin-Briggs	14	Kiama	
7	1325 William Heffill	14	Nowra	
8	1327 Flynn Kelly	14	Nowra	

Event 31 Girls 400 Metre 15s (3)

Zone: 59.90 8/12/2012 Susie Seitaridis				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	1329 Airlie Stevens	15	Nowra	
3	36268 Maddison McWilliams	15	Albion Park	
4	1328 Madeline Oke	15	Nowra	

Event 32 Girls 400 Metre 16s (1)

Zone: 1:18.46 7/12/2024 Darcie Dwyer				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
5	36209 Ella Power	16	Albion Park	

Event 33 Girls 400 Metre Under 20 (1)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
6	30141 Emily McLaren	18	Shoalhaven	

Event 34 Boys 400 Metre Under 20 (1)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
7	30140 Hamish McLaren	19	Shoalhaven	

Event 35 Girls 400 Metre Pack Start 8s (1)

Zone: 1:17.40 27/01/2001 Paige Fenech				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	35666 Marli Bish	8	Lake Illawarra	

Event 36 Boys 400 Metre Pack Start 8s (1)

Zone: 1:16.10 13/12/2008 Mitchell Potts				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	35519 Xavier Boyd	8	Lake Illawarra	

Event 37 Girls 400 Metre 9s (2)

Zone: 1:12.10 29/01/1983 Lisa Baldwin				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	36219 Zariah Hennen	9	Albion Park	
2	36166 Annika Goode	9	Albion Park	

Event 38 Boys 400 Metre 9s (6)

Zone: 1:12.00 24/01/1984 Brett Stumbles				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	35523 Zac Stubbs	9	Lake Illawarra	
4	42649 Jack Thorsby	9	Milton-Ulladulla	
5	41531 Zayne Taylor	9	St Georges Basin	
6	41072 Rhys Pooley	9	Kiama	
7	36163 Charlie Denison	9	Albion Park	
8	30060 Blake Fryar	9	Shoalhaven	

Event 39 Girls 400 Metre 10s (5)

Zone: 1:09.90 14/12/2019 Ruby Kerr				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	36152 Stevie Hedges	10	Albion Park	
3	29956 Madison Sandstrom	10	Shoalhaven	
4	42677 Arianne Lang	10	Milton-Ulladulla	
5	30145 Bethany Storey	10	Shoalhaven	
6	35596 Avenue-Sage Filiposki	10	Lake Illawarra	

Event 40 Boys 400 Metre 10s (9)

Zone: 1:06.10 24/01/1987 Steven Pusso				
Lane	Name	Age	Team	Seed Time
Section 1 of 2 Finals				
3	41044 Gus Astin	10	Kiama	
4	36183 Finn Thistlethwaite	10	Albion Park	
5	30130 Owen Jones	10	Shoalhaven	
6	41622 Liam Davison	10	St Georges Basin	
7	36167 Oscar Goode	10	Albion Park	
Section 2 of 2 Finals				
3	30134 Heath Trewin	10	Shoalhaven	
4	36348 Levi Winchester	10	Albion Park	
5	41073 Marty Frost	10	Kiama	
6	30099 Liam France	10	Shoalhaven	

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Event 41 Girls 400 Metre 11s (2)

Zone: 1:04.10 31/01/2004 Paige Fenech				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	29961 Rachael Clarke	11	Shoalhaven	
3	36199 Tilly O'Connor	11	Albion Park	

Event 42 Boys 400 Metre 11s (3)

Zone: 1:04.10 24/01/1981 Simon Hull				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
4	36165 Beau Clifford	11	Albion Park	
5	41071 Torin Pooley	11	Kiama	
6	36213 Billy Winchester	11	Albion Park	

Event 43 Girls 400 Metre 12s (4)

Zone: 1:03.20 3/12/2022 Maddison McWilliams				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	30035 Lara Gordon	12	Shoalhaven	
4	35588 Rohzi Gillespie	12	Lake Illawarra	
5	30144 Jemima Storey	12	Shoalhaven	
6	41014 Lilah Kis	12	Kiama	

Event 44 Boys 400 Metre 12s (8)

Zone: 1:03.10 30/01/1982 Simon Hull				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	36293 Fynn Gillett	12	Albion Park	
2	41538 Declan Bennett	12	St Georges Basin	
3	30094 Finn Goddard	12	Shoalhaven	
4	36325 Saxon Rogers	12	Albion Park	
5	41573 Callan Davison	12	St Georges Basin	
6	36266 Bryson McWilliams	12	Albion Park	
7	41076 Owen Harlor	12	Kiama	
8	36318 Dane Stirling	12	Albion Park	

Event 45 Girls 100 Metre 7s (7)

Zone: 16.10 30/01/1982 Belinda Ruiz				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	41086 Riley Green	7	Kiama	
3	36220 Ivy Hennen	7	Albion Park	
4	41016 Ellie Kis	7	Kiama	
5	29955 Isabelle Sandstrom	7	Shoalhaven	
6	41045 Emmy Astin	7	Kiama	
7	36282 Evie Florence Carr	7	Albion Park	
8	29962 Molly Mackechnie	7	Shoalhaven	

Event 46 Boys 100 Metre 7s (3)

Zone: 15.60 12/12/2015 Germaine Wright				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	30125 Samuel Percival	7	Shoalhaven	
4	36150 Ky'ree Holland-Hines	7	Albion Park	
5	29975 Henry Giumelli	7	Shoalhaven	

Event 47 Girls 100 Metre 13s (4)

Zone: 12.90 12/12/2015 Zoe Chater				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	36179 Layla Burbage	13	Albion Park	
4	35601 Alani Waters	13	Lake Illawarra	
5	36170 Nevaeh Williams	13	Albion Park	
6	41059 Mackenzie Massey	13	Kiama	

Event 48 Boys 100 Metre 13s (7)

Zone: 12.50 28/01/1995 Henderson McCue				
Zone: 12.50 10/12/2011 Zachary Havadjia				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	41065 Henry Heyman	13	Kiama	
3	29969 Tyler Dixon	13	Shoalhaven	
4	41085 Jack Green	13	Kiama	
5	29957 Riley Sandstrom	13	Shoalhaven	
6	36189 Ky Jesus	13	Albion Park	
7	35560 James Williams	13	Lake Illawarra	
8	42653 Hugo McKean	13	Milton-Ulladulla	

Event 49 Girls 100 Metre 14s (5)

Zone: 12.90 10/12/2016 Zoe Chater				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	35594 Kaylie Murray	14	Lake Illawarra	
3	1321 Isla Bailie	14	Nowra	
4	29968 Layla Dixon	14	Shoalhaven	
5	41587 Sophie Bull	14	St Georges Basin	
6	36324 Sienna Ristovski	14	Albion Park	

Event 50 Girls 100 Metre Para 13s-14s (1)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
7	30064 Ruby Cladingbowl (T/I)	14	Shoalhaven	

Event 51 Boys 100 Metre 14s (4)

Zone: 11.80 29/01/2011 Jye Brooker				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	41543 Jackson Turner	14	St Georges Basin	
4	1327 Flynn Kelly	14	Nowra	
5	41026 Hugh McErlean	14	Kiama	
6	1322 Orlando Bailie	14	Nowra	

Event 52 Girls 100 Metre 15s (1)

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	36268 Maddison McWilliams	15	Albion Park	

Event 53 Boys 100 Metre 15s (1)

Zone: 11.50 12/12/2009 Brodie Leeson				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				

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Event 53 Boys 100 Metre 15s (1)

Zone:		11.50	12/12/2009	Brodie Leeson
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	35571 Morgan Vagg	15	Lake Illawarra	

Event 54 Girls 100 Metre 16s (2)

Zone:		14.58	7/12/2024	Darcie Dwyer
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
4	35545 Isabella Clowes	16	Lake Illawarra	
5	36209 Ella Power	16	Albion Park	

Event 55 Girls 100 Metre 17s (1)

Zone:		12.00	12/12/2009	Talissa Scott
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
6	41555 Kadance Naylor	17	St Georges Basin	

Event 56 Girls 100 Metre Under 20 (2)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
7	41530 Natarsha Mandavy	18	St Georges Basin	
8	41584 Jasmine Wheeler	18	St Georges Basin	

Event 57 Girls 100 Metre 8s (5)

Zone:		16.00	26/01/1980	K Taylor
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	35663 Willow McKay	8	Lake Illawarra	
3	36196 Bella East	8	Albion Park	
4	41047 Georgia Murray	8	Kiama	
5	35666 Marli Bish	8	Lake Illawarra	
6	42678 Myriam McKean	8	Milton-Ulladulla	

Event 58 Girls 100 Metre 9s (5)

Zone:		15.10	28/01/1984	Belinda Ruiz
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	29963 Amelia Mackechnie	9	Shoalhaven	
2	41025 Makenzi Rooke	9	Kiama	
3	30073 Abigail Waters	9	Shoalhaven	
4	36197 Arlie Matterson	9	Albion Park	
5	41012 Olive Galloway	9	Kiama	

Event 59 Boys 100 Metre 9s (3)

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				
6	41072 Rhys Pooley	9	Kiama	
7	41531 Zayne Taylor	9	St Georges Basin	
8	41005 Oliver Blackwell	9	Kiama	

Event 60 Girls 100 Metre 10s (5)

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				
2	35613 Hannah Auld	10	Lake Illawarra	
3	30014 Mia De Ruyter	10	Shoalhaven	
4	35596 Avenue-Sage Filiposki	10	Lake Illawarra	
5	29967 Macey Dixon	10	Shoalhaven	

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6 36187 Stella Denyer

10 Albion Park

Event 61 Boys 100 Metre 10s (7)

Zone: 13.10 26/01/1980 David Carter

<u>Lane</u>	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>
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Section 1 of 1 Finals

2	41046 Lachlan Murray	10	Kiama	
3	30134 Heath Trewin	10	Shoalhaven	
4	41073 Marty Frost	10	Kiama	
5	30078 Zachary Waters	10	Shoalhaven	
6	41099 Ieremaia Falemoe	10	Kiama	
7	30093 Logan Smith	10	Shoalhaven	
8	36286 Benjamin Whyte	10	Albion Park	

Event 62 Girls 100 Metre 11s (2)

Zone: 13.10 26/01/1980 Kerry Reko

<u>Lane</u>	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>
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Section 1 of 1 Finals

2	29961 Rachael Clarke	11	Shoalhaven	
3	36199 Tilly O'Connor	11	Albion Park	

Event 63 Boys 100 Metre 11s (4)

Zone: 13.00 29/01/2000 Kane Linnett

<u>Lane</u>	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>
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Section 1 of 1 Finals

4	35621 Oliver Tebb	11	Lake Illawarra	
5	30006 Sam Dennett	11	Shoalhaven	
6	41040 Jake Grant	11	Kiama	
7	36165 Beau Clifford	11	Albion Park	

Event 64 Girls 100 Metre 12s (6)

Zone: 13.10 27/01/1979 Kim Wilson

Zone: 13.10 28/01/2006 Abbie Taddeo

<u>Lane</u>	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>
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Section 1 of 1 Finals

2	30144 Jemima Storey	12	Shoalhaven	
3	36205 Aleaha Talbot	12	Albion Park	
4	41036 Ashleigh Astin-Briggs	12	Kiama	
5	30061 Sienna Fryar	12	Shoalhaven	
6	36285 Emma Whyte	12	Albion Park	
7	42676 Lacey Lee	12	Milton-Ulladulla	

Event 65 Boys 100 Metre 12s (4)

Zone: 12.70 28/01/2006 Caine Trindall

<u>Lane</u>	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>
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Section 1 of 1 Finals

3	36293 Fynn Gillett	12	Albion Park	
4	41565 Jaison Fuller	12	St Georges Basin	
5	30005 Elijah Junor-Cook	12	Shoalhaven	
6	41573 Callan Davison	12	St Georges Basin	

Event 66 Girls 50 Metre 7s (4)

Zone: 9.00 12/12/2015 Lily Bell

Zone: 9.00 9/12/2017 Ginger Siasat

<u>Lane</u>	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>
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Section 1 of 1 Finals

2	41086 Riley Green	7	Kiama	
3	29962 Molly Mackechnie	7	Shoalhaven	
4	36282 Evie Florence Carr	7	Albion Park	

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Section 1 of 1 Finals

5 30015 Evie De Ruyter 7 Shoalhaven

Event 67 Boys 50 Metre 7s (3)

Zone: 8.60 12/12/2015 Asher Chapman

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

6	29975 Henry Giumelli	7	Shoalhaven	
7	36148 Leo Wheeler	7	Albion Park	
8	30125 Samuel Percival	7	Shoalhaven	

Event 68 Boys 3000 Metre 13s (2)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	1326 Thor Jackson	13	Nowra	
2	41111 Lewis Brown	13	Kiama	

Event 69 Girls 3000 Metre 14s (2)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

3	30053 Emerson Boatswain	14	Shoalhaven	
4	35592 Zara O'Leary	14	Lake Illawarra	

Event 70 Boys 3000 Metre 14s (3)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

5	1325 William Heffill	14	Nowra	
6	41032 Elijah Mercer	14	Kiama	
7	1324 Macarthur Davis	14	Nowra	

Event 71 Girls 3000 Metre 15s (1)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

8	1328 Madeline Oke	15	Nowra	
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Event 72 Boys 3000 Metre Under 20 (1)

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

9	30140 Hamish McLaren	19	Shoalhaven	
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MID SOUTH COAST ZONE TRACK & FIELD CHAMPIONSHIPS

Kiama Sports Complex

Session: 2 Saturday Field Events

Day 1 - Saturday 06/12/2025 - Starts at 09:00 AM

Event	Description	Round
#73	Girls High Jump (S/H 0.80m) 9s	Finals
#74	Girls High Jump (S/H 1.25m) 16s	Finals
#75	Boys Long Jump 15s	Finals
#76	Girls Long Jump 14s	Finals
#77	Girls Triple Jump 17s	Finals
#78	Girls Triple Jump Under 20	Finals
#79	Boys Discus Throw (500 Gram) 9s	Finals
#80	Boys Discus Throw (1.0 Kg) 14s	Finals
#81	Girls Shot Put (2.0 Kg) 11s	Finals
#82	Girls Long Jump 10s	Finals
#83	Boys Long Jump 11s	Finals
#84	Girls Triple Jump 12s	Finals
#85	Girls Discus Throw (500 Gram) 8s	Finals
#86	Boys Discus Throw (750 Gram) 12s	Finals
#87	Boys Javelin Throw (600 Gram) 13s	Finals
#88	Girls Shot Put (1.0 Kg) 7s	Finals
#89	Boys Shot Put (1.5 Kg) 8s	Finals
#90	Boys High Jump (S/H 0.95m) 10s	Finals
#91	Girls High Jump (S/H 1.15m) 13s	Finals
#92	Boys Long Jump 9s	Finals
#93	Boys Triple Jump 14s	Finals
#94	Boys Triple Jump 13s	Finals
#95	Girls Discus Throw (500 Gram) 10s	Finals
#96	Boys Discus Throw (350 Gram) 7s	Finals
#97	Girls Javelin Throw (500 Gram) 14s	Finals
#98	Girls Javelin Throw Para 13s-14s	Finals
#99	Girls Shot Put (2.0 Kg) 9s	Finals
#100	Girls High Jump (S/H 1.00m) 11s	Finals
#101	Girls High Jump (S/H 1.10m) 12s	Finals
#102	Girls High Jump (S/H 1.25m) 17s	Finals
#103	Girls High Jump (S/H 1.25m) Under 20	Finals
#104	Girls Long Jump 8s	Finals
#105	Boys Long Jump 8s	Finals
#106	Boys Long Jump 12s	Finals
#107	Girls Discus Throw (1.0 Kg) 15s	Finals
#108	Girls Discus Throw (1.0 Kg) 16s	Finals
#109	Boys Javelin Throw (400 Gram) 11s	Finals
#110	Boys Javelin Throw (400 Gram) 12s	Finals
#111	Boys Shot Put (2.0 Kg) 10s	Finals
#112	Girls Shot Put (3.0 Kg) 13s	Finals
#113	Girls Triple Jump 15s	Finals
#114	Girls Triple Jump 16s	Finals
#115	Girls Discus Throw (1.0 Kg) 17s	Finals
#116	Girls Discus Throw (1.0 Kg) Under 20	Finals
#117	Boys Javelin Throw (700 Gram) 15s	Finals
#118	Boys Javelin Throw (800 Gram) Under 20	Finals
#119	Girls Shot Put (3.0 Kg) 14s	Finals
#120	Girls Shot Put Para 13s-14s	Finals
#121	Girls Long Jump 13s	Finals
#122	Girls Triple Jump 11s	Finals
#123	Boys Discus Throw (500 Gram) 11s	Finals
#124	Girls Shot Put (2.0 Kg) 12s	Finals
#125	Boys Discus Throw (750 Gram) 13s	Finals

*Bracketed events will be combined.

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Event 73 Girls High Jump (S/H 0.80m) 9s (4)

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	36219 Zariah Hennen	9	Albion Park	
2	29987 Chelsea James	9	Shoalhaven	
3	29963 Amelia Mackechnie	9	Shoalhaven	
4	36147 Ella Wheeler	9	Albion Park	

Event 74 Girls High Jump (S/H 1.25m) 16s (3)

Zone: 1.00m 7/12/2024 New Event - No Record				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	36209 Ella Power	16	Albion Park	
2	35545 Isabella Clowes	16	Lake Illawarra	
3	30139 Heidi McLaren	16	Shoalhaven	

Event 75 Boys Long Jump 15s (1)

Zone: 6.11m 27/01/2007 Kevin Orgaz				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35571 Morgan Vagg	15	Lake Illawarra	

Event 76 Girls Long Jump 14s (3)

Zone: 5.39m 26/01/2008 Tayla King				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35594 Kaylie Murray	14	Lake Illawarra	
2	1321 Isla Bailie	14	Nowra	
3	41587 Sophie Bull	14	St Georges Basin	

Event 77 Girls Triple Jump 17s (2)

Zone: 11.39m 14/12/2008 Talissa Scott				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41555 Kadance Naylor	17	St Georges Basin	
2	29979 Ellie Cooper	17	Shoalhaven	

Event 78 Girls Triple Jump Under 20 (2)

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41584 Jasmine Wheeler	18	St Georges Basin	
2	41530 Natarsha Mandavy	18	St Georges Basin	

Event 79 Boys Discus Throw (500 Gram) 9s (4)

Zone: 29.67m 14/12/2014 Ryan Keen				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41024 Mason Rooke	9	Kiama	
2	30060 Blake Fryar	9	Shoalhaven	
3	30007 Luke Dennett	9	Shoalhaven	
4	30047 Jai Burbage	9	Shoalhaven	

Event 80 Boys Discus Throw (1.0 Kg) 14s (2)

Zone: 45.23m 8/12/2012 Connar Grozde				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30138 Aidan McLaren	14	Shoalhaven	
2	41543 Jackson Turner	14	St Georges Basin	

Event 81 Girls Shot Put (2.0 Kg) 11s (4)

Zone: 11.47m 10/12/2016 Chelsea Ezeoke				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41009 Addison Blazic	11	Kiama	
2	41576 Mila Bozikov	11	St Georges Basin	
3	35577 Mollie Bremner	11	Lake Illawarra	
4	35595 Tanisha Murray	11	Lake Illawarra	

Event 82 Girls Long Jump 10s (8)

Zone: 4.31m 12/12/2015 Delta Amidzovski				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35596 Avenue-Sage Filiposki	10	Lake Illawarra	
2	35629 Maggie Herbert	10	Lake Illawarra	
3	36206 Zaeli Talbot	10	Albion Park	
4	36187 Stella Denyer	10	Albion Park	
5	29956 Madison Sandstrom	10	Shoalhaven	
6	30014 Mia De Ruyter	10	Shoalhaven	
7	35540 Banksii Spencer	10	Lake Illawarra	
8	29967 Macey Dixon	10	Shoalhaven	

Event 83 Boys Long Jump 11s (5)

Zone: 4.89m 25/01/2003 Kevin Orgaz				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41040 Jake Grant	11	Kiama	
2	35621 Oliver Tebb	11	Lake Illawarra	
3	30122 Atlas Bailie	11	Shoalhaven	
4	36165 Beau Clifford	11	Albion Park	
5	36213 Billy Winchester	11	Albion Park	

Event 84 Girls Triple Jump 12s (4)

Zone: 10.52m 13/12/2009 Chloe Docker				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41036 Ashleigh Astin-Briggs	12	Kiama	
2	41013 Lena van Alphen	12	Kiama	
3	30061 Sienna Fryar	12	Shoalhaven	
4	41554 Ruby Chapman	12	St Georges Basin	

Event 85 Girls Discus Throw (500 Gram) 8s (3)

Zone: 20.00m 27/01/2001 Talissa Scott				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	36196 Bella East	8	Albion Park	
2	41047 Georgia Murray	8	Kiama	
3	35663 Willow McKay	8	Lake Illawarra	

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Event 86 Boys Discus Throw (750 Gram) 12s (2)

Zone: 40.39m 13/12/2014 Trey Barlow				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41538 Declan Bennett	12	St Georges Basin	
2	41565 Jaison Fuller	12	St Georges Basin	

Event 87 Boys Javelin Throw (600 Gram) 13s (5)

Zone: 40.44m 28/01/2006 Justin Webb				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35567 Hugh Wright	13	Lake Illawarra	
2	30024 Brooklyn Kelly	13	Shoalhaven	
3	41544 Riley Bertholini	13	St Georges Basin	
4	30039 Isaac Fragar	13	Shoalhaven	
5	41008 Nate Blazic	13	Kiama	

Event 88 Girls Shot Put (1.0 Kg) 7s (1)

Zone: 6.97m 27/01/1991 Belinda Jackson				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41045 Emmy Astin	7	Kiama	

Event 89 Boys Shot Put (1.5 Kg) 8s (3)

Zone: 8.98m 27/01/2001 Joel Fitness				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	36161 Nathaniel Ayoub	8	Albion Park	
2	29964 Hugh Mackechnie	8	Shoalhaven	
3	36180 Zachary Hazlewood	8	Albion Park	

Event 90 Boys High Jump (S/H 0.95m) 10s (5)

Zone: 1.42m 31/01/1982 Glen Morante				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41622 Liam Davison	10	St Georges Basin	
2	30093 Logan Smith	10	Shoalhaven	
3	30130 Owen Jones	10	Shoalhaven	
4	36167 Oscar Goode	10	Albion Park	
5	41099 Ieremaia Falemoe	10	Kiama	

Event 91 Girls High Jump (S/H 1.15m) 13s (4)

Zone: 1.56m 27/01/2007 Tayla King				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41001 Archie Turano Lyall	13	Kiama	
2	41059 Mackenzie Massey	13	Kiama	
3	42619 Grace Greenacre	13	Milton-Ulladulla	
4	35601 Alani Waters	13	Lake Illawarra	

Event 92 Boys Long Jump 9s (7)

Zone: 4.33m 14/12/2008 Aron Cox				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30007 Luke Dennett	9	Shoalhaven	
2	35578 Archie Bremner	9	Lake Illawarra	
3	42649 Jack Thorsby	9	Milton-Ulladulla	
4	36163 Charlie Denison	9	Albion Park	
5	30047 Jai Burbage	9	Shoalhaven	
6	35523 Zac Stubbs	9	Lake Illawarra	
7	41005 Oliver Blackwell	9	Kiama	

Event 93 Boys Triple Jump 14s (1)

Zone: 12.80m 28/01/2006 Kevin Orgaz				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41074 Joshua Astin-Briggs	14	Kiama	

Event 94 Boys Triple Jump 13s (4)

Zone: 11.07m 25/01/1997 C Costello				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35560 James Williams	13	Lake Illawarra	
2	36189 Ky Jesus	13	Albion Park	
3	29969 Tyler Dixon	13	Shoalhaven	
4	30024 Brooklyn Kelly	13	Shoalhaven	

Event 95 Girls Discus Throw (500 Gram) 10s (7)

Zone: 26.05m 29/01/2000 Emma Cooke				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35613 Hannah Auld	10	Lake Illawarra	
2	41011 Hayley Astin-Briggs	10	Kiama	
3	41545 Imogen Bertholini	10	St Georges Basin	
4	36152 Stevie Hedges	10	Albion Park	
5	29985 Eliza Graff	10	Shoalhaven	
6	35611 Holly Smyth	10	Lake Illawarra	
7	29967 Macey Dixon	10	Shoalhaven	

Event 96 Boys Discus Throw (350 Gram) 7s (3)

Zone: 22.41m 30/01/2000 Joel Fitness				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	36148 Leo Wheeler	7	Albion Park	
2	35530 Emerson Mace	7	Lake Illawarra	
3	29988 Owen James	7	Shoalhaven	

Event 97 Girls Javelin Throw (500 Gram) 14s (3)

Zone: 28.98m 7/12/2024 Layla Beck				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30127 Amelia Percival	14	Shoalhaven	
2	29968 Layla Dixon	14	Shoalhaven	
3	30053 Emerson Boatwain	14	Shoalhaven	

MID SOUTH COAST ZONE
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Event 98 Girls Javelin Throw Para 13s-14s (1)

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1 30064 Ruby Cladingbowl (T/1 14 Shoalhaven

Event 99 Girls Shot Put (2.0 Kg) 9s (6)

Zone: 7.18m 27/01/2001 Kendall Vaughan				
Pos	Name	Age	Team	Seed Mark

Flight 1 of 1 Finals

1 41019 Avery Weber 9 Kiama
 2 36269 Aaliyah Hetherington 9 Albion Park
 3 30069 Evelyn Vickery 9 Shoalhaven
 4 41025 Makenzi Rooke 9 Kiama
 5 29987 Chelsea James 9 Shoalhaven
 6 30040 Charlotte Fragar 9 Shoalhaven

Event 100 Girls High Jump (S/H 1.00m) 11s (2)

Zone: 1.42m 29/01/2005 Tayla King				
Pos	Name	Age	Team	Seed Mark

Flight 1 of 1 Finals

1 35595 Tanisha Murray 11 Lake Illawarra
 2 41066 Charlotte Heyman 11 Kiama

Event 101 Girls High Jump (S/H 1.10m) 12s (2)

Zone: 1.57m 10/12/2017 Delta Amidzovski				
Pos	Name	Age	Team	Seed Mark

Flight 1 of 1 Finals

1 30046 Cailin Burbage 12 Shoalhaven
 2 36205 Aleaha Talbot 12 Albion Park

Event 102 Girls High Jump (S/H 1.25m) 17s (1)

Zone: 1.56m 14/12/2014 Celeste Sulerzyski				
Pos	Name	Age	Team	Seed Mark

Flight 1 of 1 Finals

1 29979 Ellie Cooper 17 Shoalhaven

Event 103 Girls High Jump (S/H 1.25m) Under 20 (1)

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1 41530 Natarsha Mandavy 18 St Georges Basin

Event 104 Girls Long Jump 8s (6)

Zone: 3.80m 26/01/1985 Karen Dean				
Pos	Name	Age	Team	Seed Mark

Flight 1 of 1 Finals

1 41060 Emilia Massey 8 Kiama
 2 35663 Willow McKay 8 Lake Illawarra
 3 35666 Marli Bish 8 Lake Illawarra
 4 42678 Myriam McKean 8 Milton-Ulladulla
 5 36196 Bella East 8 Albion Park
 6 41047 Georgia Murray 8 Kiama

Event 105 Boys Long Jump 8s (2)

Zone: 4.19m 26/01/1985 Steven Russo				
Pos	Name	Age	Team	Seed Mark

Flight 1 of 1 Finals

1 36161 Nathaniel Ayoub 8 Albion Park

2 36180 Zachary Hazlewood 8 Albion Park

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Event 106 Boys Long Jump 12s (5)

Zone: 5.31m 30/01/1982 David Carter

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	41565 Jaison Fuller	12	St Georges Basin	
2	36318 Dane Stirling	12	Albion Park	
3	36266 Bryson McWilliams	12	Albion Park	
4	36293 Fynn Gillett	12	Albion Park	
5	30005 Elijah Junor-Cook	12	Shoalhaven	

Event 107 Girls Discus Throw (1.0 Kg) 15s (1)

Zone: 39.07m 14/12/2013 Samantha Peace

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	30008 Layla Beck	15	Shoalhaven	
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Event 108 Girls Discus Throw (1.0 Kg) 16s (1)

Zone: 30.16m 7/12/2024 Kadance Naylor

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	30139 Heidi McLaren	16	Shoalhaven	
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Event 109 Boys Javelin Throw (400 Gram) 11s (4)

Zone: 26.75m 2/12/2023 Lucas Gill-Gomes

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	41023 Caelan Rooke	11	Kiama	
2	30010 Mason Beck	11	Shoalhaven	
3	41556 Braxton Naylor	11	St Georges Basin	
4	36177 Lincoln Gorrie	11	Albion Park	

Event 110 Boys Javelin Throw (400 Gram) 12s (2)

Zone: 33.10m 10/12/2017 Ryan Keen

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	41538 Declan Bennett	12	St Georges Basin	
2	41565 Jaison Fuller	12	St Georges Basin	

Event 111 Boys Shot Put (2.0 Kg) 10s (3)

Zone: 10.44m 27/01/1991 Bradley Jackson

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	41046 Lachlan Murray	10	Kiama	
2	36160 Isaiah Ayoub	10	Albion Park	
3	35531 Eden Mace	10	Lake Illawarra	

Event 112 Girls Shot Put (3.0 Kg) 13s (7)

Zone: 11.84m 1/12/2018 Chelsea Ezeoke

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	30009 Abby Beck	13	Shoalhaven	
2	35601 Alani Waters	13	Lake Illawarra	
3	41001 Archie Turano Lyall	13	Kiama	
4	41059 Mackenzie Massey	13	Kiama	
5	41002 Ivy Turano Lyall	13	Kiama	
6	36267 Brooklyn McWilliams	13	Albion Park	
7	36170 Nevaeh Williams	13	Albion Park	

MID SOUTH COAST ZONE
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Event 113 Girls Triple Jump 15s (1)

Zone: 11.73m 2/12/2023 Maiya Hewitt				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	36268 Maddison McWilliams	15	Albion Park	

Event 114 Girls Triple Jump 16s (1)

Zone: 8.96m 7/12/2024 Kadance Naylor				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35545 Isabella Clowes	16	Lake Illawarra	

Event 115 Girls Discus Throw (1.0 Kg) 17s (2)

Zone: 48.42m 12/12/2015 Samantha Peace				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	29979 Ellie Cooper	17	Shoalhaven	
2	41555 Kadance Naylor	17	St Georges Basin	

Event 116 Girls Discus Throw (1.0 Kg) Under 20 (1)

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30141 Emily McLaren	18	Shoalhaven	

Event 117 Boys Javelin Throw (700 Gram) 15s (1)

Zone: 42.03m 14/12/2013 Connar Grozde				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	36175 Max Michael Serfontei	15	Albion Park	

Event 118 Boys Javelin Throw (800 Gram) Under 20 (1)

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30140 Hamish McLaren	19	Shoalhaven	

Event 119 Girls Shot Put (3.0 Kg) 14s (2)

Zone: 12.77m 13/12/2008 Rachelle Grozde				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35594 Kaylie Murray	14	Lake Illawarra	
2	30127 Amelia Percival	14	Shoalhaven	

Event 120 Girls Shot Put Para 13s-14s (1)

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30064 Ruby Cladingbowl (T/I	14	Shoalhaven	

Event 121 Girls Long Jump 13s (4)

Zone: 5.20m 18/12/2021 Maiya Hewitt				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	36267 Brooklyn McWilliams	13	Albion Park	
2	35601 Alani Waters	13	Lake Illawarra	
3	42619 Grace Greenacre	13	Milton-Ulladulla	
4	36170 Nevaeh Williams	13	Albion Park	

Event 122 Girls Triple Jump 11s (3)

Zone: 9.03m 2/12/2023 Layla Burbage				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35577 Mollie Bremner	11	Lake Illawarra	
2	36199 Tilly O'Connor	11	Albion Park	
3	29961 Rachael Clarke	11	Shoalhaven	

Event 123 Boys Discus Throw (500 Gram) 11s (7)

Zone: 36.66m 2/12/2023 Riley Sandstrom				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	36322 Knox Stevenson	11	Albion Park	
2	36177 Lincoln Gorrie	11	Albion Park	
3	30010 Mason Beck	11	Shoalhaven	
4	41023 Caelan Rooke	11	Kiama	
5	30006 Sam Dennett	11	Shoalhaven	
6	36349 Thomas Dziubinski	11	Albion Park	
7	41556 Braxton Naylor	11	St Georges Basin	

Event 124 Girls Shot Put (2.0 Kg) 12s (6)

Zone: 12.48m 28/01/2007 Rachelle Grozde				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30035 Lara Gordon	12	Shoalhaven	
2	41554 Ruby Chapman	12	St Georges Basin	
3	35588 Rohzi Gillespie	12	Lake Illawarra	
4	30144 Jemima Storey	12	Shoalhaven	
5	30061 Sienna Fryar	12	Shoalhaven	
6	41591 Charlotte Hooper	12	St Georges Basin	

Event 125 Boys Discus Throw (750 Gram) 13s (7)

Zone: 34.35m 1/12/2018 Isaac Walchli				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35567 Hugh Wright	13	Lake Illawarra	
2	30024 Brooklyn Kelly	13	Shoalhaven	
3	41008 Nate Blazic	13	Kiama	
4	29957 Riley Sandstrom	13	Shoalhaven	
5	30039 Isaac Fragar	13	Shoalhaven	
6	29969 Tyler Dixon	13	Shoalhaven	
7	41544 Riley Bertholini	13	St Georges Basin	

MID SOUTH COAST ZONE TRACK & FIELD CHAMPIONSHIPS

Kiama Sports Complex

Session: 3 Sunday Track Events

Day 2 - Sunday 07/12/2025 - Starts at 09:00 AM

Event	Description	Round	
#126	Boys 1100 Metre Race Walk 11s	Finals	* }
#127	Girls 1100 Metre Race Walk 10s	Finals	
#128	Boys 1100 Metre Race Walk 10s	Finals	
#129	Girls 700 Metre Race Walk 9s	Finals	}
#130	Boys 700 Metre Race Walk 9s	Finals	
#131	Girls 700 Metre Pack Start 8s	Finals	
#132	Boys 700 Metre Pack Start 8s	Finals	}
#133	Girls 1500 Metre Race Walk 12s	Finals	
#134	Boys 1500 Metre Race Walk 12s	Finals	
#135	Girls 1500 Metre Race Walk 15s	Finals	}
#136	Boys 1500 Metre Race Walk 15s	Finals	
#137	Girls 80 Metre Hurdles (60cm) 11s	Finals	
#138	Boys 80 Metre Hurdles (60cm) 11s	Finals	
#139	Girls 80 Metre Hurdles (68cm) 12s	Finals	
#140	Boys 80 Metre Hurdles (68cm) 12s	Finals	
#141	Girls 80 Metre Hurdles (76cm) 13s	Finals	
#142	Boys 90 Metre Hurdles (76cm) 13s	Finals	
#143	Girls 90 Metre Hurdles (76cm) 14s	Finals	
#144	Boys 100 Metre Hurdles (76cm) 14s	Finals	}
#145	Girls 100 Metre Hurdles (84cm) Under 20	Finals	
#146	Girls 70 Metre 10s	Finals	
#147	Boys 70 Metre 10s	Finals	
#148	Girls 70 Metre 9s	Finals	
#149	Boys 70 Metre 9s	Finals	
#150	Girls 70 Metre 8s	Finals	}
#151	Boys 70 Metre 8s	Finals	
#152	Girls 70 Metre 7s	Finals	
#153	Boys 70 Metre 7s	Finals	
#154	Girls 800 Metre 11s	Finals	
#155	Boys 800 Metre 11s	Finals	
#156	Girls 800 Metre 12s	Finals	
#157	Boys 800 Metre 12s	Finals	
#158	Girls 800 Metre 13s	Finals	
#159	Boys 800 Metre 13s	Finals	}
#160	Girls 800 Metre 14s	Finals	
#161	Boys 800 Metre 14s	Finals	
#162	Girls 800 Metre 15s	Finals	}
#163	Boys 800 Metre 15s	Finals	
#164	Girls 800 Metre Under 20	Finals	
#165	Boys 800 Metre Under 20	Finals	}
#166	Girls 800 Metre 10s	Finals	
#167	Boys 800 Metre 10s	Finals	

*Bracketed events will be combined.

Event	Description	Round
#168	Girls 800 Metre 9s	Finals
#169	Boys 800 Metre 9s	Finals
#170	Girls 200 Metre 8s	Finals
#171	Boys 200 Metre 8s	Finals
#172	Girls 200 Metre 7s	Finals
#173	Boys 200 Metre 7s	Finals
#174	Girls 200 Metre 11s	Finals
#175	Boys 200 Metre 11s	Finals
#176	Girls 200 Metre 12s	Finals
#177	Boys 200 Metre 12s	Finals
#178	Girls 200 Metre 13s	Finals
#179	Boys 200 Metre 13s	Finals
#180	Girls 200 Metre 14s	Finals
#181	Girls 200 Metre Para 13s-14s	Finals
#182	Boys 200 Metre 14s	Finals
#183	Girls 200 Metre 15s	Finals
#184	Girls 200 Metre 16s	Finals
#185	Girls 200 Metre Under 20	Finals
#186	Girls 200 Metre 10s	Finals
#187	Boys 200 Metre 10s	Finals
#188	Girls 200 Metre 9s	Finals
#189	Boys 200 Metre 9s	Finals
#190	Girls 12-17 4x100 Metre Relay (Snr) Senior	Finals
#191	Boys 12-17 4x100 Metre Relay (Snr) Senior	Finals
#192	Girls 9-12 4x100 Metre Relay (Jnr) Junior	Finals
#193	Boys 9-12 4x100 Metre Relay (Jnr) Junior	Finals

*Bracketed events will be combined.

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 6/12/2025 to 7/12/2025
Kiama Sports Complex
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Event 126 Boys 1100 Metre Race Walk 11s (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

1	41556 Braxton Naylor	11	St Georges Basin	
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Event 127 Girls 1100 Metre Race Walk 10s (3)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	36152 Stevie Hedges	10	Albion Park	
3	35611 Holly Smyth	10	Lake Illawarra	
4	30087 Penny Boyle	10	Shoalhaven	

Event 128 Boys 1100 Metre Race Walk 10s (5)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

5	36183 Finn Thistlethwaite	10	Albion Park	
6	30099 Liam France	10	Shoalhaven	
7	41622 Liam Davison	10	St Georges Basin	
8	35531 Eden Mace	10	Lake Illawarra	
9	36160 Isaiah Ayoub	10	Albion Park	

Event 129 Girls 700 Metre Race Walk 9s (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	30069 Evelyn Vickery	9	Shoalhaven	
2	30040 Charlotte Fragar	9	Shoalhaven	

Event 130 Boys 700 Metre Race Walk 9s (1)

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	30060 Blake Fryar	9	Shoalhaven	
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Event 131 Girls 700 Metre Pack Start 8s (1)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

4	42678 Myriam McKean	8	Milton-Ulladulla	
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Event 132 Boys 700 Metre Pack Start 8s (3)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

5	36161 Nathaniel Ayoub	8	Albion Park	
6	35519 Xavier Boyd	8	Lake Illawarra	
7	36180 Zachary Hazlewood	8	Albion Park	

Event 133 Girls 1500 Metre Race Walk 12s (2)

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	41591 Charlotte Hooper	12	St Georges Basin	
2	41554 Ruby Chapman	12	St Georges Basin	

MID SOUTH COAST ZONE

TRACK & FIELD CHAMPIONSHIPS - 6/12/2025 to 7/12/2025

Kiama Sports Complex

Meet Program - Sunday Track Events

Event 134 Boys 1500 Metre Race Walk 12s (2)				
Zone: 8:29.10 30/01/1983 B Hall				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	41573 Callan Davison	12	St Georges Basin	
4	41538 Declan Bennett	12	St Georges Basin	
Event 135 Girls 1500 Metre Race Walk 15s (1)				
Zone: 7:25.70 28/01/2007 Tanya Poppett				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
5	35576 Mae Bremner	15	Lake Illawarra	
Event 136 Boys 1500 Metre Race Walk 15s (1)				
Zone: 7:22.30 28/01/2007 John Tilden				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
6	35571 Morgan Vagg	15	Lake Illawarra	
Event 137 Girls 80 Metre Hurdles (60cm) 11s (5)				
Zone: 14.40 3/12/2023 Archie Turano-Lyall				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	41641 Addison Galloway	11	St Georges Basin	
3	41015 Lennix Kis	11	Kiama	
4	41576 Mila Bozikov	11	St Georges Basin	
5	41066 Charlotte Heyman	11	Kiama	
6	35595 Tanisha Murray	11	Lake Illawarra	
Event 138 Boys 80 Metre Hurdles (60cm) 11s (3)				
Zone: 14.10 3/12/2023 Lucas Gill-Gomes				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	30006 Sam Dennett	11	Shoalhaven	
4	36213 Billy Winchester	11	Albion Park	
5	41071 Torin Pooley	11	Kiama	
Event 139 Girls 80 Metre Hurdles (68cm) 12s (4)				
Zone: 14.22 8/12/2024 Layla Burbage				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	36205 Aleaha Talbot	12	Albion Park	
4	41036 Ashleigh Astin-Briggs	12	Kiama	
5	30144 Jemima Storey	12	Shoalhaven	
6	36285 Emma Whyte	12	Albion Park	
Event 140 Boys 80 Metre Hurdles (68cm) 12s (3)				
Zone: 14.10 4/12/2022 Temana Searle				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	36293 Fynn Gillett	12	Albion Park	
4	30005 Elijah Junor-Cook	12	Shoalhaven	
5	36266 Bryson McWilliams	12	Albion Park	

Event 141 Girls 80 Metre Hurdles (76cm) 13s (2)				
Zone: 12.60 30/01/2011 Susie Seitaridis				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
4	42619 Grace Greenacre	13	Milton-Ulladulla	
5	36179 Layla Burbage	13	Albion Park	
Event 142 Boys 90 Metre Hurdles (76cm) 13s (5)				
Zone: 18.87 8/12/2024 Taj Blair				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	36192 Lucas Gill-Gomes	13	Albion Park	
3	29957 Riley Sandstrom	13	Shoalhaven	
4	36189 Ky Jesus	13	Albion Park	
5	41544 Riley Bertholini	13	St Georges Basin	
6	41085 Jack Green	13	Kiama	
Event 143 Girls 90 Metre Hurdles (76cm) 14s (3)				
Zone: 30.00 7/12/2024 New Event - No Record				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	41587 Sophie Bull	14	St Georges Basin	
4	29968 Layla Dixon	14	Shoalhaven	
5	35594 Kaylie Murray	14	Lake Illawarra	
Event 144 Boys 100 Metre Hurdles (76cm) 14s (2)				
Zone: 12.60 30/01/2011 Jye Brooker				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	41543 Jackson Turner	14	St Georges Basin	
3	41074 Joshua Astin-Briggs	14	Kiama	
Event 145 Girls 100 Metre Hurdles (84cm) Under 20 (3)				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
4	41530 Natarsha Mandavy	18	St Georges Basin	
5	30141 Emily McLaren	18	Shoalhaven	
6	41584 Jasmine Wheeler	18	St Georges Basin	
Event 146 Girls 70 Metre 10s (8)				
Zone: 10.20 29/01/2006 Shayna Wilson				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	29967 Macey Dixon	10	Shoalhaven	
2	35540 Banksii Spencer	10	Lake Illawarra	
3	30014 Mia De Ruyter	10	Shoalhaven	
4	41011 Hayley Astin-Briggs	10	Kiama	
5	36187 Stella Denyer	10	Albion Park	
6	41545 Imogen Bertholini	10	St Georges Basin	
7	35613 Hannah Auld	10	Lake Illawarra	
8	36206 Zaeli Talbot	10	Albion Park	

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Event 147 Boys 70 Metre 10s (5)

Zone: 9.40 13/12/2009 Tristan Brazulaitis

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	36183 Finn Thistlethwaite	10	Albion Park
3	36286 Benjamin Whyte	10	Albion Park
4	30078 Zachary Waters	10	Shoalhaven
5	36348 Levi Winchester	10	Albion Park
6	36160 Isaiah Ayoub	10	Albion Park

Event 148 Girls 70 Metre 9s (7)

Zone: 10.80 14/12/2014 Delta Amidzovski

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	36166 Annika Goode	9	Albion Park
2	29963 Amelia Mackechnie	9	Shoalhaven
3	36147 Ella Wheeler	9	Albion Park
4	41012 Olive Galloway	9	Kiama
5	36269 Aaliyah Hetherington	9	Albion Park
6	41019 Avery Weber	9	Kiama
7	36197 Arlie Matterson	9	Albion Park

Event 149 Boys 70 Metre 9s (1)

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

8	35578 Archie Bremner	9	Lake Illawarra
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Event 150 Girls 70 Metre 8s (2)

Zone: 11.10 31/01/1982 Rachel Dean

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

3	36247 Penelope Zgela	8	Albion Park
4	42678 Myriam McKean	8	Milton-Ulladulla

Event 151 Boys 70 Metre 8s (1)

Zone: 10.10 30/01/1983 P Giobbi

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

5	29964 Hugh Mackechnie	8	Shoalhaven
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Event 152 Girls 70 Metre 7s (6)

Zone: 11.10 31/01/1982 Belinda Ruiz

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

2	36282 Evie Florence Carr	7	Albion Park
3	41016 Ellie Kis	7	Kiama
4	29962 Molly Mackechnie	7	Shoalhaven
5	41086 Riley Green	7	Kiama
6	36216 Mia Macedo	7	Albion Park
7	30015 Evie De Ruyter	7	Shoalhaven

Event 153 Boys 70 Metre 7s (3)

Zone: 11.10 30/01/1983 L O'Connor

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

3	36148 Leo Wheeler	7	Albion Park
4	30125 Samuel Percival	7	Shoalhaven
5	41537 Hamish Bennett	7	St Georges Basin

Event 154 Girls 800 Metre 11s (2)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	41576 Mila Bozikov	11	St Georges Basin
2	41015 Lennix Kis	11	Kiama

Event 155 Boys 800 Metre 11s (5)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

3	36349 Thomas Dziubinski	11	Albion Park
4	41040 Jake Grant	11	Kiama
5	36177 Lincoln Gorrie	11	Albion Park
6	41071 Torin Pooley	11	Kiama
7	30122 Atlas Bailie	11	Shoalhaven

Event 156 Girls 800 Metre 12s (7)

Zone: 2:25.26 8/12/2024 Brooklyn McWilliams

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	30046 Cailin Burbage	12	Shoalhaven
2	41013 Lena van Alphen	12	Kiama
3	41554 Ruby Chapman	12	St Georges Basin
4	30035 Lara Gordon	12	Shoalhaven
5	41014 Lilah Kis	12	Kiama
6	35588 Rohzi Gillespie	12	Lake Illawarra
7	41591 Charlotte Hooper	12	St Georges Basin

Event 157 Boys 800 Metre 12s (7)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	36318 Dane Stirling	12	Albion Park
2	41076 Owen Harlor	12	Kiama
3	36266 Bryson McWilliams	12	Albion Park
4	30094 Finn Goddard	12	Shoalhaven
5	36293 Fynn Gillett	12	Albion Park
6	41538 Declan Bennett	12	St Georges Basin
7	36325 Saxon Rogers	12	Albion Park

Event 158 Girls 800 Metre 13s (5)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	36184 Evalyn Norris	13	Albion Park
2	1332 Amarlie Ward	13	Nowra
3	36267 Brooklyn McWilliams	13	Albion Park
4	42619 Grace Greenacre	13	Milton-Ulladulla

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5 36260 Annie Dziubinski 13 Albion Park

Event 159 Boys 800 Metre 13s (4)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

6	41544 Riley Bertholini	13	St Georges Basin	
7	42653 Hugo McKean	13	Milton-Ulladulla	
8	1331 Kai Thirlwall	13	Nowra	
9	1326 Thor Jackson	13	Nowra	

Event 160 Girls 800 Metre 14s (2)

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

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	35592 Zara O'Leary	14	Lake Illawarra	
2	30053 Emerson Boatswain	14	Shoalhaven	

Event 161 Boys 800 Metre 14s (6)

Zone: 2:16.80 9/12/2012 Kade Szakacs

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

3	1327 Flynn Kelly	14	Nowra	
4	41032 Elijah Mercer	14	Kiama	
5	1320 Morten Ellerington	14	Victory	
6	1325 William Heffill	14	Nowra	
7	41074 Joshua Astin-Briggs	14	Kiama	
8	1324 Macarthur Davis	14	Nowra	

Event 162 Girls 800 Metre 15s (4)

Zone: 2:19.50 9/12/2012 Susie Seitaridis

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	1323 Lana Crawford	15	Nowra	
2	35576 Mae Bremner	15	Lake Illawarra	
3	1329 Airlie Stevens	15	Nowra	
4	1328 Madeline Oke	15	Nowra	

Event 163 Boys 800 Metre 15s (2)

Zone: 2:10.10 27/01/1991 Chris Russell

Zone: 2:10.10 15/12/2013 Kade Szakacs

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

5	1330 Hugh Thirlwall	15	Nowra	
6	16251 Noah Field	15	Milton-Ulladulla	

Event 164 Girls 800 Metre Under 20 (1)

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

7	30141 Emily McLaren	18	Shoalhaven	
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Event 165 Boys 800 Metre Under 20 (1)

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

8	30140 Hamish McLaren	19	Shoalhaven	
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Event 166 Girls 800 Metre 10s (5)

Zone: 2:41.30 4/12/2022 Brooklyn McWilliams

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	29956 Madison Sandstrom	10	Shoalhaven	
2	35596 Avenue-Sage Filiposki	10	Lake Illawarra	
3	30087 Penny Boyle	10	Shoalhaven	
4	35611 Holly Smyth	10	Lake Illawarra	
5	42677 Arianne Lang	10	Milton-Ulladulla	

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Event 167 Boys 800 Metre 10s (7)

Zone: 2:32.10 27/01/1980 Simon Hull				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	41622 Liam Davison	10	St Georges Basin	
2	30134 Heath Trewin	10	Shoalhaven	
3	36348 Levi Winchester	10	Albion Park	
4	36167 Oscar Goode	10	Albion Park	
5	30130 Owen Jones	10	Shoalhaven	
6	36183 Finn Thistlethwaite	10	Albion Park	
7	41044 Gus Astin	10	Kiama	

Event 168 Girls 800 Metre 9s (2)

Zone: 2:43.00 30/01/1983 Lisa Baldwin				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	36166 Annika Goode	9	Albion Park	
2	36219 Zariah Hennen	9	Albion Park	

Event 169 Boys 800 Metre 9s (6)

Zone: 2:42.10 25/01/1998 Guy Cuttil				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	36163 Charlie Denison	9	Albion Park	
4	41531 Zayne Taylor	9	St Georges Basin	
5	41072 Rhys Pooley	9	Kiama	
6	30047 Jai Burbage	9	Shoalhaven	
7	42649 Jack Thorsby	9	Milton-Ulladulla	
8	35523 Zac Stubbs	9	Lake Illawarra	

Event 170 Girls 200 Metre 8s (1)

Zone: 33.10 29/01/1984 S Gown				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	36247 Penelope Zgela	8	Albion Park	

Event 171 Boys 200 Metre 8s (2)

Zone: 32.10 31/01/1982 Matthew Dalby				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
4	35519 Xavier Boyd	8	Lake Illawarra	
5	36161 Nathaniel Ayoub	8	Albion Park	

Event 172 Girls 200 Metre 7s (4)

Zone: 34.10 30/01/1982 Belinda Ruiz				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	41016 Ellie Kis	7	Kiama	
4	36220 Ivy Hennen	7	Albion Park	
5	29955 Isabelle Sandstrom	7	Shoalhaven	
6	36216 Mia Macedo	7	Albion Park	

Event 173 Boys 200 Metre 7s (5)

Zone: 33.10 13/12/2015 Gabriel Lombardi				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	41537 Hamish Bennett	7	St Georges Basin	
3	36148 Leo Wheeler	7	Albion Park	
4	29988 Owen James	7	Shoalhaven	
5	35530 Emerson Mace	7	Lake Illawarra	
6	36150 Ky'ree Holland-Hines	7	Albion Park	

Event 174 Girls 200 Metre 11s (2)

Zone: 29.10 27/01/1991 Skye Richardson				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	36199 Tilly O'Connor	11	Albion Park	
3	29961 Rachael Clarke	11	Shoalhaven	

Event 175 Boys 200 Metre 11s (3)

Zone: 28.00 30/01/2000 Kane Linnett				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
4	36213 Billy Winchester	11	Albion Park	
5	35621 Oliver Tebb	11	Lake Illawarra	
6	36165 Beau Clifford	11	Albion Park	

Event 176 Girls 200 Metre 12s (5)

Zone: 26.10 28/01/1979 Kim Wilson				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	41036 Ashleigh Astin-Briggs	12	Kiama	
4	36205 Aleaha Talbot	12	Albion Park	
5	41014 Lilah Kis	12	Kiama	
6	30144 Jemima Storey	12	Shoalhaven	
7	42676 Lacey Lee	12	Milton-Ulladulla	

Event 177 Boys 200 Metre 12s (5)

Zone: 26.60 29/01/2006 Caine Trindall				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	36266 Bryson McWilliams	12	Albion Park	
3	30005 Elijah Junor-Cook	12	Shoalhaven	
4	36325 Saxon Rogers	12	Albion Park	
5	41573 Callan Davison	12	St Georges Basin	
6	36293 Fynn Gillett	12	Albion Park	

Event 178 Girls 200 Metre 13s (3)

Zone: 26.30 2/12/2018 Chelsea Ezeoke				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	36170 Nevaeh Williams	13	Albion Park	
4	35601 Alani Waters	13	Lake Illawarra	
5	36184 Evalyn Norris	13	Albion Park	

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Event 179 Boys 200 Metre 13s (7)				
Zone: 25.40 28/01/2007 Caine Trindall				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	41065 Henry Heyman	13	Kiama	
3	36192 Lucas Gill-Gomes	13	Albion Park	
4	29957 Riley Sandstrom	13	Shoalhaven	
5	41085 Jack Green	13	Kiama	
6	30024 Brooklyn Kelly	13	Shoalhaven	
7	35560 James Williams	13	Lake Illawarra	
8	36189 Ky Jesus	13	Albion Park	
Event 180 Girls 200 Metre 14s (6)				
Zone: 26.40 14/12/2014 Jenna Bentley				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	41587 Sophie Bull	14	St Georges Basin	
3	36324 Sienna Ristovski	14	Albion Park	
4	29968 Layla Dixon	14	Shoalhaven	
5	1321 Isla Bailie	14	Nowra	
6	30127 Amelia Percival	14	Shoalhaven	
7	35594 Kaylie Murray	14	Lake Illawarra	
Event 181 Girls 200 Metre Para 13s-14s (1)				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
8	30064 Ruby Cladingbowl (T/1	14	Shoalhaven	
Event 182 Boys 200 Metre 14s (4)				
Zone: 24.20 30/01/2000 Johnny Finkernagel				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	1327 Flynn Kelly	14	Nowra	
4	41543 Jackson Turner	14	St Georges Basin	
5	41026 Hugh McErlean	14	Kiama	
6	1322 Orlando Bailie	14	Nowra	
Event 183 Girls 200 Metre 15s (1)				
Zone: 26.30 3/12/2023 Maiya Hewitt				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
3	36268 Maddison McWilliams	15	Albion Park	
Event 184 Girls 200 Metre 16s (1)				
Zone: 1:00.00 7/12/2024 New Event - No Record				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
4	36209 Ella Power	16	Albion Park	
Event 185 Girls 200 Metre Under 20 (2)				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
5	41584 Jasmine Wheeler	18	St Georges Basin	
6	41530 Natarsha Mandavy	18	St Georges Basin	

Event 186 Girls 200 Metre 10s (5)				
Zone: 29.10 26/01/1986 S Gown				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	30014 Mia De Ruyter	10	Shoalhaven	
3	42677 Arianne Lang	10	Milton-Ulladulla	
4	30145 Bethany Storey	10	Shoalhaven	
5	35629 Maggie Herbert	10	Lake Illawarra	
6	29956 Madison Sandstrom	10	Shoalhaven	
Event 187 Boys 200 Metre 10s (6)				
Zone: 28.20 28/01/2007 Luke Watts				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	36348 Levi Winchester	10	Albion Park	
3	41099 Ieremaia Falemoe	10	Kiama	
4	36286 Benjamin Whyte	10	Albion Park	
5	30078 Zachary Waters	10	Shoalhaven	
6	41073 Marty Frost	10	Kiama	
7	30134 Heath Trewin	10	Shoalhaven	
Event 188 Girls 200 Metre 9s (3)				
Zone: 31.80 27/01/2002 Paige Fenech				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
2	41012 Olive Galloway	9	Kiama	
3	29963 Amelia Mackechnie	9	Shoalhaven	
4	30073 Abigail Waters	9	Shoalhaven	
Event 189 Boys 200 Metre 9s (4)				
Zone: 30.10 26/01/1986 Steven Russo				
Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
5	35523 Zac Stubbs	9	Lake Illawarra	
6	41072 Rhys Pooley	9	Kiama	
7	42649 Jack Thorsby	9	Milton-Ulladulla	
8	41531 Zayne Taylor	9	St Georges Basin	
Event 190 Girls 12-17 4x100 Metre Relay (Snr) Senior (8)				
Lane	Team	Relay		Seed Time
Section 1 of 1 Finals				
1	Kiama			
2	Lake Illawarra			
3	Victory			
4	Nowra			
5	Albion Park			
6	St Georges Basin			
7	Milton-Ulladulla			
8	Shoalhaven			

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Event 191 Boys 12-17 4x100 Metre Relay (Snr) Senior (8)

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

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

Event 192 Girls 9-12 4x100 Metre Relay (Jnr) Junior (8)

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

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

Event 193 Boys 9-12 4x100 Metre Relay (Jnr) Junior (8)

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

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

MID SOUTH COAST ZONE TRACK & FIELD CHAMPIONSHIPS

Kiama Sports Complex

Session: 4 Sunday Field Events

Day 2 - Sunday 07/12/2025 - Starts at 09:00 AM

Event	Description	Round
#194	Boys Long Jump 14s	Finals
#195	Girls Long Jump 15s	Finals
#196	Girls Long Jump 16s	Finals
#197	Girls Discus Throw (750 Gram) 13s	Finals
#198	Girls Discus Throw (1.0 Kg) 14s	Finals
#199	Girls Discus Throw Para 13s-14s	Finals
#200	Boys Shot Put (3.0 Kg) 13s	Finals
#201	Girls Shot Put (3.0 Kg) 17s	Finals
#202	Boys High Jump (S/H 0.85m) 9s	Finals
#203	Boys High Jump (S/H 1.20m) 13s	Finals
#204	Girls High Jump (S/H 1.20m) 14s	Finals
#205	Boys High Jump (S/H 1.25m) 15s	Finals
#206	Boys Long Jump 10s	Finals
#207	Girls Long Jump 12s	Finals
#208	Boys Triple Jump 11s	Finals
#209	Boys Triple Jump 12s	Finals
#210	Boys Triple Jump 15s	Finals
#211	Girls Discus Throw (350 Gram) 7s	Finals
#212	Girls Discus Throw (500 Gram) 11s	Finals
#213	Girls Javelin Throw (500 Gram) 17s	Finals
#214	Girls Javelin Throw (600 Gram) Under 20	Finals
#215	Boys Shot Put (4.0 Kg) 14s	Finals
#216	Girls High Jump (S/H 0.90m) 10s	Finals
#217	Boys High Jump (S/H 1.15m) 12s	Finals
#218	Girls Long Jump 9s	Finals
#219	Boys Long Jump 13s	Finals
#220	Girls Triple Jump 13s	Finals
#221	Boys Discus Throw (500 Gram) 8s	Finals
#222	Boys Discus Throw (500 Gram) 10s	Finals
#223	Girls Javelin Throw (400 Gram) 12s	Finals
#224	Boys Shot Put (1.0 Kg) 7s	Finals
#225	Girls Shot Put (3.0 Kg) 15s	Finals
#226	Girls Shot Put (3.0 Kg) 16s	Finals
#227	Boys High Jump (S/H 1.05m) 11s	Finals
#228	Girls Long Jump 11s	Finals
#229	Girls Long Jump 17s	Finals
#230	Girls Long Jump Under 20	Finals
#231	Girls Discus Throw (500 Gram) 9s	Finals
#232	Girls Javelin Throw (500 Gram) 15s	Finals
#233	Girls Javelin Throw (500 Gram) 16s	Finals
#234	Boys Shot Put (2.0 Kg) 9s	Finals
#235	Boys Shot Put (2.0 Kg) 12s	Finals
#236	Girls Long Jump 7s	Finals
#237	Boys Long Jump 7s	Finals
#238	Girls Discus Throw (750 Gram) 12s	Finals
#239	Boys Javelin Throw (700 Gram) 14s	Finals
#240	Boys Shot Put (2.0 Kg) 11s	Finals
#241	Girls Shot Put (2.0 Kg) 10s	Finals
#242	Girls Javelin Throw (400 Gram) 13s	Finals
#243	Boys Discus Throw (1.0 Kg) 15s	Finals
#244	Boys Discus Throw (1.75 Kg) Under 20	Finals
#245	Girls Javelin Throw (400 Gram) 11s	Finals

*Bracketed events will be combined.

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Event 194 Boys Long Jump 14s (4)

Zone: 5.83m 30/01/2011 Jye Brooker				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	1327 Flynn Kelly	14	Nowra	
2	1322 Orlando Bailie	14	Nowra	
3	30138 Aidan McLaren	14	Shoalhaven	
4	41026 Hugh McErlean	14	Kiama	

Event 195 Girls Long Jump 15s (2)

Zone: 5.72m 13/12/2008 Tayla King				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35576 Mae Bremner	15	Lake Illawarra	
2	36268 Maddison McWilliams	15	Albion Park	

Event 196 Girls Long Jump 16s (2)

Zone: 4.24m 8/12/2024 Darcie Dwyer				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	36209 Ella Power	16	Albion Park	
2	35545 Isabella Clowes	16	Lake Illawarra	

Event 197 Girls Discus Throw (750 Gram) 13s (7)

Zone: 39.35m 2/12/2018 Chelsea Ezeoke				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35601 Alani Waters	13	Lake Illawarra	
2	42619 Grace Greenacre	13	Milton-Ulladulla	
3	36170 Nevaeh Williams	13	Albion Park	
4	30009 Abby Beck	13	Shoalhaven	
5	36179 Layla Burbage	13	Albion Park	
6	41001 Archie Turano Lyall	13	Kiama	
7	41002 Ivy Turano Lyall	13	Kiama	

Event 198 Girls Discus Throw (1.0 Kg) 14s (4)

Zone: 42.03m 9/12/2012 Samantha Peace				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30127 Amelia Percival	14	Shoalhaven	
2	35594 Kaylie Murray	14	Lake Illawarra	
3	30053 Emerson Boatswain	14	Shoalhaven	
4	29968 Layla Dixon	14	Shoalhaven	

Event 199 Girls Discus Throw Para 13s-14s (1)

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30064 Ruby Cladingbowl (T/1	14	Shoalhaven	

Event 200 Boys Shot Put (3.0 Kg) 13s (6)

Zone: 14.29m 30/01/1983 Paul Kaiserfield				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30024 Brooklyn Kelly	13	Shoalhaven	
2	29957 Riley Sandstrom	13	Shoalhaven	
3	35567 Hugh Wright	13	Lake Illawarra	
4	41008 Nate Blazic	13	Kiama	
5	41544 Riley Bertholini	13	St Georges Basin	
6	30039 Isaac Fragar	13	Shoalhaven	

Event 201 Girls Shot Put (3.0 Kg) 17s (2)

Zone: 13.12m 11/12/2011 Rachelle Grozde				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41555 Kadance Naylor	17	St Georges Basin	
2	29979 Ellie Cooper	17	Shoalhaven	

Event 202 Boys High Jump (S/H 0.85m) 9s (3)

Zone: 1.25m 29/01/1983 Matthew Dalby				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35578 Archie Bremner	9	Lake Illawarra	
2	41024 Mason Rooke	9	Kiama	
3	30007 Luke Dennett	9	Shoalhaven	

Event 203 Boys High Jump (S/H 1.20m) 13s (5)

Zone: 1.66m 11/12/2011 Jake Rallings				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35560 James Williams	13	Lake Illawarra	
2	29969 Tyler Dixon	13	Shoalhaven	
3	42653 Hugo McKean	13	Milton-Ulladulla	
4	41065 Henry Heyman	13	Kiama	
5	41111 Lewis Brown	13	Kiama	

Event 204 Girls High Jump (S/H 1.20m) 14s (1)

Zone: 1.61m 27/01/2008 Tayla King				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41587 Sophie Bull	14	St Georges Basin	

Event 205 Boys High Jump (S/H 1.25m) 15s (1)

Zone: 1.77m 15/12/2019 Tsar Mandavy				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35571 Morgan Vagg	15	Lake Illawarra	

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Event 206 Boys Long Jump 10s (7)

Zone: 4.75m 26/01/1980 David Carter				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	36167 Oscar Goode	10	Albion Park	
2	41099 Ieremaia Falemoe	10	Kiama	
3	36286 Benjamin Whyte	10	Albion Park	
4	30093 Logan Smith	10	Shoalhaven	
5	35531 Eden Mace	10	Lake Illawarra	
6	30099 Liam France	10	Shoalhaven	
7	41073 Marty Frost	10	Kiama	

Event 207 Girls Long Jump 12s (7)

Zone: 4.93m 12/12/2009 Chloe Docker				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30046 Cailin Burbage	12	Shoalhaven	
2	41036 Ashleigh Astin-Briggs	12	Kiama	
3	36205 Aleaha Talbot	12	Albion Park	
4	30061 Sienna Fryar	12	Shoalhaven	
5	41554 Ruby Chapman	12	St Georges Basin	
6	41013 Lena van Alphen	12	Kiama	
7	36285 Emma Whyte	12	Albion Park	

Event 208 Boys Triple Jump 11s (1)

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	36349 Thomas Dziubinski	11	Albion Park	

Event 209 Boys Triple Jump 12s (6)

Zone: 10.68m 30/01/2011 Jake Rallings				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	36318 Dane Stirling	12	Albion Park	
2	36325 Saxon Rogers	12	Albion Park	
3	41573 Callan Davison	12	St Georges Basin	
4	41565 Jaison Fuller	12	St Georges Basin	
5	36266 Bryson McWilliams	12	Albion Park	
6	30005 Elijah Junor-Cook	12	Shoalhaven	

Event 210 Boys Triple Jump 15s (1)

Zone: 12.54m 28/01/2007 Kevin Orgaz				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35571 Morgan Vagg	15	Lake Illawarra	

Event 211 Girls Discus Throw (350 Gram) 7s (4)

Zone: 14.83m 29/01/2000 Talissa Scott				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41045 Emmy Astin	7	Kiama	
2	36216 Mia Macedo	7	Albion Park	
3	29955 Isabelle Sandstrom	7	Shoalhaven	
4	30015 Evie De Ruyter	7	Shoalhaven	

Event 212 Girls Discus Throw (500 Gram) 11s (4)

Zone: 23.15m 3/12/2023 Abby Beck				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35577 Mollie Bremner	11	Lake Illawarra	
2	41066 Charlotte Heyman	11	Kiama	
3	35595 Tanisha Murray	11	Lake Illawarra	
4	41009 Addison Blazic	11	Kiama	

Event 213 Girls Javelin Throw (500 Gram) 17s (2)

Zone: 34.11m 10/12/2011 Rachelle Grozde				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	29979 Ellie Cooper	17	Shoalhaven	
2	41555 Kadance Naylor	17	St Georges Basin	

Event 214 Girls Javelin Throw (600 Gram) Under 20 (1)

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30141 Emily McLaren	18	Shoalhaven	

Event 215 Boys Shot Put (4.0 Kg) 14s (3)

Zone: 9.62m 8/12/2024 Beau Lidbetter				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30138 Aidan McLaren	14	Shoalhaven	
2	41543 Jackson Turner	14	St Georges Basin	
3	41026 Hugh McErlean	14	Kiama	

Event 216 Girls High Jump (S/H 0.90m) 10s (3)

Zone: 1.32m 2/12/2018 Mia Davis				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30145 Bethany Storey	10	Shoalhaven	
2	35540 Banksii Spencer	10	Lake Illawarra	
3	36206 Zaeli Talbot	10	Albion Park	

Event 217 Boys High Jump (S/H 1.15m) 12s (3)

Zone: 1.67m 31/01/1982 Mineo Bonetig				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41573 Callan Davison	12	St Georges Basin	
2	41076 Owen Harlor	12	Kiama	
3	36325 Saxon Rogers	12	Albion Park	

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Event 218 Girls Long Jump 9s (10)

Zone: 4.22m 27/01/1985 S Gown				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	36219 Zariah Hennen	9	Albion Park	
2	30073 Abigail Waters	9	Shoalhaven	
3	36269 Aaliyah Hetherington	9	Albion Park	
4	30040 Charlotte Fragar	9	Shoalhaven	
5	41019 Avery Weber	9	Kiama	
6	36147 Ella Wheeler	9	Albion Park	
7	30069 Evelyn Vickery	9	Shoalhaven	
8	36166 Annika Goode	9	Albion Park	
9	36197 Arlie Matterson	9	Albion Park	
10	29987 Chelsea James	9	Shoalhaven	

Event 219 Boys Long Jump 13s (7)

Zone: 5.41m 29/01/1989 Che Wicks				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35560 James Williams	13	Lake Illawarra	
2	36192 Lucas Gill-Gomes	13	Albion Park	
3	29957 Riley Sandstrom	13	Shoalhaven	
4	41111 Lewis Brown	13	Kiama	
5	36189 Ky Jesus	13	Albion Park	
6	42653 Hugo McKean	13	Milton-Ulladulla	
7	29969 Tyler Dixon	13	Shoalhaven	

Event 220 Girls Triple Jump 13s (6)

Zone: 10.56m 2/12/2018 Chelsea Ezeoke				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41001 Archie Turano Lyall	13	Kiama	
2	36170 Nevaeh Williams	13	Albion Park	
3	36179 Layla Burbage	13	Albion Park	
4	36267 Brooklyn McWilliams	13	Albion Park	
5	41059 Mackenzie Massey	13	Kiama	
6	42619 Grace Greenacre	13	Milton-Ulladulla	

Event 221 Boys Discus Throw (500 Gram) 8s (1)

Zone: 25.34m 30/01/2000 S Harris				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	36180 Zachary Hazlewood	8	Albion Park	

Event 222 Boys Discus Throw (500 Gram) 10s (3)

Zone: 34.09m 12/12/2015 Ryan Keen				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41044 Gus Astin	10	Kiama	
2	36160 Isaiah Ayoub	10	Albion Park	
3	35531 Eden Mace	10	Lake Illawarra	

Event 223 Girls Javelin Throw (400 Gram) 12s (4)

Zone: 27.93m 10/12/2011 Shaye-Lee Frier				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35588 Rohzi Gillespie	12	Lake Illawarra	
2	30046 Cailin Burbage	12	Shoalhaven	
3	30061 Sienna Fryar	12	Shoalhaven	
4	30035 Lara Gordon	12	Shoalhaven	

Event 224 Boys Shot Put (1.0 Kg) 7s (5)

Zone: 7.52m 13/12/2014 Noah Jackson				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30081 Owen Boyle	7	Shoalhaven	
2	41537 Hamish Bennett	7	St Georges Basin	
3	29988 Owen James	7	Shoalhaven	
4	35530 Emerson Mace	7	Lake Illawarra	
5	29975 Henry Giumelli	7	Shoalhaven	

Event 225 Girls Shot Put (3.0 Kg) 15s (2)

Zone: 13.02m 13/12/2009 Rachelle Grozde				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35576 Mae Bremner	15	Lake Illawarra	
2	30008 Layla Beck	15	Shoalhaven	

Event 226 Girls Shot Put (3.0 Kg) 16s (1)

Zone: 9.38m 8/12/2024 Kadance Naylor				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35545 Isabella Clowes	16	Lake Illawarra	

Event 227 Boys High Jump (S/H 1.05m) 11s (3)

Zone: 1.50m 24/01/1981 Mineo Bonetig				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30006 Sam Dennett	11	Shoalhaven	
2	41023 Caelan Rooke	11	Kiama	
3	36177 Lincoln Gorrie	11	Albion Park	

Event 228 Girls Long Jump 11s (3)

Zone: 4.78m 26/01/2002 Teresa Garcia				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41576 Mila Bozikov	11	St Georges Basin	
2	41641 Addison Galloway	11	St Georges Basin	
3	41066 Charlotte Heyman	11	Kiama	

Event 229 Girls Long Jump 17s (2)

Zone: 5.75m 13/12/2008 Talissa Scott				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	29979 Ellie Cooper	17	Shoalhaven	
2	41555 Kadance Naylor	17	St Georges Basin	

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Event 230 Girls Long Jump Under 20 (2)

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	41530 Natarsha Mandavy	18	St Georges Basin	
2	41584 Jasmine Wheeler	18	St Georges Basin	

Event 231 Girls Discus Throw (500 Gram) 9s (5)

Zone: 24.07m 27/01/2002 Talissa Scott

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	36269 Aaliyah Hetherington	9	Albion Park	
2	30040 Charlotte Fragar	9	Shoalhaven	
3	41025 Makenzi Rooke	9	Kiama	
4	30069 Evelyn Vickery	9	Shoalhaven	
5	41019 Avery Weber	9	Kiama	

Event 232 Girls Javelin Throw (500 Gram) 15s (2)

Zone: 33.43m 3/12/2023 Kadance Naylor

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	30008 Layla Beck	15	Shoalhaven	
2	36268 Maddison McWilliams	15	Albion Park	

Event 233 Girls Javelin Throw (500 Gram) 16s (2)

Zone: 36.45m 8/12/2024 Kadance Naylor

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	30139 Heidi McLaren	16	Shoalhaven	
2	35545 Isabella Clowes	16	Lake Illawarra	

Event 234 Boys Shot Put (2.0 Kg) 9s (3)

Zone: 8.79m 26/01/1991 Bradley Jackson

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	30007 Luke Dennett	9	Shoalhaven	
2	30060 Blake Fryar	9	Shoalhaven	
3	41024 Mason Rooke	9	Kiama	

Event 235 Boys Shot Put (2.0 Kg) 12s (3)

Zone: 11.70m 4/12/2022 Beau Lidbetter

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	36325 Saxon Rogers	12	Albion Park	
2	30005 Elijah Junor-Cook	12	Shoalhaven	
3	41565 Jaison Fuller	12	St Georges Basin	

Event 236 Girls Long Jump 7s (7)

Zone: 3.33m 26/01/2001 Tayla King

Pos	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	29955 Isabelle Sandstrom	7	Shoalhaven	
2	36216 Mia Macedo	7	Albion Park	
3	41045 Emmy Astin	7	Kiama	
4	41086 Riley Green	7	Kiama	
5	30015 Evie De Ruyter	7	Shoalhaven	
6	36220 Ivy Hennen	7	Albion Park	
7	36282 Evie Florence Carr	7	Albion Park	

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Event 237 Boys Long Jump 7s (6)

Zone: 3.50m 13/12/2015 Germaine Wright				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41537 Hamish Bennett	7	St Georges Basin	
2	36150 Ky'ree Holland-Hines	7	Albion Park	
3	30081 Owen Boyle	7	Shoalhaven	
4	29988 Owen James	7	Shoalhaven	
5	30125 Samuel Percival	7	Shoalhaven	
6	29975 Henry Giumelli	7	Shoalhaven	

Event 238 Girls Discus Throw (750 Gram) 12s (7)

Zone: 33.96m 29/01/2011 Samantha Peace				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30046 Cailin Burbage	12	Shoalhaven	
2	41036 Ashleigh Astin-Briggs	12	Kiama	
3	30144 Jemima Storey	12	Shoalhaven	
4	35588 Rohzi Gillespie	12	Lake Illawarra	
5	30035 Lara Gordon	12	Shoalhaven	
6	36205 Aleaha Talbot	12	Albion Park	
7	30061 Sienna Fryar	12	Shoalhaven	

Event 239 Boys Javelin Throw (700 Gram) 14s (2)

Zone: 1.00m 7/12/2024 New Event - No Record				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30138 Aidan McLaren	14	Shoalhaven	
2	41543 Jackson Turner	14	St Georges Basin	

Event 240 Boys Shot Put (2.0 Kg) 11s (5)

Zone: 12.08m 27/01/1996 Alex Cabanas				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41023 Caelan Rooke	11	Kiama	
2	36322 Knox Stevenson	11	Albion Park	
3	41556 Braxton Naylor	11	St Georges Basin	
4	36349 Thomas Dziubinski	11	Albion Park	
5	30010 Mason Beck	11	Shoalhaven	

Event 241 Girls Shot Put (2.0 Kg) 10s (6)

Zone: 8.90m 13/12/2015 Chelsea Ezeoke				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35613 Hannah Auld	10	Lake Illawarra	
2	41545 Imogen Bertholini	10	St Georges Basin	
3	29985 Eliza Graff	10	Shoalhaven	
4	36152 Stevie Hedges	10	Albion Park	
5	35611 Holly Smyth	10	Lake Illawarra	
6	35629 Maggie Herbert	10	Lake Illawarra	

Event 242 Girls Javelin Throw (400 Gram) 13s (4)

Zone: 31.62m 9/12/2012 Shaye-Lee Frier				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	41001 Archie Turano Lyall	13	Kiama	
2	30009 Abby Beck	13	Shoalhaven	
3	36179 Layla Burbage	13	Albion Park	
4	41002 Ivy Turano Lyall	13	Kiama	

Event 243 Boys Discus Throw (1.0 Kg) 15s (1)

Zone: 56.56m 15/12/2019 Ryan Keen				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	36175 Max Michael Serfontei	15	Albion Park	

Event 244 Boys Discus Throw (1.75 Kg) Under 20 (1)

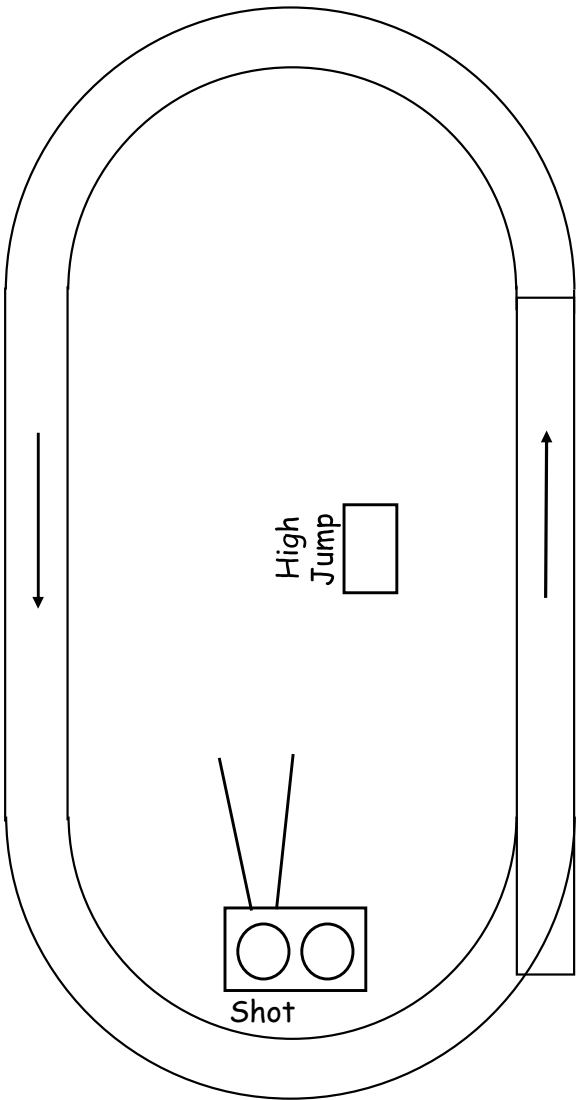
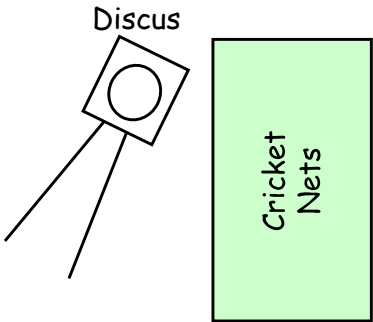
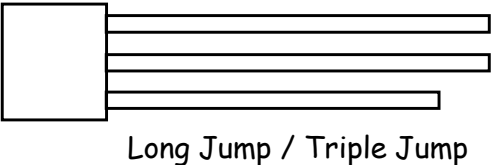
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	30140 Hamish McLaren	19	Shoalhaven	

Event 245 Girls Javelin Throw (400 Gram) 11s (3)

Zone: 18.47m 3/12/2023 Layla Burbage				
Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	35577 Mollie Bremner	11	Lake Illawarra	
2	41009 Addison Blazic	11	Kiama	
3	41015 Lennix Kis	11	Kiama	

Mid South Coast Zone Championships

Ground Layout



Finish Line

